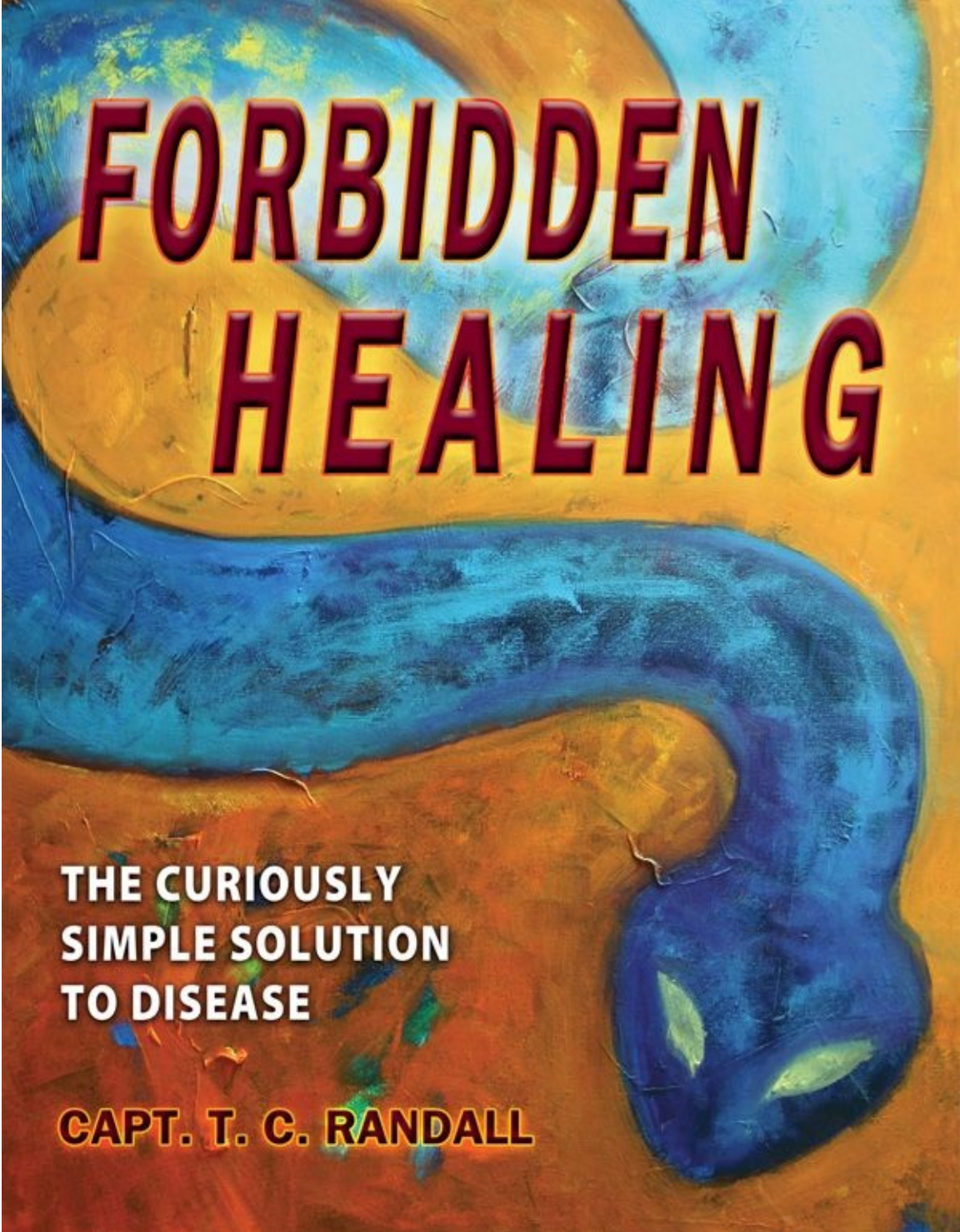


FORBIDDEN HEALING

**THE CURIOUSLY
SIMPLE SOLUTION
TO DISEASE**

CAPT. T. C. RANDALL



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PUBLISHING DIRECTIONS, LLC
Avon, CT



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50 Lovely Street, Suite 101
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Avon, CT 06001-0715
Phone: (800) 562-4357
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The author has absolutely no financial connections to any persons or products indicated herein. Though the items mentioned are all natural and safe for informed use, some can be DANGEROUS when misapplied. IV means intravenous involving needles, tubes and solutions and must be performed by knowledgeable experienced practitioners in a hospital or an office setting.

This book is not intended to prevent, diagnose, treat or cure disease or offer medical advice. Content has not been reviewed by the FDA. Neither the author nor publisher is legally or financially responsible for anything; loss, injury or death! Always consult your physician, he needs the money.

ISBN 10: 1-928782-24-8

ISBN 13: 978-1-928782-24-7

Text design by Dotti Albertine

To Life, All Life!
This book is dedicated
to healing Planet Earth,
one person at a time.





COVER ART, *Water Serpent*, was created by Victoria Bearden. Snakes variously symbolize medicine, wisdom and deceit. Their appearance signals change. They are seen as messengers of transmutation able to crawl out of their old skins.

GERMAN SHEPHERD PORTRAITS are by pastel artist Sylvia who captured them perfectly.

COMPELLING CONFIRMATION of *Forbidden Healing* principles can be found in various books and internet articles by or about Doctors Hickey, Roberts and Saul, The Weston A. Price Foundation, Dr. Denham Harman, Dr. Aubrey de Grey, Dr. Mark Sircus, Dr. Julian Whitaker, Dr. Elizabeth Blackburn, Mike Adams, Jerry Brunetti, Dr. Joseph Mercola, Suzy Cohen, Dr. Mark Starr and hundreds of other sources (listed in the Appendix).

LATEST HEALTH NEWS was gathered from PubMed, Mercola.com, Naturalnews.com, PBS, NPR, Link TV, to name a few. Wikipedia provided instant scientific details.



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PREFACE

**Healing dreaded disease is no big deal.
Prevention is even better.**

WHAT YOU THINK YOU KNOW about maintaining health and happiness in this life was a cruel sales pitch. Don't feel bad, virtually everyone suffers this deception. The public has unconscionably been denied the truth for many years.

Soon you will see why high-priced drugs and procedures can't compare to logical Redox/pH based therapies, truly correct nutrition and universally recognized mineral levels, all simple straightforward scientific facts!

When you become aware that acidic oxidative stress is the source cause and common denominator in human disease and the destruction of Earth's biosphere, it will smack you in the face like a wet mackerel. Every life-form on the planet is under assault by a laundry list of man-made stress factors.

Why put up with illness? Paradise has always been right here, right now.

Come aboard. Together we'll navigate this sea of confusion to arrive at the place where things work and people are totally healthy.



STUDY GUIDE

THERE ARE NO FOOTNOTES or glossary in this book, the science involved is quite basic. The names of dozens of physicians using similar and related therapies are listed and can be referenced.

The principles of a redox approach to healing are contrary to our widely believed-in mainstream mythologies and will certainly be discredited by medical authority.

My goal is to help mankind rise above disease and media-enforced ignorance. If you can read this book you can heal yourself, your family and impact your surroundings.

- **The Introduction and [Chapter 7](#) explain the hard science behind redox/pH healing which is really not that “hard”.**
- **[Chapter 8](#) is a compendium of healing practices intersecting on our theme.**
- **[Chapter 14](#) contains a comprehensive protocol, The 11 Pillars of Healing.**
- **The Appendix holds directions to internet sources and additional information.**

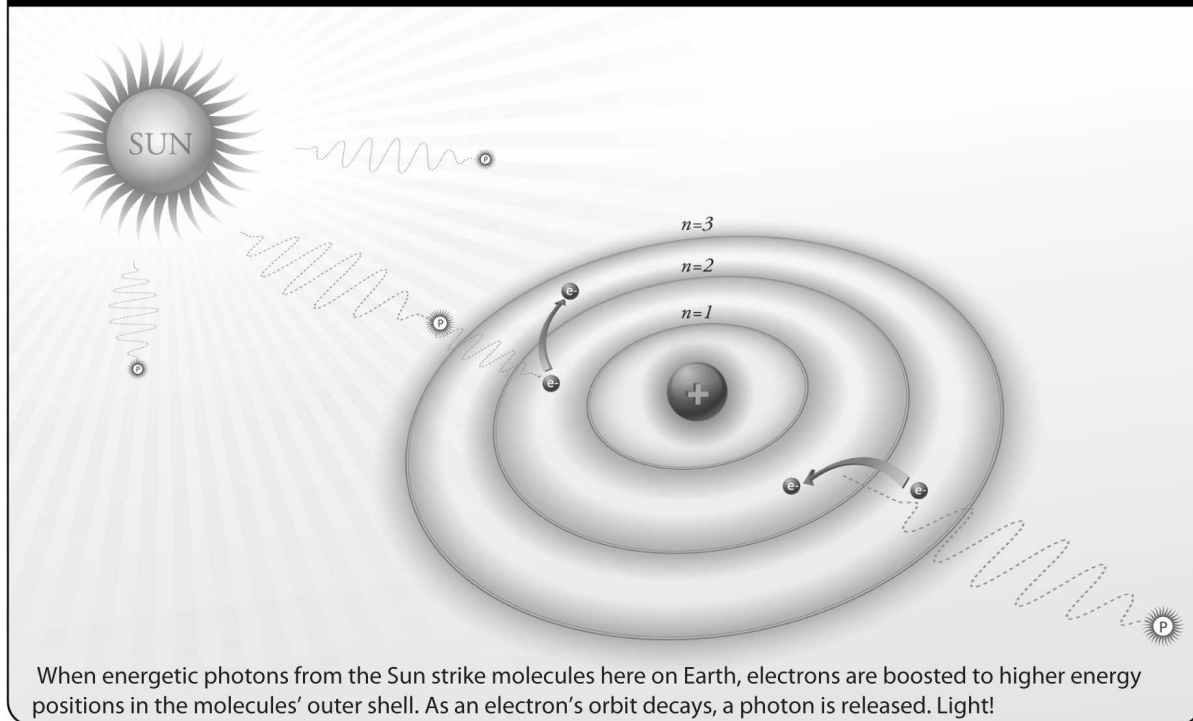


INTRODUCTION

Chart a Course to a Healthier Reality

MANIPULATING THE OXYGEN/ANTIOXIDANT BALANCE in one's *Inner Ocean* is the underlying and overriding secret of health and healing. Sunlight powers all life on Earth. Photons strike green leaves and energize electrons throughout the plant kingdom. Plants store this energy in chemical bonds and in the form of energized electrons as they draw carbon from the atmosphere and expel oxygen. Human cells ultimately rely upon that oxygen, those chemical bonds and antioxidant electrons in food. Every aspect of our bodies and our biosphere from bacteria to blue whales depends on energetic photons from the Sun.

PHOTON/ELECTRON (ENERGY IN/ENERGY OUT)



REDOX

MAINTAINING APPROPRIATE INTAKE and balance of one's oxygen and antioxidant electron inventory is essential. Our biochemistry operates on electron energy transferred through *redox* reactions under the influence of pH. This is my view from the bridge, the perspective I take on life's chemistry. It's no theory, it works!

- **Redox or oxidation/reduction is the incredible electron exchange mechanism of the molecular world. The give and take of electrons is the hard currency of energy and drives biochemical reactions.**
- **pH is a measure of acidity, the population of protons which are positively charged and fond of negatively charged electrons and oxygen.**

OXIDATIVE STRESS is simply a redox/pH imbalance favoring oxidation or rust. Healing and robust health are no accidents. *Disease and ageing are basically rust. Oxidative stress!*

- ***Oxygen* inputs power our cells and oxidant radicals provide immune ammunition. Excessive free radical pollutants and those generated by industrial foods damage our cells. Confusingly, the sources of free radical inflammation and oxidative stress can be destroyed by rapid oxidation, the fire.**
- ***Electron populations* also power cells and enable the immune system. They soak-up free radicals and alleviate oxidative stress by reduction. Oxidation is halted, the body's self-healing DNA directives are re-turned-on, the firemen.**

HEALTHY LIVING

THE WHOLE PROCESS OF LIVING can be easily directed with ordinary substances and focused mental intent. Genetic expression varies constantly with our individual molecular environment and our moods and attitudes toward the world around us. DNA effectiveness is optimized by willful self confidence, and appropriate nutrient and lifestyle choices.

- **Desirable electron-rich food molecules and essential minerals can be selected to maximize cell function to enhance our health.**
- **Dangerous free radicals and acidic oxidized electron-hungry molecules can be disposed of.**
- **Simple applications of redox/pH principles combined with a personal intent to take-on the world and thrive can insure generous oxygen penetration and electron availability, the qualities that prevent and relieve oxidative stress.**

—So—

In a friendly mineral buffered, alkaline, oxygen *and* electron-energy rich inner environment, DNA is fully functional.

- **Genetic instructions from expressive DNA sequences are complete and freely transmitted to construct healthy cell chemistry.**
- **The micro-organism contingent that inhabits our bodies and constitutes a large proportion of our immune resistance is kept happy by those self-same conditions.**

—*But*—

When that inner environment becomes nutritionally degraded and de-energized we lose our confident mental grip on life and forfeit genetic self control. Acidity grows, oxygen is scarce and electrons are quickly consumed. Any disease can manifest under these stagnating backwater conditions.

- **Hormone and enzyme production wanes as cell communications get waylaid by growing numbers of free radicals that attack messenger molecules causing biochemistry to grow erratic.**
- **Deteriorating conditions allow oxidation of cells' fatty and protein macromolecules. Oxidized junk molecules build-up on and disable cell membranes.**
- **DNA and RNA strands become turned off and eventually succumb to oxidative damage themselves and become non-expressive.**
- **As acidity grows we run short of electrons and oxygen, voltage drops, inflammation flares and normal cell functions shut down.**
- **Beneficial microbe populations within us shift wildly.**

The eternal molecular struggle on this living planet has always been, and will always be, oxygen and acids versus solar generated electrons. This is our earthly paradox. *Simply by living in an oxygen atmosphere, we slowly rust and burn up or resist the process with cooling energized electrons!*

PROTO-BOY

AT A YOUNG AGE I learned to harvest foods from nature. Later, I studied organic agriculture and natural healing as a necessary aspect of living. I followed a varied wild and organic diet all my life, but as I moved into my forties, something was missing. I was falling apart.

There were years of suffering from tooth abscesses, depression, high blood pressure, joint pain and fading eyesight. I had shortness of breath, chronic bronchial infections and lack of stamina. Then, in my fifties, came a sharp decline. I was confused and felt helpless. Finally in the 11th hour I hit on an idea that healed me quickly and dramatically; Vitamin C, ascorbic acid.

I took it apart to see why it worked. I found corroboration in the findings of doctors and scientists, many of whom had been discredited in the past and were currently confined to the far edge of the medical galaxy.

Had I remained locked-in to mainstream healthcare, the truth would still be out there. The chemistry of a simple common nutrient, arbitrarily classified as a “vitamin”, held the answers and pointed the way to other ordinary substances with analogous properties and complementary functions. I had stumbled over the most obvious features of the biosphere and the solution to the riddle of disease.

I discovered long ago that instead of dousing every pest and disease in the garden with chemicals, it is much more effective to improve the soil. I now understand through dealing with my own health issues that it is smarter to correct the *Inner Ocean*, the *wet soil* that is our body. It is futile to chase symptoms, adding a different drug for each, just to have to deal with dangerous pharmaceutical side-effects. The modern medical paradigm never addresses the root cause of any illness. Without correcting a patient’s molecular inventories *and* mental landscape to address the *sources of disease*, any remission is a band-aid and will be transitory.

Somehow we got the idea that there was a magic pill for every complaint. This notion probably began with the success of penicillin where bacterial infections could be knocked down by a single dose from a bread-mold’s defensive arsenal. The fact that one was really controlling a symptom, a secondary complication, never occurred to most. In reality, immune resistance was found wanting and the underlying weakness in a system *necessitating* the use of penicillin was ignored. The multiplicity of real causes of disease slowly whittle away at vigor and evade our notice. Then suddenly as oxygen and electron debts become due, we fall ill. Alarmed and befuddled, we rush for help.

Foods and other accepted toxic products of industry are regulated by government agencies headed by industry insiders, appointed by politicians in exchange for financial support. Practices and pollutants escape the scrutiny of objective science and real consumer protection in this tightly closed loop. Compelling studies condemn substances like mercury, arsenic or dioxins and then oxymoron “protective agencies” set acceptable levels just high enough for industrial pollution to continue. Rigorous investigations could never be funded in the first place, owing to the government backed medical monopoly.

We still argue over universally condemned pollutants, man-made climate change and even the safety of corn syrup. The truth never seems to gain traction and unmet objections just fade away. Industries refuse to modify practices and have been passing the true costs of their endeavors off on the future for so long that they see pollution as a right and take it for granted, it’s free. It is always cheaper to lobby or litigate or frost an issue with propaganda to introduce doubt into the collective mind and confine any debate to a desired outcome.

Don’t let those wielding science, numbers and legal tricks confuse you, they are good at it. Basic science can not be debunked! The best answers are logical and usually simple.

SMELL THE COFFEE

ALONG WITH YOUR PERSONAL HEALING, I ask that you become aware of man’s

impact on this planet. We can't ultimately save ourselves or our children unless we rescue the biosphere we all inhabit. We can't be healthy until our society regains its sanity and rises above aggressive competition. The environment we depend on is not a conservative-liberal issue. It is the future of mankind versus its own corporate system in a duel for survival.

Wake up people, make that coffee strong and black! In my world there is a cause for every effect and disease does not just happen. Unplugged from nature and reality, the human family has little idea *why* they believe the things they do. They can't see through the media delusion that is directly responsible for our disease and the destruction of the biosphere.

Figure it out! It is the job of the corporate media to foster dependence on industrial foods, unnecessary chemicals, pharmaceuticals and itself. It is relatively easy to create doubt and with repetition destroy the credibility of any opposition. Seduced and confused, the public has (always) been prevented from invoking control over the direction of civilization. It could be called mass insanity, a group separation from reality. Sadly, they accept the yoke.

Chronic disease epidemics, genetic disruption and infertility accompany our grain-based agriculture and officially acceptable levels of industrial contamination. Do people really expect to be healthy eating fake factory foods stripped of electron energy while breathing and drinking chemical filth? When poled, an overwhelming majority foolishly give top priority to the economics of the industrial complex over the integrity of our complex environment, the ultimate basis of any sustainable economy. Do they think we can survive the destruction of the biosphere we absolutely depend on? Uninformed and reactive, stressed individuals self-fulfill a reality of physical weakness, spiritual stagnation and a mind-set of dependence. Many are evolving today from ignorant belief states into the realm of certain knowing. Methinks we should all be able to live at least a century in good health amidst trees, birds, frogs, and butterflies.

I want the children to have a future and I want my world back!

CHEMISTRY IS SO SIMPLE AND LOGICAL

MODERN LIFE SEEMS VERY COMPLEX. *professionals* over-complicate things creating an aura of importance to justify their fees. Pure science strives for simplicity. There is beauty in $E=mc^2$. There is substance in H_2O .

Protons, neutrons and tiny but mighty electrons are just little concentrated wads of energy. These universally identical elementary particles clump together to become all atoms and molecules and seem solid though in reality are largely empty space. We are made of these molecules, mostly water, and move about on land like mobile aquariums.

Atoms combine with other atoms according to their net charges, boy-girl, positive-negative, satisfying their attractions to become molecules. We add atoms and molecules to our Inner Ocean, take advantage of their energies, recombine them according to DNA instructions, interconnect them to become our structures and deconstruct those we no

longer need and excrete them.

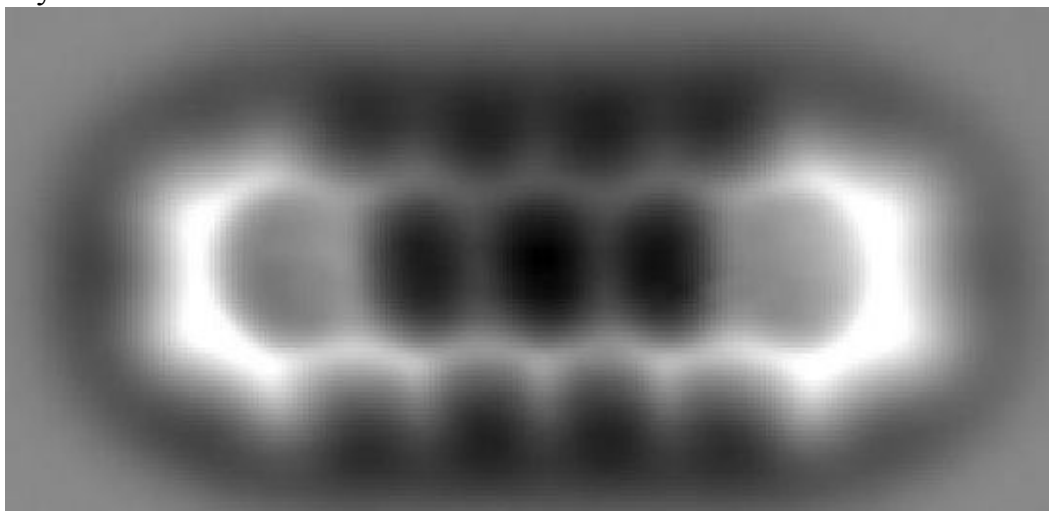
Health and disease are determined on these primary subatomic levels and can easily be controlled there!

Chemistry confuses people but is easy to understand once the words and basic principles are grasped. All matter is composed of protons, neutrons and electrons. Hydrogen has one proton, Uranium has 238 protons, and 90-odd natural elements are simply specific numbers and weights of the same proton/neutron/electron units.

All elements started as a single proton, a tiny positively charged hydrogen atom, formed from a huge wad of energy. Then that proton was fused to another and another inside the burning belly of a fading star until you end up with silicon, sulfur, iron, etc., depending on the number of protons jammed into the nucleus. These nuclei attract electrons according to their positive “gravity,” holding them in orbit in a surrounding electron cloud. Look at a periodic table. It is periodic because elements fall into families with certain recurring characteristics according to “the harmonics” of their atomic numbers like a musical note played at various octaves.

The electron shell around the nucleus determines energetic state, interactivity and eventual relationships among atoms. Those electron shells are of particular interest and critical importance to us as we delve into redox healing on that level. Well energized electrons travel in outer orbits where they can transfer energy to other atoms. Energetically damaged electron shells make free radicals, loose cannons on the deck of human biochemistry. Electrons over packed into orbital shells under strong magnetic influence are thought to exhibit supernatural shifts of time, space and gravity.

The proclivity for snatching electrons by free radical oxidants and the propensity of antioxidants to offer up their available negatively charged electrons are at the heart of disease and healing and the very material world we inhabit. Follow the electrons, follow the money.



IBM, Zurich

The first photograph of a molecule was just published in 2009. The individual atoms appeared as balls of light with the actual nucleus hidden beneath bright electron clouds.

You can see the electrons being shared forming bonds between the nuclei in geometric construction just like the stick and ball models chemists use. The trick to getting the picture was in stopping molecular motion. The molecule itself had to be frozen to near absolute zero temperatures to get it to sit still! Although in the macro world matter appears solid and still, on the molecular level everything jiggles in constant motion like a high school dance.

Organic chemicals are those associated with life, based on carbon and are commonly assembled on RNA templates at the direction of DNA, our dynamic master blueprint. They are combinations of variable numbers of affable carbon atoms set out in predictable geometries. Hydrogen, oxygen and nitrogen atoms bond to carbon and the resultant molecules form rings and chains with attached functional groups, each with reactive tendencies based on redox rules and acid/base characteristics. The compositions and shapes of organic carbon based molecules determine what they do.

Carbohydrates, fats, proteins or plastics and gasoline are varied *legO* arrangements of the same basic organic carbonaceous stuff. Their charges are variable and can be positive without enough electrons to bring neutrality or negative with extra electrons and can be acidic or basic. All strive to complete or share their electron shells and become peacefully married for a time in their constantly vibrating scaled down universe. many act in a very predictable fashion.

Molecules that want electrons oxidize other molecules by seizing their electrons. molecules with extra electrons give them up to become oxidized and are classified as anti oxidants. You have heard of anti oxidants? This electron exchange, the sticking and unsticking of molecules is at the core of energy transfer in our material world and the crux of biological function. Redox.

Blood flow is sluggish without sufficient electrons and water itself lacks polarity. Inappropriate sticking occurs as electron poor molecules get gunked-up in plaques or erode from undefended structures through oxidation. Genetic instructions in the form of protein messengers are waylaid by free radical hijackers to weaken the system and further weaken the mind and will, all for want of electrons. Live cells are built of molecules and stream electrons and produce electric currents which emit bio-energies, form magnetic fields, influence the polarity of fluids and even give off light and elicit consciousness. Consciousness in return directs the genetic blueprint of possibilities.

We reside within a matrix of energies and are ourselves players in this unseen push-pull world. Health occupies not only the material body and mind, but we as total organisms occupy that other universe, the invisible universe of energy. The energetic universe is nearly impossible to comprehend but can be observed indirectly or simply *felt as it reflects our consciousness*. Think of how we are all connected to the electrical grid or our relationship with the Sun and moon, how we are millions of miles apart, but are bound by the force of gravity and share the source of energy, light.

We will consider small simple key molecules like O₂ oxygen, or H₂O water, and elemental minerals like zinc and selenium or mineral compounds like magnesium chloride or sodium bicarbonate. We will also consider relatively gigantic organic carbon

containing compounds including antioxidants, vitamins, fats and protein macromolecules found in foods *and* our cells. They are all right there on your “parts list.” Slight changes in pH environment, molecular energy state, structure and charge make huge differences in biological function.

Many of the most unnatural unhealthy molecular variations occur as direct effects of modern “scientific” technology. molecules like methyl mercury, cadmium, dioxin or inappropriate carbohydrates and trans vegetable oils, plus too many more to list, are oxidative free radical forming time bombs not normally found wandering loose in nature and not compatible with living organisms.

I maintain a running awareness of the chemical makeup of my surroundings including the carbon of the oak, the protein packed possum or the potassium-rich potato or even the calcium carbonate in the limestone rock below my feet. It is how I look at my world. I’m conscious of the raw molecules stuff is built out of.

I see antioxidant phyto-nutrient pigments in berries, grapes or colorful Swiss chard and amino acids in bee pollen. I follow the cycle of invert sugars in honey from the nectar in the flower of a bramble whose roots mined phosphorous from the soil after bacterial acids chewed it from old bones, manures and phosphate rock. Phosphorous stimulates energy production in the plant, first to put sugars in the nectar in the blossoms and then to fabricate the berry and all its flavorful electron-packed antioxidant pigments.

Molecules cycle from soil, air and water into plant then animal life and back again, round and round. Sometimes nitrogen, oxygen or carbon is a possum, a tree or a puff of wind. It defies the eye. The organization and reorganization of Earth’s molecules is a most amazing alchemy that forms our material world.

Chemistry gets much more involved. The biochemistry of our body is intricately set up with feedback mechanisms to finely tune it while the mind ultimately controls it. Body chemistry can be inadvertently disrupted or artfully reestablished by manipulation of emotional states, nutrients, mineral levels and all important oxygen and electron-energy supplies. I like to keep it simple and get the big picture so I can grab the working principles and put them to good use.

A BRIEF HISTORY OF AMERICAN LIFE AND MODERN STANDARDIZATION

OUR COLLECTIVE CONSCIOUSNESS has been standardized over the last 50 years with the advent of mass media, now unfortunately owned by just five conglomerates. media isolates us and then uses subtly designed repetitious bumper-sticker language until their ideas feel as natural and unquestionable as the sky above. The basis of any media debate is framed in political correctness, the unassailable perimeter which magically restricts arguments to a desired result. Structured premises and consensus opinions are fabricated by the few to sway the many. The whole concept is creepy.

Popular nutrition and drug based healthcare information were injected into the public consciousness by the media using the scientifically designed language of group hypnosis and mind control to direct the human herd. Fallacies were installed and reinforced day after day. The evils of saturated fats, misinformation on the role of cholesterol and even the ineffectiveness of Vitamin C were bold lies with zero scientific evidence. Unscrupulous science tinkered with genetics and changed the nutrient composition of corn and the health of the huge food chain above. Economic predators subtly fostered dependency on a centralized system and dismissed logical local alternatives.

Carbohydrates became industrially processed almost to the point of becoming sugar for convenience and sweet-tooth appeal. meats were grown on grains not grass and came to contain inappropriate fats low in antioxidants and essential Omega 3 fatty acids that our brains were supposed to be made of. Human bodies were being built of this fictitious food, these energetically dark oxidized molecules that conveniently resist spoilage. Our Inner Oceans came to contain huge amounts of burnt sugar and junk molecules which stick to things, cross-link and gum-up cell function, disturb beneficial bacterial populations and promote disease and rapid ageing. The health of the multitude is on the ropes.

Americans got fatter and weaker at the apex of the new grain-based food chain, and sicker and poorer as the healthcare cartels tightened their grip. Victims of the drug-dependency delusion remain convinced they must pay the ransom for their lives until toe-tagged. They never question phony look-alike foods and the flawed premise of drugs, or the obviously unsatisfactory outcomes. It is expensive to publicly object to any outrageous product or practice when industry owns the media and keeps packs of conflicted staff-scientists and kennels full of law-dogs on retainer.

Established industries stomp emerging competition with conveniently designed laws and licenses. It became difficult for a kid to operate a lemonade stand. The wonders of technology promised Americans in the 1950s had actually been invented, but never saw the light of day. Innovative ideas were killed in their crib by interests that felt threatened. This happened to Linus Pauling and Vitamin C. We were lured by beads and shiny things into a hurried fruitless life of material consumption and endless labor.

Looking back over my lifetime, I saw a mugging of freedom, justice and common sense performed with sophisticated stealth. There were disconnects of word and deed, and irregularities in thinking and logic that did not align. Ideas were warped and nothing fit. The public consciousness had been tinkered with. Delusion was uniform. People had become more like cattle than dignified humans. America became an industrial empire driven by schemes and personal greed. money was God. Cunning captains of industry and their clever propaganda nearly cost me my life. Crazy!

Instead of a world that was intelligently managed to optimize health and life, Earth was mined and shortsightedly degraded for the benefit of industrial expansion. I'm not saying technology must go. I'm saying technology must evolve to become clean and sustainable. Legions of reputable scientists never seem to have any impact on the corporate double-talkers who control the economy, fund universities, and own the media megaphone. There

is never any clear resolution of our problems. No one can agree on the truth. The system is sacred. What's in it for me?

BUSTING OUR MAINSTREAM PHARMACEUTICAL MYTHOLOGY

BESIDE THE *erroneous drug paradigm*, the single most universally believed-in concept is the *germ theory of disease*, the idea that germs *cause* disease. It is nearly 99 percent incorrect. modern medical thinking is based on this premise, this conveniently skewed science.

The usual suspects accused of causing disease are simply opportunists thriving on unbalanced chemistry and compromised tissues. Viruses, bacteria, parasites and fungi normally ride along in and on our bodies. These populations can remain insignificant or purely beneficial as our partners in immunity forever. Germs only become pathogenic and gain foothold when conditions in the Inner Ocean deteriorate. Sometimes unnoticeable low-grade infections gradually weaken us. On rare occasion a truly bad bug comes along and our immune systems fight it off as best they can. many of these bad-boys are hygiene related, venereal or inadvertently incubated in crowded antibiotic rich, chemically degraded environs like hospitals or filthy animal feedlots.

The second myth is that **toxins** have little to do with disease. This is the money myth. It allows oxidative stress and cell necrosis. The removal of mercury amalgam fillings along with detoxification/chelation has eliminated cancers, heart disease, depression, etc., caused by this toxic source alone! mercury may be the most egregious oxidative source, but just another member of a huge stadium full of bio-toxic substances we are subjected to in this brave new industrial world.

The idea of inherited **genetic defects** being involved in common disease is the newest misleading myth that implies we are uniquely defective and disease prone. The current volume of heart/artery disease, diabetes, arthritis and widespread cancers was unheard of fifty years ago. We did not undergo mass mutation in a generation or two. They changed the food supply and altered the chemistry of the water and air! Just as importantly they confused people and created a mindset of helplessness, where individuals can't realize their own power over disease.

Nutritionally, electrochemically and mentally straight-jacketed DNA sequences bring disease today! Our genetics are being tested in this natural selection process to see who can survive an increasingly toxic and stressful environment on less appropriate nutrition with less electron and oxygen energy. Awareness will be the selection advantage. Using willful intent and real nutrition to reboot non-expressive DNA sequences and optimize body chemistry can make the cut. Detoxification will be a universal way of life just in order to reproduce. Chlorella is becoming a buzzword among the healthconscious.

Medical doctors have little training in nutrition. Some defy FDA rules to recommend Omega 3 supplements or Vitamin D, yet few would dare suggest that these and other natural substances might reverse the diseases they admittedly help prevent. First causes of disease are non-issues in the MD's world but "definitely not" the result of fake foods or

toxic chemicals. Legally “only drugs can cure disease.” They don’t officially recognize chelation/detoxification, condemn inappropriate foods, reckless chemical misuse or sources of chronic psychological stress. Instead they muddy the waters with carefully “studied” conclusions, based on contorted logic. They filter-out any science that does not support their views. A cure was never really the idea.

If perchance a licensed doctor wanted to use therapeutic measures not on the government approved standard practice list he would face professional censure, insurance complications and criminal prosecution. Physicians are hobbled by a system that enables pharmaceutical monopoly and destroys any remnant of health freedom. After decades of grueling medical education, few are willing to cast their professional and economic fate to the fickle winds of legal entanglement. Fortunately a hand-full of doctors are confident enough to ignore rules and may save us all.

Big agriculture formed its own complementary mythologies that dovetail perfectly with pharmaceutical medicine. “Eat carbohydrates and vegetable oils, but don’t eat saturated fats,” were BIG LIES that became chiseled into the public’s consciousness. In my world, quality proteins, organic fruits and vegetables, hard to get Omega 3 mono-unsaturated fats and forbidden saturated fats from grass-fed animal products are the foods to get.

Vitamins, minerals and supplements are barely understood by the public who use them erratically with no cohesive plan. They are selected nutrients we should be getting from food. Arbitrarily adding one or two or even a multiple vitamin/mineral concoction has little impact on disease.

Doctors rarely test for universal mineral deficiencies common today! The media obsession with calcium and warnings over sodium are tragic and laughable when most of the population is deficient in essential minerals like magnesium, manganese, iodine and potassium. Disconnected doctors ignore mineral and metal levels in their patients while treating countless symptomatic effects with irrelevant drugs. Corporate money has contaminated the objectivity of university science to the extent that “official” knowledge is not reliable or trustworthy.

We will explore foods back through prehistory and register the changes technology and modern habits have wrought. To really really know what is in the casserole you must know what was in the soil, water and animal feed and how those fruits, vegetables, fish and meats were handled. You’d be surprised at what is missing and what shouldn’t even be there.

TURNING POINT

AT THIS POINT in American history, there is a heated debate over healthcare. It is being directed by healthcare lobbyists to insure a win-win outcome for their industry. Environmental discussions have descended into the mire of pointless back and forth assertions. The government never considers any action that might have an economic impact or diminish voter appeal. We are hamstrung by this apparent indecisiveness which is only interrupted when a crisis appears and the opportunity for

even more profits presents itself.

Deepak Chopra analyzed the situation. He said, “We could save over a trillion dollars a year if the public were *aware* of correct prevention, nutrition and stress management.” He thought that unnecessary procedures and extraordinary end of life practices were inhumane and resulted in added suffering at great expense. We never question the man-made conditions that cause so many to be prematurely bed ridden and kept drugged to slowly decompose in depressing warehouses.

Michael Pollan, the omnivore’s dead-on journalism professor, details our decline in health accompanying the rise in fossil fuel based chemical agriculture. He warns that we either restore diversified solar farming practices or go broke treating obesity, diabetes and the other chronic diseases.

The cherubic Dr. Andrew Weil pegs the problem, “medicine should not be profit-driven!”

Objections over negative environmental impacts are deflected by sophomoric propaganda campaigns that deny problems and raise fears of economic complications.

In *Hoodwinked*, John Perkins asks, “Do we want a world ruled by a few billionaires, intent on controlling the planet’s resources with the goal of serving their increasingly voracious appetites?”

Even Indiana Jones look-alike, Harrison Ford, told the world recently during a climate summit, “Just stop cutting down forests and solve 20 percent of our global carbon dilemma.” Impoverished individuals devouring the global tree canopy lack economic options. We planted 3 billion trees under WPA in the 1930s and need to do it again during the current recession. Planting trees gains little traction among the public who appear to be content playing with their Blackberries.

Healthcare is bankrupting the nation. Our violent industrial technologies and chemical mono-cultures ruin American’s health, wreck the environment and threaten our very survival. Duped and deluded, most people fear they won’t be able to get high-priced phony drug-care to (not) *save their lives* from the cheap foods that sicken them and so labor tirelessly to participate in Earth’s continued destruction.

OFF THE WELL BEATEN PATH

MY REFUSAL TO DRINK the collective Kool-Aid put me in a different orbit than just about everyone else. I studied food, nutrition and cooking to make life pleasant and healthy. I preferred physical outdoor labor, and to deal with the honesty of nature directly. I spent time in tropical recreations growing and gathering real foods to satisfy my island soul. As America was being sold a “safe, healthy” diet of the chemistry set possibilities of government sponsored corn and soy, I savored the gifts of the sea and the bounty of my gardens dining on grouper and crab drowned in Danish butter or munching mangoes, lychees and a hundred other tropical delights.

I lectured on organic methods in the edible landscapes I created. I liked things that worked, that held truth. I taught crowds the mysteries of compost and the nutritional value of tropical fruits. I planted trees at schools, in poor neighborhoods, on highways and in parks with other volunteers. I had an eye for collecting bits of nature and artifacts of the past wherever I wound up. I tried to protect life and the conditions favorable for it.

As a perpetual student, I investigated every offbeat religion, history and archaeology, and studied a diversity of people. I walked in their shoes in the search for answers to age old questions. I crawled inside the minds of the smartest people I could find. I wanted to know everything. Where did we come from, what were we doing here and where was peace of mind, health and happiness to be found? The simplest question, "Who am I?" lurked in my head.

FIGURING IT OUT

REALIZATION OF THE DARK DELUSION we live under came from asking questions and being in the right frame of mind to recognize the truth and see through the cultural reality we all simply inherit. Some enlightened brother-men of integrity left tracks of their journeys and shared their wisdom. I absorbed their lessons, applied science and logic and evolved. In good faith I organize and relay that knowledge. The planet is troubled, the dominoes have begun to fall and more people need to awaken to a higher reality. Negative forces are converging and threaten the continuation of life on Earth as lies of the past near fruition. I had no idea there would be a simple common denominator to disease much less our social and environmental problems.

As a seeker of truth, my views have come in conflict with modern western realities. Through observation and experimentation, incessant failures and unconventional ideas, I came to understand the world. Once I finally recognized the truth I developed a razor sharp confidence. You don't lightly defy a doctor much less cut the black hearts out of our cherished institutionalized beliefs.

ARISE!

I WOULD ASK THE READER To leave all assumptions and preconceptions at the door. Put aside political correctness and all that stuff on TV that everyone believes. Lose the handicap of feeling powerless and awaken your will. Revolutionary evolutionary ideas sound outrageous at first, but nothing ever changes unless thinking does. At this point we need fundamental change, not pocket change.

I found long ago that following the rules really means taking direction from others and the very idea removed my freedom to be me! Why bother acting out a script written by someone else? If I decided to do something, I did it, rules be damned. Occasionally I made an ass of myself or got in trouble and proudly wear my scars, but many times I went where no one ventured, cut my own trail and claimed the reward. Think for yourself! Take back your will. Take back control of your chromosomes. Set your own course.

Personal empowerment carries great influence over DNA expression, our organism and even our surroundings. Heart-felt willful intent and thoughtful proactive response to life's challenges bring mind-full contentment. Reacting to every bump in the road or rule in the book, just wears one down. Reawaken like Peter Pan on his return to the veiled Never-Never Land of his youth. Find that child-like inner rascal that has become so rare in calcified "adults" today. Remember fun?

Essential lifestyle skills like acquiring proper sleep, sunshine exposure, exercise, recreation and real nutrition provide the prerequisite conditions for human health. Knowing how to shift life's balances away from the causes of oxidative stress and towards normal self-correcting cell function is the secret of curing illnesses and attaining vibrant health. (see Appendix B; Balance of Health)

Simple nourishing minerals, fats and proteins rebuild connective tissues, rejuvenate glands, skin, joints, fascia and blood vessels eliminating cancer, arthritis, stroke, aneurisms and heart attack. Healthy fats make up our brain cells, nerves and all cell membranes and makes them impervious to oxidation and infection. Maintaining our legions of beneficial bacteria is critical. Oxygen and electrons power the immune system so disease is not permitted! Clean healthy cells with strong running Inner Ocean currents support an organic brain and a powerful ethereal consciousness which reinforce the human capability of invoking intent!

POISON PILL

NEARLY EVERYONE HAS devolved into the modern instant gratification mind-set and believes a pill is the quick easy answer to something they don't understand. Unknowing, the grain-fed and sickened masses take frequent antibiotics, reflux drugs, statins, erection pills, blood thinners, water pill diuretics, steroids, chemo, antidepressants and diet pills, or opt for surgeries and dentures. They reap horrendous side effects, but are never really cured or become whole. Modern medicine performs miracles in the ER, but when addressing chronic disease, it is an expensive prescription for misery and death.

Doctors always have a pill. They told us authoritatively there are no other solutions. They tinkled on vitamins, healthy organic foods, mind-body therapies and home remedies! So the insanity of treating mineral and nutrient deficiency symptoms with drugs goes on. Pharmaceutical medicine is not very effective but is what they were taught in doctor school. It is unbelievably easy to die for these lies.

In my world, all common and chronic diseases are the result of the onslaught of a wide variety of man-made stress factors. They can all be prevented, eliminated or improved through simple, appropriate and inexpensive means. *Typically, one's body grows depleted in essential minerals, nutrients, energetic antioxidant electrons and otherwise becomes acidic. Oxygen is not delivered, pro-bacterial balance is upset, enzymes are over or under produced, glands shutdown, cell voltage drops, oxidative stress mounts, disease occurs.* Nutrient and mineral correction provide the materials for cells to regain their normal powerful self-healing capabilities. Omega 3 fats are required

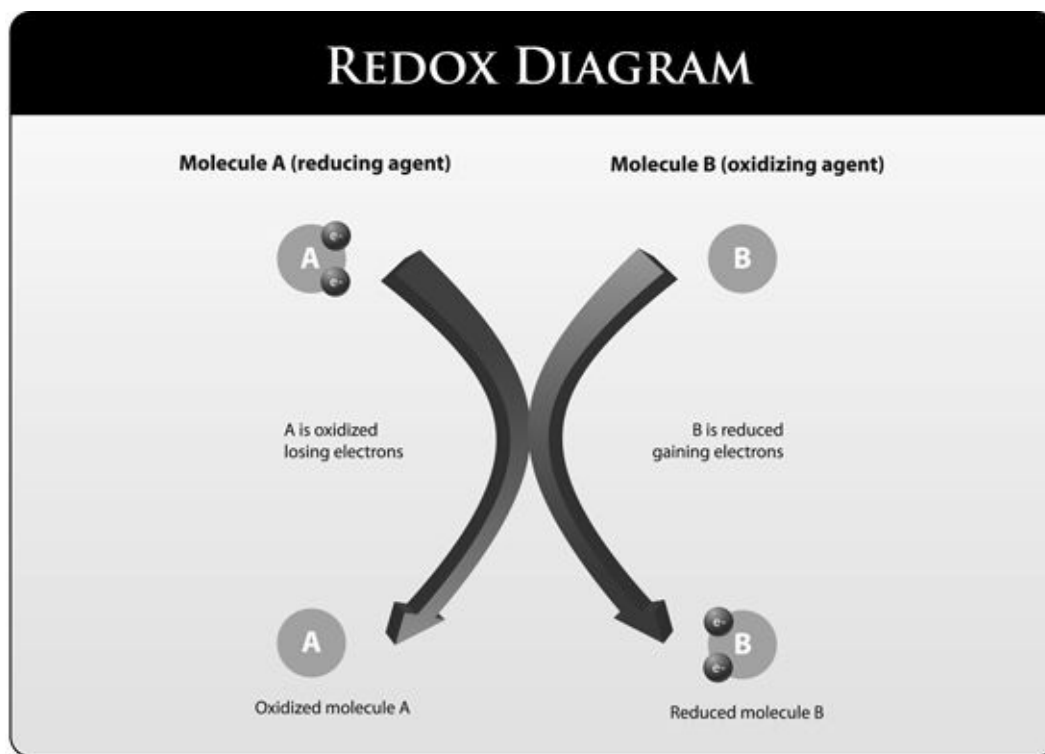
not only to build brain cells and membranes but to maintain internal voltage and manufacture factors that signal an end to the process of inflammation. Boosting oxygen and electron supplies accelerates progress and gets results.

Millions have reversed dreaded disease naturally, and millions more have prevented them. The internet availability of diverse information and instant comparison of competing viewpoints allow access to a range of real solutions. Research that would have taken lifetimes in library stacks now happens at warp speed.

There is really only one disease with many symptoms. Your very survival depends on seizing this truth. When enough of us awaken we can direct our own genetics, control individual health and manage the coming sea-change. We can halt the growing sickness of our neighbors and this planet, and soften the inevitable reconfiguration of civilization.

IMPORTANT THEMATIC NOTE

PLEASE READ CAREFULLY. the following contains the simple but forbidden scientific secrets of health and disease. every detail of nutrition, detoxification, remineralization, mental/perceptual/emotional refinement and lifestyle direction that we utilize has roots in redox-pH principles. it's the common denominator of life. it's how we gather and balance energy, how we capture the sun. Like i said, "it's Curiously simple."



REDOX-PH AND MOLECULAR BEHAVIOR

Redox

Oxidation/reduction or *Redox* is the entire process of electron exchange.

Oxidation-Fire

Oxidation happens when oxygen or an oxidant free radical snatches electrons from other molecules. Precious life-giving oxygen burns glucose within mitochondria to supply our internal power grid and oxidant radicals provide the weapons of immune defense. We see oxidation in burning leaves or more slowly as metals rust or an apple turns brown.

Reduction-Firemen

Reduction occurs when antioxidant molecules like glutathione, SOD or Vitamin C donate electrons to satisfy and dampen oxygen or free radical oxidant molecules that want them. We see that metals protected from air won't rust and the apple drizzled with Vitamin C-rich lemon juice does not turn brown.

What's it mean?

Redox defines the chemical climate of our internal environment, the balance between *oxygen and free radical oxidants versus antioxidant electron inventories. It is the process that powers our cells and empowers the immune system and yet preserves our flesh from all the burning.*

Okay

And electron states of molecules determine reactions, attractions, repulsions and the formation of compounds via electron sharing. Electron availability determines the ease of fluid flow in the Inner Ocean and even the strength of the polarity of its base, water, and how that water behaves.

Luckily

Oxygen and *oxidants* can strip electrons from pathogens and toxins, oxidizing them, burning them by oxidation. This occurs in normal immune response. Hydrogen peroxide, oxygen singlets, superoxides, hydroxyl radicals and nitrogen oxides protect us and are created naturally within immune cells.

But Unfortunately

The same radicals are generated by man's industrial foods, during normal metabolism and by his combustions and sundry pollutions!

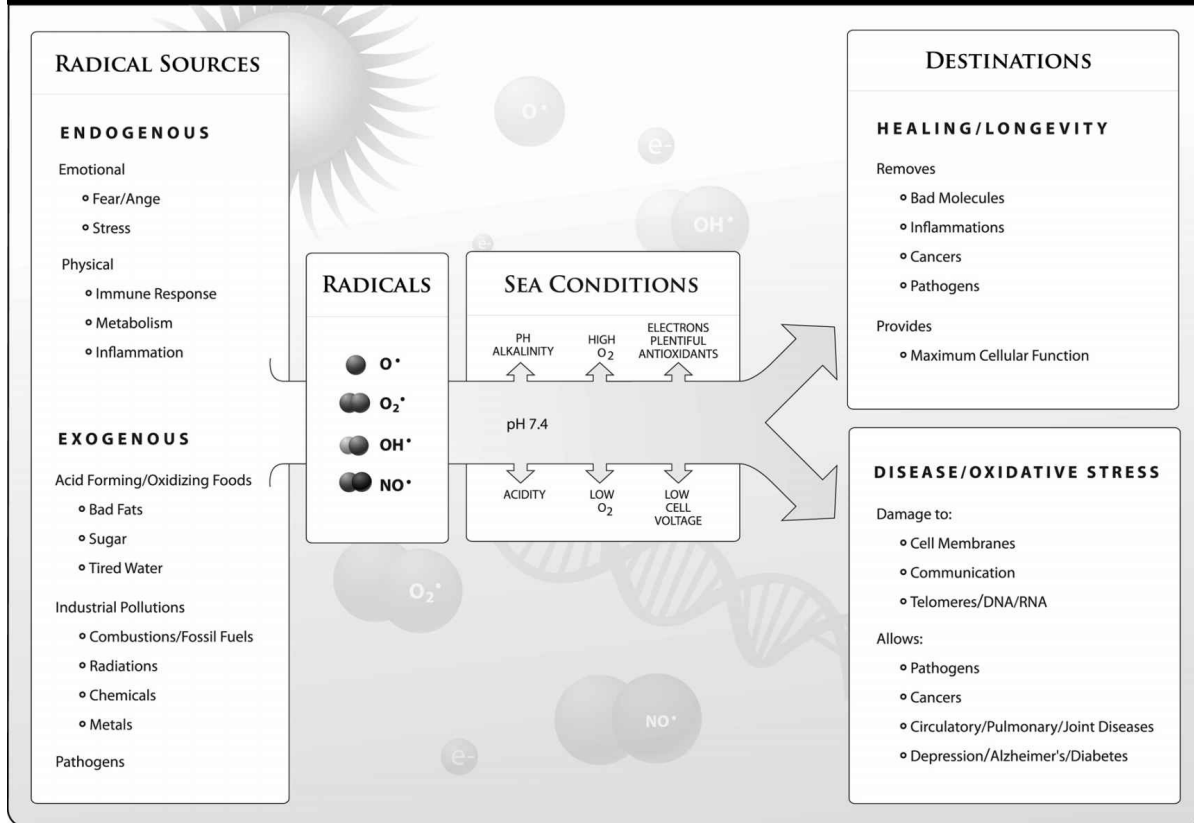
Oxygen and oxidant free radicals are a two edged sword that can supply energy and bring health or cause severe damage to our cells depending on their concentrations, points of impact and the electron populations they encounter.

And Hopefully

electrons will offset all oxidant free radicals, satisfying their hunger for electrons, neutering them. These energized anti-oxidant electrons are ultimately provided by the

Sun. We source this photon energy from plant matter to keep our fires of oxidative stress under control. We can get all we want from electron-rich un-oxidized foods and the *electric vitamin*, Vitamin C. We don't want to rust or turn brown!

FREE RADICAL PARADOX



FREE RADICALS

A FREE RADICAL IS A MOLECULE that has been energetically damaged, losing an electron from its outer shell. I think of a free radical as the attractive divorcee at the country club, soon to be introduced to other singles or perhaps to become dangerous to married couples. They are hot and reactive and can become home-wreckers and even serial home-wreckers disturbing one couple after another, and so must be dealt with. Free radicals and metals can initiate and continually catalyze chain reactions until charge neutralized with available electrons or are taken out of circulation by enzymes.

Over time we accumulate heaps of oxidized and burnt molecular trash. Bad thoughts, metabolic wastes, bad fats, oxidized foods, sticky sugar deposits, tired water, pathogens, chemical toxins, metals, combustions, incinerations and radiations all add to our free radical load. Ironically our cells naturally produce many of the same free radical oxygen species for self defense, but have protective mechanisms to control them. When gobs of man-made free radicals bombard our cells, those mechanisms are overwhelmed, oops!

Un-scrubbed free radicals circulating within our cells damage fat and protein macromolecules that form our cell structures. They also abduct micro-RNA signals, and so disrupt enzyme production. The more free radicals and junk molecules in circulation,

the more inflamed and fouled up cell function gets as energy, hormone supplies, and antioxidant and mineral back-up buffers are drained. metals like mercury, aluminum and cadmium *catalyze* oxidation, continually generating hydroxyl radicals while never becoming consumed themselves. Hot hydroxyl radicals damage the unsaturated fats and proteins in a metabolically active brain first!

Free radicals swallow light and are *darkness*.

Energized electron-rich molecules are sources of *light*.

When purposefully controlling redox conditions, we first soak-up damaging dark radicals with precious photon energized *electrons*. Then to remove radical generating sources we burn them with *oxygen or mobilize them with more electrons and order them out out of the body*. Bam!

UNDERSTAND

RAPID OXIDATION OCCURS As part of normal immune function when energetic oxygen radicals are deployed. This inflammatory response is evidenced by pain, fever, redness and then fibrosis to sequester problem areas within fibrin “scabs”. Immune defense continues on the molecular level until the insult is satisfied and forces called back by Omega 3 fats. Inflammation and oxidative stress are joined at the hip!

Chronic oxidative stress means hard ageing. Insufficient oxygen and antioxidant electrons do not recharge our batteries. Acidity increases as cell membranes malfunction, DNA and RNA corrode and reduce hormone/enzyme production. Mitochondrial melt-down and telomere shortening occur when one is constantly defenseless to free radical assault. Cells and connective tissues suffer fatal changes and chronic disease follows directly.

Along with Vitamin C, SOD or superoxide dismutase is an important antioxidant enzyme player in our cells. It and a bunch more are designed to grab rampaging defensive singlet oxygen radicals and hand them off to be neutralized by electrons which are ultimately borrowed from Cu-copper, Zn-zinc, Mn-manganese and Fe-iron. SOD is just a fancy word for an enzyme that calls back ballistic oxygen singlets dispersed by defensive peroxide release during the inflammation process. SODs charged with manganese specifically cool mitochondrial oxidant wastes produced during normal metabolism.

Glutathione is the body’s major antioxidant agent inside cells. It is sourced from raw milk, meats and vegetables and destroyed by pasteurization. Its production is encouraged by taking n-acetyl cysteine or NAC, curcumin and magnesium and stimulated when experiencing hyperthermia, like in a sauna or in fever. NAC is an essential detox supplement.

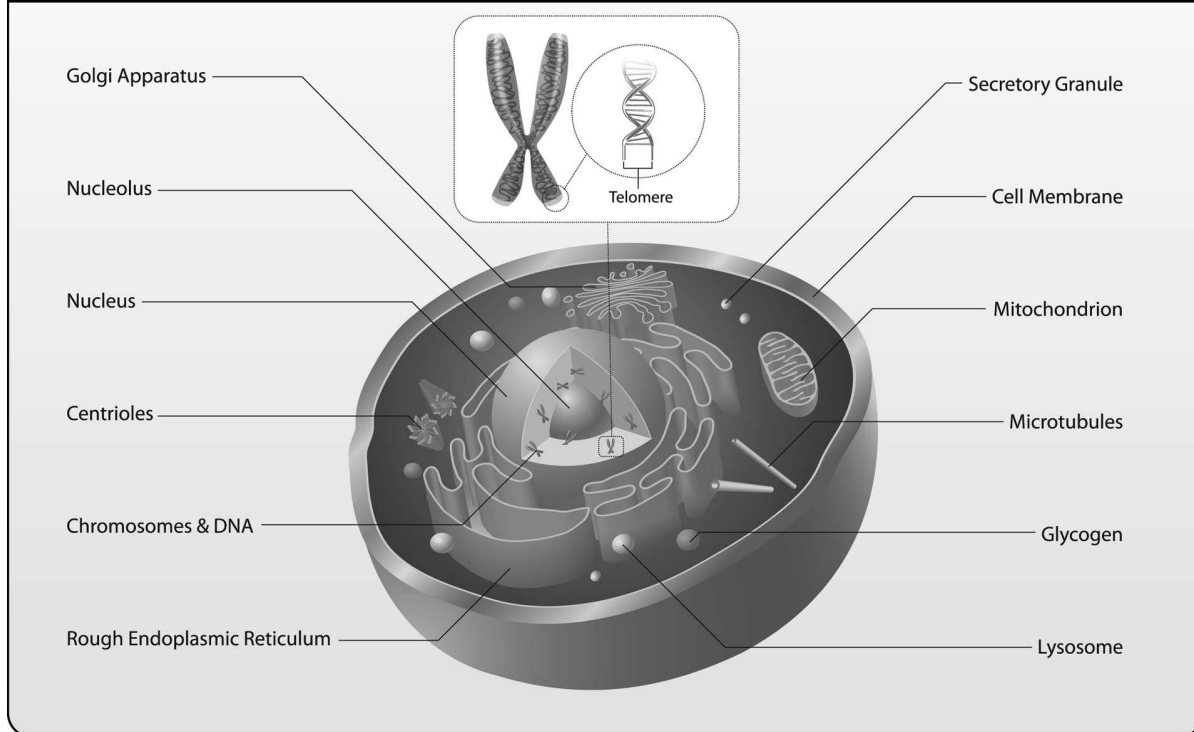
Melatonin is the powerful antioxidant produced during sleep.

Uric acid is a major antioxidant. When a body is overwhelmed with uric acid, gout occurs. With minimized sugar intake and electron assistance from Vitamin C, uric acid behaves properly and gout disappears.

Thyroid hormones regulate metabolism, energy production, and the nervous and

immune systems. metals and lighter halogens block essential iodine crippling the master gland. See halogen family in the periodic table; F-Fluorine, Cl-Chlorine, Br-Bromine, I-Iodine. Raising iodine levels with supplementation squeezes the lighter halogens out of the thyroid where they can be reduced and removed.

SIMPLE CELL



An antioxidant rich environment quenches burning oxidation. Be it from immune defense and inflammation or free radical invasion, electrons prevent damage to preserve our cells. Omega 3 fats dampen and supply signaling factors to terminate inflammation and call for immune cease-fire. You will see proper control of the mind and electrochemical redox climate are the essential healing “ting”!

DR. WHO?

THE *FREE RADICAL THEORY OF AGEING* was advanced by Dr. Denham Harman, in the 1950s and 60s, demonstrating that *free radical damage* to our cells’ macromolecules directly affected *longevity*. In 1968 he found that *polyunsaturated fats* were extremely carcinogenic in mice. He also extended life spans of lab animals with the addition of antioxidants, but not maximum life spans which he attributed to damage within mitochondria. Harman presumed oxidation inside mitochondria could not be affected by externally supplied antioxidants. mitochondria, by the way, are the cells’ powerhouse, a furnace where amino acids, fatty acids and mostly glucose are ultimately oxidized to produce ATP energy and are the high-value site of free radical production. Plentiful electrons, membranes built of appropriate fats and easy oxygen transport keep mitochondria happy and intact. Ageing still occurs, but more gently.

Ever heard mention of Dr. Denham Harman, now 93 yrs old? I didn’t think so. His

research was not well received by colleagues who refused to consider a biologically based ageing mechanism and so his seminal discoveries remained confined to their crib?

A recent study by the NAS (National Academy of Science) found hearing loss to be caused by leaky mitochondrial membranes which caused receptor cells in the ear to destroy themselves. This they found was due to *oxidative stress*. Researchers were at a loss to determine *how much antioxidant* to dose subjects with, in order to maintain mitochondrial integrity.

Magnesium and bicarbonates are essential to the preservation of mitochondria according to Dr. Mark Sircus. Science is amazed at the similarities between mitochondria and simple bacteria. Mitochondria carry their own DNA which is even more vulnerable to mutation and damage via oxidative stress than is nuclear DNA.

Dr. Luc Montagnier, discoverer of the HIV virus responsible for AIDS, declared the prevention and treatment should address *oxidative stress* through antioxidants, nutrition and related therapies. His statements drew little publicity after he remarked that drugs and vaccines were not the answer.

Dr. Mark Starr finds hypothyroidism and thyroid hormone resistance to be widely responsible for low mitochondrial energy output and system voltages, and poor immune function. Hormonal regulation oversees the entire system.

Dr. Aubrey de Grey, of Cambridge University, is a world renowned longevity researcher. Though he also postulates oxidative stress as the culprit in ageing, de Grey dismisses any idea of pre-set lifespan limits. He maintains that oxidants destroy carbon-hydrogen bonds in our life-directing protein portfolio and our cells become bogged down in molecular trash because we fail to maintain restoration and flush the Inner Ocean appropriately.

The mystery of immortality may be locked in DNA's end cap, the telomere, epigenetic expression, or perhaps resides in the centrosome or lysosome, thought to be pre-programmed terminal devices. Or as Dr. Harman thought, maybe the secret lies within the mitochondrion, where powerful oxidation is the order of the day turning out energy along with reactive oxidants, oxidized proteins and fats. Antioxidants CoQ10 and R Alpha Lipoic Acid, and manganese, magnesium, potassium, calcium and bicarbonates repair and protect fatty membranes and keep mitochondrial motors from burning out.

It may be that cells just run low on electrons so oxidized nuclear and mitochondrial protein bonds wear out and then those molecules are not properly recycled as de Grey theorizes. Since oxidant damaged cell components reconstruct themselves on the fly, so to speak, with any old board or beat-up shingle available, cell restoration can be inappropriate and counter productive. Oxidized fat buildup and nuclear/mitochondrial protein erosion both characterize ageing. Mitochondrial specific antioxidant SOD production is dependent on manganese under the direction of thyroid hormones.

Longevity is also connected to oxygen's entry into red blood cells, its robust concentrations in plasma and then final O₂ delivery to mitochondria. In seeming contradiction to the idea that oxidative stress is the root of disease and ageing, high levels of oxygen provide energetic healing and a biological conundrum.

Or maybe the answer to immortality or relative immortality resides in the energy matrix. Extreme longevity is a characteristic of molecular energy states and bond stability which are entangled in redox, pH and other subatomic phenomenon at the interface of the material world, consciousness and the energy matrix. Latent untapped mental abilities that can control genetic expression or meditations to awaken dormant DNA strands could be the key to longevity and may be capable of generating mass quantities of electrons and light. Then again physical immortality *might not* exist at all in our world of atoms, molecules and entropy where the *doubt of immortality, that crack in one's confidence*, is said to be the gateway to *chaos* and material dissolution.

And the pH Environment

pH is the measure of acidity or alkalinity of any solution. A pH of 2, 3, 4, etc. indicates acidity. 7 is neutral while 8, 9, 10, etc. indicate alkalinity. 7.4 is the healthy pH of our personal aquarium, a critical sea condition in our Inner Ocean. pH is simply a measure of the availability of protons which are hydrogen atoms missing an electron.

Acids are proton rich and donate protons while alkaline substances accept and consume protons. *acidity eats oxygen* and allows oxidation to occur more easily. Acid/base reactions govern proton exchange among our molecules and *pH determines system voltage*, enzyme activity and all other biochemical processes.

Breathing, bicarbonates and a cadre of minerals like calcium, magnesium, phosphorous and potassium form a buffering system to tightly regulate pH and allow oxygen to penetrate our fluids. The catch-22 is that oxygen must be present to turbocharge mitochondria and to power membrane transport of those charge regulating electrolyte minerals and pH buffers that require energy to move against an osmotic gradient. Since acidic protons munch oxygen and also gobble antioxidant electrons, they sap our energy reserves and dump our body's voltage.

Where oxygen is plentiful and cleanly delivered, cells have plentiful energy to operate on and disease does not happen!

Additionally

Temperature is the measure of the rapidity of molecular motion, how fast molecules dance. Hyperthermia can enhance enzyme activity, antioxidant glutathione production and so immune response.

Sound and electromagnetic Waves tune that motion as those waves provide the background musical score of our whole molecular extravaganza. Every particle resonates at certain sound frequencies and each ripple and wave echoes the universal energy matrix. molecules are animated by these sea conditions as they sail the energetic ether where sound is everything!

And So

Disease occurring in a once healthy individual is largely an oxygen and electron deficiency encouraged by an acidic pH and buffering mineral imbalance. When oxygen is not delivered to power cells and electron availability is poor, cell voltages fall, energy

levels fade, fluid flow stagnates and we become even more acidic and auto-toxic. As oxidative damage mounts, pathogens proliferate, *inflammation* flares, micro RNA messengers don't arrive and cell signaling is affected, enzymes are not constructed or overproduced, mitochondria and RNA can not furnish a cell's daily requirements, DNA grows mute and confused, Omega fat shortages allow inflammatory response to go on indefinitely and so cell biochemistry becomes strange. Oxidative stress!

Just Because

Life is built of certain molecules. To alter the chemistry of the Atlantic Ocean or our Inner Ocean is a direct refusal of physical reality. As technology changes the chemistry of our foods and that of the entire planet, we are stripped of electrons and lack oxygen. Our bodies sicken, we become acidic, obese, inflamed, age badly and die young, bankrupt of energy. As "*Children of the Corn*" we are never optimally healthy.

We are caught in an illusion of consumption and are attracted by quick fixes and material junk! This is the dark sun we live under. It is the theme of this book and the culmination of my quest for a bedrock reality. Once that thread of idiocy is detected we can awaken from this nightmare.

Man needs to slow-down and be occupied *not* with making unnecessary *polluting things* to sell for money, but with creating loving communities, clean free energy, healthy foods, responsibly-sized families and peaceful garden-like conditions to raise his consciousness and sustain life on Earth. The rest, my brothers and sisters, is up to you.



Cat Island, Bahamas

Chapter 1



THE QUESTION OF GRITS? AN AWAKENING

EXCERPTS AND OBSERVATIONS FROM THE CAPTAIN'S PERSONAL LOG

Cat Island

GRITS, YES COMMON CORN GRITS cracked open the doors of perception. Back when I was exploring tropical fruits, medicinal plants and farming ideas I visited Cat Island, one of those rarely visited Out Islands. It lies between Eleuthra to the north and Long Island to the south on the eastern, outermost edge of the Bahamian Island nation. It is primitive, and the majority of residents are easy going and of African descent. There are few amenities or motels. It's only claims to fame were as the birthplace of Sidney Poitier, site of The Hermitage and as one of few islands where Obeah is still practiced, a mysterious voodoo-like religion. Since tourists are uncommon, crafts are not sold. The only items I found to take home were grits and sugarloaf pineapples, the most delicious pines on the planet.

Besides the fifty-mile long shockingly pink beach without a single footprint and the dark green splotched turquoise-pastel waters promising reefs to explore, my interests were in local farming, and all the tropical fruits and plants and their bush medicine usage. I spent many hours talking to farmers and fishermen picking their brains and enjoying their humor and perspectives. We found that tea made from the bark of gumbo-limbo was a potent muscle relaxant after strenuous activity. Powerful enzymes in green papaya sap healed tropical rashes almost instantly and its seeds were strongly antibiotic and contraceptive. Its leaf teas healed devastating conditions. They knew that a variety of red-brown seaweed, moss de mare is aphrodisiac. They knew which bark, roots or leaves to make tea from and many more all but forgotten secrets of the root doctor.

The natives practiced slash and burn agriculture where small irregular fields were hacked-clean with machetes and burned. Planting took place in scattered limestone potholes where scant soil accepted a few seeds. If they fertilized at all, guano from bat caves or fish wastes were used on top of the freshly supplied potash or potassium-K in the ashes of the burned brush. Low yielding multicolored primitive Indian corn was grown along with watermelons and tomatoes. They cultivated thyme and also grew hot peppers and put them up in old coke bottles.

Oddly enough the Government House next to the mail boat dock held a fairly modern corn grinding machine that also screened the product into grits and fines or meal. I purchased a fifteen-pound bag to take home. When I ran out of the precious food, I looked for something available in the States, but it didn't exist. Sure, there was the de-hulled, de-germinated, lye-treated, chemically grown modern stuff in stores. That wasn't what I sought. I wanted *true* Bahama grits!

I started to recognize the fact that foods in my teens didn't taste as good as they had just a few years earlier. All of a sudden soft drinks I once liked were repulsive and tomatoes had no flavor. What happened? Why was there so much disease? What did foods have to do with it? What did this mean to my own health?

High fructose corn syrups began to dominate sweeteners and corn flakes became the normal American breakfast. I had only been concerned with the wholeness of the product and to me unprocessed anything tasted the best yet industrial agriculture was headed in the other direction. I never considered the giant grain industry, the subsidies or the processing aspects or that all our meats, milk and eggs would wind up in grain feedlot production. I did come dangerously close to realizing that seed selection over the past few hundred years and more recently genetic modification of corn were near the root of disease. Heirloom corn with low glycemic characteristics was gradually turned into sugar-packed modern hybrids through selection. Then finally, biotech laboratories created super high glycemic GmO, genetically modified strains to criminally corner the seed trade.

I could never have imagined the ramifications of grain changeover in agriculture much less the changes in the grains themselves. The environment and the human diet were being ruined and, at the same time diversified farming was being economically destroyed. Corn and soy brought acid forming high glycemic carbohydrates, free radical generating vegetable oils and grain fed animal fats to the table, only to give us screaming blood sugar levels and immune deficient fragile fatty cell structures and prematurely senile neurons. These carbs caused our bodies to manufacture inappropriate fats like the steers in American feedlots, hogs in commercial superdomes and the chickens packed foot to feather in enormous barns. Monoculture over-ran the system. Corn was King, a most harmless looking tyrant. Soy was Queen.

A rabbi once said that when the question is found, an answer follows quickly. I wondered about other foods commonly found packaged, preserved or processed in grocery stores and how the basic produce was grown. Here I had just been after gourmet and delicious food items like real grits, fresh pidgeon peas, spiny lobster, the sweet fleshed conch and the taste of paradise found only in the mango. Then this question of foods popped into my head! Learning to ask questions is a habit worth cultivating. I found my own eyes and began to use them!

AUGUST LOBSTER SEASON FOLLOWED BY CRABTOBERFEST

I GREW UP IN SOUTH FLORIDA, fishing and skin diving in the still barely depleted and polluted 1950s and 60s. We feasted on the bounty of the sea and the tropical fruits that seemed to grow everywhere by themselves. It was a wonderful but fleeting moment. Before I knew it, Miami had become overcrowded, overdeveloped, over-polluted and over-fished. For me it was over.

The once pristine Upper Keys formations I explored in my early teens had declined terribly. There within sight of old Miami had been coral reefs so vivid in color and jammed with life as to defy description. I have stood in awe of forests, mountains and

deserts and lived in incredible Rousseau-esque tropical gardens but a healthy coral reef is hands down the most beautiful environ on the entire planet, the crown of creation! Many are gone forever.

As a kid I would rather be out on Molasses, Ajax or some of the scattered patch reefs along Hawk's Channel than any place else on Earth! A breathtaking joy came when diving among gardens of elk horn, stag horn and brain corals. Pastel underwater seascapes of blue, purple and red anemones and gorgonians, lavender sea fans and a constant rainbow parade of hundreds of species of fish hypnotized me for hours. Otherworldly neon electric blue, laser red and sea green accents on mollusks, shrimps and octopi glowed in the reef. Glittering schools of fish and silver showers of minnows moved lazily as one, to the ebbs and surges of the sea.

I liked to spear an occasional mutton snapper, grouper or hogfish for dinner. Since I could catch ten times more fish on hook and line, the act of spearing while free diving was sporting and environmentally ethical. I knew it wouldn't impact fish populations. Twenty years later persnickety sport divers came to frown on spear fishing. They were "conservationists" and underwater photographers who got their seafood at *Red Lobster* and became judgmental about any disturbance of life in the sea. Newcomers to my ocean hadn't noticed the effect of smokestacks, sewage outfalls or the fertilizers they spread on their lawns. While there were a few greedy spear fishermen who used scuba and stealth, the newbies never looked in all the full fish boxes of a growing legion of hook and line fishermen, commercial long-liners, fish trappers and net haulers. This was well before pirate fishermen from as far as Asia came to loot territorial waters with bold impunity using deadly industrial tactics. These Sunday divers just copped a popular attitude insulating their shallow understanding of the ocean.

Unfortunately the Florida spiny crawfish was difficult to remove from coral heads where they remained deep inside caverns. And so most of our time was spent harvesting the grass flats and channels where the bugs couldn't hide.

My adoptive big brothers were lobstermen and crabbers who took me along because I could throw more bugs in the boat than just about anybody and I enjoyed it. I took enough for dinner and left them the profits. Capt. Ralph and Walter were partners in an old wood hulled but seaworthy New England style lobster boat, narrow at the stern with a 4cyl diesel that roared through straight stacks. The Jus' Broke was 32' long, had a stuffy cabin and a bridge with a steering station and made a whopping 8 knots. She had umpteen coats of paint and each chipped spot displayed previous incarnations.

South of Key Biscayne lay miles of these grass flats and channels. Stiltsville, built on the flats, was a weekend getaway village of stilt houses for the wealthy and the setting for many novels by Carl Hiaasen, longtime funny-guy columnist at *The Miami Herald*. Our diving trips near there always included a few stories of the old days of Prohibition when gambling, liquor and prostitution were available at earlier stilt shacks.

The muted tones of the turtle grass flats held a beauty less pronounced than the colorful coral patch reefs but seafood-wise were way more productive. The flats are nursery grounds to all sorts of critters and that's where the spiny crawfish moved and menippe

mercenaria resided, mud crab in Latin, but better known as the stone crab. The mud part of the scientific name made sense later and came in handy when I learned to hunt them. Stone crabs burrow. Tunnels could not be built in sand and would collapse so mud bottom was where they were found. Free divers were becoming common in the Mediterranean, Jacques Cousteau had just invented the Aqua Lung, but there were very few skin-divers in Miami back then and none of them dove for crabs.

Since crab holes were so spread out, you had to cover a lot of ground to gather dinner. I invented a ride-the-tide technique. I could cover miles of channel effortlessly flowing on strong currents, the same tidal currents that flushed this edge of Biscayne Bay with clean Gulf stream water twice a day. I took the fast ride, carried the anchor and collected the precious claws and released the crab to grow them anew.

I ate them until I was sick, and that lasts longer than the usual August lobster feast which gets old with me much sooner and was in the water from mid-October until Christmas. *Joe's Stone Crabs* on South Beach has been a world-famous eatery for many decades serving the ultimate treat along with their famous mustard sauce and creamed spinach. It is not uncommon to wait three hours for a table unless you know the maitre d'.

While eating crab is hard to top, my real satisfaction came from figuring out how to catch them. I observed, was appetite motivated and adapted a successful technique. By the middle of October when crab season opened the lobster divers had gone. The summer heat and humidity had moderated and the flats were vacant aside from a few Cuban trappers. I had the place all to myself, year after year after year.

EMERALD CITY

I REMEMBER SPENDING THE NIGHT inside Boca Chita Key on one weekend lobster trip. We anchored well out in the open so the light breeze would frustrate the mosquitoes and give us room to swing on the anchor as the tide changed. A nocturnal light show commenced shortly after sunset. Mesmerizing cool green phosphorous danced across the bay like flickering pen lights spaced every few feet as far as one could see.

The water under our anchorage lit up and showed glowing trails of green phosphorous, disturbed and excited bioluminescent jellyfish, where fish had passed. I stared into the water for hours watching the indirect evidence of things passing, big and small, fast or slow. Occasionally huge flashing green trails zipped under the boat, and I imagined sharks prowling in the dark water but they were probably just tarpon.

From that experience I never wanted to dive at night and never did. We also had Old Mike along on that trip. Mike was a lovable fire plug of a man, an ex-Marine sergeant with a crew cut. He was one outstanding character among Capt. Ralph's menagerie of dozens of interesting buddies. He had been a police diver and used to recover dead bodies from lakes where visibility was zero, doing grid searches off a rope tether. We were creeped-out late that night when he started telling stories. He said, "Ya can always feel it, the second before your hand touches a corpse."

PUZZLING SUCCESS

BACK HOME IN THE GARDEN a tangerine tree had become very sickly with foot rot. "Incurable," they said. On my next trip to the ocean I stopped on a spoil island in Biscayne Bay and loaded a half-dozen garbage bags with seaweed. I was amazed at how easy it was to collect from the shore. At the bottom of the drifts compost was forming and teeming with earthworms. I carried this idea home and mulched that poor little Dancy tangerine tree, piling the seaweed in a big doughnut out from the trunk. It didn't take more than a few weeks for the tree to look better. Soon there was a huge crop of delicious tangerines! Hmmmmm. How did incurable become cured?

Seaweed contains mineral concentrates and plant hormones, and its colloidal composts are the superlative plant food. An internet search of seaweed concentrates and sea solids will reveal the importance of these minerals to crop vigor and to animal and human health. Kelp and seaweed meals are ground dried seaweed. Kelp concentrates are liquid seaweed extracts or those extracts dried into powder form. Sea solids are simply evaporated seawater that is concentrated for ease of shipping. It is re-diluted for use on plants and sprouts or it can be taken as a mineral supplement.

When fishing well offshore I collect a bottle of seawater, take it home and store it in the fridge to sip. I drink pure seawater that most people can not obtain. Diluted to 12%, clean seawater can be sprayed on most plants. We were all taught that salt will burn plants and that drinking seawater would kill you and those adrift on the ocean went mad. Just drink twice the amount of fresh water. No problem, mon!

I found many places to collect seaweed, but the man made island just a mile from the boat ramp was most convenient. The spoil islands were piled up when the Intracoastal Waterway channel was dredged. Over the years they were used for parties, picnics and even wrapped in pink plastic by the artist, Christo. Many times when I stopped to collect bags of seaweed I saw various dead, deformed and diseased fish that had washed up. I saw many small snook with tumors. I saw lobsters with rot on their shells. The bay they lived in had become oxygen depleted from silted grass beds and indirectly hypoxic from decomposing algae that bloomed feeding on fertilizer runoff and plant nutrients in sewage. Algal blooms can also produce nasty toxins to add to the chemical soup washed from roads and land surfaces into storm sewers. Pumped-in treated sewage, septic leakage, the dumpings of industry and stuff that just settled out of the air make for a damn-dirty aquarium.

It was reported in *The Miami Herald* that crabs with 4 claws, and some obviously deranged DNA, were found at the mouth of the Miami River. High levels of industrial PCB were evident in the river as well. I flashed back to the place where early trading posts had stood not far downriver from the waterfalls that once drained a pristine Everglades. Six thousand years before, that spot at the mouth of the river had been an Indian holy site with curious circular structures, evidenced by postholes in the limestone. Archaeologists named it the *Miami Circle*. I remember fishing there as a boy with my father when he was still a young man. We caught blue-crabs, mangrove snapper and

snook long before the downtown area sprouted skyscrapers. I remember the lies of bureaucrat managers and politicians taking credit for the “improvement of bay waters and other marvelous environmental advances.” Growth really always came first. There could have been sensitivity and respect for the place.

PERSPECTIVE BY EXAMPLE

A VERY OLD SYRIAN GENTLEMAN in the neighborhood was an excellent gardener. When I occasionally stopped to chat with him I’d notice how healthy all his plants were. He was healthy too and could still swing a pick in the hot sun. His home was on the bay and sea salty spray always settled on his property. Beautiful bananas, tomatoes, figs, grapevines that were grown for their leaves, papayas and one awesome Kent mango tree were the few specimens in his garden, and each was outstandingly healthy. The pure love in the man’s heart could have made a desert bloom.

He had moved to Miami in the 1920s to build a life for his new bride. The problem was she was not allowed to come to the US until the 60’s after they had spent nearly forty years separated. He became wealthy in the meantime and he and his now elderly bride were young lovers again. She was pure perfection in every simple act and would always invite me in for crescents and coffee. Her baking was unequaled by the finest chefs, her coffee was strong and real and she served it to me in a bone china cup with a silver spoon.

I always felt funny being around old people, but somehow I sensed this experience was valuable, and one never knew who would light up a few neurons with the wisdom I sorely lacked. I received a respect in their home I was unaccustomed to. I left one afternoon after the customary coffee, crescents and cinnamon cookies with an old copy of *Rodale’s Encyclopedia of Organic Gardening*. I kept it for a few months, learned what was going on with growing plants and returned it to him and bought a modern edition. This couple was so happy and gentle in all things that I got a perspective of what could be and what life at finer frequencies, higher levels of consciousness was like.

I was a crude stupid kid in my twenties, but with this new knowledge of food gardening, many doors of understanding blew wide open. I was exposed to other stuff they never taught in school like hospitality, diligence, kindness, sharing and respect. Later I would find that in Mid-Eastern desert cultures serving food and drink to visitors was an age-old custom.

NATURE BOY

I PLANTED FRUIT-SCAPES of the best, rarest, most delicious fruits that would grow in the subtropics. Phyto-nutrient feasts were just outside the door. We thrived on them before we knew what a phyto-nutrient was! Hog plums, lychee, passion fruit, guava, governor’s plum, Barbados cherry, tamarind, canistel or egg fruit, mulberry, Mysore raspberry, the best varieties of mango, seven varieties of avocado, jaboticaba, papaya, monstera deliciosa, six types of banana very unlike store bought, key limes, Persian

limes, ruby red and white grapefruit, carambola, jackfruit, macadamia nut and sugarloaf pineapples. We made chutneys, guacamole by the bucket, key lime pies, mango daiquiris, and fruit salads par excellence. As was common in the Bahamas we used lime juice on everything!

The metro-Dade Fruit & Spice Park in the Redlands has a wonderful collection to see, feel and taste. Fairchild Gardens and David Fairchild's Kampong were involved in botanical research as well as educating the fruit or tropical plant hunter. For the most part though, these magical tropical gardens were perused by upscale Grove and Gables plant lovers landscaping their bungalows or villas. They sought rare and exotic palms, orchids and flowering trees.

Quality fruits could scarcely be found in markets when I was a kid, so growing them organically and picking at the perfection of ripeness held great value to me. I could never understand landscaping where edibles were off the list and only unsatisfying fruitless trees and shrubs grown. Most landscapes became a waste, ugly in their architectural trendiness, polluting and wasteful of water in their maintenance and emphasis on lawns. They were totally unrewarding in providing the treasure chest of nutrients my gardens produced. Given a little skill and a little time, delicious nutrition could appear at the back door.

I remember looking for trees in the neighborhood I had feasted under as a boy, but they were gone. I would usually find out that someone from up north bought the place and had the unfamiliar tropical fruit trees removed because they were "messy". Very rare and old trees were destroyed indiscriminately by real estate profiteers, renovators and other idiots. I have stood and mourned the loss of hundred year old mango trees, joined only by hungry squirrels in my bereavement. Not just trees were lost, commercially valuable varieties of fruits were made forever extinct! I managed to rescue a few varieties on the brink. I moved quickly ahead of the chain saws by grafting bud-wood from my most beloved mangoes and relocating them to protected botanical gardens.

Disdain and then pity was all I felt for these ignorant people. These new Floridians were happy eating garbage from cans and plastic bags when wonderful healing fruits, berries, herbs and vegetables used to grow right outside their doors. People who didn't understand nature usually didn't live long or healthy lives. I wondered what their mental landscapes looked like. Bleak, I had imagined.

Here and there were wise gardens, carefully tended by octogenarians, rare fruit lovers and tropical ethnics who imported their skills from India, the Far East and the Caribbean.

When I was a kid I always needed a few Zara Spooks, a floating torpedo shaped lure that I used on my pre-dawn bicycle excursions in search of snook. Some Saturdays we would go grocery shopping at Shell's City, a huge supermarket where we also bought fishing tackle. On the way my Dad would stop at an old 1920s style wood house on 2nd Avenue. A friendly health foody-type guy lived there and had planted the place in Barbados cherry trees. He extracted the juice and sold it from his house. "Acerola Cherry Juice," said the sign, "World's most Potent Vitamin C Source."

You will see nothing like this today as our watchdog Agriculture and Health

Departments close down all small operations without extensive and expensive equipment requirements, rapidly making industrial foods the *only* foods. Industrial agriculture free traded its way into food markets of less industrialized nations and evilly controlled the seeds. Farmers killed themselves because they could no longer afford purchased seed or make a living competing with our subsidized grains!

When corn ethanol was dreamed up for a financial killing, prices of their chemically grown bounty doubled. Then traditional agriculture around the world couldn't maintain supply. People could not afford to eat and starved during widespread food riots without their local farms. Ethanol doesn't even work in boats because the gasohol mix separates into water and goop in a matter of weeks, ruining engines. I learned that lesson the hard way, too. Thanks, corn lobby!

Soon Cubans arrived and began growing sour oranges they used along with garlic and spices to make their amazing mojo marinade. References to "snook" became robalo. Gradually all their traditional fruits like guava, mango and mamey were being sold. Starch roots yucca and boniato, plantain and the bountiful tropical pumpkin, the calabasa began to appear in markets. Later you could grab a bag of Spanish limes or zip-peeled oranges on any street corner.

THE PRESENT TENSE

I WONDERED WHY magical moments occurred and I long toyed with the ideas of timing and synchronicity. I could never force those moments to happen, and expectation turned off the spigot. I finally found that just being and flowing allowed happiness and those special occurrences came more frequently. I guess I approached the present, the limitless now.

Dr. Hawkins claims we can not experience the present because the millisecond it takes to have a thought automatically shifts now into the past. He also says that when we sneak peeks of the present, without actually thinking, that wondrous things do happen. It's a Zen thing, a thoughtless being-ness. One can only be in sync with the universe if he is in the same time zone.

Kabbalists go another step saying random occurrences are not random but a result of a directed thoughtless being-ness. It is a being-ness in confident harmony with their 99 percent unseen world with an implied degree of control over it, and where *doubt* is the devil that opens the door to chaos.

Shamans of the Americas reach states of non-thinking through breathing meditations and stop time and travel other worlds.

The ego can not exist in the present now, a state of divinity according to Eckhart Tolle. He articulates the three modes of action which connect us to the intelligence of the universal energy matrix; acceptance, enjoyment and enthusiasm. With enthusiastic enjoyment in the now, life becomes fun and magical, and provides. With acceptance we gain inner peace. The ego must be a scary-dangerous time machine.

Our cherished view of God as a kindly grandfather might be seen scientifically as the

universal holographic energy matrix, the invisible 99 percent reality spoken of by mystics. The universe when viewed as a hologram means each little bit, like each of us, contains the whole, is the whole! Every earthquake and each amoeba fart is meaningful and connected. You and I and every speck of dust in the universe are the same singular being, all brought into existence by consciousness. You are your neighbor and the cat and the mountain! In fact, the more I understand modern science and parallels in the spiritual concepts of the ancients, the more I find there is no divide at all.

A mind can be a receiving terminal with access to this whole, containing all possibility and where time is an accompanying illusion. The mind can also birth the hologram out of its consciousness and use directed thought to become the dream weaver, a transmitter. Ask any physicist.

Consciousness is drawn from the conditions we encounter in life until we reawaken to find that reality is a reflection, the result of our consciousness!

The mainstream idea of God as an external entity seems to be fundamentally flawed and tends to distract man. It diverts his focus far into the future beyond this life and leads him away from his own powerful will in order to impart helplessness and religious obedience. Our inherent supernatural abilities are really everyday natural talents that we can develop through focused intent and persistent personal evolution. Jesus said, “Ye are gods”, and laboratory experiments performed around the world have proven it!

Thoughts are things! A personal gravity of pure intent can bend the matrix to our noble desires. All of the 1 percent causal world of matter dances to the tune of the 99 percent unseen, comprised of electromagnetic fields and energy strings. *We are, yet we don't know who we are.*

The coolest occurrences appeared effortlessly before me without expectation. With easy unattached thoughtless being, things came. With willful intent things came. It boggles the mind to imagine the timing involved in the coincidence of events in nature or in everyday life. Somewhere in the matrix is a tunnel that connects disparate objects, parallel paths and even infinite future scenarios. Synchronicity.

TIBURON

ON MY MANY TRIPS to the Bahamas over the last 40 years it was easy to stay in the now. In my mind they were all like yesterday. When I was 15, we were fishing northwest of Grand Bahama Island off Memory Rock. I remember an indelibly awesome sight. A massive 25-foot long shark appeared off the stern and came alongside as we pulled up beautiful deep-water snappers. They called ‘em “browns,” “brownies” or “James Brown” but this one was dark gray and whale huge. He had been following the genuine red snapper we tried to bring up quickly from the depths some 500 feet below on electric reels. Sharks aren't supposed to get that big but we paced him off as he came alongside the 65' boat! Richard, one of the mates, tossed a whole mullet to him on a huge rod and reel. Mr. Brown gobbled the bait and swam slowly back to where he had come from. The

heavy line had no effect on the monster and finally broke.

Captain Sherman who had taken us across from Riviera Beach stood on the bridge shaking a fist and, with a very slight grin, cursed the monster. Sherm had a dry sense of humor and an amazing vocabulary of epithets. many of the old captains I'd known were fascinating characters. I was taken with their independence and confidence and the free life they lived. When Dad and I came home from that fishing trip tanned black by the Bahamian sun, I was a more tested and worldly 15 year old displaying an expanded vocabulary. I felt special having seen the wonders that I did.

NATURE HITCHES UP HER SKIRT

SOMEHOW OUT ON THE OCEAN everything existed in the present, the now. People acted differently too. Life was immediate and totally connected. Enthusiastic enjoyment in the present was magical and incredible! I witnessed the primal savagery of barracuda bisecting large hooked kingfish as big around as my thigh with a cut so clean it could not be reproduced with a butcher knife.

One day I was treated to the sight of a species of ray unknown to science. It was the size of a rich man's Persian carpet, twenty-feet across with similar patterns. I spotted it hovering a few feet under the surface 20 miles out in the Gulf Stream. Then there was the odd coffee and cream colored checkerboard of the harmless city bus-sized whale shark and the docile but huge oceanic sunfish. These and scores of pulsating pink dinner plate sized jellyfish passed below my boat as the inky blue and very painful Portuguese man-of-war sailed the surface.

Even today, I still get a surprise or two on every trip. I watch my kids enjoy the same fascinations with nature and see their thinking evolve. Just last week they couldn't get over watching a couple of common squid they had netted shift color patterns in the live well. No computer-generated images could match this curious behavior.

The most wondrous things did happen when I wasn't thinking or locked in expectation but just merrily going about the day. I can remember seeing the majesty of nature in schools of thousands of hammerhead sharks stretching for miles off Miami and witnessing two fishermen in a small boat sinking under the weight of the tons of king mackerel they had greedily caught during a run. I'll never forget being tossed about inside of a waterspout that literally turned seawater into smoke as it approached.

COMMUNITY

IN SOME WAYS life in the Bahamas reflects the better part of a past we have forgotten. Cat Island is sparsely populated. I can recall driving paved roads there and seeing weeds growing through the asphalt and thinking, "My God, what a lonely place." When I returned to the motel, I noticed that I clung closely to the German couple who operated it. I pondered aloneness and connectedness. I didn't realize that I would soon experience an epiphany of oneness while strolling through an octopus's garden off the south end of the

island.

On Eleuthra to the north was a larger industrious society yet a similar closeness where people rely on each other for the simplest necessities. The island community was different than being in the states among millions of anonymous shoppers. When primitive tribes hunt, fish or gather food together there is a different sort of feeling to life than living in a modern urban setting where people think they are independent, yet are really disconnected. Walking into *WalMart* and swiping a card to meet one's necessities in no way supplies the gratifying feeling of catching a seafood dinner or butchering a bison with your brothers. Think about it. You grow dependent and fond of each other. You protect him because he helps you survive, and your souls become welded like stainless steel as you hunt and feast or starve together.

Small town life, fraternities and churches can approach the state of community. The brotherhood of war or survivors of a shipwreck come even closer. Recently a study suggested that men who are loners die from heart attacks twice as often as men connected to groups, even if it is no more than the crowd down at the bowling alley or corner bar. Other findings equate longevity with the level of human contact and even physical touch one experiences. This reiterates health profiles of married versus unmarried individuals. Man is a gregarious creature, a herd animal and must have companionship.

Helena-Norberg Hodge relates her findings on community, gathered over years spent studying isolated Tibetan tribes. She found them untouched by our modern "monoculture of minds" and insists the way out of our industrial dilemma will be through community connectedness and localized food production. Her books should be mainstream. See: isec.org.uk

TELOMERES, A KEY TO LONGEVITY

THE MIND-BODY RELATIONSHIP is essential to life. One's chemistry and genetic capabilities depend upon it. A shunned individual in primitive times died of loneliness before starvation could kill him. Low status individuals, overtly aggressive males and those suffering chronic stress succumb to a similar life shortening fate. Current science finds at least two pathologies associated with one's place in a community, his status and stress levels.

The stress of loneliness, low social rank and poverty stimulate negative brain hormone release which begins to trim numbers of *neuron fibers in the brain* reducing intelligence and awareness with a depressing mind numbing effect where memory is erased. This is common among those unloved, deprived of intimate contact and touching, or otherwise abused or stressed early in life. Their brains do not possess normal neural networks and won't produce pleasurable hormones and so drug addictions are common. They are starved for brain chemical stimulation from endorphins, dopamine, etc., and narcotics become very attractive. They aren't really criminals, just victims. Young children who experienced adverse conditions predictably display certain classes of physical disease later in life. Psychiatrist Dr. Gabor Mate in *When the Body Says no*, outlines mind-body

disease through stress and cortisol production.

Secondly, chronic emotional stress causes shortening, fraying and fragility of *telomeres*, the chromosomal end-caps essential to DNA integrity, replication and transcription of accurate commands to RNA. Stressed individuals exhibit low levels of telomerase, the enzyme which repairs telomeres after each cell replication. DNA deterioration can be reversed with loving camaraderie, refreshed perspectives and attitudes, meditation and a strong willful intent. As stress abates, nerve fibers regenerate and telomerase levels climb to effect repair of worn telomeres.

Scientists noted that chronically emotionally-stressed individuals exhibiting telomere erosion also suffered systemic oxidative stress. I maintain the reverse is true, that mental dysfunction is initiated by bad nutrition and toxins that cause physical oxidative stress. Smoking, obesity, acidity, Omega fat imbalances, alcohol abuse and any other free radical source prevents genetic expression and telomerase production. Mineral levels, thyroid output and body voltages must be factored into the well/ill equation.

Removal of emotional stress and one's ascent into levels of love and happiness rejuvenate telomeres. Omega 3 fats and ample antioxidant electrons (mega dose Vitamin C/bicarbonate) along with the herb astragalus and its extract TA-65, reishi mushrooms (B Vitamins?), glutathione encouraged by NAC, quality proteins to supply nucleic building blocks, hemp oil and other phyto substances also help restore telomerase production.

As telomerase refreshes the telomere's spring-like protein tubules, DNA strands can lengthen and express fully. Faithful RNA will then fulfill instructions to manufacture righteous biochemistry and enhance longevity. Nutritionally reducing the rampant free radicals evident in oxidative stress allows feedback signals to reach RNA to adjust enzyme output. Minerals must be right with adequate levels of potassium, magnesium, iodine and manganese to control pH and allow full thyroid output. Successful flushing of wastes from the Inner Ocean and contrarian high-oxygen levels are essential.

Positive intent, happiness, group sharing and especially the clever mental processing of *the perception* of stress lead to longevity. Laughter is a great marker of vitality and relieves stress. Even a simple conversation releases healing brain hormones. You should also see where bad fat, sugar and alcohol intake in the absence of plentiful antioxidants and alkalizing minerals can fund free radical operations to initiate an oxidative stress syndrome that damages telomeres, mitochondria and masks DNA sequences.

I see loneliness, alienation and palpable levels of anxiety in people today. Living with television is like having a personal friend or a community in our own living rooms. And then we become mute companions. Television weakens the will and foils personal intent while providing vicarious, living-like experience. There really is no friend to talk to. In fact the virtual community evokes more stress through mechanical repetition. It constitutes peer pressure without rebuttal as it subconsciously creates a big brother form of authority and passive virtual dependence. We stare without any thought of interaction.

Modern communications are pathetically not face to face. Centralized electronic communities are anathema to local flesh and blood relationships and vital psychological interdependence. We all want love but flee from it. Separateness remains an enigma in

modern life.

Appeal for a less one-sided artificial interactivity has grown in the form of internet communities. Man is now socially connected in networks. Ever-shifting grand ideas in the new collective consciousness come seemingly out of nowhere.

The community in cyber-space is riveting and fresh but somehow not as personally fulfilling as a good ole BBQ. We've got it, nevertheless. By the nature of mathematical progression, a connected community could make a difference in fewer than 6 degrees. Six billion humans could become healthy and 69 billion trees could feel the soil very quickly if such a cyber-swell were generated! In the reverse scenario, cyber-criminals and stealthy internet terrorists could wreak havoc on a tech dependent world.

WORDS ARE IDEAS

Words represent thought and are the vehicles of communication. Words can also shape thinking and direct action. They can convey true or false ideas. Thoughts and ideas are things and have consequences.

"Words are the most powerful drugs used by mankind."

—RUDYARD KIPLING

Words have varying depth of meaning and importance to different people. Words like perception, perspective, awareness, attention, will and intent or even Vitamin C speak volumes to me. I have meditated on their substance and implications. Some words can continue to expand and deepen in significance. For me it's all about attaching words to thoughts and feelings and understanding what is behind others' words.

Einstein said he liked thinking in *pictures* and rarely thought in *words*. He also obeyed feelings that he accurately presumed were intuitions telling us that Albert was well acquainted with his right brain. It is said animals think in pictures and have no verbal component, but in man it is a right-brain/left-brain thing where most dwell in their left brain hurriedly immersed in words, numbers and language. The right brain has been shown to contain spiritual intuitive artistic compassionate moral areas.

Words may automatically convert into mental images. They can force-focus our attention and thoughts, and form our world subconsciously. The mastery of words can grant clever words-men the power of suggestion and mental manipulation! People don't pay enough attention to words. They can seduce perception, assign reality and drive the herd. Governments, religions, medical authorities and basically anyone *marketing* an idea can control minds and cultivate dependency simply with words! We are subtly programmed and then overtly peer-pressured by legions of the convinced to become robotic sleepwalkers, subjects of the "powers that be." It's working.

Words can be just labels for things according to Tolle and give the impression of defining that thing while being only a superficial reference, like the name on a file or the title of a book. Words have different tones and breadth in literature and conversation. Words, names and numbers seem to resonate with their appearance, the way they sound

and associations they trigger and are oddly magical.

Lies are generated by the ego. They are commonly used to build relationships and trust as well as for darker purposes of deception and seduction. Lies can be easily hidden in truth like a steel hook in a stinky piece of bait. Milk is no longer milk. No man can navigate safely in a sea of lies. Words are the basis of communication and the currency of thinking but are difficult to trust.

Comedian George Carlin got me thinking about words.

“By and large, language is a tool for concealing the truth.”

—GEORGE CARLIN

A few huge words:

- *PERCEPTION* is observation. It feeds our consciousness and determines *how* we look at the world. Perceptions can be colored by our mind-set, expectations and beliefs, and our personal portfolio of possibilities. Lies and false assumptions can warp perception. The truth is not just a moral imperative, it makes things work!

Positively directed perception sees good things and reaps good things when that consciousness *shapes reality*.

Negative perceptions paint the world as ugly and unfriendly and sources stress from a lowered consciousness that is powerless and at the *mercy of reality*.

- *MINDFULNESS* is being in the now and is the opposite of habitual behavior that feeds on mindless reactions of the fear-driven ego and every little wave on the sea. In a mindful state there is a continuous gratitude for the miracle of every moment as a celebration of the eternal now, a constant expression of abundance. Being mindful implies an easy un-rushed attentiveness to life and a careful involvement with mundane activities. Mechanistic habits are easy to fall into, freeing our thoughts by helping us operate on auto-pilot, but soon lead to boredom. They also prevent a new technique from accidentally happening. I never considered the word mindfulness but knew when I was in a rut. When I pulled out of that rut I felt energized and alive. Of course not being in the now is lingering in the past or obsessing on the future, which is gone or does not yet exist! I cooked things I never tried, used different baits or hunted in odd places at odd times with heightened attention. It's the difference between stopping, thinking and delivering a measured response to conditions, and a fearful knee-jerk reaction. I knew people that were very mindful and willful beings. They were relaxed, innovative and just happy. Being aware of

one's own breathing is meditation and is where to start. Quieting the the mind leads to mindfulness. A blissful being-ness, the Zen?

- *POSSIBILITIES* like walking on the moon, walking on water or simply being shed of an annoying illness somehow disappear along with our imaginations as we grow. Our minds become caged. Countless rules contract upon our reality and prevent our ever going down untraveled creative roads.
- *REALIZATION* happens when a concept is pulled out of the ether and applied to the material world. It is the birth of awareness and the seed of manifestation when applied with focused intent. It draws form from the universal consciousness as our intense visualizations fill with light.
- *BELIEF* is a word expressing uncertainty or a state of mental confinement where a person continually thinks something is so. Many believe things but don't know why? A false belief can morph into a locked-in certainty which can be very dangerous indeed, insanity. When basic ideas we operate from fall into the category of *belief*, we may be standing on shaky ground. Then one must ask questions that shouldn't be asked. I want to *know*.
- *SCIENCE* scares people, and many think they can't understand it. Science is simply a name for objective observation and evidence gathering that is digested through logical reflection. It's an honest attempt to eliminate stray tracks and deceptions to get at the real truth and uncover active principles. Science is our best shot at focusing perception, but it can be faked with a little mumbo-jumbo and so must be subjected to studied scrutiny.

Look up scientific *words*. Wikipedia has excellent entries for scientific concepts. Once the precise language of science is penetrated, half the battle is won. Working on the other half consists of connecting those words to the material world and building on solid principles to understand our existence.

Kabbalists claim spoken words directly bend the 99 percent non-material world and warn against negative speech and its effect on our unseen energetic environment. Words may be even more powerful than the thoughts that generated them. Web-bots accurately predict trends in the near future by analyzing the appearance of *words* on the World Wide Web.

Every time we learn a new word, a bell rings in heaven and another angel gets its wings. Well, at least another neuron grows and new connections are added to the network and we gain a little more control of consciousness.

GENETICS, EH?

Community, personal happiness and willful intent could have powerful implications in the medical world but instead the talk now is all about biotech, DNA transplants from stem cells and more new drugs. We should all be genetically blueprinted? “Bilge rot,” I respectfully reply, at least for the time being and the most part.

The latest wave in research finds genetic defects responsible for common disease and money flows to that endless research. This shifts the blame to one’s ancestors and eliminates any thought of being able to treat such a problem while dashing sufferers’ self esteem. Having that problem now means they are somehow defective *and* helpless. People pray for stem cells and maybe the technology will work for some, hopefully congenital defects and spinal cord injuries. The discovery that stress interrupts genetic transmissions, turns-off DNA sequences, debilitates telomeres and generates oxidative stress,... must not be so important?

Au Contraire, Pierre! Genetic *expression* is the key. We have lived for aeons under a simple system where what works carries on and what does not is lost in the dust. man, who reproduces early in life, is not selected for longevity in any case, but for his precocious cleverness, good looks and bad ass-ness. *We are each born with a genetic blueprint, but from there on out it is our interaction with our environment that determines gene function.* Genetic shifts and mutations have grown more frequent over recent centuries as diverse populations intermarried, but no way did genetic changes occur to the extent inferred by establishment doctors.

Infinite variability in diet, toxic exposure and individual mental environments add to the slight genetic variations that offer confusing symptoms to our singular disease. Your genes are usually perfectly adequate. Health is a reflection of their expression! We are so much more alike than different.

The natural DNA control mechanisms of methylation and acetylation, attach or detach a simple one-carbon methyl group or acetyl group to turn gene sequences on and off. This occurs in constant reaction to our mental intent, nutritional state and the surrounding environment.

Genetic expression is hindered by the oxidative load of acidic emotions like fear, guilt and anger that cause release of stress hormones. The new science of epigenetics delves into the mysteries of willful DNA control and consciously directed DNA expression as well as the influence of nutrients and toxins.

Alien molecules can latch on to DNA bases randomly turning them off. Environmental toxins, metals, metabolic wastes, sugar, polyunsaturated fats and processed foods promote oxidation and cripple DNA/RNA signals and function. When the genes responsible for telomerase production are conflicted, levels fall, spent telomeres unravel and genetic sequences get lost.

Cancer cells, oddly enough, proliferate under *high* telomerase levels possibly due to free radical abduction of signals normally turning telomerase production “off” when appropriate levels are reached. High telomerase levels in anaerobic cancer cells keep them in an *immortality mode*, they just won’t die. Telomerase research is in its infancy and presents a juicy sack-full of questions.

Correcting inner chemistry cleans DNA strands of molecular crud and cell fluids of free radicals while focused willful intent in a happy organism hormonally upgrades genetic expression. Then genes can function, signaling freely to communicate accurately and exuberantly express. Telomerase production resumes, burnt mitochondria are repaired, normal biochemical manufacture is restarted and healing occurs.

- Genetic diseases like haemophilia, cystic fibrosis, Tay-Sachs and many others do exist but these true defects are relatively rare and usually obvious. Genetic weaknesses also exist. Predisposition to certain diseases is displayed upon oxidative insult.
- Genetic diseases of the cultural side are most common where parents were burdened by anger, fear, or sadness and held dependent ideas of diet and living. Those emotional negatives were passed on crippling their children unless and until they themselves evolved. So what does a family history actually tell? Is there an actual genetic disease, a weakness, a cultural deficiency or as I insist, mostly just non-expression due to a flawed outlook on life, a weak-will and poorly captained lifestyle choices?

Recently a study found a relationship between Type 2 diabetes and Alzheimer's dementia with offending sticky brain plaques. "Definitely genetics," stated a dementia association doctor. Defying logic this doctor called for gene research to treat a modern epidemic of diseases that were rare 50years ago? AP releases nonsensical stories like this every day and I shake my head, grunt and spray coffee all over the morning newspaper! Obesity, heart disease and cancer also are said to run in families, but so do diets, mineral deficiencies and attitudes toward life.

On the other hand, molecular biologists found shocking direct correlations between telomerase production, mitochondrial integrity, and Omega 3 levels, and cell longevity, ageing, cancer, heart disease and diabetes. Oxidative states as usual determine the "weather." Taking advantage of the principles of the fresh science of epigenetics awakens our untapped ability to meditatively direct and nutritionally upgrade our dynamic DNA expression and control our genetic destiny!

IT'S ALL INSIDE YOUR HEAD

ONE REALLY CAN control genetic expression. Correcting the chemistry of your Inner Ocean enhances the mind and emotions and the powers of intent. Invoking mental states of joy and love while sharing in a community causes happy healing hormones to ooze from our higher centers. Critical telomerase levels rise and dormant DNA crawls out of hibernation! Our molecules dance to positive or negative thoughts and resonate accordingly. We inhabit the landscape between our ears and can invigorate our bodies

from there.

Dr. David Hawkins, preeminent psychiatrist, points out in his calibration scenario that finesse, love and forgiveness vibrate high but fear, anger, force and untruth calibrate low. He employs Kinesiology or muscle testing to read and quantify the ever reliable protoplasmic response to truth or falsehood. Substances with healthy or unhealthy effects on the body like a cabbage or a pack of cigarettes will exhibit strength or weakness. Kinesiology is an uncanny detector of truth.

High states of truth consciousness improve our DNA regulated chemistry like pure foods do. Low states of consciousness and other illusions debilitate DNA expression as if they were toxic wastes. Low states of force and anger seem to separate and encapsulate us from the energy fields of the universe. Ancient prophets pointed us in the right direction, and now science found the same positive healing qualities in love and integrity.

I experienced Kinesiology first-hand from an assistant of the doctor that invented it many years ago. At the time it was a fascinating parlor trick. Later I would realize the involvement of the energetic realm. A true response exhibits muscle strength while a false response displays weakness. The test can be performed with a partner using his muscle strength as a gauge. It can also be done alone by using a metered device that measures grip strength. Just ask a question or provide a substance placing it on the solar plexus and squeeze.

Dr. Wayne Dyer lectures on the power of intention. A strong vivid intent along with positive visualization of a heart's passionate desires can move mountains. It can also light up your cells with healing hormones and reawakened DNA strands. One can materialize what he strongly desires. Thoughts become words and are like seeds. One can materialize healing and robust health within his organism. Just see it, will it from the heart!

Pills can not fix these easily changed mental characteristics, correct our perceptions or our Inner Ocean chemistry or bring true health. Ultimately healthy expressive genes heal the body as they improve cell function and direct biochemistry according to your intent. Genetic research and DNA mapping are incredible technologies, but why not just repair your oxygen/antioxidant-electron profile, tune-up the mind and so optimize DNA function, protect fragile telomeres and other intricate cell fixtures?

Some think DNA expression becomes turned-on as we individually evolve toward higher consciousness and wield focused intent. Others employ meditations to that end. It is said we possess a number of "inactive" genes. Some scientist theorize that over 90% of our genetic material is just junk DNA. Why would those molecules containing terra-bytes of information be there? What could these dormant strands do if turned-on? What inconceivable powers and abilities might humans actually possess?

It seems impossible to know which holds more sway over states of health. I have seen the strong willed survive extreme nutritional deprivation and the weak spirited decline on real foods. The search goes on for a master gene which may simply turn out to be the human consciousness and a purposeful will.

DRUGS?

I HAVE NO PROBLEM with drugs in acute situations or ER medicine. They buy time. In odd cases or extreme pain a drug may be the correct option. Older drugs like natural salicylates, quinine and digitalis were derived from plants. Newer synthetic pharmaceuticals, many of them enzyme inhibitors, have brought more, and more bizarre, side effects. Generally neither gets to the root of disease but can intervene. Natural healing simply supplies positive nutrients and removes negative oxidative factors so normal biochemistry proceeds and powerful self-healing forces can kick-in!

I am amazed at the strides in some areas of medicine where accident victims, broken and bleeding, are glued back together or where acute illness is brought under control. The problem is the truth of what brings robust health or cures common disease is lost in a pile of disinformation so massive that few have the direction or stamina to find it. Then just to add a degree of difficulty to the public understanding, medical association doctors warn them over any natural therapy painting minds with doubt while reinforcing dependency upon their pharmaceutical voodoo.

And I wonder why the emphasis is on early detection when prevention of something horrendous makes so much more sense? Testing for breast and prostate cancers return high numbers of false positives and those healthy people are needlessly irradiated and undergo unnecessary procedures. Once in the system, many older patients succumb to pharmaceutical delirium and never recover. Each semiconscious patient getting the best care is a gold mine to healthcare interests. Expensive tests are “compassionately” ordered for very old patients who will soon cross over.

Politicians seem to seek clever ways to cover the ever mounting healthcare debt but never question the flawed premise of drug based sick-care or our modern safe abundant food supply! Healthcare is the largest drag on the Federal Budget. Policy is really created by healthcare lobbyists who fund candidates’ election campaigns. The first presidential primaries are run in Iowa so that agribusiness and the influential corn lobby are first at the trough. What?

News reports of Mexican border towns being under the control of drug gangs or Columbian provinces being run by cartels pale in comparison to our pharmaceutical drug lords. Legal pharmaceutical drug dealers hold our whole country for ransom! They boldly saturate the video, internet and print media, control healthcare through government agencies and own many minds.

We have all been taught that only drugs work against disease. Official medicine relies on drugs and legally “only drugs can cure disease” which deceives people and denies personal empowerment. Health insurance is strictly coverage of drug treatments. People pray for new drugs spending their last months in hope of a cure. They donate heavily to never ending, rarely successful research. To think a single drug could alleviate the effects of thousands of molecular and energetic assaults we encounter daily is to me, absurd. If you can’t accept this logic at least humor me for the remainder of this trip or until the big picture comes into focus.

Drug makers are horrendous polluters. Their used and unused misconceptions are dumped, flushed or landfilled and contaminate every drop of water on the planet yet

clueless users and charitable donors insist on giving them more cash.

Most people I talk to *believe* in drugs but complain about unwanted side effects and have no idea what else to do. They *disbelieve* any simple remedy or prevention is possible. The drug paradigm had created a powerful religion. I was confused for many years and nearly deceived until I looked at biological science from the redox viewpoint.

Nutritional supplements and vitamins are also misunderstood. Promotions and just simple ignorance would have one believe a single vitamin or supplement or generally ineffective multiple vitamins will work on their problem. That is like expecting a car to appear by bolting carburetors together day after day. Vitamin C comes closest to being a magic bullet, but must be accompanied by all the other essential molecules we are made of, focusing on those missing while purging those unwanted.

Everyone must love the constant barrage of drug ads which incessantly bolster the faulty idea that there is a pill for every complaint. The boner pills, the stop wetting your pants pills and the phony cholesterol drugs with anal leakage as a side effect are all straight bathroom humor. Many nights I have pondered a four-hour erection and worried that restless leg syndrome might occur and cholesterol would jam arteries as one waited for the erection to abate!

“It’s all bullshit,...and it’s bad for ya.”

—GEORGE CARLIN

TRICKY DICK, THE GIFT THAT KEEPS ON GIVING

SUBSIDIZED FARMING *changed the nature of food* as agriculture was centralized. High fossil fuel/chemical fertilizer/pesticide/high output models were installed way back in the Nixon/Earl Butz era. Who knew that an incomprehensible farm bill at that point would reach into the future to cripple and kill generations of the next century? Small local diversified farms were forced out of business by the “lower priced” mass production of subsidized monoculture and restrictive regulations. Now we have two classes of food, the expensive upper class real foods and the manufactured garbage allotted to the remaining 98% of the people.

Grain and soybean use soared in feedlots dominated by the new agriculture. Cattle were penned and fattened on grain. Pigs and chickens were moved indoors and also inappropriately fed, drugged and given hormones. Human diets shifted to cheap subsidized high glycemic carbs and unhealthy animal products as Nixon ironically started a war on cancer.

People and animals on acid-forming high carbohydrate diets manufacture inappropriate fats upending Omega 3 to Omega 6, 9 fat balances in their bodies. This makes bones weak, cell membranes and nervous systems function poorly, and raises vulnerability to viruses, bacteria and fungi while invoking chronic inflammation. The price of quality proteins and saturated/mono-unsaturated fats continues to rise.

Drugs were invented for every bundle of symptoms caused by environmental toxins

and bad food, and at first some satisfy the desire for instant gratification. In the end, drugs have nothing to do with restoring real health. A “cure” would eliminate future treatments and be a bad business model! The success of penicillin and a few other drugs was transferred to all drug treatments lending them imaginary validity.

As the rebellious late 1960s and early 70s came to a close, hair was cut, three-piece suits gained popularity and many truths went south. Anti authoritarian sentiment was removed from the media and our minds. Government and industry increased control of the citizenry as rapacious corporate capitalism enjoyed free rein. They found subtle manipulation of reality to be effective in behavioral modification. We became dependent on pharmaceutical healthcare and handsomely supported a high end tier of health insurers and drug makers. Technological advances, the export of jobs and a blossoming population began to cripple real wages so America turned to living on credit and accepted yet another shackle.

During the Cold War period America turned to international economic stealth to maintain power and influence. As corporate takeovers swept the nation, American control was coolly spread around the world. Other nations became indebted and financially tied to our industrial model as we fought communism. Their cultures and natural resources were stolen to feed our industrialism. Our planet mining companies ruined their environments. The wealth that fed the American ruling class grew into an all-out feeding frenzy. Dirty business warfare is now waged on our own population to enrich a predatory elite.

It has long been known that certain trees poison the ground around themselves to eliminate competition. No other plant can live within the root field of these trees. Food, pharmaceutical, chemical and energy conglomerates similarly prevent competition from ever sprouting in their domains. This monopolistic abrogation of free markets and antitrust acts has dominated American life for generations circumventing real market generated evolution! Planting seeds of doubt and repetition of directing ideas by the media is an extremely effective tool where opinion is controlled and illusion enforced. Minds were hardwired to the system as our house of cards rose to dizzying heights.

REALITY?

REALITY IS PERCEIVED and given the attributes of time, space and substance by the observer. Physicists claim there is no reality without our conscious perception of it. According to Einstein, reality is simply a persistent illusion. How are perceptions formed? How are illusions created? Whose reality is to be trusted? Can we think *and feel*? I posed the questions.

Psychiatrist Dr. David Hawkins said we are born with perfect “hardware”. Then as we grow our software becomes corrupted. The corruption begins in our families as we “genetically” inherit mixed cultural information and life attitudes. Society and our peers color perceptions and can easily shift our consciousness. TV provides mass inputs of seductive images and nuanced language that manipulate perceptions and program realistic

illusions in minds lulled into vulnerable passive states. Many people remain blinded and confused, can not see through these implanted illusions and could be defined as *robotic*, their software written by others.

If curious, we spend our lives sorting certain fact from gray area belief. The process of stripping-off illusions to untangle the naked truth is personal evolution. Then as we see our reflection in the world around us and realize the power of consciousness over reality, we find it difficult to believe we were ever bound by it!

I had begun my voyage thinking objectively and questioning everything everyone believed. In order to perceive a foundational reality I shed the barnacles of imprinted family attitudes and cultural correctness to streamline my hull. Only then could I begin to act upon and shape reality myself.

DON'T SWEAT THE CONTEXT

SCIENCE AND LOGIC, not the hallowed halls of ivy or a rehash of official studies, were my guides. Important observations were made in the most common places like the garden and kitchen, the Gulf Stream, out on Molasses Reef, hunting in a primeval Southern forest or dangerously matching wits with big game-fish or testy 1200 pound steers in the corral. I didn't know then where they would lead and which observations might be important.

I could have boiled all this science down into a dry list of nutrients and elementary particles. Reading that would have been like eating sawdust. I decided to cross network your memory with fresh ideas and common experiences connected to scientific words and the situations that brought understanding to me. There is no way to utilize science without seeing the principles at work in the world around you. Science is mostly about deciphering the language, the words, and then mentally thumb-tacking them to plants, rocks or food. Stop for 2 golden seconds and look them up!

I saw similarities in the cells of plants and animals, not just differences. I drew parallels between life in the sea and that inside creatures that carry their oceans around on land in bags of skin. I labored to gain a big picture feel for the obvious and simple patterns of nature. Soon you will understand the secrets of life that lead to healing and healthy mindful living. The real truth is deceptively simple!



TAKE AWAY BOX — The mind is a powerful thing! Not just in its cognitive function but in chemically transferring its tone to every cell in the body. The mental landscape determines the function of DNA and the condition of the body for better or worse, and can even influence the molecular world around us. Perception can be easily adjusted and determined states of intentional being and blissful joy can be maintained. It is mostly a personal choice.

Chapter 2



PERSPECTIVE HAPPENS! USING YOUR OWN EYES

NASSAU MON!

NASSAU, ON NEW PROVIDENCE ISLAND, the hub of the tiny island nation has a long history of pirates and debauchery. My first peek at this wild town was long ago when the Bahamas were still under British rule. My family took a three-day cruise on one of those old mahogany paneled and brass trimmed cruise ships out of the original port of miami, then a bunch of warehouses and wharfs that backed up to Biscayne Boulevard, on Route 1. It smelled of commerce; fuel oil, manila rope, pitch, rotting vegetables and sweating stevedores. We passed there many times and met relatives returning from voyages, but now the memories are faded and artifacts of the physical location are completely gone. Nearing New Providence Island the antique ship slowed and the water became shallow, pastel and gin clear, mind blowingly so.

Upon arriving at the docks in Nassau, native boys swam out and surrounded the ship. Passengers lined the rail and threw coins that were grabbed as they fluttered toward the bottom or off the sand 30 feet below. Then one of the swimmers climbed onto a cargo vessel moored there and climbed at least 100 feet to the top of the mast and waited for all eyes to find him. He dove from that scary height and I took 3 photos on an old style Kodak Instamatic camera before he hit the water. He swam up to the stern of the old cruise ship as people threw coins and paper dollars. Later on the docks we talked to Freddy, the diver, a very congenial young man who spoke the crisp island version of the Queen's English. Ya, Mon.

We shopped at the Straw Market for crafts and then the fancy import shops for liquor, English bone china and perfumes. I remember being bored with that but fascinated with the people, some so black they were blue! I was drawn to the far end of the docks where native fishermen tied their small skiffs and sold conch shells, turtle shells, sponges and other sea treasures. To this day I still get lost marveling at the hypnotic vivid rosy pink colors of the queen conch. The Bahamians spoke clearly with a British accent unlike American Negroes, as they were called in the South back then. At least I could understand them better and puzzled over this for many years.

That evening my folks decided to check out the local night life. We climbed into a long black Cadillac taxi that took us somewhere out in the woods to a show club. There were one or two groups of American tourists, but otherwise the few hundred customers were locals, all seated at tables in an outdoor courtyard before a palm frond thatched stage. Everyone ordered drinks and I at age 13 ordered a Tropical Zombie promising seven kinds of rum with fruit juices. My parents either weren't paying attention or hadn't read the short menu because they didn't object.

A few minutes later the waiter arrived and I began sipping from the tall glass decorated with strips of pineapple and wheels of citrus fruits. It tasted good and rummy. It was quickly anesthetizing. The show started with rhythmic music and then raunchy, nearly nude dancing. I can remember the thrusting hips and bouncing boobs moving to the jungle beat. Had my first sip of demon rum delivered me into Satan's hell?

So crazy was my introduction to the wild island life I had to remind myself it wasn't a movie. I can't remember much more. My father finished his Scotch and soda. My mother decided this was no calypso limbo stick show, there would be no Harry Belafonte, no one would sing *yellowbird* and soon we were out in the night, riding the taxi back to the ship.

The next day saw a bit more shopping. I didn't feel that well but I can remember sitting by the harbor on a bench next to Freddy, probably in his late twenties and talking to him for a long time. He was wearing nice street clothes now and was a friendly older brother type a 13 year old felt comfortable with. I really liked Freddy. He was cool, sort of a local hero and no question was ignored as he explained things in his delightful British-Bahamian accent. He was also the leader of the dozens of swimmers that greeted ships, a group I'm sure I'd have joined if I lived there. He had kind of a thickened area, a callous I thought from impacting the water stretching back from his forehead.

Years later on another stop in Nassau I asked around the docks for Freddy. "Freddy dead", they all said. Finally one older fellow took me aside and explained. Freddy had such bad headaches from years of diving that he started to drink heavily.

Booze, sex and gambling held no taboo as they did back in the States, I observed. I couldn't put this into words at the time but somehow I knew cultural things weren't as concrete as I had thought. I learned to look at life as if there were no rules, commandments or taboos. I could decide for myself.

BIMINI

BIMINI LIES CLOSEST TO FLORIDA, a scant 50 miles east of Miami. I spent a few days there. While sitting under a palm tree on the beach loaded with 10 pound gravity bombs I was told "not to worry Mon, coconuts only fall at night." Though no scent is as refreshing as the blossom of the magnificent coconut palm, it gave me a nervous ting and I sat elsewhere.

Everyone seemed happy and friendly on this tiny island. While that proves nothing, they do have a unique spring on South Bimini that is high in lithium. The water was tested by Atlantis hunters who descended on the island to investigate The Bimini Road. Lithium is used to calm bipolar disorder and is said to affect Alzheimer's and mental health in general or maybe it was the coconut or fresh seafood. Areas with natural lithium have a lower incidence of violence and mental illness.

Minerals show some amazing correlations with mental disorders. High copper levels and associated low zinc levels are expressed in either aggressive behavior or depression, aggression turned inward. Low magnesium/iodine translates into nervousness or even loss of IQ points. Some mineral imbalances occur due to oxidative stress and an acidic pH

from failed absorption and self correct when sufficient antioxidant electrons are available. Minerals deficient in chemically grown foods such as zinc, manganese or selenium can mean missing antioxidant enzymes like SOD in our bodies, just another reason to vary foods and sources. Glands poorly supplied with minerals, quality amino acids and fats function poorly.

Lithium aspartate or orotate and raw virgin coconut oil have been suggested for various mental conditions and Alzheimer's treatment. Coconut oil is proven to help a nervous system made of fats and softens outer coats of viruses making them vulnerable to immune removal. Some doctors link our thousand-fold increase in the consumption of oxidized unsaturated vegetable oils like corn and soybean to violence. We can also associate those oils and sweeteners to cancer, diabetes, obesity and heart disease.

A coconut is sort of like a skull which made sense to primitive herbalists, even to the gut gnawing sound of one being bashed on the pavement to free the meat. The analogous head shape would be a meaningless observation except that the nutrient contents of the large tropical nut heal the brain and cell membranes with its complement of stable medium chain saturated fats. I always took coconuts for granted, they grew everywhere in South Florida. In the 1970s palm blight, lethal yellowing, wiped out the Jamaican Tall variety that was so majestic. Sadly the blight lowered the skyline and removed the familiar chatter of the fronds in a stiff breeze.

American life expectancy is low in the world, fiftieth by the most recent ranking. Embarrassingly prevention is 19th among industrialized countries and 29th in infant mortality. Mainstream medical effectiveness ranks only 37th but we are number 1 in cost! No wonder, we eat unhealthy high glycemic processed foods encouraged by tax dollars. Poor ingredients of refined carbs, bad fats, preservatives, colorings, binders and fillers, all legal, are concealed in brightly colored packaging of plastic and foil, stripped of life force and electrons. Many are "fortified" with unhealthy synthetic vitamins like those added to store milk, breads and sugary cereals.

The common diet became a prescription for illness! Bones are weak not only from lack of exercise, acidic soda pop, unsaturated vegetable oils and dead pasteurized milk but also from the sunscreen myth that caused the naive to avoid sunshine Vitamin D. Calcium/magnesium balances are critical for bones and systemic pH balance but magnesium is deficient in three-fourths of the population. Taboo saturated fats and underutilized collagen proteins are needed to nourish bones and fortify our neurons and cell membranes. We are consistently led away from the truth of real health and healing.

SEA MINERALS

SEAFOOD USED TO BE my pure, mineral complete main meal until mercury contamination caused me to give up most of it. Smaller fish species, seaweeds and kelp can still be found that are not highly contaminated but contain all minerals. You can drink seawater regularly without mercury worries because mercury bio-accumulates up the food chain. Shark and tuna have "filtered" millions of gallons of seawater through the food-

chain and concentrated the mercury in their flesh. Seawater may have a tiny bit of mercury but less than what is contained in an average soft drink.

Seawater contains good percentages of chlorides, sodium, sulfur, magnesium, potassium, calcium and traces of every other mineral molecule there is in absorbable ionic form! Seawater itself does not contain enough iodine, zinc or selenium to be used to supplement them. Seafoods and seaweeds have concentrated iodine and other trace minerals and are good sources most don't get enough of. Japanese diets are packed with seafood and seaweeds and they have few diseases that are epidemic in America.

There are specific health attributes in various colors and types of seaweeds and many sources direct from the harvester are to be found on the internet. Seaweeds contain powerful antioxidants. Seaweed sure works on sickly tangerines!

Before algae gave rise to terrestrial plants, they "invented" Vitamin C, polyphenols, flavonoids and the rest of antioxidant biochemistry. This occurred in seawater where all the important minerals were available to contribute to their biosynthesis.

Fully mineralized soils produce real fruits and vegetables loaded with phyto-nutrients and pH buffering potassium and magnesium. They rarely exist except in small compost-rich personal gardens. No commonly purchased organic crops are in that league.

WHY WE ARE IODINE DEFICIENT

SEA FRESH IODINE goes straight to the thyroid keeping it happily producing dozens of hormones to control body chemistry as the master gland. A majority of Americans are unknowingly deficient in iodine and suffer from over 50 varied and seemingly unrelated diseases because their thyroid lacks raw minerals to function. The prostate, ovaries and breasts are also iodine hungry glands.

Provided we consume sufficient Iodine, it becomes displaced by many things including lighter halogens; fluorine, chlorine and bromine, and mercury, phthalates (plastic bottles), perchlorate (rocket fuel, fireworks propellant). Birth control pills, some teas and soy products with estrogenic contents also evict precious iodine molecules. Fluorides are found not only in municipal water supplies but in commercial phosphate fertilizers and produce grown with them. Fluoride, along with mercury which blocks iodine and disrupts hormones, causes depressed thyroid function and glucose metabolism involved in diabetes, hardening arteries, poor immune function and kidney disease. Detoxification (Ch. 8) and Fulvic Acid are called for. Most every body is deficient in iodine either lacking input or suffering displacement.

Lugol's iodine solution has been used for over a hundred years on conditions from acne and other skin problems to breast cancer and Alzheimer's dementia. Poor, depressed, nervous or squirrely mind function can be related to iodine deficiency and low thyroid function. Subnormal body temperatures are a diagnostic indicator of hypothyroidism that anyone can check. Detoxing iodine's detractors and restoring iodine inventories to the thyroid boosts immunity, stimulates neuron-supportive glial cell function and mental power.

An iodine source is critical in case of any type of nuclear radiation. The first place radiation accumulates is the thyroid gland, lodging in it, rapidly fomenting cancers. A thyroid chock-full of natural iodine resists significant buildup. Potassium iodide tablets are the standard emergency first-aid item for radiation.

Infections not responding rapidly to Vitamin C disappear with the addition of oral or transdermal iodine supplements. A drop or two of Lugol's a week in a glass of water normally keeps the thyroid active. For flu or infections, skin rubbing or taking 4 drops 4-6 times a day is powerfully antibiotic/antiviral and amazingly effective. Use antioxidants hours apart from iodine.

Rubbing antiseptic iodine into belly, thigh or wrist skin works through transdermal or subcutaneous absorption. There are creams that increase iodine internally in a less primitive non-staining form. Seaweed, liquid seaweed concentrates, and seafood are my choices for iodine and contain other sea factors. Kelp concentrate and iodine cream are what I give my kids. Iodized salts are insufficient. Lugol's has a long pedigree in practical use internally and externally. Nascent iodine is highly recommended for children and may be applied to skin, added to water or nebulized for lung infections. Thyroid extracts are also available. Spirulina nourishes the thyroid.

Iodine is an oxidizer. It should be taken at different times than Vitamin C but definitely with selenium. *Selenium must be taken with iodine* supplementation as an antioxidant enzyme co-factor to balance the oxidizing nature of iodine within the thyroid gland.

Check out various supplements on the internet and for safety's sake *double check dosages*. Too much iodine in some forms is deadly poison. As usual, start with one drop to test the waters. Build doses very gradually to restore iodine levels and stimulate thyroid function. Toxins will be liberated and make one feel a bit ill.

Thyroid function is an all important regulator of immune function. Thyroid extracts are key elements in IV Vitamin C protocols. When the thyroid comes back on line many odd diseases disappear! Iodine is *essential* for hormone synthesis and irreplaceable for the miseries of menopause. Try it for a sore throat, frequent colds or flu and all infections, for depression, to increase metabolism, on cancers and to pep up the immune system and life in general, internally and transdermally. Hair analysis is telling. Explore *International Medical Veritas Association* information and *Hypothyroidism 2, The Epidemic*, by Dr. Mark Starr for protocols and dosages.

The World Bank and the government of Pakistan are encouraging iodized salt as a factor in raising the IQ of people in areas of stark deficiency. I wonder if peace might be made more possible by a simple mineral supplement supplied to edgy deficient populations? Iodine is one of those elements we don't think about in America even though we have widespread deficiency. It seems those lacking it don't think much at all! Animals deficient in iodine also have impaired thyroid function and are nervous and defensive.

As an external antiseptic common iodine has healed grievous wounds. My fourteen year old bottle of veterinary 7 percent iodine has served well on many cuts, gashes and bites. Newer versions now sold do not contain the same elemental iodine/potassium

iodide due to regulation and use other iodine compounds. Old fashioned 7% may still be available at odd farm supply stores, granny's barn or over the internet.

Externally overdoing 7 percent iodine will damage skin around cancers and infected areas. If burning of skin occurs, switch to direct applications of Vitamin C paste and raw honey or salt drawing solutions for deeper wounds. I wonder if any of the MRSA cases, now an epidemic, were treated directly with iodine or if iodine was taken internally?

Antibiotic ointments currently relied upon by the public are weak compared to iodine, and they do not penetrate. The sting upon application tells you iodine has arrived. If I get a dirty nick or cut I wash the wound with soap and water, then rinse with hydrogen peroxide and lay on the iodine. The deeper the wound the longer iodine is soaked into it, stopping when surrounding tissues begin to be burned. The red brown iodine stain goes away in a few days if body levels are good. The stain disappears much sooner when iodine levels are low. Brown stains can be removed instantly with Vitamin C powder and a little water. Serious wounds and punctures must be soaked with a deep drawing salty application described later in [Chapter 8](#) and is usually preferable to systemic antibiotics.

I GOT THE BLUES FOR CHRISTMAS

MENTAL DEPRESSION is another modern epidemic. Drugs in use today are prescribed to millions for any and every sort of unhappiness. Psyche drugs are marketed to women and children and have wrought untold misery. Suicidal behavior is just a "side" effect according to makers. Both how we perceive and handle stress, and the health of the Inner Ocean the brain swims in must be addressed.

Depression and other mental problems can be unique but share contributing factors like nervous breathing, insufficient oxygen and exercise and a pH tilting toward acidity, lack of sunshine, dehydration, mis-nutrition, poor thyroid' and glandular function, systemic toxicity, fungal/yeast infections, bacteria, viruses or mineral deficiencies that can be easily addressed. Intolerance of gluten is always suspect in depression. The trend away from high protein/fat diets toward corn flakes, cereals and soft drinks in general is involved in low immune function, nervous system problems and even osteoporosis. Industrial fats/oils and junk carbs/sugars bear the bulk of responsibility. The quality of fats and oils are critical, it's what brains are made of. Fiber aids intestinal processing and absorption of fats. Grain feed-lotting of food animals and fraudulent low fat diets are destroying mental health.

Depression and mental illness exhibit *oxidative stress*, an inflamed toxic state of the body and an electrical nervous system that was deprived of Omega 3 and relevant saturated fats from fish and grass-fed animal sources, seeds, nuts and the coconut. *Chronic dehydration* is usually involved. Depressed women have frequent miscarriages implicating toxicity and an overburdened liver. Fertility problems are becoming too common.

Depression, like a headache, is a symptom of deeper problems. Cancers, heart

disease, etc., follow depression like the tail follows the horse. Chronic stress is an oxidative killer. All reflect a weakened will, DNA without support of mental high states and crippled glandular production within a polluted Inner Ocean.

Mercury, aluminum, cadmium and other metals are neurotoxins! Persistent organic compounds like DDT, PCB, atrazine, DEET, dioxin, benzene and other volatile and aromatic hydrocarbons and even fluorides and plastic residues are found everywhere. Resultant oxidative damage paves the way for viruses implicated in multiple illnesses. Detoxification along with nutritional improvement has vanquished mental problems. Simply removing mercury amalgam fillings and chelating out mercury, cadmium, lead, arsenic and aluminum has cured many. Toxic metals dump thyroid output which is near the root of depression. Metals also invite Guillan-Barre neuropathies and who knows what else? Cell membranes built of poor quality fats allow viruses entry and transport essential materials poorly.

Alzheimer's, autism, schizophrenia, bipolar disorder, etc. should be viewed first as generalized organic health problems before resorting to spooky psyche drugs. Oxygen and nutrient deficiencies and lack of healthy fats, and low thyroid output cripple the nervous system. Detox the metals that lead to brain damage and viral occupation of nerve cells. Omega 3 DHAs and Vitamins D and C have lifted many from the grips of insanity where organic mind function had been compromised. Hyperbaric oxygen, HBOT, has brought autistic kids back to reality and cleared up a slew of other diseases with super accelerated healing. Brain plaques as in all sticking phenomenon are related ultimately to particle attraction in the absence of antioxidant electrons but in the presence of acidity, excessive glucose and oxidized fats.

The addition of a protein and fat breakfast, constant hydration, sunshine and walking are first steps in dealing with emotional short circuits.

Mind function has a nutritional component in production of brain hormones and nervous system integrity. Mega-dose Vitamin C is an obvious starting point along with a balance of saturated fats and unsaturated Omega 3 DHA and EPA rich fats plus Vitamin D/Sunshine/exercise. General detoxification, B-2, B-3, B-6, B-12, choline, folate, lecithin, astaxanthin, resveratrol, and R Alpha Lipoic Acid help mind function as do NAC, carnosine, acetyl-l-carnitine, L-phenylalanine, magnesium, manganese, selenium, iodine, spirulina and sea minerals, coffee, nicotine, eleuthero (ginseng) and the scents of rosemary and frankincense, sage, medicinal marijuana inhaled or ingested as cannabinoid-rich hemp oil and kava. Fat soluble antioxidant vitamins A, D, E, K and CoQ10 have positive effects on a nervous system comprised of fats. Do not allow calcium levels and Ca/mg ratios to rise. In *The Ultramind Solution*, Dr. Hyman relates broad success through his nutritional approach to mental problems.

Unhappiness with life can be changed by taking focus off one's self, detachment from stressful situations and sharing with others when ego satisfaction runs out, as it always

does. When the ego shuts down after collision with reality, painfully low states can take over. Fear and approval seeking are commonly involved. Unrealized dreams, economic reversals, romantic illusions gone south or thwarted endeavors mistakenly tied to ones self worth can be devastating. Day to day decisions can become smoothly effective when we learn to thoughtfully respond to circumstances and fully consider the consequences of various actions. Never be rushed. Many have succumbed to dependency on media, society's endless rules and other dis-empowering delusions. Empowerment coaches are appearing like *Starbucks*.

Alcohol and drug abuse many times begin as an attempt to self medicate toxic conditions and probably evolved from earlier addictions to sugar. Alcohol strips healthy Omega 3 fats from our nerves and brain. Medical marijuana has been used to dry out alcoholics easing discomfort while detoxification and re-nourishment take place. We become slaves to our pleasure hormones and seek the artificial satisfaction we need from stimulants, depressants or sugar-buzz treats. Search Dr. Gabor Mate, psychiatrist and addiction expert, to supply the intricate psycho-chemistry.

Mental problems can be a chicken or the egg riddle. Did the mind go from a toxic mis-nourished Inner Ocean or did a fractured mind and poor life habits create the oxidative stress to bring down the organism it directs?

A depressing environment or being around depressed people can bring anybody down. It's bad feng shui, stagnant chi, a place in need of full-spectrum lighting, comedy, music or flowers and hope. Mentally reconstructing and re-perceiving your surroundings helps. Or, maybe it is just a place to leave!

A healthy body supports a highly functioning mind and a potent will. An unhappy mind can destroy even a healthy body. We can be only as healthy as the soil in our gardens and the fluids circling our Inner Ocean. Choose happiness and make it a habit. Enter community, love yourself, feel gratitude, glow in forgiveness. Respect everything but avoid approval seeking. Still the fidgety mind and never rush, remain in joy, have fun. Ratchet up your energy levels , thyroid and telomerase production, and DNA expression. Take a chance, exercise, sweat through a sauna, get a tan, drink glasses of pure cold water, stay in the now, plant a tree and breathe.

Mystics say that the Holy Spirit dwells upon a happy man and abandons the morose. It doesn't take a prophet to see that people are attracted to happiness but shun the sad. Smile and choose!

NOSMO KING

SMOKING TO ME is a simple pleasure. I like it. I wish I'd never taken the first puff when I was 8. It was a taboo to be broken by neighborhood kids when all our heroes smoked. I nearly quit years ago because I hated the headaches and chemical stink of store-bought cigarettes. "Luckily" I found organic, additive free tobacco and so I figured that was 500 fewer toxins I needed to ingest. Now I look at smoking as the simple oxidant load of free radicals and nicotine it is. I read an article by a doctor recently who not only

agreed with all my thoughts on smoking but maintains nicotine prevents heart attacks and Alzheimer's disease!

Tobacco companies are more devious than they need to be but no more deceptive than other corporate interests. Commercial cigarettes burn at higher than normal temperatures due to the accelerants added to keep 'em lit and to increase profits by making them burn up faster. Carbon monoxide decreases the oxygen a smoker's red blood cells carry. Tobacco plants accumulate cadmium which is ingested by users and lingers in the body. Tobacco also contains pesticides. I know, I have grown tobacco organically. It is grown on farms nearby and spraying is unregulated because it is not a "food" item and horrendous systemic pesticides are used. Commercial cigarettes are much more dangerous than they should be.

At the dawn of 2010 the CDC decided to require chemical analysis of tobacco products from the big manufacturers. They claim over 4,000 chemicals could be present. Hooray for the first step! Let's see the outcome.

Smoking is framed by the media to be politically incorrect and harmful to others. The frame never includes the fact that it is an extremely processed and adulterated product or that the health negatives can be offset. Anti smoking efforts distract attention from the foul truth of industrial toxin and vehicle exhaust laden urban air.

I see individuals sneak a smoke while driving their cars, but otherwise conceal the fact to avoid recrimination. To be shunned, ridiculed and browbeaten by anti smoking dogooders is a blow to one's status, and is stress which is as harmful to one's health as smoking itself. Placing shame on a sizeable chunk of the population allows exorbitant tobacco taxes and birthed the enormous and very profitable anti-smoking industry.

If I hadn't made myself sick by smoking, eating mercury in fish and suffered the health problems I did, I'd have never come across the cell level cure that saved my life in so many other ways.



TAKE AWAY BOX — They say we came out of the sea. Life began bathed in abundant basic minerals like sodium, chloride, magnesium, iodine, sulfates, bicarbonates and potassium. Every trace mineral was also present. Since our bodies run on these foundational elements we need to maintain correct concentrations in our Inner Oceans based on hair mineral testing and knowledge of food and supplement sources.

Chapter 3



FORTY ACRES AND AN OLD FORD TRACTOR

WHEN WE FIRST MOVED north into heart of the Deep South, where lunch is dinner and dinner is supper and *Old times there are not forgotten*, I planted fruit and nut trees, grape vines, blueberries and bramble berries. I planted every type of edible I thought might grow where freezing happens and mangoes and lychees were out. I put in a garden with emphasis on leafy vegetables, because they are highest in nutrition. Ever notice old people working in their gardens? In subtropical South Florida they grow papayas and mangoes but in North Florida the old-timers grow greens like turnips, mustards and collards along with pumpkins, pecans, muscadines and blueberries. These foods are high in Vitamin A related carotenes, Vitamin C, lycopene, folate, chlorophyll/magnesium, potassium, polyphenols, resveratrol and all sorts of wonderful phyto chemical or plant based nutrients. Those natural alkalizing antioxidant foods are chockablock full of *photon generated electrons*. That is why those people are old!

SPARKS OF SUCCESS

MY SHOULDERS AND HANDS ached terribly as we built the new barn. I took fish oil for its Omega 3 content but probably insufficient dosages. It wasn't until a month after buying a fifty-pound sack of organic flaxseed that I got positive results. The oil had a fleeting shelf life so fresh ground flaxseed, refrigerated after grinding small amounts in a coffee grinder was a better way to get those *essential* antioxidant electron rich fats.

Beside the universally beneficial oils in whole flax, the lignan content is important and absent from pure fish oil. Dr. Budwig even cured diabetes and cancers with flax. I put 3 or more tablespoons a day on live active yogurt along with a tablespoon of B-12 nutritional yeast (a better version of brewer's yeast) and 3 tablespoons of kelp meal I took from the sack I use to supplement my cows. I even add bee pollen, hemp seed hearts or Goji berries. Some like to run all that through a blender and euphemistically call it a shake.

When I began farming I also gave up eating fish except for that occasionally purchased. A few years back my son got the fishing bug. We resumed old South Florida habits in the northern Gulf of Mexico and enjoyed regular catches and frequent meals of grouper, mackerel, scallops, etc.

I hadn't considered the seafood and chowders missing from my diet and had neglected to make joint healing bone/cartilage broths from terrestrial beasts. After going around the block with this problem, I found that it took Omega 3 fats and saturated fats, *and* the basic amino acids from bone/cartilage sources *and* mega doses of Vitamin C to really heal joints. Wild salmon is an excellent source of Omega 3 as is krill oil from tiny shrimp-like krill which salmon feed on and which give its flesh the deep pink color. I still hadn't fathomed the role of generally uncommon unsaturated Omega 3s' role in inflammation and that of other healthy stable saturated fats which become our cell membranes. Sound

membranes refuse viruses and prevent other forms of burglary and transport materials efficiently. I also failed to recognize the erosion of collagen in blood vessels, bones and joints by homocysteine and the importance of folic acid, B-6 and B-12 to minimize homocysteine levels. See [Chapter 8](#) for joint help under Soup.

FARMING IS JUST A BIGGER GARDEN . . . NOT!

IN MY FIRST SPRING I planted a 10-acre field of crimson sweet watermelons fertilized with a little chicken manure and colloidal phosphate. I went through excessive process and paperwork but endured inspections and finally became certified organic. I only cleared a few hundred dollars on a season's hot hard labor but what an education! Funny, but no melon grown in my garden or purchased since has ever been as sweet and excellent as those round 20-30 pounders of that vintage year.

Then I planted a small grove of citrus, pecan and chestnut trees. These are harvested in the cooler months. I fenced the 2 acres of citrus and raised chickens and ducks along with a few turkeys and geese. This was very healthy for the citrus trees being fertilized, cultivated and debugged by the birds making their culture *biodynamic*, a higher state of organic farming. I gave away eggs by the tens of dozens.

I sold 18 dozen eggs to a restaurant once but the cook didn't want a second load? He said those eggs make the pies a funny color and people don't like 'em for breakfast because the orange yolk scares them. Go figure? Those people never saw a good farm egg and were used to the store eggs with their pale yellow yolks. The orange in the yolk *is* the carotene/antioxidant content, a pigment created in meats, milk and eggs from grazing green grass! And the grasses they pastured on grew on what kind of soil? Was it live bacterially abundant soil or sterile dead chemically degraded sand? The soil quality makes a difference in the nutritional *content* of that grass; the protein, vitamin and trace minerals present.

- **We also found the energy value of pasture grass varied with the hours of sunshine compared to hours of cloudiness. Cloudy stretches saw my cows get lean and sunny periods made them fatten up. The strength of solar radiation itself supposedly varies in eleven-year cycles with the current output unusually low. Milk production followed that observation at a nearby dairy. Photons from Old Sol power life on Earth.**
- **Birth defects linked to lack of folate in the diet can be traced directly to deficient commercial eggs and lack of green leaves in women's diets. Chemical factory farming took fatal shortcuts beginning in the 1940s resulting in disease, chemical pollution and permanent degradation of the ecosystems surrounding them.**
- **First commercial growers damage the life in the soil with chemical fertilizers.**

Then pathogens proliferate among disturbed microbe populations requiring chemical fumigants like methyl bromide. Then fast growing vegetables fill quickly with water and scant trace minerals which were not contained in the 6-6-6 chemical fertilizer.

- From the high nitrogen amendments which give plants rapid vegetative growth, every insect in town arrives, requiring further pesticide applications. Doing this large-scale makes money when purchased by those saying it looks like broccoli or what beautiful peaches. This toxic produce is electron deficient, causes water pollution, requires high fossil fuel use and tastes like the fraud it is. Chemically fertilized vegetables may contain elevated levels of nitrates and are weak in antioxidant power as evidenced in ORAC ratings.
- “we can’t feed the millions without chemicals,” they cry. It just takes the finesse of working with nature rather than the force of chemicals. Though farming became clever technology they stupidly killed the surrounding life on land and regrettably in rivers and coastal waters too. They killed the goose that laid the golden egg, the biosphere that ultimately sustains us, our soil and environment. Being an American on an American diet *is* a pre-existing condition

Anyone can circumvent this bogus produce by growing fruits and vegetables at home, organically or by finding local farms and markets. There is also the problem of shelf life, preserving, canning, fermenting, drying, etc. Many commercial solutions ruin the produce in processing. Farming like media needs to be de-consolidated by anti-trust enforcement or strict regulation for the public good. Subsidies if necessary must be redirected to return diversified family farming and disperse ownership of media outlets. It is a matter of survival. We created a flawed, centralized system and can’t go back because the economy, massive populations and major money are involved. Food *is* power. Our abandonment of diversified production *is* food *insecurity*.

Ever wonder why comparative analyses of food items never appear? The faux-food industry could never sell their chemical creations if the truth were known!

Free Range eggs Contain

- 1/3 less cholesterol
- 1/4 less saturated fat
- 2/3 more vitamin A, 4 to 6 times more vitamin D
- 2 times more omega-3 fatty acids
- 3 times more vitamin E
- 7 times more beta carotene

The first side-by-side analysis I ever saw was just recently. An analysis of commercial eggs versus small farm, free range eggs was incredible. Omega 3/6 balance is way off being extremely high in Omega 6. Carotene, folate, Vitamin A, D, E, and mineral contents are puny in commercial eggs. These are the components you actually are paying for and the price reflection is fairly truthful. Commercial eggs sell for less than a dollar a dozen.

Still deficient “organic, free range” eggs where thousands of hens get to range an acre of dirt (at least they see sunshine and get exercise) may sell for \$3 to \$6 dollars a dozen in stores. Their tell tale light yellow yolks betray the fact the hens never grazed greenery or consumed insect proteins. Small flock free range, yard hens lay the real deal. Their diet consists of perhaps 20 percent grains and the rest bugs and green grasses. These eggs with deep orange yolks go for \$5 to \$7 dollars a dozen and are worth it.

Real free-range chicken sells for \$5 to \$6 dollars a pound and has a chicken smell. The meat is darker and tougher than commercial chicken, and the carcass does not cleave easily because the bones are many times stronger. Food prices in America have remained artificially low for 40 years under subsidized chemical industrial agriculture, but the content and quality continually decline and so appear to run counter to inflation.

A commercial chicken, feed-lotted in huge barns, can almost be parted with a butter knife. Its bones and joints are weak, like its un-exercised muscle mass; because the bird could not receive the correct nutrients to build its body, much less have enough space to run around in. Feed-lotted people on high glycemic, high carb/sugar/vegetable oil diets have weak skeletons, joints and connective tissues and minds, too. This, unfortunately, turns out to be most of the population! Counterfeit food grows short-lived flimsy chickens *and* people.

I think healthier chicken may be grown in volume but must receive sunshine and fresh greenery or some cultivated variety of algae and maybe fatty protein rich insects in a different feeding scheme. Algae and insects make great people food too and should have a larger role in the global nutrition equation.

VARMINTS!

ONE BAD DAY in the middle of August my daughter came in without eggs from her daily collecting. “There’s dead chickens all over the place,” she wailed. I walked out to the hen house and strewn all over were dead hens, each with its neck opened, that’s all. We have lost a few to hawks, coons, possum, coyote and bobcat but at least they eat the whole chicken, are satisfied and leave before dawn. There were a few hens left and late that night, I heard the remaining survivors squawking, grabbed a shotgun and a light and there crossing the trail went something an inch off the ground, two feet long and tan in color. It moved like lightning and there was no chance for a shot. It was a weasel, the nastiest serial killer on the planet and they weren’t even supposed to live here in Florida! They suck the blood from their victim and go to the next. Varmints and parasites

outnumber hosts today. Many have only two legs and wear suits. In the country you may find chickens, eggs and crops missing, and then loss prevention takes on expanded meaning.

THE HOLY FLAME

WE SPENT A SUMMER building fence for cattle. Cows are too big to be bothered by a sneaky little cut throat. First we burned the fields, a common practice in February around here. I was going to do it only once to clean the weed seeds and overgrowth of fallowing. Regular burning gives the soil a shot of potash or potassium-K and the blackened land warms quicker in spring, but allowing the grass to compost is better for the bacterial profile. After plowing fire lanes we waited for light winds. My son had a propane flamethrower on the small utility vehicle, and I stood by with tractor running so I could snuff any problems with the disc harrow. The first pasture burnt nicely. Then we went to the last 4-acre paddock behind the house that is surrounded by woods. The grass was knee-deep there and there would be quite a flame. My boy started the backfire to burn slowly against the wind, which went well, and then he went to start the windward fire lane and finish “circling it in.”

No sooner had he fired a few hundred feet of that edge, the wind kicked up. The flames grew to 12 feet and you could feel the heat on your face at a great distance and hear the roar. As the fire reached the thickest fuel near the center of the field, a vortex formed where flames twisted skyward in a double helix (shapes have parallels in nature). Twin tornadoes spiraled around each other and rose several hundred feet in the air. It scared the shit out of us and rarely have I experienced more adrenaline. That is why the forestry guys who perform controlled burns say they hold the job, for the adrenaline rush. I had never seen such a flaming vortex. It was more exciting than watching the Saturn V rocket take off from Cape Kennedy/Canaveral as a teenager, carrying the first astronauts to the moon. As the circle closed the fire went poof abruptly, the sound and heat stopped and we sat there mouths agape watching the ashes settle on us and the silent blackened field. Then the kids and I strung fence for weeks. It was fun actually, and several hurricanes gave reprieve from heat with cloudy, breezy weather.

TAKE AWAY THE PAIN OF KNOWING

COWS GAVE ME an obvious perspective on human society and its authority. They are fenced in, told nothing, and I, as supreme commander, can put anything I like in their water trough or mineral box!

In summer with the advent of rain the cows are at an all-you-can-eat salad bar. In the winter or during drought I control food, and if I don't arrive on time with a roll of hay they get cranky. A bovine bulldozer can go through any fence. I soon learned that you could drive a cow. They will move away from your advance to keep a comfortable distance but don't always go where you want them to.

Then I learned you could lure a cow much more easily. A bucket of oranges would bring them running from across the field. An empty bucket would work too. I could let them into my garden to graze fenced by a single electrically charged wire. After a few trips they were conditioned to get a shock and the fence no longer needed to be charged. If an individual animal is separated from the herd it immediately becomes anxious, stressed and will go over or through a fence to rejoin the others. The herd instinct is a powerful magnet.

I was also careful not to spoil the animals with treats. I made the mistake of feeding molasses to the herd in hopes of stimulating the beneficial inhabitants of their guts to accept the fall change from fresh grass to hay. Several feedings seemed to help until one day the bull got goofy trying to hog the portion. To get to the tub he put his head under a 1,000 pound steer, flexed his massive neck and tossed it over the fence! Pleasure centers in the brain are strong motivators as is the herd instinct.

People conditioning is just a little more complicated. Being driven by stress or lured with reward or contained through repetitious ideas and shocking fears are the direct parallels. The ideas and images are creatively injected directly into the brain by our hypnotic media and then that reality is reinforced by other victims.

The control of people food has fallen into the hands of the government, subsidized industrial farms, big processors and food marketers pushing their 5,000 calorie obesity treats. Recent food riots and famines point out the importance of diversified farms and food security and how dependent billions of humans have become. The government controls the ranch and supplies us with halogenated water, and then corporate cowpokes are handsomely rewarded to milk the herd.

TO VEDGE, OR VEDGE NOT?

I GREW UP IN THE SUBURBS, a generation away from farming. It has taken years to recover the skills lost not having had that experience. Killing while hunting or fishing never bothered me, but the premeditated thought of killing an animal that I had raised still sickens me. Maybe it is morally wrong and the cause of death, say the ancient Essenes, but I get hungry and a vegetarian diet leaves me feeling weak. My cultural genetics did not include vegetarianism, nor did I learn to cook a vegetarian main dish though we ate every fruit and vegetable imaginable.

I am coming to think that quality fats burned for energy along with reasonable amounts of proteins, lots of low glycemic vegetable carbs, leaf vegetables, fruits and berries, with only an occasional sweet treat, is my correct diet. To me, a diet must supply the necessary molecules for the mind and body to function optimally without all the sugary and inappropriate junk foods that only pollute the Inner Ocean.

A diet is also what *not* to eat, the inappropriate molecules and gross quantities of

calories to avoid. Caloric restriction has been shown to increase longevity and recovery from illness. *Redox medicine works best with low food intake, modified fasting, alkalizing raw vegetables and green juices.* Most just eat *tooo* much. Eat till you are two-thirds full is an old saying.

Studies lumping red meats and processed preserved meats have shown that “meat eaters” are more likely to get cancers and have shortened life spans. Unhealthy Omega 6, 9 rich fat balances, preservatives, hormones and antibiotics riding along with the meats were not questioned. Yet the fact remains that meat digestion creates large amounts of metabolic wastes and acids which are a load on the system and create oxygen/electron debts.

Cooking makes digestion of meats more efficient and absorption of gross amounts of protein calories possible, but increases the quantity of oxidized fats and proteins. Cooked or raw, the acidic metabolic wastes from eating meats must be flushed from a properly charged alkalized Inner Ocean. Raw may be the healthiest way to consume meat before it is oxidized and robbed of electrons by every moment on the grill and with each added degree Fahrenheit.

The one thing that bothers me about veganism/vegetarianism is the -ism. It smacks of a rigid philosophy or even a religion. The rest of the menu gets shut out. Some amino acids, fats and collagen, B-12, folate and certain other nutrients are scant or absent when dining exclusively on the plant kingdom. Then again cows grow big and strong eating only grass.

Since both vegan diets *and* nutrient dense animal-based food regimens have healed adherents and kept them healthy, they must share truth.

NOT ALL MEAT IS CREATED EQUAL

BEEF'S NUTRITIONAL LEDGER		
	Grain-Fed Beef	Grass-Fed Beef
Added Hormones	Usually	No
Fed Antibiotics	Usually	No
Fed Grain	Yes	No
Omega-3 Fatty Acid	0.1	1.22
Omega-6 Fatty Acid	3.1	1.08
CLA	0.21	1.46
Beta Carotene	41	87
Vitamin E	1.3	5.3
Vitamin A	10	52
Total Fat	High & Saturated	Proper Balance
Flavor	Bland/Pasty	Original and Bold
All Other Factors	Fair	Perfect
E. coli Danger	High	Minimal

Courtesy Ted slanker, slankersgrassfedmeats.com

The standard selling point, “grain-fed” beef, defies nature. A ruminant is supposed to eat grass, not be fed corn, vegetable oils, chicken manure, distiller wastes, steroids, bovine growth hormones and antibiotics to prevent death and speed weight gain in the feed lot. Even fed organic grain and branded “organic”, these meats and milk are unnatural, Omega 3 deficient and fraudulent.

The European Union refuses the import of American beef. And guess what? Our grain fed meat is unhealthy, devoid of carotenes and other antioxidants. Carbohydrate rich grains convert into minimal Omega 3 fat contents and excessively high Omega 6, 9 fat levels in feed-lot animals. Grain-fed beef is larded with excess saturated intramuscular fat. Omega 6, 9 in large proportion causes inflammation and oxidative stress as it oxidizes readily to form free radicals. Grain-fed animals are themselves unhealthy. When you hear of deadly e-coli outbreaks, the source is always beef from the grain feedlot or vegetable

crops contaminated with animal waste. Feedlot cows also incubate MRSA, Methicillin Resistant Staphylococcus Aureus.

Healthy saturated fats, CLAs and high Omega 3 ratios provide electrical storage in our bodies to maintain cell voltage and provide super conduction. These real fats are obtained from grass-fed-only meats, milks, cheeses and eggs, oily fishes and certain nuts, algae and seed oils! Raising our Omega 3 and CLA, conjugated linoleic acids, intakes reduce all disease as it lowers high Omega 6, 9 ratios. Brain tissues and healthy cell membranes are a mix of Omega 3 fats and saturated fat so obviously we must consume them or manufacture them. They are necessary for membrane integrity, nervous system repair and calcium transport and are involved in the storage and conduction of healthy cell voltages. CLAs help regulate metabolism and act against cancers.

The high ratio of Omega 6, 9 fats found in heat processed unsaturated vegetable oils and grain fed meats ups inflammation and weakens cell membranes making them vulnerable to adhesion and intrusion by pathogens. Fragile unsaturated vegetable oils are easily oxidized into a devious free radical source that adds an oxidative load. It is predicted nearly 1 in 5 American baby boomers will spend the last years of their lives languishing cabbage-like with Alzheimer's disease from the lack of healthy saturated fats, Omega 3s and CLAs. Diabetes, cancers and atherosclerosis are related to this imbalance as well. Good Omega 3 levels equate to telomere preservation and longevity. Low fat makes no sense, avoiding feed-lot animal fats definitely does.

TV people always recoil at butter or steak and joke about heart attacks. They reinforce industry created, and now politically correct fat-cholesterol fiction. Misinformed and under the impression that only unsaturated fats are healthy most consume inappropriate polyunsaturated but inflammatory oils derived mostly from corn, soy and rape seed (canola). Some still think vegetable oils, hydrogenated oils and margarine are OK? The entire heart-healthy, unsaturated fat and cholesterol mythology is a scam.

Staying away from commercial feed-lot meat is best, but what are the better choices and how do you make up the deficiencies? Lamb, wild salmon and natural chicken are generally available as is quality butter, raw coconut and Omega 3 rich oils like cod, flax, fish and krill. Well grown, cleanly butchered, grass-fed beef is good raw as tartare or sliced beefsteak sushi if you will, served with coarse sea salt, capers and diced red onion. The flavor is not to be believed. I eat much of the fat on my grass-fed beef especially in cold weather and have plenty added to ground meat by my butcher.

American farm animals never reach old age being improperly nourished, immune-deficient and antibiotic treated. They are just fattened fast on modern high glycemic corn, just like the obese generation of children in America today. Cattle and poultry do not receive the antioxidant electrons put into grass by sunshine and kids don't get enough green vegetables. American foods seem to be designed to reduce longevity and create debilitating chronic disease of long duration.

"They're eating the corn!" said comedian Bill Maher, observing the epidemic of obesity. Seeing corn in the billions of cans of soda pop and boxes of cereals and in all the foods as sweeteners and incorporated into feed-lot meats as fat builders, Maher, a

California raw-foody, frequently extracts humor from our food and drug misfortunes.

OXIDATION YOU SEE

YOU CAN ROAST a hunk of grocery store beef and the next day the meat starts to turn brown and gets a skanky rancid smell. It was feed-lotted on grain and contained scarce antioxidant Vitamins A, C and E, lots of easily oxidized unsaturated Omega 6 and 9 fats and the meat visibly oxidized rapidly. Rancid broken fats are toxic, and fragile fats are inappropriate materials from which to build cell membranes.

If you are lucky enough to get a venison leg the difference is obvious. It takes much longer for the meat to oxidize because it is full of antioxidant electrons packed into carotenoids that came from grazing green photon-packed plants. The scant fat is heavy saturated tallow, which never spoils. For the heck of it, I put a slice of hard deer tallow on my kitchen windowsill. A year later it looked exactly the same. Now, that is a stable fat!

Oxidation is visible in apples, bananas or avocados as they turn brown in minutes, but a squeeze of antioxidant lemon juice can prevent it. Ascorbic acid sprinkled on meat before it is ground slows oxidation and consumes toxic oxidants released through grinding as cells are ruptured. A teaspoon of ascorbic acid to 5 pounds of meat chunks is about right and the taste doesn't change. Too much and the meat tastes sour and the color changes as even the iron in blood cells is reduced and goes from red to a bluish undertone.

Understand that generally fats and oils are fragile and are easily oxidized at room temperature and become rancid. They are best refrigerated and fresh. Heating them hastens oxidation and hydrogenation so they become unhealthy to consume. Cold-pressed oils are electron rich. Bacon grease, lard and coconut oil are the most oxidation resistant forms of fats. These saturated fats and fresh unheated solvent free oils like flax, walnut, avocado, grape seed, pumpkin seed, hempseed oil rich in CLA or monounsaturated virgin olive are the healthiest to eat. Look for top shelf cold expeller pressed oils in better markets at twice the price of common grocery store items. They do not snatch electrons, form free radicals, cause inflammation or stick to arteries. Stable fats make healthy membranes resistant to pathogens and friendly to electron and nutrient transport. Get healthy sweet butter and skip the "healthy" sucker spreads.

Common vegetable oils from canola to corn and soy are damaged by heating and become hydrogenated. Fat molecules first lose their unsaturated double bonds to become hydrogenated and then change shape into the queer trans-configuration when overheated. They all generate free radicals, bring on disease, bad ageing and they foul up membranes, mitochondria and all biochemical reactions.

Heat speeds oxidation so cook gently and quickly, or don't cook at all, just go raw. Fried foods unless fried in animal fats like butter, bacon grease, pork lard, beef tallow, duck fat or coconut oils are antioxidant depleting and lead to electron debt. Unsaturated oils should be spared the flame. Supplement with Omega 3-rich fish oils, krill oil, emu oil and flax along with saturated butter, virgin coconut oil and fresh coconut. Antioxidants contained in red wine prevent fats from becoming inflammatory and are part of the reason

for healthy hearts in France.

All membranes, brain/nerve tissues and other structures composed of fats function properly with fatty components that are stable and resist oxidation. Some fats are made in our bodies, and we get the rest from real foods.

PUT THE LIME IN THE COCONUT, DRINK IT ALL UP

COCONUT OIL is said to shift the fat balance toward Omega 3 from our artificially abundant Omega 6, 9 diets. It installs stable saturated fats and increases appropriate membrane activity.

Coconut oil and other healthy saturated fats are antibacterial and deactivate flu and other viruses. They also make up stiff functional microbe resistant cell membranes, transport calcium to the bones, maintain cell voltage and re-supply nerve fibers. Saturated fats help regulate glucose levels and belly fat by regulating membrane transport. Low glycemic diets prevent our bodies from mistakenly manufacturing bad fats. The lime is alkalizing and offers Vitamin C. Just a silly Caribbean tune!

WE TEST SOIL AND PLANTS?

ON THE FARM we test soil and do leaf tissue analyses to detect deficient or surplus nutrient levels. The lab returns results and the recommended quantities of nutrients to bring soil to optimum levels. Reading these tests is a high art, and results are followed year after year in fruit quality, yield, and disease and pest resistance. Choice of nutrients and sources is wide. Method, season of application and every other operation and condition come into play. A healthy, bountiful harvest is no accident. Over the years *I had found that by simply manipulating nutrients, all plants and animals could be kept in vigorous health.*

PLANT ANALYSIS REPORT						
N NITROGEN %	S SULFUR %	P PHOSPHORUS %	K POTASSIUM %	Mg MAGNESIUM %	Ca CALCIUM %	Na SODIUM %
2.3 M	0.17 M	0.30 M	1.53 M	0.21 L	2.63 M	0.01 M
Fe IRON ppm	Al ALUMINUM ppm	Mn MANGANESE ppm	B BORON ppm	Cu COPPER ppm	Zn ZINC ppm	Mo MOLYBDENUM ppm
75 M	57 M	21 L	69 M	9 M	27 M	
Cl CHLORIDE %	F FLUORIDE ppm	DRY WEIGHT grams	NUMBER OF LEAVES	NO3 NITRATE ppm		
A & L Southern Agricultural Laboratories, Inc. DATE RECEIVED: 7/16/2009 DATE REPORTED: 7/17/2009						

SOIL ANALYSIS REPORT

ORGANIC MATTER %	ENR lbs./A	P1 Weak BRAY ****ppm	P2 STRONG BRAY****ppm	POTASSIUM **** ppm	MAGNESIUM *** ppm	CALCIUM *** ppm	SODIUM *** ppm	SOIL pH
2.9	102 M	89 VH	161 VH	159 VH	130 VH	1232 VH	17 L	7.1H
ALUMINUM ppm	HC03-P ppm	HYDROGEN meq/100g	C.E.C. meq/100g	PERCENT BASE SATURATION (COMPUTED)				
				% K	% Mg	% Ca	% Na	% H
		0.0	7.7	5.3	14.0	79.7	1.0	0.0
NO3-N ppm	SULFUR ppm	ZINC ppm	MANGANESE ppm	IRON ppm	COPPER ppm	BORON ppm	BUFFER pH	SOLUBLE SALTS mmhos/cm
	16 M	1391 VH	673 VH	163 VH	111 VH	0.4L		0.06 VL
CHLORIDE ppm	MOLYBDENUM ppm	WATER SOL Pw ppm	TOTAL N ppm	NH4 ppm	TEXTURE ANALYSIS			
					%SAND	%SILT	%CLAY	CLASSIFICATION

A & L Southern Agricultural Laboratories, Inc. DATE RECEIVED: 7/16/2009 DATE REPORTED: 7/17/2009

You may notice the preponderance of minerals in the soil are lacking in leaf analysis. Compost, enhanced bacterial activity and slightly lowering ph with sulfates will make those minerals more available and boost uptake later through the rainy season.

Recently in my citrus grove, whiteflies appeared. They don't really hurt much but exude honey dew on the leaves that feeds sooty mold that puts a filthy black coating on fruit, and that requires washing before market. The nitrogen recommendations I had followed were too high causing insects to be chemically attracted to vulnerable, tender leaf flushes. I withheld nitrogen, a precursor of protein formation and rapid vegetative growth. I sprayed once with neem oil. Problem solved. We had a great crop of delicious fruit. I continued to withhold nitrogen and the following year there was a scant crop. I returned a light application of nitrogen and a moderate crop followed. My determination to restore full production was redoubled by all the customers who tracked me down. I hadn't realized it was that important to them. So I had zeroed in on that important level, the fruit are clean, overgrowth of trees minimal and crops acceptable. In large scale agriculture, testing saves dollars. If you just applied an expensive mix to hundreds or thousands of acres you would go broke, so a few dollars spent on lab analysis is always a good investment. A commercial grove would have stayed with high chemical nitrogen levels to maximize yields and would have sprayed the whiteflies with chemical pesticides.

Too much or too little of a certain mineral determines the ultimate health of plants. Too much nitrogen brought the bugs, too much phosphorous or an alkaline soil pH tied up other minerals. Chemical fertilizers brought glut levels and then starvation as rains leached soluble nutrients. Organically maintained lawns would come alive as clippings decomposed rapidly. Organically grown plants were happy when bacterial activity was maximized by constant moisture and the flow of humic acids out of composts. We are really little different than plants. Plants, animals and people share many hormones and enzymes, and the cells are similar. The biochemical relatedness of all life on Earth is

astounding.

I had never thought of testing mineral and metal levels in humans or even myself until I suspected mercury poisoning. It just wasn't done. Root causes of disease are a non-issue to MDs! Tests take time and add expense when a simple prescription usually band-aided the problem. I put it off for years! It is important to keep in mind that tests are for a handful of specific minerals. It would be very expensive to test for all the trace minerals or toxic pesticides, herbicides, flame retardants, plastics, errant fuel additives and pharmaceutical wastes we all contain by virtue of residence in this brave new world.

Many other minerals involved in cell functions are found in minute amounts. These trace minerals never appear in analysis, are only found in ocean derived supplements and many are only available to cells in specific natural form. Eat your seaweed, Bunky!

FARM TO HEALTH, WHERE THEY WENT WRONG

MICHAEL POLLAN'S book, *In Defense of Food; An Eater's Manifesto*, details the critical problems at the base of our civilization. It took me a lifetime of digging in the dirt to figure out the principles he brings forth. Our health and environmental problems intensified when grain subsidies shifted food production into corn, wheat and soybeans. Then as diversified family farms withered, their lands were consolidated and turned into monocultures by big agribusiness. Monoculture itself is the problem. It precludes a healthy natural diversity of species. Pollan agrees that subsidized fossil fuel based farming is doomed as it destroys the planet and the health of its inhabitants. We will soon run out of oil. Solar farming is the basis of the *sea change* coming to Earth. Pollan's book should be a Government Operations Manual!

Watch the establishment become desperate and draconian as this ball of deception unravels! Agribusiness unsuccessfully tried to influence Washington State University to remove his earlier book, *Omnivore's Dilemma*, from their reading list! Hadn't there been prompt objection, brother Pollan's ideas would have been censored. It is unknown how many other books have been kept from students supposedly enjoying academic and informational freedom.

Adolph Hitler, the most hated world leader of the last hundred years once stated, "Let me control the textbooks and I can control the state." Censorship is a common and heinous crime against knowledge, health and survival.

RESTATING THE OBVIOUS

ORGANIC FOODS from farms with integrity are the best quality foods one can consume. In recent years Wall Street took notice of the high profits in the organic industry. So did profiteers with their short cuts working around certification standards with a lawyer's eye. Then the government got involved and shifted those standards to include corporate activities. Now many organic products are only slightly better than chemically produced goods, but twice as expensive.

Heirloom corn was a healthy highly antioxidant *low* glycemic grain. Then industrial seed and big agribusinesses took control of Earth's biology selecting hybrid corn and later patentable GMO strains, and a half-dozen other food-crop species to concentrate their wasteful mechanized fossil fuel based efforts on. Eight thousand other food species, more nutritious and agri-efficient than corn-soybeans-rice, have languished, and are preserved only through the efforts of seed-savers. Few comprehend the insult of this takeover which handily enslaved and sickened man as it deconstructed the biosphere. Genetically modified crops, fish and animals have appeared and no regulations have ever been installed! Unregulated tinkering with nature is biologically disgusting, banned in the E.U. and is already threatening the existence of native fauna and flora. What happens when Franken-salmon escape? What happens when beneficial insects are demolished by BT genes? What happens when altered DNA constructs alien proteins for our consumption? Cancers and reproductive disruption have occurred in mice receiving GMO (genetically modified organisms) grains, the same grains left unlabeled in your breads and cereals! Evidence shows that GMO grains boost inflammation and set-up autoimmune disorders. Old genetic lines have been and are being lost *forever due to laboratory created GMO pollen blowing in the wind.*

Patenting food crops where seed can not legally be saved has resulted in major disruptions in small farm agriculture through seed expense. 200,000 farmers in India committed suicide when debt and crop failure overcame them due to an American corporation's GMO cotton seed business. Small farms have vanished since big chemical agriculture monopolized the production of "food" subsidized by government. They are further discouraged by laws and regulations designed by the industry to completely enforce their bio-criminal monopoly. Food security disappeared in rural areas and is non-existent in cities. The power of food rests in the hands of a few. If transportation or electricity is affected starvation and chaos would occur rapidly. Control of food is control indeed! In Florida it is illegal to criticize or disparage any agricultural commodity be it deficient, contaminated with chemicals or even pasteurized! Scary stuff!

The disappearance of eco-essential honeybees is now puzzling scientists. As they seek the cause of disappearing disease and hope to find a way to treat it, they overlook the fact that there is *no single cause, no lone gunman.* The panoply of negative conditions affecting human health also stresses bees. Viruses, pesticides, radiations, EMFs, high fructose corn syrup, pharmaceutical parasite and disease medications and various other air-borne toxins are all suspected in colony collapse disorder. BT genes and the nutritional sameness of monocultures also effect bees' health. All create oxidative stress. When additional stresses of climate extremes or being trucked across the country occur, colonies can take no more and collapse under the previous sustained array of insults. Since oxidative stress is at the root of the problem I feed my bees cane sugar syrup, spiked with electron rich Vitamin C powder.

Were it possible to assemble a think tank more interested in the health of the public

than producing corporate soldiers and supplying the latest tactics to industry, we might know what modern disease consists of and how to treat and reverse it, economically and naturally. Think of the studies that could be conducted if government was interested in saving trillions of dollars rather than being so quick to pay ransom to the high priests of pharmacy and grand dukes of health insurance. Look at cancer and heart foundations and a zillion other charities raising money to feed the beast, year after year! Insanity? Individuals return to drugs again and again aware of no other option. I did it myself for a time when I couldn't come up with a better idea. You never know until you *know*.

A comedian said that Congress is a wholly owned subsidiary of the medical pharmaceutical healthcare complex. Each member receives six or seven figures per year. When a politician spouts-off that he wants everyone covered, see that he is a paid piper. He probably even believes it! Soon everyone will bear the responsibility for ignorant consumers. Living on cheap beer, hot dogs, cokes, chips and commercial cigarettes, they succumb to easily preventable maladies constantly. It would cost next to nothing to add a prevention course in all the public schools. If healthy ingredients were available, this bit of education could save trillions of dollars a year. I could design it tomorrow.

Were such a prevention program proposed, lobbyists would descend on every public official. Food, chemical and drug industry reps would fly into overdrive. Then doctors would question every paragraph of the program quoting endless contrary studies. Then the whole idea would be squashed because of inherent dangers to the public health! Moves by our corporatist government are totally predictable if you just follow the money and see the enforcement of the drug/health insurance monopoly. This makes no sense one might say. They don't need no stinking sense, they just shift reality!

We must ask ourselves, why in this age of information are there no easily accessible compilations of nutritional analysis of all foods, Vitamin, mineral, ORAC, carbohydrate, fat and protein contents of chemical produce, organic produce and supplements. Why are there no easy to read tables of occurrences of diseases, drugs used, results, medical errors, doctor or hospital performance, death rates and side effect rates? We know that organic foods are at least twice as rich in needed minerals and antioxidant power as comparable energy-inefficient chemically grown items, but where are the statistics? To some this conspiracy of silence is an ear-splitting warning siren.

We are served infomercial as information, crowded with misconception, empty of facts and rife with mind-wash, and most don't ask these simple questions! We need to view information that comes straight out of industry, piped through government agencies, and distributed via indoctrination at educational institutions and through corporate media outlets, all with a jaundiced eye. Schools teach loads of regimentation and standardization but not real thinking. By definition there is no test or grade for independent thought! I had a history professor who repeated a phrase often, "If I want your opinion, I will give it to you."

We all harbor various toxic loads and suffer deficiencies of nutrients and minerals.

Diseases begin forming long before they are clinically evident. If I may connect a few dots, we are probably all pre-diabetic, pre-Alzheimer, pre-heart disease and pre-cancerous. We sustain free radical oxidant, high level glucose and acidic damage in and on our cells due to processed and easily assimilated sugars, carbohydrates, grain-fed animal fats, vegetable oils and all manner of acid forming oxidized foods manufactured from them. We suffer oxidative damage to skin, have weakened immune systems, blood vessels, nerves, bones, joints, organs and glands. Most are generally depleted of electrons. We environmentally, emotionally and dietarily tend toward acidity and inflammation. Drug damaged livers are prevalent. Our cells receive insufficient oxygen and are deficient in antioxidants, Omega 3 fats, zinc, Vitamin D, selenium, alkalizing magnesium and potassium and trace minerals. Most people are iodine deficient, if not from dietary lack, then from halogen displacement of iodine from their thyroid, prostate, ovaries and mammary glands. Sub clinical infestations of virus, bacteria, fungi and parasites enter the picture. Genetic expression and telomerase levels are under multi-pronged attack and our cells' DNA unravels unnecessarily at an alarming rate. Poorly nourished, abused, stressed, uninformed and weak-willed individuals suffer pitiful genetic expression and teeter on the edge of disease. A grand unified theory?

Chapter 4



BOTTOMING OUT AND THE ROCKET RIDE FROM THE PIT

EITHER I WAS APPROACHING Judgment Day or closing in on the answer that would halt my pain and restore my life. I stopped having spells of hope, but went from substance to substance, idea to idea to find it. I didn't know *if there was an answer*, but falling apart was *unacceptable*. I studied every idea I could get my hands on, but no bingo, nothing would "Get 'er done." Follow the trail.

SUNSHINE PARADOX

VITAMIN D is overlooked by doctors who go everywhere else for an answer. The list of diseases associated with deficiency of sunshine and appropriate animal sources in foods is *huge*. Fortified milk and foods with pathetic quantities of ineffective synthetic Vitamin D don't get it. Healthy doses of sunshine, raw milk, rare meats, real eggs and Vitamin A&D containing cod liver oil could prevent many *circulatory diseases, cancers, MS, Type I diabetes, birth defects, osteoporosis, asthma, influenza, Epstein-Barr/chronic fatigue and others*. Sunshine exposure cuts the risk of all *cancers* in half!

Though Vitamin D can be toxic at over 20,000 ius/day, research shows large doses from sunshine, fish, eggs and cod liver oil prevent and heal a multitude of illnesses. Mega doses of 50,000 ius/week are being recommended for heart patients using Vitamin D-3,cholecalciferol. Generally adults should receive 5,000ius/day from Cod liver oil which also adds Omega 3, and Vitamins A and E. Therefore winter dosage must increase when normally four times more Vitamin D is required. Cod may add too much Vitamin A for those seeking higher doses of Vitamin D so sunshine and a variety of sources can be used. There are D-3 supplements and cod liver oils with Vitamin A removed. Too much Vitamin A may reduce the effect of Vitamin D. Vitamin D levels fall dangerously low in winter and can even be tested for.

The sunscreen craze appealed to skin cancer fears and wrinkle prevention. Cancers were correlated with sun exposure, but not nutrition or mode of sun exposure. Some dermatologist decided pasty white smooth skin was healthy. In reality the lack of Vitamin D in pasteurized milk added to the sunscreen scams, kept people out of the sun, brought on xenophobia and increased the incidence of all cancers, particularly of the breast and colon. Sunscreen users also remained in the sun much longer than normal because they did not burn but sustained deeper UVB damage. The chemicals in the sunscreens themselves proved carcinogenic, and many do little more than quench the uncomfortable inflammation of the burn while dangerously extending exposure! Dr. Joseph Mercola author of *Dark Deception*, deserves huge credit for championing Vitamin D, Sun exposure and Omega 3 use.

Ultraviolet radiation from the Sun kicks up free radicals in the skin which are

neutralized by healthy antioxidant levels of Omega 3 fats, Vitamins C, D, E and A. Sunshine also provides life's-source photons which act in very positive ways stimulating Vitamin D production from cholesterol and activating DNA expression. Sunshine synchronizes our genetic material to the "tune" of the universe. It is best to leave natural oils on the skin long after sunbathing for Vitamin D re-absorption with a cool shower using soap only on face and armpits.

Black or dark-skinned people need more sun and dietary Vitamin D and are prone to deficiency as seen in high cancer rates and other preventable problems. Light skinned individuals absorb photons more efficiently but don't produce protective melanin well so must limit exposures. Many prescription drugs make sunbathing dangerous, but few carry warnings.

"Stay out of the sun" joined cigarettes, saturated fats, butter, "cholesterol rich eggs" and even salt on the list of shalt-nots handed down by the mumbo jumbo high priests of science and the "shady" sunscreen salesmen. They scared many people out of the sun and right into disease!

The angle they took on wrinkles was off as well. Wrinkles are sagging skin and underlying connective tissues. They are preventable and restorable to some extent by Vitamin C plus bone/cartilage broths. B-Vitamins prevent homocysteine from dissolving the collagen matrix. Eating proper fats and using antioxidant rich oils on the skin along with appropriate sun exposure rounds out real care. Oils of coconut, emu, argan, tamanu, avocado and apricot kernels soothe skin and prompt internal healing. Aloes and cactus gels are incredible for healing burns and scrapes.

Skin brushing and massaging moves lymph fluids. Clay masques or baths draw toxins. I remember seeing two odd-looking girls at the beach one day. They brought ripe avocados and had rubbed them into their skin and hair, everywhere their bikinis didn't cover. They sat in the sun for awhile and then jumped in the water to rinse off the guacamole. When they came out of the surf I realized I knew them from high school.

Vitamin D was discovered to be responsible for turning on 3,000 genes! Some say it is more like a hormone than a vitamin and stimulates immune T-cell production. If you avoid burning and use regular exposures, the Sun is essential and prevents many diseases.

I do not own a short-sleeved shirt. Long-sleeved white cotton t-shirts keep one cooler and prevent forearm leathering. I get all the sun I want all over then use shirts, hats and shade. I've spent my life in the Sun dealing with heat. July and August were generally my nocturnal months aside from daytime lobstering, which many Florida crackers even perform at night. I knew many men and a few women, beach rats I called them, who spent all-day everyday on the beach and in the Sun. They had deep bronze tans, most were 70,80, or 90 but seemed younger and healthy and all had a zest for life. They were fixtures on Miami Beach.

The white-skinned tourist or fair-complexioned cannot take many minutes of exposure. They need to gradually increase their moments in the Sun to get a base tan for protection. When I was a kid, Miami Beach always reeked of *Noxzema* from the endless hordes of northern tourists who got burnt their first day out. Later in the 1970s the heavenly scent of

Hawaiian oils predominated. In the 1980s the suckers turned to sunscreens.

Vitamins C, A, D and E, Omega 3 fats, and even Astaxanthin should be taken before and after solar exposure to prevent and quench damage. A commercial diver in the Bahamas taught me aspirin is the best thing to take after too much sun in order to calm the fever in your skin before you can get to a cold shower, aloe or cactus juice and Vitamin C. Though aspirin use on a regular basis or in large doses can be dangerous, I take a few on the boat ride home when I'm sunburned and feel headachy and rough.

MT. ALVERNIA

The Sun in the Bahamas is strong, cleansing, healing, and with plenty of salt water, hiking and swimming, is rejuvenating. My tan always turned very dark. The clean fresh air that blows over Mt. Alvernia is salty *sea air* like you only encounter on ships, high in electron-rich negative ions and pure oxygen. City air is bereft of oxygen, electrons and polluted with exhaust and industrial release. I break into laughter when some do-gooder warns me of smoking while inhaling the metallic free radicals that just spewed from a 671GM Diesel engine, powering a bus.

I visited *The Hermitage* atop Mt. Alvernia on Cat Island several times. The "mountain" rises to a little more than 200 feet above sea level. A monk named Father Jerome Hawkes, an architect charged with restoring some old churches on Long Island to the south, carved a mini-medieval chapel from limestone there that has become a place to see on Cat Island. I can remember the sweaty climb after walking the entrance road, a rutty dirt lane blocked to traffic by rocks and trash. Near the top, after progressing through The Stages of the Cross, the pilgrim is refreshed by sea breezes and the neat little chapel comes into view. Next to the tower is a small room with an altar where the old and very tall priest prayed and a short stone sleeping slab where he tormented his flesh.



Hermitage atop Mt. Alvernia, Cat Island

It was impressive, like *The Coral Castle* near Homestead, Florida. Someone had performed an unbelievably laborious if not supernatural feat of craftsmanship in stone! At least Father Jerome could look out on the blue Atlantic and had a fine view of sunset over the Bight to the west with all the fresh air and pure sunshine one could consume. Oddly enough he stayed very cool in that hot climate by engineering the breeze to flow through the cold stone walls. He created a venturi effect within *The Hermitage*, and his torturous sleeping slab was blessed with natural air-conditioning. Ed Leedskalnin, creator of *Coral Castle*, endured more heat and humidity in Homestead as he moved huge limestone blocks while pining over his lost teenage sweetheart. Ed's methods have never been duplicated. Did he employ some magnetic anti-gravity secret or just cleverly use leverage and simple machines?

CANDIDA AND BENEFICIAL BALANCES

THERE IS NO WAY of telling how near death I was as I progressed from feeling lousy to rotten. Six months earlier I had discovered probiotics which helped my general health and bowel function but hadn't brought a cure. Populations of probiotic good guys keep down bad guy pathogens. I thought back on how stupid I was since I knew all about live soil bacteria, virus, fungi, nematodes and protozoa. This world really is run by bacteria!

When an otherwise healthy looking tree exhibits a fungus ear, it is already dead and decomposing within. Fungus has colonized the wood and is ready to release its spores through the "ear", a reproductive fruiting body. Fungi are the recyclers of life, the force of

dissolution of organic matter and are held at bay by other microbes and oxygen.

I knew the bacterial role in bovine digestion but hadn't considered the ecology of the trillions of micro-inhabitants of my own gut and skin working to inhibit pathogens, convert nutrients to create new essential ones. I just never thought to feed them properly for the sake of my own bowel health and immune resistance. A "landmark study" just concluded that the appendix is a reservoir of intestinal bacteria, something I figured out when I was ten when it was deemed a "vestigial organ" and unnecessary. I was just a little slow in practical application.

Many times yeast/fungal infections follow courses of antibiotics. Dozens of diseases appear after antibiotic use due to beneficial flora kill-off changing the chemistry of the gut and the health of the unwary. The proliferation of candida and other blooms peak weeks later so the two don't seem connected.

Candida sounds like candy. The intake of refined carbs and sugars is responsible for creating sweet acidic hypoxic conditions candida loves. Candida causes no end to yeast discomfort in women and can even "fruit" on the skin in an array of conditions and may even be at the root of cancers. *Candida literally eats carb lovers alive.* They shouldn't feed the alligators!

Some yeast facts:

- *Intake of sugar, high glycemic processed grains and alcohol encourage their proliferation of fungi in the body.* Certain hard cheeses can carry molds, fungi, and yeasts.
- *Fungi can be inhaled.* Humid or water damaged moldy houses can kill you and are best cleaned-up or burned-down. Resultant mycotoxins are responsible for 50 odd diseases.
- *"Miracle" healings occur regularly using oregano oil.* I found that dosing with oregano oil, a hot electron-rich oil, cleared candida yeast, the simple fungi I had carefully raised on French bread and sugar. *Oregano oil* is a universal antibiotic, antifungal, anti-inflammatory and antihistamine. It is a "hot oil" and may burn skin, but rapidly improves bowel function, and acts on sinus, ear problems, nail bed infections, and is first choice for food poisoning. A few drops held in the mouth with a tablespoon of honey and then swallowed takes a little getting used to, but works! My dose started with one drop and rose to six or seven. I use pure organic wild oregano oil with honey. It is more effective when absorbed into mouth tissues. A little bottle is about 40 bucks and lasts for years. It is also available in gel-caps and in various diluted preparations.
- *Vitamin C, bicarbonates, cayenne, garlic, colloidal silver, grapefruit seed extract, apple cider vinegar, fermented foods, coconut oil, curcumin, alkalizing diets,*

iodine and chlorite rid the body of yeasts as well. Smart doctors use bicarbonates to increase oxygen availability these simple fungi hate and prescribe magnesium and manganese. Actually the yeast is never gone, it just rears its ugly head when you feed it what it wants and then must be put back under control. Low grade yeast/fungal infections can drag one down year after year, and provide a background weakness that allows other problems to grow.

MICRO-INFLUENTIAL

OREGANO OIL'S cleansing of my bowels made me aware that candida places a huge load on the immune system so the first pathogen to appear gains easy entry through leaky unguarded intestinal linings. The oregano kill-off cleared the way for probiotics to repopulate. Experience proved I could influence Lilliputian populations in my garden soil with composts. Parallel principles will work in the digestive tract, lungs and genital mucosa.

- *Probiotics* are reintroduced *beneficial bacterial populations*. Yogurt and other ferments or Dr. Ohira's caplets are taken after killing off the yeasts with oregano oil or following inadvertent die-offs from pharmaceutical antibiotic use. Slow movement of wastes through one's intestines, lack of daily bowel movements, messy gooey bowel movements or "mud-butt" and the frequent need for laxatives indicate action should be taken to kill off candida and other unfriendly types. Bags under the eyes are an indicator of poor bowel and kidney function confirmed by low back problems. Healthy fats, magnesium, manganese and antioxidant electrons are critical to bowel function. Bowel problems also relate directly to emotions and the consumption of wheat gluten. Colosan, a magnesium oxide preparation, delivers oxygen to the intestines and is used successfully by bowel cleansing specialists.
- *Prebiotics* are *foods* that encourage healthy internal populations. Simple sugars, lots of *fiber*, vegetables, fermented foods, raw milk, yogurts, sourdoughs, whole grains, rye, quinoa, raw almonds, onions and garlic, fruit pectin, molasses and raw honey are some I am aware of. Beneficial bacteria needn't be purchased forever when you can grow your own!

Live yogurt is the popular source of fresh beneficial bacterial re-population. Just as effective are other enzyme-rich fermented foods like kefir, kimchi and sauerkraut. Enteric coated probiotics like Dr. Ohirra's survive stomach acids to repopulate the intestines with a diversity of bacterial cultures and restore bowel function.

The *fiber* connection to fat digestion is important. Fiber acts as the platform where fatty acids are probiotically transformed before leaving the intestines to enter the liver

or bloodstream.

- *Prepathogenics* is a word I made up to describe *inflammatory high glycemic processed carb/bad fat/junk food/soft drink intakes*. Lots of glucose and incorrect fats from high carb eating float around our aquarium and grow bad bugs.
- *Healthy intestinal flora, our immune infantry, are also under oxidative stress and can become devastated and useless after junk meals*. Populations change quickly in response to the foods coming down the tract. Compromised intestinal communities have been shown to initiate diabetes 1. Acidic conditions drop available oxygen and shift populations rapidly as well. Infections, autoimmune problems and cancers are given a *sweet* golden invitation when our guard is down.

Science is just beginning to fathom the symbiotic relationship between animals and their bacterial inhabitants. It has barely scratched the surface studying plants' systemic beneficial microbes. Soil bacteria support plant life on Earth but agricultural science found them expendable. Many of the healing aspects thought to be produced by plants themselves are in fact the product of endophytic microorganisms residing in the plant. Only a few symbionts have been identified thus far promising a wide-open field of investigation.

As man blindly rages against germs, he knows not what he does. "Germs" are a requisite part of every life form on the planet. That which affects any microbe can disrupt the health of the host creature that depends on it. Friendly populations generally like nontoxic oxygen-rich and alkaline conditions. The occasional predator lurks in dark stagnant acidic swamps or races to inhabit territories made vacant by antibiotics or even over-washed skin.

Be kind to your bacterial regiments. They make up the better part of your immune system.

SUGAR SUGAR

SUGAR IS THE UNIVERSAL "harmless" first addiction, *the original gateway drug!* Every American child is encouraged to become a sugar-holic before he can even read. Parents will violently attack a street corner threat to their children while the food industry freely saturates their minds with enticing TV come-ons for their abominable products. Bodies habituated to sugar short circuit metabolic avenues before young minds learn about proper nutrition or even what feeling normal is like. Before they know it their lives revolve around the sugar roller coaster and a mysterious lust for more. Animals and children are easily trained with a piece of candy. The agriculture of America is centered on high glycemic production.

Glycemic tendencies are a critical balance point where obviously sugar and less noticeable processed foods and grain products cause spikes and dips in blood glucose levels and accompanying insulin release. High glycemic meals produce high glucose spikes, low glycemic foods do not. *High-carb diets convert to inappropriate triglycerides, inflammatory fats and acidity in people and feedlot-farmed meats.* Capiche?

Sugar and alcohol are molecularly related and both always left me feeling down. I learned early on to keep them away from my mouth. I favored raw honey, small amounts of raw cane sugar, a glass or two of red wine but skipped the candy, soft drinks, hard liquor, breakfast cereals, white bread and pasta. My mind worked better not jumping like a monkey with each sugar boost. Physical energy was stronger on fats, proteins and strictly low glycemic carbohydrates.

Hard alcohol consumption is the oxidative free radical beast generally taken while chain-smoking commercial cigarettes. In my twenties I recognized “Bar-fly Disease” also by direct observation. I didn’t understand the mechanism then, but now I see the oxidative stress and the deeper psychological dis-stress involved when alcohol strips healthy fats from brain cells and erodes telomeres. Later, joint problems and hip replacements are common in long-time alcoholics. There was an inner sadness to heavy drinkers and maybe booze was their vehicle for a slow suicide.

The shift to modern high glycemic corn—along with other processed grains, pastas and white breads—altered the American food chain, which had historically produced lower blood sugar levels. High fructose corn syrup, now in universal use, increases insulin resistance, spiking blood glucose and triglyceride levels which encourage glycation, jams the liver with fat the way excessive alcohol does and taxes the pancreas. Sugar stimulates production of estrogen and progesterone keeping levels high that incites precocious puberty while limiting the excretion of those hormones. Junk food and drink marketers played to high oxidized fat/sodium/sugar cravings. The nation was hooked on a deadly *prepathogenic* highly inflammatory diet. Everything *does not* have to taste like candy!

Quieting the insulin response with a low glycemic diet prevents great damage to our systems and discourages yeasts and pathogen growth. Adrenal glands and pancreatic cells are literally worked to death by white carbs/sugars and stress. As high levels of glucose inspire high output of insulin, receptors get tired, feedback loops break down, membranes are compromised, insulin and leptin intolerance build as imbalances of hormones snowball out of kilter.

When you comprehend the damage done to cells and metabolism by sugars and high glycemic acid-forming carbs you will avoid them like *poison*. High blood glucose levels *compete* with Vitamin C opposing its function, which becomes very obvious when floral populations shift and immunity is debilitated. Sugar prevents Vitamin C from protecting cells from oxidation, which shuts down DNA communications canceling their expression and function. Cell membranes constructed of inferior oxidized fats also promote pre-disease conditions and are vulnerable to *glycation* which begins when *sugar bonds with cell fats and proteins*. Diabetes is accompanied by many complications due to

these facts. Diabetics typically have low bowel tolerance to Vitamin C indicating glucose related membrane obstacles have been erected and Vitamin C is rejected.

Hardening of the arteries is associated with the competition of glucose and Vitamin C. The presence of oxidized fats and sweet acidic conditions favors the cementing of glycations. This caramelized glucose becomes embedded in cell membranes and hardens arterial walls. Glycation *is* the consummate cell strangling damage with the initial result of in-elasticity of vessels and high blood pressure.

Glycation is what happens to cell fats and proteins when glucose binds to them. This cripples mitochondria and membranes which then refuse Vitamin C and other essential molecules entry.

Newly formed glycations are easily reversed by dropping the glycemic profile and consuming electrons and Omega 3 fats. Removal of hardcore complexed and cross-linked glycations is difficult, maybe not impossible, but important. These hardened “confections” generate oxidative stress and inflammation. Powerful oxidation may reduce complexed glycation, and enzymes come to mind. The damage from glycation and other classes of protein cross-linked amyloid plaques is overwhelming in circulatory diseases, diabetes and related Alzheimer’s disease and Parkinson’s, and involved in many other conditions of oxidative stress, even visibly as with age spots. Hard ageing is the dire but less obvious result of glycation. Ever tried to remove a drop of burnt melted sugar from a stove-top?

- **A junk food diet of processed white carbs, trans, oxidized, and inflammatory Omega 6, 9 fats and sugars, notably high fructose corn syrup consumed in quantity combined with lack of exercise, weaken the liver, cause glycation, compromise cell membranes, create immune confusion and generally load our Inner Ocean with junk molecules. Obesity and Type 2 diabetes follow. Lifestyle change to a low glycemic, high vegetable diet reverses most Type 2 diabetes and simple glycation. Exercise consumes glucose keeping levels in the acceptable range. Vinegar retards glucose spikes.**
- **Consumption of oxidized, processed, cooked foods overcomes normal physiological function. Mechanisms to control internal glycation are crippled by ingesting what are called “AGES” or Advanced Glycation End-products. Inflammation and oxidative stress rapidly ensue upon ingestion of “burnt” oxidized foods which overwhelm our ability to control free radicals. The NIA, National Institute of Aging, in a recent study, determined that AGES lead to diabetes and heart disease, etc.**
- **Improper breathing and the lack of anti-inflammatory deep sleep are co-causes of diabetes.**
- **Pesticide residues/toxic metals/chemicals have confirmed involvement in**

diabetes. Doctors proceeding with serious detoxification/alkalization programs to bolster liver function and remove mercury and other toxic molecules have reversed Type 1 & 2 diabetes in short order. Corn syrup is contaminated with mercury during its manufacture. Fluoride disables the thyroid by displacing iodine which leads to the inability to metabolize glucose resulting in diabetes and kidney disease. Another app for fulvic acid?

Compromised tissues are vulnerable to bacteria, fungi and viruses because the fats they are composed of are oxidized, become gummed up with sugar and malfunction. Chronic inflammation and acidity wear on the kidneys and pancreas.

High insulin levels also preclude HGH, Human Growth Hormone release while estrogen levels rise and remain elevated. It is projected that half the children born after the year 2000 will succumb to diabetes, Alzheimer's and obesity. Modern free radical generating polyunsaturated vegetable oils and Omega 6 and 9 fats plus an ocean of sugars are responsible. Bummer!

Flax, NAC, Vitamin C if tolerated, Vitamin K and R(+) Alpha Lipoic Acid, resveratrol, astaxanthin, silymarin, apple cider vinegar, chlorella, Omega 3s, coconut oil, Emu oil, hot peppers and enzymes may help reduce glycation and promote longevity.

Coconut oil, cinnamon and vinegar taken with foods improve the way sugar is handled by our systems. Pickles, relishes and vinegar dressings are tasty, too.

Magnesium, bicarbonate, iodine, zinc and selenium are required to keep the thyroid working. An alkaline Inner Ocean packed with bicarbonate buffers keeps pancreas and kidneys swimmingly happy.

Magnesium, bicarbonate and Vitamin C levels in cancer, heart, kidney and diabetic patients are always low!

Diabetes, cancers, dementia and heart disease each cost the United States hundreds of billions of dollars yearly and are blamed on that "independent entity" called *obesity*. Cancers originate from oxygen-deprived mitochondria where normal respiration energy production reverts to anaerobic fermentation of glucose and is the consummate blow to a cell or an organism. Cancers love a steady supply of glucose!

Our taxes subsidize the industries responsible for disease. Think of the parks and preserves, advanced agriculture, water and waste treatments, roads, bridges and clean energy conversions that could have been were it not for the well supported seed, chemical and commodity conglomerates.

FREEFALLING

MERCURY IS SERIOUS BUSINESS. The previous Christmas we had caught grouper, each over 20 pounds. We enjoyed grouper chowder and grilled filet for months after. Spring brought good catches, more chowder and tasty meals. Entering summer I was seriously depressed, had lost confidence and become fearful: laziness and extreme clumsiness followed. Later I found that mercury whacks enzymes and immune

proteins making one susceptible to flu and pneumonia and lodges in nervous tissues and the retina. Mercury disables hormones and insulin molecules attacking the sulfhydryl groups and could be responsible for the rise in diabetes, thyroid dysfunction and all other hormonal disruptions. It and other metals serially generate hydroxyl radicals requiring antioxidant offset. Metals clog membranes, anchor plaques, attract pathogens and generally seed problems.

In the month of June I cut myself no less than a dozen times mostly while cooking and could be seen wearing an entire box of Band-Aids at a given time. My children joked they would take away my knives! The bottoms of my feet became numb like I had burnt them on hot asphalt, a neuropathy, and my gums and teeth ached and bled, gingivitis. I was short of breath, blood pressure was rising, my skin became thin and flaccid and I felt like shit. All hopes were fading. Only with great effort did I leave my chair. I never imagined that by the 4th of July I'd be independent and free of disease!

THE RUN-AROUND

THE SAME DENTIST who was an excellent mechanical "ole painless" and had advised me that fluoride wasn't harmful, mercury did not leach from amalgam fillings, and that Vitamin C was of no help now wanted to pull five molars. He laid out his premise in that picture of classic germ theory. He prescribed antibiotics which stopped the pain and bleeding gums after a few weeks reinforcing the idea that bacteria were the cause without questioning resistance, the condition of the tissues or immune system failure, as usual.

I piddled along, day by day carrying the burden of the eventuality of having this guy approach me with pliers! We did the antibiotic bit again. A month later I was beginning to get painful abscesses deep in my jaw. My entire body was deteriorating, and I thought the end was near!

I had been fooling around with gum disease for over 30 years. At first I went to a periodontist who described himself as "someone you see coming and cross to the other side of the street." He gave me the dismal prediction that all my teeth would be gone in 20 years and was almost correct. We became friends, sort of, in a deep sadomasochistic relationship. "Naw, Vitamin C won't help," I can remember him saying. Then I moved north and got a computer at the advent of the internet age. I started finding alternative ideas and said *no* to surgeries, root planeings and other official forms of torture.

For the next 10 years I treaded water trying every nutritional and bacteria killing trick I could buy or find. Most helped a little. Guess I was a slow learner because simple logic would tell you that if some people's gums were not affected by bacteria, that there must be resistance in play. I knew time was running out when a study announced innocent sounding gum disease meant artery and heart problems were developing as well as pancreatic, lung and liver cancer as doctors chased bacteria and inflammations all over creation. They claim that three-fourths of Americans suffer with some degree of gum

disease gingivitis. Gum issues warned that blood vessels and general health were in steep decline, chronic scurvy. I could feel my candle flickering. I gave instructions to my children and got my affairs in order.

SWALLOWED WHOLE . . . THEN SPIT OUT

FINALLY IN THE DEPTHS of pain and despair I tried something blind, **Vitamin C mega dose**. Mind you, I hadn't heard those words mentioned for more than 30 years. They buried mega dose well before its chief advocate, double Nobel Laureate Linus Pauling, leaving him well outside the frame. I had never read his books or been aware of the use of Vitamin C by doctors. A few flawed official studies had appeared in the media back then indicating Vitamin C didn't cure colds or cancers and that was that. I probably would never have tried it. Many alert and knowledgeable people I have talked to since have told me they were under the same impression. The introduction of doubt is perfect propaganda. Using outrageous negative talking points has become so common today that the national mind is in gridlock.

Mercifully, the benevolent universal matrix lit my path out of the valley of the shadow. Or maybe it was just luck! Vitamin C = ascorbic acid. In its acidic form, ascorbic acid is outrageously sour. I was instructed by a chemist that pure ascorbic acid was most palatable and best absorbed when effervesced with baking soda in a little water. The sour acidity is neutralized when a ratio of 2:1 is used, 2 parts ascorbic acid to 1 part baking soda, sodium bicarbonate, yielding sodium ascorbate and CO₂ bubbles. I was warned about sodium intake by salt phobics, but my blood pressure dropped and later sodium levels dropped, too.

I took a heaping teaspoonful of pure ascorbic acid, approximately 7-8 grams (7,000-8,000 milligrams) and half a heaping teaspoon of baking soda in a small glass, added a few ounces of water, let it bubble and slugged it down. I did this once a day for a few weeks with little result.

Then in desperation *I dosed five times that day and five times the next day giving me approximately 35-40 grams of C a day*, close to what I remembered Linus Pauling took every day of his 93 year-long life.

HALLELUJAH! HALLELUJAH! HALLE-LU-JAH!

THAT WAS IT! The monster spit me out. The terror was over. The sunshine was blinding.

My gums were healing and my teeth stopped hurting. **HALLELUJAH!**

After considerable research the "secret" principles of healing unraveled and all from this totally unexpected and pregnant success. Now I fear no disease.

Chapter 5



THE HUNT IS ON!

BACKTRACKING AND REVERSE ENGINEERING

MY JOY SOON TURNED to anguish as I asked myself, “Why did this happen?” Great luck was the first thought, I had my life back. Then I felt hurt and fumed with anger over the fact that the truth had been obscured and that so many other people had suffered for the want of this information. I began to write down the details to organize my thinking.

How did it work? I was dumbfounded. Reality set in and I knew I had a long search ahead. It’s like when you shoot a deer but it is not well hit. It takes off to God knows where and the next few hours will be spent following little blood drops through the fallen leaves on the forest floor, on hands and knees. At that, you never know if you will ever find it. You also know you won’t quit.

TRACKING MOON

I JUMPED RIGHT IN knowing I had successfully followed the cold track of Indians and mega-fauna that had lived in the Suwannee Valley over 13,000 years ago. I was also well-founded in the basic sciences of chemistry and biology. I saw through the marketing and miracle claims of expensive pharmaceuticals and natural supplements. I had tried most of them! *Now I sought the principles behind mega dose success.*

I remembered an old war movie where advance Nazi commandos changed road signs ahead of Allied troops and how a false track could waste a lot of time. I also remembered the fossil hunter’s adage, “Something always guards the treasure.” This treasure was not guarded by 13’ alligators or by the deep sand and rubble of time, but by seemingly intentional disinformation. The pharmaceutical healthcare complex had moved the road signs we assumed were accurate. I grew white-hot at the realization of this incredible subterfuge, but knew from experience that only cool-headed objective tracking would locate dinner.

I typed Vitamin C mega dose into the search engine, clicked search and hit the jackpot! The first entry said Vitamin C mega dose and mercury toxicity! Torrents of memory of fish I had eaten and teeth I had filled with mercury amalgam as a child poured in. I knew it! The next search was for mercury toxicity symptoms, and again bingo! I had them all except multiple sclerosis, MS. Soon I would find mercury and other metals like cadmium and aluminum were present and can catalyze the continual generation of free radicals.

The last search was for hair analysis laboratories. I sent in my sample. Since I had already started a treatment that was working, the hair analysis would provide evidence from the hard data dangling on the back of my head. It took six weeks to get the result of the metal and mineral tests, like soil tests, but for my body! I also knew that more was involved and had been for years. My circulation was poor, my chest was not clear and I had been short of breath and suffered frequent bronchial infections. Joints, skin, eyes,

mind, bowels and heart had slid down-hill.

HAIR DOWN TO THERE!

THERE WERE THE BAR GRAPHS; High Cu(copper), Low Zn(zinc), High Hg(mercury), High Cd(cadmium), with a touch of As(arsenic) and Pb(lead), but no Li(lithium). There were recommendations like with the soil tests but they did not include Vitamin C which had already prompted my recovery. Otherwise, the recommendations were designed to re-balance body chemistry which can fall out of kilter for various reasons. I proceeded to have every amalgam filling removed from my mouth.

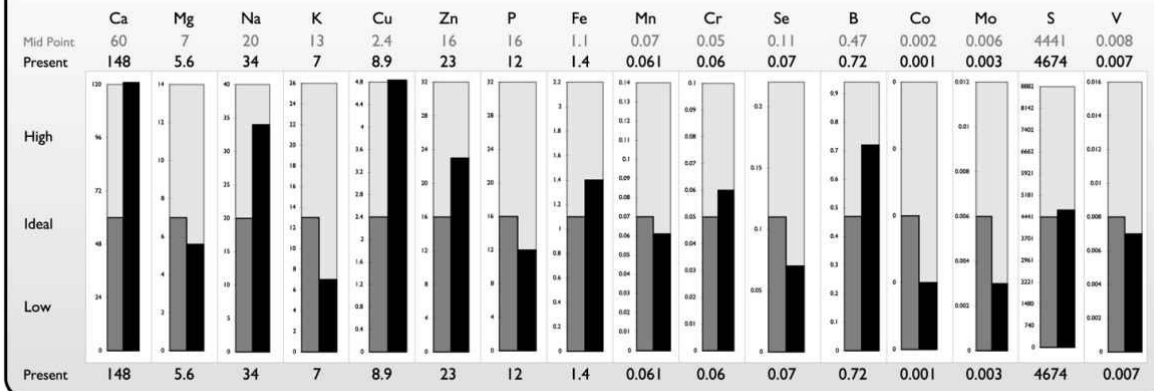
I had several conversations with the lab manager. He knew what needed to be reduced or elevated, just like the soil guy. And oddly enough, deficiencies in my garden soil paralleled my own mineral deficiencies as evidenced by my hair analysis like Zn, Mg, Se, K, and Mn. He related various disease profiles that occur with deficiencies. I asked him if there was a book on the subject. He laughed, "About ten thousand of 'em." I immediately realized the information was not and never would be straightforward. I also remembered the lament of Coast Guard Search and Rescue teams, "It's a big ocean."

Years later, after locating the facts, I think it is absurd for doctors *not* to know their patients' mineral balances and metal loads. That really blows my mind!

NUTRIENT SHELL GAME

YA MEAN WE ARE LIKE SOIL and plants, made of the "dust of the earth"? The elements in the earth can display totally variable characteristics depending on their charges, energy states and ratios to other complementary minerals. We contain those elements but what if we breathe, eat or drink bad dust, unnatural alien molecules? Or what if we don't get the molecular nutrition we need to maintain our structural and biochemical integrity?

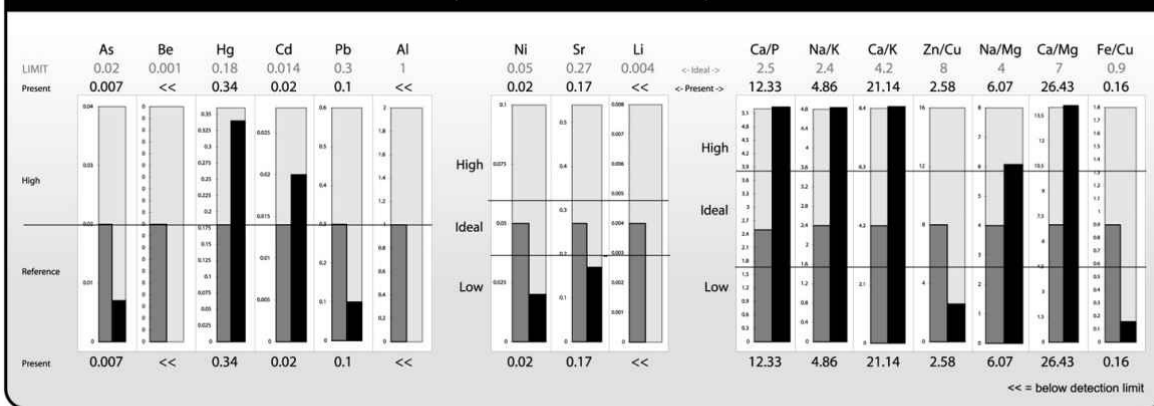
HUMAN HAIR MINERAL PROFILE: NUTRIENT MINERALS



TOXIC MINERALS

ADDITIONAL MINERALS

KEY RATIO



Ca = Calcium Cu = Copper Mn = Manganese Co = Cobalt Sr = Strontium Hg = Mercury V = Vanadium
Mg = Magnesium Zn = Zinc Cr = Chromium Mo = Molybdenum Li = Lithium Cd = Cadmium
Na = Sodium P = Phosphorus Se = Selenium S = Sulfur As = Arsenic Pb = Lead
K = Potassium Fe = Iron B = Boron Ni = Nickel Be = Beryllium Al = Aluminum

Study your own results carefully. Then study them again, form questions and arrange a strategy to course correct.

You learn in organic farming that raw materials and wastes contain certain nutrients and return those nutrients when composted or decomposed through microbial activity. That is why protein yields nitrogen from the breakdown of *amino* acids and stinks of ammonia when that NH₄ is released. Phosphate rock or bone meal releases phosphorous. K-mag, greensand, granite dust and seaweed give back their potassium. Organic wastes return their contents, and recycling of those wastes is ignored. We just mine new ones or create them through petro-chemistry. The net result is too many nutrients in the system and that over stimulates algae and destroys our waters.

Humic/fulvic acids are formed during composting. They chelate and release available minerals in ionic form. Minerals present in soil are grabbed by humic/fulvic acids leaching from compost. Then perfectly usable mineral ions are delivered directly to plant roots by these mega-molecular mailmen.

Nutrient cycling in the biosphere escapes notice of those fertilizing with soluble chemicals. Strangely, this fact is ignored by government and change is resisted by industry. When it rains nutrients wash into the nearest body of water and the water turns green as algae blooms and dies. Then oxygen disappears and thousands of acres of fish float belly-up! Multiply that by the millions of tons of soluble chemical fertilizers added each year from farms and lawns that wind up in our coastal waters. There, dead zones appear as at the mouth of the Mississippi Industrial Sewer or frequent red tides like off St. Petersburg and toxic algal events in the Chesapeake Bay or Indian River Lagoon with lovely conditions such as *pfisteria*, flesh-eating bacteria and the vicious staphylococcus, MRSA. Deadly saxotoxin is produced by an alga which certain species like blowfish feed on and accumulate. Yet another alga produces domoic acid, a neurotoxin suspected in marine mammal disorientation and whale strandings. That is why I was *thrilled* when they decided to grow even more corn for ethanol production requiring still more soluble chemical fertilizer and pesticide. Following the example of Brazil and its destruction of a global treasure like the Amazon Rainforest was *stupid*.

- Composting should be done on a large scale to recapture the value in organic matter rather than piling it in a stinking mess along with plastic, glass and metals called a landfill. Compost technology is proven and in practice in Atlanta, San Diego and elsewhere. Composting is how nutrients are recycled from wastes by bacteria. Compost particles are large and don't wash away or leach into aquifers. Compost not only delivers its own minerals, but it also collects and removes those found along the way recovering them from insoluble complexes. Follow the molecules. Follow the money!

The chemical contents of things before our eyes everyday seem to elude most people as do their cycles in nature and their shifting forms. Biomass should be incorporated in composting programs to reduce chemical fertilizer use, not transformed into fuel and burned or buried. Man has stripped Earth of trees, brought death to living soils everywhere, disrupted the chemistry of the planet and endangers the entire web of life. That is flawed industrial science. It has become a most destructive habit.

MO' HAIR

THE HAIR ANALYSIS lab manager continued to amaze me during the next conversation we had. He said people are confused by these results because they have different genetic tolerances to metals and imbalances and, therefore, symptoms vary. We correct the imbalances to restore proper levels of mineral elements which are central to metabolism and critical in the production of enzymes and hormones. Shortages of basic materials would cause slowdowns in that section of the "factory", a very important concept.

We talked about the various ways of helping the mercury along with antioxidants like *NAC* or n-acetyl cysteine which helps form the body's natural antioxidant detoxifier glutathione, *Vitamin C*, *Vitamin E* in the form of *tocopherol + tocotrienol*, *resveratrol*, *carotenes* like *lutein*, *lycopene*, *zeaxanthin* and liver tonics like *R Alpha Lipoic Acid* or RALPH as I call it, a powerful small molecule antioxidant that goes where others can't. Add scrubberabsorbers like dried blue-green algae, *spirulina* and broken cell algae, *chlorella*, and toxin grabbing *bentonite clay*. He mentioned the benefits of other avenues of elimination like *organo-sulfur* containing runny egg yolks, cabbage family species and garlic. *Sulfur* containing foods indicated by thio- or -sulfate are generally avoided due to strong flavors and rotten egg smell but sulfur is a major detoxificant. Water from certain sulfur springs has long been recognized as healing.

- The lab manager recommended adding *niacin* to help move toxins out of fat cells, the healing artificial fever and sweating of sauna, pure water and bicarbonates to flush the kidneys and all important regular bowel movements. He stressed using *zinc*, as an antagonist to *copper* and *lead*. High levels of copper can make you crazy and can stimulate capillary formation to newly forming cancers. *Selenium* opposes *mercury* and works with *iodine*. Mineral recommendations also called for *iodine* which I was already getting from kelp.

I discussed the tests and solutions with an old friend of mine. Bill had cured his wife's "terminal" ovarian cancer with the use of NAC, resveratrol and 50 different antioxidants along with low-dose chemotherapy. He employed the principle of scrubbing copper with NAC, Zinc, B-6 and now tetra-thio-molybdate to prevent angiogenesis, or the formation of blood capillaries that grow to feed hungry cancer cells. We discussed ways of shifting mineral balances. Excess iron is a cause of and marker for inflammation and a factor in heart attack and angiogenesis in cancers. *Iron* levels can be reduced with blood donations and scrubbed with rice bran extract and artemisinin. Oxidized iron can be returned to the more congenial reduced state by Vitamin C's electrons but must be held in check to protect probiotic and mitochondrial-dependent manganese balance. More than 15 years after doctors gave up, his wife remains healthy. These mineral levels are important. You can't grow a healthy garden without them.

So many "gamblers" have left illness behind through careful diet and natural regimens and I was beginning to understand why. For one thing they weren't going to accept a death sentence. For another they would not accept conventional wisdom and looked elsewhere. As I reverse engineered Vitamin C, I was mindful of all the natural therapies for this and that and the curious overlap. Heaps of ideas were coming together.

CANCER, LESSONS FROM THE FALL AND CRISSCROSSING TRACKS

HAVING READ HUNDREDS of books on health and nutrition and perused thousands of websites, I discovered there is a whole world of thought outside the drug reality of the American media and conventional healthcare not to mention medical practices in foreign countries. There are endless books and therapies all claiming some effectiveness and even cures. As usual, I tracked the threads and patterns, the commonalities.

Don't be confused by this list of protocols. They cook down into a few simple principles. Antioxidants, strong oxidizers, detoxifiers, alkalizers and immune energizers comprise most of what works on cancers by boosting oxygen/electron delivery and restoring function to cells and organ systems experiencing end-stage oxidative stress. Many people have shed cancers, heart disease, and just about every disease using these non-drug therapies. Their stories seem anecdotal and receive no public notice. These same factors are critical in all health matters.

There were heated debates over various cancer claims 40 years ago. I remember hearing krebiozen and laetrile lambasted for years and then all one normally heard about were chemo, surgery or radiation or maybe an odd story of quackery in some Mexican clinic. Check out Cancertutor.com for an overview of what doctors are doing around the world outside of the realm of pharmaceuticals. Notice commonalities in the use of redox principles. I knew I had a big one on the line.

Other Ideas

- An American doctor practicing in Germany uses HYPERTHERMIA to rid patients of 98 percent of tumors by raising the body temperature. He uses an induced fever to kill cancer said to be a cold disease. The motion of molecules increases with temperature and so does immune and enzyme bio-activity, and glutathione production. This idea probably originated with Dr. Coley in the late 1800s. He found that a patient suffering from surgical infection with accompanying high fever after removal of a tumor shed cancers elsewhere in her body. Purposefully infected patients lost tumors as well. Interestingly hypothyroidism exhibits subnormal body temps that rise with the return of thyroid output.
- Politicians and celebrities have had their cancers removed in Germany for pocket change when compared to an expensive and highly ineffective radiation or chemo protocol at home. You probably haven't heard about it or bicarbonate, magnesium, chlorite, hydrogen peroxide, hyperbaric oxygen or ozone therapy.
- Dr. Johanna Budwig, physicist, chemist and physician, also in Germany, uses a STRICT VEGETARIAN DIET with lots of fresh ground *flaxseed and flax oil* along with the proteins in cottage cheese or yogurt for proven results with cancers, heart, diabetes and many other diseases. I came across some of her writings and her Sun Moon Theory, Sun being photon and Moon being electron. She describes how healing occurs at the cell membranes with electron packed natural cold pressed

monounsaturated seed oils and how damaging all the heat extracted oils in common use are. It made me look at nutrients not only chemically, but the variations in redox terms, electrically!

All fats and seed oils need to be kept refrigerated because of their fragility and proneness to rancidity. That is the advantage of grinding small quantities of flax frequently. Dr. Budwig found effectiveness in flax but eliminated olive oil and most animal products. Her protocol has a proven 90% cure rate, even of terminal stage IV cancers.

- Dr. Gerson, founder of the highly successful Gerson Institute in Mexico, found that all fats except for Budwig's *flaxseed oil* caused tumor re-growth and so *totally restricted other fats* in his cancer patients. A HIGH FIBER VEGAN DIET results in shorter chain fats leaving the intestinal tract to enter the liver and bloodstream and may be an answer to cancer. COFFEE ENEMAS are used frequently in the Gerson regime.
- Jerry Brunetti, agricultural nutritionist, used *hyper-immune colostrums, selenium, iodine and CLA* or CONJUGATED LINOLEIC ACID FROM GRASS FED ANIMAL FAT to rid himself of lymphoma. He associated his lymphatic cancer with viral contamination of a polio vaccine he received 20 years earlier. He employed *arteminicin*, an extract of artemisia, to lower free iron levels, *selenium* to destroy virus, *cinnamon* to reduce insulin resistance, *fermented foods* to encourage probiotics and *coriander and cilantro* to help chelate metals. Find his lectures on the internet to understand nutrition from the ground up.
- Dr. Rath based in the Netherlands treats disease with nutrients in the LINUS PAULING TRADITION. His supplement sales flirt with the laws slanted toward drug medicine. He predicts his cellular protocols will replace drugs by the year 2020. I want that to occur yesterday because suffering and death take few holidays.
- Dr. Georgiu claims great success with his HMD formula to detox metals employing *CILANTRO AND CHLORELLA EXTRACTS*.
- An Italian doctor uses SIMPLE ORAL, INHALED, INJECTED OR IV *BICARBONATES* and whacks cancers. Who would have thought something that cheap and common could be more effective than a quarter of a million bucks worth of dangerous chemicals to enter the purgatory of chemo for a short respite? Cancers

stem from fungal infections according to Dr. Tullio Simoncini and retreat when tumors get a shot of alkalizing bicarbonates allowing *oxygen* penetration. The fungal connection enjoys a strong logic since fungi are the agent for the dissolution of all life.

- Medical Veritas' protocol incorporates *IODINE, MAGNESIUM CHLORIDE AND BICARBONATES AND EVEN R ALPHA LIPOIC ACID* delivered transdermally for maximum plasma and cell levels which inspire *oxygenation* and causes glands to function and enzymes to be manufactured. R Alpha Lipoic Acid is also employed IV for liver cancers and other liver conditions. Dr. Mark Sircus implicates mercury in many conditions. You don't have to tell me brother!
- Dr. Steve Hickey in *Cancer Breakthrough* likes *MEGA-DOSE VITAMIN C* taken along with *R ALPHA LIPOIC ACID, VITAMIN K, CURCUMIN, MAGNESIUM, SELENIUM, VITAMIN D*, etc.
- Dr. Yu relies on *MERCURY DENTAL FILLING REMOVAL AND CHELATION*. He has success with cancers, circulatory disorders and depression.
- Dr. John Apsley correlates cancers with low-gain cell energy situations many times related to thyroid output that we associate with acidity and poor oxygen delivery resulting in low voltage from insufficient energy production.
- Dr. Mark Starr in *Hypothyroidism 2, The Epidemic*, finds thyroid function, pH and cell voltage to be key in scores of diseases.
- Germany, Russia and Cuba use *OZONE THERAPIES* for a broad range of diseases with economical but effective results. Ozone and *hydrogen peroxide therapies* are hush-hush in the United States and frowned upon by the medical establishment.
- Rick Simpson devised a treatment for cancer, diabetes, high blood pressure and other diseases using the *RESIN EXTRACTED FROM MARIJUANA PLANTS* (not seed oil) credited with hundreds of cures. The tetrahydrocannabinol or THC potent marijuana oil, known as hemp oil, eased pain as well. Cannabinols seem to reduce angiogenesis and also cause cancerous cells to eat themselves. See PhoenixTears.ca for information.
- Dr. Joseph Mercola, *Dark Deception*, implicates *VITAMIN D AND OMEGA 3* deficiencies along with oxidative lifestyle factors and resultant non-expressive gene sequences in most cancers.

Many other cancer cures have appeared credited all or in part to *ESSAIC TEA, carnivora derived from the Venus fly-trap, noni or fermented morinda juice, oleander*

extract, papaya leaf extract, chaga mushrooms, asparagus, eggplant, broccoli, broccoli sprouts, bloodroot, apricot kernel oil, highly recommended black seed oil, grape seed extract and oil, wheatgerm extracts and oil, brown seaweed extract, flax hull lignan concentrates, brown rice hull extract and oil, habanero pepper/garlic/cod liver oil, coffee berries, cocoa, apple cider vinegar and DCA (dichloroacetate). Cansema salve consisting of zinc chloride and herbs rips surface cancers. Cesium chloride is a powerful alkalizer which infiltrates and destroys cancer cells.

Natural cancer protocols include sunshine, 100,000 mgs of Vitamin C a day, CoA and CoQ10, Vitamin D-3 supplements, live frozen Klamath Lake blue-green algae as a super food and high doses of resveratrol. Chelations, frequent saunas, chlorella, zeolite, sacred clay and bentonite detoxifications remove causative toxins.

Cancerous cells being acidic themselves shrivel in the presence of oxygen. Alkalized body fluids carry much more oxygen than when acidic. They neutralize acidic free radical inflammation in the micro-environment surrounding cancer cells thus allowing oxygen to get to the problem. Oxygen entering an acidic medium is quickly consumed by protons (hydrogen atoms) and becomes water, never to actually reach its destination.

Earth's oceans are repositories of bicarbonates and absorb huge amounts of CO₂. The bicarbonates act as a major pH buffer which neutralizes carbonic acid that is formed when CO₂ enters water. The oceans are becoming acidic from man's overproduction of CO₂.

*Man's Inner Ocean is similarly buffered by bicarbonates in a complicated chemistry where CO₂ stimulates higher oxygen levels while helping the kidneys to maintain an alkaline pH. **Acidification of either ocean precedes death.***

Cancers occur after mitochondria, the cell's oxygen and glucose-fired energy center are "turned off". Then a less efficient pathway of energy production takes over metabolizing glucose without oxygen and characterizes cancer. Bathing in and taking bicarbonates and magnesium return alkaline conditions that encourages oxygen and raises pH and body voltage which reverses cancers or better yet, prevents them. It is interesting to note, that by adding *sugars to bicarbonate solutions*, oxygen easily penetrates hungry cancerous cells as they gulp for the glucose. Low sugar/low-carb, alkalizing diets are preventive and a must during treatment. In end stage cachexia, however, acids like betaine hydrochloride and medical marijuana may be needed to aid digestion in the stomach and improve appetite to halt wasting and weight loss.

What turned off mitochondria initially is unclear. I suspect the usual bad fats, sugar and toxins causing membrane malfunctions and immune failure and free radical oxidative stress in an acidic oxygen poor estuary. Maybe inflammation and elevated iron levels depressed manganese and SOD production allowing destruction of mitochondria. In any case free radical oxidants attack micro RNA messengers and other cell signaling molecules so enzyme feedback systems go completely out of balance. DNA sequences, critical for immune oversight, may have been turned off by deficient nutrients,

fear or emotional pain. Low telomerase levels and telomere disintegration presage cancers and then telomerase levels in cancer cells rise giving them relative immortality as they replicate wildly. Cancers may not illicit a strong enough inflammatory response. There maybe a lack of nutrients and minerals in the system as well, forcing cells to resort to obscure metabolic pathways. Hypothyroidism and deficient immune function surely figures into the equation.

Cancer cells communicate with each other via free radicals according to recent scientific studies. *Vitamin C* and other antioxidants shut that communication down, *halt metastases* and prevent tumor formation. Garbled and selected communications among the public are involved in man's cancerous mining and overpopulation of Living Organism Earth the same way defective cell communications result in human disease.

Cancers set off the body's natural reaction to produce scar tissue in order to isolate any insult. Protected by a fibrin film, cancers can maintain their acidic hypoxic local environments. Natural enzymes nattokinase, lumbrokinase, bromelain from fresh pineapple and papain from papaya fruit, seed and leaves are used to dissolve these films. Viruses, fungi, bacteria and parasites similarly become encapsulated, but can't hide from deadly oxygen and immune killer cells once stripped bare. SOD, the anti-singlet oxygen enzyme and various proteolytic, protein slicing enzymes, cleave fibrin and also reduce thromboses and fibromyalgia.

There are so many safer ways of dealing with cancer (harmful proliferating acidic and anaerobic DNA / RNA / mitochondrial dysfunction) that chemo to me is absurd.

Chemo destroys the immune system when a case-hardened immune system is what it takes to destroy cancers.

Healthy bodies do it everyday! What would a chemo survivor do with a damaged or destroyed immune system? Maybe I'm missing something? Doctors tell patients that their only hope is chemo and at a whopping 2.5 percent overall 5 year survival rate (some cancers have better survival rates, some much worse) that hope may be slim. Most doctors opt out of chemo for themselves and family members? Safe therapies that might have worked before chemo might not help after chemo.

People find it hard to believe that anything other than the most expensive cutting edge treatments could cure the dreaded Big C. They wouldn't try alternatives because they have been scared and trained. Knowing nothing about cancer and in fear they "reason" that some simple treatment would be nice, but they have to go with current thinking and wouldn't want to take a chance. They didn't notice the fear/reinforcement/solution technique used on them. Standardized accepted practice is really medical terrorism aided by an insurance intermediary to confuse and direct the process. Cancer is big business. Most of the happy endings I hear of utilized nutritional approaches from the alternate realm along with green juice fasts and heavy oxygen/antioxidant intake.

When you see statistics of the few who walk away from serious diseases much

less those who walk away whole, I would hesitate to use modern drug therapies by simple logic alone! Only confidence in one's own wits will save his life. It pays to shop around in the medical marketplace and search the web. Most people don't and become obedient patients.

Don't overlook too simple and basic Vitamin D, Vitamin C/bicarbonate mega dose, bicarbonate itself, food grade hydrogen peroxide or chlorite therapies performed at home. Even the National Institutes of Health is revisiting Intravenous Vitamin C and the safe 70 percent cancer kill rate they found in mice. Several universities are engaged in cancer studies using Vitamin C along with many of the other vitamins, minerals and herbs we have discussed. They need to study the rest of the diseases and develop potent protocols that could be used anywhere

- IV Vitamin C therapy, IV Bicarbonate, IV Ozone or IV Hydrogen Peroxide therapy must only be performed by a skilled professional in oxidative medicine. Vitamin C levels via IV may reach levels 25 times higher than oral attempts.
- Oral Vitamin C *synergizes* with baking soda when that sodium bicarbonate is used in excess of the amount required to neutralize acidity by "running interference" for oxygen as it is perfused through fluids and cells. Try equal size doses of ascorbic acid and baking soda when mixing oral mega dose. Add the other ideas which can only complement increased electron/oxygen delivery. In fact the entire list of oils, herbs, minerals, vitamins, enemas, baths, etc. can be employed at home for less than than the price of a funeral

People dismiss that which works by unknown mechanism and tend to believe other equally mysterious ideas based on official science and sales literature. Knowing more than the doctor and or salesman going into any situation that can't be handled on one's own is the way to operate. You pay the man, so insist on your money's worth.

The insurance idea makes people think they are getting something for free or that they already paid for their healthcare so they readily acquiesce to the most expensive treatments they can get. Psychologists have shown that among priced items people generally prefer the more expensive. When the option of "free" is added, free always wins. Supplements or real food come straight from the wallet and are subject to stinginess, particularly when poorly understood. Realize that drug doctors give drugs, surgeons operate and healthcare is a for-profit business. Natural healers have different ideas.

U R WHAT U ATE

I'VE MENTIONED THE VALUE of community, the benefits of mental high states on

body chemistry, laughter being a fountain of healing hormones and chemistry regulators, the value of sunshine, clean air and deep restful sleep. Real foods are not available to everyone in urban settings. Some can't find a few square feet to grow vegetables and herbs or don't have the money. I can't grow everything so I buy the best I can afford. Cash and garden space go to real food. Supplements take up the slack.

There have arisen a number of organic rip-offs, both in obscene price and in ill conceived or cheated rules. There were government rule changes that allowed Big Ag to profit and other forms of cheating the standards. Absurd practices were branded organic. **A good example is that cows do not produce healthy fats and milk when unnaturally fed organic grain.** Furthermore, the pasteurization of milk destroys Vitamin D, E and K along with beneficial probiotics and enzymes. Homogenization shatters cream butterfat globules making them prone to oxidation and their absorption is different. Current rules allow organic labeling of animal products that were raised on only 30 percent pasture!

It offends my sense of fair play to see people choosing organic pasteurized/homogenized milk from predominantly grain fed cows. They are trying to do something for their health but are rudely deceived. I have voiced objections over many insane organic rules to certifying agents and those involved in standards and practices. They agree and throw up their arms.

COOKED MILK, ARE YOU CRAZY?

CALVES FED PASTEURIZED milk *die* rapidly! Vitamins D, E and K and the precious antioxidant glutathione are destroyed by heat. Nutrients are not absorbed properly from pasteurized milk and then this overheated pus is fortified with toxic synthetic Vitamin D. Vitamins D and K along with saturated butter-fats, phosphorous and alkalizing potassium and magnesium directly correlates with calcium absorption and *bone strength*. Vitamin D deficiencies lead to cancer, heart disease and diabetes. Loading upon calcium alone is counterproductive further moving the Ca/Mg balance in the wrong direction.

Raw milk from pastured cows with the cream on top is the item to find. Many have seen *allergies*, *asthma* and *lactose intolerance* disappear with a change from store milk to raw and healthy infusions of natural Vitamin D. Skim milk sought by dieters and fatphobics is a bad buy since those fats in natural form are necessary to health. The processor takes your cream and butter for free while cooking the health out of the rest.

Milk from more productive and prevalent Holstein cows was recently shown to carry a harmful compound due to a genetic glitch. Presence of that compound correlates with the incidence of allergy, autoimmune problems, diabetes and possibly many more. Milk from older Guernsey, Jersey and African breeds do not contain the factor nor do goats or buffalo. This could be a huge health concern by itself for users of Holstein dairy products.

Most states frown on raw milk so it is only sold as pet food in some, a dividend of germ phobia. What you don't see is the sloppy practice, the misnutrition and administration of antibiotics and growth hormones to the milk cows and only cursory inspections

by officials. Nobody gets sick immediately because of pasteurization. While pasteurization removes the threat of an e coli or listeria event, it ruins a valuable food source and fosters slower acting disease, like osteoporosis. Last year e coli and listeria problems were limited to pasteurized, not raw milk! Feedlot cows also carry the unmentionable MRSA bacterium. Iodine deficiency is rampant in cows too. Iodine supplemented cows have very low pathogenic bacteria counts in their milk. It is important to note that pasteurized milk has an acidic reaction in the body while raw milk is alkalizing!

- Homogenization promotes oxidation of butter fats and even turns fat molecules into deadly mirror image trans isomers not found in nature. Homogenization also releases xanthine oxidase, a toxic substance suspected in heart attack and stroke.
- The USDA and state agencies use germ phobia to maintain the milk-mafia monopoly. They have adopted regulations requiring expensive equipment. Stiff license fees eliminated small operations. Ironically, conventional dairymen are the first victims of this blatant violation of anti trust laws and are not paid equitably by milk conglomerates. In the squeeze for dollars, unhealthy shortcuts are taken on the farm.
- Any food heated over 118 degrees loses its vitamins and enzymes. Vitamin E and K and other unknown important factors disappear. Live raw milk used to be certified for cleanliness, animal health and absence of pathogens when I was a sprout. Raw milk from a healthy grass-fed herd contains essential fats and probiotic bacteria that *resist* pathogens. Raw milk has active enzymes for digestive health. It is very slow to sour due to those beneficial bacteria. It is alive!

Dairymen in these parts sell a lot of raw cow, buffalo and goat milk to the growing number of people seeking health outside the drug paradigm. Along with other nutritional practices, these raw milk drinkers have healed themselves of every dreaded disease. Raw milk could easily replace processed milk from less than sanitary commercial dairies if agriculture departments ever returned to inspection and certification. Outlaw raw milk? Absurd! Enough screaming consumers could reverse this.

Small farm operations have mostly disappeared, forced out of business by rules created by and for big interests. I thought of juicing my not so perfect looking fruit culls to sell delicious orange juice in Florida. Not to be. The ante for an approved kitchen facility made the whole idea impractical. Regulations make impossible the availability of artisanal food products that were common only a few years ago. Restrictions on home processing and marketing eliminate small farmers, gardeners and canners under the guise of protecting the consumer from germs. A transaction between a farmer and customer should not be regulated and instead the trusting relationship should be fostered and

encouraged as an irreplaceable link to community. Land prices, equipment, license and inspection fees and labor raise the threshold of economic feasibility to a very large scale of production where quality always suffers and the consumer never even thinks someone grew the items they eat.

REAL SKINNY ON FATS

SATURATED FATS from natural pastured animal meats, butter and cheeses or coconut sources are actually healthy and *essential*. Half our fat intake should be saturated.

Common “heart healthy” vegetable oils and hydrogenated trans fatty margarine made from vegetable oils or “I Can’t Believe They Sell That Crap”, are deadly.

Vegetable oils not cold-pressed are unhealthy and inflammatory having been heat damaged, contaminated with solvents and oxidized during industrial processing. They are stacked with Omega 6, 9 and have been molecularly twisted into trans fats by heat processing. Membranes made of these fats do not function properly. They don’t hold electricity, do not allow proper passage of Vitamin C or act as antioxidants themselves and do not exclude virus, bacteria or fungi as they would if made of stable fats. Dietary *fiber* and its connection to probiotic fat digestion is a key to many diseases. Fats eaten with *fiber* result in shorter chain fatty acids and so regulate the quality of fats entering the system and the mode of absorption from the intestines.

I send you to Weston A. Price Foundation (westonaprice.org). Director Sally Fallon Morell and Mary Enig are experts on fats and oils, the foundation’s website is extensive and books are cutting edge. That is where you will learn about the confusion with saturated-unsaturated fats, how many are unhealthy and how you became brainwashed into believing all the tangled “science” provided by the grain and oil processors’ lobby that everyone believes! I visit again and again as questions arise. This is a trusted resource using studies and perspectives on historic cultural dietary habits, and top of the heap in food, agriculture and health information. Fats are difficult to wrap your mind around until you can shed industrially created falsehoods and food taboos.

Misinformation on fats and oils have cost millions their hearts, arteries and lives, and millions more their sanity and organic brain function. Until you search your consciousness for the source of your beliefs, your mind is *owned* by he who programmed it!

WHERE’S MARTHA STEWART?

SINCE WE DON’T all live on a farm or eat at Martha’s we must make do. When real foods and grass-fed meats, milks and eggs are not available, you must *avoid* the most toxic and *supplement* the deficient.

- Universally we all need Omega 3 fats and linoleic acids, preferably from fresh

ground flaxseed at 41 percent oil, fish, krill and hempseed oils. Fresh ground flaxseed is a top choice for an Omega 3 supplement, contains valuable lignans and works on so many maladies. Butter, free range animal fats, nuts and coconut oil assist Omega fat balances and provide necessary saturated fats.

- We also need extra zinc, selenium, iodine, magnesium, manganese, Vitamins A, D, E and K and Omega 3 in cod liver oil, the B vitamins, spirulina or homegrown shiitake mushrooms, Vitamin C and E antioxidants and any other antioxidants available and foods rich in them.
- I eat lots of seaweed and sip seawater for major, minor and trace minerals and use only sea salt. I then add a la carte any minerals found insufficient in my hair analysis. Various seaweeds along with sea salt from all the world's cleanest oceans are available online. Find fresh dried kelp, nori, dulse, etc. or mineral-rich sea salts extracted from the 7 Seas or even mined from ancient ocean deposits in the Himalayas. Candle holders made of Himalayan salt are used as positive ion generators and containers exist to hold the salt for the purpose of drawing breath through the crystals. Gourmet flavors appear in once plain dishes. Try Alaea for a pork or fish luau, the Hawaiian sea salt blended with red lava clay.

Foods and cooking are survival skills you must get right. They take lots of practice to learn and a lifetime to master. Foods from soil to table get evaluated and tastes tempered to suit as healthy least-heat cooking methods are explored. Start with the essential practices and supplements and begin searching local food sources, ethnic markets and farmers markets. Why add a supplement when you just ate the sought after nutrient in eggs or broccoli?

Localharvest.com is a website that can help locate farms in your area or provide mail order for many items. I found organic flax, at A Frame Farms on localharvest.com. Eatwild.com is a service providing marketing for small farmers specializing in meats, eggs and poultry. Check these sites to see the "free-range" of real foods available and what people who know what they are eating, eat. Local farm listing sites are opening constantly. If you've never had a free-range turkey like Martha serves every year, you've never had a decent Thanksgiving!

Links to databases on ethnobotanical web sites have entries for plant nutrient profiles. Easily compared tables lead one to herbs, fruits and vegetables that might even be growing nearby. Most people have little idea of what they actually eat! There may be incredibly healthy items in a vacant lot or park. Traveling chefs ferret-out peasant foods around the world. Even extremely poor families that cook from scratch and cleverly source raw food products may not drive a Benz but consume healthier diets than those misapplying their wealth. Your food choices can become intelligently directed. Miss Martha lives well!

TRACKS OF THE WILD ORAC

JUST ABOUT EVERY DAY I hear of another food or supplement helping a certain disorder. The overlooked common denominator is anti-oxidant strength, the concentration of solar energized electrons within a food! Though phytochemical nutrients contain widely varied molecules, the broadly applicable ORAC rating, **OXYGEN RADICAL ABSORPTION CAPACITY**, is a great measure of a food's power to offset free radical oxidants.

I hope some patient writer compiles an ORAC Diet, rating foods and popular dishes based on electron content. Compare ORAC ratings for organic versus commercial produce and never again wonder if organic is better. ORAC ratings also indicate food value as in price per pound. You'll see red beans, pecans and blueberries are inexpensive indeed. A cookbook and an ORAC table should be kept next to your shopping and gardening list. The USDA database is the place to look, but it does not include organic items. Peruse the Brunswick Laboratories website to find out about antioxidants and find a link to the USDA ORAC tables. Values vary and new ratings are just appearing. Stay up-to-date with internet searches.

While ORAC measures antioxidant strength, it would be telling to have foods rated by "OSGC" or Oxidative Stress Generation Capacity. Though this rating does not really exist, it could and would include the inherent electron debt and acid forming tendencies of processed mis-grown plant and animal produce, all on our do-not-eat list.

Our DNA constantly adjusts to our immediate environment and mental landscape. Plants adjust to their environmental conditions by producing protective substances to deal with oxidants and pH variations as well as pests and intense solar radiation. This makes desert plants and weeds that can flourish in harsh or damaged environs and even common marine algae particularly interesting. They produce incredibly protective and healing antioxidant phytochemicals that may be of benefit.

Synergistic organisms have been found in plants of medicinal value. Termed endophytic microorganisms, these ride-alongs live within plants and enjoy the nourishment they supply. In return, endophytes create antibiotics and a range of other molecules that protect the plant host. These endophytic compounds were once thought to be produced by the plant species itself. Instead there is a direct parallel to probiotics living in animals. This new science has the potential of economically producing endophytic factors in a laboratory and is already in practice.

TRY THE GARDEN | COMPOST IS KING

EARTH'S DRY-LAND SURFACE is made of a huge living organism, soil. It is the most essential and abused life form on the planet. Man treats it like dirt but soil must be respectfully cared for. If you feed the soil, it will feed you.

The best thing is to get off the couch, prepare some ground, make or secure

composts, fish emulsion and seaweed or seaweed concentrates. Johnny's Seeds sells baby lettuce and greens mixes that can give you a salad every night for seasons. Sow thickly in small composted beds and settle seeds into the soil with one gentle pass with the back of a leaf rake, water daily at first and feed liquid fish and seaweed. Begin harvest in a few weeks and re-harvest with scissors when lettuce is 4-5 inches tall. Add more space or pots and new varieties each season. The more it's done the easier it gets.

See what grows in your area and plant the super antioxidant berries, herbs, fruits and vegetables that will be most rewarding. Highly beneficial cruciferous vegetables like collards, broccoli and cabbage grow easily as do carrots, pumpkins, beans and peppers. Sprouts can be grown in a jar anywhere. Tomatoes, herbs and hot peppers grow well in buckets or pots. Keep a few pots of parsley growing to graze on and promote good eye sight. Choose heirloom varieties, ancient grains and primitive corn for best nutritional value and low glycemic qualities. Capture free electrons from the Sun to recharge your cells.

Food and energy prices have doubled in the last few years, or should I say the dollar's value was cut in half. An organic lemon costs a \$1.50, so you can see how planting that tree could be a smarter idea than an inedible landscape plant for the same sunlight, dirt and water. Master gardeners, extension services and botanical gardens are all there to help, just remember to say, "organic please." Buy a small plant at the store. Bring it home and plant it. Now you are a gardener, make the garden a little bigger. After a few seasons of experimenting and doing, a small vegetable garden becomes so easy that I feel guilty. Collect supplies, seed or transplants, prepare beds, plant, water and harvest. Create a plan in your mind and see it through. Not everything will work, expect failures and learn from them. Recheck conditions of soil, moisture, seasonality and temperatures and try planting by the moon. Gardens get better every year.

Compost is the miracle plant food. Very few people actually know what compost is much less how to make it. Since garbage is an ingredient I'm sure germ phobias and the yuk factor are involved. It is made continually from kitchen garbage and yard wastes in dozens of ways. Kitchen garbage can be buried directly in "lazy" beds to be planted a few months out. The garbage can be "cooked" in a pile of leaves, hay or tree chips. Seaweed composts are the ultimate plant food but terrestrial yard waste and kitchen garbage composts are a very close second. Since my success with the tangerine tree, I have turned dozens of various fruit trees from sickly to robust with countless buried fish, composts, manures, seaweed and Azomite, a complete trace mineral supplement, all topped with a thick mulch layer of tree chips, leaves or hay to maintain moisture and biological activity.

In my universe of parallels, compost for the soil is analogous to fermented foods and beverages. Humic/fulvic acids leach from *humus*, the organic fraction of soil, to deliver ionic minerals. Charged clay particles and organic colloids determine the mineral holding capacity of soils, like in our body's "wet soil", all based on electrical attractions. A probiotic and enzyme rich feast of fermented semi-composted foods makes minerals normally in unusable form available *in our systems* and encourages one's health to flower.

Humic/fulvic acid can be taken by humans and pets in supplement form. Long a cornerstone of Indian Ayurvedic medicine, humic/fulvic acids correct mineral deficiencies, ratios and balances and detoxify. Humic/fulvic acid is the intermediary between inorganic minerals and living systems. It is an “intelligent” electrolyte. I felt quick positive effects from pricey fulvic acid. Plants and people can starve without the compost factor. It is how minerals really get delivered.

I was involved in research and testing of compost made from municipal garbage in the 1980s. Agripost Corporation produced the stuff and it grew perfect lawns and made great flower beds. After a few months in operation, the multimillion dollar composting plant was scuttled by the operators of the local landfill where tipping fees were being lost. Instead of cheap recycled non polluting lawn fertilizer, South Florida enjoys pyramid size landfills and the water wrecking use of millions of pounds of soluble chemical fertilizer plus all the pesticides necessary under that system to maintain lush lawns. Nearly 30 years later a scant few large scale composting projects are in operation around the country. We could have saved our coastal waters, conserved fresh water supplies and kept dangerous nitrates out of our aquifer if greedy men hadn't refused change and assassinated competition.

They even tried incinerating garbage to produce a bit of electricity, but after a few years found the Everglades highly contaminated with mercury from the smoke-stacks and ceased the practice. Newer garbage powered generating facilities trap the toxins but still pollute with CO₂. We even could have turned millions of tons of plastic into everlasting lumber. Instead waste managers now exult in the few dollars worth of methane they draw from their mountainous plastic, metal and glass bearing gold mines.

If you can tend a garden you can tend your own wet soil, cultivate your body and find robust health. Fertile soil and healthy bodies are disappearing from the planet. Physical exertion is miniscule today compared to just a few years back. Pay to work-out at a gym? Got a shovel? Home food security is a good thing.

U R WHAT U THOUGHT | PUZZLING INFLUENCES, 2ND COROLLARY

MY SECOND COROLLARY states: *We operate on pictures in our minds.*

With words, others implant images on our mental screens. These pictures scare, encourage, seduce and control us. What many lack is the ability to create their own pictures. We leave it to religions, media marketers and politicians to plant their seeds in our heads! The seeds of guilt, shame, envy and fear are stress, a deadly poison. They frame familiar images leaving out critical elements. Ever crop a photo to lose an embarrassing ex-friend?

The Second Corollary continues. *Create your own pictures. Delete bad “photography”*

from your files. Tiger Wood's father taught him to "Shoot to the picture". Young Tiger pictured the

golf ball soar toward the pin and drop in the cup. Later he pictured super-models and was crushed by a politically-morally correct media. The media went whole-hog into moral obsession mode over Tiger's cultural misbehavior. One would think that a million deaths a year might produce a moral outrage over our healthcare set-up. One quarter of those million funerals were folks who couldn't afford treatment and the rest were victims who entered the system but died of doctor or hospital error, infections and fatal reactions to drugs. Weighing the enormity of this loss of life and the loss of individual wealth and public treasure, it is astounding that there is no public outrage and not a peep from the all-knowing moral authority, the American media! Were the press free and the media forthright, the din over the health insurance racket, dangerous-drug mongers and all these deaths would be deafening. Silence and omission are powerful, and to me, obvious. We know where honest information did not come from.

Visualization is an act of creation in seed form, and with care and strong intent, the seed can manifest.

The mind is more powerful than we know. What I'm getting at is that people have beliefs, operate on those beliefs and dismiss other ideas which conflict. "Everyone's entitled to his opinion," some whine.

I would agree and welcome independent opinion but all I hear are the same cloned erroneous ideas. Acceptance of drugs, factory foods, wars, genocides, violence and even fear is not questioned. Some mentally implanted pictures are completely bogus, but so deeply imbedded that people just can not overcome them. They are sure they are sure!

When you tell someone simply that Vitamin C can cure dreaded diseases they just can't seem to believe it would work better, and more safely than a prescription drug. It couldn't be that simple! I myself was told Vitamin C would clear arteries many years ago by a woman who owned a small health food store. I was still under the false impression that saturated fats were the problem and was just learning about meats, milk, yogurts and butter. I didn't act on the advice other than to think I had taken 5-7,000mg a day for many years, but remembered hearing her say it.

I just couldn't get my mind around quantity and proportion. To take huge amounts of Vitamin C didn't make sense. I tended to dismiss Vitamin C for no apparent reason. Of course, I had no idea of the mode or magnitude of its less well-known oxidizing action.

There are so many aspects surrounding nutrition, supplements and herbs with mountains of conflicting details that the whole picture never wants to come into focus. It can't because it is not all true. Many supplements are in ineffective form, taken in too low

ad dosage or for too short periods of time. Supplementation must be directed by real principles and not selected like candy. Combinations of supplements are often needed to round out nutrition and bring results. Without high level oxygen and antioxidant introduction, most efforts come to naught.

Besides being deceived by authoritative food, drug and supplement marketing, most people can not see how something natural could heal them. Everyone seems convinced that germs are the enemy when their own low states of health invite and allow invasion! In fact, a handful of vitamins and a few dietary changes usually don't do much. So they say to themselves that it's baloney and opt for drugs many times without cost through insurance plans. It costs money to buy real foods and quality supplements. It also takes knowledge of their bodies, what to avoid and what to take in quantity and then personal trial over time. Television has created lazy minds incapable of self preservation or the ability to recognize the bubble we live in. The morally bankrupt corporate media aligned with a cash-corrupted congress do their damndest to keep up the charade. In other countries, angry citizens made wise to the abuses of health insurers and profit-driven healthcare have removed them.

Mike Adams, publisher of *NaturalNews.com* and computer whiz, *quantified* the subtle controlling language of pharmaceutical medicine by analyzing the code words used in their literature. He ran a program to decipher the hidden linguistic coercion of medical mind control. In *Illusions of Disease*, Truth Publishing 2010, Adams spells it out. When one accepts the "normal" doctor-patient conversation, he has already bought the premise of a personalized disease, and is willing to be cut and drugged to remove the symptoms mis-characterized by language itself! The deception inflicted on the population day in and day out is *deliberately designed brainwashing*. The same tactics are employed by our other calcified institutions that effectively cripple human progress and the evolution of civilization.

Taking a prescription every four hours only requires the ability to swallow, a talent possessed by every grouper in my fish box. Nutritional redox prevention and healing are just a little more complicated, the ability to swallow intelligently in order to replace our worn bits and parts! Health really must become a full-time hobby.

Why is living and ageing becoming illness and suffering? People feel fated. I checked the box beside unacceptable.

FIRST COROLLARY

SINCE I MENTIONED my second corollary I guess I must mention the first: *First you build muscles and then you build brains.*

Think about it.

AN UNDENIABLE MIND CONNECTION, THE 3 RS

SO POWERFUL IS THE MIND and directed force of will that science recognizes

the placebo effect. Doctors are criticized for using placebos, but many do when they think a condition is self-limiting. People are healed everyday with no treatment other than confidently using their own willful intent to reshape reality. The placebo effect is taken off the table when experimenters should try to stimulate a patient's intent so that he will mentally switch on the off-genes to ultimately heal him. I'd hate to see the effectiveness of any therapy where a patient was not met with caring concern. A good nurse can lift a sunken mind out of disease and progressive hospitals depend on intentionally eliciting such a response. Many just want a confident opinion telling them everything will be OK. Some patients enjoy their doctor visits for the "pat on the head" they will receive.

It can also be healing to simply *let go* of thoughts that generate negative emotions and so resolve mental conflict. We know the wages of stressing and obsessing are death.

Healing meditations focus on primitive areas of the brain stem to stimulate enzymes that switch on genes to heal any illness. There are healing systems that use only positive visualization or hypnosis and take command of health.

Healing miracles attributed to faith just may be the result of a confidently directed garden variety will flowing directly from an un-conflicted subconscious. Oddly one's physical appearance is a direct result of his consciousness. We have all seen physical mood-morphing in others. Feelings, attitudes and emotions shift complicated Inner Ocean chemistry. DNA expression, oxidative conditions and telomerase production ride on our molecular tides and currents, moment to moment!

Logically there must also be a negative placebo effect. Emotional trauma triggers heart attacks and cancers. Toxic relationships are very common. Emotions spring from our mental attitudes. The way we perceive ourselves, life, our beliefs and the perspectives we employ are vitally important. Artificially implanted fears central to propaganda campaigns slowly erode the health of the unaware.

Children are taught that only drugs can cure disease, and that their own immune systems are somehow deficient and helpless. They have been sentenced to life in a prison of doubt. Unknowing kids inherit every contrary emotion and thought pattern of their parents and society. Watching television *programs* is how they get *programmed*. They will remain crippled until they gain awareness and realize the power of their own intent.

Psychosomatic or mind-body illnesses plague weak minds harboring poor self images, shame and dependent thoughts. Many emotions and thought patterns run in loops inside the heads of those living in the past or future. Unhappiness resides in the ego and is the penalty for not staying in the moment and the terrible toll for not turning life's pages.

These stresses make one inflamed and acidic and dismantle the nervous system, erode telomeres in every cell and mask DNA function.

Respect and love for one's body brings health perfection and a physical beauty.

Respect for each other makes healthy civilized communities. Respect for nature keeps our life sustaining environment healthy.

“Respect for everything,” tongue clicked a Khoisan Shaman, “is life’s most important lesson.”

SON OF A GUN

SHOOTING, HUNTING AND GUNS bother many urban dwellers. Guns scare people, and hunters are cruel and backward. Those are fears planted in many minds via apolitically correct media. *Too Soon Old, Too Late Smart*, by psychiatrist Dr. Livingston explains how human thought processes form and how they get manipulated. Guns are tools, wild game is the most healthy antioxidant and essential fatty acid rich meat and as organic as it gets.

An important lesson came to us via a new rifle that needed to be sighted in. The first few shots were fired at a small target, maybe 12x12 inches. We didn’t hit it! We had no idea where to adjust the sights. A 4x4 foot box was moved to the field and the first shot fell high and right, only a few inches inside the edge of the larger target. Now it was easy to zero in on the bull’s eye. Many things are like that when there is no perspective, nothing to get you into the ballpark and that is a dead end leaving no next step. Soil tests and hair analysis allow one to zero in on deficiencies or levels that are too high.

Another lesson is that one needs a target, a point of aim in any endeavor. If not, like Yogi Berra says, “You’ll probably wind up someplace else.” To visualize the little hole in the bull’s eye or the healing of a disease starts with that idea and visualization followed by work to meet those ends. You don’t visualize missing a target or the lack of health or reinforce the lack of anything. Why visualize failure? It doesn’t even make sense.

How about when a man with a gun forces you or your children to be medicated or vaccinated? That is pharmaceutical enforcement at gunpoint! If all the other children are vaccinated, why should they worry about me? It should be my choice, no? What of the percentage of kids that have side effects or die from vaccinations or all the talk of autism, thimerosal and aluminum? Why do government directives always omit nutritional prevention ideas that would promote resistance and reduce secondary infections in flu outbreaks? If the population were more resistant in general, everyone would be safer. If the government would stop spending our money on disease generating foods, they would not need to squander more treasure on profit generating drugs and vaccines.

I was taught gun safety and shooting starting when I was eight by policemen and ex-military family members. There was no gun taboo. I attended pistol matches and had ample opportunities to shoot. I practiced marksmanship with slingshots, BB guns, blowguns, boomerangs, and my favorite archery. I found there were magic moments when I hit the dead center of the bull’s eye. It was with a clear thoughtless mind. It was becoming the arrow or BB or baseball instinctively, spiritually.

I remember golfer Jack Nicklaus sinking incredible 65-foot putts. He once said that he *willed the ball* into the cup. I never forgot that or the many impossible shots I've made on running game, fish and supersonic ducks flying past my blind. It only happened with that clear mind that many experience. When I *over-thought* a shot or was otherwise mentally conflicted, the results were dismal.

A few years ago I made a primitive sling with two 20 inch pieces of cord attached to a leather pouch. One string was looped around the middle finger and the end of the other was held between thumb and forefinger. A rock was swung around overhead or at the side and the string released at the proper moment. I quickly learned to fling a river rock with incredible velocity and accuracy. Although it could be a great hunting weapon with ample practice, slings also work less lethally with handballs or tennis balls. For me it is pure fun and a way into that Zen of a clear mind.

Guns don't scare me, clumsy people unskilled in their use do. Insane, inebriated, evil or desperate minds are a concern and suicidal psychiatric drug users now numbering in the millions are creepy scary when they go off for no apparent reason. Liberal political correctness calls for disarming citizens thereby rendering them totally vulnerable to miscreants or pharmaceutical mutants or the government itself. To me that is scare-iest! And I'm not a conservative or a liberal or even a gun nut.

Most vaccines have been shown to be scams though some vaccinations are appropriate. Just don't force it on me like injecting some cow in the chute! Preservatives, additives and viral contaminants in vaccines are known dangers. Circumventing the natural development of the immune system creates other problems. Some doctors maintain that vaccines are worse than some of the diseases prevented. The number of different vaccines required by schools has quadrupled in recent years and other doctors insist they are appropriate and very profitable, I'm sure. The medical roundtable politely presents the pros and cons, then all the doctors walk away and more vaccines are added, purchased by the government or sold by pediatricians every year.

People are adamant about their flu shots. Children are forced to take chemo. They are convinced it is the thing to do. This political correctness smacks us like peer pressure, but who are these queer peers setting down the subtle coercion?

"Invisible peers?" the psychiatrist asks with a heavy German accent. "So you have invisible friends?"

AND FLUORIDE

FORCED MEDICATION is an affront to freedom and individual rights. Fluoride was placed in most of our water supplies and all common toothpastes. Fluoride is the most toxic, reactive element known and the consummate enzyme poison.

- Fluoride attacks thyroid function and assaults the enzymes on which we function!
- Fluoride in the form of fluoro-sillicic acid is impossible to dispose of and continually

produced by phosphate and aluminum industries. Phosphate fertilizers are key in water pollution, the industrial agricultural paradigm and make big money, so we all must do our share to disperse it.

- It is said to increase obedience and reduce aggressive tendencies resulting in a perfect passive population.
- Fluoride dampens DNA expression, reduces IQ, makes bones brittle as it upsets calcium balances, thwarts the thyroid and causes cancers.
- It collects in and calcifies the pineal gland disrupting sleep and reducing antioxidant melatonin production while closing our pineal portal to the matrix.
- Fluoride polymers are made into Teflon, whose vapors are inhaled when a non-stick pan is heated.

It is suspected of causing infertility and other problems and makes pet birds perched near kitchens drop dead. Again and again the manufacturer receives more time to complete its studies delaying Teflon's removal from the market and any litigation.

Doping of the water supply is forced medication with the expensive cost of purchased spring water, reverse osmosis or distillation systems. Fluoride along with many other chemicals "recognized as safe" is an enzyme poison directly disrupting our physiology and subtly our psychology. Since fluoride displaces iodine which in turn reduces thyroid function, the mind numbing immune dumping effect is multiplied. Poor mind function is evident with low thyroid function producing nervous xenophobic individuals that have reduced intelligence. Diabetes may follow.

General detoxification and fulvic acid help remove fluorides and mercury from our bodies.

Many countries and The European Union do not allow chlorination or fluoridation of drinking water nor do some cities in the United States. Cuba ozonates. Everyone takes fluoridation for granted like the sky is blue. The idiotic practice has been moved outside the frame of political correctness, and debate has been absent from the press for many years. The phosphate industry in Florida is grateful as are aluminum processors elsewhere.

ROASTING MARSHMALLOWS AND TOASTING THE FORMER RESIDENTS

IT SEEMS THAT EVERY YEAR in late winter after the Christmas tree dries out, we have a bonfire. Fallen limbs are gathered and added to the desiccated Frazier fir and when the time seems right we gather and I flick the Bic. After the family gets tired of watching the dying flames and hikes back to the house, I sit mesmerized by the glowing coals

under an ancient oak that has been there since the Indians camped under it. America is a few hundred years old but there in my garden are the tools and weapons of people that had lived on “my” land for over 13 thousand years, quite a chunk of time! Land ownership is as absurd to me as it was to the Indians.

As I kick the remaining log stubs into the fire I think of all the nights people sat on this spot and how they lived and then disappeared. I can only imagine what the consciousness of prehistoric peoples must have been like. There’s evidence that pure primitive intent may have bent his environment to be more suitable. There is also evidence of extraordinary knowing and being connected to the universal “internet”. Wireless devices are everywhere today and used without question. They are simple and primitive compared to a human mind. Precognition, telepathy and other “wireless” communication phenomena are laughably dismissed by sophisticated people who spend their lives on cell phones. Aboriginals think nothing of just knowing. Vibes!

Each day must have been an exciting challenge hunting, gathering, camping, traveling, living, loving, crying and laughing. They lived in the moment, ate and drank directly from nature, respected it and intelligently managed it. They were mentally unpolluted by the electronic sounds and pictures we are through every waking hour. To most of us the absence of noise is unsettling. The silence of a forest or the ocean is now a luxury.

The day to day lives of primitive man were immediate, very physical and always out in the elements. They craved fat because there wasn’t much on most wild game. Each scrap of organ meat was consumed and every bone was stripped of marrow. Any berry, palm heart or edible shoot was food, if not medicine, all low glycemic. Pecans, American chestnuts, chinquapins, wild persimmons, palm berries and acorns provided healthy fats, carbs, minerals and vitamins. I would hesitate to leave my warm house and wood stove to live paleo but a taste of it from time to time is valuable. The perspective is there, a life uncluttered by modern stuff. It is what we were like before we became trapped in our own technologies and other illusions of the ego.

DANGEROUS WORDS

HAVING WRITTEN HUNDREDS of articles and letters to various newspapers and magazines, I have seen the censorship produced by political correctness first-hand. Only the most carefully phrased ideas on medicine, foods, the environment or religion are printed. Letters on raw milk, alternative health, fluoride, our compromised protective agencies including the FDA, USDA and EPA, or any criticism of illogical religious direction or inane popular thinking are filtered out. There seems to be a feel-good slant to most information. Intellectual criticism is media corrected and spun to become fringe cynicism. Questioning corporate industry is politically incorrect. The media frowns on anti-authoritarian anti-industrial themes.

I remember when freedom of the press was an American pride point and Pravda was widely demonized. Then again we have been under the ever tightening control of robber baron industrialists and bankers for more than 100 years. Obviously accurate

information is critical to appropriate thought and bullshit is only good for delaying the appearance of the truth and for growing tomatoes!

I felt hurt and angry that the simple principles that healed me had been hidden, obfuscated and repressed. Who would do that to another person?

PLANT 69 BILLION TREES

I LOOK BACK AT MY WRITINGS and for the most part the words ring truer everyday. It was 20 or 30 years ago when I wrote about climate change, oceanic deterioration by fertilizers and nutrients, various “safe” pollutants or organic methods. Aside from our government’s meddling there, I even criticized charities for shipping rice and beans to a starving Haiti. People said I was insane.

Today many pay double for organic. The knowledgeable resist and avoid pollution and detest the cutting of trees by the poor in overpopulating nations. Soil has washed from impoverished Haitian hills into the sea, smothering their reefs. I suggested sending solar ovens or some cooking appliances along with tons of beans and rice because I knew damn well a tree would be cut to cook every pot of American largesse. This still goes on!

Deserts are being created worldwide by the harvesting of firewood to cook donated food from charities. This misapplied generosity delays the demise of populations clinging to life, but insures the annihilation of their marginal environments and any future. Thanks to our assistance, Haitians cut every shrub in sight. It rained and their life sustaining topsoil washed into the Caribbean Sea, an eco-disaster creating truly hopeless abject poverty.

Hispaniola viewed from space is half-desert and half-green jungle divided by the boundary between Haiti and The Dominican Republic. Haiti stands as a microcosm and model for the planet. Study it and see the planet trending in the same direction. Without trade and aid Haiti would have turned to cannibalism and been depopulated like a twentieth century Easter Island. Leadership could have made Haiti a paradise instead of man-made desolation. Haiti did not farm appropriately. They lost their topsoil in heavy rains which smothered the reefs in surrounding waters when both could have sustained them. All for want of trees!

Global deforestation remains an ignored cause of global climate change. Reforestation is the remedy. Reforestation begins to restore essential moisture feedback loops to foil desertification. While we focus on CO₂ we don’t notice the missing O₂ and H₂O, or the missing forests and their climate buffering properties. Ancient forests are still being destroyed today. Mountains of plastic garbage could be turned into everlasting lumber. Carbon fiber and other ingenious building materials would stem man’s need for wood.

Haitians overpopulated themselves, having huge families for religious reasons or out of ignorance and lack of contraception. Resistance to birth control by the Church refuses the facts of population ecology and all common sense, but holds sway over political

leaders who enjoy religions' controlling aspects and those predictable blocks of votes that faithfully respond to anti-abortion platforms. Religious fundamentalists deny overpopulation, disbelieve environmental concerns and still encourage large families so everyone must be subjected to overcrowding and ever more concentrated human and industrial wastes. This real problem is culturally off-limits to any intellectual discussion, politically incorrect.

The words *reproductive responsibility* must come into vogue. When a nation has exceeded its resources and ability to provide sustenance for its population, one would think measures would be taken? When too many cows exceed the grass available in their pasture, it is time to call the butcher, otherwise their health suffers and diseases appear. Animals have no reproductive restraints and will propagate themselves until starvation and disease forcibly trim their numbers as they stand knee-deep in manure.

At the dawn of 2010, nature heaped more misery on Haiti. That one earthquake pointed out how helpless all large populations have become under centralized food, water and electricity supplies. No amount of aid, nor all the king's horses and men, can save millions of suffering. Even if we were less preoccupied with armies and weapons and focused on humanitarian and environmental response and support, the rescue of huge populations presents impossible logistical hurdles.

While it has been politically incorrect to stockpile water, food, seeds and weapons for self defense, much maligned *survivalists* really have the right idea. Food security and clean water are *essentials, yet few take personal responsibility*. Hurricanes and their steamy aftermath of power outage, canned food and minor deprivation provided me the lessons that most Americans have trouble learning.

Densely populated American cities are just as vulnerable as Port Au Prince. Behavior can become down and dirty as pampered civilized people with no backup plan revert to the wild. It can happen quickly. Just three days after the Haitian earthquake, mobs began roaming the country to take anything they could find. If disaster strikes an unprepared United States, food and water will disappear. Blossoming populations have already eroded the quality of life and continue to increase instability as they climb above any comfortable or even sustainable carrying capacity. Large populations are vulnerable to sudden collapse when dependent on centralized food and water supplies. New Orleans was a case study. Seventy years ago we all had victory gardens. Now what?

I know of a group, *ECHO* that supplies subsistence farming help, teaching, seeds, plants and appropriate energy and water technologies to impoverished areas. *ECHO* exhibits an intelligent humanitarian charity.

Thirty years after my suggestion of donating cooking solutions, *Solar Cookers International* is now distributing solar ovens. See solarcookerproject.org. Insane. I take it as a compliment.

Chapter 6



RIVER DAYS DOWN UPON THE SUWANNEE

NOSTALGIC PERSPECTIVES ON THE DISTANT PAST

Archaeology and Mr. Ray

A FEW YEARS BACK my best friend died. I met Mr. Ray on the Suwannee River one day seven years earlier while diving for arrowheads on a shoal opposite Irvine Slough, just above Peacock Springs. I came up from fanning the bottom rubble to see a fellow that had walked down through the woods, donned mask and snorkel and was just entering the water. "Hey," I waved my gloved hand as I tossed some shark's teeth into the canoe I had arrived in.

"Doin' any good?" he asked in a rough gravelly voice.

I turned off my hookah compressor and waded over to where he stood near the bank. "Naw, just junk," I said marveling at his cool blue eyes.

I can't recall the few words we exchanged but we both went back to work. After a few hours I came back up with a small Bolen style arrowhead and a skinny but cute Paleo period point I couldn't identify. I packed my gear, dried my hands and lit a cigarette. I waded over to where he was finishing some cookies, sitting among the boulders. I pulled the slim Paleo out of my skin-suit and handed it to him, "Know what that is?"

"It's a Tallahassee, it's old," he replied. We chatted for a while, swapped first names and I putt-putted back to the boat ramp. It was getting late but I felt good having found two nice points. Little did I know that that was the start of a seven-year, very close friendship? Had I known what I know today, he'd still be diving the river with me.

I bumped into another diver who gave me the lowdown on Ray. He was a master carpenter/builder who in a bad marriage got too involved with alcohol. He got into some drunken trouble and spent a year in jail effectively destroying his self-esteem. He felt shamed and stained by it. He could farm and was a master deer hunter, trapper and all around Florida cracker who until modern times lived in a shack in the woods without power or running water. He possessed skills unknown to modern man and common sense to solve many problems simply and without spending a lot of money by using a little country ingenuity.

He called on the phone a few weeks later. He had found my number through the same mutual friend who bought and sold fine artifacts that funded his days on the river. Diving beat a hammer and saw during the hot months. All the years I knew him, he'd never had more than a few hundred dollars at any one time, which is a terrible stress in itself. He had another friend who was interested in the air machine so I invited them over to see it. I showed them the furniture I had made from an old cedar tree I'd felled. I took the huge cedar to a sawmill. Then I dried the thick planks for a year and turned them into a number of household pieces including a big medieval-looking dining room table. I think it

impressed him. I wasn't just another unskilled city boy.

Snorkeling prevented one from working depths greater than 3 feet, a handicap easily overcome with scuba or hookah, where air was pumped by a compressor through a hose. The levels of the river changed often, so did depths, but since the guys with scuba could range so much farther they came up with more arrowheads. Now you may think of arrowheads as novelties of the Stone Age, dull or broken little pieces of stone to throw in a cigar box. Not so! There were jewelry quality points up to 7 or 8 inches long of materials from variously colored cherts to corals and even clear quartz. All were generically called flint. Some of the thin finely crafted specimens fetched thousands of dollars depending on rarity, size, condition, age and beauty.

Funny, like Old Mike when he worked as the Sheriff's recovery diver "knowing" the moment before he touched a corpse in zero visibility lake bottoms, I usually had a tingle just before I found a point. Inside my head I called these projectile points "dry bones" for some unknown reason and began meditating with positive affirmations of intent before entering the water.

A willful intent brought patient tenacity and success. My finding ability quintupled as I turned over the right boulder out of the thousands littering the bottom more often. While this proves nothing, fishermen and treasure hunters will employ any gimmick to improve their odds when catching or finding is slow. Just look in my day bag containing a rabbit's foot, lucky stones and seashells! We always toss a penny in the sea for luck in symbolic giving, which hopefully becomes receiving.

What began as a gold fever mentality hunting for artifacts just because they were cool and valued and you could hold them in your hand flowered into finding experiments and an understanding of the distant past.

Luck, I am beginning to realize, is the fruit of integrity and intent driven effort. I told a college roommate once that you make your own luck. A few years later he became wealthy while I was still fishing for my dinner and he reminded me I told him that. The best intellectual discussion of luck and related phenomenon I have seen is in *Mass psychology* and *The Secrets of High States*, books by James Dines. It doesn't hurt to stay on the good side of the benevolent energies of the universe.

Mr. Ray and I would spend many days on the river together. When diving was out, in cold weather or when the visibility was impaired, we built additions on my house, barns, a chicken house, repaired decks and built a red cedar-lined sauna together. I paid him all he would accept, but the friendship was dear to both of us, dearer than dollars. He eventually taught me all he knew about hunting, life and common sense which I lacked not being raised on a farm or in the woods. I knew the sea which seemed kind of irrelevant 50 miles from an ocean, yet it had its parallels.

Mr. Ray's 80+ year old momma called one day saying Ray was in the VA Hospital and may have had a heart attack. We talked on the phone and the crusty old carpenter, about

55 at the time, related what had happened and all the probing and other hospital stuff. I went to see him the next day. His tongue was black from medication, but he was cheerful and out of danger. In a few weeks we were back pounding nails. The medical intervention had bought him a few more years, years precious to us both!

Mr. Ray showed up one day with half of a wild hog in his cooler, a gift. We frequently shared game that way, a deer leg here and a wild turkey there. The meat was darker than superdome raised grocery store pork and had softer brownish fat. When dropped on a hot grill the fat flashed instantly unlike the hard white waxy fat of store-bought pig. AHAA, the melting point was much lower. And what is a test for various substances? Yes Poindexter, *melting point!* I still can't get a comparative analysis of pig fat from wild, pastured and domestic superdome hogs. A wild diet implies more unsaturated antioxidant Omega 3 fats while a grain diet forms a preponderance of Omega 6, 9 and harder saturated fats like it does in the closely related human body.

I later returned the favor to Ray when Ranger alerted me to a huge once domestic sow rooting up my peanut patch one night. I shot her and dragged her home behind the truck, butchered her and gave Mr. Ray half. Its fat was whiter and harder than pure wild but softer and lower melting than grocery store pig. I remember seeing pigs grazing along with cows in every pasture throughout the Old South back in the 1950s, but that is a rare sight today.

You had to be careful what you mentioned as far as work you had lined up around the farm. He would show up to lend a hand. When he was stuck for something, and he mentioned it, I would always offer aid. That's community.

Early one summer he headed out on his own. The river was low but the weather was thunder stormy so he knew I wouldn't be there dodging lightning bolts. He called that night and said, "Man, I found a killer!" He described a jumbo Clay County spear point, the style with beautifully formed notches. It was made of see-through root beer-colored material, thin and perfect. I drove to his house the next day to see the point. I knew it wouldn't last long. It was a work of art. A few days later he had \$3,500 in his pocket, much less than it was worth but the cash was fast.

The summer ahead would be his last. He spent just about every day working a little rubble mound down from Double Island. He didn't work it too hard but spent a lot of time catching fat 5-pound mullet on bits of algae and then let 'em go. He could have cleared a few hundred dollars a day on the fish he released, but he just didn't care. He never showed up again at several on and off jobs he had. He carried a Bible in his truck and actually read it. He knew the difference between religion and the wisdom in the book itself. I think it had something to do with his past problems with alcohol. He would grab a six-pack now and then, but he was under control.

The last time I talked to him he called late one afternoon to say he'd just shot a 10-point, best buck he'd ever got and asked me if I wanted some. Of course I did, but was tied up the next day. So I told him I'd be there the day after which was no big deal because we usually soak the meat in salted ice to remove the last of the blood and let it

age a bit like when they hang them up north. He talked about getting some sandwiches and go floatin down the Suwannee in a canoe. “Just float down the river and maybe poke around on the banks.”

It was getting close to Christmas and I had bought him a few items, a food processor and a wetsuit as I remember. I felt a little gay doing it but he had a hard time chewing with only a couple of teeth left on the bottom and an upper plate. Gum disease had ravaged him. He had even pulled a few of those teeth himself, something I considered until very recently. Now I’m keeping them! The inflammation of oxidative stress and chronic infection he’d suffered for many years had also attacked his blood vessels and heart.

His momma called the next evening at dark. She was beyond hysterical. “Ray is laying in the sand out by the barn, face down”, she wailed like I’ve never heard a woman wail, thank God. “I think he’s dead!” His niece took the phone, and I told her to call 911. There was nothing I could do. It would be many years until I would find another friend like Mr. Ray.

BACK TO THE RIVER , A NEW PARTNER

I RETURNED THE FOOD PROCESSOR, but the wetsuit fit my son who was showing an interest in the river and was just about old enough to dive. We spent many hot summer days cooling it at the bottom of the river. The peanuts, okra and watermelons would grow on their own.

I started him off diving beside an island in the river where we liked to picnic. There was a deep pool off the main river flow there and he had snorkled around it. On the surface of the bottom rubble laid bits of modern man, beer cans, fishing line and bait containers. Once that was fanned away you started to go back in time. Inch by inch you’d see the bottles of the 1930s, sunken logs of the 1890s, glass or clay jars from the early 1800s and then the signs of modern man stopped. Below that level flint tools appeared with pottery indicating the more recent agricultural period. Deeper yet, the pottery disappeared and there were only Paleo tools and points, and then signs of man stopped altogether. Below that were mega-fauna fossils; teeth and bone once camel, giant beaver, giant sloth and bison and mammoth or mastodon in a black granular matrix. Then you hit bleached white limestone bedrock. Sharks’ teeth and fossil sea urchins were found everywhere on land and in the river and even imbedded in limestone boulders quarried from rock-pits pointing to an even earlier epoch when the land was covered by sea.

The island itself was littered with signs of ancient man. Everywhere were flint flakes, tools, points, long spearheads and oodles of fossilized manatee rib bones. From the entire body of evidence and the layout of this spot I time traveled back to ancient Indian days. I saw the canoes and camps set up on the island and children wading and grabbing crawdads just like mine do today. I could see loin clothed men posted around the killing pool and several in a canoe. They carried lances with long

stone heads and harpooned the gentle manatee as he came to the surface to breathe. Primitive peoples possessed superhuman strength and performed incredible physical feats. Some feel they used mind over matter. They lived in more oxygen-rich digs back then.

Once killed, the manatee's huge carcass was wrestled to shore by one and all. Gulls and vultures were attracted as driftwood was piled for a cooking fire, evidenced by buried blackened fire pits. Women with razor sharp flint knives quickly butchered it and all were ecstatic over the coming fatty feast. This scene repeated itself at this site, over and over, for 13,000 years or more. That is 60 times longer than the United States has existed or 6 to 8,000 years before the pyramids were stacked, before Adam and well before Moses parted the reed sea, assuming carbon-dating of layers is correct.

While the family swam and played, I observed the surroundings, dug through rubble layers on the island and river bottom. I'd take my finds and impressions home with me for review and re-theorizing.

I'd always been interested in Native Americans and prehistoric man. Twenty years before, I spent a few hours with a trained archaeologist who would become distinguished in his field. He could reconstruct the past with a few bones and bottles. His study used every branch of history and scientific knowledge. It occurred to me that the trained eye of a cold tracker charged with a zillion disconnected facts could organize information into a coherent picture. He did it, and then I did it too. He was later responsible for widely publicized major finds. I made a few finds but only you and I know.

I never dismissed anomalies but found them extra fascinating. Many experts discounted errant evidence which didn't align with current theory. The archaeological community did that with the 13,000 year before present date of Indians' arrival on North America over the Siberian land bridge. Recently it has been shown that man was on North America over 18,000 to possibly 40,000 years ago. In addition, multiple immigrations have been evidenced, dismissing the thinking of the past 100 years! It is likely Europeans were the first Indians and succumbed to the Paleo extinctions that claimed mammoths, mastodons and other mega-fauna during a cataclysmic event which may have even reduced atmospheric oxygen significantly. Many high civilizations have disappeared since then, usually from extreme droughts and climate shifts destroying their agriculture. Famine!

As the Ice Age was coming to an end around 12,900 years ago there is geophysical evidence of an asteroid hit on the glacial ice sheet disrupting life in North America once again. It would be another 1,000 years before Indians reappeared in the artifact record. At that Eden like period on the other side of the world standing stones were being erected. Gobekli Tepe in southern Turkey was recently uncovered with marvelously carved monoliths and flint artifacts. Conjecture over its significance continues. Was it a religious site? Were human sacrifices performed? What was actually going on at that 13,000 year before present juncture and what were the builders thinking? Was this when hunter gatherers left their idyllic life to till the soil? Did knowledge of this lost period find its way into Mesopotamian literature? Was there a flood and did it turn up in Genesis?

All the ancient stone constructions contain the mysteries of incredibly huge stones

masterfully worked and fitted. Pyramidal shapes and site layouts matched constellation charts of the day. Each had astronomical alignments and the list of commonalities either point to alien visitation or direction from survivors of earlier high civilizations with unknown and undiscovered technologies.

The Old World Neanderthal theory also fell. Archaeology had insisted that early modern man killed off Neanderthal because all fossil evidence stopped at 50,000bp! Now they have proof that the populations just interbred. Dissenting archaeological theories cost many a professorship as scientists were blackballed for independent academic hypothesizing. Reversal of strongly held thought happened twice in just the last few years in a profession where only intellectual pride is at stake. Science is not static, theories are not fact and we always learn something new tomorrow.

Our prehistory included not only higher oxygen levels, but a largely raw diet packed with more electrons, alkalizing potassium and magnesium. What were not present were high glycemic carbohydrates, oxidized fats, oils and sugar. Modern chemicals and the toxic acidic results of massive industrial combustions weren't either.

SEEKING-SKILLS

IT WAS THE SEARCHING itself that I needed to learn. “Now any jackleg can walk down to the river bank or snorkel one of the shoals,” Mr. Ray used to say, “and come up with a killer spearhead by sheer luck.”

When you go about it scientifically, it's a different story. Formations, drifts and potholes held variously aged rubble, layers of time. Although I found a few right off the bat, it took many years and hundreds of hours underwater to do it with any consistency. Ray knew the land, he knew the prehistory, the effects of the ice ages and how different the land was and sea levels were 13,000 years ago, the period we sought. He had studied archaeology and paleontology and could read the fossils.

On our rare walks through the woods together (one usually scouts and hunts silently and alone) he would constantly point out things I had noticed but never considered. To him, poop, feathers, hair, disturbed leaves or a rub on a small tree where a buck had been or the presence of animal food items were like golden arches on a roadway indicating fast forest meat. And I always thought that I was observant!

His house held a collection of bones, teeth, tusks, old bottles and all manner of Indian tools along with his own trophy deer heads and turkey beards. He taught me to “go to the limestone, ya can't get no deeper,” sometimes 2, 3 or 4 feet or more deeper than surface rubble. He taught me to hunt, to track, to read the river and to analyze what my eyes were seeing. Those skills are invaluable in so many other areas. I dug for 9 years to find the treasure. You can't buy that knowledge. Kind of spooky but as I write this I remember today is Ray's birthday.

Chapter 7



OXYGEN MY FRIEND THE UNIVERSAL SECRET OF LIFE

I WASN'T POSITIVE how mega dose Vitamin C did what I thought was impossible. Then I came upon a subtle clue. *When large doses of vitamin C are given, there is a measurable jump in extracellular hydrogen peroxide (H₂O₂) levels. Vitamin C in big doses acts as an oxidant as it becomes an ascorbate radical that generates hydrogen peroxide, which gives off powerfully oxidizing singlet oxygen.* (see PubMed).

Vitamin C is an *antioxidant* at dietary and vitamin supplement levels, but in *mega dose* works as a powerful immune *oxidant*. That simple fact piqued my attention because I'd heard of several peroxide related therapies.

I followed that track.

THE PIVOTAL PRINCIPLE

VITAMIN C generated hydrogen peroxide (H₂O₂) creates energetic singlet oxygen, the powerful oxidizer so lethal to pathogens. Antioxidant electrons also supplied by Vitamin C boost cell voltages and prevent cell damage *from* these singlets as well as oxidants produced during normal immune response and metabolism, and from foreign free radicals we ingest.

Oxygen

Oxygen/Oxidizers burn up pathogens, toxic molecules and damaged cells like bleach cleans a dirty shirt. In doing so, the sources of ongoing oxidative stress are removed.

Pathogenic fungi, virus, bacteria and parasites are destroyed by oxidative blasts.

Oxidizing immune blasts occur in normal immune response and when singlet oxygen levels are boosted by Vitamin C, chlorite, hydrogen peroxide or ozone and act as pathogen/toxin seeking incendiary missiles. The body produces SOD (superoxide dismutase), glutathione, melatonin, uric acid and other compounds as antioxidants to dampen super-oxide blasts and prevent collateral damage.

Rich oxygen levels available from breathing exercises, oxygen inhalation or even hyperbaric oxygen therapies stimulate energy levels and secondary immune response by supercharging mitochondrial fuel-cells and immune white cells. *More oxygen itself recharges our electric grid.*

Bicarbonate enhances oxygen penetration and even the CO₂ formed when baking soda hits the acidic stomach stimulates oxygenation of blood and supports bicarbonate buffers. Oxygen unhindered by acidity cleans our systems and stimulates the aerobic energy cycle in a never-ending balancing act as we slowly rust or hold the rusting in check with more antioxidants. We need oxygen, but we need to control it with electrons. When we contain more free radical generators than electron dampers we encounter oxidative stress, disease.

Promiscuous oxygen comes in all shapes and sizes from super reactive singlet species to ozone. Oxygen pairs up with a wide variety of elements and metals, grabbing or sharing electrons to form mineral oxides.

Otto Warburg won the Nobel Prize in 1939 for discovering that cancers thrive in low oxygen environments. This fact hasn't impacted therapies yet, now 70 years later?

Antioxidants

ANTIOXIDANT electrons provided simultaneously by Vitamin C scrub cleansing oxidizers as well as the dangerous fruits of other free radical sources like acidic metabolic wastes, stress hormones, assorted environmental toxins and metals which serially generate toxic hydroxyl radicals.

Electrons offer protection to stop the erosion of DNA molecules, cell membranes, mitochondria and other organelles as they put out the fires of oxidative stress.

Antioxidant electrons directly power white cell defenders.

Crud is cleaned from lungs and liver and moved through the lymphatic system by electron powered macrophages. These phagocytes gobble cellular trash. Wastes are collected in lymph channels to go to lymph node “dumpsters” and are filtered from the blood by the spleen, liver and kidneys, moved out the bowels or exuded through the skin.

Electron supply is critical to the physical viscosity of watery fluids allowing them to flow properly and not stagnate. Negatively well-charged plasma and lymph fluid currents are swift in a healthy Inner Ocean and carry more paramagnetic oxygen. Lipids (fats) coated with Vitamin E (regenerated constantly by Vitamin C) do not become oxidized and problematic but hold electric charge.

Plants produce antioxidant carotenoids and polyphenols to protect *themselves* from reactive free radicals and damaging oxygen species generated when sunlight strikes leaf tissues. Phenols in green teas and chocolate seem to have special antioxidant effect. We consume those phyto-antioxidants directly from plants or through fish and meats on up the food chain in order to protect ourselves.

Taking advantage of these elementary but vital life processes is the defining difference in a pH/redox approach to healing; the appropriate manipulation of oxidant and electron accounts in our oceans. It is what burns us clean of free radical sources and then repairs our cells and supercharges our systems. Our Inner Oceans like the Atlantic or Pacific are pH buffered by bicarbonates and are healthy when appropriately charged, alkaline and oxygen rich.

Much of redox activity occurs directly on fatty negatively charged cell membranes where a positive toxin particle is reduced under a shower of electrons or oxidized to lose its attraction and flake-off. Fully charged and highly functional membranes move materials rapidly to reinvigorate normal biochemical function. Detritus, damaged proteins or mutant cells having different charges than healthy cell components are easily oxidized, molecularly torn apart, consumed and excreted. Evil microbes and cancers can't stand

light or oxygen and make well-fed immune phagocytes! Unclogged electron-rich fatty cell membranes function anew.

Molecules within the cell are repaired or replaced as well. DNA can shed crippling corrosion and become expressive again. Roaming radicals who disrupt DNA-RNA signals are jailed. Telomeres and mitochondria are protected. Vitamin C is the primary prosecutor and relieves oxidative stress through the entire body. A corrected pH restores electricity and allows oxygen to reach its target and oxidation to be reduced so that transport and communication are re-enabled.

As our molecules are constantly being replaced with fresh ones, it is the electron quality of nutrition born replacements, the pH and the electrical environment they enter that determines how we are rebuilt. Collagenous connective tissues like in bones, skin, joints and blood vessels can be repaired among electron rich surroundings.

Antibodies are also stimulated by Vitamin C and hold an immune memory of known pathogens and quickly vanquish re-invasion. Vaccines are introduced memories which can, if appropriate, train and code antibodies just like actual exposure. Mistakes in memory and cell communication become auto immune or allergic problems. Grubby dirty little children train their immune systems while those brought up in sterile germ phobic environments never get the chance. Bees, wasps and ants “vaccinate” us naturally, kicking our immune systems into overdrive when they sting. Bee venom also contains factors that halt arthritis.

What logic?

Pure simple logic will tell you that cancers and infections were resisted everyday of your once-healthy life, so what changed? We obviously possess an immune and regenerative ability! In fact this mystery was solved many years ago, but repressed. Since ascorbic acid or Vitamin C, R-Alpha Lipoic Acid, Omega 3 fats, bicarbonate, therapeutic clays, magnesium, iodine, sodium chlorite, hydrogen peroxide and ozone are non-patentable, there is no economic impetus to study them, but a very big reason to discount and berate them. Given that, public research has ruled out this approach. America just doesn't operate the way we were taught in school. “Truth, justice and the American way” died along with Superman!

5+1 WAYS TO MORE “O”

PRACTITIONERS of high dose Vitamin C, hydrogen peroxide, oral and transdermal chlorite, ozone and HBOT therapies heal most diseases! These 5 ways provide powerful blasts of *oxygen* through different chemistries and modes of delivery. Baking soda, sodium bicarbonate, scrubs acidic protons, stimulates voltage, strengthens and insures oxygen arrival, buffers our fluids and assists toxin elimination. *Cancers, arthritis, heart disease, polio, hepatitis, MS, alzheimer's dementia, parkinson's, HIV, malaria; you name*

it and oxygen works!

Be a C student

Vitamin C is also called ascorbic acid. (Citric acid is something else.) Vitamin C is the electron currency of life on Earth, generously supplied by the Sun. Ascorbates are compounds that result when ascorbic acid is reacted with various mineral carbonates. Magnesium, potassium, calcium and sodium ascorbates are formed. Sodium ascorbate is our mega dose vehicle made with sodium bicarbonate. Books by Doctors Hickey, Roberts and Saul present current academic studies and detailed facts.

Taking mega dose Vitamin C orally, as I have outlined, approaches therapeutic plasma levels throughout the day. Oral doses can be used for extended periods and really work. It seems to be harmless even in prolonged use.

Many of the early clinical experiments succeeded using intravenous Vitamin C to treat polio and other horrendous acute conditions in a hospital setting. IV administration can supply up to 25 times more Vitamin C in serious cases. Big doses are pro-oxidant weapons of mass defense. Big doses of C's electrons are also needed to recharge drained batteries and erase oxidative free-radicals. The correct and very individual dosage to illicit healing from oral or IV administration is *as much as it takes*.

We know Vitamin C reduces inflammation and shrinks swollen blood vessels. It removes plaques, metals and pathogens and the “-itis” from diseases by eliminating the causes of inflammation! The -itis suffix means inflammation of-. Vitamin C clears blood vessels by scrubbing plaques that formed upon acidic, oxidative and pathogenic damage and then repairs them with fresh connective tissue.

Linus Pauling discovered that atherosclerosis resulted from low levels of Vitamin C and was a symptom of chronic scurvy. Pauling indicated the use of Vitamin E, lysine and proline to assist Vitamin C in repair of *blood vessels*. I would add saturated and Omega 3 fats and the amino acid cocktail of bone/cartilage broths to rebuild all connective tissues. Vitamin C is known to be instrumental in the synthesis of collagen, transport of fats and the metabolism of cholesterol. Vitamin C electrons protect proteins, fats, carbohydrates and DNA from oxidation by oxygen and attack by toxins and free radicals. Vitamin C electrons help regenerate Vitamin E and glutathione to prevent fat molecules from being oxidized and becoming sticky, and so protect blood vessels.

Vitamin C aids nutrient absorption. Material transfer is facilitated throughout the body and bicarbonate helps C work in a number of ways. Many health-foodies balk at pure Vitamin C crystals arguing that Vitamin C must be accompanied by all the flavonoids it is normally associated with. That would be true in a perfect world, but in this electron-hungry age of oxidation we need electrons over and above the quantity that bio-complexed sources provide. Get over it!

Glucose and ascorbate (Vitamin C), being very similar molecules, are both moved through cell membranes by the same chemical transporters. It does not take a genius to realize there is direct competition. Too much glucose means too little Vitamin C enters

cells and therefore, is unable to protect cells from the ravages of reactive oxygen species so evident in diabetic complications.

Transporters that switch polarity to help move similar glucose and ascorbate molecules across cell membranes are controlled by insulin levels which depend on glucose and oxygen for energy. Charged potassium is also involved in transport. There is a hormone feedback charge/polarity apparatus which delivers energy via glucose and Vitamin C to the interior of cells. Excessive glucose and insulin wear this mechanism thin and are tangled among the root causes of disease. Polarity in cell membranes and liver cells can depend on the charge and polarity of fluids surrounding them.

Our glands are loaded with high concentrations of Vitamin C and that is where metabolic controlling *hormones and enzymes* are produced. Vitamin C stimulates certain *white blood cell and killer T-cell* production. C prevents *metastasis* of cancers. C apprehends free radicals before they can kidnap RNA feedback signals or whack telomeres and mitochondria. C also detoxes competing metals and minerals from glands allowing iodine, zinc and selenium to be properly received.

Nitric oxide is used by immune cells for defense and is essential for circulatory health. It is preserved and enabled by Vitamin C. L-Arginine and L-Citrulline are closely involved in *blood vessel relaxation, heart health and erection issues*, via production of NO.

The beauty of Vitamin C is that it works both sides of the redox fence. Small doses catch the radicals that sneak through but big doses jump that fence and oxidize the sources of those free radicals.

HOW TO MEGA DOSE

YOUR OPTIMAL DOSE is just short of bowel tolerance. Reach that diarrhea one day at home and ease back on how rounded your teaspoons are or how often it is taken. *For serious or acute illness, it may be appropriate to retest the diarrhea level every few days or even go to IV administration. If vitamin C is not tolerated or oral dosages are insufficient, IV is the way.*

Vitamin C is maintained at certain concentrations in the blood by action of the kidneys and intestines. Blood levels *cannot* be increased with small 2,000-3,000 Mg oral doses and common tablets and capsules. *Hydrogen peroxide release does not occur with small doses.* Mega dose gets around the excretion mechanism by overwhelming the kidneys for a few hours. Once blood levels are exceeded, the surplus exits the intestines! This is the oral therapeutic dosage that performs the Inner Ocean cleanup and allows healing.

Not knowing how much singlet oxygen artillery one actually needs to oxidize the free radical generating enemy or without knowing the quantity of electrons needed to reduce free radical oxidant/acid loads, we use *bowel tolerance* as the indicator. That is the point at which diarrhea happens. It could be at 20 or 28 grams a day or 100 grams a day for those severely ill. Even as much as 300 grams a day or more are given intravenously in serious cases. A level teaspoon contains 2.25 grams of ascorbic acid. A heaping

teaspoon holds between 5 and 7 grams. A rounded tablespoon holds approximately 7 to 8 grams. A heaping tablespoon is 10 to 12 grams.

Pure ascorbic acid requires half as much bicarbonate to neutralize the acidity. I use approximately equal amounts so that the extra baking soda is consumed as bicarbonate, alkalizes the body, maintains voltage and enhances oxygen delivery. I have no problem with 7-8 grams of Vitamin C crystals plus nearly an equal heaping spoonful of sodium bicarbonate every 3-4 hours. That gives you 4 to 6 blasts a day totaling 30 to 40 or more grams of Vitamin C and 30 to 40 grams of bicarbonate. In acute situations 10 to 12 grams or more can be taken each time. I have never figured out why taking mega dose Vitamin C heralds gas. It is probably just CO₂. Posterior breezes can be annoying, but thankfully Vitamin C farts are odorless.

Recommendations for taking baking soda alone call for one-half teaspoon, dissolved in a little water, 3 times a day. Baking soda can be overdone and protocols use inexpensive paper pH test strips to keep saliva near 7.4 but not over 8 or even much over 7.5. Much lower acidic pH's ranging down toward 5 require more alkalizing bicarbonate. Baking soda alone can be taken for pain or headache every few hours not to exceed 7 half-teaspoon doses a day, according to the manufacturer.

Young, healthy, well-nourished athletic individuals may be fine with 3 to 10 grams of Vitamin C a day to be raised to a mega dose if *any* symptom appears like tattle-tale frequent colds or minor gum tenderness. Some young healthy people mega dose frequently to remain in high states of health, repel any toxic buildups and fore go cell damage, but, foresight and prevention are not common attributes of youth.

Older individuals with early stages of "rust" or toxic oxidative accumulations or continuous acidic loads like smoking, breathing urban industrial air, contact occupational toxins or live a stressful grain-based or carnivorous lifestyle, would be wise to maintain maximum doses and frequencies with added bicarbonate. Physicians using these therapies say that large doses of Vitamin C and bicarbonate should be continued indefinitely.

Intravenous solutions of Vitamin C can contain over 300 grams of C and could be combined with bicarbonate, magnesium, Vitamin E, Vitamin B-3, B-complex, R-Alpha Lipoic Acid, Vitamin K, zinc and selenium. Can you imagine having 9 strapping brothers!

Chlorite; MMs

Jim Humble stumbled on chlorite therapy when he treated water with sodium chlorite. It reacted with acids like lemon juice or citric acid, not the same as Vitamin C or ascorbic acid, to form oxygen releasing chlorine dioxide, and he found malaria vanquished. Large clinical studies abroad have shown nearly total cure rates with a variety of conditions. Chlorine dioxide explosively oxidizes and destroys all pathogens, mutant cells and foreign molecules by ripping electrons from them. It appears to be the most powerful oxygen delivery method, the sledgehammer. Add *mmsmiracle.com* to the shopping list, read the website information and download the e-books. Chlorite is strong medicine providing intense oxidizing oxygen, a universal lifesaver. Just ask my dog.

Food Grade Hydrogen Peroxide

Hydrogen Peroxide therapies are performed intravenously by holistic physicians.

Diluted food grade hydrogen peroxide can be taken orally. Miraculous success is claimed by many “incurables” ingesting 35% food grade hydrogen peroxide diluted to 3% including people with rheumatoid arthritis and HIV. Most start with *one drop* of diluted food grade hydrogen peroxide added to a glass of water and increase to 2, then 3 up to 25 drops, 3 times a day. While lungs are normally rid of buildup by electron powered macrophages, improvements with pulmonary problems like COPD, emphysema, infections and cancers are claimed by peroxide users who inhale or *huff* sprays of 3% diluted food grade hydrogen peroxide. Sodium bicarbonate can be added to the spray. The common thread is the oxidizing principle where toxins and pathogens and any “junk” cells and substances are simply burned!

Antioxidants are taken separated by a few hours from oxidizing peroxide. Both work best on an empty stomach. Use of hydrogen peroxide can be *dangerous!* Food grade hydrogen peroxide at 35% is a dangerous chemical. Careful dilution and handling is required. For additional information; search *food grade hydrogen peroxide* and *bio-oxidative medicine* sites and become aware of therapies widely used in Germany, Russia and Cuba.

Common 3% hydrogen peroxide in stores is for use in the mouth, ears and on the skin but contains preservatives inappropriate for internal use. Mouth washing with common hydrogen peroxide for 5 minutes cleanses the mouth, helps heal gums and halts tooth pain and sensitivities and helps with sinuses, infected tonsils, flu and colds. At the first sign of a sniffle, try a peroxide mouthwash!

A peroxide/bicarbonate paste can be packed into infected gums. It is easy to observe the combined oxygen power released when bicarbonate and peroxide are used together. Left in the mouth for *more than a few minutes, bicarbonate/peroxide will begin to burn gum tissues*. This may happen quicker where mouth tissues are less than healthy or have been weakened by alcohol-containing mouthwashes.

Peroxide may also be employed in enemas.

There are thousands of uses for hydrogen peroxide, search the internet. Learn about peroxide before use!

Ozone

Bio-oxidative medicine employs ozone/hydrogen peroxide/UV sunlight in treating blood that is removed and then returned to the body. Water that has been freshly ozonated with an ozone generator is drunk or ozone is bubbled over infected areas or administered via enemas.

HBOT, Hyperbaric Oxygen Therapy

Under normal atmospheric pressure, red blood cells carry the bulk of oxygen to our cells. Under increased pressure more of this precious gas dissolves in our plasma, a very good thing. I noticed a positive side effect from extended bottom times in the river just by breathing air in depths of only 10 to 15 feet. Breathing air at increased pressure

therapeutically raises the partial pressure of oxygen in plasma and cell fluids. Spending many hours a week on the river bottom, I feel, kept away the symptoms that coincidentally appeared when I stopped diving.

HBOT is available at treatment centers dotted around the country. Home chambers are pricey but don't reach pressures over 1.3 atmospheres. Some are large enough for exercise which really saturates tissues with blessed oxygen and is practiced for rejuvenation. These units are expensive, but continual treatments can most conveniently be done at home. Breathing pure oxygen or breathing it at pressures exceeding 3 atmospheres can be toxic and lead to unconsciousness.

Since home HBOT units operate on bottled oxygen where 100 percent oxygen is inhaled, there may be an application possible with deep swimming pools using the increased pressure of water instead of a pressure chamber to saturate plasma and drive oxygen gas deep into tissues. 1.2 atm is available at 8 feet. 1.3 atm is exerted at 11 feet. 33 feet delivers 2 atm where pure oxygen can become dangerous and decompression problems may enter the picture.

Breathing air via scuba or hookah is the safer personal application at depths less than 30ft in order to preclude nitrogen bubble problems. The 21 percent oxygen from air becomes more concentrated in our fluids at pressure and is delivered to tissues. I knew diving was a healthy sport.

Breath and oxygen *are life!* Enhanced delivery heals the sick. HBOT must become standard treatment for *all* traumatic injuries and should be used immediately for concussions, infections and would speed rehabilitation. Every ER should have 2 HBOT chambers and use them constantly for the short and long-term benefit of the *patient*.

Prevention involves breathing efficiently. Yoga, Chi Gung, any aerobic exercise, snorkeling, diving, or playing a wind instrument can all be excellent training. A Roling of the rib cage will physically increase lung volume by breaking up connective tissue adhesions and chest tightness to restore motion.

Splitting water into hydrogen and oxygen gas will soon be an option for home electricity generation via hydrogen fuel cells assisted by solar panels. The creators of these ingenious systems talk of venting the "unneeded" oxygen to the atmosphere. I will vent the unit into my bedroom to attain higher oxygen levels and sleep will truly rejuvenate my cells.

TAKE AWAY THE SCARS

GAINING ACCESS to diseased cells is facilitated by the enzymes nattokinase, lumbrokinase and serrapeptase that are used to dissolve fibrin or scar tissue formed naturally in inflammatory response. Protected by a film of fibrin, oxygen cannot reach offending toxins, cancers or pathogens. Dissolving the films with enzymes enables oxygen/antioxidant action. Nattokinase is an enzyme formed by the fermentation of soy. Lumbrokinase is extracted from earthworms. Serrapeptase is produced by silkworms. (The -ase suffix signifies enzyme, a class of biochemical which actively cleave

specific molecules or catalyze specific reactions.) Pineapple, papaya and fermented foods are also enzyme rich.

They are all used successfully on and as an adjunct to many of the same fibrin scar tissue buildups addressed by Vitamin C, baking soda and oxygen introductions. These enzymes may also be valuable to treat other plaque phenomenon like Alzheimer's and I would employ them anywhere varied amyloid plaques were suspected.

Fibromyalgia, autism, plaques, scar tissue in lungs and other pulmonary problems, diabetes, cancers, heart problems and deep vein thromboses improve once unwanted fibrin is dissolved by these natural enzymes. Cancers and colonies of viruses, fungi and bacteria take advantage of the body's reaction to coat any insults with fibrin. Scar formation is a secondary effect of inflammation like the response on skin when scabs are formed to protect cuts and scratches.

When fibrin films are dissolved, chronic pathogens are destroyed and interestingly *metals are released*. This verifies the connection between toxic metals, pathogens and their fibrin film protection. Nattokinase, lumbrokinase and serrapeptase are valuable in treating heart ailments and offer added effectiveness to chelation efforts used along with ethylenediamine-tetra-acetic-acid or EDTA. Lumbrokinase is thought to be the more effective.

Fibrin also causes blood to become thick and sticky and not flow well. That is just what someone afflicted with poor circulation does not need. Clean blood vessels and cell walls function once antioxidant electrons become abundant and these inappropriate scar films along with metals, pathogens and cancers are evicted! Think fermented foods and enzyme-rich fruits like pineapple and papaya. Think SOD or superoxide dismutase formed naturally in our cells but dependent on copper, zinc, manganese and iron levels.

Inhaled nebulized glutathione, the body's major antioxidant is used for COPD or chronic obstructive pulmonary disorder and other conditions. NAC powder emptied from a capsule plus a little baking soda dissolved in water can be added to an over the counter nebulizer. Inhaled sprays of food grade hydrogen peroxide/bicarbonate work. Nebulized nascent iodine is employed for COPD and pulmonary infections like pneumonia. Oral chlorite, iodine and selenium also help COPD. High doses of antioxidants crank up white cells called macrophages, which gobble detritus from lungs so function improves.

Along with enzymes and oxygen introductions, natural antibiotics (see Ch. 8) help rid chronic low grade infections waiting for a chance to blossom. Inhaled bicarbonate solutions have been used to rid lungs of fungi-like infectants responsible for pneumonia. Vitamin C/bicarbonate mega dose has kept my smoky lungs clear and is the obvious starting point. A good Rolfing of the chest is wonderful for expanding volume. Any improvement in lung volume and lung tissue function is an oxygen boost and a big health positive. A classic Chi Gung move called *drawing the bow* has helped me many times as it clears the lungs almost instantly by moving energy. Knowledge can be just as good as cash, to coin a Yogi-ism.

FATAL ERRORS

IF FACED WITH A SERIOUS disease it might be wise to consult one of the more natural physicians, even locate one now so he is available should the need arise. Internet searches of ACAM, Holistic, Naturopathic, Bio-oxidative or Orthomolecular physician organizations list doctors practicing in your area. Health food stores, alternative health fairs or word-of-mouth recommendations are other places to start.

In severe disease such as liver cancer, Vitamin C, bicarbonate, chlorite and R-Alpha Lipoic Acid can be employed in very high dosages intravenously. Oral dosage can not approach intravenous administration but then again oral mega dose Vitamin C and NAC can be used frequently at home for extended periods. Normally I would just proceed with the therapies I have mentioned on my own, but some folks are unsure and afraid of treating themselves. Their knowledge may be incomplete and a practiced physician is called for. *Always investigate substances before ingestion, and use caution, dipping a toe into the pond first. It also never hurts to read the directions.* As expected, medical association information warns against these practices.

If a medical doctor diagnoses a problem and wants to use a possibly dangerous treatment like surgeries, chemo or indefinite drug therapy it would be prudent to call time out. Take the opportunity to research and think clearly and find a better option. Hadn't these establishment docs been responsible for so many deaths in my personal sphere, I might never have questioned their expensive, ultimately ineffective and unsafe drugs. When confronted with actual statistics the extent of the misery becomes apparent and appalling. I have witnessed the protracted suffering of the uninformed who never gained correct information to take responsibility for their own health. Thankfully you will not be among them.

RENAL EXCEPTION

THOSE WITH KIDNEY PROBLEMS or sickle cell anemia or certain serious heart conditions should not attempt mega dose therapy. People with kidney problems may be harmed by the extreme labor performed by those organs in using mega-dose Vitamin C, excreting it. They should opt for a spread of other oxidants, antioxidants and alkalizing foods. Bicarbonate in baking soda is said to be the best first choice medicine for cancers and kidneys which succumbed to toxins that accumulate under conditions of excess acidity. Cautions of mega dose therapy causing kidney stones are unfounded.

Too much bicarbonate of soda can be a problem in odd conditions of hyper alkalinity. Use pH strips to test saliva, read IMVA literature or seek professional assistance. Reflux may occur with constant bicarbonate use but stops with a few tablespoons of vinegar.

Diabetes and dementia are accompanied by glycation and plaque formation on cell membranes and constitute a special case where Vitamin C may not be tolerated as a first choice antioxidant and where oxidizers may be more difficult to neutralize. Diabetics may have too low a tolerance for Vitamin C for it to be effective. Remember Vitamin C will

skew blood sugar testing! Intravenous Vitamin C, chlorite, food grade hydrogen peroxide, hyperbaric or ozone oxygen followed by large doses of other antioxidants may work. Rebooting the thyroid could be the answer. Citrus peel and enzymes assist clean up and hemp oil reverses diabetes.

Vitamin C can increase the levels of aspirin, acetaminophen, estradiol in birth control preparations and tetracycline. Blood thinners, nitroglycerin and nitrate medications are incompatible with Vitamin C and nattokinase. Furosemide and propranolol carry contraindications.

Vitamin C improves iron absorption which is helpful for those deficient in iron. High iron levels (Fe) indicate inflammation and are a health negative. A free test is available by giving blood. Giving whole blood frequently is also one remedy used to reduce high Fe levels. Maybe that is why “bleeding” and leeches were used historically? Taking the supplement inositol hexaphosphate or IP6 and arteminin help chelate out iron and are used to sap free iron supplies to cancerous cells. Lowering iron reduces competition with manganese, essential to the preservation of mitochondria. Hair analysis is so valuable in spotting deficiencies, surpluses and critical mineral balances. Otherwise you fumble in the dark for a candle and are just guessing.

ASK SUZY

VITAMIN C is said to be less toxic than water! To me, the risk is negligible, and my experience has been 1000 percent positive. Consult your physician for an eye-opener on what he thinks or doesn't know about these therapies. Perhaps a pharmacist might be the one to ask how Vitamin C in large doses would fit in with the pharmaceuticals one is taking. I mentioned a few contraindications.

Dear pharmacist, Suzy Cohen, integrates pharmaceutical information with natural supplements and uncharacteristically prescribes large doses of love. Her website, books and newspaper columns have gained respect from those seeking an objective picture. I would call her a “Renaissance Pharmacist.”

Pharmacists are put through a grueling education and infused with incredible knowledge just to be placed behind a store counter with computers. They put pretty colored pills in bottles all day long. A chimp could do most of it, no offense.

Half the country takes a basketful of prescriptions, which can probably be replaced, but stopping one program and beginning another could be a rough transition. Caution would require careful study or the assistance of a holistic MD who is also familiar with drugs and may even prescribe them on occasion.

BIG SLEEP

A HISTORY OF SLEEP APNEA now under control depressed my systems in the past. I was lacking oxygen at night and the major antioxidant sleep but remained clueless. Diabetes, swollen edematous legs, weak heart function, chronic infections, high blood

pressure and many other symptoms appear from simple lack of sleep and of melatonin production and oxygen availability. One doctor wanted to put me in a cardiac ward with the chilling words, “You could be dead in a month.” I would have received improper prescriptions and had side effects to deal with if we hadn’t pinpointed the problem and proceeded with a sleep study. I can only guess at how often this kind of misdiagnosis occurs. I was given a bi-pap machine to aid breathing, and the recovery was dramatic.

I know of several people who took drugs for different conditions for years before they admitted they didn’t sleep. I urged them to test and they improved. Still they suffered the cell trauma from years of constant drug usage.

Improperly over-medicated maltreated people are buried every few minutes, 780,000 a year at last count. Many diagnoses are pure guesswork! Half of ER admissions are from drug side effects. While drug research has supplied us with incredible knowledge of intricate biochemical truths, the contorted complexities usually stop short of safe practical applications.

BEDROCK

WHEN I EXPERIENCED severe *oxidative stress*, I was on *fire*. My inflamed cells cranked out free radicals faster than my antioxidant supply could eat them. I became acidic and deficient in bicarbonate and oxygen itself as I hit bottom! My cells were being destroyed at a fast pace, internal organs were being roasted and my immune system was under water. Why did other people have different symptoms? What did Vitamin C dosage have to do with it?

As it turns out, man, primates and the guinea pig have lost the ability to produce Vitamin C in their bodies, a debilitating mutation occurring long ago. The average goat produces 13 grams of C a day (weight equalized to a 150 pound human) when healthy and up to 100 grams a day or over three ounces when ill! (One gram = 1000 milligrams or iu’s/international units. 28 grams = 1 ounce) *Every oxidative load on one’s system produces inflammation*, reducing the Vitamin C available until illness of broad variety sets in.

Stress, acid-forming foods and lifestyle habits, pathogens, normal metabolic wastes, molecules of pesticides and toxins, environmental free radicals, cancer cells, inflammatory immune responses and even lost sleep *eat electrons and oxygen*. Taking enough Vitamin C can provide ample electrons for protection. Acids continue to gobble bicarbonates and other buffers when most needed. Hydrogen peroxide and other oxygen blasts cleanse and then must be balanced with extra electrons.

Internal processes slow with age as acidity increases and cell membranes become clogged with “rust”, DNA expression grows faulty, genetic structures like telomeres wither, mitochondria corrode, circulation stagnates and batteries become weak. Animals don’t have the problems humans do because their bodies constantly regulate Vitamin C production to match conditions. When they don’t, added Vitamin C helps them, too.

You can feel the initial positive results in a few days with gum abscesses, other

infections or inflammations, but *complete healing may take months of vitamin C mega dosing*. Joints, arteries or facial skin could take weeks or months or a year to finalize improvement. It takes time for toxins to be moved out of bones, nerves, liver, kidneys and fatty tissues. It also takes time to repair or replace damaged cells by the millions which form our tissues and organs.

BUY THIS

THERE ARE SIX WAYS to increase internal oxygen aside from living in the country and breathing correctly. I use mega dose Vitamin C with added bicarbonate to enable oxygen delivery. Then if more oxidizing power is needed, alternate with highly effective mms-chlorite. When taking food-grade peroxide or chlorite *even more* antioxidant electrons are required and bowel tolerance to Vitamin C increases. Begin therapies with mega-dose Vitamin C and extra bicarbonate of soda before ratcheting up to more powerful oxidizers like chlorite and peroxide.

1. **Ascorbic acid** at \$11.00 a pound is a cheap universal remedy. I buy 3 poundjars for 33 dollars from a discount health food store. 3 pounds lasts more than a month, less than a dollar a day. Most stores only carry 8 ounce quantities at four times the price. *Now foods* is the only company I found supplying the pure pharmaceutical grade naturally derived crystalline Vitamin C in bulk. Do the internet store finder on the *NOWFOODS.com* site. Dealers will ship. Taking Vitamin C and other antioxidants is most effective on an empty stomach. Use before meals or wait a few hours after consuming sugars, milk or proteins for best results. *The beauty of vitamin C is in its production of peroxide while supplying the electrons to prevent oxidative damage!*



2. **Baking soda** (sodium bicarbonate) is cheap, pharmaceutically pure and *Arm & Hammer* has plenty. The least expensive thing anyone can do to improve health and raise internal voltage is to dissolve a half-teaspoon to a tablespoon of bicarb in a small glass of water and slug it down, several times a day. It takes one-half teaspoon to neutralize a teaspoon of ascorbic acid. Try one toone. I take a heaping teaspoonful of Vitamin C and a heaping teaspoonful of sodium bicarbonate together to take advantage of an oxygen multiplier effect. You can track saliva pH

with in expensive test-strips available at drug stores. Over doing bicarbonate can bring on reflux discomforts that fade quickly after a shot of vinegar. Bicarbonate dissolved in water can be inhaled in a mist. Add food grade hydrogen peroxide diluted to 3 percent for a powerful oxidizing synergy. Huffed in to the lungs, this peroxide/bicarbonate oxygen blast can work wonders for various lung conditions. Bicarbonate alone alkalizes the body, reduces pain, boosts inner oxygen, assists the kidneys and can make cancers go away! Earth's oceans are growing acidic, and like our depleted Inner Oceans, beg for bicarbonates.

- 3. Sodium chlorite** is \$18.00 a bottle from *mmsmiracle.com*. Citric acid, the activator, is available at health food stores for a few dollars. Oxygen released from activated chlorine dioxide is a powerful oxidizing agent so useful in wide ranging disease. Clearing low grade or acute infections allows healing and can prevent death. Chlorite can be used intravenously and transdermally in mixture with DMSO, dimethylsulfoxide. Chlorite is said to be 100 percent effective against malaria, HIV and many other "incurable" diseases like lupus and cancers. At a few cents a dose, chlorite is cheap oxygen. Chlorite saved my dog's life three times already. The discomfort of ageing dogs can be relieved with maintenance doses. Dogs are people too! Read the MMS literature for details.
- 4. Food grade hydrogen peroxide** is available on the internet. Read up on the handling and dilution of 35% food grade before ordering. At 35% it can be a dangerous oxidizer until diluted to 3% and is corrosive and can burn the skin. Even then oral dosages of 3% begin with *one drop* in a glass of water! It is used for cancers, rheumatoid arthritis, infections and diseases of all kinds. Liquid oxygen rocks!

Food Grade Hydrogen Peroxide @ 35% is shipped from various internet sources and carefully kept in the freezer where it remains a liquid. The dilution to 3% is done by using 3 parts Food Grade Peroxide to 11 parts pure water or 30ml of H₂O₂ for example, to 110 ml of water. A large calibrated syringe is used for the transfer and dilution. Don't spill a drop, rinse quickly if accidentally spilled on skin. Store peroxide in a brown glass dropper bottle in the fridge. At a few cents per dose virtually any disease can be addressed.

3% solution is first dosed at 1 drop to a glass of water 3 times a day and gradually increased 1 drop a day, so after a week one would take 7 drops 3 times a day and at three weeks 21 drops 3 times a day. 25-30 drops 3 times a day may be close to the upper limit. *Baking soda* can be added to the solution to further enhance oxygen activity.

Another more direct way to ingest peroxide is by inhaling which is preferable for lung ailments and also works throughout the body. Huffing inhalations are started with 3% diluted food grade H_2O_2 using an emptied plastic nasal spray bottle. The pump type is best. Baking soda can be added and dissolved in this peroxide solution, particularly for pneumonia and lung cancers. The tip of the sprayer is put in the mouth, aimed at the throat and sprayed repeatedly as one inhales briskly. The peroxide over-spray that hits the throat can be rinsed down with a sip of water; it tends to burn a bit. Huffing is repeated every few hours throughout the day starting gradually and coordinating the spray with brisk inspiration. Whether drunk or inhaled, hydrogen peroxide should be used several hours apart from Vitamin C, which should then be increased. If mistakenly sprayed in the nose, burning will result but the error will not be repeated.

Mouth and ear washing with food grade hydrogen peroxide diluted to 3% is beneficial for colds, flu, gum disease, sore throats, etc. Hold the peroxide in the mouth for 5 minutes but only a minute if baking soda is added. Rootcanals may harbor infections or ensconce the AIDS virus and this technique may attack the problem.

Some farmers add food grade hydrogen peroxide to water troughs. They claim increased vigor and milk production plus oxygen supplies comfort to aging horses, dogs and donkeys. It can also be used to sterilize equipment safely instead of resorting to chlorine bleach.

5. Ozone therapy requires special equipment.

6. HBOT requires equipment and professional assistance. Search the internet.

See how you feel after any of our high-level oxygen introductions. It is common to feel slightly ill as it first begins to work. Initial mini-doses test the waters as oxygen begins to rip loose molecular crud, tumors and pathogens. Large initial doses might overwhelm lymphatic ability to take out the trash. It's all simple logic.

While Vitamin C/bicarbonate can be used indefinitely, food grade hydrogen peroxide and chlorite are generally taken for a few weeks at a time. Read up on specific protocols. A few years of clinical research in a hospital setting could optimize all these therapies. Why hasn't this been done? Let's all insist on a renaissance!

Organic germanium has an action similar to Vitamin C and R Alpha Lipoic Acid in that it donates and then reclaims electrons.

Cesium chloride is a powerful tumor penetrating alkalizer used in advanced cancers. It enters cancerous cells directly and forms the backbone of another effective protocol.

Iodine, though not providing oxygen, is considered a powerful oxidizer and should be utilized along with selenium for all infections and cancers where thyroid output is always

low. Use it apart from antioxidants.

Magnesium oxide in *Colosan* oxygenates and cleanses the bowel.

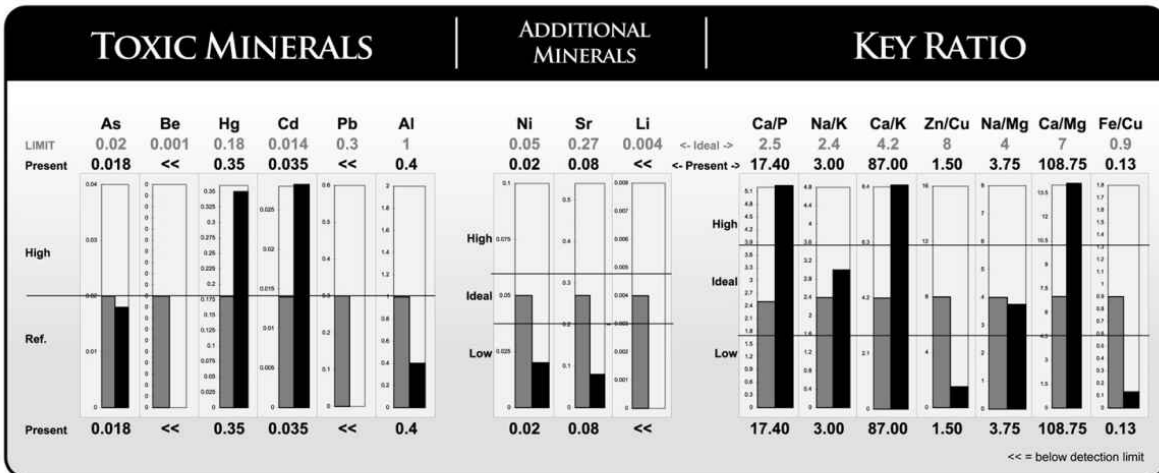
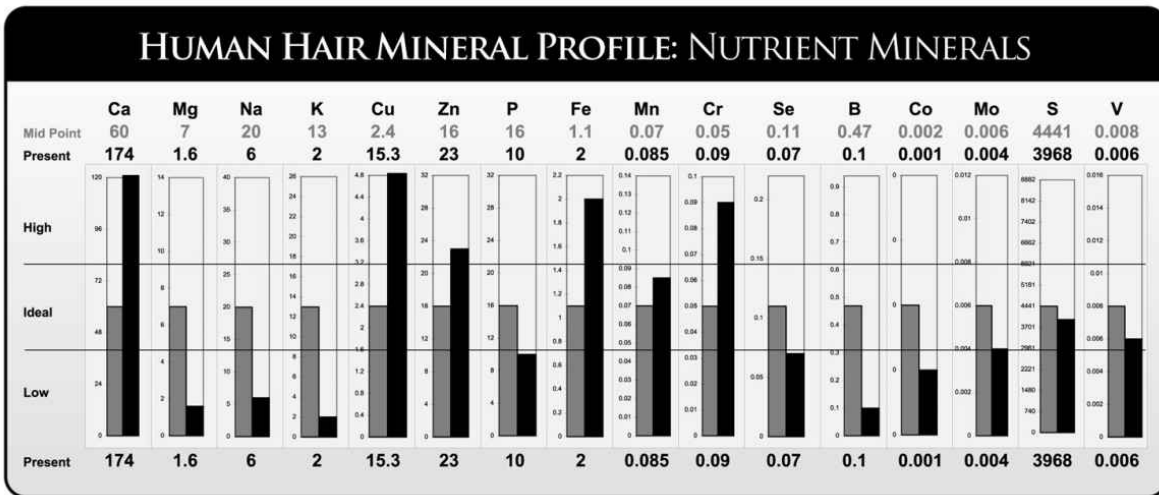
Ultraviolet light is used to manufacture ozone. Sunshine produces reactive oxygen species in plants and in our skin. Maybe there are more?

I keep chlorite, hydrogen peroxide and iodine, and of course tons of Vitamin C and bicarbonate on hand in case of shortage, emergency, government ban, pandemic or bioterror event, just like candles and water for hurricanes.

HAIR RETEST SURPRISE!

MONTHS INTO MY improvisational regimen I found healing in joints and skin. Follow up hair mineral analysis showed *higher* levels of Hg(mercury), Cd(cadmium), and Cu(copper) entered hair follicles as they were coaxed from their lodgings. Also interesting was the *drop* in Na(sodium), K(potassium) and Mg(magnesium), which I had been taking in supplements!

The Lab Manager advised me to *take more and use more absorbable* ionic or reduced forms of Zn, Se, Na, K and Mg and stay with alkalizing foods. He reasoned that I must have quite a backlog of toxic metals! As they were being liberated, complexed and eliminated from my tissues by Vitamin C and increased oxygen availability, acids were released and *Na, K and Mg were depleted in the process of neutralizing them!*



Ca = Calcium Cu = Copper Mn = Manganese Co = Cobalt Sr = Strontium Hg = Mercury V = Vanadium
Mg = Magnesium Zn = Zinc Cr = Chromium Mo = Molybdenum Li = Lithium Cd = Cadmium
Na = Sodium P = Phosphorus Se = Selenium S = Sulfur As = Arsenic Pb = Lead
K = Potassium Fe = Iron B = Boron Ni = Nickel Be = Beryllium Al = Aluminum

Notice the rise in metals hg and Cd and decline of K, Na and Mg in second test.

Mineral and metal levels appear intermittently in the blood, but leave a permanent record upon being absorbed into hair follicles. Zinc is the antagonist to copper, which must not be allowed to remain at high levels. High Fe (iron) levels are associated with inflammation and heart attack and can enable cancers. High Cu (copper) levels help capillary formation, which feed tumors. I learned later that elevated levels of Ca, Mg and Fe depress manganese which is critical to the formation of MnSOD, the antioxidant that protects mitochondria and energy production!

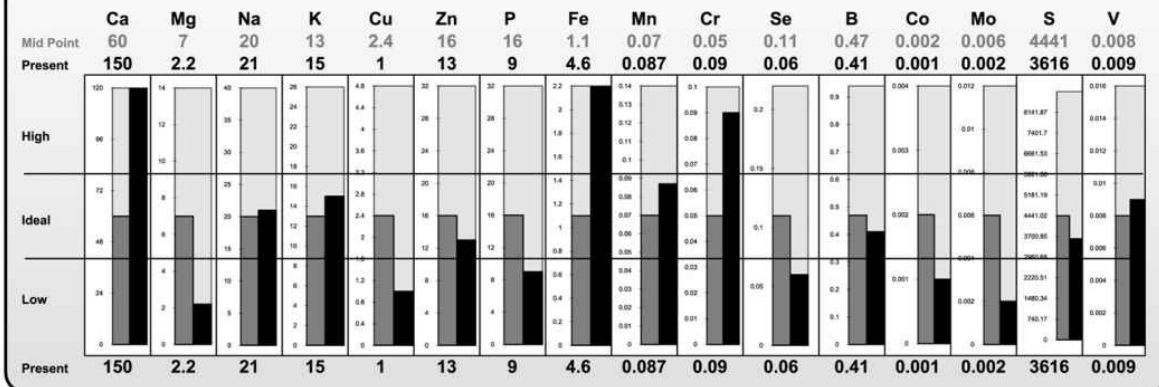
Calcium levels and all important Ca/Mg and Ca/K ratios rose as I gently detoxed. High calcium levels and ratios are not healthy and oral Mg and K supplements were not moving the levels.

Magnesium, potassium, sodium and calcium are primary electrolytes determining

membrane transport in *all* cells. Many take calcium alone to their detriment. It must be balanced by magnesium, the more common deficiency. Ca and Mg also need Vitamin D activation and saturated fats for delivery. Manganese preserves mitochondria, critical to SOD formation and Iodine/selenium supports the master gland which coordinates the function of the entire organism.

Three years into my gentle detox program, all metals had fallen into the acceptable range. Still the analysis showed somewhat high Fe and slightly low Mg and K. I needed to work on these levels to complete balancing my Inner Ocean. The lab manager said high Fe levels indicate detoxification is occurring and that elevated iron generally betrays inflammation. He suggested ionic magnesium and more sulfur to continue detoxification and recommended Eidon minerals' liquid preparations for prompt absorption.

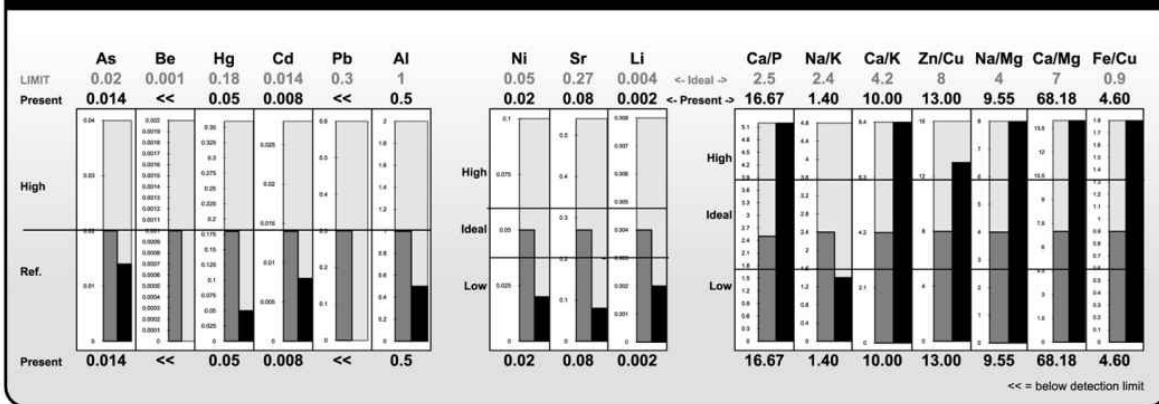
HUMAN HAIR MINERAL PROFILE: NUTRIENT MINERALS



TOXIC MINERALS

ADDITIONAL MINERALS

KEY RATIO



Ca = Calcium Cu = Copper Mn = Manganese Co = Cobalt Sr = Strontium Hg = Mercury V = Vanadium
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 K = Potassium Fe = Iron B = Boron Ni = Nickel Be = Beryllium

See metals reduced in third test and return to more normal Ca/Mg balance.

There are the tests. Notice the levels change from the initial analysis to the 2nd test nearly a year later to the 3rd hair test three years later. Intravenous chelation might have been quicker, but slow detox works! Unhindered DNA could now produce the enzymes and other biochemistry needed for cell function and healing by utilizing all the key minerals now available at optimal levels.

One pitfall of hair analysis is misinterpreting Cu, Zn or Fe levels once detoxification is underway. After these minerals become oxidized they get trapped in hair follicles before they can be excreted. Actual deficiencies can be misinterpreted because hair follicle levels represent massive mobilization and elimination and not just mineral stores. This is where retesting and expert assistance pays off.

I had thought about hair analysis many times over the years but always put it off. It took a sample, a check, a letter and a month or so for results so I'd let it slide for a few days and then just forget about it. I realized what an error that was when I came to understand how critical minerals are to health. Please don't delay. Get instructions on submitting your sample. Take a baggie to the hair dresser and have him or her collect a good-sized shock of hair from the back of your neck, clipped from the scalp out 2 inches. Chemically treated hair is no good leaving pubic hair as a fall-back source to test. You will be interested in heavy metal findings. See mercury, cadmium, arsenic, aluminum and lead levels, and try to figure out where you picked them up. Then add deficient magnesium, manganese, potassium, selenium, zinc, etc., to your diet, lower high iron levels and follow detox protocols and begin to really heal. Captain's orders!

ACIDS VERSUS OXYGEN

THE BODY WANTS TO BE *negatively charged internally and electron rich*. It wants *plentiful oxygen*. It also *wants to remain alkaline* so the oxygen goes to work instead of being gobbled by acidic protons. Though acid-base reactions are usually considered separately, acids gobble antioxidant electrons and drain cell voltage. The skin prefers acidity, however.

When mercury pushed my symptoms over the edge there was also a toxic process going on below the surface in immunity, inflammation, tissue condition and blood vessel health. Cadmium, acidity and lowered oxygen from tobacco use with insufficient potassium, magnesium, bicarbonate, oxygen and antioxidants to squelch inflammation were at the root of it. An acidic Internal Ocean drained my battery-banks because an ample supply of oxygen was never allowed to reach its target.

High CO₂ levels increase the acidity of fluids but also stimulate respiration and oxygen availability. Oxygen and CO² are constantly rising and falling and pH levels swing back and forth in our blood with every breath. *Breathing keeps blood pH within strict limits* where biochemistry is optimized. Try slow rhythmic breathing from the belly.

Breathing is the obvious pH regulator but unlikely acidifiers tilt the balance and drain our voltages. In addition to smoking, foods like grains, sugars, pasteurized milk and processed meats, artificial sweeteners, negative emotions and anger form acids. Modern man lives in a more acidic world with less essential oxygen. Oxygen and electron-deficient foods and surroundings with higher levels of free radical oxidant chemicals are not healthy. Logically the antidote is more oxygen actually delivered through a negatively charged fluid inner environment where plentiful bicarbonate, potassium and magnesium are the major pH buffers. They boost mitochondrial energy output and even keep our bones from dissolving. Take sodium bicarbonate with mega dose Vitamin C or take it alone to increase oxygen availability.

SKIN, OUR OTHER MOUTH!

I KNEW THAT AMPHIBIANS like the beloved leopard frog and once common bullfrog have disappeared wherever minor chemical pollution exists because of easy absorption through their often damp skin. I remember many deaths of children who had played with empty pesticide bags. Stupid me never thought of my own skin and the flow of charged molecules in and out or the positive implications! Though I soaked in seawater for many years and avoided bathing in chlorine or handling volatile chemicals and also avoided antibacterial soaps, skin absorption of essential minerals never occurred to me. Detoxification through the skin is also going on, and sweating and drawing of poisons with salts is only logical. It is the whole transdermal thing and works *both ways!*

Magnesium along with Vitamin D help control calcium levels and function and is a pH buffer. It is involved in *cancer, heart disease, diabetes, osteoporosis, smooth bowel function and in 10,000 other critical cell functions*. Magnesium is an oxygen enabler and essential for heart problems. 80 percent of Americans have a stealth deficiency of Mg as I did, creating an unhealthy calcium/magnesium imbalance. People take widely advertised calcium supplements when many in fact lack Mg and drive their ratios in the wrong direction. Excessive Ca inhibits uptake of other minerals and can harm kidneys or calcify joints.

Magnesium is the central atom in chlorophyll, found in every green plant and simple algae, such as spirulina and is part of the reason high vegetable intake is used so successfully in healing. Chlorophyll is a primary detoxifier and alkalizer so wheat grass, chlorella and other green superfoods make good sense. Magnesium can also be found in curcumin, cocoa, garlic and onions, and seawater along with manganese.

Magnesium levels can be brought up more rapidly when absorbed through the skin. Magnesium chloride baths and magnesium "oil" body rubs build magnesium levels quickly to impact flu, infections, cancers, heart disease, diabetes and aching joints, and to protect mitochondria. Magnesium sulphate or Epsom Salts and Dead Sea salt are also used. International Medical Veritas Association's Dr. Sircus seems to be the chief advocate of magnesium and a voluminous source for information. Search internet or see IMVA for sources.

Follow-up testing of mineral levels is *critical* and will allow you to address secondary imbalances and prevent them from becoming problematic. When interpreting a hair analysis it helps to have a live human expert to actually talk to and help decipher the results and follow-ups. The hair lab manager started my investigation into the importance of Mg. Oddly I knew about the *all important Ca/Mg balance* from my soil tests and addressed it in my garden and pastures! Duh!

Though "smoking" through a patch doesn't seem satisfying, nicotine and many small molecules like magnesium chloride, bicarbonate, iodine, R-Alpha Lipoic Acid and especially DMSO penetrate the skin readily for therapeutic effect. DMSO or dimethyl sulfoxide is used as a carrier to move desired molecules through the skin like chlorite or

capsaicin and also supplies sulfur itself.

On the other hand, unwanted toxic substances like chlorine, gasoline, benzene, other organic solvents and pesticides also move easily through skin. You can smell hydrocarbons upon skin contact as you breathe poison out through the lungs after it circulated in your blood. Amphibians have moist easily penetrated skin so leopard frogs are rare these days, and when you do spot one you are in a relatively clean environment. I have a scant few on my farm and always happy to see them.

Look for magnesium chloride “oil” and creams providing iodine, magnesium and R-Alpha Lipoic Acid. Someday, guided by tests, individually customized transdermal creams could be compounded. In fact one’s entire mineral/nutrient profile and blood gas levels could be run through a computer program to fine-tune protocols and spit out the perfect prescription. If mineral levels are good then toxins, pathogens and common oxidative “rust” become suspect.

MORE ELECTRON SOURCES

I HAVE HEARD the proverbial everything in moderation injunction all my life. I think *balance* is the goal and more than moderate actions need to be taken to correct severe imbalance. And since *proportions* of needed nutrient quantities defy perception, we need to think bigger than a pill and sometimes unbelievably bigger. Little bits of Vitamin C and an occasional bowl of soup nourish the healthy *but huge doses are required to reconstruct the less than healthy.*

FOOD

I LOVE EATING all the tasty fresh natural antioxidants. I aggressively collected them from gardens and nature, even before I knew they were healthy. Phytochemical (phyto=plant) antioxidants are produced by plants for their personal protection. Carotenoids and polyphenols in particular prevent oxidation of leaf tissues when reactive oxygen is generated by UV rays. The same chemistry is involved in our bodies when we eat those compounds and gain protection from oxidative damage. Phyto are best derived from raw, whole, real foods that provide infinitely more than can be extracted and put in a capsule. A few like lycopene from tomatoes and carotene in carrots, and the compounds in crucifers become more available through cooking.

Search the internet to find substantial food sources of nutrients. Check *Wikipedia* or links to various databases on ethnobotanical sites for nutrient analyses. There are carotenes, resveratrol, xanthones, etc., in all sorts of plants, some in your backyard. A simple comprehensive treatment can be found at *Tuberoose.com/antioxidants*. Plant based nutrients fall into broad groups and are easily mastered a few at a time.

- **I looked for a source of zeaxanthin for my eyes and found it in parsley growing by the garden gate.**

- **I sought help for painful joints and found the list of amino acids was cheaper and in more effective form in soup!**
- **Anthocyanins come in purple cabbage and blue corn. Catechins found in teas snatch toxins.**
- **Carotenes in fruit are orange-yellow gold. There is wisdom in color eating.**
- **Flavonoids are compounds that improve the action of Vitamin C when you eat an orange or high ORAC raw cacao.**
- **Citrus peels usually discarded are a potent flavonoid source and contain other healing factors with positive effects on blood vessels, diabetes and cholesterol balances.**
- **Fresh ground whole flaxseed and quinoa, the delicious seed grain of the Aztecs and Incas, contain healing lignans. Lignan concentrates have eliminated cancers.**

Five minutes on the internet can save hundreds of dollars by learning how to use common foods that work better than expensive supplements. Then you will really know what you are eating. Most people haven't a clue.

The science of ethno-botany focuses on plants used by root doctors and shamans and by diverse cultures around the world to ferret out their medicinal properties. Ethnobotanists claim that few of the world's plants have been analyzed and may contain incredible arrays of phyto-chemicals. Potentially valuable plants become extinct through deforestation before they can even be identified. Soybeans and the ethanol production model in Brazil coupled with overpopulation and poverty wiped out most of the Amazon. Industrial agriculture uses only a handful of species preferring to process them instead of embracing a diversity of food plants and their healthful phytonutrient variety.

I would like to see a botanical assay of plants that thrive under extreme oxidative conditions and compare their chemical properties. Aloes and cacti have powerful healing qualities, but observing plants thriving in harsh situations posed yet a different question. Why would they cling to life at all, adapting as they must, century after century? What do these creatures get out of it? We know plants respond to music and human thought. Do they possess consciousness, some strange form of communication or might they have incredible sex?

OR THE CONCENTRATE/SUPPLEMENT

THERE ARE FORMULAS that target the biochemical requirements of specific organs like L-arginine and ubiquinol (reduced CoQ10) for heart tissue. Vitamin B12, astaxanthin, zeaxanthin, choline, lutein and R+Alpha Lipoic Acid and ubiquinol heal eyes, brain and offer Alzheimer's prevention and aid. The resveratrol in a few capsules would necessitate drinking cases of red wine or consuming boxes of berries. R+ Alpha Lipoic acid and natural CoQ10 are found in clean sourced liver, kidney and heart and are also essential for healing liver disorders. Big doses to heal a liver problem would be more appropriate in supplement form than consuming pounds of organs daily. Vitamin C is the best example where a therapeutic dose would involve impossibly huge quantities of oranges or lemons. When you need a big dose to turn a problem around and to switch on healing gene sequences, the supplement is the only way.

God only knows what other compounds have not even been detected by science but benefit us in unknown ways. The only place to get all minerals is from seawater and sea vegetables. The molecular diversity of terrestrial phytonutrients is only available from a wide variety of plants grown in fully mineralized and composted live soils. We can't eat compost itself, but fulvic acid supplements can be taken to boost mineral availability while chelating out fluoride and mercury.

Amino acids necessary for health can be purchased separately or obtained from animals and fish. Sources should include organs, cartilage/bone broths containing all the "sticky stuff" and not just muscle meats like chicken breast or porterhouse steak. I never miss a fresh wild or grass-fed liver or heart along with some fat. It would be nonsense.

Supplements on the other hand cover narrow nutrient spectra and are rarely in fresh live condition. Minerals and nutrients are where you find them and selecting sources is a constant game. In absence of positive results some natural physicians say, "Take more, more often and have patience." Don't doubt the path of certain basic science. There is no leap of faith. These substances are what we are made of and some even have qualities that defy analysis. Fixing your body is like building a house!

VITAMIN C FIRST AID KIT

IN ANY ILLNESS, surgery, infection, sunburn, ingestion or contact with any toxic chemical, loss of sleep, fatigue, emotional shock or physical injury; Vitamin C and pH levels drop, displaying oxidative stress.

To stay healthy, that electron debt must be surpassed with copious consumption of Vitamin C electrons to sponge up free radical oxidants. Sodium bicarbonate, potassium and magnesium offset the growing acidity as inflammation is generated! Patients near death have plasma Vitamin C levels approaching zero and become very acidic and devoid of magnesium. Their batteries are shot.

Vanderbilt Medical Hospital completed an eye opening study in which Vitamins

C and E were administered to trauma and surgical patients. The results were magnificent. They are hot on the trail of reality, but none wants to be the first stupid chicken to peck a hole in the shell surrounding a total belief in drugs.

Vitamin C powder can be dusted on dampened skin or mixed with a dab of aloe, *Cactus Juice* or honey to form a paste and can be applied to *skin cancers, minor burns, scrapes, infections, stings, poison ivy and itchy skin irritations*. It's amazing. Vitamin C is being added to many high-end cosmetics along with amino acid collagen building blocks for regenerative healing.

A recent spate of preventable deaths has occurred from drug resistant staph and fungal infections. Vitamin C and bicarbonate, iodine, chlorite and food-grade hydrogen peroxide were overlooked in favor of antibiotics. Advanced pneumonia, a common flu complication, has been halted with intravenous Vitamin C when no drug would work! Vitamin C should be common in ER use as the first and last lines of defense.

Acute emergency situations call for huge doses of Vitamin C via IV if possible and on the order of 100-300 grams a day, or more, for snakebite, serious infections and poisonings. Vitamin C can safely be used as adjunct therapy with other natural items or with more dangerous drug treatments for *cancers and severe infections, with surgeries, various poisonings and venomous stings*. Demand it or bring your own! Vitamin C extinguishes inflammations. Just don't use oxidants like peroxide, iodine or chlorite at the same time Vitamin C is taken. Think of the precise protocols that could be detailed were it not for pharmaceutical bias and control!

In serious illness one must rapidly increase the oral dosage size and frequency until a new bowel tolerance is found, which could be a dozen or more Vitamin C mega doses a day! To be effective one must ramp-up dosage to oxidize free radical sources and to cancel the acidic electron debt of oxidative stress. Ya gotta jump on it!

Raising the oxygen/antioxidant profile of the Inner Ocean is the most powerful secret of healing.

Taking NAC, R-Alpha Lipoic Acid and Vitamin K with each mega dose multiplies the healing power. Bicarbonate and magnesium buffer pH and raise voltage to further boost effectiveness.

Break out chlorite if necessary starting with 10 drops then 20 drops an hour later in an emergency. Food Grade Peroxide can also be emergency dosed at 25 drops orally in a small glass of water as can Lugol's iodine, up to 6 drops every few hours. Prompt oxidant doses have been recommended for flu and bronchial infections, which may be either bacterial or viral.

People beyond or even in their early years begin to load up on various toxins, many unavoidable but some controllable through dietary choices, lifestyle habits and emotional

stability. Disease processes have already begun and will continue until the sources are removed. Gum disease betrays oxygen/antioxidant shortages that also initiate artery disease to promote heart attacks, high blood pressure, stroke, cancers, arthritis, etc. If the doctor tells you that you will piss expensive urine, “He don’t know C.” He may also cast a stink-eye at the thought of a non-pharmaceutical solution to any disease, even ones he admits have no drug cure or known cause!

Many recall Linus Pauling, but never accepted his officially disparaged message. If a course of treatment wasn’t recommended by a doctor in a white lab coat or didn’t come from a pricey pharmacy, it couldn’t be safe or effective. With so many credentialed authorities in charge, I must ask a most uncomfortable question. Why are healthcare and indeed the entire world in such a failing state?

PATIENTS WITH NO PATIENCE

THINKING INSTANT HEALING is a mental handicap. While pharmaceuticals do not remove the causes of disease, they may deceptively bring instant relief. If true healing is to occur, the body must be completely overhauled, cell by cell, and molecule by molecule. Good things take time. The whole organism needs to be detoxed, then rebooted mentally and nutritionally. Trial and error with periodic mineral analyses and course correction is the only practical way to achieve health. Small changes over time get huge results.

- **Initial healing can take a few days or weeks.** Over the following months and years, appropriate detoxification, supplements and practices continue to remove the sources generating oxidative stress. And, indeed, most of our molecular inventory is completely refreshed every year with the latest available air, water and food. It takes time to ferret out all the pathogens, mercury, lead, aluminum, cadmium, pesticides, oxidized fats, mis-arranged proteins, etc. Then it is the *quality* and *quantity* of *oxidants* and *antioxidants* working individually, in concert and in opposition that refresh the Inner Ocean. To me, gum tenderness or any sign of inflammation is a cry for more oxygen and Vitamin C.M
- **Arterial cleansing of plaques may take a year** or so, but they took many years of oxidative stress to develop. Vitamin C builds collagen fibers over arterial plaques stabilizing them as they are slowly dissolved. The loss of elasticity in blood vessels responsible for high blood pressure came from under consumption of antioxidants, acidity and lack of bicarbonates in the kidneys, dehydration and overuse of sugar and bad fats, lingering homocysteine and didn’t happen overnight. Where do you think strokes and aneurisms come from? Adding Omega 3s, Vitamin E and cartilage/bone soups to supply needed amino acids restore strength and elasticity to vessel walls. Blood vessel restoration should precede any chlorite use. The vessels need to be strong enough to withstand the power of chlorite generated oxygen as it

aggressively attacks plaques.

It is prudent to stay immune and prevent disease processes from occurring, instead of having to recover from an insult. I plan to take large doses of Vitamin C/bicarbonate indefinitely since it prevents oxidative rusting, encourages alkalinity and oxygen, and optimizes the fluid characteristics of blood. It protects DNA expression, maintains cell membrane cleanliness, voltage and function, prevents cancers, circulatory and other diseases and along with Vitamin E and bone/cartilage soups rejuvenates skin, bones, joints and all connective tissues. I also want to keep those teeth!

THE HYPER-OBVIOUS PICTURE

AS OUR CELLS FLOAT in our Inner Oceans, it is *oxygen* and *electrons* that animate them, the fire and the extinguisher. If you go any further back toward first causes than oxygen or this elementary charged particle, you leave the material world and return to the photon or the pure energy super-strings of the universal matrix.

Ocean cleansing oxygen from Vitamin C/bicarbonate, chlorite, food grade hydrogen peroxide, hyperbaric or ozone therapies rip the causes of inflammation and disease out of us. They overpower all the oxygen/ electron sneak thieves and burn out inflammatory crud!

Many antioxidant substances hold electrons that are released when and where needed as they complete the electron sucking shells of deficient free radicals. Vitamin C and all our other phyto-nutrient antioxidants, bicarbonates, electron-rich alkalized water, negatively ionized air and sunshine recharge us. Exercise brings fluid movement and strong currents to blood and lymph! Biologically appropriate volumes of electrons supply the charge and give blood the liquidity to flow and deliver gases within our life sustaining Inner Ocean currents! Fish can not live in tired stagnant water, and neither can our cells.

ELECTRIC THINKING

BOOKS PROMOTING VITAMIN C to eliminate atherosclerosis and cancer are becoming more numerous. Web entries have increased over the past few years and most recommend IV implementation of varying doses and frequency. Oral Vitamin C recommendations vary widely, but the bowel tolerance determination of dose will work best. Some use bicarbonate, others don't, unfortunately. Large initial IV infusions of Vitamin C might be the answer to jump-start a weak electrical system in serious disease where bowel tolerance is low. Oral use can fill in and then be used indefinitely. Internal oxygen advocates cure every disease, but medical societies turn up their noses and remain in denial.

One doctor claims thick sticky blood is the problem with circulatory malfunction and

treats it with electric current! Others cure cancers with electric current or tuned frequencies. Professional athletes are treated with low voltage electricity and light using cold lasers to speed healing of joints and tendons along with oxygen/antioxidant therapies. Meters detect electron levels and “battery chargers” supply voltages to energy meridians found weak. Dr. Frankenstein?

Raw, natural and organic items provide electrons. Our appropriate fats store and conduct electricity while acidic, processed, preserved, oxidized and oxygen depleted dead foods suck the juice out of us like a black hole. Electron transfer generates bio-photons which may correlate with chi or life force. Electrons, magnetism and light enjoy the most fascinating and puzzling relationship in the world of energy, a connection we see and use every day.

Some theorize that DNA molecules order up bio-photon production providing cell to cell communication like a fiber-optic network. We each actually contain a bioluminescent Inner Ocean visible through highly sensitive photography and don't even know it. Electrons flow as the result of light's photon force and are also called forth by friction, like the friction of blood moving through our vessels, or muscle rubbing on muscle during activity or through trillions of biochemical reactions. Bio-photons circulate in our energy fields and fluctuate in intensity with our internal rhythms and the happiness levels of our organism. Strong body voltage, bio-energy fields and bio-photon generation indicate robust health. Remember light transfers its energy to electron shells and electrons release photons when their orbits degrade.

Correct electrolyte mineral balances of sodium and calcium cause a potential to develop across cell membranes generating micro voltages. Researchers are just now detecting nano-current flows in cells and certain devices can determine the electrical state of our flesh. Sharks feed in the dark sensing the electric fields of prey fish. Soil bacteria generate currents in live soils and probably in our intestines. Connective tissues are being seen as semiconductors and healthy fat deposits act as body-batteries. Electrons determine functions, attractions and repulsions on the molecular level. Electrons flow between the surface of the earth and the sky. Magnetic fields erupt from a spinning Earth with a metallic core and magnetic flares from sunspot activity inundate us irregularly. Modern electronics and resultant electromagnetic fields, EMFs, disturb the invisible flow of electrons in nature.

Primitive man discovered amber and the funny static electrical properties it displayed. The ancient Greeks called it “elektron.” You will soon see that a well oxygenated and electron rich Inner Ocean makes things work! We are electrical creatures indeed.

THE LIFE GOES ON

AS OUR CELLS ARE BOMBARDED with bad things they die and are replaced. This replacement only occurs so many times as mitochondria become scorched and telomeres wither with age, DNA unravels and then game over! Longevity is a function of telomerase levels, telomere integrity, mitochondrial condition and how long we keep each cell's molecules healthy before it has to replicate itself. Oxygen/antioxidants, Omega 3s and Vitamin E, and their control of oxidative stress and membrane permeability play the leading role.

Dr. Elizabeth Blackburn and Dr. Carol Greider discovered telomerase, earning the Nobel Prize. They found that the diseases that wind up killing us all correlate with waning telomerase levels and shrinking telomeres. They also associated the decline in telomerase levels with chronic emotional stress, yet another smoking mind-body gun. Find Dr. Blackburn's lecture on YouTube for a fascinating view of longevity.

Telomeres perform the critical function in the cell nucleus of capping DNA strands to prevent pair ends from unraveling during replication. Microscopically seen as a "cap" on every DNA pair, the invaluable but fragile telomere is a riddle finally being solved. Telomerase research is in high gear promising immortality. The quest centers on a handful of substances able to turn-on genes responsible for telomerase production. Failure of a telomere leads to loss of base pairs on the ends of the DNA strands. This can be the start of cancer, heart disease or diabetes or the beginning of the end of that cell as transcription is corrupted.

Telomeres normally weaken and shorten with age. It has been noted that a healthy low glycemic diet helps preserve membrane function. Avoiding blood sugar spikes, toxic molecules and nixing free radicals overcomes oxidative stress and optimizes telomerase production, too. Astragalus extracts and TA-65, and glutathione in raw milk, meats and vegetables and stimulated by NAC and curcumin preserve telomeres. Hemp oil stimulates brain chemistry and hormone release. Omega 3s and clean protein building blocks from foods or protein supplements like whey powder must also be available in a properly charged fluid Inner Ocean and be transported through un-compromised membranes to rebuild telomeres after each division.

The integrity of the telomere's coiled spring-like protein tubules is highly dependent on our emotional state and the production of reparative telomerase. Chronic stress halts telomerase release and erodes telomeres. Telomerase levels increase as we regain equanimity and deep happiness with improved perceptions and self-esteem in a compassionate community and through meditations. A feisty willful attitude toward life and a confident intent to live in health cause DNA strands to express or re-express and is medicine. Just feeling the concern of a pretty nurse or a physician's touch evokes emotions that trigger genetic expression to begin healing. Therein lays the emotional-molecular connection that sources a placebo effect!

Keeping internal cell components happy is a matter of preserving their macromolecular integrity by providing a friendly pH/redox environment and healthy energy production and voltage. At the high end of function, DNA expression is maximized and perfects the body and the mind, and molds the energetic matrix around us. A healthy body with highly functional DNA and a strong emotional intent becomes a divine superhero, *a human being, able to shape the material world.*

PARALLEL OCEANS

I ENJOYED SWIMMING over incredibly colorful reef systems with as much diversity of life as could be imagined. I occasionally cleaned barnacles from boat bottoms in stagnant backwaters and dirty harbors. Where circulation was poor, colors were bland, life forms scant, ugly, stinging and poisonous. But where huge oxygen rich ocean water exchanges took place, colors were vivid and sea life abundant and healthy.

Cell cultures have been maintained in clean circulated solutions far beyond the limits of any normal chronological life-span. Inner Ocean currents must flow clean and swift to allow cell health. While charge, oxygen availability and appropriate electrolyte mineral balances are critical, if wastes are not removed and fluids don't circulate, tired molecules, acids and metabolic end-products build up and become toxic.

Physical activity moves wastes from blood, lymph and backwater areas of the body to the kidneys, lungs, bowels and sweat glands for deportation. Body fat will not even be deposited where there is continual flexion. Generous alkalized and energized fresh water inputs flush toxins like the tide. Sedentary living and dehydration bring on cell death.

Get it right and currents of blood flow swiftly. Get it wrong and flow is sluggish, magnesium, potassium and bicarbonates are depleted, oxygen is low, wastes accumulate, acidity increases, DNA is shut-down, pathogens proliferate and the aquarium dies! While the heart may have been strong, it just couldn't push sludge through its vessels.

Chapter 8



HEALING THINGS THE RECONCILIATION OF ANOMALY?

SAMPLER OF ALTERNATIVE TREATMENTS

EXPLORE THE RANGE of alternative tools in the box. I offer snippets requiring follow up study for the details. Most have been summarily demonized by the medical profession, but they all work in certain cases. The trick is finding the correct one or combination, getting it right and continuing for the necessary length of time. Most disease has similarity and responds to similar treatment suggesting a common origin. With an oxygen/electron redox understanding of basic body chemistry, some very far-out ideas come closer. Becoming vibrantly healthy is simple if you understand key life balances. Consume the needed molecules and sing to them with energetic electron inputs, fresh oxygen and a loving consciousness.

Chiropractic

My father was an excellent chiropractor, but I was presented with a childhood quandary. Everybody said chiropractic was quackery but then he would adjust my neck, and colds or sore throats would disappear! My beliefs about the efficacy of chiropractic vacillated over the years until I gained more understanding of anatomy and physiology. *Yes, it works!* It works at correcting the spine and restoring nerve flow to energize and animate muscles and organs.

Dad knew his limitations, and many times he would send patients to various other physicians. He also knew that patients would not follow certain regimens to help themselves. He could perfect a spine with his bare hands but fell short of being able to heal those that did not improve their nutritional or emotional states. Unfortunately, many practitioners are less than accomplished or artful adjusters, which means there are many disappointed patients. Nutritional information is hit or miss. Sound familiar? There are medical doctors, mechanics and lawyers who aren't too slick either!

What I did receive from my father beside an early exposure to the language of science, and medicine was a natural way of looking at health, a different perspective, a bit of extra-genetic information I inherited. If we ever got sick or injured, we were never babied. It was our fault, a failed responsibility! The Chiropractic view finds spinal subluxation or misalignment responsible for disease along with environmental toxins, nutritional shortfalls and mental/emotional origins. He found that patients generally don't want to be blamed for their maladies and don't assume responsibility for them. They may even enjoy being sick because it frees them from responsibility or gives them attention and sort of an identity as the owner of a personalized condition. Others can't function

properly because of their own chemical imbalances and toxicities that they are unaware of. The chiropractic view of the body as a self healing entity can not be denied.

In the medical world pain medications are the usual treatment with physical therapies and muscle strengthening used on occasion. Spinal surgeries are still needlessly performed. Some medical doctors dispute the fact that vertebrae may become misaligned ignoring the photographic proof of an X Ray! All current thinking will be as silly as witch trials and flat earth proponents in years to come, if we evolve. I never bought into any philosophy wherein you eliminate all else and put your mind in a box.

I now know that nutritional restoration of bones, connective tissues, ligaments, tendons, spinal discs and joints should be employed along with correcting spinal/skeletal alignment to optimizing nerve flow. Form and function are inseparable. Asymmetry of the structural form and obviously misaligned vertebrae diminish function and should be corrected by stretching, deep tissue massage, Rolfing and ultimately chiropractic adjustment.

Rolfing

Rolfing is a wonderful purpose-directed massage therapy. It accomplishes much of what Chiropractic does and travels other physical avenues as well. Unless one has perfect posture and skeletal alignment, Rolfing and deep tissue body work should be a first choice treatment. Simply by tensioning the connective tissues supporting our skeletons, proper alignment is regained and great healing can take place.

For example, lung capacity can be vastly improved by working the connective tissues of the rib cage and musculature surrounding it. It is considered deep massage and can be painful, but it hurts so good.

Stripping lymph vessels and moving stagnant accumulations occur with massage. We rarely think about our lymphatic system. It has no pumping heart to move and eliminate the body's garbage molecules, but is an important part of our Inner Ocean. Deeply rubbing arms and legs toward the body freshens these avenues of elimination as does exercise. Massage and steam or sauna is very common in many foreign countries.

Find a Rolfer at www.rolf.org. A Rolfer may work with a talented chiropractor to finish optimizing one's physical structure. Structural misalignments impinge nerve flow and reduce impulses to organs and muscles and, like a bad speaker wire, stop the music. Structure and function are inseparable.

Few chiropractors master the high art in my experience, yet don't stop seeking help until your spine is correct which may even be with specialized exercises/stretchches or by overcoming your oxidant load and eating soup. Bones themselves must be solid so calcium/magnesium balances and pH, along with collagen rich broths and Vitamins C and E are musts.

Too frequent spinal adjustments may unnecessarily stretch ligaments allowing vertebrae to slip back out of position. Self-adjustment occurs with sneezing, coughing, bending, bowel movements and purposefully with stretching, twisting and yoga. Strengthening and balancing supporting muscles hold spinal alignment so exercise helps the physical structure too. A Rolfer or chiropractor can tell you exactly which muscles need to be toned up. Stretching, toning, balancing can be done in thousands of ways and through various fun activities like gardening or seriously through Yoga and Chi Gung. I work at it through the day.

Serious massage is practiced in the Old World from Russia to Turkey and throughout the Middle East. “Chiropractors” could be found on the edge of villages where the pyramids were being constructed, according to historical writings. Rough and tumble posture perfecting deep body work was frowned upon by American doctors with pills and never became popular in our culture.

The simple acts of touching and being touched are healing. Monkeys groom each other for hours on end. Babies that are left untouched mysteriously just die. It's a community ting, a compassionate gesture of caring. There may even be a chi energy boosting exchange going on, like sharing auras or energy fields. Touching, hugging and kissing are healthy cultural attributes. They are also emotional/biochemical necessities.

Sadly, millions of people become addicted to painkillers or suffer unnecessary surgeries at the hands of mainstream medicine when a simple physical adjustment and nutritional correction could have eliminated the problem. The strength of their musculoskeletal structure is absent much like the commercial chicken they consume. The flimsy chicken carcass observation is most telling.

Home Remedies

Satisfaction from self-doctoring came early to my family, when instead of rushing to the emergency room for every cut or puncture that came from living and doing, we followed Dad's instruction.

- Deep cuts and puncture wounds were initially washed and treated with iodine. Then making sure the entrances were open, the wounds are plastered with salted salt-pork, bacon or tomato end-slices. These dressings were changed twice a day after “boiling out” with hydrogen peroxide. A few days to a week of this deep-drawing treatment left the skin blanched with no sign of infection or redness. Areas that couldn't be covered are simply soaked in warm salty water for an hour at a time. As healing progresses from the inside out, bandages are changed twice a day. The wound is washed each time with peroxide and given a fresh application of antibiotic ointment. Vitamin C, colloidal silver, iodine and oregano oil keep down infection internally.

- We butterflyed cuts when possible instead of receiving stitches, so healing could occur from the inside outward and disallow infection.
- We found that raw honey and manukah honey work on wounds as well as modern antibiotic ointments. So guess what? Raw Honey contains hydrogen peroxide and enzymes to generate more. Manukah honey contains additional antibiotic factors. Once honey is heated in standard processing the healthful properties disappear, so find raw or get your own beehive. Doctors have used honey to heal stubborn open wounds and diabetic ulcers that would not respond to antibiotics. Some also used plain sugar effectively.
- The last time I was stung on the face by a dozen cranky bees, while working my hives, I mega dosed Vitamin C hourly and the feverish inflammation that usually follows was minimal. Now I have found that Vitamin C powder can simply be dusted onto a dampened wound, abrasion, sting or itch. I also found that Ballistol is the most incredible treatment for burns, turning off the pain for good in minutes.
- As kids, fevers were always allowed to run their course. Chicken soup or garlic was taken instead of penicillin. Sometimes we just get scared and run for a prescription. We don't want to wait for Vitamin C and D, iodine or oregano oil to work.
- Sluggish bowels indicate candida overgrowth. Oregano oil clears it in a few days. Olive leaf extract, iodine, coconut oil and grapefruit seed extract (GSE) also clear yeasts. Keep them on hand in case of unforeseen food poisoning or a contagious intestinal bug. Dad would take vinegar if he suspected bad food and ordered up burnt toast if he was too late. Burnt toast purifies the gut like charcoal cleanses water. Chlorella, roughage, B-6, vinegar, clays, magnesium, magnesium oxide, manganese, bicarbonates, enzyme rich foods, probiotics and yogurt help bring smooth bowel function so essential for health. A diet without prepathogenic processed carbs/sugars and bad fats maintain proper conditions. Grains are accomplices in many bowel problems. Notice how emotions and stress affect bowel function. That takes head work, no pun intended.
- Colds with sinus, throat and chest involvement get big doses of Vitamin C, A and D, chlorella and maximum hydration via unsweetened teas with lemon or lime. Oregano oil/honey, Lugol's iodine taken apart from antioxidants, coconut oil, hydrogen peroxide throat swabbing, gargling and repeated hot steamy showers with cold rinses all help. Alkalizing magnesium/bicarbonate/sea salt baths bring quick relief.
- The best antihistamine besides remaining hydrated and Vitamin C is

seawater/saltwater irrigation of nasal passages. Try a neti-pot or a few somersaults in the surf. These work incredibly in an hour or so and should be repeated along with gargles. Oregano oil and hot peppers close out chest colds. Skip most food and sugar. Rest and sunshine finalize recovery. Think back on the conditions preceding any illness, chemical contacts, foods, sleep loss, arguments, stresses, etc.

- Accidents happen or so I thought. Horrendous injuries occur on highways, in bathtubs and backyards. I wrecked a car one night in the rain and had it towed home. The next day I was outside looking at it and my neighbor walked over. We agreed it was totaled, not worth repair. I asked Captain Joe, a 40-year veteran Eastern Airlines captain if he ever wrecked an airplane. He said he never even nicked a wingtip. I guess I got the message. It never happened again. I even searched my memory of past accidents and the causes became clear. I rushed, I was nervous, I was angry, I was careless, I was distracted or I was uncertain and un-deliberate.

I don't want to be seen as an ideologue. In life-threatening acute situations ER drugs might be appropriate. They should just not be first choice. Start with the least energetic treatments and work your way up. You can always get a sledgehammer.

Hygiene and avoidance of infectious human fluids in hospitals, schools, gyms, locker rooms, etc., is prudent. modern super bugs like MRSA or flesh eating bacteria take advantage of weak immunity and can kill in hours. They require fast diagnosis and strong treatment. No pathogen is resistant to oxygen, iodine or sunlight. Tetanus and rabies should also be avoided at all costs and to me boosters are appropriate. Pneumonia and meningitis can be rapidly fatal. I would get me to an ER if huge doses of Vitamin C/bicarbonate, hydrogen peroxide, chlorite, oregano oil or iodine did not give rapid improvement of a suspected dangerous infection. Strep bacteria and other opportunists can cause severe liver or kidney damage if uncontrolled. Emergencies require accurate assessments and knowing the limits of one's natural first aid skills. When in doubt go to the ER. It just means there was a chink in the armor of prevention. Get it right next time. It's called learning.

Sleep

Sleep apnea is responsible for half of highway deaths as drivers doze. Many diseases stem from nocturnal oxygen deprivation. Poor sleep quality is related to obesity, snoring and restricted nasal passages. I became addicted to *Afrin* and *4-Way* nasal sprays at the suggestion of a scuba diving instructor many years ago when I went to the YMCA to become certified. At first it was wonderful, but then I couldn't go 4 to 6 hrs without it or I

became a total mouth breather! Those sprays shrink blood vessels and nasal tissues, but the rebound is total closure of the passages.

- I'm sure pollutants and pollens closed off my nasal passages because at sea I always breathed fine. I found a natural spray, *Sinu Orega*, containing oregano oil works. *Breathe-Right Strips* are a harmless nose opener. Sniffing seawater or salted water shrinks and cleans tissues. *Sinusol* is a nasal spray containing capsaicin. Vitamin C is an antihistamine. A 5 minute hydrogen peroxide mouthwash and a peroxide ear rinse can help. Many people are afflicted with poor nasal volumes and it makes them sleepy and tired.
- Homes and offices can be the cause of air quality related ailments. Contaminants from modern building materials and cleaning chemicals are continuous loads on our system. Negative ion generators and air ionizers are good investments. Clean air conditioning filters are a good start.
- The pineal gland, our third eye, is involved in melatonin release, the body's own powerful healing antioxidant. The pineal oddly is attacked by fluorides that encrust and calcify it. Sunshine helps cleanse the pineal gland, which sits in the center of the brain outside the blood brain barrier. Low melatonin levels rob sleep and correspond with high cancer rates, but "harmless" fluoride is pushed by every dentist. Governments add it to water and fluoride is found in all toothpastes?
- Sleep apnea can kill because the body is not able to repair itself without sleep. Sleep is antioxidant time, without it we inflame. Swelling of the legs and ankles, high blood pressure, edema, systemic inflammations, drowsiness, frequent waking, and even diabetes are the signs which many doctors will try to treat independently without determining the cause. Every diabetic I know has sleep problems. We have so many specialists and many see each patient as their lucky day. They don't get paid for keeping one healthy!
- It is becoming recognized that obesity and pre-diabetes result from a lack of sleep as well as lack of exercise and oxygen movement. We need 7-8hours of deep downtime for repair when we are well oxygenated and the fires of inflammation are extinguished by the sandman. Melatonin release during deep sleep, enhanced by dark bedroom conditions is powerfully anti oxidative. Upon waking, inflammation is at its lowest point I presume because Vitamin C is least tolerated then. I urge anyone with symptoms to do a sleep study without delay. Unbelievable healing will occur in just a few days. Some people just need to take the time for sleep and stop burning the candle at both ends. Dim the lights and shoot the TV off the nightstand. Create conditions for your adequate 7 to 8 hours or more of nightly restoration.

- Ageing is accompanied by a decrease in deep healing sleep, so any assistance in a good night's sleep is important. A c-pap or bi-pap machine that blows air into the nose all night brings deep healing periods and dream packed REM sleep. *Correct any sleep problem immediately!* Even children may have sleep abnormalities and researchers find indications through swollen throat tissues which can be addressed with Vitamin C, iodine supplements, raw milk and strict bedtimes. It is a primary problem for large portions of the population, and oodles of symptoms just disappear with sweet sleep. Melatonin is stimulated by B-12, tryptophan and 5htp as well as certain herbs. Medical marijuana and darkened conditions in the evening bring slumber. A physical workout or a day on the water makes me sleepy. I nod off early like after a turkey dinner. The lack of sleep brings diseases of every stripe. It damn near killed me!

ENERGY/BREATHING

I RECEIVED ACUPUNCTURE with great success long before it was popular. I studied *chi* and practiced *chi-gung* or *quigong* or *six other spellings*. I have seen it work and felt the energy flow. Maybe it is bio-magnetism but feels more like the flow of electrons through the fingertips. Exercises like yoga also incorporate relaxed deep breathing during graceful motion. *Breath is life*, health and healing and is used to generate strong *chi*. Breathing properly, meditatively supplies oxygen and tightly controls blood pH via CO2 regulation and affects all chemical reactions. *Breathing regulates pH and body voltages rise!*

Chi breathing is not only very energizing but brings the hemispheres of the brain into balance. Left brain dominant individuals may be hard driven on earthly concerns. Right brain dominance encourages intuition and lives in spiritual realities. Balancing the hemispheres enhances the energy field about the body and directs the personality, emphasizing or blending abilities. Read bestseller *My Stroke of Insight* for a fascinating exploration of the subject by neuroscientist Jill Bolte Taylor who suffered her own left brain stroke and studied it. The resultant shift to right brain activity brought creativity and a sense of spirituality to her.

I never really explored other hemispheric shifting techniques, but I have found that relaxing the right hand or putting it in your pocket and using the left hand exclusively invokes the right brain. When you see me walking a field searching for artifacts you will see my right hand in my pocket and my left hand twiddling a stick or a stone. It is suggested that shifting vision or hearing from one side to the other brings the brain's hemispheres into balance. Staring into the left eye of another person opens contact with his right brain. Baritone chanting AUMM in the 95-113 hz range and certain musical compositions encourage a shift into the right-brain. Individuals favoring the left-brain

don't seem happy.

Dr. Weil and Optimal Breathing at *Breathing.com* with huge archives and other internet health sites are very instructional. HBOT chambers, oxygen bars and exercising while breathing oxygen have become popular for rejuvenation. Oxygen is fundamental and *essential*, it cranks-up our mitochondria and raises cell voltage, so don't overlook it. Some scientists estimate we need to breathe twice as much air to get the same amount of oxygen as our ancestors did just 100yrs ago. By that logic we need three times that volume in oxygen depleted big cities today. Breathing can bring one into the now, icing the ego to silence the mind, and is essential in meditation.

I always became aware of my breathing when free diving. A novice will not be able to go very deep. Once deep rhythmic, relaxed breathing is learned, it's no problem to go 30, 40 or 50 ft down and grab dinner. Serious snorkeling is great training. Huge air consumption occurs in aerobic proportions. Snorkeling strengthens the diaphragm like dumbbells do the biceps. There are various medical contraptions incorporating breath resistance training designed to do this as well. When away from the water sometimes I write *breathe* on the back of my hand with a ballpoint pen to remind me through that day to be aware of my breath. Bicarbonates let you feast on that hard earned oxygen.

The Egely Wheel is a unique device that measures chi. I bought one as a gift for my daughter, trying to help her attain creative, healthy alpha states where increased energy should flow. Both children made the wheel zip. When I tried it, I couldn't get it to move even though I did chi breathing exercises and felt the flow through my hands. Telling a friend about it, I was asked what my readings showed. According to the meter I'm dead, was my reply. We dusted off the wheel after my recovery and now I can make it zip, too!

Dr. Mark Starr, author of *Hypothyroidism Type-2, The epidemic*, specializes in energetic medicine. Cell voltages are measured along with healthy body fats as the electron storage vehicle in his diagnostic approach. He stresses restoring thyroid function to boost metabolism and energy production along with reducing acidity to increase voltage. He uses a bio-modulator to supplement cell voltages and invoke healing. He also prescribes nutritional correction with good fats.

Breathing combined with ripping mitochondrial energy output, plentiful antioxidants and appropriate fats move our voltages into the healthy range. Logically physical friction of muscle movement and fluids flowing within us generate electrons, currents, magnetic fields and even bio-photons. I'm sure higher states of consciousness arise from perfected Inner Ocean chemistry.

MORE ENERGY STUFF

ENERGY FREQUENCIES and amplitudes flow in waves and possess tones and harmonics. Energies influence how our atoms of condensed energy move, and ultimately how our organism behaves. We oscillate! We vibrate! We jiggle at certain resonant frequencies. Sunshine, music and electromagnetic waves affect our vibration.

Our body's chemistry and chakras are influenced by thoughts and emotions. The universe feels our creative or destructive consciousness. It reflects thoughts and emotions that originated with our beliefs and were enacted through intent. Some think war. I visualize peace. Currently legions of the insane generate irrational thought patterns. The profiteers who promote racial or religious hatred play on the fears of the population who darken the ether with the coarse fear-reactive vibrations of violence and war. These are the material realities we reap from the energetic matrix.

There are Rife technologies, tonal, light, Reiki and chi energy healing. I am aware of DNA stimulations and activations of dormant strands, the "unused" portions of our genetic blueprints. Some think genes are turned on and off constantly and that we evolve internally as we progress in life, turning on whole sequences of DNA strands.

Electric stimulation of the brain with miniscule charges relieves depression and has been used to mediate drug withdrawal. Other treatments using electricity key on cancers or thin the blood to deal with heart attacks. You never know these things exist unless you poke around the fringes of science and metaphysical writings. Most everybody will say, "Crazy, pseudo, can't be real", but what if you went back a few centuries and stated that the earth was round? Somewhere are answers to all phenomena. They will never be revealed to those that dismiss these oddities out of hand. It just takes an open imagination and a willingness to break from the herd and decide for yourself. Looking at things with a fresh eye reveals secrets. All innovation occurs this way!

The field of harmonics and energetics are pooh-poohed by modern sophisticates who call it more new age hokum. Energetic medicine will be very big in the future, something like Thomas Edison foresaw. On the atomic level, particles vibrate and move like music. Pulsed electromagnetism orients cell fluids strengthening antioxidant activity exponentially. A classical violin dances up and down the spine like some pleasant electricity. Rife machines' frequencies ignore one's healthy molecules and cells while violently "shaking" unhealthy cancer cells or pathogens. Rife frequencies overload and destroy that which is out of tune with a healthy body. Rife technology was discredited and banned in the United States years ago, but these and hundreds of other electronic devices are sold on the internet. I understand the theories behind this wild science. It would be fascinating to test them and really really know.

As a child I remember official looking demonstrations of "quackery" where the wackiest looking electronic devices were displayed and thoroughly disparaged. I sort of swallowed it but now I reason that maybe there was some validity there, or why would a doctor go out of his way to eliminate competition? As we see energized electrons work like a sledgehammer on health problems, why wouldn't an electronic device have merit? I would explore the gamut of such devices.

- Acupuncture treatments are also dramatically effective. Acupuncture quickly became main stream after famed journalist James Reston using no other anesthetic underwent an appendectomy in China. I experienced several amazing treatments myself. Meridian tapping and acupressure are used to stimulate energy meridians

without needles. It is thought that balancing major energy channels restores DNA expression.

- Magnets and copper bracelets are used by many. There are electronic units which send electric currents through the blood and are said to cause virus and bacteria to unstick and become neutralized by immune cells. When you consider that magnetic fields induce electric currents and that electric current creates magnetic fields, these ideas begin to make sense.

Our bodies are very electrical and project bio-magnetic chi forming our individual fields or auras. I can understand how electromagnetic radiations could be harmful or healing. According to physicists, the earth's magnetic field has weakened considerably in the last few centuries. It may be near a reversal, say psychics. Geomagnetic cycles influence electron flows on Earth as do fluctuating radiations from the ultimate life source, the *Sun*.

ENERGY HEALING

ENERGY HEALERS including shamans of the Americas have practiced over the millennia. Dr. Alberto Villoldo, medical anthropologist, teaches the subject and deals with energetic man in the way ancient Indians did.

More modern systems, like Barbara Brennan created, would most likely appeal to rational physicist types. An ex NASA scientist, Brennan has her own energy healing school in Boca Raton, Florida with graduate practitioners all over the country. This area fascinates me. I have read her books like *Hands of light*. Both Villoldo's and Brennan's systems work on the chakras that emanate from our 7 or 8 energy centers like megaphones. Chakra energies spin clockwise when healthy. Healing involves cleansing energetic debris, re-spinning and balancing each chakra for physical, mental and spiritual improvements. The chakras are the port of entry for universal energies, a chi food for body and soul if you will. Emotional disruptions create blockages of these ports that can be cleared to allow healing. Practitioners commonly heal patients at a distance, over the phone. People who have experienced chakra clearing report positively.

Chi gong, Sufi whirling and yoga are related to these energy manipulations, which are simple to perform and effective. In rhythmic motion or in silent stillness, there is the sensation of a clear timeless field extending outside of our bodies that is our essence. When I move my chi, I experience instant relief.

SOUNDS LIKE IT!

JUST LIKE TASTES AND ODORS, sounds are direct neurological inputs. When a violin hits its highest possible notes, I feel a shower of blissful sparks lifting the roof of my skull. Some rock and reggae puts deeper waves of pleasure in my lower abdomen. Music can take you lots of places and can hurt or heal. Sounds work on energy centers, the chakras and every particle in the body.

Sound Medicine by Wayne Perry explains that everything is sound. *Seven Secrets of Sound Healing* by Jonathan Goldman also presents a fascinating new way to look at sound. How we thrive on good vibrations provides an auditory perspective on our universe that never sits still. Try some sound or voice therapy and feel the tingle all through the body. Our thoughts and voice help regulate the frequencies that jiggle our substance as we in turn influence the world of matter around us. We can encourage healing when sound vibrations are directed to target parts of the body. Try tuning up the speaking voice until it sounds pleasant to you and move that sound into problem areas.

Ancient temples were built to resonate sound at specific ranges to profoundly effect brain function. It was recently discovered that a 6000 yr old stone temple on the island of Malta produced frequencies that caused visitors to experience a shift into their right-brains and stimulated pre-frontal cortex activity. Human chanting in the temple became amplified and at 110hz frequency this resonant baritone sound would have produced elevated moods and a spiritual consciousness in those present.

Noise creates disease. *Silence* is so rare and important that *ODE Magazine* recently devoted an entire issue to it. Television can carry beautiful music, but can also be the source of damaging noise. Our eyes distract us from irritating and cleverly directed TV sounds. Try listening sometime without looking at the picture and see what I mean. We also don't notice background noises as they deaden our sensitivity to sound and manipulate our psyches. Be aware of the artificial use of sound in stores and in TV or radio commercials. They mask the normal reactions we may have had through our ears like perfume cancels our sense of smell or gloves our touch.

Loud sounds are rare in nature. The first thing I notice in the forest or on the ocean is the deafening quiet!

Sound like words, prayer and intent are energetic tings.

VINEGAR

APPLE CIDER VINEGAR (ACV) is used to heal many problems. Though an acid, vinegar has an alkalizing effect and helps regulate pH in the body. Since most Americans lack stomach acids, acidic vinegar promotes absorption of *alkalizing minerals that raise the pH* in the body. Alkalizing the body's Inner Ocean allows more oxygen to work.

Raw ACV reduces the glycemic index of sugar and carbs by slowing the release of glucose, a no-brainer for diabetics. Pickled cucumbers or tomatoes or vinegar salad dressings with meals help prevent an unhealthy glycemic spike and helps catch the scant

mineral content in today's foods. Since vinegar is the end product of fermentation after alcohol is formed, it may signal yeasts that the party is over. It dispels *candida*.

Raw vinegar contains sediments, the mother plus vitamins, enzymes, magnesium, phosphorous and potassium, and raw ACV also maximizes their absorption. A few tablespoons in a glass of water with a spoonful of honey can be taken once or twice a day for what ails you.

ACV stimulates the esophageal sphincter to close, shutting down *reflux*. If one is alkalizing his system regularly and has heart burn, it indicates insufficient chlorides in the system and a lazy sphincter, so take vinegar. A small glass of vinegar will increase stomach acidity cutting short *food poisoning* if suspected. Rinsing the ears with vinegar after diving or swimming prevents *swimmers ear*. Vinegar is also used after cleaning ears with hydrogen peroxide/alcohol mixture. ACV mercifully stops itching and is a good start for any skin condition. I have found quick relief from spring pollen issues with a slug of vinegar and seawater run through the neti pot.

I was buying a gallon jug of vinegar one day for the cows. The clerk at the country store commented, "My granny drank a shot of vinegar and a shot of whiskey every morning for breakfast. She lived to be 104. She'd have made it to 105 but six days before her birthday one of her boyfriends shot her dead on the front steps." How can you make up that kind of story?

I also poured it down one cow's throat after she became ketotic with scours, diarrhea. I later theorized that seasonal loose bowels in cows occurred from a Ca/Mg imbalance as they shifted from hay to pasture. Too much Mg! Providing the cows with a preventive calcium supplement in this case is much easier than pouring a pint of vinegar down their throat later. Shifting balances is so simple.

I found that adding a gallon of ACV to the cow's water trough made most of the flies they were constantly bothered by disappear. I tried it after I'd heard that old-time loggers working in the Florida woods drank vinegar to keep biting black flies and mosquitoes off. That was way back before some chemistry set genius created DEET. For years the media encouraged DEET as the only efficacious bug repellent. When they found the persistent chemical neurotoxin in the aquifer we all drink from, they didn't ban it. A number of essential oils work better and repel harmlessly like peppermint oil or *Skin So Soft*. No money in vinegar at \$15/gal! Many people won't drink it.

ALKALIZE

BAKING SODA is taken to alkalize the body, boost oxygen perfusion and supply electrons. Athletes "doping" with sodium bicarbonate outperform their own records fueled by increased oxygen and neutralized lactic acid! It is administered IV to people in cardiac arrest and is the basis of some protocols that *destroy serious cancers* by draining the swamp of acids to eliminate fungi and yeasts while supercharging the kidneys. Yeasts and cancers hate alkalinity and higher oxygen levels. In disease states the body becomes acid and cell voltage drops. Use grocery store sodium bicarbonate and Epsom salts in

baths for emergencies. Acidity increases with age!

Alkalize internally and acidify the skin externally as a rule of thumb. The alkalizing effect of excess baking soda taken along with Vitamin C is an important benefit. Sodium bicarbonate is a rich source of electrons. Alkalizing food items are also rich electron sources as well as proton sponges. Consider how man constantly disturbs the flow of electrons and protons through his industrial endeavors creating acid rain in the process. Ancient man was a more oxygenated and alkaline, magnesium and potassium rich person.

It is interesting to note that levels of Vitamin C and Magnesium drop toward zero in cancer, diabetes, heart disease and other illness as body acidity rises and voltages fall. Stress and fear are acidifying so take baking soda several times a day during upsets until one can get back into a happy groove.

Up your alkalizing magnesium and potassium intake to protect you from our modern highly acid forming diets and acids formed in detoxification. Magnesium and K are in every green plant and packed in green super foods. They preserve the integrity of our mitochondria, the smokin'-hot engines that convert food molecules into usable energy and kick-off oxidant radicals in the process. Alkalizing with magnesium chloride also provides chlorides to help the stomach secrete sufficient hydrochloric acid. *Reflux* may require additional chlorides like magnesium chloride or betaine hydrochloride to boost digestion of proteins and absorption of minerals. There is evidence that common reflux prescriptions are dangerous drugs. Counter-intuitively, take acidic vinegar to raise stomach acidity to absorb body alkalizing minerals.

It boggles the mind to picture the constant ebb and flow of protons and electrons and the body's incredible buffering system that maintains a steady state of biochemistry. pH and oxidation reduction states form the basis of body chemistry and determine all reactions. An alkaline system is less prone to oxidation than an acidic one.

When the earth was formed the atmosphere was high in CO₂ that dissolved in the oceans becoming carbonic acid. Over eons, simple algae consumed that carbon, combining it with calcium, turning it into limestone in primordial seas. Bicarbonates buffered the pH of the ocean. Oxygen increased in the atmosphere to nearly *twice* current levels. If man evolved in a more oxygen rich atmosphere with possibly higher barometric pressures, then our vulnerability to disease is a no-brainer.

Today we over-consume oxygen and overproduce CO₂, industrially reversing the balance that allowed aerobic life in the first place. Our environs increasingly favor anaerobic pathogens. Carbon dioxide enters the open oceans and our Inner Oceans with the same acidic reaction lowering the pH and decreasing available oxygen. This occurs when cells breathe in and out. Carbon dioxide also regulates our pH as it stimulates physical breathing to increase oxygen. pH levels swing back and forth from acid to alkaline with each breath, proton Ping-Pong.

Air in cities is depleted of O₂ and high in CO, carbon monoxide, CO₂ and free radical metal particulates produced by combustions and chemicals. Greenhouse gasses not only change the climate and deposit mercury, they acidify the planet, shifting the healthy

balance we evolved with! As we focus on CO2 increases, we ignore reduced oxygen levels from burning things, stripping forests and oxidation of bare naked soils. The eastern and southeastern United States and the center of Brazil where the Amazon rain forest used to be are the hemispheric high concentration areas for CO2.

Breath is life and breathing exercises or proper breathing throughout the day is a primary health fundamental. Breathing fuels our energy cycles and keeps our pH range finely regulated.

If you are not taking mega dose Vitamin C, take a teaspoon of baking soda twice a day to make more oxygen available to your cells. Alkalize your Inner Ocean with bicarbonates, potassium and magnesium, avoid acid forming foods, save your health and prevent your bones from dissolving.

Maintain Vitamin C, folic acid, B-6 and B-12 to prevent homocysteine from destroying the collagen portion of bone along with exercise and alkalizing habits to preserve the mineral matrix. Osteoporosis has become epidemic. Languishing in purgatory without a skeleton is the true price and final irony of living on a cheap acidic American diet.

NUTRITION

NUTRITIONISTS ARE ALL OVER the map in what they recommend. There are acid and mineral balancers, calorie counters, carb and fat restrictors, silly but official food “pyramid-ologists,” water lovers, and herbalists with diverse opinion. There are vegetarians, juicers, raw food and color eaters, macrobiotic and nutrient dense food adherents, and they all help in one way or another. I will not even mention the incomplete sameness and lameness of nutritional information on *CNN* or “*The Today Show*”, or in most newspapers and magazines, though many elements of truth are intermingled. Create you own diet based on what you have learned, what you like and can get your hands on, and let it evolve. Family habits may have been good but more likely misinformed. Diets taught by TV commercials, recipes from grocery store racks and that served in school cafeterias offer the most negative nutritional examples available based on “sound” USDA recommendations. Barf!

I am classified as omnivorous and I eat everything natural. Being the cook I have to feel like a certain dish every evening. I honor my cravings and any suggestions from my family.

ORAC or OXYGEN RADICAL ABSORPTION CAPACITY research has provided lists of foods and can be accessed on the internet. ORAC provides an easy measure for food buying to get the most for your money, and organic always shows huge advantage over commercial produce.

You will see coffee, red wine, green tea, grape seed, spices and cocoa or cacao have considerable capacity. Red cabbage is more than just pretty on a salad. Much of the health information over the last 30 years has demonized these antioxidants. You will understand why various herbs, condiments and produce are staples in various cultures and why ethnic markets exist. ORAC ratings also show readings of water soluble versus fat soluble levels which may target nerve tissues. There is untold phyto nutrient chemical activity apart from simple electron donation, and ORAC seems to be a great general indicator of food value.

After we harvested the grits corn last summer I noticed thousands of grasshoppers as I mowed the stalks. I paid the kids a quarter for each grasshopper they brought in, and there were lots. A few days earlier I had seen a chef on TV eating them and then I accidentally roasted one with the torch while I was flame weeding. I stopped, picked it up and ate it. It was crunchy and I have always been a sucker for crunchy. So I fried up several dozen and sprinkled them with sea salt, something I had always wanted to try. Who doesn't love crunchy?

Herbs, botanicals, sea vegetables and bugs are food and there are still many I want to taste. It would sound unbelievable but simple weeds outside the door could provide valuable nutrient factors. One just has to adopt a mind set of munching on nature. Look at purslane, seedy wild muscadine grapes chewed skin seed and all, clover, burdock root or bitter herbs like hyssop, olive leaves, parsley and dandelion. My dog eats plain old grass occasionally and does her chlorophyll vomit cleanse. That is why we eat chlorophyll-rich salads, chlorella (broken algae), spirulina and all the green superfoods. That is why fasts employing those items in juice initiate healing. Toxins become complexed and exit the intestines forever.

I think mindful eating is the answer. Too much protein or fat or sugar leaves a metabolic waste problem to deal with. Find the confluence of what is available and what is healthful and consume it with joy and thanksgiving. Variety is good.

HERBS

HERBAL LIVER, BOWEL AND KIDNEY CLEANSSES can be lifesaving. Dr. Schulze, *Herbdoc.com*, sees incredible healing results with herbal cleanses and super foods. The liver is a most important organ to care for and dread disease can occur if it only partially malfunctions. It is the hub of metabolism and toxin control. It requires quality care for robust operation. Combinations of herbs, Vitamin C, R-Alpha Lipoic Acid and raw apple cider vinegar help cleanse it. R-Alpha Lipoic Acid given intravenously is the critical care treatment for the liver along with Vitamin C mega dose. Bicarbonate soothes the kidneys. Fasting refreshes its stored glycogen molecules. Exercise and avoidance of high fructose corn syrups and other toxins allow the liver to be un-fatty and happy. Lemon/garlic/herbal/olive oil flushes are helpful and one can actually hear the gall bladder gurgle as it purges its bile. Silymarin or milk thistle is one of many herbs supporting the liver. Grapefruits cleanse the liver and potassium content is alkalizing.

Coffee enemas cleanse liver and bowel. Cayenne stimulates the liver. Stinging nettle cleanses the blood. Ginseng or eleuthero is an all-around energizer and mood enhancer. Beets, beet juice, kvas, beet tops like Swiss chard, asparagus, artichokes, broccoli and astragalus are liver and immune supportive. Dr. Weil frequently recommends astragalus for restoring immune strength, for influenza and many other conditions. Compounds in astragalus have been shown to increase telomerase levels causing DNA end caps to be repaired.

Anyone not experiencing daily bowel movements becomes toxic or “full of it”, as they say. Clays and green super foods grab toxins as fiber assists in moving them out of the gut. Candida and other unwanted intestinal inhabitants are cleared with oregano oil. Floral replacement occurs with probiotics.

Floral balance shifted toward staph bacteria lead to obesity and many other illnesses. Lack of breast-feeding initiates population imbalances as do sterile living conditions, pasteurized foods, processed carbs and sugar. Intestinal bacteria are the better part of our immune systems and so deserve special attention. Probiotica embed in and strengthen intestinal linings to stiffen intestinal walls, promote movement, restrict pathogens and prevent chronic autoimmune response as they discourage leaking. *Magnesium* and a corrected, high *fiber* diet are the essentials for great bowel function. In the stable of probiotic lactobacilli is a horse of a different color, *L plantarum*. This thoroughbred produces hydrogen peroxide and thrives on *manganese*. *L plantarum* is sourced from fermented foods and sourdough bread and exhibits strong antimicrobial activity. Ignorance of these points results in very unhealthy toxic fermentation.

I consider any plant not commonly known as a vegetable or fruit to be an herb. Then again they are all foods. Herbs have obvious vitamin and mineral contents that help account for their activity along with phyto nutrient characteristics. I mention only a few I use regularly, there are so many more. Internet searches will reveal those applicable to various conditions.

- **Cilantro oil and coriander help mobilize metals.** Dr Georgiu, practicing on the island of Cyprus, uses cilantro and chlorella extracts in his HMD detox formulation. Cooking fish with cilantro reduces mercury absorption and has become very popular in recent years. Oddly, the smell of cilantro is like that of stinkbugs and is the only herb I could never stand, but ironically the one I should have eaten. So many times the exact thing someone needs is the one thing they can not stand. Hot peppers, vinegar, organ meats, garlic, onions are super healing items never consumed due to these strange self defeating yuk aversions.
- **Oregano and many other essential oils score high on ORAC tables and are major medicines.** Oregano oil knocks out bronchitis, candida and other annoying problems posthaste, and is a universally beneficial go-to substance. Start with one

drop in a teaspoon of honey. *It is hot*, it will remove paint, so don't get it on skin full strength.

- The aroma of rosemary oil perks up the mind and is useful in radiation poisoning. I blend cinnamon, clove, peppermint and tea tree oils to use in place of toothpaste, all strongly antifungal and antibiotic as is olive leaf extract. Clove oil tops ORAC charts and is mouth numbing. Peppermint soothes digestive cramping by smoothing out spasms to restore motility. Stinging nettle is used for blood cleansing. Black (cumin) seed oil has been used on every ailment including cancers for millennia.
- **Tea tree and neem oils are effective externally for boils, skin infections like MRSA, acne and athlete's foot, etc.** Careful skin cleansing with soaps like *Dove*, sun exposure, elimination of sugars and carbs, hot peppers, *iodine*, zinc and nightly tea tree oil is the most effective acne protocol. *Over scrubbing* over-stimulates oil production from glands as it removes healthy oils that protect the skin from oxidation and microbial penetration.

Use herbs generously in cooking. Cinnamon, nutmeg, coriander, cumin, turmeric/curcumin, ginger, basil, thyme, oregano, lemon grass, etc., not only taste good but maintain health and boost ORAC intake.

There are countless herbs and botanicals that have thousands of properties beyond ORAC. Explore uses by various cultures, as topical applications, aromatherapy or direct ingestion. Check ethnobotanical information on the internet.

HERBAL TABOO

CANNABIS IS A PAIN-EASER and an antioxidant that has been used by man since the world began. It remains illegal in most states, which goes back to 1920s and 30s when it was squashed as a threat to forest pulp. The power elite of the day feared hemp fiber would compete with wood pulp. Today when it could be invaluable for medicine, fiber, energy, food and the electron rich Omega 3 content of its anti-inflammatory seed oil not to mention the economy, it remains irrationally lost to us as we are held fast by yet another anchor in time. Today it would not only threaten established fiber industries, law enforcement agencies and privatized prisons but alcohol and pharmaceutical interests in this "free" market.

Where alcohol produces manic behavior, cannabis allows reflection. America doesn't want its population that laid back. The Bible says that *all* plants are for use by man, but many well meaning religious adults try to irrationally protect the children who inadvertently gain fascination from taboo. In my opinion, no natural plant should be outlawed, and what grows in one's garden should be his business. Our grandparents cultivated poppies because opium is a godsend to those in pain or suffering severe

diarrhea. Archaeologists found that our most distant ancestors used cannabis.

Laws, ideas, rules and even religious prohibitions made by those long dead reach into and undermine the future, tethering us. On the West Coast medicinal marijuana growers openly tour TV reporters through their gardens. On the East Coast they are raided by SWAT teams and jailed? The crime it seems more accurately is the law itself, which prevents benefits to the suffering while creating misery through enforcement. Today, police departments and privatized prison corporations along with drug cartels and drug-makers profit from these laws. This area of health freedom should up to the individual, especially when really important stuff needs attention.

Marijuana is a benign relaxant when compared to what children turn to today. Pharmaceuticals, vodka bong, huffing solvents and video hypnosis are exponentially more harmful. Not only teenagers are affected, but grannies get cranky when they don't get their meds. Then when they do get their scrips, they can become bizarre-scary behind the wheel. Pharmaceutical anti-depressants are in such common use it is difficult to know how to approach people. Nearly every family suicide involves a troubled member that went to the doctor and casually received a prescription to improve their mood.

Marijuana is a safe, effective *pain* medication insanely and undemocratically denied the public. It is conducive to all healing as it elicits a *de-stressing* response when brain hormones are released. Cannabis causes a halt to capillary growth that feeds cancers, and encourages cancer cells to destroy themselves. *Glaucoma* is controlled to prevent blindness, but marijuana is no longer just about glaucoma. *Cancer, diabetes and high blood pressure* cures have been credited to potent raw *hemp oil* with THC, tetrahydrocannabinol, content intact. THC active hemp oil can be eaten, absorbed transdermally, sublingually or inhaled. *Depression* yields to smoking the cured herb and alcohol withdrawal symptoms are lessened.

Dr. Andrew Weil claims marijuana is *anti inflammatory* in the brain and has been used for *asthma, parkinson's, MS and alzheimer's* treatment legally in 16 states. Rick Simpson's hemp oil protocol has cured hundreds of diabetics and cancer victims and is said to quickly alleviate high blood pressure. The cannabinoids in hemp oil are extracted with alcohol or other solvents and concentrated into an oil/resin taken orally. It heals blood vessels, causes cancerous cells to self-destruct and mimics natural brain chemicals that apparently promote healing from the higher centers. Many doctors and notably the *AMA* are endorsing marijuana as a powerful anti inflammatory, pain reliever and aid to healing many ills.

Hulled seeds or hemp hearts are an Omega 3 rich food showing up in health food stores. Hemp seed oil, legal everywhere, is used in cooking and is totally imported from Canada when American farmers could use an easy cash crop. I am wearing a hemp shirt that is more like cashmere than cotton. The polluting energy inputs to produce it are next to nil. Paper can be made from hemp and houses can even be built of it. Attitudes seem to be changing!

DETOX

SURVIVING MODERN CHEMICAL contamination means detoxification must become a way of life!

Metals, chemical and pharmaceutical toxins are close to the inflammatory root of most disease, so pay attention here. Industrial toxins enter bones, brain, eyes and fat cells and pile into the liver and kidneys glomming on to cell membranes. Toxins negligently released into our environment or sprayed on our foods generate free radicals that disable DNA molecules and RNA communications, thyroid production and generally promote oxidative damage to our macromolecular structure, immune system and proliferation of pathogens.

- The first step is *mobilizing* those toxins into the blood stream from wherever they are hiding.
- Then they must be *chelated* or absorbed by substances in the blood or intestines or moved through the kidneys. Chelation implies clawing and grabbing of unwanted substances.
- Chelation clinics and holistic physicians use EDTA and other agents like DMPS and DMSA intravenously as chelators. They claw-back minerals like crazy. Arteriosclerosis can be reversed by EDTA chelation and doctors claim that heart bypass surgeries can be bypassed.
- There are oral versions of EDTA and DMSA that work as evidenced by the black mineral stains in my toilet, the remnants of my own metal load.
- There are also EDTA suppositories said to be more rapidly effective than oral versions but more costly.
- Mineral supplements must be taken to replace that lost to these powerful chelators or imbalances will occur.
- Enzymes taken along with EDTA and other chelators increase effectiveness. Scar tissue can encapsulate pathogens and associated heavy metals. Enzymes of fermentation and nattokinase, lumbrokinase, serrapeptase, bromelain and papain can dissolve these fibrin films to enhance and facilitate clean out.

If one is burdened by accumulations of copper, iron, mercury, cadmium, aluminum, arsenic, or lead, these loads must be reduced before cells can function properly and bring health. Ditto all the other compounds like pesticides, industrial chemicals, pharmaceutical

residues and their cell membrane and DNA crippling effects. *Detoxification is an essential therapy* for most disease and invaluable in treating cancer, heart/artery diseases, infertility, Alzheimer's, autism and diabetes. Viruses, fungi and bacteria thrive on toxic tissues.

Chelation studies on children with *autism* were just halted by the government though 1 in 111 American youngsters are afflicted! Any idea what the liability exposure would be if mercury/metals were finally proven to be a cause? It is thought the presence of these metals sets up an autoimmune situation and even encourages fungal and viral infestation as they turn off DNA sequences critical to immune function. Autism has been reversed via chelation plus enzymes, HBOT and other healthy oxygen infusions. Fatigue caused by viral complications like Guillan-Barre vanishes with mercury detoxification! Firefighters succumb to many toxins and are a focus of detox programs.

Chelation as an aspect of general detoxification is performed rapidly with IV administration but may cause nausea and other unwelcome side effects. *Detoxing gradually* is recommended by other schools of thought so as not to jerk your chemistry around violently or release too many toxins too quickly into the bloodstream. I tend to subscribe to the slow detox method. It took time for metals and other toxins to build up. Vitamin C rapidly removed symptoms so I could take my time cleaning out the backlog of those toxins without depleting necessary minerals. The completion took between 2 and 3 years.

Slow detox protocols involve many of the following elements:

- Obviously plentiful oxygen, antioxidant Vitamin C plus bicarbonate, generous clean water intake and electron-packed internal fluids make for strong circulation of Inner Ocean currents and are required preconditions.
- Moving toxins out of our fat cells, liver, kidneys, brain and bones can be accomplished with **Vitamin C/bicarbonate mega dose** as it renders them harmless.
- Oxygen, ozone, hydrogen peroxide or chlorite can oxidize toxins, molecular trash and metals.
- Antioxidants and bicarbonates supply electrons to neutralize toxins and metals so they do not reattach to cells.
- Garlic, onions and sulfur containing foods, and DMSO and MSM help detox.
- **NAC** (n-acetyl cysteine) increases glutathione. Sulfur containing **R-Alpha Lipoic Acid, zinc, selenium, iodine, niacin, coriander and cilantro** mobilize metals like mercury, aluminum and lead.
- Once the offending toxin is coaxed from its lodging, elimination processes are aided by healthy doses of **chlorella**, spirulina, chlorophyll, **potassium and magnesium**

rich vegetables, kelp, brown seaweeds, brown rice extract, burdock, alfalfa, dandelion, **fulvic acids or clays** to grab and help excrete them.

- Green juice fasting is very successful using the same principles. This is why chelator/absorbers are taken along with mobilizers and why an antioxidant and chlorophyll rich diet prevents toxic accumulation.
- Charcoal or even burnt toast is absorbent and was employed in the past.
- Cayenne, the closer, stimulates circulation and proper hydration flushes the harbor.
- Sauna or infrared sauna effectively moves garbage out of the pores while increasing chemical activity with higher body temperature. Skin rubbing or switching with birch branches stimulates circulation of blood and lymph. The cold water shock at the completion of the sauna or hot shower re-tightens skin and resets the body's thermostat. Glutathione levels, the body's naturally produced antioxidant, increase as sauna stimulates the body to produce its own antioxidant release.
- Clay packs and baths pull toxins out through the skin. Alkalizing baking soda baths along with magnesium chloride, magnesium sulphate (Epsom salt) or Dead Sea salt and clay baths, skin brushing and body rubs draw toxins and stimulate lymph circulation. Bentonite clay baths are commonly used to treat autism. I'm sure just soaking in ocean water moves minerals in and out through the skin. I have always incorporated cleansing elements into my lifestyle along with other healthy practices and avoidance of toxic situations. These choices are made every minute of the day.
- Again, when taking metal mobilizers like Vitamin C, chelators like chlorella or clay should be taken simultaneously so that the metals are whisked out of the colon and not reabsorbed into the bloodstream.
- The kidneys also expel mobilized and charge neutralized metals through the urine so super alkalize. Take bicarbonates, simple fruit sugars like cranberry, raw vinegar and hydrate. Maintain healthy bowel function with green roughage.
- NAC, R-Alpha Lipoic Acid and chlorella/spirulina can be taken 3 times a day.
- Don't forget that the detoxification process is acid forming so alkalize, hydrate and supplement Na, K, Mg and Se. Don't forget fasting either, possibly the most effective, free practice.

ACAM, *The American College for the Advancement of Medicine*, is conducting a study on heart disease using IV chelation and high dose Vitamin therapy. See ACAMnet.org to

see what integrative/holistic physicians are all about or to find one in your area. A number to call for that information is 1-888-439-6891. Holistic doctors may even prescribe pain medications or other drugs and be helpful in transitioning off pharmaceutical drugs.

Dr. Zieve, *Pinetreeclinic.com*, has developed detoxification protocols for dealing with deadly depleted uranium, the souvenir of war brought home from the Middle East by our troops.

I'd seek as much information in these areas on my own or get professional help. Detoxification helps all conditions! Remove the source of inflammation, keep DNA clean and the toxin flushing Inner Ocean currents running strong!

Detoxification is not recognized by medical authorities, yet some MDs use it or will quietly hand you a business card of a chelation clinic nearby. If they officially recognized a toxic link to disease, there would be no excuse for not condemning the unconscionable contamination of our environment and bodies by food, chemical, pharmaceutical, mining and energy industries. Most don't test and maybe they just like prescribing drugs for the zillions of different symptoms produced by the cocktail of modern molecules we encounter, one major cause of disease.

DETOX/FASTING — A MOST POWERFUL HEALING PRACTICE!

MANY DIFFERENT TYPES OF FASTS exist going back to the dawn of time when involuntary fasting was commonplace between kills or seasons. I doubt primitive man had regular meal times or even thought much about eating. When he found something he ate it. Fasting and hunger kick the mind into overdrive and strengthen the power of intent. When one resumes eating, high level mental activity disappears.

Water fasts, juice fasts, green juice fasts and liver cleansing fasts are wonderful for cleaning out and resting organs that have been overworked or overloaded. Popular of late is a weight loss and cleansing fast involving water, lemon juice, pure maple syrup and lots of cayenne pepper that have interesting healing antioxidant properties. It cleanses and flushes toxins and in 10 days you can shed a lot of pounds. Fasting detoxifies as do caloric restricted diets limiting food intake. Genetic expression is amplified while DNA is prevented from being toxically compromised. Fasting has always been a healing practice and will turn serious illnesses around!

Advocates recommend taking laxatives along with absorbing clays and chlorella. They caution that liver and bowel should be cleansed before fasting is attempted and that enemas be used during protracted fasts over three days. My one or two day version starts off with coffee as usual, clays, chlorella, a fresh hot pepper or two and Vitamin C mega doses every few hours through the day until bowels are empty. I drink water/unsweetened teas, take light exercise, keep busy, get sunshine and stay home. Severely restricting food is beneficial in serious disease along with our nutrient protocols.

The very best way for me to get started on my near total fasts is to have morning coffee one day when nothing is really pressing and the following days are open. Decide in that

now! Skip breakfast and start drinking tea or light diluted juices. Keep distracted at normal dinnertime and go to bed early. The next day or two are no sweat! If I get hungry I take a drink and walk out into the forest, but feet scarcely meet the ground. Auras streaking rainbows of energy glow from the vegetation and perceptions become crystalline.

Oddly, diabetes disappears with stomach stapling in the obese. This forced caloric restriction reverses inflammatory fat formation and hormone balances. I would look at fasting, modified fasting or eating small amounts of food irregularly. It seems that would impose similar restrictions without being cut open and stapled. It's worth a try.

Search information on fasting. I was warned against fasting with high metal levels and avoided the free therapy for a year until I felt comfortable. My first fasts made me a little "nuts" but allowed my mind to rise above the fog bank one stays in when eating hearty. I avoid strenuous activity while fasting, avoid driving and chainsaw work and break the fast gently with a little papaya or juice and avoid heavy fried or meat meals. After the first day, I want to continue. Usually the family freaks and asks annoying questions like why I'm not eating so I usually pick times when they are away or choose religious holidays used for traditional fasts, any religion!

Fasting one day a week is the surest way to live past the century mark. Don't let this short entry belie the value of a powerful therapy.

EXPERIMENTAL — ZEOLITE

ZEOLITE IS A TOXIN and pathogenic microbe magnet, electron-rich very negatively charged lava clay arrayed in a crystal lattice matrix. It physically traps and warehouses all positively charged toxins and may even change some subtle qualities of water. Zeolite in aqueous solution disrupts molecular attractions, oxygenating it, disrupting pathogens and even changes the very nature of water itself! Science is trying to understand it in attempt to find the mode of action. How does it destroy antibiotic resistant staph bugs or float buildup from the liver?

Normal liver function and membrane transport of materials like glucose and Vitamin C depend on shifting molecular polarity that controls molecular activity. Zeolite confers this ability through its own paramagnetic strength. It causes water molecules to become regimented into a directional arrangement strengthening H₂O polarity making water *wetter*. The strong paramagnetic properties of energized zeolite water attract all positive charges and remove metals and other positive ions. Zeolite also scrubs out dissolved nitrogen thereby boosting dissolved oxygen to make the solution highly antibiotic!

There are extensive claims made for zeolite and expensive preparations made of it. I am experimenting with it on the farm. Micro-fine zeolite powder can be taken internally, liquids are drawn from its solutions and colloidal suspensions are prepared. I have added coarser zeolite to the cow's water troughs and the dog's water bowl. I sip the water off a gallon jar full of water with a cup of zeolite settled on the bottom. You can replace the

water and the zeolite remains active for a long time. I even put a cupful into a stocking, throw it in the washer and clean clothes with it. I use no detergent and it keeps cleaning for months, amazing! Many report miracle healings taking 5000mg a day of finely powdered zeolite in capsules or concentrated suspensions.

Drink plenty of water when using zeolite because of its desiccant nature. Unlike other clays used for baths, *zeolite should not be used externally. Zeolite dust is carcinogenic when inhaled.* The skin burns after soaking in a solution as skin cells desiccate and become very alkaline.

Bulk 14-40 sized zeolite is about 1 dollar a pound from mines, see *Bearriverzeolite.com*. micronized colloidal liquid preparations may be \$50 an ounce. Zeolite being a specific chelator of positive ions and heavy metals may have less impact on normal mineral balances. It helps cleanse the liver and clear the yellow from the whites of the eyes which in itself can set the stage for powerful healing as liver function improves. Its effectiveness is in its charge and paramagnetic force in water inducing strong polarity in molecules, super oxygenation and other molecular surface phenomena.

Sacred clays and various bentonites have been credited with miracle healings, and many other types are in use for special purposes. These clays are found in fossil seabed deposits. When I think of clays I recall documentaries showing elephants traveling to certain outcrops to consume the dirt. I thought they were just lacking minerals like salt, and maybe they were. Man has consumed clays and used them on his skin since his appearance on earth taking cues from the animals. Biblical passages recommend using clays. Archeologists have found prehistoric man carried supplies of clay. They are drawing, paramagnetic and healing. Findings show clays to be highly effective antibiotics and chelators of toxins. Zeolite clays may turn out to be valuable and effective cures.

Your use of clays should be preceded by detailed study. The actions of all these muds are rooted in charge, redox activity, oxygen perfusion and mineral content. Clinical studies should have been performed on various clays to determine best administration methods. But again, clays can't be patented. There just ain't no money in dirt!

ANTI'S — VARIOUS NATURAL ANTIBIOTICS

WHEN THE BODY'S INNER OCEAN gets out of balance, toxins and metals are present, probiotic balance is upset, intestines leak and oxidative damage begins. Then the second phase of illness sets in as pathogenic microbes colonize poorly constructed fatty cell membranes, oxidatively damaged cells and tissues embedded with metals. Fibrin films and plaques form. Obviously these intruders need to be evicted and the fences repaired.

- *Mega dose vitamin C/bicarbonate, hydrogen peroxide and chlorite* act powerfully

by blasting oxygen throughout the system. Toxicities and chronic systemic infections infesting blood vessel plaques, heart, joints, lungs, etc., can intensify with deadly result. *Oxygen takes no prisoners.*

- *Omega 3 and healthy un-oxidized saturated and unsaturated fats like coconut oil or grass-fed butter* in general build healthy cell membranes which prohibit unauthorized bacteria/virus/fungi from entry. Modern junk fats make sleepy gatekeepers.
- *Iodine* is basic treatment for infection, cancer and all thyroid related problems and is taken with selenium but apart from antioxidants when used either internally or externally. Since the thyroid controls the immune system, it might not be a bad idea to respect it with ample seafood and fresh iodine.
- *Oregano oil* is a widely effective antibiotic used to control candida and halt food poisoning and diarrhea when used orally. One to 6 drops taken by mouth in a tablespoon of honey is a standard clear all. Employed in various topical applications oregano oil is diluted with olive oil. *Thyme, olive leaf tea and extracts, black seed oil, cinnamon, peppermint, fennel, clove oils, tea tree oil, neem oil, cayenne, garlic, onions, etc.,* are natural anti bacterial/fungal/viral and target various conditions with differing modes of administration. They also share super high ORAC ranking!
- *Bee propolis* is a glue-like substance produced by honeybees to patch holes in the hive or even to encase and entomb unwanted visitors like mice. Bees collect tree saps and convert them into a tarry resin but guess what? Propolis is an extreme antioxidant antimicrobial. Manukah honey is another antibiotic of nature created by virtue of honeybees collecting nectar from the medicinal manukah bush in New Zealand.
- *Organic germanium* is used for treating HIV through our now familiar antioxidant/oxidant mechanism.
- *Rife technologies and electromagnetic “zappers”* can also vanquish pathogen populations.
- *Coconut oil* makes viruses’ outer coating vulnerable to destruction and first choice in flu season along with *vitamin D* from the cod or the sun. Viral involvement may be the problem in diseases like lupus, rheumatoid arthritis and other hard to explain problems. Bacterial and nano-bacterial involvement is suspected in heart attacks and even cancers. Enzymes expose the little devils to deadly oxygen. They gotta go.
- *Grapefruit seed extract* is a powerful anti using only well diluted drops or a few

drops in a capsule taken with lots of water. Fresh papaya seeds are strongly antibiotic. A tin of thymol rids beehives of parasitic varroa mites safely and effectively through its vapors without resorting to dangerous chemicals that can taint the honey. Thyme oil and basil are powerfully antiviral. I can see wisdom in the Italian cuisines that use garlic, onion, basil, thyme, oregano, rosemary, fennel, peppers, tomato, any available greens along with olive oil and rare cheeses.

- Watching cooks in foreign countries work make it obvious our idea of proportions of spices to add to dishes is pathetically tiny. Handfuls of spices make the idea of food as medicine a reality. These common herbs and spices when concentrated in oil form are really serious medicines. They are used in different ways and can be dangerous unless attention is paid to proper administration. Oregano oil when taken properly can be marvelous but a stray drop can burn like fire.
- *Colloidal silver* is another proven antibiotic/viral/fungal that was helpful to me in curing toenail infections I got from spending long hours in the river. Toenail fungus responds to colloidal silver orally and to oregano oil taken by mouth. A few drops of oregano oil to a teaspoon of olive oil can also be applied directly to the nail. Pharmaceutical anti-fungals are dangerous involving the liver. Besides high-level oxygen introductions, individuals claim chronic fatigue, lupus and rheumatoid arthritis are vanquished with IV use of colloidal silver suspecting viral involvement in autoimmune problems. Colloidal silver can be nebulized to impact lung problems and restore function. I used it on the children when they had earaches/sinus problems. Silver can be added to a dog's water bowl for infections and to ease ageing.
- Heat is helpful for earaches. Heating pads, hair dryers or a sock filled with coarse sand heated in the oven can be applied. When I was a child it was common to use an idling cigarette. It was held under the outer ear opening allowing heat and smoke to rise up to the eardrum. Silver should be fresh or freshly generated with a simple electronic device and is safe to use. Garlic juice, strained from pulverized fresh garlic and diluted with a little water stings when dropped in the ear canal as it begins to destroy infection.
- Eustachian tubes can become painfully blocked during colds and sore throats. Fluid is held in the tube which connects to the middle ear. Salt water or common hydrogen peroxide is the first step in relieving inflammation around the opening in the back of the throat with a vibrating gargle. Peroxide on a long swab is very effective in physically removing bacterial plugs from eustachian opening and exudates on adjacent tonsils. The bubbling oxygen zaps the bacteria.
- Yawning wide helps open the area. A cervical chiropractic adjustment many times

causes tubes to open and drain. Another technique largely unknown is the endo-nasal technique. A practitioner places a finger cot on his chosen finger and applies topical anesthetic/lubricant to help slow the gag reflex. The opening of the Eustachian tube is physically manipulated and opened with the finger tip. Then there is coughing, gagging and heavenly drainage of every sinus. It is repeated on the other side. While not real pleasant, this technique is very effective and could help children or anyone with the problem. To me it is preferable to ear drum cut/tube/drain or antibiotics. Doctors should perfect this procedure. Perhaps an instrument could be designed to help physically dislodge the bacterial plug. I consented to allow a doctor studying the rare technique to practice on me many years ago. I have never found anyone who has even heard of this manipulation.

- I've used everything from wasabi and horseradish to drops of lime juice and hot peppers to clear sinuses. I tried diving 6-10 feet underwater to rapidly change pressure and cause drainage. When seasonal pollen allergies appear, a shot of ACV and saltwater nasal irrigation does the trick. Gentle is the watchword where a nose blown too briskly can drive mucous into the eustachian tube.

Before I studied tropical fruits, folk and bush medicine, I was under the impression that antibiotics were strictly of pharmaceutical manufacture. I acquainted Dr. Julia Morton of the University of Miami one day. Knowing that she had written "the" book on tropical fruits, I started asking questions. Later I would visit her in her stand alone library on campus that was built like a vault, looked like a bank and felt like a church, *The Morton Collectanea*. It is where all known scientific knowledge on fruits and other useful plants was gathered and secured. She, by example of her work, opened my mind to plants. I began connecting a plant's chemical contents with ethnobotanical and pharmacological usages. I brought along rare fruits to add to her display table on my late afternoon visits and she would make tea. Sometimes she would scold me saying, "Don't you know that plant contains such and such a compound, which is poisonous?" Or she would relate stories of the antibiotic or other healing properties of various fruits and plant parts, like papaya seeds or avocado leaves, for examples.

Now it seems that medicinal plants don't produce all the active factors themselves. Beneficial endophytic microorganisms may claim responsibility for antibiotic, anticancer or hundreds of other valuable biochemicals they provide to plant's systems, much like health's little helpers that inhabit our gut. Nitrogen fixing bacteria in root nodules of legumes have long been known to nourish the plant and soil. I have inoculated bean, pea and clover seeds to be sure the symbiotic bacteria were present. The idea of beneficials living *within* plant tissues is a great new discovery.

CHIORITE

CHLORITE IS AN IMPORTANT and powerful antibiotic/viral/fungal/parasitic. Chlorite was brought to my attention by a friend named Roger who had used it successfully. I didn't really believe him at first but didn't dismiss an idea I didn't understand. Though some people think I'm naive, it is just not my nature to react to outlandish ideas, but to file them away for future consideration. I figure some anecdotal stories are just too difficult to make up and why would anyone bother? He wasn't trying to sell me anything.

Cures of *AIDS, MRSA, hepatitis, cancers, pneumonias, TB, flu, shingles, parasite infestations* and most other horrific diseases are claimed by over 98 percent of the 75,000 patients in one study. Chlorite is FDA approved but a very well-kept secret. Investigate articles available from *mmsmiracle.com* and *miraclemineral.com*. The name sounds hokey, but this is seriously effective medicine! Obtain a bottle before the government wakes up and bans it. It is cheap and if it were widely available in the Third World it would save so many lives that overpopulation would quickly become more worrisome and famine even more common.

It is not my philosophy to attack micro life but to encourage the happiness of trillions of beneficial superstars floating in my inner galaxy. It's the least I can do since they are directly responsible for my strong resistance. Occasionally it is necessary to defend one's body from pathogens and then Vitamin C usually works. I keep hydrogen peroxide, oregano oil, colloidal silver, veterinary 7% iodine, and chlorite on the shelf just in case. Maintaining chronic low grade systemic infections can hamstring health and vigor and on a bad day bring one down. Once I picked up the thread of oxygen's effectiveness in healing, chlorite made perfect sense. It made Roger's day when I told him he saved Abby's life.

Trial

My first use of chlorite, sodium chlorite activated into chlorine dioxide by citric acid, was interesting. The first 3-drop dose made me slightly ill but I could feel activity in sinuses, Eustachian tubes and inner ear. Abby was "sick as a dog" at the time and hadn't responded to the vet's idea of antibiotics. When your dog quits eating and lies in the same spot for 4 or 5 hours it worries you. When she moves to a corner, it is damn serious.

There was no fever or symptom of infection in her, only labored breathing with a terrible hacking cough. I suspected toxicity or cancer from veterinary chemicals used to treat heartworms 6 months earlier or the possibility that the heartworm treatment itself had been ineffective. Whether the heartworms had been killed earlier or were even still alive, debris migrating to her lungs was leading to congestive heart failure. We will never know the exact problem? Chlorite helped the dog back to life on the third day after the vet was short one diagnosis. It was easy to dose her with a fat syringe stuck in the side of her mouth. After a few drops are squirted in the side of a dog's mouth, it will just start licking until the dose is swallowed.

It was more than a year after Abby had returned to the living. I had tweaked her diet with rare grass-fed ground beef laced with kelp meal, brewer's yeast and Vitamin C. I

stopped buying dry food largely made from grains and slaughter house refuse and her candida disappeared. Then she picked up fleas while evicting a feral cat from her territory. As I bathed her I noticed a swollen black area encircling one of her teats. The hair over the area had fallen out. "Damn it," breast cancer. I'd seen it before.

I broke out the chlorite and began dosing her daily with up to 15 or 20 drops orally. I also mixed 20 to 30 drops of activated chlorite with a spoonful of DMSO and rubbed this directly into the affected area. After a week the breast was looking better. Then after two weeks I stopped the chlorite and spiked her food with Vitamin C/bicarbonate for a week before returning to oral chlorite and DMSO/chlorite topically. I also painted the cancer with 7% iodine several times. After a month I took her into the sun to check the area. The hair had grown back and the skin color had returned to normal!

Start with small doses of chlorite for cancers so as not to overload the garbage disposing lymphatic system. Nausea and diarrhea may occur with the initial dose indicating the kill off has begun! DMSO/chlorite used transdermally supplies oxygen systemically as well. Citric acid activating solution can be made stronger than the oral 10% recommendation to reduce the volume of activated chlorite to be mixed with equal parts of DMSO liquid or gel.

Six months later as Abby neared ten, I noticed mange forming on her side where hair was falling out and she wasn't her old frisky self. This was easily treated with a peroxide/*Boraxo* drench followed by dusting with sulfur. The "cause" was mites which meant decreased immunity and sure enough the next breast in the chain was swollen and the nipple had become gnarled.

I wasn't about to lose my best friend. I steeled my intent, just like she had taught me so many times with her displays of total tenacity. I threw the kitchen sink at this cancer. Oral chlorite was begun giving her 15 drops once daily. Transdermal DMSO/chlorite and 7% iodine were used alternately on the teat. I made her dinner. Her nightly burger was loaded with extras. Fresh ground flax, Vitamin C/bicarbonate, selenium, colostrums, kelp and B-12 yeast were mixed into the grass-fed ground beef. The burger was cooked to rare and drizzled with cod liver and coconut oils. I also cooked liver for her. Baking soda and a few teaspoons of sugar were added to her water bowl and I injected the area around the tumor with warm 8% baking soda solution, warmed so she wouldn't feel it going in. By the fifth day she was perky and by the ninth she was absolutely frisky and on the job. The tumor contracted and became lumpy and hard.

After a few days off chlorite, she again declined and lost weight. Rereading the instructions, I found I should have been dosing Abby with up to 20 drops of chlorite 3, 4 or 5 times a day though all I could make her accept were 15 drops twice a day. She perked up the next day and after another week she was acting normal. The tumor had flattened considerably. I maintenance dose her for a week, every few months.

My own first use of chlorite saw ears and sinuses clear. Teeth and gums felt even better on daily chlorite. I took no Vitamin C, just chlorite. I stopped at seven days. The next day my bad tooth which hadn't bothered me for a year started to have a dull ache. I returned to taking Vitamin C mega doses. The tooth was better the

second day.

Since the doses of antioxidant Vitamin C and oxidizing chlorite or food grade hydrogen peroxide, last two hours or longer each in the bloodstream, they should be alternated through the day or will cancel each other out. I found an increased bowel tolerance to Vitamin C when using chlorite or peroxide. The extra oxygen used up more electrons!

It is prudent for those using chlorite to read all instructions carefully and again before use. Anyone with circulatory problems should use Vitamin C mega dose for a month or more along with Vitamin E, proline and lysine or soup to strengthen blood vessels before chlorite use. Start slowly with cancers and chronic long-standing problems because of the powerful action of chlorine dioxide generated from sodium chlorite. The activated mixture smells like bleach and is best taken in apple or grape juice. I dilute the solution with a little water for the dog. It is harmless to normal tissues and beneficial bacteria, but so effective that detritus overloads or weakened blood vessels may be problematic. I would use the same caution with food grade hydrogen peroxide.

Common sense tells you to start with tiny doses of any unfamiliar substance. Chlorite is powerful oxygen as you will see. Initial die-off of unwanted yeasts, bacteria or cancers can make one feel ill, but that is normal. I wouldn't trade that little bottle for a whole warehouse of pharmaceuticals. Remember such a firestorm leaves one in deep need of copious antioxidant electrons to sweep up the ashes.

WMD NOT TO BE USED INDISCRIMINATELY

EMPLOYING WEAPONS of mass destruction (WMD) on populations of our bodies' micro-inhabitants raises questions. Even natural antibiotics should be considered a last resort. I must frequently remind myself that our bodies are actually *biomes* housing trillions of mini passengers. Our passengers' comfort and safety depend on the conditions we create and in turn, those passengers can be very helpful to our cells, systems, and overall immunity. They even create vitamins and enzymes and symbiotically inhabit all animals and plants.

When populations become unbalanced we have problems. It is better to keep them happy instead of having to police them. They normally can maintain a friendly balance. Using anti's violently disrupts floral balances which then must be restored. Correct their living conditions pre-biotically, that is with foods that encourage beneficial bacteria and reintroduce probiotic strains.

When bad guys threaten heart, blood vessels, lungs, joints or potentially invite cancers the choice is clear. Combinations of super oxygenation, antioxidants and natural antibiotics are called for. They build no resistance and take no prisoners. They can be last resort treatments.

A COLD PERSPECTIVE

AN INTERESTING PERSPECTIVE on colds and flu came in an opinion from Dr. Ben Kim, *drbenkim.com*. He theorizes that colds and flu are brought on by beneficial viruses that attack compromised cells in our body that should be shed and replaced anyway. This rapid cleansing of weak and debilitated cells is unpleasant but just might be for the best.

Colds and flu may be a natural cell refresher where one is forced to rest. This may ultimately be a benefit to health. I like this theory!

The last flu I had was very healing after five days of bed and discomfort. I noticed a fever and that my spine became jelly-like and seemed to readjust itself. I didn't eat much but did drink tea. For days my toilet was stained black from toxic elimination, which also occurs with non-flu fasting. Generally, when cells are healthy, colds are rare. Toxic release via the destruction of burdened cells is *a good thing mon!* I will embrace my next cold but will probably prevent it with healthy habits and occasional preemptive fasting. I don't have that many cell replications left to squander.

If colds are a beneficial natural shedding of cells and bad membrane fats, Vitamin C could not possibly "cure" the common cold. The cold is a restorative process in motion that can't and shouldn't be stopped! Vitamin C does in fact prevent colds by cleansing cells of oxidant molecules before viruses can find them burdened and vulnerable. Coconut oil and other healthy saturated fats, Omega 3 fats and Vitamin D should come to mind.

If colds are *not* diseases, they are a command to rest and be cleansed. What more interesting perspective could be taken? The parallel, it occurs to me is "weeds". People hate weeds and fight them. A weed is not a scientific classification but a value judgment. In the wrong place any plant is a weed. What we call weedy plants are hardy and thrive on damaged soil. And thankfully they do! This is how nature begins to repair unhealthy soils. Experts can list the minerals lacking in soil just by noting the weed populations! When our cells are shot we get colds, when our soil is damaged we get weeds. See what a simple shift of perspective can do for your garden?

Flu

When a newly mutated virus appears and threatens life, it is prudent to take steps to weaken and dispel it. Garlic, onions, oregano oil, colloidal silver, hot peppers, olive leaf, grape seed extract, lots of Omega 3's and coconut oil, fish/krill oils, Vitamin D rich cod liver oil, spirulina/chlorella and green juices, probiotics and of course mega dose Vitamin C/bicarbonate are what to take. Food grade hydrogen peroxide or chlorite can be used if needed or added for chest complications. Inhaled bicarbonate or bicarbonate/hydrogen peroxide works against pneumonia. IMVA recommends taking magnesium and Lugol's iodine. Take 4 drops 6 times a day in water or rub Lugol's into skin. Take iodine apart from Vitamin C and other antioxidants.

Fever is your friend and a natural feature of immune response. Fevers should be allowed to flame and not be reduced artificially unless 104 degrees is exceeded or lingers for more than 6 hours. Aspirin could be dangerous at this point and ibuprofen inappropriate.

There are also Russian ideas of broken cell probiotic bacteria like Del-Immune V.

During the 1918 Spanish flu scourge, high-volume water enemas were used effectively along with bowel cleansing fiber and laxatives. Drinking large quantities of water was encouraged. Hydrate! Hydrate! Hydrate! Baths using baking soda combined with Epsom salts are quickly alkalizing, infuse magnesium and are valuable for colds and flu.

Bacterial and fungal infections are the killers after systems are weakened by influenza. Antiviral drugs have been said to increase the occurrence of these secondary infections and have other side effects. Curiously bird, pig and human flu sequences have been identified in the latest swine flu virus. It is unlikely this three-way combo was formed outside of a laboratory. Some think vaccines and the bug itself are part of a massive conspiracy to depopulate the planet. The object might also just be to make money. Time will tell.

Preceding the 2009 cold and flu season, it was publicized that cold viruses and fragments of viral DNA are to be found on toys and surfaces everywhere! The message was basically to sterilize your environment but no mention was made of protecting one's self or boosting immune systems with Vitamin D in cod liver oil or Vitamin C or raw garlic. While I wouldn't lick the doorknob at an airport, I feel phobic cleaning is overdone. Viruses are everywhere and bloom when compromised cells with unhealthy membranes are vulnerable. They mutate into forms unrecognizable to our immune systems when unbalanced conditions encourage them. We don't catch colds, we hatch colds!

*Epidemics also feed on "the news". I recall hearing of germ warfare experiments performed in the 1940's. Two towns were chosen. One town was "bombed" with leaflets, the other was not. Then days later the biological weapon was deployed. The town that was warned succumbed in high percentages. The town without warning had a very low incidence of infection and the weapon had poor military effectiveness. So thanks cable news, 24/7 coverage in advance of flu season really helps the public, **Not!***

HOT STUFF, AMAZING MEDICINE

CAPSICUM is the name of a most healing food family, the peppers! Generically, hot peppers are referred to as cayenne but that is just one of dozens of varieties of the genus capsicum which includes all peppers. Peppers are a member of the nightshade family along with tomatoes and eggplant. Sweet peppers are vitamin rich but the super hot-ties are strong medicine high on ORAC rating and powerfully anti-inflammatory. So

dependable are the hot varieties in healing a number of maladies I call them “*the closer*”.

Cayenne reduces wrinkles, burns calories and stimulates sex as the go-to circulation supercharger. Many people think they can not tolerate it, can't stand the burning in their mouth and think it will never end. There is no actual burning just a reaction of nerve endings with capsaicin that produces the *sensation* of burning. I usually don't think of hot peppers as medicine, but as food, and yet they are miraculous.

Tropical ethnics around the globe use them regularly and they are even rated in *Scoville units*, a measure of heat. Capsaicin, the chemical responsible for heat, enhances perspiration, circulation and mobilizes fats. It has healed me many times from frequent cold/sinus/chest symptoms which I no longer get. A dose is what makes your brow drip sweat. Fear not! The burning in the mouth soon stops and just about any hot pepper preparation will do it. Hot stuff taken with buttery or fatty foods will help keep the thrill to manageable levels. At first it burns like crazy but it is of great benefit to train oneself to eat the heat, and tolerance builds quickly. Start with Jalapeno or hot chilies and hot sauces and then work up to fresh raw cayenne, Serrano, Caribbean Red, Scotch Bonnet, African bird, or Habanero. Cayenne can be taken in capsule form, but I think the mouth burn is a part of its action. I pick a few on the way in to dinner from the eye-catching potted pepper collection growing attractively by the gate. I prefer the fresh hot peppers taken with food several times a day. It has been used in diabetes, on skin infections and aiding in detoxification. It evicts bronchitis clearing lungs, throat and the head following colds.

I got into jalapenos at a fried chicken joint in Liberty City 40 years ago. Maybe it was a macho thing at first. I noticed black customers ordered a few with their box of chicken, so I tried 'em. They had a good flavor and cut the greasiness in the mouth while aiding digestion. The next day at the beach my skin burned with a new tingle. Grease oozed from my pores and my acne oily skin improved. After just a few experiences one gradually becomes less sensitive to the heat and can take bigger doses to really make the brow drip.

Growing up in Miami in the 1950s was warm but pleasant and the thermometer rarely hit 90 degrees. Native vegetation was stripped from the land as development increased and black asphalt took its place. Summer temperatures then stayed above 90. By the seventies I began collecting all the various cultural heat relieving tricks of black Americans, Africans, Bahamians and from Seminoles, miccosukees, Cubans, Puerto Ricans, Jamaicans, mexicans, Indians and Filipinos and I still miss the mix of that ethnic soup. Hot peppers, curries, chutneys and espressos were universal as were cooling mangoes, limes and melons that helped one chill. White cotton clothing or little clothing and cold showers helped but air-conditioning was the hands down favorite.

A Cuban mechanic I worked with in a boat factory as a teenager was always at the water fountain. He was drinking frequently as expected in the suffocating summer heat, but then he ran ice water on his wrists. On the ocean in summer we put feet in ice water or soak towels in the cooler to apply to the head and neck. Inland, North Florida gets even hotter. We just jump in a cold spring on scorching afternoons, may they ever flow.

Accelerated Circulation Quickens all Healing

Capsaicin can be used in the mouth along with other herbs for oral health.

There is a solution for eye washing called *Eyebright*, which is incredible for sore tired eyes. It burns for a minute, producing tears as part of its action which I have benefited from for over 20 years.

Rubbed on the skin in lotion form it brings warmth and circulatory stimulation and accelerated healing. Mixed with DMSO and Emu oil, it penetrates to soothe joints.

Capsaicin is added to nasal sprays like Sinusol. Hay fever allergies and bronchial infections fade as capsaicin works quickly in the lungs. I used to carry bottles of cayenne and hot sauces in the car in case I wound up eating out.

The list of hot pepper benefits is long. Carotene and Vitamin C content is high as in sweet peppers like paprika. Redder riper peppers have the highest vitamin content but the hottest ones are powerfully healing

- Outspoken herbalist Dr. Schulze is a strong advocate of cayenne following Dr. Christopher before him. He includes it in many formulae. One tablespoon of common ground cayenne has been given to *heart attack and gunshot victims* by mouth to quickly stop the coronary or internal bleeding. Cayenne powder can be packed into wounds dry to stop bleeding and enhance healing. It is great first aid. Seeming contradictory, cayenne is also useful for heart and circulatory problems with its anti inflammatory and circulation enhancing properties. Schulze dosage is a teaspoon to a tablespoon of cayenne powder mixed in warm water taken 3 times a day.
- Sam Biser wrote a book, *Healing With Cayenne*, many years ago and it is now in its 6th edition. His website features a recipe to ward off or treat the flu. Start with habaneros, fresh garlic, horseradish and ginger. Blend that up with olive and sesame oil and apple cider vinegar and take by the spoonful. This is not something to take casually but when sick and desperate. You can feel it go to work! He also has a number of first aid suggestions. See *SamBiser.com*.
- Kelley Eidem outlined his prostate cancer cure consisting of fresh habanero pepper and fresh garlic grated on bread and slathered with butter to quash the burn along with large doses of cod liver oil and ginger. Reversing stage IV cancers tells me hot peppers are strong medicine. Others have used it on Type 1 diabetes.

Many things I take are unpleasant at first, like flax/yogurt/yeast/kelp, vinegar/honey, Vitamin C/baking soda, some organ meats, fermented foods or odd fruits, but they all have real benefit. Being squeamish and insisting everything taste like soda pop is a handicap. The yuk factor prevents many folks from ingesting garlic, onions, vinegar, cod liver oil, fat, and etc.

Black pepper is *piper nigrum*, a different plant family. It is said to multiply nutrient

absorption. I like the taste. My culinary curiosity makes it hard for me to *not* try every edible on the planet.

Science needs to investigate hot peppers along with many other natural plant substances that just can't be patented or sold for 100 or 100,000 times their actual worth.

SOUPSOUPSOUPSOUPSOUPSOUP!

The Beautiful “Beauty secret” | the essentials of reconstruction

HYALURONIC ACID (HA) has buzzed the supplement market over the last few years. It is associated with extra cellular connective tissue matrix, skin, bone, cartilage, joint lubricating fluids and fluids in the eye. It changes with age, and its production is related to glucosamine and joint hydration. Though I had tried glucosamine for shoulder pain, I got the best results from flax. A chiropractor had adjusted an old rib injury and re-healing would require re-building that cartilage. Simultaneously and serendipitously I had the oddest craving for pig's feet! I remembered having pig's feet when I was a kid but only cooked them rarely myself, out of nostalgia I suppose.

This new craving got me thinking that maybe my body needed cartilage or collagen and various other amino acids like HA. I had to stop and think where cartilage might be found in foods. I could only come up with shark, which stinks, but whose cartilage winds up in capsules or the ends of spare ribs, chicken soup, deli headcheese, bone/cartilage stews and broths and reliable fish chowder made from fish heads and spine.

Fish chowder had been a family tradition since Uncle Charlie showed my mother how to make it. He and Dad came home with a nice snapper one cool fall day. I liked the tomato and pepper spiciness so I made it a habit to “put up the chowder” after the fillets were removed. I fished a lot and every time I caught grouper, snapper, tile or other nonoily fish, we had chowder. I remember rushing to the barber a few days after every pot of fish soup, year after year because hair (and nail) growth was hyper stimulated. It is now off my menu due to mercury.

Pig's feet have plenty of cartilage. When it dissolves it becomes the gelatin that forms after cooking and chilling, just like fish soup. I soak the feet in strong salty water, rinse well and cook for an hour and a half in water with salt, spices, hot peppers, a few tablespoons of vinegar and lots of fresh garlic. Collagen releases best in an acidic soup so always add vinegar, lemon juice or tomatoes. (Also remember an acidic pH will dissolve bones and cartilages in you!) Fat is skimmed and the gelatin is eaten cold along with the trotters. The firmness of the gelatin when chilled indicates the best soup. It ranges from chicken soup to oxtail to fish chowder with pig's feet being the stiffest product. Few people know to key in on this critical skin, joint, bone and blood vessel building gelatin.

*Amino acid components of collagen form all connective tissues with help from

Vitamin C; it's what we are made of.

We are constructed or deconstructed depending upon the charge environment, alkalinity, and the availability of oxygen, amino acids and Vitamin C. Calcification and uric acid metabolites attack joints when those conditions are not met. Internal acidity dissolves bones leading to osteoporosis. Can you see the broad implications of Vitamin C/bicarbonate and appropriate nutrition? Bones, teeth, skin, ligaments, tendons, joints and blood vessels are the constructions and amino acids which form proteins, minerals and Vitamin C are the bricks and connective mortar, the structure of your "home"!

While concentrating on building materials to reconstruct connective tissues I hadn't noticed the theft of collagen. Homocysteine destroys collagen. Adequate intake of Omega 3, Vitamin C, folic acid, B-6 and B-12 control high levels of inflammatory homocysteine to prevent stroke, osteoporosis and protect collagen in bones, blood vessels and elsewhere.

Simple ancient logic will tell you to consume that which is analogous to a problem; heart for heart, liver for liver, bone for bone and cartilage for cartilage or even coconuts for the head. The Bahamian version of pigs' feet is a "sour" or stew made with lime juice, tomatoes, peppers, onions and garlic after the feet are parboiled and the fat and first water discarded. Jamaicans make oxtail stews with lots of hot peppers. Jewish penicillin can be made from whole farm chickens or a bunch of backs, necks and wing tips. Old World headcheese is firm and tasty if preservatives are not used. Beef stocks and stews made with meaty bones, wild duck soup or neck bones and rice provide the desired amino acids, more or less. Asians make combination stocks of various cheap animal parts and crustacean shells along with ginger, curcumin, coriander, lemon grass, pineapples and hot peppers. Pick any country and each has its own national soup. Sounds like medicine to me! Americans like fake soup.

We don't eat organs and cheap parts in this country anymore nor do we make soups often, systematically avoiding that awesome nutrition. The *yuk factor* finds modern man building brick houses without mortar and even poor quality brick! I crack-up when young cashiers reluctantly handle my pig's feet purchases with two fingertips.

Honoring one's cravings is very important whether it is oysters (sea minerals), grilled fresh heart (CoQ10), liver, bone broths with dissolved marrow and immune tissue or pig's feet! many cravings occur seasonally like early spring strawberries and asparagus, early summer baby lettuces, blueberries, heirloom tomatoes, watermelon, pineapple and mango, early fall artichokes, grapes, and carotene-rich persimmons, pumpkins, sweet potatoes and squashes, or winter citrus, cabbages, kohlrabi, collard greens, nuts, venison, hearty sausages and pig parts.

Flax, sulfur-containing foods and supplements like MSM, topical DMSO concoctions that supply antioxidant sulfur transdermally, Vitamin K and alkalizing magnesium chloride (oil) sprays/rubs/footbaths help joint pain, osteoporosis and arthritis. I found quick joint pain relief by rubbing a bit of fresh habanero and some emu oil, which contains absorbable linoleic acid, over the area followed by DMSO gel. The effects come on gradually and last for three or more hours and reach total intensity out in the sun. I

wouldn't use it on tender skin but it does the job for hands, shoulders, back, knees or ankles. Use care because it burns, but feels so good.

I'll spend my money on \$1.00 a pound flax, meaty bones and pig's feet, an occasional slice of fresh pineapple and free anti inflammatory items like ginger, turmeric or healing hot peppers from the garden. Along with antioxidant/anti inflammatory therapies, *these foods tame joint pain by rebuilding joints*. Be patient. A month or so of eating pigs' feet or other cartilage/bone soups and frequent magnesium rubs along with the other ideas worked better than glucosamine and MSM. Soon you find your body reconstructed and your money still in your pocket! A small pot of six or eight pig's feet will last a week, eating one or two plus the gelatin daily. Perhaps I should have tried shark cartilage purported to have other healing properties, but it reeks. maybe strong odor aversion means something, like my strong dislike for cilantro that I should have eaten by the bushel!

In Japan, women eat collagen and rub it into their skin daily. They have beautiful healthy complexions. That's a real beauty secret! You can make a lot of soup for cosmetics money. Japanese collagen supplements are derived from fish, shrimp and poultry sources. Face creams add seaweed. A touted collagen supplement is a concoction of shrimp shells combined with grape seed extracts produced in Italy. Vitamin C of course is now appearing in its many ascorbate forms in scientifically designed cosmetic formulae. The other beauty secret, of course, comes from within; being happy and feeling beautiful.

Good old *Knox gelatin* is a highly processed collagen source. While I prefer homemade soups, convenience and access to continuous quantity is inexpensively found in every grocery. Knox Gelatin has been used for years by people for their nails and joints, but I never knew why. Glucosamine or hyaluronic acid sound a lot more exotic.

- American plastic surgeons use the "new" beauty secret and inject collagen into peoples' faces. They use collagen from pigs because pigs are our closest genetic match. You could eat pig's feet until the end of time for the surgeon's fee. Add some krill oil, Vitamin C and E and *rebuild your entire connective tissue component!* Recovery from surgeries, joint, tendon and ligament injuries or common joint erosion occurs in 2 to 6 weeks. DMSO/emu oil/ capsaicin rubs help as do magnesium supplements and body rubs. An anti inflammatory therapy for painful joints using lasers is being employed by chiropractors and veterinarians and holds promise.
- Once your tissues are healthy, exercising the underlying musculature of the face can provide a natural face-lift. Find Cynthia Rowland on the internet for a pleasant surprise.

I can not see the point of taking dangerous drugs endlessly. The "conclusion" of

most drug treatments is not healing but more. This simple addition to the diet impacts how many diseases? Who in the heck would think eating soup daily for six weeks would heal painful joints and strengthen others? Or heal blood vessels? You wouldn't do it unless you recognized the principle! Since our joints, ligaments and tendons contain few blood vessels there is a transportation problem of getting nutrients where they need to go. Capsaicin turns rutted dirt roads into slick black four-lanes. The trucks roll quickly.

Inflammatory rheumatoid arthritis probably has a viral component. Coconut oil, Omega 3s, anti-virals and anti inflammatory steps help along with Folic acid, B-6 and B-12 to protect joints, skin, blood vessels and bones from the further ravages of homo-cysteine. Success using Vitamin C/bicarbonate mega dose, Vitamins E and K, magnesium, manganese, enzymes, chlorite, food grade hydrogen peroxide and ozone is common with arterial, autoimmune and inflammatory diseases.

The American idea of soup is something out of a can, what I call *dead soup*. Contrast that with soups made from scratch with bones and vegetables and old world craft. Step it up with multiple pig, chicken or seafood parts plus vinegar, lemon or lime making the basic stock and dozens of herbs, vegetables and fruits added at the proper moment so each is perfectly cooked at serving. A soup pot is a big pot and it is alive. Learn the basics and see how much nutrition could be added with exquisite variety from the market or odds and ends out of the garden or freezer. See how many colors, cloves of garlic, hands of ginger, obscenely hot peppers or enzyme-rich pineapples and papayas can fit.

We are built of matter and matter we must consume. As we admire our body, our home, we care for it intelligently and it becomes healthy from the foundation to the chimney. Then we fill it with laughter!

SUNSHINE

SIMPLY SUNNING ONESELF like any cat or dog, cleanses the skin. It produces all manner of beneficial reactions. There are mystics who absorb sunshine by staring at the sun just after sunrise and just before sunset. Others “stare” at it with eyes closed. It replaces food for them. There are therapies where healing has been claimed from exposing one's blood to ultraviolet (UV) light before returning it to the body. I open my mouth and sun my palate and tongue.

Photons striking molecules kick up electrons, energizing or freeing them from outer atomic shells. Sunlight generates electrons in our skin like it charges antioxidant nutrients throughout the green plant kingdom. In the reverse action, bio-photons are released at the behest of DNA through electron exchange during biochemical activity in our bodies. Extreme physical health is characterized by a strong bio-energy/bio-photon field generated by electrons.

If you think about it, we are translucent creatures. Ever shine a flashlight through your hand? Pulsed and steady emitting lasers commonly employed in Europe are just

appearing in America. They were initially used by veterinarians for joint problems in animals. Laser therapy equipment is now appearing in chiropractic offices to treat joint pain, nerve pain, edema and inflammation seeming to act like an antioxidant. Electrons, electromagnetic fields and light are foundational mysteries of matter and invaluable to the understanding of healing our material bodies.

Solar winds, somehow related to sunspot activity are proton/electron flows along with a wide range of radiations. Sunspots occur in eleven year cycles. Solar winds and solar magnetic strength are also at cyclical lows at this writing. Solar radiation frequencies speak to our molecules and sing to DNA with the pulses of the universe in the moment. As the magnetic field of the Sun decreases, so does the magnetic field around Earth. Then Earth's solar radiation deflecting ability diminishes so we are drenched with *more* intense solar energy, heat.

Whenever I got sick, while growing up, I would head to the beach for a few hours of sun and saltwater. In winter I sought a warm spot out of the wind to strip down and grab some rays. I'd even take a quick dip, get out and shiver for a few minutes. It always helped.

Several cloudy days in a row leave me feeling devoid of energy. When the sun finally breaks out, I pull off my shirt and get some. They say people who work graveyard shifts are twice as likely to get cancers because their circadian rhythms are disrupted, but they also get little sunshine. Smart businesses should declare a paid half hour each workday for employees to get sun. Better health and mental performance would result.

Africans and other dark-skinned races are particularly prone to deficiencies of Vitamin D because beneficial reactions are difficult when sunshine penetration of skin is low. There is one more reason to love cod liver oil and seek out raw milk. *Your bones depend on calcium/magnesium balances along with vitamin D produced in the skin, dietary intake and pH/electron environment.* Skin will not react badly to prudent sun exposure if adequate Omega 3 fats, Vitamin D, A and C are present. It is also beneficial not to scrub the natural oils from the skin after sun exposure because those oils are part of the game. Full spectrum light panels help the moods of many in dark winter months. North of the latitude of Atlanta the sun is not strong enough to supply sufficient Vitamin D so supplements become more critical. Winter finds people vulnerable to all illnesses as sunshine Vitamin D levels plummet. *Obviously low vitamin D stores coincide with the cold/flu season.*

The infomercials surrounding the huge sunscreen scam never mentioned dietary Vitamin D, Omega 3 or antioxidant intake to protect skin cells, but instead marketed carcinogenic lotions to slather on the skin were. There are, however, safe titanium or zinc oxide sun blocks, but simply covering up works for me. They didn't report the huge cancer increase after people were scared out of the sun. Breast and colorectal cancers doubled. Minimized sunshine Vitamin D cripples calcium absorption along with deficient saturated fat intake and is another reason osteoporosis is rampant and

medicated like crazy. Does 2+2 still equal 4?

Katie Couric reacted to the loss of her husband by urging millions to get a colon cam threaded up their rear ends. Mothers dutifully coated kids with sunscreens and left them in the sun for many hours because they didn't burn, but they also never tanned as they should have. Sunscreens and sun phobia reduced Vitamin D production encouraging colon cancers while all those children sustained deeper UV burns.

Dermatologists still repeat the, "stay out of the sun," mantra. Couric still crusades for colonoscopies with never a mention of natural sunshine, nutritional prevention, taking antioxidants, magnesium, manganese or even suppositories or coffee enemas, fiber or healing clays. "If we can just raise enough money," they cry, decade after decade.

If you receive your health information from popular television, you will probably end up at a popular doctor or hospital or cemetery and spend large in the process. Winter flu season never sees mention of Vitamin D, just thousands of insistent urges to get flu vaccines and wash your hands. Such is marketing and mass psychology. Common sense is optional. Our quest for voluminous chemical food production has led down so many bad roads and encouraged such twisted innovation that to patch those roads is a waste of time. Working therapies were abandoned or repressed all along the way.

EXPERIMENTAL ONLY – GONE SOLAR!

I AM EXPLORING SUN GAZING (check internet). Photons generate electrons, exactly what we are seeking and that's energy! Solar energy through the eyes, optic nerves and into the brain or striking the blood vessels inside the mouth somehow makes sense to me. Bio photons are said to carry out internal communications so I can imagine that solar photons initiate a "conference call" with our Sun. Claims of enhanced intelligence and reduced requirements for food are made when 20 minutes of precious sunlight at dawn and dusk are absorbed through relaxed staring. Practitioners start with 10 seconds a day adding 10 seconds more a day until 20 minutes are reached months later. There are references to a practice like this by ancients in the Americas. The Essenes and Therapeutae in the Middle East as well as a number of other solar religions enjoyed a brief existence 2,000 years ago. Who can even imagine what is lost in time? It took me just 30 years to revisit Linus Pauling after being thrown off the track.

I stand barefoot in my garden on Mother Earth watching Father Sun break over the horizon and set once again behind a red and purple sky and marvel at this life. Then the eternal battle begins; natural oxygen and man-made oxidants versus captured high energy solar electrons.

EYES

MY EYESIGHT WEAKENED for many years until recently. I had trouble reading fine print unless the light was strong, would tire easily and computer work would give me

terrific headaches after 20 minutes. I refused eyeglasses for many years having tried them in college where all the study took its toll. Eyeglasses were crippling in that without them one becomes handicapped and eyes get weaker as the prescriptions are made stronger.

I did get a magnifying viewer that made the computer screen bearable. It is a lens suspended by an arm in front of the screen that allows hours of reading.

Then I happened on a pair of pinhole glasses on the internet and print became sharp with them and the exercise is to wear them for 30 minutes a day while watching TV, foreexample. They really seem to help and I can function without glasses.

Eye exercises have been around for a long time, but I never stuck with a program. Along with exercising the eyes, relaxation of eye and neck muscles seems to be the answer to restoring visual acuity. Nervous tension and stress take their toll on vision. Medical marijuana has long been used to reduce internal eye pressure in glaucoma. Relaxing eye muscle tension could be a secondary benefit. A glass of red wine, a cervical adjustment or head and neck massage could help. *Eyebright* eyewash results in relaxation as well.

Though lots of oxygen and antioxidants are primary, I saw improvement from Vitamin A-rich cod liver oil, krill oil and after adding astaxanthin, zeaxanthin, R Alpha Lipoic Acid and lutein to my regimen, giving my vision some stamina. I suspect larger than food source quantities are needed and so turned to supplements. Deficiencies in these carotenoids lead to macular degeneration and blindness. Mercury concentrates in the retina, not a good thing and calls for RALph, R Alpha Lipoic Acid. I graze on fresh parsley, munch garden carrots and eat more colorful pigmented foods or toss pounds of them in a blender. Zinc, anthocyanins from blue and purple vegetables, bilberry and other colorful berries and pycnogenol have also been recommended. I wonder if anyone being fitted for glasses was ever instructed in eye nutrition or simple relaxation.

Eyebright herbal cayenne eyewash is heavenly for sore tired eyes. Some add n-acetylcysteine, NAC, to an eyewash solution or combine it with *eyebright* to treat or prevent eye disorders like macular degeneration and cataracts. Getting small molecule antioxidants into the eye and optic nerve is difficult, thus the direct approach. Capsaicin stimulates circulation getting NAC to the job site. The initial sting of these eyewashes makes me lie down for a few minutes and tears flow. The relief is heavenly obvious.

We always used boric acid, 1 teaspoon to a half cup of hot water, as eyewash for sties or pinkeye-type infections. Hot compresses help with itchy sties. They are infected tear ducts which drain eventually.

It's nice not to wear glasses or have to keep track of them and I can still read the newspaper and shoot a rifle. There may be positive benefits from solar gazing.

ELECTRONS

I CAME UPON AN IDEA relating to electrons, *earthing*. It seems that man evolved sleeping, walking and swimming naked on the surface of the planet and was usually electrically grounded or earthed. We now live most of our lives electrically insulated and

ungrounded in non-conductive buildings, vehicles and shoes.

About ten years ago, Clint Ober asked a question of himself while working with electronic cables and grounding. One track led to another and it was found that natural electrons act as antioxidants and clinically reduce inflammation in those chronically stressed. Improved sleep and healing were reported just like that found with ample antioxidant intake. This led to the idea of a grounded conductive bed sheet. It has been tested on *Tour de' France* bicyclists and chronic rheumatoid arthritis sufferers. Before and after thermographs, which detect inflammation, saw positive results with grounding. Physical injuries and surgeries have accelerated healing.

There is also the thing about cell phones and other artificial invisible man made radiations, how they ionize molecules. Cell phones have been deemed more dangerous than cigarettes. Microwaves now saturate our country. Screens, appliances and electronic gadgets all produce positive ions around a creature that spent his history among trees, grasses, waves and waterfalls in a very negative ion rich environment. We went from antioxidant or negative-ion rich surroundings to highly oxidative, positive ion-rich and acidic ones.

Electron flows induce magnetic fields, and magnetic fields cause electrons to flow. The Earth itself is a magnet, and polarized molecules are paramagnetic. Regimented polarity can be induced and the strength of polarity in molecules of cell membranes, for example, enhances transport ability. It is difficult to visualize the invisible electron cycles in nature and in our modern environment. Everyone has seen a spark fly from fingertip to car door on cool dry days, a static electrical discharge. Miles of nerve bundles carry electric currents. Our bodies generate electric potentials and currents, electromagnetic fields, auras and light. Electrons un-noticeably flow from our bodies to the earth and back to our bodies. Electrical potentials in soils are an indicator of nutrient holding capacity as they must be in our bodies.

Anxiety and depression have been linked to the buildup of positive ions, with relief found by simply going barefoot in the park or in the sea air on an ocean beach. We know that lack of electrons is inflammation and now we have some ideas of recharging them.

The United States Government and Navy and other world powers have been experimenting with generating huge amounts of electricity from surplus natural gas near the Arctic Circle, *the HAARP Project* that is clouded in mystery and conjecture. *HAARP* is said to be able to control weather, destroy electronics on planes and satellites, be used for mind control, may even be used to trigger earthquakes and has been called the *Death Ray*.

All modern electrical activity and resultant fields have been associated with disease, scorched auras, the disappearing of bees, and the huge reduction of birds in recent years. Migrating animals depend on magnetic molecules in their brains that become scrambled

by man's electronics. Earth's own magnetic field is weakening and faltering.

Forward-looking scientists employ healing frequencies, currents and fields. The idea of solar-photon generated electrons being consumed from the plant kingdom to build one's bio-energy field to sustain and invigorate the human organism, should already be tattooed on your mind-screen.

GUMS

SEVENTY FIVE PERCENT of Americans have gum disease! Gum disease is a certain result of oxygen and antioxidant electron shortages. Oral hygiene and mega dose Vitamin C/bicarbonate stop it.

Many things improve gum condition a little bit, but don't reverse it. Bleeding gums are the closest thing I have to an electron meter indicating a need for oxygen/antioxidants. Gum disease means there is a general state of toxicity and infection below the gum line with anaerobic bacteria present and is accompanied by inflammation, destruction of bone, erosion of the linings of blood vessels, precancerous conditions, a forewarning of many other problems. Chronic scurvy they call it.

Simply fighting common bacteria and nasty anaerobes attacking gums and jawbone is ultimately a waste of time because bacteria are invited to tissues lacking immunity. Sweets feed them. Conditions welcome them when oxygen is low, and circulation, nutrition and hygiene are poor. People say things are going around and so and so had it. In my world, so and so lost resistance and usually nothing was going around. Even when there is some bug affecting many, it finds those with low immunity and weak minds. Such is the fallacy of the germ theory of disease. You were healthy until tissue damage occurred and the immune system faltered. Vitamin C and other antioxidants are essential in powering that system and flip-side oxidizing bursts are crucial in the initial repair.

Along with mega dose, a paste of baking soda and common 3% hydrogen peroxide is packed into periodontal pockets with a fingertip or a rubber stimulator and left in place, sort of, for a few minutes. Brushing with baking soda and a sip of peroxide is another messy but effective tactic. Start with just a minute or two because there seems to be a synergy here. Baking soda so enables oxygen that burning of gum tissues can result if left too long.

Peroxide will help rapidly bring down infection and inflammation in periodontal pockets. A 3% hydrogen peroxide or peroxide/baking soda solution can be injected directly into inflamed periodontal pockets. A fine blunt needle, angled at 45 degrees, is used on a small syringe to squirt a few drops directly into pockets. A hygienist may have one or search the internet or try *vita-pick*. Large pockets that are wont to heal may require the weekly peroxide irrigation treatment. Oregano oil by mouth with honey helps, too.

A thorough cleaning by scraping plaque down to and below gums is first treatment for gingivitis. Plaque is bacterial crud enhanced by a diet of sticky refined carbs and sugars and attractive electric charges. Acids formed by bacteria begin the tooth decay process.

Anaerobic bacteria become established below the gum line and one's body creates inflammation. Scurvy! Brushing with commercial toothpastes is not as effective as brushing with *Dove Soap*. Fluoride, aluminum, other metals and other substances contained in common toothpaste can encourage bacteria and become absorbed through tissues in the mouth. The unquestioned habit of using toothpastes creates untold tons of pollution every year.

Brushing with soap sounds nasty, but after using it a few times one gets used to it. Soap beats putting toxic waste in the mouth several times a day. There is also an oil formulation that is very effective called ORAM, a blend of oils that are extreme antioxidants. Other blends of essential oils are appearing on the market, cling to teeth and gums and deliver antioxidant benefits. Three drops of cinnamon, peppermint, clove or tea tree oil does a great job. A toothbrush that had been used with oils for brushing can be alternated with hydrogen peroxide, baking soda or soap where the residual flavor helps. Brushing with hydrogen peroxide or clove oil relieves tooth pain.

I use an occasional mouthwash of 3% store bought hydrogen peroxide, held in the mouth for five minutes though some doctors recommend using diluted 35% food grade. One ounce of 35% food grade hydrogen peroxide diluted with eleven ounces of pure water gives approximately 3%. Handling food grade hydrogen peroxide is dangerous, must be done with care and the concentrate kept in the freezer wrapped in heavy plastic. Holding peroxide in the mouth for five minutes may also get to viruses like HIV and bacteria in root canals and is recommended for removing that difficult to reach source of re-infection. With baking soda added to hydrogen peroxide, five minutes is too long and the solution will begin to burn gums.

According to my hygienist, who does nothing all day but look into mouths, popular alcohol based mouthwashes like the overuse of booze itself can contribute to cancers, particularly oral cancer and make mouth tissues very unhealthy looking. Oregano oil will burn alcohol damaged mouth tissues.

Baking soda rinses alkalize the mouth to reduce decay causing acids. Brushing with baking soda is too abrasive for daily use but is great to occasionally remove staining. The neatest toothbrush I found electro-statically causes stains not to stick to teeth. It is called an ionic toothbrush and uses minute electric charges to cause repulsion of stains and tartar from tooth surfaces. Dr. Tung's Ionic Toothbrush is better than any other brushing idea. At \$20 it's a bargain and nothing keeps teeth so clean.

The awareness of *things sticking to surfaces* is an important observation. It indicates surface oxidation and a static charge causing things to cling, like arterial plaques or even thickening or stickiness of the blood or plaques on brain cells. Molecules attract or repel each other based on electrical charge. Un-sticking bad molecules from your DNA, cell

membranes or other inappropriate sites can be as simple as changing the charge to require neutrality or repulsion! Since our bad guys are mostly positive and acidic, flooding them with electrons and oxygen compels them to quietly seek an exit.

I became aware of surfaces when I learned to sharpen knives as a kid cleaning fish and saw micrographs of the all-important cutting edge. Again surfaces came to mind when I learned about abrasive cleansers used on counter-tops. They did remove stains along with oxidizing chlorine but a microscope would reveal roughened surface molecules and new stains clinging easily to the inadvertently created moonscape. Surface electrical charge determines what sticks and what does not stick. Stains can be annoying, but where materials come in contact like on teeth, inside of intestines or within blood vessels, sticking can initiate disease.

Ionic toothbrushes can be found on the internet, but not in stores or at the dentist. They and hydrogen peroxide may mobilize mercury from amalgam fillings which are best replaced by a dentist specializing in such. Never allow a dentist or hygienist to probe periodontal pockets as this only causes injury and jams more bacteria deep into gum tissue! There are dental rinses and mineral-rich waters that are thought to re-mineralize tooth surfaces.

SUGAR

CLOSEST TO THE CORE of modern disease is the consumption of simple carbohydrates and various sugars. High caloric sugary processed foods and soft drinks are weakening consumers and slowly killing our civilization, a really-real thing. This is a result of misdirected agriculture and food technology preying on a universal sweet tooth. Anyone on a modern diet of highly processed carbs, sugars and man-made fats and those becoming obese should be considered pre-diabetic and pre-dementia.

Sugar use is key in premature ageing and diabetic conditions. Interestingly sugar blocks Vitamin C! Sugar also deactivates genes to dim DNA expression and dampen telomerase production. Lacking Vitamin D-rich raw milk and sunshine, expectant mothers fall into diabetes and young children can develop Type-1. Mothers using too much sugar block Vitamin C and are shown to deliver unhealthy offspring. Sugar and inflammatory body fat are also responsible for abnormally high or low levels of sex hormones. High carb high glycemic diets alter the types of fats and the triglycerides produced in the body. They also upend probiotic populations dumping immunity and are acid-forming and unfriendly to your teeth, skin and bones.

Glycation as a special problem is seen in those with high blood sugar levels and probably everyone else to a certain degree as we age. Glucose cross-links to proteins and fats comprising cell membranes loading them and reducing function while creating inflammation. Glycation is responsible for rapid ageing evidenced visibly by age spots. To eat for longevity, avoid sugars and simple white carbs.

Early stage glycation can be reversed, but to remove attached and complexed problems

after late stage cross linking is more difficult. The buildup might be addressed with Vitamin C or oxidized with chlorite. Perhaps charge reversal de-sticking or enzymes like nattokinase or lumbrokinase and fermented foods will prove effective. I would intuitively look at apple cider vinegar which retards glucose release, garlic and onions, enzymes from yogurts, cheeses and fermented vegetables, pineapple, papaya, aloes, capsaicin and energized water.

Diabetes frequently exhibits deficiencies in chromium, vanadium, magnesium and copper. Magnesium is central to the International medical Veritas' approach to diabetes along with bicarbonate, selenium and iodine. Positive results with diabetes and decreased blood sugar levels are seen with the use of Omega 3 fats, flax, hempseed oil, NAC, thiamine, Vitamins D and K, high dose resveratrol as well as R Alpha Lipoic Acid, Ceylon cinnamon, bitter melon, spirulina, chlorella, coconut oil, hot peppers, curcumin, hemp oil and deep sleep. Maintaining abundant Vitamin C/bicarbonate and other antioxidants prevent early glycation.

It is interesting that stomach stapling reverses diabetes. It might be a good idea to begin cleansing with green juice fasts. Environmental toxins are known co-causes of diabetes and toxic heavy metals promote glycation, diabetics and Alzheimer's sufferers especially should consider detox/chelation. Organic pesticides, dioxin and DDT compromise the liver and lodge there in diabetes. Taking chlorella and R-Alpha Lipoic Acid, 3 times a day is a must. Fluoride and mercury are other prime suspects in the thyroid-diabetes kidney disease syndromes. Fulvic Acid is a wise choice. Coconut oil and Omega 3 fats are good ideas to maintain healthy cell membranes and nerves. Success with diabetes through bio-oxidative therapies of ozone, chlorite and hydrogen peroxide are claimed. Liver cleansing and coffee enemas help the lower end. Coffee enemas have been used in standard medical practice and listed in a copy of *The Merck Manual* from the 1950s.

We might also consider the mental and spiritual side of our relationship to sugar. Chronic fear and worry leak into our hulls when not caulked with love and sealed in community involvement. The adrenals wear themselves out preparing the body for fighting or running in a worst case scenario. The adrenals' unrelenting production chronically stimulates and wears out pancreatic cells. Unable to move insulin via tired and resistant receptors, and properly regulate blood glucose, the Inner Ocean becomes polluted with it. We must intervene on both ends. Maybe the oxidative stress of chronic anxiety is near the root of diabetes and dementia?

Each American is said to consume over 170 pounds of sugar a year. Since many use much less, some must eat a lot more. That figure does not include the tons of high glycemic carbs making the nutritional insult much more grievous. It appears that the American diet is stacked in favor of Wall Street to eliminate lengthy retirements while recovering employee dollars through the medical system. Ain't it great!

SIMPLE SUGARS

ODDLY, SIMPLE SUGARS dubbed *glyconutrients* like mannose, xylose, etc., are used

successfully to treat fibromyalgia, lupus, immune, auto-immune, bowel problems, neurologic diseases, allergies, asthma, diabetes and other difficult diseases. These simple sugars are said to be essential nutrients in cell function and in immune-related cell communication, but missing in processed, picked green foods. They seem to improve cell membrane function and cause un-sticking of virus or bacteria. Un-sticking of bacteria present in urinary tract infections occurs when simple sugars in cranberry juice or d-mannose are taken. Here is the all important sticking/un-sticking characteristic again. Cranberry juice has been credited with clearing backups in lymph nodes. This was observed in breast cancer patients at the University of Arizona where actual forward thinking medical science takes place.

Some simple sugars are thought to be prebiotic. Mannose is related to beneficial l-plantarum attachment on intestinal and lung mucosa. If so, the properties responsible for relief of autoimmune problems may lie in stimulating the beneficial bacterial protectors that embed in intestinal linings. Without a strong probiotic profile on the intestinal wall, unfriendly virus and bacteria infiltrate and chronically trigger immune response and low grade systemic inflammation or auto-immune.

While common sugars are to be avoided, no one gets enough of the simple sugar building blocks found in breast milk and fresh ripe plants, seeds, fruits and in fresh aloes. Rice bran extract, inositol hexaphosphate or IP-6, and arteminin scrub free iron from the system helping to increase essential cell communication while halting cancers. Aloes help control glucose levels, promote un-stickiness of infectious bacteria and even aid transport of materials and help re-nourish lysosomes. Aloe juice is an all around healer of oxidative stress and should be used in all health and healing applications. They can be consumed in therapeutic quantity when added to green juices. Aloes are tough desert plants containing superior survival intelligence. Fresh sugar cane juice is used in similar situations and helps regulate the production of cholesterol and triglycerides. Maple syrup is a sweet tree sap of a different color adding dozens of antioxidants. Vitamin C itself is a mono-saccharide.

Many people swear to positive results from pyramid marketed products from *Mannatech*, which seems to be a serious scientific group. Search the internet for simple sugars, mono-saccharides, simplesugars.com with links to integrative medicine.

Sugars have the common suffix -ose. Learning Latin roots, prefixes and suffixes make scientific language understandable and readable. Most individuals are mind-blown by the spouting of a little Latin that I was taught in 10th grade. I was treated to thousands of dollars worth of stone crab claws by translating their scientific name from Latin, mud crab. They don't teach much Latin anymore, a dead language, they say. Huh?

WATER

WATER IS THE BASIS OF LIFE on earth and a cool fresh glass of water is a wonderful

thing to have and getting harder to find as we wallow in the wastes of our chemical affluence. Water is what our oceans are and dehydration slows blood flow through our vessels. Quality water contains strongly polar molecules that act differently than industrially damaged de-energized tired water. As H₂O is lost from our system, concentrations of cells, minerals and metabolic wastes increase to make the blood too thick. This toxic stagnation corrodes and kills cells and enables disease conditions. Water in *motion* is well-oxygenated, and its molecular charge and polarity are constantly refreshed.

I don't drink chlorine or fluoride, the dangerous and highly reactive halogens that contaminate most municipal water supplies. Adding fluoride, the consummate enzyme poison to drinking water is beyond insanity. Chlorinated fluoridated water and bromine based food preservatives *eject iodine* from the thyroid gland, causing iodine deficiencies and resultant "disease". Fluoride binds with calcium causing brittle bones and calcium imbalances, and encrusts the pineal gland, our portal to the universal energy matrix. Melatonin, produced in the pineal, falls-off in crippling "side effect". Fluoride is added to pharmaceutical concoctions like certain antibiotics and antidepressants to enhance activity while making them very dangerous with dire direct effects.

Chlorine and preservatives continually attack our good bacteria and immune regulating thyroid gland leading to immune dips. Chlorination, which could be easily replaced by ozonation, kills pathogens but not as effectively as ozone. It is very reactive with other elements in water creating chlorinated organic toxins that can travel through the skin in pools and baths, and showers where they are also inhaled. Don't confuse essential chlorides with free reactive chlorine. They are the same element but in different electron states.

Why drink water, day after day, that is contaminated with pesticides, pharmaceuticals, nitrates, arsenic, lead, etc., etc. When halogens are added, the variety of toxic possibilities is further broadened through reaction and recombination creating a much greater load to neutralize and detox.

Ozone is used to purify water in many countries. Drinking freshly ozonated water heals many infections and diseases by circulating extra oxygen through the body. Olympic swimmers refuse to compete in chlorinated pools requiring they be ozonated. At least chlorine can be removed with a carbon filter unlike fluoride. Don't be confused, fluoride the consummate enzyme poison can only be removed by distillation or reverse osmosis. When water is purified in those ways it no longer contains buffering minerals as it should, like in a mountain stream or pure spring and has little molecular strength.

Water becomes *damaged* by our handling and reuse of it, and *remembers* dissonant energies it was exposed to and is less effective in penetrating tissues and promoting health. Pure, fresh drinking water is becoming very scarce on the planet. They say wars will be fought over it. You wouldn't swim in stagnant water, why make your cells live in a funky Inner Ocean?

I personally triple filter aquifer water from my deep well and then pass it through a

vortex energizer before it reaches my house. Aluminum and other metals, pharmaceuticals and reproduction upsetting birth control hormones are prevalent in municipal drinking water and coastal waters. Funny what you find when tests are performed. No one tests until the assumption that *it couldn't be*, is questioned.

I am gathering materials to build a solar still to produce ultra pure drinking water. I plan to add a touch of sea salt and baking soda and shake the water bottle for maximum oxygenation. I would like to try one of those little ozone generators to bubble O₃ through the water so I could drink more oxygen. Alkalizing bicarbonates and magnesium normally found in water make it osmotically similar to our own fluids. Distilled water is dissimilar and flavorless.

Alivewater sells simple vortex energizing devices. I have found the water to be softer, thicker, non-staining and pH corrected toward neutral. Instead of tasting flat it tastes *alive!* Water molecules become clustered and energized like in the open ocean or in a stream. By tumbling over rocks, electrons are juggled through friction, and more oxygen dissolves in it. Our waste-waters hold the memory of being industrially abused and retain damaged characteristics. Conventional science can't get its mind around the chemical changes occurring in a vortex, but repeatedly tested pH shifts are proof it works! Energetic qualities are more difficult to quantify but are obvious to the senses.

There are many devices that supercharge water with electrons, alkalize it, magnetize it, ionize it, cluster it and are even claimed to alter the molecular bond angle of H₂O. The geometry of its clusters and crystals (ice), its polarity strength and tendencies to support or discourage bacterial and viral colonization are affected. Ionized water devices sanitize surfaces. Water over zeolite becomes crystal clear, alkaline and thick seeming to display highly oxygenated and electromagnetic properties.

Water is so simple it defies the intellect. It is what we are mostly made of. It is little studied, highly polluted and industrially damaged. Water is a focus of attention in many foreign countries like Japan. Japanese are some of the world's craftiest fishermen and thoroughly into water, and coincidentally the longest lived population on the planet. Alkalized water is being used in their hospitals for remediation of inflammations, to reduce oxidative stress.

A Japanese researcher, Dr. Masaru Emoto has found that by crystallizing (freezing) and photographing water samples from various sources we can *see* the structure as it is *influenced by pollutants, music, thoughts and emotions (energies)*. Search Dr. Emoto on the web and see for yourself. Damaged water exhibits disorganized ice crystals while pure happy water shows beautiful hexagonal geometries. Others take this idea to a higher level reporting that *all matter* is influenced by words, thoughts and emotions. *This includes molecules comprising our cells, tissues and organs!*

Russian research correlated heavy water supplementation with longevity. Heavy water's hydrogen, which instead of being a proton/ electron unit, is an isotope containing a neutron as well. When these heavy hydrogen atoms become incorporated into our cellular components, they form more stable bonds and resist oxidative damage. This fact adds reinforcement to our theme of the degradation of

molecular energy and its effects on biological function.

Gregg Braden has shown through his scientific research that *love* and *compassion* cause DNA strands to lengthen and express. Braden finds that feelings in the lower chakras directed by thought from our upper chakras combine to emit emotional energies from the heart or what I have referred to as the *will* or *directed positive intent*. Love, according to Braden, influences the expression of DNA, and empowered DNA in turn influences the world around us. Like Dr. Emoto's experiments with water crystals, these energies impact the fabric of the universal matrix directing changes in global consciousness and in the world of matter. Meditative visualization of the desired *result and willing it into existence with the heart*, according to Braden, is the source of miracles. See Gregg Braden lecture on YouTube.

SMOKING, THE ACIDIC OXIDATIVE KILLER

SMOKING TOBACCO is the distraction that serves so many interests. Inordinate amounts of time go into arguing over smoking and non smoking areas, second-hand smoke and numerous lawsuits. Tobacco contained in commercial cigarettes is so adulterated, that like corn, it no longer resembles the Indian's "gift" to the Europeans. This contamination of a once natural plant is never mentioned or regulated. Possibly over 500 chemicals and accelerants can be added after pesticide soaked plants make it to market.

Natural tobacco burns cool and doesn't produce the wreaking stench we call "cigarette smoke." A commercial cigarette is rolled loose and with added accelerants is gone in five minutes. A cigarette rolled snug out of natural tobacco will burn for half an hour. The one thing that can't be removed from tobacco is nicotine, the purpose for its use, or cadmium, which the plants accumulate from the soil. Cadmium is a toxic metal that lingers much longer in the body than mercury, damaging the kidneys and cell nuclei.

Maintaining alkalinity in the kidneys with bicarbonate moves that cadmium and other bad metals along. Alfalfa, zinc, selenium, R(+)Alpha Lipoic Acid and chlorella help remove it. Vitamin C and bicarbonate are the critical items in smokers' health to detoxify the liver, enhance macrophage cleansing of the lungs, alkalize the system and increase oxygen to tissues. Removing metals lessens the danger of heart attack and the rest of the diseases. Nicotine may even have positive effects on the nervous and circulatory system if delivered without all the pesticide and additive contaminants.

Tobacco smokers are told to quit and should. Their health as a special case is ignored except for the profitable quitting preparations. The strong push to the acidic oxidative side of our life balance is not publicized nor is the obvious antidote. Smokers are demonized, sin-taxed and not assisted. In shame they accept personal abuse and stress themselves even further over quitting. These stressors are worse than the tobacco and only hasten disease. Vitamins, minerals, essential fats, extra oxygen/antioxidants and reducing acidity with bicarbonates would lessen their

health problems like any other person carrying a toxic load from whatever the source!

Clean air freaks need to apply the vigor they waste on smokers to the internal combustion engine, coal burning mercury spewing power plants, chemical and mining interests and the rest. Cigarette smoke is a drop in the air pollution bucket yet has served as a universal distraction. Breathing any sort of free radical is *inflammatory* requiring oxygen and antioxidant offset. Cancers are much more prevalent in and around cities and industry. See all the information excluded by the popular picture frames and the nature of distraction?

Smoking depleted Uranium?

Beyond the dangers of smoking, urban air and the very fringe of reason is a real nightmare, depleted uranium. I'd heard scant mention of its use in warheads, but the realization of its aftereffects smacked me when I read an article by Dr. Zieve and later in discussions of *Beyond Treason by Joyce Riley*.

The first Gulf War and the Iraq War saw American forces deploying explosive weapons made of depleted uranium that when detonated becomes micronized into fine particles to ride the wind. Ingesting this ionizing free radical generating poison dust into lungs and bodies brings slow death. War veterans display disturbing symptoms while the causes are officially denied. Doctors in Baghdad and Fallujah report birth defects, still births and a plethora of rare and previously unheard of cancers that now plague Iraqis. The Department of Defense and VA both maintain secrecy and plausible deniability over the issue. I am ashamed as an American and angered that any country would employ depleted uranium and that it could remain officially covered-up so long. Our military personnel suffer the same ill effects as the enemy, and all for war profiteering by a select scoundrel-elite claiming to protect the freedom and safety of our "Christian" nation.

Dr. Zieve, (pinetreeclinic.com, Healthymedicine.org) developed an incredible protocol to detox this American-made abomination. We all encounter various forms of radiation from microwave ovens, medical scans, cell phones and other electronics. Each form creates ions and free radicals, and each and every insult must be neutralized with fresh electrons and alkalizing bicarbonates. Ingestion of depleted uranium is thousands of times worse. Breathing the dust from the collapse of the Twin Towers was also pronounced "safe" by the EPA.

GROWTH HORMONES

HUMAN GROWTH HORMONE (HGH) has surfaced in the last few years as a miracle healing factor. It gained notoriety being used by movie stars and professional athletes. HGH certainly gives one a rejuvenatory boost, but is a prohibitively expensive way to supply that which diminishes with age, naturally.

Fasting is one way to stimulate HGH production and 1-3 day fasts are great for health and mental acuity, the pause that refreshes. There are nutrients like glutamine, choline

and niacin that stimulate HGH production. Colostrums contain some. Fluoride, mercury and insulin deter HGH production so pure water and low glycemic diets have yet another advantage.

Extreme exercise is my favorite way to grab an HGH boost out, on or under the ocean. The motion, activity and that heavy dose of sunshine wear me out and I sleep like a baby. A normal day should see one breathing hard for at least 20 to 30 minutes, whereas extreme exercise is heavy prolonged work or in my case play. A nice tan and an HGH boost which I am sure boaters and fishermen are not aware of, keep us coming back to the water week after week.

Hunting can inadvertently provide an iron man day inland in winter. Animals not well shot can range for miles. One never stops until it is found. You know the animal is suffering, your dinner is in question and you feel bad. When the catch is found it has to be dragged out of the woods. With no other option you just do it, so a morning hunt turns into an all-day ordeal. Occasionally pushing your physical limits stimulates HGH and is also an exercise in self-discovery.

FINAL OPTION — URINE

I ONLY MENTION this age-old practice because half the world uses it and swear they are healed by urine therapy. I know, major yuk. Many people have said they would rather die than drink their own urine, and that is their choice. Many major diseases like multiple sclerosis, lupus, and diabetes are said to fall to this therapy. A cow urine-based soft drink is now available in India.

I tried an experiment on my beehives after hearing a rumor to spray cow urine on the bees' brood frames where worker bees hatch out, not where honey is stored. The colonies grew strong and the constant assault by parasitic varroa mites ceased. I'm puzzled at the effect. Was it the urea, the salts, some miniscule electrical effect? The head bee researcher in my area wasn't interested in investigating it though toxic pharmaceuticals are in widespread use to deal with mites. He said urine in beehives would offend "western sensibilities" and ruin the honey market.

Urine is sterile, alkalizing and contains electrolytes and minerals processed by the kidneys. It may work on some feedback mechanism or be homeopathically charged? They say drink every drop of urine until wellness occurs. The Buddha and Gandhi did it. Search info on the internet if interested. There are zero reports in American medical literature on the subject. It's free, it's there, I have never tried it, but if I ever decided to, it would be on ice. They tell me mine is valuable.

— SO —

MOST OF THESE MODALITIES defy pharma-medicine and are unfairly branded quackery or New Age or home remedy or just foolish and lack approval by the authorities practicing in marble buildings. The term “alternative”, when applied to health, is dismissive and hurts my ears. To me, *drugs are alternative* and a last resort when I’ve exhausted every other natural idea.

Since American healthcare is the nation’s number one cause of death, the never ending sales pitch takes a lot of nerve and great liberties with scientific knowledge. Who owns science and who is the ultimate authority? The stranglehold monopoly by the allopathic medical/drug/health-insurance industry eliminates free choice and health freedom. Every competing philosophy was crushed and labeled quackery. The introduction of *doubt* is powerful propaganda. Today, people want that health insurance, cry over the price tag but never question the medicine or the doctor who never really gets them well. The public has swallowed the premise and is solidly hooked.

Few objected to the original industrial impacts on global chemistry. Contaminated air, water, soil and our electromagnetically altered environment all negatively affect us. I’m not even a health freak. I’ve had enough of the contamination of sea-foods and the industrial degradation of land-foods. I’m sick of dishonesty. Watching the unsuspecting, deceived by others, brings on a low growl.

We are bathed in an acidic, toxic carcinogenic soup where chemicals don’t need to act alone. They can perform a symphony of damage, a little of this and a little of that. The variety and quantity of this chemical contamination of the planet has increased exponentially over the past 50 years following the graph of human population growth and modern maladies. The symptoms of these toxins are disavowed by mainstream medicine and bundled into groups as diseases of mysterious incidence. They are all varied manifestations of the same root cause, oxidative stress.

Our industry-riddled protective agencies like EPA (spell it backwards) choose allowable safe levels of all kinds of chemicals that were never necessary to create. Many good scientists have been told to hit the bricks for a few words in a report that went against political wishes. Now that’s American! Bureaucratic and occupational correctness demand chain of command obedience creating a society of silence where the paycheck is dearer than scientific truth and preferred to whistle-blowing and looking for another job!

The way for corporate food and drug products is politically paved through Congress and greased by corrupted protective agencies as media disinformation is carefully designed to match. I don’t deal in conspiracy theories, you don’t have to. Results tell the story. It takes no Sherlock Holmes to know that big fish are feeding when you see a patch of ocean churn and bait fly everywhere.

Corporations creating toxic wastes walk away from poisonous mines and contaminated plants under bankruptcy protection. Abandoned operations become superfund sites for publicly funded cleanup. Most businesses just release their wastes all over creation. They even dump them in your tap water. Negative reports on chemicals, foods and drugs are

limited to a few sacrificial items just to show the naive public they are being protected while, like a thief wearing a priest's collar, the bulk of profitable industry production goes unchallenged. "Safe" levels of chemical pollution are low enough to only produce slow death. The EPA and state agencies rarely prosecute the millions of enterprises found flaunting toothless un-enforced regulations. Random tests show that we all contain hundreds and thousands of different unnatural chemicals. Surprise!

Disposal of most chemicals is done by burning, land filling or simply flushing them down the toilet. The toilet leads back to the oceans or ground water and landfills leak. Aquifers are tainted and chemical/pharmaceutical wastes are detected in fish, *our food!*

Amelioration of environmental toxins we are powerless to avoid requires purposeful detoxification and meticulous pH and redox regulation. I just shake my head when people say they don't understand science. To many, science remains locked within an old school-book. Science never translates into the reality of the molecules around them. They can not reason effectively or apply logic. Sheep they have become.

Chapter 9



PARRALLELS AND PERSPECTIVES, THE PREQUEL

TUNA

I CAN REMEMBER BEAUTIFUL fall and winter days with cool light northwest winds and a gentle swell off Miami. Looking back, those were *glory days*. I can remember several trips when you could run wide open to the Gulf Stream. I would wear a headphone radio because loud engine noise is tiring and actually raises blood pressure and I preferred listening to Pink Floyd or Jefferson Starship all the way out.

Once in deep water I would set my trolling spread and idle along watching flying fish bust away from the hull. They could fly hundreds of yards flashing blue and silver over the inky blue Gulf Stream water. I can remember the awesome smell of fresh, crisp sea air slamming through my nostrils.

On one trip I quickly hooked a 40 pound wahoo, boated it and five minutes later hooked something very big and very strong. It ran toward the bottom, 130 feet below and circled as I cut the engine and cleared the other lines. During the next hour I used every ounce of strength I could muster, expecting the fish to break off at anytime. It finally came up at the stern. It was a huge tuna, his head the size of an oil drum, and he was as tired as I was. I slipped the gaff under his chin and squatted with both legs, gave a heave and dragged it over the transom falling flat on my butt next to the quivering giant.

The colors of this yellowfin lasted only a few moments, the blues, golds and silvers flashed iridescent, electric, incredible. It was well over 100 pounds. After I caught my breath I threw the rest of my ballyhoo overboard, covered the two prizes with wet beach towels, lit up a smoke and donned my headphones. Mozart was on the classical station as I sped toward Haulover Inlet at over 45 miles an hour. It was a smooth ride, and I'd never been so high. Entering the cut into Biscayne Bay, *Beethoven's Fifth* was playing. My nose always subconsciously confirmed that I was nearing home as the smell of the muddy outflow from the mangrove lined Uleta River bubbled off the outgoing tide.

Twenty years later I would experience the biggest buzz kill of my life, sick as a dog from mercury tainted fish! King mackerel and shark lead the poorly publicized do not eat list, and tuna is dangerously high in mercury. Every fresh water species in the nation is also contaminated. I had experienced years of mild to moderate depressions as I dined on king, tuna and deep-water tilefish but just always figured I was a crazy guy.

As the idea of contaminated seafood finally sunk in, I realized it was dead-damn serious. I could see the powerful coal lobby working behind the scenes with Congress and the oil drillers, in cinerators and sewage out falls doing business as usual. No words could describe the disappointment, the deep resentment and in humanity I felt. I was

disgusted by doctors, dentists and federal departments insisting mercury was safe and not responsible for the myriad diseases that it actually was. They not only endorsed its safety, and rescinded regulations to scrub mercury, but enabled the growth in coal powered generating plants, the number one source of mercury release. Coal will never be clean. I also realized my new fishing grounds in the Gulf of Mexico had become an industrial sewer via the Mississippi. The Gulf itself was dotted with tens of thousands of mercury and cadmium-rich oil drill holes. The water in the Gulf is semi-stagnant and lacks the circulation of the Atlantic.

They contaminated my food. This will stop!

AYE CALYPSO

YEARS BEFORE, Jacques Cousteau warned us that using the oceans as a sewer was a huge threat to the planet, and then you never heard of Jacques and the *Calypso* again. I visited the *Calypso* after she was dry-docked and refitted in Miami in the late 1980s for what would be her final voyage. There amidst stars of *Miami Vice* and various local dignitaries, I carried two 50-pound burlap sacks full of my best avocados down to the seawall. I put them next to the gang-plank and asked the first crew member I saw for the cook. I could tell that he couldn't speak English. He scrambled below. Chief diver Albert Falco, who I recognized him from TV, came out of the cabin a few minutes later. I handed him the heavy sacks and said, "These will be ripe by the time you reach the Panama Canal, take them to the galley." He smiled and thanked me. We stared into each other's eyes for a long moment before Falco carried the avocados below.

On the dock, Jacques' son Jean-Michel was surrounded by well-wishers. I waited a few minutes amid a cluster of local celebrities to wish bon voyage to *Calypso's* new captain. Edward James Olmos finished talking to him. I stepped forward and shook his hand, thanking him for all he and his father had done which is now all but forgotten. I mentioned *greed* and *ignorance* as our big problems. Being a filmmaker, he said he was trying to do something about ignorance, but greed was beyond his power to eradicate. I see that Jean-Michel has become active again with PBS films on the destruction of the Amazon rain forest and specials examining the causes of the decline of our oceans.

In the 1980s, public information spots featured Cousteau's voice saying, "Man protects what he loves" over underwater film of a coral reef. It made me realize that one usually protects his life, family, money, etc.

What about people that don't love themselves? They hurt themselves in various ways and don't even object to abuse from others. I realized that not to love one's self is to deny one's own divinity, sabotage one's own health and trash his environment. How did we become so disrespectful, a world of self-haters?

I was shocked when Australian Steve Irwin was killed, ironically filming an

underwater special with Cousteau's grandson. Detached from nature, great indoors men newscommentators in New York joked about his stupidity. Imagine, he actually worked with wild animals in nature! Smug within their concrete canyons and air conditioned studios and thoroughly divorced from nature, they insulted the wildlife warrior. Those anchormen lost what little respect I ever had for them. At the same time they insulted Steve Irwin's environmental efforts as a protector of life, they were rude to his grieving family. Stevo had more integrity than any celebrity I can remember and reminded me of a real 21st century Tarzan or Mowgli. Fate, it seems, took him, murdered by the barb of a stingray that he loved. I mourned his loss because of the planet's huge loss. Those that demeaned his efforts diminished themselves.

DARKER PERSPECTIVES

MAGICIANS USE sleight of hand to *distract* the audience. Politicians divert the mind from certain issues by framing problems in deceptive ways. They seize a premise and control the debate before discussion ever begins! Many times inane details are contrived to divert attention just before the frame can be disassembled or enlarged. All pitches start with commonly accepted truths and quickly switch to the *merchandise* legitimized by the opening fact. Most folks never feel the hook.

Propagandists have a field day tinkering with the collective consciousness. Exxon did it with global warming. The coal industry did it with the endless repetition of two words, clean coal, which have no association in reality. The American government did it with the Iraq War. Pharmaceutical and agribusiness giants do it with our attitudes when *they* release the "facts" about drugs, food and health. Religious extremists who actually represent very few individuals are pandered to by politicians and are somehow granted mainstream status. They irrationally and irresponsibly generate fear and have prevented contraception, stem cell research and human progress. Organized religions the world over have been doing it to us all forever. Problems with the truth are cropped from the popular media because they conflict with ad revenues and political correctness.

Ever notice how only the frontrunners in political campaigns get all the airtime? Their positions are largely determined by the amount of cash they have taken from lobbyists for all the polluting industries. When a ballot appears near Election Day there are always two candidates you have heard of and a dozen you never did! Free TV news airtime dries up for candidates seen as threatening to the bottom line of a network's conglomerate ties. Contrast that with previous era equal time rules. Equal time was inconvenient for those who wanted more votes and less competition. The narrowing of focus prevents opposing points of view and retains the lobbyists' favorites.

In our delusion of democracy, voters think they matter when in fact the whole game is rigged. Either candidate is a winner for corporate control. Third-party candidates are ignored out of hand. This catch 22 is enforced by our lawmakers to protect the one big two-headed corporate party to let the good times roll.

Back room deals direct policy and Wall Street runs the show. I get a kick out of watching the money sharks studying drug company pipelines in search of the next *Viagrato* get rich on. Market players reveal much of what goes on as they track the scent of money like a pack of bloodhounds.

We are being turned into feedlot animals. We snort and swallow the swill, comfortable in our “freedom and democracy” but never see the gun. This mass deception, this uniform delusion, is the reason we have needless wars and unbridled pollution acidifying Earth and disrupting its climate, changing rainfall patterns and dissolving coral reefs. Shrouded in mystery, powerful interests call many shots on this planet. Their wishes are carried out by millions of unwitting co-conspirators.

The aware may stand a chance while the corn-fed masses, cozy in their non-thinking dependency reality, will not. Maybe this seemingly purposeful depopulation is natural selection. Maybe it will stomp-out the unknowing before I can educate them. What else could explain such a lack of common sense?

A PUNCH IN THE STOMACH

I SAW THE MOVIE, *There Will Be Blood*, by Daniel Day Lewis. Although it had won Academy Awards, after casually watching it as a historical action drama I was disturbed and didn't like it. Six months later as Russia invaded Georgia the symbolism of blood for oil struck me smack between the eyes. My 14 year-old daughter had recognized the theme the night she saw the movie, but her slow-witted dad spent half a year gaining that evil symbolic perspective. I still can't fathom the cruel insensitivity of man's in humanity to man and don't think that way.

There are obvious agendas in process that can be seen only indirectly, like phosphorous disturbances underwater in the dark. Search these subjects on the internet. Since nonsense policies and decisions appear constantly, we only know something smells. Conspiracy theories are nebulous, pointless and always too late. They just add to conjecture and are oddly immune to investigation by the government and absent from the corporate media. One need look no further than political contributors or the beneficiaries of government spending.

Confessions of An Economic Hitman and *Hoodwinked*, by John Perkins, detail the devious workings of our corporatist foreign adventures and investment banks. Chris Hedges shatters our entrenched illusions in his books and lectures. Find both Perkins and Hedges on YouTube. Richard L. Grossman indicts corporate domination of America, hear his chilling legal lecture on the internet. A government can not do what has been done without enforced secrecy, a complicit Congress and Justice system operating under the protection of political correctness drummed over a controlled media.

Energy, chemical, agriculture and pharmaceutical industries are out of control. If by nothing else, extinction will come from industrial alterations to the world's chemistry. We can't biologically continue in a funky sea of alien molecules. It must stop now before populations of most living creatures are driven to extinction.

It took primitive organisms epochs to produce oxygen and the conditions that allowed life here in the first place! Unrestrained clearing of Earth's tree cover, frivolous chemical production and fossil fuel use are rapidly reversing the chemistry of the Earth.

Are organized dark entities behind man's condition or is individual greed or EckhartTolle's "intelligent stupidity" what we see? Maybe the ignorant should be removed from the gene pool leaving room for the seed of the elite, or maybe they should be retained as economic slaves and allowed to die early stripped of all monies by healthcare vultures. Maybe compassion is a foolish idea?

An environmental science professor I chatted with naively calls our inaction inertia. "It takes time to change the way things are done", he said. I replied that we have known of these problems and solutions for decades and the public via the media suffers enforced ignorance.

I thought that maybe it just takes a movie like Al Gore's, *An Inconvenient Truth*? Now I know better. It really takes a shock, a crisis, to initiate a sea change and hopefully reverse the way man does business. Maybe a movie like *Idiocracy* will make younger viewers think. Tight-fisted industries predictably delay progress as a matter of course.

The first reactions to Gore's movie found people outraged. Concerts were held and at least climate was talked about. The government proposed fixes amounted to nothing but opportunities for double-talk and further profit from carbon offsets. We adopted corn ethanol amidst calls for clean coal and more oil drilling. The world swallows these non-actions offered as remedies disguising the fact they are economic weapons of mass control!

Where were calls for climate buffering tree plantings and carbon capture/reduction programs? It has taken fifty years to cut down the Amazon rain forest, but who objected to this and other deforestation crimes against our biosphere. We warded over oil while sitting on cleaner unused uranium and natural gas reserves! Nuclear power will soon be seen as our only alternative once the volume of electricity required is considered. Solar and wind power could slightly reduce emissions but not supply the needed megawatts.

Cooling towards the end of the first decade of the 21st century confuses the issue as ice melt chills climate driving ocean waters, and the Sun remains unusually weak. Our ruling elite plan the next quarter's profits and project a few years out when we really need to plan sustainably five generations into the future.

Chemical companies continue to produce and release millions of tons of alien molecules not really needed in the first place. Used or discarded pharmaceuticals *medicate* all waters on earth. Carbon capture and geo-engineered artificial planet cooling technologies will be sought. Ideas like injecting sulfur into the upper atmosphere, generating chemtrails with aircraft or spraying micronized seawater into the lower atmosphere to produce clouds or installing millions of shade panels in low earth orbit have been tendered. Trees must be too low-tech.

Nuclear power detractors think they are protecting the environment and can't get over the waste storage problems while coal burning continues raining toxic mercury on the entire planet. Hydrogen technologies are slow to catch on though hydrogen can be produced cheaply at home by splitting water with the aid of catalysts, powered by electricity supplied from solar panels to supply fuel cells. The "waste" product released during hydrogen production is oxygen, which could be piped into homes or offices at sub-combustible levels. Other nearly free energy production systems have been invented and work, so maybe big brother wants to keep everyone on the grid. Electric solutions will also be impacted by tenuous supplies of rare earth elements vital to powerful magnets used in electric cars and windmills. Straight solar energy is still too costly for common home applications. Cheap, clean natural gas usage in vehicles is scorned for no good reason.

Even if we are wrong on global warming and Earth is trending towards an orbital ice age or that solar output and Earth's failing magnetic field are to blame for changing climate patterns as some insist, our sloppy profitable technologies still doom the oceans and poison the biosphere. *Food and water always taken for granted will surge in importance. Governments should have called for 69 billion tree plantings and truly clean energy at the very least.* Religious leaders should have discouraged high birth rates to prevent future suffering and the abortions they detest. Unfortunately, few birth control methods are satisfactory. Population horrors can not even be discussed publicly but need to be addressed ASAP. There will always be a vocal but delusional minority of detractors that will deny climate change and over population. It doesn't mean we have to let them steer the ship.

The fossil fuel age, followed by the green revolution, dragged the nation and much of the world into a grain-based chemical agricultural model that ushered in an explosion of man's numbers. Science and common sense predicted our growing discomfort, yet humans procreated like algae blooming after a fertilizer spill. Babies are fun to make but few consider the feeding and upkeep. Blooms and bubbles do what they always do, end. The end can come precipitously or gradually, painfully or quietly. This process could be intelligently directed.

Several scenarios may play out over the next few years.

- **The current system of corporate domination will wither in its delusions of consumption and greed.** Climate shifts, toxins and bad foods will claim many lives, begin to preclude reproduction, destroy much of the biosphere and eventually

result in horrific chaos. Overpopulation will continue to dilute quality of life and destabilize civilization. Inflation problems stemming from governments' abuse of paper currency in order to camouflage basic economic flaws usually lead to war.

- **Control of Earth will be or already has been seized by despots, bankers, industrialists or aliens economically enslaving man, invoking one-world order and will drastically reduce his numbers.** Billions of surplus people who served to keep a ceiling on labor costs will be liquidated.
- **Intelligent humans will discover truth and integrity are the means to survival.** Conditions created by false science, apocalyptic thinking and out of control profit-driven technologies will be reversed ushering in an enlightened age. Rational global management and decentralization are required. Industrial damage will end, populations will stabilize, our oxidative stress will ease and Earth will blossom once again.

“A people always ends by resembling its shadow.”

—RUDYARD KIPLING

LIGHTER PERSPECTIVES

PERSPECTIVES ARE AMAZING mind medicine. Life is not perfect in the Bahamas, but different. For me the islands were an education through comparison.

The German couple operating the motel on Cat Island was very interesting. Ulli was younger, a drop-dead gorgeous black haired beauty with a rigid personality. Ulli ran the place with precision, from the immaculate kitchen to the tropical dining room and bar. The cook was a native Cat Islander who could out-do any New York restaurant with the freshest of ingredients, moments out of the ocean.

They served breakfast and dinner. Breakfast was simple bacon and eggs with an array of sausages but dinner always featured catch of the day. Lobster, grouper, snapper and cracked conch appeared, oh the cracked conch! They butter flied the marine snail and “bruised it” with a meat mallet, dipped it in flour, egg, and then flour again and deep fried.

Recent trips to the islands find changes. Where almost everything used to be fresh, local and mostly harvested that day, restaurants now rely on frozen, processed, preserved, canned or otherwise dead items to make the business convenient. It may be convenient but not as tasty or healthy. Now I look for markets where raw products appear. Unfortunately most are halfway around the world. Anthony Bourdain and Andrew Zimmern of *The Travel Channel* range the globe to explore food oddities, open-air merchants and small food vendors. America used to have diverse foods available until the *beauty of the food borne illness* was discovered by corporate agriculture and craftily used to eliminate competition and the food diversity essential for health and survival.

I had carefully wrapped a leg of lamb in layers of newspaper on my last trip to Cat, hoping to get a smile from Ulli. Her face lit up and bubbled with happiness for a moment and then she quickly stashed the prize in the motel's huge freezer. Ulli seemed contented on the surface, but had a faraway look in her eye and spoke of rock fever.

Uwe, pronounced Oova, was a bit older probably in his mid 40s, a master mechanic and accomplished diver who had explored the Mediterranean and made some money at it. I was curious, mentioned antiquities but Uwe was silent, so I figured he had recovered valuable ancient treasures and now chased his dreams in the islands. He told me what lay beneath the water around Cat. He'd seen it to dangerous depths with scuba.

I snorkeled off the Atlantic side. It was 2,000 miles straight across to Africa and I found beautiful but blandly colored corals in heads the size of dump trucks. Not much life was visible, but it was there and would come out at night. They had a twenty-foot tsunami the year before, the same one that hit Daytona Beach and Eleuthra. Everybody remembers the big waves and the major hurricanes.

Uwe had gone over the edge of this mountaintop island down to nearly 300 feet! He must have known what he was doing because he looked normal with no sign of crippling bends. He witnessed schools of jewfish, giant grouper over a thousand pounds apiece that he said looked like a bunch of Volkswagens. He didn't speak much English and couldn't tread it as I later found out.

We surveyed the island from Mt. Alvernia to the southern bluffs, tiny pineapple patches, ruins of old cotton plantations. He also showed me the airstrip he and a fellow from Long Island were carving out of the limestone with a Cat D-8 bulldozer. He wanted to build it so European commercial jets could land at the dream resort he was seeking backers to build. I got him thinking about growing tropical fruits, and we explored a salt marsh in behind the Atlantic dune. It was ringed with mangroves but the mud in a large central area caught my eye and I took a sample to test. We would find it to be a potassium and sea mineral-rich deposit that would cover some of the fertilizer needed. Nitrogen and phosphorous would have to be imported unless a large bat cave or sea bird rookery was located and could be mined for guano.

We began walking out on the ooze side by side. I, being larger and heavier, stopped after a few strides because I started to break through the crust and sink in. He kept walking right on top and then turned around and walked back. He thought for a moment, and smiled around his eyes, and then the German engineer came out of him. He pointed to my feet though we were wearing the same size sneakers and laughed like heck, "PSI, PSI" (pounds per square inch).

As I figured all the inputs that would be needed to live and farm there, the cost soon rose beyond my means not even counting the negligible price of the land. I would later ship many fruit trees to Uwe through a pilot friend who commuted between Cat and Ft. Lauderdale. That's when I found out he couldn't read English. On my return some months later he had trees planted all over the motel grounds. I said, "Didn't you read my instructions?"

He said, "No, I handed it to the Bahamian boy and he planted them."

I do not know if Hurricane Andrew spared them.



BEING THE UNIVERSE — BELONGING

ON THE SOUTH TIP of Cat Island was a shallow reef protected by high bluffs on each side leaving about a two-mile long half-moon shaped beach in between. A native farmer named Sam showed it to me. His other job was as part-time guide and business agent for interests in Nassau. He drove me around the south end of Cat and showed me the small farms he knew well. Sam was such a sweet patient person that he made the world around him beautiful. He spoke in flourishes and then grinned before relaxing his face and changing the subject. I asked him question after question for hours. I would have told me to shut up! I had my mask and flippers, so I asked Sam to drop me at the beach for a few hours and pick me up later. I walked down the hill through shore plants and coconuts. Hermit crabs and six-lined racerunners shuffled through the leaves and ghostcrabs zipped back into their holes in the pinkish sand.

The reef started a few yards offshore in knee deep water. I swam out to explore it and what an octopuses' garden! My eyes were thrilled by multicolored sponges, red-brown gorgonians, sea fans of purple or gold, corals with halos of plankton orbiting them as tiny fishes darted in and out of cover. Life pulsated with the heart beat of the sea, the liquid wind of wave and current. Baby lobsters, crabs of all stripe, red polka-dotted shrimp and electric blue and gold rock-beauties and French angels worked their claims. Yet unseen, parrot fish could be heard chewing corals with strong chisel-like teeth. Barracuda lurked motionless on the perimeter of the rocks and occasionally flashed silver. Squid floated in

mid-water, their bodies producing ever-changing pulsating color light shows. Young green turtles snoozed on sandy patches. Octopi reinforced their door ways with the litter of many meals, a shell collection to be envied. Schools of snapper, doctor fish and a dozen other familiar species toured the area as small Nassau grouper relaxed in the shade of seafans matching their color and texture precisely. If I studied this *community* for 100 years I'd still never know the intricate inter-dependencies and subtle relationships of countless residents, some micro size or nocturnal and unseen.

I swam to slightly deeper water and came upon a dinner table size coral formation where tiny pastel wrasses hovered. As I drifted over it motionlessly, the wrasses came to me and began picking at tiny air bubbles adhering to my skin. It tickled but didn't hurt. Then a wave of oneness came over me. It was being a part of nature. *Being!* I felt waves of orgasmic brain hormones flood my skull and experienced an utter *stillness* where *time stopped*. I imagine 10 or 15 minutes went by as I was cleaned. It could have been only five minutes or maybe it was an hour.

I drifted away slowly and a strawberry grouper approached the station. The cleaner wrasse platoon went to him and began removing parasites under his gill covers, inside his mouth and from the scaly surface of his body. No feeling had ever been more peaceful, never had I felt so accepted. The divide between man and nature, my ego and my real self disappeared. I had fused with the intangible matrix. I learned there really was no separation, not from all the matter and energy in the universe or from my true self. The material world and even the molecules of my own body jiggled, but the real me, the Grail, was still. In underwater silence my soul could be felt. Tolle describes this simply as love. I had found the now.

Time can be thought of as the rim of a wheel where the rapidly spinning ego experiences a rushing sensation. Moving inward toward the hub of the wheel, time slows until the motionless timeless center is reached, the immortal divine. Looking outward from that point of now, all past and future events are frozen and knowable and even bendable.

The conditions of time and space are a product of consciousness according to physicists, and only arise when observed and otherwise don't actually exist. Time, space and substance are conditions attributed to reality because of the way our minds process perceptions. *I think, therefore I am.* It's all consciousness, all in our head. We can endure a reality dependent on its seemingly pre-designated conditions or evolve to find that our consciousness can be the creator. Higher states of consciousness occur as love rises out of darkness, out of the thick goo, the e-goo, and perches in the tree of life.

I thought of the foolish debate over a mind-body connection going on back then, and the selfish, thoughtless and arrogant treatment of other living creatures by man in his delusion of separateness. It smacked me, the insanity and insensitivity of it all. In thought, word and deed, man the foolish had (ego)-objectified that external to himself.

Trees became lumber, fish and animals became commodities traded by the tonne, other

men were pawns to be manipulated, land became parcels of real estate and women were regarded as sex tings, properties with a dollar value. These concepts were foreign to more primitive and sane societies. Words did not even exist to describe our disrespectful, selfish and sinful but commonly accepted attitudes. Lacking spiritual understanding, material man fought to subdue his surroundings, raping and pillaging in rapid time instead of feeling like the integral part of them that he really was. Madness!

HAIKU BY NOEL KAUFMAN

Behold the ego

Set in glowing emptiness

On the edge of time

I had been to hundreds of beaches and had swum over 1,000 reefs, but it was this reef on the tip of this remote island that opened my eyes. I sat in the sun on that deserted beach for a bit after my dive and enjoyed a cigarette. Sam would return shortly, dinner would be cracked conch and sleep would be deep under the coconut palms that clattered in the trade winds. A day never gets much better than that!

EVEN MORE PERSPECTIVES

IN CASE YOU HAVEN'T GUESSED, my perspectives cause me to champion the environment. Many people think they help the environment by collecting litter on EarthDay. They are distracted from their own life styles of conspicuous consumption that feed corporate domination and industrial pollution on a grand and growing scale. These same people can also be seen trudging through neighborhoods and malls collecting change to fund billion dollar research charities. "First, ya build muscles!"

Take a boat out of Miami sometime and see the *Rose Bowl*, just 3 miles off Virginia Key and south of the main ship channel. That is where the results of millions of toilets, sinks and showers gleefully bubble to the surface. They wonder why the rabid staphylococcus bacterium, MRSA, resides in beach sand?

Nutrients, chemicals of all types, pharmaceutical residues with lots of hormones and excreted mercury have killed the ecosystems down stream from the out fall as the Gulf Stream sweeps the effluent plume north. Development of every square inch of Florida dirt would have cost more if sewage had to have been recycled and decontaminated. This would've been a direct cost to builders. Their lobbyists and lawyers would never stand for it. They want to take their money and leave the mess for my children to deal with. *They profit today by stealing the future!*

So long have all these problems existed that at this point it is very expensive to change and would have significant economic impacts. Established industries would rather hire lawyers and politicians to help them continue. Renewal of sustainable industries and infrastructure could be a huge positive for the economy. Where is the cry to plant trees? Or recycle the toxins of technology? Where is the real urgency?

Like the stock market guy says, "We just wanna make money!"

I was talking to a forestry scientist and wondered if there were any more virgin forests in north Florida? He puzzled and said, "Oh yea, down near Bronson there is a stand of pines." Then he thought of a few other pathetically small acreages that might be considered virgin. I remembered some difficult to log wet areas with ancient oaks and cypress along the Santa Fe, With lacoochee and Suwannee rivers. Otherwise it's all been cleared, farmed and developed. Weedy secondary growth is what we now see and consider natural forest.

HEAT

ONE OF THE UNMENTIONED causes of global warming beside deforestation and atmospheric CO2 is the urban heat island. Concrete and black asphalt jungles, with few patches of green and heaters running 24/7 in the form of vehicles and air conditioning units, get hot and stay hot. I noticed the effect on rainfall patterns in Miami. The regular 3 o'clock thunder storms I remembered as a kid stopped. Many times you could see them approach and then disintegrate just west of town. They ran out of moisture as they entered the heat bubble of a drained, paved and developed land surface. Think of all the urban areas devoid of greenery that swelter and parch. Or the area that was once The Amazon Jungle? Or deserts expanding worldwide?

PESTICIDES

I SPOKE TO A FARMER about pesticides blowing on to my land after he had hired a crop duster to spray his hay field across the road. I mentioned all the dozens of cases of cancer in farmers around the area. He said, "When the man upstairs wants ya, it's your time." I laughed and told him the man upstairs has nothing to do with it. The man next door sprays chemicals that wind up in everyone's water, air and food. That causes cancers like the man at the phosphate plant 20 miles up the road that emits fluorine compounds and radio active particles all considered safe by the government. Even urban and suburban spraying of vanity lawns and house hold pests and modern building materials put chemicals in your face.

Chemical farmers are a hard lot. They embrace profits and university recommended chemical agriculture and strike out at anyone who questions their activities and might threaten their livelihood. Chemical pesticides are not only carcinogens, but they are also hard on DNA. Genetic damage is passed to offspring if it doesn't prevent reproduction itself! I hear hardworking men everyday blast treehuggers for complicating their jobs and restricting their freedom to be environmentally insensitive. They are victims of the system, mindless of the consequences of their methods, and delay the steps which must be taken for our survival.

Mr. Ray could have poached or logged or polluted his way to easy money but he could see beyond payday and made do with a few hard earned dollars. He, as every outdoors-man, had seen the effects of environmental rape. He knew the disappointment of going to woods or water where fish and game had always provided food and found nothing. It is a feeling of utter disgust that wrenches the gut as it blackens one's outlook.

The only sin I see is the intent to harm any living creature and am not fond of liars, deceivers or gullible nitwits repeating false information. Tolle equated sin with ego activity apart from the "I Am" divinity within each man deeming it "a mistake." Kabbalists indict selfishness. Bad intent and inflicting harm or just holding disrespect create a karmic boomerang that returns to sender, sooner or later without fail. I am you, and you are me, and we are all together. Cause and effect! It is how the matrix works.

Today, nearly everyone looks at things in dollars. Industrial domination ratchets up its profitable agenda and control tightens slowly, year on year. Food gets worse and disease grows little by little as the economic squeeze incrementally crushes the populous. They never grasp the big picture and spend their time bickering over details of their dilemma. They want it all but can't enjoy the journey.

One wise rabbi equates the fascination and frustration with money as being the ruinous factor in marriage, the family and society. "GREED," say archaeologists, "Precedes the fall of civilizations."

Greed may be an indicator of scarcity or a symptom of the kabbalistically unholy fear of the lack of abundance. The insatiable ego-hunger of greed can make life a living hell never to be enjoyed, an itch never to be scratched. It's an American tradition.

SUBTLE SCIENCE

I REMEMBER WHEN school teachers felt they had to point out the "fact" that astrology was a pseudoscience. Hell-fire preachers even taught that astrology was demonic. Solunar tables were always provided fishermen and hunters next to the tide tables in most newspapers. They followed the old Native American adage that moon overhead meant many fish, moon under the earth meant big fish. I have seen this work so many times it has become second nature to know the position of the moon. Moon over and under and to a lesser degree at rise and set are times of peak activity for all life, people too.

Sunrise and sunset are magical times of awe. Eclipses, Sun and Moon signs and planetary conjunctions flavor the day. There are many theories about how celestial movement affects life. Being trends and tendencies, these influences defy measurement and are easily dismissed. I have always felt the surge in energy around the full moon and the confusion during retrograde mercury periods. Maybe planets and stars bend the fabric of the universe as they curve space and exert gravity and enact time? Like a molecule that share selectron and light clouds, the orbs in the solar system are connected by an invisible gravity, an ever cycling pushing and pulling, an energetic bond.

Farmer's almanacs are a guide to getting in sync with cycles. I consult mine occasionally but after years of following the trends one gets a decent sense of timing. Many times I'll plant or plow and look back and see that it just happened at the proper time. It's a subtle feeling one acquires, this sense of timing. It doesn't follow a strict military to-dolist but comes from not squeezing life too hard.

Stonehenge, stone circles and pyramids the world over attest to early celestial interest. They leave behind numerous mysteries. Strange stone towers in Ireland and Tibet still stand with no apparent purpose. They were paramagnetic collectors theorizes one researcher who claims agricultural conditions were positively affected by the resonant bio-conductive energy fields. Oddly, the areas around the towers are still fertile and productive.

SOIL OR DIRT?

WHEN I LOOK AT what man has done over the past 100 years it's apparent that we have tried to replace intricate natural processes with fossil energy and profitable shortcuts. I see chemical farming like pharmaceutical medicine to be flawed and unable to take into account complex processes or use skills known to natural farmers and physicians. The arrogance of corrupted commercial science has resulted in a damaged biosphere, a prescription for death.

Live soil such as that found in a forest, contains fungi, bacteria, viruses, nematodes, earthworms, etc., all living in harmony and balance. Organic matter consisting of leaf litter, bones, bird poop, etc., becomes transformed into large colloidal humus particles and slowly melts into the ground. Rock minerals in the soil are dissolved by humic/bacterial action, attach to these colloidal particles and are perfectly consumed by plant roots. The products of the life in the soil combine to slowly but completely nourish plants. Most folks don't understand the cycles of transmutation of materials, water, gases or the natural recycling of life in the elegant alchemy that has evolved over the eons. We feed our bodies with air, water, sunlight and foods that we "compost" in our bacteria-rich guts to nourish our wet soil, our Inner Ocean. We live for a time and then the bodies we inhabit melt back into the forest floor as generations before us.

As man evolved from using stone tools to driving automobiles, life became easier. Science was applied to growing food with disastrous health and environmental consequences. Major plant nutrients were discovered that could stimulate and encourage plant growth, namely N(nitrogen), P(phosphorous), K(potassium), and Mg(magnesium). In various inorganic chemical forms these nutrient salts were applied, disrupting the biology and ecology of the soil. Plant roots were fooled and absorbed soluble chemical salts and grew like crazy! Without the microbial checks and balances of living soil, pests and diseases followed. Pathogens proliferate due to rapid growth, weakened plant physiology and a disturbed soil micro-ecology. Insect pests, disease and weeds appear in this unbalanced situation. Chemically grown winter fruits and vegetables have little

tolerance of freezing. All chemical produce is energetically low in electrons and almost devoid of the buffering minerals we need.

Mono-cropping year after year without fallowing, depleted all the micronutrient trace minerals like Zn(zinc), Se(selenium), B(boron), Co(cobalt), Mn(manganese), Ag(silver), etc., necessary for enzyme formation and the quality of electron capture. Stripping forests and plowing prairies with disregard for organic matter meant carbon was lost from the soil instead of being sequestered. Just changing to no-till or permanent pasture practices could impact climate and global CO₂ levels.

Grass feeding animals could be the major carbon grab but the practice is conveniently ignored. Pasture grasses stash carbon more effectively than trees. Fossil energy intensive grain production and chemical practices subsidized by the government indiscriminately release lots of CO₂. As soils declined, pesticides were created to battle each symptom one by one, with terrible side effects. Modern medicine followed the same harmful path. Doctors don't encourage the improvement of our "soils" to prevent disease, but pour "pesticides" on us in a vain attempt to make us healthy flowers?

Our thinking has become so twisted and remote that we have forgotten the way home. We have come to believe in a reality created by advertising. Drugs, deodorants, air fresheners, carcinogenic chemical sunscreens, toxic toothpastes, mouthwashes, antibacterial everything, microwave food, toxic Teflon pans and toxic plastic food and water packaging now define us. We cheat the molecules. Einstein's persistent illusion has become a pernicious curse.

LESSONS FROM THE PARALLEL REALM

BOATS AND WEEDS are direct analogies I rely on, having spent so much time in the garden and on the water. Pulling weeds is great flexibility exercise and hour after tedious hour got me thinking. Some weeds were "wise" and some reproduced prolifically generating millions of seeds while others couldn't tolerate regular mowing. "Weeds" can also be great soil builders quickly repopulating damaged ground. The most persistent weeds conceal their activity underground in storage roots. Some had traveling suckering capabilities like nut sedge or smilax which produces tough vines similar to barbed wire.

Some weeds stymie people and they joke that the only way to defeat them is to move. Mulches, digging, clear plastic solarization, tilling pigs and scratching chickens, flaming, vinegar, or my favorite, planting smother crops on top of them work in time without the contamination of chemical herbicides. Soil conditions can be improved to discourage weeds, like diseases, that rush to populate unbalanced plots. Parallels.

Boats were great teachers, too. I had so many near disasters in my learning years that I should have just let the ocean be. I would find upon honest retrospection that

each emotionally painful brush with calamity was of my own making. Poorly tightened fasteners, gas lines and knots, along with slipshod maintenance, organization of equipment or inattention to weather conditions cost me. I endured thunderstorms, being caught in waterspouts, day-long tidal groundings and horrendous cobra venom like man-of-war stings, fish hook injuries, sick passengers, stupid arguments, snapping ropes, flying hardware and even having boats drift away while diving.

Mental laziness and impure or half-hearted intent were always involved. **The ocean paddled me over and over but somehow spared my life. The boat itself had to be right, shipshape and imperviously strong because the sea was keen to find any weakness and teach another lesson.** You learned to *develop a measured response* to changing conditions and not to mindlessly *react*. Sometimes an instant reaction was necessary and experience through trial and error was the only instructor.

Captain and boat were no different than mind and body so I kept the captain sober and aware and all the hardware stainless and polished and enjoyed much success.

A depth finder sends sound waves to bounce off the bottom and any solid object in the water column like fish. The machine receives the returning sound and older models had a sensitivity knob. One could turn down sensitivity to only receive echoes from the bottom or turn it up a bit to see fish. When sensitivity was turned up to the extreme the screen filled with snow and was useless. I constantly adjust my own sensitivity knob. I can zoom in on details or zoom out to get the big picture. When one becomes over sensitive, it is like being lost in a blizzard. Set to be insensitive, one never notices many annoying details or the fish.

I even found antioxidants to protect metals from rust and corrosion. Wax, paints and oils have their place. People out in the country use WD-40 on their rusty tractors and aching joints. No kidding!

I needed an oil with more lasting qualities. A knife maker told me about *Ballistol*. It is used on wood, metals and leather, and is a superior alkaline antioxidant oil that resists oxidation like Vitamin C. It has an odd smell. The formula is a secret but the ingredient list includes white oil, oleic acid and certain alcohols and is said to be extracted from coal. *Ballistol* was invented in Germany in 1905, used to lubricate guns and rifles and ironically on war wounds! It is used today overseas on farm animals to heal skin conditions and I keep a bottle in the kitchen. I found *Ballistol* provides the most *amazing relief for burns*, so I always have it handy. The pain of a burn magically disappears a few minutes after *Ballistol* is sprayed on and healing seems to be faster. Information is scarce on this wonder oil and dealers fear the FDA so much that they become nervous when you communicate with them and uniformly tight-lipped on any medicinal uses. The FDA apparently wants citizens to enjoy the sensation of agony if they accidentally sear their flesh. More dis-empowerment?

CAN'T?

AS A CHILD I RECALL being bored out of my gourd watching the mime, Marcel Marceau. His white-gloved hands defined the interior of an invisible phone booth he seemed trapped in. After shattering illusions myself, I realized what he was getting at. **Illusions are invisible boxes we become trapped in.** The words *I can't* keep us caged. Shattering cultural illusions and breaking free is the consummate act of empowerment. By simply speaking your mind you can step back, beat your chest like King Kong and actually feel the ground shake! I correct myself and other people everyday when we pronounce the word *can't*.

There was a bear at the old zoo on Key Biscayne I remembered seeing as a kid. It had been kept in a 12 foot long cage for many years and paced back and forth obsessively like it was touched in the head. When the zoo was upgraded the bear was let out into an open-air habitat. The massive bear continued to pace in a little 12 foot area.

I recently read *Path of Empowerment* by Barbara Marciniak. She claims to have channeled Pleiadian intelligence to access uncanny wisdom. If she didn't channel alien minds as she claims, she has certainly surpassed many conventional thinkers. I often thought about using a pirate transmitter to break into commercial radio. My plan was to issue warnings to earthlings about their industrial activities as if I were a space alien broadcasting from a saucer hovering over Miami. Unfortunately, I never happened on such a transmitter. People might have paid attention to other worldly advice. Maybe this was Marciniak's idea, too. Either way I found myself compelled to read it again because every word rings of higher truth.

Obviously our modern mining-tech system is unsustainable, it won't last! With increasing levels of toxicity reproduction will cease. This has already occurred in some fish species. Synthetic pharmaceutical hormones contaminate drinking water, coastal rivers and bays. The fish in the Potomac have turned female! Humans also have widespread infertility and infant death. Once enough genes are damaged or hormones unbalanced the female body will abort a nonviable fetus from her toxic internal environment.

Many profit today on tomorrow's destruction.

- Once proud workers have become economic slaves while inflation subtly devalues our currency and devours their savings.
- Our economic elite have financial mechanisms to outpace inflation. They pay old debts with newly shrunken Zimbabwe dollars and maintain control of the board.
- In France where workers are used to a month or two of vacation, they riot.
- Americans conditioned to an average eight days off a year are squeezed to pay bills

so many work overtime or get a second job.

- American corporations abandon our workers for overseas advantage in labor costs and non-existent environmental standards and spread their abominations over the planet unchecked and officially assisted.
- American workers have also unwittingly slit their own throats over the past 30 years by buying cheap foreign goods and funneling wealth to overseas slave labor sweatshops. Now they find themselves unemployed and in the same boat. Good paying jobs have evaporated. We whimper and take it.

I pray people become empowered and insist the frivolous managers of civilization grow up! We don't need to crowd and contaminate ourselves out of existence, enslave each other or kill each other in retard-wars. Man can not evolve or reach higher states of civilization through selfish greed, acquiescence to piggish national agendas or denial of the widespread flaws in the corporate reality. Responsible humans must stop stupid now and become about the business of healing mankind, restoring local communities to reclaim control of our common biosphere and fulfill our natural responsibility to survive.

POST SCRIPT: THE GULF OIL SPILL | DEATH OF AN OCEAN

FOR DECADES THE GULF OF MEXICO has been polluted by fertilizers, pesticides, dioxin, mercury, cadmium, and etc. which are not seen so no one paid attention to these stealth pollutants. Now the Gulf is contaminated with crude oil, the public is aroused and some are getting the picture.

BP's first thoughts were to downplay spill volume and use dispersants to hide the enormity of it and limit their liability. Less oil will reach beaches and less will need to be gathered floating on the sea. The EPA allowed this toxic doubling-down on environmental damage. Emulsified oil will sink through the water column, poison every bit of sealife it encounters and then coat the bottom to exclude oxygen. Every scientist interviewed agreed dispersants are dangerous. The added destruction of sea life will be exponential. Sea-bottom ecosystems do not recover from chemically dispersed oil. Bacteria that could have digested raw crude are poisoned by dispersants. The loss to our food supply will be great.

As if the reckless destruction of the Gulf wasn't bad enough, the demonic oil and gas industry began underground "fracturing" to extract more natural gas. In the five years since its inception in 2005 this environmentally exempt process has spread through 34 states. Water wells and air quality have become "unofficially" deadly throughout the heartland. See the documentary GASLAND.

Oil has run the show for too long. The idea that industries control our government and that all our regulatory and protective agencies from MMS, FDA and USDA to the EPA

and SEC are corrupted is dawning on Americans. Will this mega-disaster change the way business is done?

Chapter 10



DOG'S BREAKFAST

SCARED-E CAT

FEAR IS LIKE BEING LOCKED inside a dark cave, a state of abject aloneness. Consciousness contracts around one. The isolated and alienated are most susceptible. Not hope, the spirit of the universe or the light of the creator can reach one in this dark hole.

Fear and financial panic recently pushed the planet into paralysis. That atmosphere is the perfect environment for manipulation. Fear used with propaganda controls perceptions and accounts for poor decision-making and reactivity. Create a fear or make use of a shocking event, reinforce the fear by talking about it incessantly, offer a solution and become the owner. Fear is a weapon used by governments, political candidates, corporate interests and organized religions. Fear sells!

Monitor fears and defensive reactions to find your ego-attachments. This is where your sense of self esteem is invested and where the seeds of fear sprout. Most base their world on ego-attachments which are constantly used against them to exact control. Attachments can link self esteem to beliefs, other people, vanity, greed, personal security or intellectual arrogance. *A defensive reaction always betrays the fear which betrays the ego-attachment. This is fascinating to watch in conversation where you can literally crawl inside another's head by gently probing his attachments!*

Fear is the great motivator that feeds anger and distrust. Fear of being hit by a truck is very healthy. Low level chronic fear and worrying is stress. Stress physically devours our nervous system and compromises our biochemistry. DNA is turned off, telomeres are frazzled, mistakes are made in enzyme templates and our molecular world goes oxidatively awry. When stress hormones replace the production of healing brain hormones it is the perfect time to load up the truck with antioxidant electrons and talk to a friend.

Fear can result from a polluted Inner Ocean or be the cause of it. Either way, fear prevents healing.

Fear is a learned mental handicap, a bad habit, and can be difficult to control, but can be diminished with introspection, knowledge, preparedness or simply courageous refusal. Longstanding fears create reinforced neural tracks.

Kabbalists say that fear separates us from the abundance of the creator and the mind over matter world in place before "The Fall of Man." Fear is a basic distrust of God and doubt is an opening for chaos! It is a mistrust of our own divinity and inherent power. It is vainly seeking help from without, not confidently knowing within. They say the ego is darkness and is the correction for our soul baggage that we must move through to obtain light.

The cause of death is simply death. According to kabbalists, death is a metaphysical force that is activated when fear and unhappiness are chosen and allowed through one's

doubt of the abundance of the universe. It takes a good bit of head-work to break free of the paradigm of death-consciousness that quietly surrounds us and cripples living. Sharing, gratitude, forgiveness and the expression of abundance are key words that expand into healing realities. Detachment, humor, freedom and laughter are golden. Faithfully and confidently destroy doubt. Just will it, skip unhappiness altogether!

Physicists explain that energy can not be destroyed so consciousness is immortal.

- Fear *is* biochemically verifiable disease! Fear is highly contagious. It crawls inside you, feeding on yesterday and tomorrow, but disappears in the infinite now.
- Fear is loveless, self-concerned and destroys self-confidence. It is related to the devil, *doubt*, which only attracts poor judgment, disease and death.
- *Fear is the darkness felt by the ego. Fear is hell. Hell is fear.*
- *Besides fear itself, beware the machine!*

A healthy chemical balance in the body and nervous system or just hydration and a good meal can dispel this misery. Cancer patients under conventional treatment employ many mind-body meditations and directed visualization and achieve better results than those dis-empowered and fraught with fear and worry. The idea is to abandon those well-worn neural rat paths. Living in the moment and involvement in a community can lessen anxiety.

Exercise opposes fear and depression by jacking-up your normal function, moving oxygen, toxins and materials. Physical fitness makes one more able to defend or to turn and beat feet. Exercise counter-balances hormones and stress toxins. Physical activity must be done in the now, so you stay in the moment. Gobs of oxygen aerate the system as the juices run like a spring tide.

Lacking sunshine Vitamin D, people grow fearful, xenophobic and lack assertive tendency. Fluoride and mercury toxicity also lead to uncertainty, depression and ineffectiveness. Sunshine boosts Vitamin D production and iodine raises thyroid output to help reduce xenophobia. Low glycemic foods keep the mind in shape while refined carb/sugareaters have diminished mental and physical capacity. Bad polyunsaturated oils and lack of healthy saturated fats form a nexus of oxidative stress and neurological distress.

Try unconditional universal love, sharing and smile. Read James Dines', *The Secrets of High States and Mass Psychology*, Dr. Livingston's, *Too Soon Old, Too Late Smart*, and books on Kaballah. *The New Earth* is a widely read favorite by Eckhart Tolle best listened to on disc. An offbeat pick, *Path of Empowerment* by Barbara Marciniak, is

brilliant, encourages potency and unbound freedom. They are all great mind medicine, as is *The Power of Intention* by Dr. Wayne Dyer. Dyer, as most other modern prophets, indicts the ego and repeats the phrase, “Where there is fear, love does not exist. Where there is love, fear cannot exist.” I also like Dyer’s quote, “When you look at things differently, the things you look at change.”

“What you see is what you get!”

—FLIP WILSON

LIVING WITH WOLVES

For the strength of the wolf is the pack

And the strength of the pack is the wolf.

—RUDYARD KIPLING

Tama

Sometimes I ask people about their first recollections of life. Most remember back to the age of three. I remember much earlier impressions. Before I was one I can remember living in an apartment, seeing my father, my mother’s face and Tama lying on the floor between me on a low couch and the front door. I recall a sense of security having a powerful protector that never left me alone. German shepherds have been a part of my family ever since. In fact, I never understood family dynamics until brother Rudyard Kipling spelled out the characteristics of the pack in *The Law of the Jungle*.



Maybe it is a pack thing or an aspect of a herd, but inter-species compassion always floored me. Families, and to a lesser extent strangers, recognize vulnerability and distress especially in the young. Tama guarded me like one of her pups. Our donkey guards the

calves from coyotes and feral dogs. Recently a calf injured itself on barbed wire and that jenny stayed with it continually licking its wound. I have been cleaned by fish, received compassion from sensitive animals and now consciously receive continual kinesiological updates on the condition of the matrix from every member of the plant and animal kingdoms. Animal sensitivity is one of those mysterious but wonderful phenomena we rarely observe.

Lobo

Years ago in Miami I had to sell one dog, a huge jet-black male German shepherd with yellow eyes named Lobo. I had rescued him in front of the pound a few months before. He was a young, proud and excellent dog and together with Honey the house was packed with energy. My mother was afraid he would mate with her, puppies happen, Oh my God! They were also a handful as they played together.



I put an ad in the paper asking \$50 for Lobo but got no reply which suited me fine. Again I was hounded, "Sell the dog." I placed a new ad for \$150, the highest price paid for any dog at the time. I sold Lobo the next day.

The moral of the story is complicated in values and perceptions, why some things are bargains and other things not. Many times I have purchased the expensive fix just to discover an economical answer. Vitamin C is cheap and so is hydrogen peroxide, chlorite, vinegar, soup and flax seeds and they get to the root of the problem. If someone demands a high price for a rare plant extract or the latest bio-pharmaceutical, is it worth it? Maybe. Maybe by placebo effect.

Until recently, I naively thought cures for cancer or heart disease would erupt from those marble-floored billion dollar institutions of advanced science until I was knocked out of my socks by a \$33 jug of ascorbic acid. Then I realized those cures would never arrive. What would they do for a handsome living then? Most people are just dazzled by the more expensive dog. Then they drop all quality concerns when something is free, like insured prescription drugs.

A few weeks later Lobo's new owner knocked at the door. He had a big bandage wrapping his hand and said the dog bit him. I offered to give him his money back but here

fused and only wanted to know if Lobo had his rabies shot. "I love that dog," he said," A friend showed up late one night, Lobo went after him and I got in the way."

Honey

My beloved Honey died one day while I was out fishing. She had had breast cancer surgery a few months before. I kind of knew it. There was an eclipse of the moon that day, I caught a dolphin or mahi as they now call them, that weighed about seven pounds. Before I could throw it in the box, a dark crescent shaped area appeared on its head, blackened like the skin had died. I tossed my bait over the side and ran home early.



My mother was crying when I arrived a few hours later. I buried Honey under the old mango tree. She had accompanied me everywhere. We always went to the beach together, or cruised through the Miami bars late at night and frequently showed up at parks and music festivals. Honey was greeted by all with loving affection. She was a large 120lb silver sable beauty, better behaved than I was and never needed a command. She would just do whatever I thought about. A tiny whistle brought her from anywhere, running. We were connected invisibly, mind to mind. She always had my back. It occasionally happened she didn't like someone. I sensed it and we would leave immediately.

Shepherds are uncanny at keying on mal intent. I have seen it dozens of times and somehow the dog knows! I am also coming to think there may be a pure response in dogs acting like kinesiologists to test truth or falsehood. You can read a dog's response to consciousness! A dog many times confirms our own inklings.

Through the years I found a man could go anywhere, anytime without fear and then sleep soundly with a partner like Honey. To grieve for her or any loved one is natural. Thinking about the glorious days we shared in the Sun or the fleeting joys in any life should not impart sadness or loss. At least you had those days. A day is all you ever have anyway and many are not notable. Fond memories are treasures of ongoing *nows*. Holding them in pain is just wrong to me. I drag out cherished memories on cold nights by the fire. They warm me inside.

Mowat

It had been months without deep sleep, months without Honey. Uwe called one night from Cat Island and asked a favor. One of his regular guests from Canada was a German shepherd breeder and was shipping a 6 month old puppy to Miami. He needed to have Mowat picked up and held for a few days until he could get a ride to Cat on a private plane. I went out to the freight terminal on the back end of *Mia*, got him and brought him home. He was long, dark and handsome with a commanding personality and we became fast friends after his tranquilizers wore off and we wrestled on the lawn. He barked vigilantly when my wife came home from work and I knew I'd sleep well that night. It was a time just after the Mariel Boatlift when Castro had tricked us by turning out every prisoner and mental patient on the island. Homeless refugees walked the boulevard in front of my apartment day and night. I never should have put up with Miami, should have left sooner. Falling asleep with Mowat lying by the front door was quick and sleep was deep.

Sadly a few days later I put Honey's old leash on Mowat and took him to Ft. Lauderdale Airport and loaded him on the plane. Uwe called that night bubbling over, half in German. Later as Mowat was grown he had a presence on the island like King Kong. I would hear stories of his renown from other Cat Islanders.

I talked to Ulli one night months later. She said Mowat tore up a guy out by the pool, the creepy little pink swimming pool no one ever used. Later I learned there had been a death in that pool years before but nobody would talk about it. "If he's a problem I'll take him Ulli", I said.

"No! no! no!" she came back, "This was a bad guy. He was up to something out there. We love that dog. He stays next to Uwe all day." Mowat was a telepathic/instinctive doglike Honey, I thought. It would be another few years till I would sleep like that again.

Ranger

We had a male German shepherd named Ranger who wasn't half a chromosome away from a wolf. He was the first shepherd I had ever had in the country, and he was like an Olympic athlete when compared to fat lazy suburban dogs and was master of the farm. "Go", we yelled when Ranger growled and shot across the field to get whatever was in his territory, usually an unfortunate varmint. There was no stopping him so why not cheer him on? In fact, we were overrun by chicken killing coon and possum, peanut stealing armadillos and coyote. Wolves had disappeared from these parts over 100 years ago so Ranger became the regulator of nature.



Dear Abby

My current dog is a schutzhund. Abby is a much more mechanical and high-strung dog than any German shepherd we ever had. They are bred in the fatherland to work and follow orders and are selected for a strong prey drive, powerful bite and of course possess perfect genetics. That prey drive is used by the trainer to optimize his biological robot. I wouldn't recommend one as a companion. I had never been bitten by any of my dogs but Abby has nipped me more than once, not seriously and always provoked when she was in pain. She quickly apologizes. She also nailed the veterinarian. Seeing my dog bite the vet upset me, but in the back of my mind I somehow trusted her instincts. Turned out the dog was right!



I would recommend a well-bred dog be purchased as a puppy. As the puppy grows there is one defining event you must control as the alpha dog. The puppy will get rough with you or your children and become aggressive, biting and growling and crossing the line of acceptable play. At that critical moment, grab the pup by the scruff of the neck and with a firm no, shake it until it cries a bit. This may have to be repeated once or twice but is the natural dominance behavior *you* must perform as alpha dog.

At seven I almost lost her to heartworm and six months later almost lost her again to

congestive heart failure. To keep her healthy and reduce the arthritic pains of ageing I feed her real meat occasionally laced with ascorbic acid, Omega 3 oils, brewer's yeast and kelp meal along with scraps, bones, soup and fish. Commercial dog foods have become disease producers like the stuff people eat from common grocery stores. Cereal grains are used with questionably sourced meat byproducts and vegetables to feed primarily carnivorous creatures. Health pet food stores carry all meat, all fish, and low glycemic carbohydrate blend dry foods.

Yeasts, arthritis and cancers take down many of our pets on inappropriate diets. As Abby matures she is an excellent family member. With the improved diet she is less nervous and defensive, just respect her space. At 9 breast cancer appeared. Chlorite given orally and rubbed topically on the cancer with DMSO as a carrier seemed to have gotten rid of it. Six months later she began to act lethargic with no other symptoms and again chlorite worked. At 10, cancer reappeared in the next breast. Chlorite, 13 drops/2 times a day, along with 8% bicarbonate injections around the breast halted it. After a few weeks of being miserable and with no appetite, Abby was again eating well and running like a puppy. The tumor flattened over the following months. She has protected my family as Honey companioned and guarded my impetuous youth.

Maintenance dosing of chlorite for ageing dogs is mentioned in *mmsmiracle.com* literature online. Vitamin C, with bicarbonate added to neutralize the sour taste, is recommended by some forward-thinking veterinarians for puppies and ill or ageing dogs. Abby gets chlorite for a week every few months which keeps her chipper.

Any dog, much less large potentially dangerous breeds should not be fed large percentages of vegetables and inappropriate oxidized fats or high glycemic grains that generate bad fats in their bodies. Millions of dogs are made physically weak and disease prone lacking Omega 3s and healthy saturated fats, just like their owners. Their minds become nervous and defensive on junk dog food, and no one needs a pet that is "loco in the cabeza" and not easy-going.

Dog Style

The schutzhund was bred for strong prey drive selected over the centuries. Many times Abby has spent the night barking at a treed raccoon or possum, continually circling the tree to make sure there was no escape. Luckily those were cold nights or she would have collapsed from heat exhaustion. The dog will not give up! It's will is focused, dogged determination, total tenacity, victory or death!

I have seen poorly shot deer, cornered he-coons, cats under attack and cattle fight for their lives. Some people will not give up either, but sadly, many just roll over and accept their fate easily, trustingly. When things are going badly I have recognized a point of determination where one gets steely serious and then look out. This usually occurs at the last minute in a strenuous struggle and determines the outcome. Those who are not prepared for total effort disappear like yesterday's newspaper.

I found self-discovery through a method I call "Maximum Effort Therapy" to steel and

focus the will. Take a really thick tough oak log that resists being split into firewood. Position a splitting wedge in the center and pick up a twelve-pound sledgehammer. The first few blows scarcely dent it. You reach way down in your heart and soul and hit it harder and harder and the wedge starts to sink in. Then your blood is alive and your focus is intent so you really really whack it with every fiber. 10 more hits, then 10 or 20 more and Crrr-aack! That, my boy, is your *will!*

My 3rd Corollary

“Approach *every* challenge with a full lunch box whether or not you will need it!”

The 3rd Corollary is based on strong intent. Sometimes, paradoxically, the opposite approach of letting go works?

A FUNERAL FOR A DOG

IN MY 20s I became acquainted with many strange and bizarre individuals as I sampled the whole menu of life in mucho-diverse Miami. Some were wealthy, old money bluebloods I had captained for. Then there were the common but more interesting folk around the docks and dives. There was a New York con man that traveled with two prostitutes, a boxer, some artists, many gamblers, a Columbian drug dealer, several demyelinated Viet Nam veterans, a Jamaican mechanic, an attractive but crazy raven-haired Cherokee woman who had been a lady cop and who'd lift her t-shirt to showoff her bullet scars, and other assorted misfits; a real slice of humanity. To me at the time, these characters were all just *interesting*.

I fell in with a merchant seaman in Miami, an older guy and a great storyteller whose name I can't recall. He was a friend of a beach boy I had known for a few years, Fast Eddy. Eddy was an Arawak Indian from Puerto Rico and quite a free spirit living off the generosity of those who enjoyed his cheerful company and philosophical rap. The seaman wanted a ride out to his trailer in the Everglades near Pinecrest on the old Loop Road. I grabbed a fishing rod, my bow and arrows and a cooler and the three of us took off out west on the Tamiami Trail. The seaman stayed in the 'glades between voyages and knew all the locals. There was a small shack serving as a beer bar and snack spot where they congregated.

Drinking beer was all they did! Drink, play pool, talk and sometimes brawl. There were several fugitives, drug addicts, murderers, a few hippy nature freaks, gator poachers, snake and orchid hunters and an over-the-hill swamp queen attended by her twitchy hair-trigger husband; a dog's breakfast of society's cast offs. Police didn't even approach this outlaw village because so many cops had been shot at. I spent a few days in that hellish place carefully absorbing radical perspectives, catching snakes and collecting a few plants. I heard so many strange stories . They wrestled with my mind.

We stopped for supplies at the Miccosukee Village where I renewed an old friendship with Bobby Tiger. When I returned to the Everglades months later, it was not to Pinecrest

but to visit the Indian Village. The tribe held the distinction of having never surrendered to the government, and I liked that independent idea. I could trade or purchase fresh palm hearts, frog legs and gator tail, talk with gentle real people and swap stories of life in general. I was comfortable here, there was a simple sanity.

Late one afternoon I decided to ride out Tamiami Trail to the village and buy some frog legs. Near the entrance I noticed one of the Indian's dogs had been hit by a car. I visited with Bobby, Buffalo and Pete Osceola for a while. They were easy to talk to and wise in their natural simplicity as masters of a very inhospitable environment. Bobby had lived in Miami for quite a while. He smiled easily and always flashed a big gold tooth. I remembered watching him wrestle alligators years before at The Musa Isle Village on 27th Avenue where it crossed the Miami River, but he never aged. Pete was a go-getter who built chickee huts for rich people on both coasts. Buffalo was tribal chief and didn't say much as he filled my cooler with fresh swamp foods. They were always so relaxed that they made me relax. They openly offered friendship where friendship and hospitality were essential to living, like in the islands or the deserts of the Mid-East. They were gentle sensitive people. They were human beings.

The sky was glowing red and orange near sunset. As I turned east on the Trail feeling spiritually refreshed, I saw a group of 8 or 10 village dogs sitting quietly on the shoulder. The bereaved pack looked across the highway at their fallen friend whom I'd spotted on the way in. I could feel their grief and realized the deep connectedness of all life. There was sanctity in nature, in this open air cathedral of a setting Sun.

Reflecting on the summer's walkabout, I began to understand the world I'd been exploring, and people.

MY LIFE AS A PC

WHEN COMPUTERS APPEARED on the public scene a few decades ago I began to see parallels to the mind as I'm sure many have. They work on an endless series of yes or no decisions in a logical sequence toward a goal. There is solid state hardware in that box along with more ethereal software.

New computers work swiftly, crisply. As they gather software programs from the internet universe they gradually become corrupted by too much information. Some of that information doesn't work and really malicious lies can lock up the system and are accurately termed a virus.

Though these modern thinking machines are primitive compared to the simplest lizard brain or even a DNA molecule, they frequently have nervous breakdowns. Then a technician needs to examine the entire system to ferret out bad files of information and remove them. Once the infections are erased the PC can speed happily through its tasks.

In my life I had to first eliminate corrupted information. Each file was scanned for accuracy and most were thrown out. The collective mind must become similarly de-conflicted.

- Individual minds and the collective consciousness are quite similar to a desktop. When enough corrupted information is consumed, a life or a civilization gets stuck, crashes and blue-screens. The appearance of personal illness, mass insanity or civil turmoil in a culture is the result.
- Connected individuals generate a collective consciousness that can flow rapidly in waves, freely throughout the network. When knowledge can be controlled, so can the population. The internet provides an end-run, sidestepping the commercial media. If this medium of communication were properly harnessed, powerful and positive changes could occur. The synergy of connected individuals can move mountains.

SCHOOL DAZE

I TEACH MY CHILDREN things about life, health and happiness as their public schools work to undermine many of them. I try to give them an inkling of what higher consciousness can bestow and how illusions trap everyone! I point out so many common illusions that slowly they get the drift.

I can't deal with most educators or the more well-to-do board of education people who know everything and what is right for all children. Their vessels are full, so whatever I may add just spills out. Since there are so many ignorant people one might conclude that the education system is wanting. Students show up mornings with poor or no breakfast. The simple addition of eggs, three ounces of sausage and a slice of buttered coarse-grained bread would improve performance more than many other stressful initiatives like constant prepping and testing.

I wake up with the attitude that *this* day will be interesting and productive, but otherwise I empty myself of preconceived ideas, try to listen and absorb anew. Every time I tell myself "*I know nothing*", I learn something new. Rules are the software of robotic people and can be disabled or deleted by self-actuated humans in the process of being.

Education means to *nurture* or to *draw out*, from the Latin, not to shove information in. Oddly, critical creative thinking is not taught. When a grade is given indicating a student failed the lesson it is my opinion the grade belongs to the teacher! For whatever reason, the teacher failed to teach. That is the way I judge my own performance when I try to get ideas across at lectures and demonstrations.

Independence is demeaned as children are stripped of their natural identity, regimented and turned into Americans. All the *goody-two-shoes* offer unrelenting peer pressure to keep the *renegades* in line. Candy, sodas and cupcakes at every opportunity are given as treats and rewards. I see parents in the grocery store hefting cases of cokes and filling baskets with refined carbs, processed meats, white bread, and microwaveable foods.

Social pressures are strong indeed! There are those who follow rules and men that make them.

THAR SHE BLOWS

I HAVE BEEN WHALE WATCHING! For years now, I have observed the way fat children roll out of school as I wait for my own. One mother consistently has a can of soda that she hands her baby beluga as soon as he gets into the van. Day after day from 1st grade into high school I have seen this well-meaning mom fatten her poor little fellah so that now he can hardly walk. In middle school there was also a bag of chips and in high school a fresh Big Mac or sub sandwich awaited him. Last month he got his own pickup truck. I pray he evolves. Many times I thought of saying something but bit my tongue. After all, they are just average Americans doing what everybody does. Thirsty? Grab a coke, Hungry? Get some fast food. Most leave home on the wrong foot without a proper breakfast. Get sick, it's not your fault, the doctor has some pills! The poor squander food coupons on the same garbage.

Since excess glucose nullifies Vitamin C and initiates glycation, a population living on sugars can never possess antioxidant energy levels consistent with health. Sugars and white carbs and bad fats in huge easily consumed high-caloric globs with no bones, no pits, no chewing and no effort build fatty livers and initiate diseases and stimulate hunger. They lack sunshine, exercise and Vitamin D. This is why Americans teeter on the edge of sickness, have sorry immune systems and are weak in body and mind. Frequent colds are take out the trash days as their bodies uncomfortably eject unwelcome residues of an artificial lifestyle along with their damaged cells. Over half will enjoy life as diabetics!

Fat people are not bad or stupid. They have become food addicts and just don't pay attention to what they shovel down their pie holes. Everyone is confused by all the diet books. Atkins vs. Pritikin vs. Ornish vs. South Beach vs. Mediterranean, ad nauseum. Add government and industry nutritionists, Dr. Gupta, Dr. Oz and all the TV doctor shows and no one knows which end is up? Mainstream medical thinking is even trying to float the idea that obesity is genetic!

Fat people are actually starved for real nutrients. They consume excess quantity trying to get at needed nutrients commingled with tons of caloric garbage while seeking yet another spike in their blood sugar and another fix of junk fats to re-stimulate gluttonous pleasure centers in their brain. Bodies also use fat formation defensively against toxins to sequester and store them in fat globules. The organic qualities of real foods we have discussed never enter the picture when your taste is all in your mouth.

Dinner plates should really be the size of saucers. We are conditioned to expect lumberjack size mounds of high glycemic inflammatory food which pack more calories into smaller volumes, and that are less nutritious. These are the false fruits of food science technology aimed at industrial profit.

One idea I like is to eat a small snack or cup of soup half an hour before dinner. It kills the appetite, then much smaller meals are satisfying and the pounds come off. A cup of

soup, a slice of kohlrabi, a cracker with cheese or a piece of smoked fish work perfectly. Snacking between meals is an effective strategy.

We need to readjust our perspectives toward mountains of fruits, vegetables and antioxidants like Vitamin C. Smaller servings of healthy fats, proteins and complex carbohydrates are more appropriate.

THROWN TO THE WOLVES

FOR THE LAST HALF-DOZEN YEARS I have noticed a disturbing descent into gloominess by teenagers. As my children went through middle school and high school they would bring home stories of others who were “emo,” who dressed in black and participated in harmful behaviors, not only with substances but also with self mutilation. Recently, newspapers have mentioned this trend citing teenagers who have very dark outlooks on the future. Shorthand text messages like “lol” and “nbd” now include “fml”! I learned “fml” stands for “fuck my life.” Is this an indicator that their mental landscapes have become bleak and there is a spreading defeatist attitude and sense of powerlessness? Each one is worried about overpopulation, climate change and what life will be like tomorrow. Fear grips the vast majority of Americans. Many live with an impending sense of doom, a low-grade paranoia, and waste their energies on political and religious distractions. It wears on their spirit and gnaws on their genes as it dilutes the quality of their lives.

- Psyche drugs are given to millions of children today. A recent documentary interviewed a slew of doctors and parents of kids with “problems”. The entire focus was on medications worth billions of dollars. “If they could only *find the right drug*”, was the doctors’ common lament. No mention of nutrition or nurturing direction.
- When a mother wolf corrects her pups they either pay attention or do not survive to join the pack. Soon they participate socially in hunting and pack politics. Modern parents do not smack or correct kids nor do they engage them in meaningful family responsibilities and community endeavors as they once did. Television with its hypnotic ideas and electronic games all work to squash interactivity and occupy a child’s time, for better or for mostly worse, as they stare and join the herd.
- Video/internet addictions have been documented in psychiatric studies of the connected generation. Deficits in attention spans and instant gratification syndromes appear when young minds are habituated to high speed stimulation for hours on end. Poor mental effectiveness is the result. This is evidenced by sinking grades and boredom as kids become non-communicative. Inactivity, obesity, ill-health and

crippled potentials are the bitter fruits of misguided tech use. Even the AMA recently posted a warning.

Multitasking adults race from one idea to the next and dilute their efforts living on a diet of high speed sensory distraction. Simply reading a book becomes agonizingly slow. Over-stimulated gamers, twitterers, e-mailers, texters, sexters and googlers are overloaded, dumbed down and unfortunately screwed-up! In the 1960s-70s drugs, cults and communes claimed young minds and de-programmers came to the rescue of many. Today we need electronic addiction clinics. Diluted intent bodes no good for the future of mankind.

The lack of normal non-TV interaction may lead to psychological depression later. Rug-rats are fed pasteurized milk, mood-altering artificially colored acidic sugar snacks and processed meats. Breakfasts are generally sugar and carb cereals that defeat mental prowess in school. They drink soft drinks, fluoridated water, breathe city air and fearfully stay out of the sun. Many are kept in the house because overprotective xenophobic parents do not allow them to explore their world. Their auras are scorched by electromagnetic force fields from their toys. Most have little nature available to experiment with and their parents already have TV ideas on health (drugs) and nutrition (faux food). The impotent idea of dependence on drugs for health is crippling. Their bodies must dwell in the real world while their minds are held in virtual delusion.

The M.D. is always deferred to as the authority on all matters by parents who don't know any better and never assert or say no. Oddly teachers (teachers?) suggest and encourage drugs for children. It saves them a hassle in their workplace when all the children sit there like cantaloupes. One couple in a documentary on psychotropic drugs had a child who finally gorked-out, becoming catatonic after about the eighth drug the doctor tried and they wanted to try more! The parents themselves exhibited insanity by going back to the doctor over and over expecting a different result, from drugs! The doctors themselves admit they have no ideas on cause or cure for these normal behavioral problems they have branded "disease." A parent could logically just go *ask the helpful hardware man* and try floor cement! Why everyone swallows phony *science* without question amazes me. When pharmaceutically messed up kids commit suicide or a medicated parent wipes out his family it is very sad and utterly infuriating.

- The slogan "JUST SAY NO TO DRUGS" saturated the media not long ago to keep children from smoking pot, etc., as pharmaceutical use doubled and redoubled. Many millions of children now take psychoactive drugs for attention and depression. *All* the school shootings in the last decade were by suicidal kids using these drugs at the schools' or pediatrician's request and politically correct parents obliged.
- Recently it came to light that 30 percent of children in foster care in Miami are on

psychotropic drugs because, and I quote *The Miami Herald*, “It makes them easier to manage”. The story would not have been reported if not for as hocking number of suicides.

- Many children are very bright but most remain trapped in the fog of an artificially constructed reality. Public education itself tends to be lame and regimenting. Who wants standardized kids? If you feed a child real foods, love and spend time with him, give him meaningful tasks to contribute with, teach him skills and manners by example, he will grow up fine. The artificially raised pharmaceutical goof ups will plague our society for a generation with their damaged minds. At least 6,000,000 time bombs walk among us today, going off in strange behaviors when they crack like at Columbine and Virginia Tech, or silently alone. Drug makers should be required to include a cute little t-shirt with each prescription proudly displaying their name brand. That way the rest of us will know who’s on what.

Children with real problems should be detoxed, taken off sugar and fed real foods including essential fats and exercised. ADHD has been shown to *not* exist and is simply slower brain development brought on by poor dietary habits, deficient foods, preservatives and colorants along with a lack of sunshine, exercise and a modern virtual electronic lifestyle. The doctor responsible for advocating those speed-like phony attention drugs is now being prosecuted after accepting monies from pharmaceutical manufacturers. Attention deficit drugs prevent normal function and retard future development.

Nothing slows down hyperactivity like restricting sugar and high-speed electronic stimulation while insisting on a few more laps or supplying a garden hoe and a bunch of weeds. According to nutrition expert Gary Null, ADHD is a nutritional problem easily reduced with a correct low glycemic diet. The bad behavior attributed to this imaginary disease is annoying to grown-ups, but just a result of normal kids pushing the envelope as they deal with living.

I consider most of the drug treatments in this area criminal, fraudulently ginned up for behaviors that are simply part of growing up. I feel doctors prescribing psychotropic drugs, except in rare cases, are either profitably complicit or blithering idiots! You’d think public exposure of these rip-offs would end the story, but they will not quit pushing their drugs. Now the old ADHD drugs are being promoted as brain performance enhancers to deal with an unnaturally rushed and stressful existence I presume. We must not have enough crazies.

GO GRANNY GO!

I WAS REMINDED RECENTLY that it is not just children who display symptoms of pharma-dopiness. I had always recognized, when driving through retirement areas, that oldsters weren't too slick behind the wheel. Now each is carrying a sack of prescription drugs and probably trying to drive to a pharmacy for more "free" Medicare pills! Legally, pharmaceutically impaired drivers are everywhere. Street drugs now statistically take a backseat to pharmaceutical dangers.

Delirium from years of taking various prescriptions floors people in their final months and years. Over-medication continues as long as they are still breathing. It is expensive, prolongs semi-vegetative suffering and stupidly drains the federal treasury.

I was relieved when *quaaludes*, the dreamy sex-fun pills, were banned from production after so many close calls back in the 1970s . A few miles on Biscayne Boulevard became a gauntlet of cars erratically crossing the center line or climbing light poles. So common was this at one point that we got used to constant accidents and seeing wheels and debris flying through the air. "Another luded driver," we would mutter and continue on. It is back and it's worse.

THROWN TO THE WORMS

AFTER BURYING FRIENDS and relatives you start to wonder. I could have helped them all had I known then what I know now. Mr. Ray's heart finally gave out after an oxidative lifestyle and years of inflammation. Just the stress of poverty takes its toll. Although he ate wild game and fish he also lived on smokes, cokes, pastries and cookies from the corner convenience store. He carried the shame of prison which acts on one's foundation like subterranean termites.

I also see elderly who are healthy, mentally sharp and feisty in their 80s and 90s. Many of them have gardens and eat very little. They control their oxidative states by reducing metabolic wastes and inputting good healthy vegetables, fruits and berries. They keep a few chickens for eggs and gain purpose from their church or volunteer work, and are willful and always cheerful. It's funny how these golden threads reappear. They are the simplest principles of healing.

- **Ageing or simply trending towards disease states involves the corrosive buildup of oxidized fats and chemical, pharmaceutical and metabolic toxins. These devils propagate oxidative damage, facilitate glycation, slash glandular function, consume electrons and repel oxygen.**
- **Then degradation of cell membranes, cell organelles, RNA communication and DNA expression are soon followed by chronic infection, cancer and organ failure.**
- **Reversing source causes and enhancing positive function should be the basic thrust of health preservation and healing. Mind-blowing recoveries occur to**

many “terminal” patients every day.

Prevention is most prized by those lying on a gurney in the ER or slowly fading away in a nursing home, from that which never had to be.

FAILURE TO DUCK

A BAHAMIAN lobster boat captain told me the disturbing story of his last trip down on the banks near Cuba. Captain Jack is a white Bahamian, descended from the original settlers who emigrated from Bermuda and came to Eleuthra, meaning freedom, where they live to this day. The settlement is all white not because they are racist but because their religion prohibited slavery of any kind. They kept no slaves and did their own hard labor fishing and farming. Now they roam their water-world harvesting fish and lobster for export to American seafood markets and restaurants.

He captains one of a number of small ships that tow 3 or 4 small skiffs as they sail their waters like we travel the interstate system on land. One afternoon he heard the frantic shouts over the radio. A skiff operator from another ship was begging his captain for help. The skiffs carry a hookah rig to supply air through hoses to 1 or 2 divers as they check traps, bag lobster tails and unload onto the mother ship at the end of their run. The operator wanted help. There was a fast moving 36-foot boat headed straight at him from a mile or two away. The speeding boat didn't alter its course as it moved ever closer. The operator didn't want to just gun the throttle and get out of the way as he should have due to his concern for the diver below belted to an air hose. The call grew more frantic and then ended abruptly.

Captain Jack sent one of his skiffs to check out the possible tragedy. He said his divers approached the trashed skiff and threw up at the sight of the bloody operator laid out across the deck. He had been totally hacked up by the speeding boat's propellers as it careened over the skiff and kept going. The operator's skull was chopped open and there wasn't any discussion of CPR. The diver below came up safely. The speeding 36-footer circled back after a while to see what had happened. The skipper was down below when the autopilot steered his boat right over the skiff causing the deadly collision.

Captain Jack puzzled over this. Why had the operator done nothing evasive or even jumped overboard? He stood there like a deer in the headlights as the inevitable occurred. The story reminds me of all the things we see coming, but can't seem to get out of the way.

Chapter 11



ZERO TOLERANCE LIST! I SAY NO , NO , NO .

OFF MY SHOPPING LIST are most common everyday food items. I have learned never to purchase them or bring them home and certainly never allow them near my mouth. If more people would do that, industry would stop producing the stuff. *I don't want that poison for free!* They are all oxidized, acid-forming highly inflammatory foods! They do not supply electron-rich nutrients essential for life. They create oxidative stress.

The modern diet is packed with high glycemic carbs and sugars, bad fats and polyunsaturated oils that have been stripped of electrons and encourage plaques, pathogens and acidity. They generate free radicals, mask DNA expression and do not support mitochondrial or telomere integrity, but provide the perfect dietary environment for cancer, heart and artery disease, diabetes, dementias and obesity. Omega 3 fats, Vitamins and alkalizing minerals are scarce in neighborhood groceries and most restaurants.

We have gotten to the point where industry backed by government “protective agencies” dictates to the consumer what he shall eat. There are no longer many options. Small farm alternatives have been drowned by media, marketing and supermarket economics while being dismembered by government regulations favoring industry monopoly. Industrial foods are cheap. Economically drained consumers seek cheap. Small growers won't bother to compete and grow quality produce to earn practically nothing for their labors. Little by little industrial look-alike foods forced real nutrition from America's table. It would take less than 5 minutes to tour the average grocery store and point out safe foods. It would take hours to point out all the deadly items. With enough informed consumers, this could change! *In order for us to survive, this must change. There has been an intense shark-like feeding frenzy going on for at least fifty years, the industrialist economic elite feeding on the future!*

TRANS-FATS AND ALL OXIDIZED VEGETABLE OILS

TRANS-FAT and polyunsaturated vegetable oils have to be the most dangerous food items allowed today, thanks to big agriculture and food processing. Unnatural trans molecules not found in nature cause more deaths each year than the Viet Nam War. Trans-fats and partially hydrogenated vegetable oils are in all baked goods, chips, margarine, salad dressings and processed foods. *Zero* trans-fat laboratory replacements are high melting, toxic and don't spoil. The tragic fact is these junk fats appeared as healthy Omega 3 and CLA-rich meats, milk, poultry, eggs and cheese disappeared. Grain-fed everything became the only game in town.

Mary Enig, Ph.D discovered the trans-fat abomination of food technology years ago and was the original industry whistle-blower, now working for the Weston A. Price

Foundation. Peruse the free info on their website or read their books. Information on dietary fats and health are bundled in confusion and conflicting studies. I can only stick with the molecules and their proven characteristics.

Oddly I remembered hearing the news about trans-fats on the car radio sometime back in the 1970s. I waited for years for the government to ban margarine. After almost 40 years a few cities are banning trans-fats in restaurants. Wow!

Any product that says hydrogenated or partially hydrogenated can contain these queer mirror image, deadly but legal trans-molecules. Overheating vegetable oil is what causes the molecules to grab hydrogen protons and lose unsaturated double bonds or even reverse their natural isomers into mirror image. Butter fats in milk can also go trans from homogenization. Life on Earth has no idea what to do with wrong-handed molecules.

It is not just trans-fats that kill, it is all the electron-poor oils that act badly in our systems. Corn, soy, safflower, canola and their hydrogenated relatives are found in virtually all processed food concoctions. They are extracted with heat and solvents, stripped of electrons and instead of storing electric charge are jammed with hydrogen and generate free radicals. They are the wrong fats to construct cell membranes and nerve tissues with and destroy any idea of a healthy high Omega 3 ratio. Mainstream medicine recommended polyunsaturated vegetable oils, forbade healthy saturated fats and instigated the low-fat, no-fat, heart-healthy craze which put human health on a very slippery slope leading to a multitude of illnesses and a world of hurt. Dr. Harman proved mice got cancer from polyunsaturated oils 40 yrs ago? Commercial fats and oils are *bad news*.

Cold pressed olive, walnut, avocado and sesame oils are what to use, or the virgin oil of the coconut. Saturated coconut oil controls viruses, repels bacteria, and improves Omega balance, burns belly fat and heals the brain. Plenty of flax seed, fish, krill or hemp seed oils and the fats of grass-fed animals furnish electrons and balance to the vegetable oils we do ingest. Coconut oil, lard and bacon grease do not oxidize during high temperature frying. I sometimes fry or stir-fry with quality cold-pressed peanut or grape seed oil. Farm eggs fried in sweet unsalted butter taken from pastured cows can't be beat.

If you are lucky enough to have fat from wild hog or grass fed beef or schmalz from yard chickens, there is nothing that will flavor a dish better. French fries made in beef, pork lard or duck fat are a rare Old World treat. Whale, seal and walrus blubber are staples way up north and create no disease but now are unfortunately laced with industrial chemicals! An absence of natural saturated fats and an abundance of “safe” but electron hungry vegetable oils are factors in mental problems and dementia. These oils would be better used in diesel engines. The industry *anti-saturated fat campaign* was created to sell vegetable oils on the bogus fear of cholesterol and heart attack. They caused *more* heart attacks, cancers and diabetes. Huh?

Life sucking factory fats, white carbs and funny sugars in fast foods taste great and promote a *fast* life. Bad fats and oils consumed along with sugary carbohydrates form an

evil synergy that doubles-down on inflammation.

CORN SYRUP IS EVERYWHERE

HIGH FRUCTOSE CORN SYRUP is also in everything, the cheap by-product manufactured by the highly subsidized and progressively evil corn and seed corn industry. Since its invention in 1957, this cane/beet sugar substitute has taken over the sweetener market. HFCS is responsible for obesity as it is consumed in huge amounts by the users of soft drinks and most all other sweetened processed foods. It metabolizes differently than cane sugar and is said to put fat directly into the liver, just like excessive alcohol, to knock out the body's waste removal and chemical factory. HFCSs stimulate triglyceride production and spike blood sugar along with a torrential insulin response. Glycation is enhanced.

- Corn syrup fructose is the most fattening easily consumed form of sugar with no redeeming nutritional value and even contains mercury from the chemical solvents it is processed with. Fructose kicks in hunger hormones preventing the production of hormones of satiation that should have occurred with a huge intake of calories, so they just keep eating.
- Coca Cola addictions are said to be caused by Vitamin C deficiency and supplementation helps stop that craving. "So-Die" pop contains a preservative, sodium benzoate, which legally releases benzene, a serious carcinogen and DNA poison that we also encounter pumping gasoline. Soft drinks have pH levels around 3 and are full of phosphoric acid that melts bones and weakens muscles so youngsters break many more arms and legs than ever. Their parents didn't know better and many will enjoy osteoporosis themselves becoming jellyfish-like in the end. The *real thing* is not a good thing nor are high levels of carbonyl that becomes evident in the bloodstream of diabetics. Drink pure water instead or brew up some redneck champagne(iced tea) or make Sun tea. Learning to drink unsweetened lemonged teas is an easy way to begin to *pull* a sweet tooth.
- Raw cane sugar in small amounts, raw honey with many health benefits, maple syrup packed with dozens of antioxidants or agave are preferred. Artificial sweeteners are unhealthy with the possible exception of Stevia, which is even said to be good for you. Raw cane juice squeezed directly from sugar cane is called "guarapo" in Cuban Markets. It is a stimulating refreshing tonic and a health drink that contains simple sugars and minerals. In North Florida, cane is available in the fall to chew and is also cooked down into cane syrup. Most syrup makers greedily dilute and stretch their once nutritious product with common corn syrup. Corn syrup is the unwitting fructose/glucose mega dose consumed by billions.

My father carefully controlled our sugar intake even disallowing bananas during polio outbreaks in the 1950s because he knew that yo-yo blood sugar levels marked the appearance of many infectious diseases. He didn't know that high blood glucose lowered the efficiency of Vitamin C and disabled the immune system though he talked about the amazing success of physicians using IV Vitamin C to vanquish frightful polio.

He told us that test rabbits had to be given insulin to drop their blood sugar far below normal so they could be infected with polio. He knew a banana would spike blood sugar but then levels would drop precipitously. We children worried for the poor bunnies who would wind up on crutches or in an iron lung like some of our schoolmates.

Even natural sweeteners cause floral imbalances stimulating candida yeast. The chemical seesaw of blood sugar levels, constant insulin overproduction and loads of extra molecular junk are responsible for ageing and ageing badly at that. If you add up the cost of soda pop, a super water filter or reverse osmosis system is free so you can hydrate with zero-calorie pure water that doesn't taste like bleach or plastic!

Cozy relationships with sugar tax our glands. Sugar, like fear and chronic anxiety, overwork and weaken the adrenals, and the liver receives mixed messages and eventually the pancreas gets worn out. Does anyone see a pattern here?

GRAINS/SOY?

MANUFACTURED FOODS use twisted chemistry to turn government subsidized commodities into unhealthy products that pass the scrutiny of our protective agencies. Primitive corn was a healthy gift from the Indians, but modern high glycemic corn seems like a well-deserved karmic curse. Acid forming high carb diets dissolve our skeletons, sorry Sally Fields, and reduce the actual oxygen supply to our cells.

- Food allergies, depression and intestinal conditions caused by gluten found in wheat and rye affect many people. Stop using gluten containing foods and see if symptoms lift. Try quinoa or buckwheat, brown or wild rice, spelt and millet or even chick peas. Soaking, sprouting or sour-dough fermentation of grains before baking are thought to be the safer ways to use them. I try to stick with primitive whole grains and seeds.
- Soy products are estrogenic. Soybeans contain GMO designer pesticides called isoflavones, and are off my list. Tofu became popular among those swearing-off red meat, but studies document destruction of the brains of frequent consumers and endocrine disruption from eating it.

Energy use and pollutants could be eliminated by grass-feeding cattle and growing efficient crops like millet or hemp that don't require the heavy pesticide and fertilizer input hybrid and GMO soy and grains do. Our carbon debt could be slashed using

agricultural practices and reforestation with carbon sequestration in mind. The oxidative stress on the planet could be lessened. Why doesn't it happen, eh mon?

THE UN-DEAD

PEOPLE CALL ME a health nut or a gourmet. Naw, I just want the same simple foods I had as a child and that have nearly disappeared. If it is pasteurized, irradiated or otherwise preserved or sterilized so bacteria won't eat it, I won't eat it, it is dead to me. Nuking food in microwave ovens provides the final insult to any food value remaining and scrambles the mummified molecules.

Preservatives are harmful to health as they make a food item resist natural decay by bacteria and fungi. Consider that bacterial cells are very much like our own cells, and that biological poison is poison. Various preservatives along with nitrates and nitrites have been linked to leukemia, pancreatic and prostate cancers, etc.

I find bacon and ham or sausage from wild or pastured hogs that is cured only with salt and keep these items frozen. All commercially processed preserved deli-meats are off my grocery list. Read labels, don't eat preservatives. If occasionally stuck, simmering store-bought bacon or ham in water removes some of the nitrates. Healthier products appear daily in supermarkets due to demand. Small butcher operations, wild game processors and upscale fresh markets may sell salt cured smoked meats and can be found on the internet if not locally. If everybody stopped settling for chemically embalmed foods, grocers would stop trying to sell them.

Many people though, will remain oblivious and only purchase cheap. I see the blank stares of the undead pushing carts loaded with low-priced deceased foods and cases of soft drinks through common supermarkets. I also see the gourmand and the nutritionally well informed roaming small farms, farmers' markets and pricey fresh whole food stores. They have a twinkle in their eye. They hunt their nutrition on cleaner waters, from natural farms and in greener forests. They live and feed on a higher plane.

The popular political wail for universal healthcare will be a final victory for the drug/health insurance monopoly. We will all foot the staggering bill for the uninformed victims of preventable disease clogging our hospitals and frequenting drugstores. Instead of paying taxes to subsidize chemical agriculture and then paying to treat the diseases resulting from it, we could all be healthy and eat like Martha and enjoy a cleaner environment!

FACTORY STUFF

PHONY JUICE DRINKS, laboratory milk and cheese products, baked goods, soft drinks, refined flours and mixes, hot dogs and all those preserved meats, most chips and breads, most jellies, syrups, peanut butters and cereals will sit on the shelf if it is up to me. I skip anything with a coupon and all those name brands everyone grabs automatically.

Several generations have not known real foods but were raised like the 95,000 chickens in a building down the road. They are kept indoors under artificial lights packed beak to butt, fed grain, steroids and antibiotics and never receive sunshine or taste a blade of green grass during their very short lifetime.

Occasionally mainstream media mentions studies citing dangers of commercial foods, but inappropriate practices are never altered and bad chemical adulterants are never removed from the market. There are few official warnings and fewer regulations or prohibitions. Processed foods are made in factories by the ton. Truckloads of various preprocessed ingredients are mixed together into something resembling food. All manner of chemicals, dyes, sweeteners, thickeners, hydrolyzed proteins like MSG and body builder protein supplements along with preservatives go into the hopper. The result is cheap garbage to make money from. The nutrients are damaged or destroyed, normal electron abundance is absent and the stuff is acid-forming and oxygen-sucking, so why eat it? You couldn't make food less valuable if you tried. Alternatives are scarce.

If you can't trace something to its source like a cabbage or wild salmon, or an orange, why eat it? It has been shown that an average junk food meal of burger, fries and a soft drink jacks up markers of inflammation as blood sugar skyrockets. Our intestinal probiotic populations are upset, intestines leak, immunity flags while autoimmune problems are initiated, junk fats enter the bloodstream and so we inflame and incur oxidative stress.

Homogenized, pasteurized acid-forming milk from grain, antibiotic and growth hormone-fed modern-breed cows makes the no list as does the meat from similarly raised animals. Tell the milkman not to return until he has pure grass-fed raw milk from Jersey or Guernsey cows! The European Union does not permit importation of meat from the United States and most ban trans fats. Pasteurization and now radiation of foods covers-up the filthy handling of inferior chemically produced e coli laden products. It eliminates bacterial contamination, prevents food poisoning and legal culpability while prolonging shelf life. Pasteurized homogenized milk is a major health hazard.

Products certified "Organic" may have passed the list of chemical shalt-nots. Whether practices are appropriate or the soils are live and fully mineralized is unknown. Organic profiteers have jumped into the market to grab higher prices but have cut so many corners that their produce is lacking. A trusted local farmer or your own garden can be relied upon. You know what went into the soil and what nourishes your cells. Industrial organic foods, many foreign grown, may be worth it but usually not.

H2O WATER

FILTERED WATER in plastic bottles, yuk! If you taste plastic, you taste death! Even sub-taste-able levels of BPA, etc., from plastic liners of cans, baby bottles and other

plastic food packaging contaminate the contents and are becoming ubiquitous poisons. Municipal tap water, halogenated for safety, should not be bathed in, much less drunk. Solar distillation, reverse osmosis and ozonated waters are drinkable and energized, remineralized or alkaline spring waters are best bets. There are a zillion water improvement marketers so be prepared for some tedious shopping. Constant intake of any substance can have cumulative and deleterious effect. We, like the surface of the planet, are over 70 percent water and move lots of it through our bodies! Save all glass bottles and jars, they are disappearing.

HOME/PERSONAL CARE

THE OTHER CLASS of items we dutifully bring home to become inhaled or absorbed through the skin are found on the chemical/cleaning and the sundry drug aisles. We never give it a thought as we use bleach, strong acids and alkalies, insecticides, patent remedies and dozens of other convenient aids.

- Many excellent cleaning products are available to replace unnecessary stinky chemicals. Vinegar, baking soda, peroxide, natural soaps and scents, insect repellents and other ideas are all over the internet; just enter the problem along with the words natural, organic or green.
- Still difficult to find in average grocery stores are nontoxic toothpastes, deodorants, shampoos and sun blocks. Common toothpastes, antacids and most baking powders contain “harmless” aluminum and should be totally avoided. Soaps and personal care products can contain an impressive array of harmful ingredients. You can read all the labels and still find no healthier choices in common supermarkets. Look elsewhere. I scrutinize every chemical ingredient in any product I consider using and would obviously come in contact with.

Chapter 12



REAL DEAL MEAL

COOK WITH LOVE, AND USE FRESH LIVE INGREDIENTS.

PEOPLE HAVE WIDELY VARYING TASTES and attitudes toward food. Some will eat anything with the same nonchalance as tanking up the car with regular gasoline. Cooking is a lost art. You will find that the cook makes the best medicine, and the kitchen is the compounding apothecary. Take a fresh look! It's about real ingredients. These are not health foods, they are pre-industrial food foods! Show me your kitchen and pantry, and I'll tell you about your health.

For me, it's all about getting real foods. Follow the food chain from soil to table. Grow it, find it, catch it or buy it. Fresh road kill is healthier than road food, though some restaurants may offer healthier choices if you select carefully from the menu. I realize everyone does not have access to farm and country food. Just knowing the deficiencies and dangers of common grocery store foods helps one make better choices and supplement what ain't there. Sometimes we just get stuck with a meal on the road, repent and realize that we usually eat right.

Cook is the best advice I can give. Cook gently with as little nutrient and enzyme destructive heat as possible. Cooking *oxidizes* food relative to the heat applied. Coming from an eat-out, take-out microwave family can be as debilitating as a bad gene. With money wasted on convenience foods and restaurants, you can equip a kitchen and stock a fridge fit for a king. After one recent restaurant stop I figured for the little bit of food we ate at that one meal, I could have bought a rib roast, a leg of lamb and a turkey with all the fixings, each leaving ample leftovers for the next day. People are tired after work and just want convenience, most women work and grandma is not at home cooking with love.

I can remember coming home cold, wet and tired from fishing or hunting, tossing the catch of the day on the table and having my dear grandmother offer me a refreshing slice of salted kohlrabi loaded with potassium and Vitamin C. By the time I showered and changed she had the birds or rabbits cleaned, the fish gutted. Soon a delicious paprikas or pork stew or sausages and pumpnickel with sour cream were on the table followed by strudels or pies or brownies full of walnuts she had shelled herself. She always asked if there weren't more fish or rabbits or birds. Whatever I came home with; weren't there more? The effect of the Great Depression on her mind was indelible. She had been forced to master the sometime stingy economy of nature and wrench her family's sustenance from the ground. She revered truth above all else.

Grandma always said, "God helps those that help themselves," and she acted and labored on the farm instead of waiting for a prayer to provide her needs. Just go out and do it yourself and if your efforts are righteous, expect some guidance and success.

Old farmers had a saying, "If it's hard, it is wrong." With thoughtful attention tasks are accomplished. Hard labor is sometimes what it takes. Struggle builds muscles while

learning finesse takes brains. *Finesse!* When a task starts to fight me I found applying more force to be counterproductive. Just take a deep breath, relax and try a gentler approach. It works most every time.

I still chuckle over my own stupidity and susceptibility to the mass mind wash. After making chicken paprikas dozens of times starting the onions in olive oil, the stew was still not quite satisfying. Then I lost my implanted hang-up over saturated fats and started my onions in a few tablespoons of salt cured smoked bacon fat the way Grandma used to. Now that paprikas sings like a Gypsy violin!

ORACORACORACORAC...ORAC!

WHEN YOU PERUSE ORAC ratings of foods you will automatically become a healthier cook. Your menu will expand and the items added to a dish will have purpose. You'll use 10 cloves of garlic instead of one. You'll heap on paprika, cayenne, cinnamon, thyme and oregano as foods not just as flavors. In the East, curry, turmeric, ginger, cilantro, coriander, cumin, mustard, garlic, hot peppers, etc., are used by the handful! Beans, blue corn and nuts will regain importance, crucifers will call to you and onions will bring tears of joy. You may even decide to plant blueberries, raspberries, blackberries, mulberries and pots of oregano, basil, thyme, Italian parsley, hot peppers and aloes. Like shining a black light to reveal the invisible, ORAC tables let you see the electrons in all rated foods. I wish tests of commonly accepted factory foods were publicized as a reality check.

KITCHEN SETUP — COOK'S TIPS

Cookware

Get cast iron, stainless steel, glass or porcelain enamel cookware. Cast iron is only used for frying, never for wet cooking. When cast iron is heated the pores open, fats and oils move in and the pan resists sticking. Heat the pan first, add the fat/oil, and then cook. Do not wash with soap. Just rinse hot pan immediately with cold water, a few swipes with a scrubbing pad, then wipe with a towel and let dry. Sterilizing every bit of cookware is wasted effort. Washed and left to air dry, pots, pans and dishes retain no germs after a few hours.

Stainless steel is used for wet cooking and not high frying temps. Put aluminum pots out by the barn, they're great for mixing small batches of concrete in. Non stick *Teflon* has been linked to infertility and should be taken to a toxic waste disposal unit. Pet canaries and other caged birds die rapidly if exposed to fumes from heated *Teflon* pans. Leave copper cookware hanging pretty on the wall unless you are Cu deficient.

Cuts like a Knife

Buy quality cutlery and learn how to sharpen it. The lack of a sharp knife handicaps

people to buy pre-cut, prepackaged meats, fruits and vegetables that could be produced with a little slicing and dicing. I own a selection of *Forschner* knives and a wide blade chef's knife. Curved blades cut the best. A wide blade tracks better for slicing and is used like a spatula to spread and stir. They are easily maintained on a diamond stone. When a knife gets hard to sharpen, the cutting edge angle has grown too wide. A professional sharpening on a belt sander can thin the blade angle and help get a good edge with a few strokes on the stone. Sharp knives return the pleasure to cooking.

Invest in *The Joy of Cooking*, a reference standard and begin practicing, I do every day! Special recipes are all over the internet. In time you will improvise and create.

Indoors, heated fats and oils not only coat the walls but subject the cook to unhealthy vapors and always made me ill. Wherever I lived, I always set up an outdoor kitchen of sorts consisting of a huge table where fish, game and garden produce are prepared, a live hose and pistol nozzle, a gas burner with a large cast iron frying pan, a small charcoal hibachi grill and a gas grill. Cooking odors are left outside and cleanup is by hose. I always said that a kitchen should be like a boat; just hose it down at the end of the day.

Ingredients and Practice

Buy good olive oil, expensive butter, quality lard, virgin coconut oil, unbleached flours ground from a variety of seeds and grains, true free-range eggs, preservative free bacon and sausage, grass-fed beef and milk, lamb, cheeses and live yogurt, fresh seafood, wild salmon, seaweed, sea salt, whole grains, organic fruits and vegetables. make sprouts. Quinoa is rapidly replacing other grain side dishes on my table. It is the high protein base that combines to make fancy rice pilaf-like dishes, combo cold salads with asparagus, beans, parsley and holy basil or is great plain with a little butter, salt and a few almonds or pine nuts. We could all afford to eat well for a fraction of the money we spend on health insurance. If you can't afford to eat real foods, skip the worst offenders and bone-up on supplementation until you can.

- **Shop using ORAC tables as a guide to get more bang for the buck.** You will also find authentic organic to be worth the prices. I am somehow suspicious of grains that came into use when man turned to agriculture after having left the idyllic hunter gatherer phase. Grains can promote fungal growth in our bodies and are acid-forming and they deplete calcium, magnesium and potassium. Spelt, amaranth, quinoa, buckwheat and millet offer variety and fresh ground whole heirloom corn grits or hush-puppies add to the mix. Skip all the unsaturated vegetable oils save olive with a few cold pressed exceptions.
- **Cooking releases some nutrients while destroying others.** The least amount of heat is usually best. Try to eat fresh and raw whenever possible. Sprout alfalfa, wheat-grass, broccoli, buckwheat, mung beans and a list of dozens of other sprouting seeds using deep-sea water diluted 12:1 instead of plain water. It is easy and can be

done anywhere by anyone to overcome the cost and availability problems of organic vegetables. Sprouting or soaking grains for later use in breads or fermented in sourdough are the healthier ways to use them.

You will notice Ms. Martha and some of the best chefs using expensive ingredients including universally condemned but healthy butter and saturated fats, bone broths, fine mushrooms, rare herbs and spices, artichokes, asparagus, caviars and organ meats. High-end chefs use exquisite stocks made in Old World fashion, and the outcome is incomparable to a connoisseur's palate. They quickly blanch vegetables before plunging them into ice water. My guess is that most chefs have no idea of the positive nutritional impact of their labors. You walk away from one of those meals light in the wallet but sated. On these occasions or after a good mixed seafood dinner containing fish, crab and oyster, I typically dream in vivid colors!

The American idea of salad is iceberg lettuce with some soybean oil/corn syrup concoction glopped all over it. It does more harm than good. Multicolored lettuces, brassica greens, shredded purple cabbage, tangy arugula, bitter escarole or chicory, ripe tomatoes, nuts, cheeses and peppers are more my style possibly dressed with olive oil and vinegar or some guacamole. I try to follow a high protein fat vegetable fruit seed nut diet.

- **Good ingredients not in the garden cost money, but they can be found at various prices and shopping is work that pays.** Seek out ethnic markets, small farm markets, fishing boat docks, upscale groceries or roadside stands. Learn about each food from live soil or clean water to table. The more you poke around and the more you key on healthy foods, the more good sources appear. Little inconspicuous signs that say eggs or honey and backwoods butchers and game processors are worth investigation.
- **Fish can be made safer by removing skin and fat** and cooking or serving with cilantro. Wild salmon freezes well so can be purchased fresh during the summer run. Lean meats benefit from butter, bacon fat or olive oil for flavor. Never purchase pre-ground meats, buy the meat as a cheap roast, cut into chunks and grind in a food processor. Begin cooking ground meats immediately before natural chemical degradation and oxidation occur. Grain-fed meats must be cooked beyond rare to 160 degrees to kill e coli. Dusting meats with a little ascorbic acid powder prior to grinding delays the spoiling brought on by the physically bruising cell rupture.
- **I kosher all meats by soaking in kosher or sea-salted water** to get rid of any blood or off flavors and to pull some water from the piece and kill any bacteria. It doesn't hurt to brine pork roasts or chicken and turkey overnight or fish and game either. The cooked product will be firmer and keep better and will require less cooking. Improperly raised grain-fed animals are never to be eaten raw. They are habituated to

heavy antibiotic use and the whole process guarantees the presence of industrial strength pathogens. Chemicals and radiation are needed to kill bacterial pathogens in meats that were feed-lotted and handled with little care in a high output assembly line.

- **Make dining a joyous event with flowers on the table and loving effort displayed on the dinner plates.** Be thankful and feel blessed that you are enjoying food with loved ones and not digging through a dumpster for a few calories to keep your flesh and bones intact. Have a few sips of red wine, chew slowly, eat slowly and enjoy genteel dinner conversation as if you had all the time in the world. Drinking large amounts of liquids with food dilutes digestive juices. I always say, “Eat now, drink later.”

Farm eggs and occasionally salt-cured bacon, sausage, steak or ham is my breakfast. Cereals for breakfast drop blood sugar in the dirt along with mental functioning by around 10 a.m. and don't boost metabolism the way protein breakfasts do. This is a primary reason children perform poorly in school. Any school that wants to increase its performance could hand the students a sausage muffin on the way in the door and supply some fish, fruit or a jerky snack through the day. Dollar for dollar, that would do more than other educational ideas and really benefit society. I told my children that acid forming carbs and sugars are like newspapers burning in a fireplace. They flash quickly and burn out. Protein and healthy fats on the other hand are like seasoned oak logs that burn slowly all night. Taking a couple of spoonfuls of coconut oil a day, while skipping the white carbs/sugar, will change your life!

Eating more towards the style of the *Atkins Diet* delivers a mind that is rock steady, burning fats and protein. High carb/sugar diets produce a mind that jumps around like a bunny rabbit and hits lower lows. Even with that knowledge and my restriction of sweets, the children still get sick every Halloween from binging on candy. Massive sugar intake depopulates beneficial intestinal bacteria in favor of yeasts and also negates Vitamin C, thereby disabling immunity. This recurs every October 31st like clockwork. As adults, sugar and high glycemic index carbs will compromise longevity by constantly turning on the insulin faucet to wear out the adrenals and increase glycation and inflammation. Low glycemic index carbs don't boost blood sugar, cause torrential insulin response and eventually insulin resistance. Fresh French bread is my occasional undoing.

When I was a boy we gathered little nutritious edibles from the yard and neighborhood like coconuts, vitamin and phytonutrient-rich Surinam and Barbados Cherries, mulberries, guava, carob pods and cactus, passion and monstera fruits few recognized, and brought them to the kitchen table. Today my kids gather wild grapes to be eaten whole with skin and seed, unbelievably flavorful wild blueberries, bramble berries, fresh but bitter olive tree leaves, Vitamin K-rich dandelions (bitter is good) and purslane rich in vitamins and high in Omega 3 fats. I add fresh herb sprigs, Italian parsley, colorful hot peppers,

arugula, pea vine shoots, turmeric and ginger roots to a condiment tray for raw munching. Any root, shoot, leave or fruit we come across is fair game and finds its way to the table for tasting. Grasshoppers watch out! Squirrel, armadillo, rattlesnake, frog and turtle are so tasty. Sable Palm heart, usually called swamp cabbage, is a divine Florida cracker side dish commonly served with grits or cornbread, mullet gizzards, mustard greens and maybe fried venison tenderloin or barbecued wild hog smoked over green pecan wood.

Vegan diets if knowledgeably instituted have saved many lives and prevented a lot of chronic disease. At 60 I am tending toward less meat though I have a supply of the healthy stuff. I also eat less food overall. A body dealing with the metabolic end products of animal protein comes under stress and those wastes must be flushed from the Inner Ocean. I am also coming to find that raw fish and meats set well on my stomach and seem to digest better. See how fresh raw salmon, raw tuna or slices of raw grass-fed beef steak strike you. At least I have balanced my bad habits and offset acidic redox debts, so for now I'm good.

Genetic research shows that certain DNA sequences help maintain our antioxidant batteries and promote longevity. The flip side studies show "Mc-Inflammation" happy meals can turn those sequences off as free-radicals build. The question remains whether only centenarians possess those sequences or if everyone has them? Are long lived individuals' genes turned on by something or just not toxically turned off? We know how they can be "Mc-Turned off." We also know that chronic diseases occur in acidic low oxygen, low antioxidant situations and that function and expression of one's genetic material can be crippled or optimized.

- Research also shows that caloric restriction *turns on* longevity sequences or *cleanses* DNA strands and allows the free expression of those sequences. Highdoses of the antioxidant resveratrol are said to turn on longevity genes. We know the negative effects of malfunctioning cell membranes debilitated byexcess glucose, inappropriate fatty molecules and other unwanted debris. We also see the effects of Vitamin C/bicarbonate mega dose when oxygen isdelivered and free radical loads are sponged-up. Stimulating energy meridians activates DNA on the energetic level.

Diet is an individual choice, and I urge experimentation daily. Lists of foods are all over the internet and in dozens of diet books. Learn their protein, carbohydrate, fat, mineral, vitamin, phytonutrient contents and acidic, inflammatory or glycemic tendencies along with ORAC values. I found a number of them by researching the fruits I grew just to check their nutritional contents.

- Be aware that we are hardwired to crave fats, sugars and salt and must learn to stop, reduce our ideas of portion size and see the propaganda used by food manufacturers for what it is. Compare your diet with what your ancestors ate prehistorically, in

biblical times and just 100 years ago. *A fresh raw unprocessed diet is an electron rich diet.* Look at the longevity diets of Okinawa or the Greek Islands where foods come directly from nature. Community is a big factor in those agrarian societies, life is simple and our chronic urban stresses are far away.

Foods fall into broad groups and are easily mastered a few at a time. Shop smart, talk to like-minded folks at markets, ethnic shops and health-food stores. Search far and wide but don't overlook what can be grown outside the kitchen door.

Chapter 13



DIRECTED FLIGHT

IF YOU OR A LOVED ONE has a serious disease and you don't feel comfortable doctoring yourself, it might be wise to seek out a naturalistic, integrative and holistic practitioner to assist you. They offer extensive tests, high potency supplements and intravenous therapies including Vitamin C, R Alpha Lipoic Acid, hydrogen peroxide, chelation and hyperbaric oxygen plus the fruits of their experience. Intravenous administration, in serious cases, supplies much stronger doses than could be achieved or tolerated orally. Oral dosing can continue at home.

Drugs and surgeries may occasionally be the only option, so don't rule them out completely. If there is time I would choose to be much less forceful and invasive. If a doctor does not have a grasp of natural healing or oxidative/orthomolecular medicine and wants to treat a chronic disease with drugs, I'd keep shopping. Conventional doctors were taught to use drugs and drugs are what they use. Even so, their ideas and skills vary widely.

A *Ford* truck salesman once told me about discount deadlines and how a *sense of urgency* is created in the customers' mind. Doctors urging immediate hospitalization or treatment for things that are not emergencies are using this same ploy. Refuse to be rushed, take a time-out to think it over, get a second or third opinion and research the problem yourself. many times slower is actually faster! And less is more.

Don't let one doctor frame your situation! Patients and families can go into a fearful state of shock. Instead of doing their own research or requesting other opinions, they simply comply with an authoritarian doctor who offers minimal hope and your "only" option. I have seen this over and over again. People freak out while waiting for test results and biopsies dreading a diagnosis of cancer for which they believe there is no hope. Their fear has been blown out of proportion. This is every salesman's dream situation where the prospect is most emotionally vulnerable. It's like shooting fish in a barrel. In fact, most maladies can be treated successfully with safe simple methods skillfully employed and given time to work.

The *silver bullet* idea is wedged deep in our subconscious. It is completely *absurd* to think of a drug as the fast answer to disease. The true nature and real causes of disease are ignored by conventional medicine. Unfortunately, that is the sad nature of our healthcare system. Cancers, infections and dysfunctions can seemingly be halted, but the immune weakness from toxins and emotional or nutritional deficits are never addressed. Look at the list of materials needed to build a house or a living cell. Taking an individual vitamin or mineral usually gives no noticeable result.

The same nutrients that prevent diseases will reverse them and are just needed in stiffer quantities under a heavy healing rain of electrons and oxygen with an eye toward detoxification. Use *THE 11 PILLARS OF HEALING* and *BALANCE OF HEALTH* in the Appendix to shift any situation.

PERSONAL RESULTS

WE EXIST IN A more acidic world and in less oxygenated bodies. Natural processes are stimulated and accelerated by torrents of oxygen and electrons. Simply recognizing and shifting oxygen/antioxidant/mineral balances work on so many problems! Beside almost immediately ridding my mouth of abscesses in 2 days as opposed to 2 to 3 weeks with the most powerful antibiotics, my gums healed and pain stopped. Inflammation disappeared, depression cleared, blood vessels shrunk, lungs cleared, foot numbness went away and energy increased. I still can't believe how clear my lungs became and how bronchitis and shortness of breath are no longer a problem. Electron supercharged macrophage residents of lung tissue stay on the job.

Swelling disappeared from my face and feet as skin became supple and firm. I lost weight without trying. Blood pressure dropped from 168/80 to 140/70 which was my normal blood pressure since age 25. Then it dropped further to 124/72. Total cholesterol fell from 230 to 206 and back to 213 then back to 245 hours after a junk-fat meal for what that all is worth. I had an unmistakable feeling of well being and became more active with improved balance.

Bowel movements became a symphony of satisfaction. After a few months the painful arthritis in my shoulders, hands, knees, ankles and spine had improved. I feel 20 or 30 years younger! I am confident that I have prevented cancer and heart and artery problems in my body and enjoy connective tissue regeneration and optimized cell function. I have thoroughly suppressed low-grade infections by keeping my thyroid stacked with iodine, my fatty cell walls rigid and resistant, my blood well oxygenated and fluid currents running swift and clean. I removed conditions favoring the resurgence of trouble.

With Vitamin C/bicarbonate mega dose I was quickly free of the symptoms that medicine agrees lead to cancer, diabetes, dementia and heart attack. A hair analysis less than three years out showed mercury and cadmium had in fact been greatly reduced to acceptable levels. I would have been medicated for a dozen different diseases had I participated in *free screenings* or walked into a doctor's office!

THERE ALL THE TIME

DECADES OF CLINICAL STUDIES dating back to the 1930s by Dr. Cathcart and Dr. Klenner support my healing "miracle". Modern studies are underway at several American universities and many clinics around the world. Ultimately the body's own natural process does the healing once electrochemical integrity and cell function are restored! Heck, three quarters of the population has gum disease and depressed thyroid function

with systemic infection, serious inflammation and atherosclerosis waiting in the wings. With corrected mineral and Vitamin levels, and mega dose Vitamin C these problems are toast, inexpensively and safely unlike the trillions of dollars currently being spent to medicate symptoms.

It was only a few years ago that stomach ulcers were declared a bacterial infection! many other diseases have unsuspected microbes involved. We all harbor common viruses, fungi and bacteria in oxidatively damaged tissues with faulty membranes constructed of non-protective unstable fats. When immune function, oxygen and electron levels dip acidity increases, infections and cancers multiply exponentially and immune response starts fires of inflammation. The problem becomes further complicated as natural scarring sequesters metals, pathogens and cancers within an oxygen resistant fibrin film. This fibrin coating often whitewashes a problem so that inflammatory response wanes when it is needed most. What new microbe curve balls have evolved with our frivolous use of antibiotics or that same misconception applied to feedlot food animals?

Once I knew the secret, I found dozens of doctors and countless individuals who had employed Vitamin C mega dose or used it in combination with bicarbonate, hydrogen peroxide, chlorite, HBOT or ozone along with detoxification to prevent or eliminate any disease! Some factored in mg, I, Vitamins D and B-2, NAC, CoQ10, etc. There are successful studies of ozone therapies from Europe and amazing results using chlorite in Africa. The information is not widely available, and who would even think to look there? I didn't make this all up. Natural healing information has been around forever but just gets lost in all the pharmaceutical and health supplement hype. A redox/pH overview was needed to bring the elements of natural healing into synch, into a usable organized protocol. Track all ideas to their scientific roots, even down to the protons and electrons. Remain open to any helpful recommendations or intuitions.

If I have a philosophy at all, it is one where the universe is ultimately perfect. If you lived happily in and ate from pristine nature you would not carry a modern acidic/oxidant/toxin load. Individual diseases are just symptoms of these electro-chemical imbalances and stagnant body fluids leading to oxidative stress. Simple application of redox principles is perfectly preventive and universally healing.

Chapter 14



HARMONIC CONVERGENCE | THE PROTOCOL

YOU COULD HAVE A SERIOUS ILLNESS and be desperately seek real healing. Or you just may want to be truly healthy and nutritionally fit. You might want to prevent problems in the future or be chronically ill and now suffer from multiple drug side effects. You could be recovering from acute illness, trauma or surgery. You may have aches and pains from getting old and are rusting or smoke commercial cigarettes and have gum disease. Perhaps you are burdened with metals or carry some other acidic oxidant load. *Get a hair analysis and proceed.*

PATIENCE, PERSISTENCE, PERSEVERANCE

WE KNOW THAT boosting oxygen and antioxidant inputs quells oxidative stress so critical in healing and longevity. We also recognize that eliminating inflammatory oxidative-source factors like negative emotions, chronic infection, sugary/high carb/bad fat diets and a range of toxins also removes the causes and halts the progression of oxidative stress. Healthy biochemistry makes cells that work.

PRE-SIMPLE PROTOCOL OVERVIEW

In general, the 11 step protocol covers the following bigger picture areas:

- Redox/pH (steps I, II, III) Mega doses of oxygen boost cell energy and energetic oxidants burn free radical sources while mega doses of electrons quiet oxidative stress. This balanced redox approach toward stressed and malfunctioning cells and their fluid environment restores the conditions that allow healing chemistry to resume.
- Detox (step IV) removes the sources of oxidative stress, the causes of free radical eruptions.
- Supplementation (step V) rapidly brings up low levels of nutrients and minerals and adds extra antioxidants.
- Emotional stability and happiness bring Mental Health (step VI) to remove oxidative stress and re-initiate DNA expression, release telomerase and healing brain hormones that return a healthy tonus to our nervous system and every cell in the body.

- Return to a proper diet with Real Foods (step VII) supplies required building materials.
- Restoring nerve flow through correcting the alignment of the Spine (step VIII) is elementary. Muscles and organs like electric coffee pots won't work if not plugged in.
- Common sense lifestyle moves (steps IX, X).

PILLARS OF HEALING — THE PROTOCOL

1. OXIDIZE

- Begin oral mega dose Vitamin C/bicarbonate first. RAISE INTAKE UNTIL HEALING OCCURS! Go to larger IV doses if needed.
- Employ *chlorite* orally or *chlorite/DMSO* transdermally if needed. Or *food grade hydrogen peroxide* orally, via inhalation or IV. Or try *ozone* or *hyperbaric oxygen*. All supply powerful oxidizing blasts to destroy toxins and pathogens.
- *Magnesium, potassium and sodium bicarbonate* alkalize and assist oxygen delivery in a multiplier effect with mega dose Vitamin C and the other oxidizers. Manganese boosts mitochondrial energy production. Maintain healthy oxygen levels through breathing and exercise.
- *Iodine* is a strong oxidizer used along with selenium in cancers and infections to boost thyroid production and immune function. Many employ thyroid extracts to stimulate that irreplaceable master gland. Once detoxed of mercury, halogens and etc., the thyroid should work fine on iodine and selenium.

See Ch. 7 on oxygen deployment.

2. ANTIOXIDANT ELECTRONS

- Begin oral Vitamin C/bicarbonate mega dose. RAISE INTAKE UNTIL HEALING OCCURS! Employ IV Vitamin C for severe oxidative stress and acute emergencies.
- Add *NAC, Vitamin K and R (+) Alpha Lipoic Acid* to enhance Vitamin C activity and try large doses of *resveratrol*.
- Use Vitamin C and E along with the *amino acids* in real cartilage/bone soups to repair joints, blood vessels and all connective tissues.

Note: move to IV administration if progress with oral delivery does not occur in acute life threatening situations. Search *ACAM* website or telephone to find physicians in your area trained to perform various IV infusions.

See Ch. 7 on vitamin C.

I would use oral Vitamin C mega dose to treat any disease, to recover from injuries and surgeries or to prevent trouble in the first place.

Find ascorbic acid in bulk, effervesce one heaping teaspoon or around 7-8 grams with one-half heaping teaspoon baking soda in a half cup of water to start. If stressed, have an infection or cancer; use extra sodium bicarbonate to get extra oxygen and seek tolerances upward to a 10 or 12 gram heaping tablespoon of Vitamin C at a time. Drink the mega dose just before each meal on an empty stomach and at bedtime for best results. If diarrhea does not occur, increase the dosage and frequency with a more heaping teaspoon or tablespoonful every three, two or even each hour if seriously ill. When diarrhea occurs, reduce dose slightly but stay on schedule. You have established your baseline dosage. No one can prescribe a set dosage. It has to be determined by titration to bowel tolerance, by feel, by trial and error. This *quantity* of electrons must be consumed for extended periods or indefinitely.

Four to five heaping teaspoonfuls is my personal average therapeutic daily dose. Two or three doses don't seem to get the job done and five to six or seven can be taken. If your tolerance to Vitamin C is low try to increase it over time or go to IV administration but use baking soda in any case to maintain 7.4 pH to insure oxygen delivery.

Don't be fooled by an occasional false diarrhea that sometimes hits if one uses mega dose well before breakfast when antioxidant requirements are low following melatonin recuperation in sleep. The big "D" is no big Deal but can be inconvenient. Get to know your body and your "safe" dosages. Many want to stop mega dosing when they reach

bowel tolerance. The idea is to keep it up at a slightly reduced rate. Diarrhea indicated that you just reached your current electron requirement and dose level. Keep dosing week after week or indefinitely until healing is completed and health is maintained.

3. ALKALZE

- A half-teaspoon to a tablespoon of baking soda alone stirred up in a half-glass of water and taken a few times/day is helpful for so many ills. It alkalizes the Inner Ocean by helping to whisk metals from the kidneys while upping internal oxygen. Bicarbonates are widely effective first aid and regular intake is great health maintenance and including it with Vitamin C is so easy. Overdoing baking soda or taking it just before or after eating a protein meal can result in reflux easily stopped with a sip of vinegar. Magnesium and potassium are also part of the buffering system that helps regulate pH to keep our bones and hide intact. Use pH test strips available at drugstores.
- Lemon juice, apple cider vinegar, relaxed deep breathing, super foods, green vegetables and green juices are alkalizing. Baths of bicarbonate plus sea salt, Dead Sea salt, Epsom salts, magnesium chloride are rapidly alkalizing and essential emergency treatment for everything from flu to cancers. Avoid acid-forming processed/bleached grains and sugars, pasteurized milk, junk foods, soft drinks, heat processed vegetable oils, preserved and fatty grain-fed meats as well as fear and anger. Search acid/alkaline food lists.

See Ch. 8 for details about alkalization.

4. DETOX

Detoxification is essential in all disease. When hair tests are received, use your actual levels as a guide to detox any metals found to be elevated. Tests still only show a few, assume other toxins are present

Remove a major cause of oxidative stress and the source of free radical generation, the pebble in your shoe! Maximize hydration, drink clean water and green tea all day long to flush toxins from you Inner Ocean.

- Use mega Dose *Vitamin C/bicarbonate* and take *NAC, chlorella/spirulina, R + Alpha Lipoic Acid, healing clays, bentonite baths, seaweeds, garlic, magnesium and*

bicarbonate/magnesium baths, selenium and cilantro oil to help the elimination of toxic metals and organic garbage. All serious illness is improved by internal cleaning.

- The liver and fatty tissues are a repository of contaminating chemistry and pharmaceutical damage. *Vitamin C mega dose, milk thistle or silymarin, curcumin, R +Alpha Lipoic Acid, magnesium and selenium* are key to liver support. *Beets* are very liver healing.
- *Spirulina/chlorella* is of special benefit to those burdened by metals. R +Alpha Lipoic Acid and chlorella should be taken *three times a day* for acute toxic load. Organic environmental toxins like DDT or PCB are a study-proven cause of diabetes, so detoxing and cleansing the liver is only logical. Aluminum is prevalent in dementia. *Bicarbonate of soda* alone aids kidney function and solves many toxic elimination issues. *Fulvic Acid* may also be employed. Metals and toxins are at the oxidative root of more diseases than we can imagine as their molecules prevent normal biological function and encourage pathogens!
- For the seriously ill, *intravenous chelation* may be the best initial step before gradual detox programs can show results. Stay with alkalizing foods and bicarbonates during detox to help control the acids formed as heavy metals are flushed from the cells and result in decreased sodium, potassium and magnesium levels. *Sulfur*, an important detoxifying mineral, can be gotten transdermally with DMSO and in MSM, real *eggs* and *cruciferous vegetables*. *Nattokinase, lumbrokinase, serrapeptase, bromelain and papain* along with Vitamin C dissolve fibrin scar tissue films making plaques, pathogens, cancers and ensconced metals vulnerable to oxygen. Enzymes are used along with EDTA and other chelator/detoxificants. SOD normally dissolves fibrin.
- Avoid ingesting further toxins, metals, pesticides, preservatives, acidifying foods, inflammatory polyunsaturated vegetable oils and carbs/sugars.
- *Remove mercury amalgam fillings.*
- Clear candida and other systemic microbe infestations and avoid foods high on the glycemic index which boost acid and sugar levels just to feed infections. Rid yourself of inflammation and the sources of that inflammation.

Be sure avenues of elimination work properly. Evict candida, restore floral balance and refuse carbs/sugars and junk fats. Insist on wonderful bowel movements with plenty of

dietary fiber from vegetables, prunes, psyllium, oregano oil, enteric coated probiotics or even Dr. Schulze's formula 1 & 2 available in many health food stores or call 1-899-herb-doc. Constipation can also be eliminated in a few hours by back to back heaping teaspoon doses of Vitamin C or a dose of Epsom salts. Magnesium and manganese levels are critical to bowel function. Bowel, kidney and liver cleanses along with profuse sweating are so important.

See Ch. 8 for details on detoxification.

5. SUPPLEMENT

Check Hair Analysis for Guidance

- Take cod liver oil for Vitamins A, D and E. Take antioxidant Omega 3 supplements; flax, fish, krill and emu oils, and raw coconut oil to help fat balances. most of us are deficient in Omega 3's, healthy saturated fats from coconut oil or butter as well as pH buffering minerals like potassium and magnesium, and essential enzyme elements like manganese, zinc, selenium and iodine. Iodine is critical for thyroid function. Rebuilding cell membranes clogged with unhealthy fats requires constant quantities of saturated and Omega 3 unsaturated fats and oils to repel invaders and enable membrane restoration and transport of essential nutrients. Auto production of healthy fats demands a low-carb, low glycemic diet.
- Mega doses of Vitamins A, D & E for short periods may prove effective. Vitamins A, D, E, K and CoQ10 are fat soluble antioxidants that come mostly from animal sources. They act in different areas, like the nervous system or in the walls of blood vessels, than Vitamin C as storage batteries to supply electrons which quench oxidative stress.
- When possible, nutrients are best taken as food by consuming the plant itself or meat or organ from wild or natural sources. Molecules deficient in foods need to be taken in big supplement quantities for results, which may come in days, weeks or months according to the problem. Sometimes there is not enough of a specific nutrient in foods or they are inconvenient to prepare regularly. Then again there are qualities in foods no supplement contains, some only in fresh raw items. Retest hair to be sure mineral levels are moving. Absorption is tricky and only testing can confirm your efforts.
- Take Vitamin B-12 and B-12 enhanced nutritional yeast, mushroom products and spirulina for B vitamins. B-2 riboflavin supplies are essential for immune cells. Take Folic acid, B-6 and B-12 to protect collagen in bones, joints and blood vessels

from destructive homocysteine. CoQ10 in Ubiquinol form energizes cells as it supports mitochondria. Get manganese to preserve mitochondria, Reduced, electron-rich forms of nutrient supplements or ionic minerals may work while generally cheaper standard vitamins and minerals may not.

Don't ignore any symptom. Tinker with dosages and frequency. Lack of results with supplements is usually caused by *insufficient* dosages but could also be that the supplement is not in usable form or even possibly made overseas from sawdust and poop. *Shifting the balance away from positively charged acidic internal conditions to an oxygen/electron rich inner environment heals.*

Beside the quality of supplements, extracts and foods, one needs to know what he needs, the quantity he needs, why he needs them and the confidence to continue usage toward the goal of healing. Uncertain knowledge of how and why things work lead to half-hearted remedies usually abandoned too soon. You don't eat liver without a damn good reason!

While it is smart to find quality, it is silly to buy super expensive supplements although some just are pricey. Compare contents and origins with food sources. Supplements, vitamins, herbs and health foods can be procured from various sources like natural physicians, the internet, e-bay, the grocery store, farmers markets or the weedy field nearby. It also pays to find a knowledgeable vitamin dealer, a living breathing expert you can talk to about his products. This will make you a better shopper. Always take the attitude that there are no stupid questions. It is interesting to see which manufacturers' new preparations, combinations, antioxidants and essential fat sources lead the pack.

Many people balk at the expense of supplements they really don't understand. If one calculates the value of prevention, it is always a bargain! Just ask someone fighting a disease all the way into personal bankruptcy. Even when covered by insurance, people wail at the costs, not to mention pain and inconvenience or the biggest loss in healthy years of life. *Prevention is always cheaper.* Chronic but preventable disease wastes trillions of dollars per year, a considerable sum!

6. MENTAL HEALTH

Since oxidative stress is a *cause* of mental distress, mega doses of antioxidant electrons will show positive results on their own and markedly improve mood. Vitamin C electrons help regenerate Vitamin E preventing fat molecules from being oxidized and becoming sticky. Vitamin E protects blood vessels and brain tissues. Intake of Omega 3 fats and saturated fats along with a low junk-carb diet prevent or heal mental difficulties.

Oxidative stress is also a *result* of mental quirks. Abandon negative emotional states of fear, anger, guilt and shame. Alter perception of stress. What you see is what you get! Love yourself, decide to be happy, laugh and use your own will and the power of positive

intent to generate healing brain hormones. Chi and other energy healers depend on it through breath awareness meditations to still mental chatter. Gratitude and thanksgiving for abundance keep one in a healthy mental landscape.

THC potent hemp oil relieves the stress of pain and relaxes physical tension, while dampening inflammation and allows the release of healing hormones. Stress-free joyous living is no mystical healer. Happiness protects neurons and telomeres and causes silent DNA sequences to become expressive. The chemistry is borne out by scientists tracking telomerase levels.

The *placebo effect*, the bane of molecular experimenters, is real. It unbelievably and bio-chemically heals people with dreaded disease everyday and is subtly invoked by charismatic physicians. It is the *art* of healing.

Intangible placebo healing is enmeshed with molecular correction of emotional stress and oxidative stress. The chemistry of the placebo effect results from brain hormones' ability to awaken genetic control over cell functions. It should be employed as an essential adjunct to total healing rather than be dismissed or minimized by conventional clinical studies bogged-down in an illogical and vain search for a silver bullet drug. If it works, use it!

7. REAL FOODS

- Find real foods and learn to prepare them. For a number of reasons *low glycemic* diets are beneficial in all healing. Throw out all the white flour and sugar and reduce carbohydrate intake to a minimum. Get rid of common vegetable oils, corn syrup products and processed foods. A body runs best on a steady glucose supply from burning protein and fat, and there are no spikes no dips.
- Peruse *ORAC* rating lists.
- Kelp, seaweeds, seawater and seafood add *iodine and ionic trace minerals*.
- Eat *probiotic/prebiotic* and fermented foods like raw milks, yogurts, cheeses, kefir, kim-chi, kombucha fermented green tea, poi and sauerkraut. Papayas and pineapples deliciously add *enzymes*. Consider reducing glycation of cells with plenty of oxygen, fresh garlic and onions, sulfur and enzyme-rich items and raw apple cider vinegar.
- Bone/cartilage broths, chicken or fish head soups, stews made with meaty beef bones and pig's feet provide the *amino acid* building blocks for collagen dependent bones, joints, cartilage, skin and blood vessels and should be consumed regularly along with Vitamin C and E to rebuild and maintain structures. Gelatin formation upon chilling is the test of collagen strength in soups. The firmer the better. Eat it.

Get B Vitamins to stop backdoor collagen loss to homocysteine

- Cayenne hastens results and will put a quick finish to lingering sinus/chest colds.
- Eat leaves. Leaf vegetables are high in carotenes, folate, rich in electrons, magnesium, cleansing chlorophyll, vitamins and other phytochemical antioxidants. They alkalize the system. Key on artichokes, asparagus and cruciferous vegetables, the brassicas, which are best fermented or cooked; broccoli, collards, cabbages, etc.
- If one lived on wild or grass-fed meats and organs, raw milk, butter, cheeses, free range eggs, organic fruits and vegetables, whole grains to a minor extent, got plenty of exercise and sunshine, had a loving family and community he would need no supplementation. See how far we have come?
- All the colorful berries (colors = pigments = antioxidants), edible leaves, nuts, fruits, herbs and vegetables should be consumed often, varied and in season. Coconuts, which I have husked since I was 5, are now available everywhere. The husked nut is drained by poking a whole in an eye and draining the milk into a glass. The nut is then put into a bag and smashed repeatedly on concrete. Kept refrigerated in a paper bag, fresh coconut meat is a great filling snack.
- Parsley, dill, basil, oregano, thyme, rosemary, cinnamon, garlic, onion, hot and sweet peppers, the cabbage family, bilberries, blueberries, Gojiberries, tomatoes, shiitake, maitake, citrus, pineapples, papaya, coconut, pomegranates, melons, cocoa, ginger, turmeric, nutmeg, aloe, flaxseeds, pecans, walnuts, pumpkin seeds, almonds, pistachios, selenium rich Brazilnuts, the list goes on and on, and are fresh, organic and tasty.
- With a food processor mountains of various fruits and vegetables can be turned into salsa or slaws or krauts and be easily consumed in large realistic quantities. Proportions are deceptive and difficult to estimate. Without calculating and weighing we usually guess wrong. Cooking by eye and nose we learn how much salt or thyme to add. With supplements or foods of variable vitamin content we guess wildly. I once thought a Vitamin C pill was plenty when I needed a handful and that a little bit of cabbage or just a drop of hot sauce would actually do something. Check lists of electron-rich foods and alkalizing foods.
- Bad bugs are secondary complications in many, many disorders and candida is probably the most common bring down of our systems. Oxygen, bicarbonate, oregano oil and colloidal silver are widely effective. Purge low grade infections and correct your inner aquarium. *Stop feeding the alligators* with processed carbs and

sugars and stay low glycemic and prebiotic.

- Keep sourcing nutrients and foods from your garden, markets, street vendors and local farms. Neighbors with gardens love to swap when they have extra. Just don't purchase dead junk foods. If they are not in the house they will not be consumed. When out and about I carry my own tea, water, fruits and maybe some peanuts or coconut and avoid all the fast foods. Resisting hunger through mini-fasts strengthens the will. Align your life to healthy habits. Steady as she goes.

See Ch. 11 & 12 on foods.

8. OPTIMIZE SPINE AND POSTURE

Rolfing and Chiropractic along with exercise and stretching can do wonders for health. Misaligned spinal vertebrae or any other displaced bone for that matter should be manually adjusted. Postural irregularities are easily observed and usually correctable. Musculoskeletal problems plague man and result in usage of pain killers and surgeries and suffering for millions. Realign skeleton, posture, strengthen muscles and supply correct nutrients to support connective tissues and bones. No nerve flow; no function.

See Ch. 8.

9. BREATHE, EXERCISE, HYDRATE, SUNBATHE, SLEEP, BE HAPPY!

Essential lifestyle elements need to be practiced consistently. Unused organs, muscles, brains and bones,... simply atrophy.

10. REST, REGENERATE

Optimize oxygen/antioxidant balances with careful attention to Vitamin C intake and rebuild yourself with live soups, quality proteins, delicious fruits and vegetables. Eat well, nap, recreate in nature with family and friends. Spend some time alone, read, enjoy poetry, silence or classical music or just play with the dog.

11. STUDY, RETEST HAIR, COURSE CORRECT MINERAL BALANCES

SPECIAL SITUATIONS

FOLLOW A LOW glycemic diet during recovery from “disease” . Anti-inflammatory *Omega 3 fats, saturated coconut oil and grass-fed meats, milk and butter* help preserve neurons, cell membranes and our generally fat-starved bodies. Chlorella cleanses toxins. Green superfoods and vegetable fiber regulate fats, sugars and boost immunity. Correct mineral balances and maintain iodine to empower the thyroid. Sunshine! Soup!

Circulatory

- Vitamin C/bicarbonate mega dose (Pillars I, II) along with magnesium is the starting point. Get the inflammation out. Sponge collagen-destructive homocysteine with folic acid, B-6 and B-12 to help blood vessels heal.
- Vitamin E (tocopherol + tocotrienol) plus the amino acids lysine and proline found in bone/cartilage broths, Omegas found in flax, krill oil or wild salmon, L Arginine supplements, CoQ10 as reduced ubiquinol and a collection of enzymes will aid the repair of free radical roughened and scarred blood vessels, heart muscle and nerve bundles, and reduce thromboses. Insure proper thyroid function.
- EDTA chelation has been used successfully for heart/artery disease along with stiff doses of Vitamins C and E. Chelation is enabled by nattokinase, lumbrokinase or serrapeptase. These enzymes scrub plaques but are not consistent with blood thinner use. Sulfur supplied by MSM/DMSO is helpful in detox. Cleaning up metals and restoring iodine levels reinvigorates thyroid production and overall circulatory health.
- Recent studies have shown that dosages of Vitamin D normally found in cod liver oil, eggs, raw milk and sunshine should also be “mega”. One recommendation for heart patients was 50,000 ius/day doses of Vitamin D-3 for a week, then once a week. Taking enough cod liver oil to obtain those levels would include way too much Vitamin A. Vitamin D-3 (cholecalciferol) alone is used for those huge doses. A normal healthy dose is around 4,000 ius a day while RDA is a pathetic 400 ius/day. Vitamin D strengthens the antibiotic properties of the immune system. Vitamin D-3 mega dose is being suggested for influenza and all cancers.
- Choline forms neurotransmitters and is a part of the electron buffering system. Eat lightly cooked farm eggs and take lecithin.
- Sprinkle cayenne on food or eat fresh hot peppers several times a day. Work up to those doses. Eating hot stuff with buttery or greasy food minimizes the burn.
- Hemp oil has been shown to heal blood vessels.

- Oxidant and glucose damaged blood vessel linings and oxidized cholesterol plaques invite pathogens along with ensuing inflammation that has claimed so many lives. Attaining lush electron abundance allows blood to flow freely without sticking of fats or viral/bacterial colonies that harbor amidst acidic positive charges. High level oxygen penetration enabled by magnesium insures pathogen destruction while alkalinity induced by bicarbonates, breathing and exercise enable healthy O2 supplies and lymph circulation. Hydration floats your boat. These healing miracles are brought by simple informed nutrient manipulation.

Cancers

- Mega dose Vitamin C/bicarbonate plus Vitamin k, R+Alpha-Lipoic Acid and CoQ10 as ubiquinol are recommended to prevent or remove cancers along with iodine, magnesium, selenium, flax, vegetable fiber, krill oil, curcumin and Vitamin D to stimulate T-cells. Vitamin B-3 or niacin is added to IV Vitamin C solutions or the entire B-Complex is used along with magnesium in an IV cancer cocktail. Sunshine!
- You can also destroy cancers with surges of internal oxygen via oral chlorite, transdermal chlorite/DMSO or iodine or all three. Chlorite/DMSO and iodine can be used on skin cancers and those near the surface and also penetrate to become active systemically. Huffed bicarbonate/food grade hydrogen peroxide is used for lung ailments and lung cancers. See Ch. 5 on cancers and Ch. 7 for information on oxygen.
- Intravenous applications of R Alpha Lipoic Acid are used in liver cancers. Success has been found using hyperthermia for cancers mimicking a fever that should have been generated in an inflammation response. Sauna to aid detox.
- Broccoli, broccoli sprouts and all cruciferous vegetables, watercress, arugula, asparagus, graviola, bloodroot, high doses of resveratrol, grape seed extracts and grape seed oil and other Omega 3s, apricot kernel oil, seaweeds, seawater, sea salt, sulfur, superfoods spirulina/chlorella, nano greens, etc., provide nutritional support.
- *International Medical Veritas'* iodine, magnesium, bicarbonate protocol with added antioxidants gets results. Thyroid function controls immune strength.

- Bicarbonate yeast reduction therapies promoted by Dr. Simoncini are successful. Take bicarbonates to prevent and remove cancers and a host of acid loving conditions. Sugars from cane, maple or molasses can be added to baking soda solutions to target sugar-loving cancerous cells.
- Cesium chloride/DMSO delivered transdermally along with high doses of potassium alkalize cancers in advanced cases.
- Detox/chelation and amalgam filling removal are key. NAC and chlorella should become your best friends along with mega dose Vitamin C/bicarbonate. Empower your hormones and enzymes, remove their attackers.
- Nattokinase, lumbrokinase, serrapeptase, bromelain and papain dissolve fibrin films to allow oxygen to reach acidic cancers.
- Cranberry juice and dry skin rubbing aid lymphatic circulation.
- Detox, chlorite, food grade hydrogen peroxide, Budwig's zero fat/high fiber cottage cheese flax diet or hyperthermia or free sunshine or a combination of all those ideas is where I would go. Try green juices, large doses of colostrum and super foods in super quantities. Search kelley Eidem and try his *\$20 Cancer Cure* using habaneros, garlic and cod liver oil.
- Search Rick Simpson, *Phoenixtears.ca*, hemp oil treatments of cancers, diabetes, etc. Hemp oil shuts-off blood supply to cancers and causes them to self destruct. Stage IV cancers are eliminated every day but never reported in the media. Remissions are deemed "anecdotal".
- *Cancer* and books on Vitamin C by Hickey, Roberts and Saul are must reads. *IMVA* books are exceptionally helpful.

Cancer cells like microbe pathogens can not stand oxygen enabled by alkalinity and supported by antioxidant electron abundance! Oxygen delivery via full-bore blood flow makes exercise, massage and hot peppers a must. Cancers are the far side of polyunsaturated vegetable oil and high carb/sugar/ low fiber use that invokes chronic oxidative stress and need the most powerful treatments.

Brain/diabetes

- Try burning out the debilitating plaques with Vitamin C/bicarbonate. If oral Vitamin C bowel tolerance is low, big doses of C can be administered IV. Chlorite or food grade hydrogen peroxide can be employed followed by other antioxidant electrons. Magnesium is a must since diabetics always have low levels. Remember magnesium and bicarbonate optimize oxygen penetration and iodine peps up vital thyroid production.
- Most every disease responds to oxygen, antioxidants, sunshine and chelation/detoxification. Nattokinase, lumbrokinase, serrapeptase and other enzymes found in pineapple and papaya dissolve fibrin films to allow oxidant/antioxidant activity and maximize detoxification.
- Diabetes has a proven origin in toxic man-made organic chemicals found in pesticides
- and in bad oxidized oils/trans fats and processed white high glycemic carbs. Everyone contains “safe” levels of DDT, Dioxins, PBBs, PCBs, lead, flame retardants, plastic residue, fluoride, mercury, aluminum and arsenic. The higher the “safe” levels found in individuals the more cancers, diabetes, mental problems and other diseases are exhibited. Aluminum and sugar are linked to Alzheimer’s.
- Every disease should be assumed to have toxins or opportunist bacteria, virus, parasite or fungus associated with it whether or not that is a classical consideration. Oxidize the bugs and detox inappropriate molecules to preclude their presence. Doctors using green juice fasts have trumped diabetes type 1 and 2 in short order.
- Sulfur containing MSM, DMSO and R+Alpha-Lipoic Acid , NAC, hemp oil, carnosine, acetyl l carnitine, lecithin, Vitamin k, spirulina/chlorella, baking soda, magnesium, iodine and raw vinegar target diabetes, brain function, intelligence, mental health, autism and Alzheimer’s dementia and all involve oxidative stress. Fulvic acid may help by removing fluorides and metals and by supplying minerals acting as an intelligent electrolyte. zinc and sulfur are atoms contained in the insulin molecule.
- Take Omega 3 fatty acids in quantities of at least 3,000 ius/day in several forms including flax, fish, evening primrose, cod liver and krill oils and wild salmon along with coconut oils to help them work. Raw virgin coconut oil is particularly effective. It acts against viral infestation and has helped reverse Alzheimer’s and the ravages of diabetes. Add rosemary, astaxanthin, high dose resveratrol, cayenne/hot peppers, spirulina and green/black teas.
- Add more B-2, B-6, B-12, CoQ10 (ubiquinol), choline and folate for neurological

problems including depression.

- Lithium compounds, Iodine, anti-virals, medical marijuana, tobacco and B-2 are suggested for Alzheimer's dementia which is now being called Type 3 diabetes. L-phenylalanine is a neurological booster.
- A pharmaceutically damaged poorly functioning liver may be at the root of many of these debilitating diseases. It should be cleansed and treated with Vitamin C, large or IV doses of R+Alpha Lipoic Acid, silymarin, chlorella and curcumin. Liver damage is a side dish always served with antibiotics and other toxic "wonder" drugs.
- There are long lists of phyto-substances in bitter melon, turmeric (curcumin), hemp oil, cinnamon, cayenne, onions and garlic used in diabetes.
- Diabetes 2 stops upon stomach stapling indicating an inflammatory nutritional component. It also stops with frequent atmospheric pressure changes stimulating
- circulation and inner movement of fluids. Fish love a fresh running tide! Careful attention to diet and hydration along with hot peppers and other circulatory stimulants are no brainers.

Pregnancy

Carrying a child can add stresses to the body and the mind. Nutritional requirements are greater and corrections should begin before conception if possible. More acidity, more metabolic waste products, more hormones and more emotions are obvious effects on the mother.

All nutrients must be there from high quality fats and proteins to Vitamins and minerals to construct a human.

Alkalizing the system with magnesium, potassium and bicarbonates eases stress, increases oxygen delivery and aids the kidneys.

Iodine plus selenium regulates the master gland and all hormone production.

Omega 3 fats, antioxidants, Vitamin A,D,E and all the B Vitamins and folic acid are essential. Regular exercise, sunshine and systemic detoxification, too. Infertility can be overcome with detoxification cleansing and nutritional improvements.

Breast feeding for a year or even two is junior's best health insurance. Shamefully less than 20% of American women breast-feed, even for 6 months.

Osteoporosis

Keeping your bones intact depends on controlling acidity and not consuming acid

forming items, Calcium/magnesium balance is key along with maintaining the collagen glue found in Vitamins C and E and bone/cartilage soups. Reducing homocysteine levels with B Vitamins, particularly folic acid, niacin, B-6 and B-12 prevents collagen destruction. Omega 3 and Vitamins D and K, of course. Post menopausal hormone dips can be involved and can be addressed with bio-identical creams. Iodine, selenium and zinc should be present for thyroid support. Bone growth needs the stimulation of the force of gravity, walk and exercise.

Arthritis

Removing inflammation to halt erosion of joints while re-nourishing them and controlling homocysteine levels is the basic approach. Start with mega dose Vitamin C. Get out the soup pot (see Ch. 8) and begin collecting bony parts of grass-fed animals and clean fish. Vitamin E plus homocysteine dampening folic acid, B-6 and B-12, and Omega 3 fats are next. Be sure magnesium, potassium and manganese levels are good but avoid high levels of calcium and check Ca/Mg and Ca/K ratios. Rubbing with magnesium oil, emu oil, DMSO/capsaicin or hemp oil ease discomfort.

Lungs

Vitamin C/bicarbonate mega dose peps up immune macrophages that reside in and clean lung tissues. Huffing 3% food grade hydrogen peroxide, even with added bicarbonate, clears bronchial infections. COPD and emphysema can be addressed with nebulized nascent iodine solutions. NAC powder removed from capsules and dissolved in water with added bicarbonate can be nebulized as well. Vitamin A, carotenes, folic acid, B 6, B 12 and Vitamins E and K assist healing. See Ch. 7.

Search the literature for specific ideas on your condition and read up on Vitamin C, chlorite, food grade hydrogen peroxide and hyperbaric oxygen use. Search the archives of mercola.com, DrWeil.com and NaturalNews.com. Also peruse *IMVA* information on iodine, magnesium and bicarbonates. Don't quit until you are vibrantly healthy. Listen to your body. Many times it knows what it needs. The healthier you get, the better life is!

Isn't it odd that so many "diseases" respond to similar protocols?

Don't depend on a diagnosis either. Many different conditions share their origins in oxidative stress like Parkinson's, rheumatoid arthritis, various cancers and diabetes. It is impossible to list them all. The diagnosis may even be out in left field but the treatments will work anyway. I can't think of a disease condition this protocol will not help!

FIGHTING YOURSELF YOURSELF

I BEG YOU, please don't fight. Effortlessly finesse your way through (life). Wars on cancer, drugs, poverty or other nations are as fruitless as swimming against the tide. Over thinking and worry fall under this heading. Fighting calls the tide to oppose you while quietly understanding the problem and proactively working to reverse it brings success.

Force always causes an energetic ricochet and collateral damage. Force calibrates low according to Dr. Hawkins. Don't confuse your steeled will and focused action with the wasted force of battle.

Finesse is the principle of Aikido, the push-pull of energy. This smooth soft skill takes advantage of the opposing force to defeat it. The enemy can usually be found to be you yourself. This is the heart of *easy does it*, but usually we build muscles first along with blisters, calluses and scars. *A relaxed contented mind effortlessly wields power.*

INTENT TO HEAL

CLEAN UP THE mind of guilt, fear, anger and worry. Practice forgiveness and gratitude and express your abundance in the moment. Use kindness, compassion and sharing everyday until they become habitual behaviors. Treat yourself with this magnanimous respect.

Use patience with yourself and personal deliberations. Feeling rushed is a serious warning and usually slower is faster. Proactively responding to any situation is preferable to snap reactions which usually turn out to be hair-brained. Un-serene impulses are not you! The problem as usual are our predictable primitive fear-based ego reactions. Self restraint helps corral the ego. Kabbalists insist this restriction builds personal gravity and power.

You may be able to correlate an emotional trauma that needs to be let go. *Let it go!* Positive attitudes toward the future and determined intent have been documented as upping the rate of recovery. Maintain focus on wellness, not the disease. Thoughts are real things and influence biochemistry. Synchronize with the universe by finding the eternal now and therein is splendor, joy and the very gates of paradise.

Having a compass direction in life and fulfilling a sense of purpose is the key to soul satisfaction and longevity. Drifting with the winds and undercurrents of the collective consciousness find many drowned or stuck high and dry on the backbone of a reef, stranded on a harder reality.

Sit in the sun, take a sauna, breathe deeply and really enjoy a cold glass of pure water. Employ music and voice therapy. Show yourself and your body some love and loving care. Develop a strong intent of victory. Try guided imagery, hypnosis or self hypnosis or just get serious. Visualize the world you seek! Meditation focused on healing centers in the brain stem can prove miraculous and all reawaken genetic expression and DNA command and control. A vocal expression of intent is empowering. It tunes and orients cell energies to the goal, drawing the treasure to the seeker as I proved to myself so many times. Shout out loud!

CAN, TOO

LEAVING THE DENTIST one day about 10 years ago, I was disturbed by his

assessment of my mouth. After driving through town to run other errands I came to a stoplight behind an old pickup truck. Driven by a local contractor/handyman, the rear window had a decal, IT CAN BE DONE! I was in the midst of trying to come up with a natural way to save my teeth, and this positive phrase steeled my intent. It changed my level of consciousness while dispelling the attitude of hopelessness. Breaking through a negative illusion is the most empowering act one can perform and creates a positive energy flow. The child-like attitude of dependency precludes individual action and responsibility.

TUNE IN TO PROGRESS

CORRECT BODY WEIGHT by increasing activity for longer periods and reducing food portion size. Areas accumulating fat need repetitious flexing and moving like gardening, water aerobics, working out on gym equipment or sweaty sex. Control perpetually inflammatory body fat which also upends hormone levels. High protein/vegetable/fat and near zero carbs/sugars a la Atkins *works!* Try soup or a snack before dinner to *spoil* your appetite or have many small snacks during the day so hunger does not grow insatiable. A combination of fasting and portion reduction allows the body to take any form desired while stretching and exercises tone the musculature. Calories *is* calories. Excess body fat *is* inflammation and an unnecessary load on the system. Losing weight is a matter of determined intent and success will change your life and extend it.

We must learn to take responsibility for our health. Why do people feel so powerless to help themselves? Why isn't medicine practiced economically instead of as if every patient were a millionaire? Why is health insurance only for drug therapies and not natural therapies or prevention? Out in the country one is forced to make do with a little cracker ingenuity.

Why are people so scared of the doctor (they should be) or too shy to ask enough questions and become so easily satisfied with pat answers? Generic talking points disturb me. Usually they are 90 percent true, but the phony 10% will kill you dead as hell. Hospitals are jam-full of people suffering into eternity. They were never given the simple knowledge to prevent an agonizing dissolution.

Ridding one's self of the media generated collective consciousness, our abusive parent figure, is the first step toward empowerment. Seize your freedom, health and really love your true self. You can control your Inner Ocean wherever you are. Be the ocean. Be the universe.

Why just exist like the cancerous flounder wallowing in the industrial crud of New York Harbor or a four clawed mutant blue crab scurrying about on the bottom of the Miami River? You can be the mighty blue marlin roaming fresh Atlantic currents that flow through the Bahamas.

You can also see why more people do not stumble onto this healing practice. Who in the hell is going to take an ounce or more of ascorbic acid a day or even shovel in oxygen promoting bicarbonate? My now retired periodontist simply said, "We never tried that."

MISS DIRECTION

RECENTLY CAPTAIN JACK called from Eleuthra complaining he couldn't find a part for his truck. Therefore, he could not go pigeon or duck hunting or even ride the roads at night after rains to find the land crab of crab and rice fame. I told him "Don't worry, I'll find it and mail it to ya."

I called the local Ford dealer and was told by the parts person emphatically that Ford doesn't stock parts for vehicles that old and that I would have to go to an aftermarket source. No sweat I thought as I inquired here and there for over a month! Nobody could come up with that particular water outlet. Just for the heck of it, I checked another Ford dealer and had the part the next day.

The relevance of this simple story is that once told something is impossible, most people won't look there again. Arrowheads, truck parts, health information, all the same. Vitamin C won't help, mega dose is insane, no arrowheads on that shoal, you'll need those teeth pulled, chemo is the only hope, your illness is terminal. Get the picture? Ignorant people can waste your time and those vaguely informed and given to false certainty can get ya killed. The world is full of them.

Don't be fooled or jailed in a box of illusion or become the victim of some mis-created reality. Search, re-search, dig to the limestone. I ate tangerines they said couldn't happen, I chew steak with teeth that should have been pulled, and my friend on Eleuthra is driving his old truck crabbing and bird hunting.

HOT POTATO

LOTS OF STUDIES indicate the actions and benefits of individual antioxidants but nobody wants to take the giant leap to eradicate chronic disease. It's a matter of proper realistic dosage for a sufficient length of time that restores immune integrity. Basic redox chemistry governs the happiness of every living cell. This has always puzzled "science" which at this point just doesn't want to know.

The goat, auto-regulated in Vitamin C production can increase output from a normal 13 grams a day to 100grams a day when ill (equilibrated to a 150lb human). No man wakes up and says I must increase my Vitamin C today from an average few grams to almost 4 ounces! We just don't have a meter telling us when our batteries are low and need healing oxygen and electrons. Some holistic physicians have equipment to measure body voltage but I use gum tenderness as a barometer. We also don't know when our structures require amino acids. Sore joints tell us! We rarely notice growing acidity from stress, toxins or lack of sleep, to name a few oxygen and electron bandits. (See Balance of Health in Appendix.)

Immune cells use oxidative blasts just like high plasma level Vitamin C, or chlorite, peroxide and ozone provide, to destroy invading pathogens and parasites. These powerful

oxidants can damage cells if not offset by antioxidant electron stores. Exhausted antioxidant inventories result in disease progression and cell death. Neutralizing pathogens, free radicals, metals or pesticides, metabolic wastes, acids and hormonal stress toxins is straightforward. The Inner Ocean is washed electrochemically clean and molecular garbage is flushed from the system with generous fresh electrolyte mineral and clean water inputs. This redox balance and the availability of oxygen is the foundation of life on Earth as it evolved from geosphere to biosphere, from anaerobic to aerobic and the basis of our balance between sickness and robust health.

The Sun showers our bodies with photons that kick-up electrons and perform subtle adjustments on our DNA and body chemistry. Electromagnetism's fingers in nature reach throughout the biosphere, and electron flows are induced all around us. Sunshine acts on plant tissues to energize antioxidant electrons in nutrients in real foods. The friction of air and water in the natural world juggles electrons and beneficial bacteria create electron flows. Charged, properly buffered fluids contribute to swift moving circulatory currents and our health.

The more closely we can optimize our pH, oxygen and electron supplies to neutralize free radicals and oxidants and their damage, the longer our cells will function perfectly protected by a powerful immune system. By sending love to our bodies, the *Sun* we eat is the *light* we become. When everything comes into balance, the music is sweet!

Chapter 15



OPEN TO SUGGESTION AND PUBLIC INSPECTION

Go To:

www.ForbiddenHealingForum.com

- Record your comments and results in an open public forum.
- A collection and consensus of the best ideas is what we are after.
- Detailing more refined protocols is our goal.
- Sure as the Sun rises in the east, tomorrow will see fresh fish in the box. Print cannot keep up with the freshness of the internet. New ideas will appear there.

Chapter 16



CONCLUSIONS

I DID NOT INVENT Vitamin C or mega dose therapy. What I found was certainty in the confluence of the natural health world and elementary particles. Cell health enjoyed an explosively positive effect when the key *quantity* of oxidant *and* antioxidant power in Vitamin C was reached and pH became corrected with bicarbonates and buffering minerals. When scientists noted that oxygen levels in our distant past were nearly twice what they are today, this approach to disease gained a special logic.

I had searched every remedy, but in the case of gum problems, *none* held an acceptable solution. Many other people had found only disappointment in ineffective conventional medicine and in natural therapies. But add the dimension of powerful redox/pH principles and oxygen incinerates toxins and pathogens while antioxidant electrons put out the fires of inflammation.

- Re-turning-on genetic expression and reconnecting communications between DNA and RNA operatives restores optimal chemistry and function to cells.
- Flush your Inner Ocean and find your life-balance.
- Correct your nutrient and mineral content, raise your voltage and tweak the scale. The end result will be solid unshakeable certain health.

I never shied away from doctoring myself because I'd had so many successes and disliked the expensive time consuming doctor's office rigmarole. Since I knew I was already receiving adequate nutrition, the addition of one simple item, *mega dose Vitamin C/ Bicarbonate*, to my routine made the difference. Metals were removed, inflammation and infection disappeared, blood pressure and cholesterol dropped significantly and blood vessels and skin obviously healed. It was not even a placebo effect that I'd have welcomed, but about the 3,000th thing I'd tried.

I found my bowel tolerance to Vitamin C several times, around 40-50 grams a day. It was only mildly unpleasant as my body warned me in advance to make way to the head. Maximum tolerated dosages of Vitamin C can vary by age and weight, week to week and season to season and definitely person to person. Tolerance may be 20 or 25 grams or less a day for some and 50 or more for others.

Intravenous administrations attain much higher blood levels of Vitamin C, but are delivered less frequently and each physician has a different protocol. Lack of clinical studies means everyone using the most widely effective therapy ever discovered is just guessing. Combinations with other oxidizers like hydrogen peroxide and chlorite or minerals like magnesium and potassium or with synergizing bicarbonates or with B-3 or

B-complex need study. Dosages and frequencies could be easily fine tuned if honest healing results were institutional goals.

Once I began to recover and knew the secret, I found that mine was not a singular case. Millions of people testify to the prevention and treatment of cancers, artery and heart diseases. Various physicians from Australia to Denmark to Cuba to Russia to Germany to Italy and even the United States relate broad success. Many individuals treated themselves. I did independently, and with no real information. Then I backtracked and analyzed the result to find the hidden principles and cases treated by physicians who were on the same page. Obvious and simple all the time, but if you don't know, you just don't know.

The desperately ill pray for expensive research when they could have prevented their agonies and been helped by something simple. They think there is a complicated technological answer to any problem. Many languish in hopes of a new drug or Hail Mary procedure. **It turns out that health and healing are no big deal, no miracle, just common sense utilization of the principles of chemistry and cell biology.** We are made of molecules and are powered by electrons. We move 'em in and move 'em out. We just need to be discriminating in our selections. We also need to control our minds, walk tall and command our DNA.

Oxygen, antioxidants and pH control are the common thread running through every harmless, natural and effective therapy. Resupplying oxygen and antioxidants in sufficient *quantities restores DNA expression, glandular function and accurate enzyme production* that speeds all healing and is the key to prevention and longevity! The trick is getting the effective molecules where they need to go efficiently and sufficiently. They *work!* They make your cells work! Since common denominator redox/pH healing broadly corrects the Inner Ocean and counters the onslaught of man-made oxidative stress, a wide range of diseases can be reversed.

WE ARE OUR ENVIRONMENT, UNFORTUNATELY

POLITICIANS AND DISEASE SOCIETIES have been promising hope for over 50 years that I know of, and delivering just that, more hope! What we are blinded to are the fatal problems surrounding profit driven industrial technology. Chemical fertilizers have already brought the collapse of aquatic ecosystems, caused oceanic fish kills, jellyfish plagues and created huge dead zones. Overfishing along with America's chemical assault on the oceans have caused seafood prices to skyrocket while domestic supplies have fallen sharply. Most seafood is now imported and farm-raised causing foreign waters to be decimated.

- Soluble nutrients, persistent pesticides and herbicides are incompatible with life. Cash-crop chemical cowboys contaminate drinking water, over-irrigate crops and

ruin the hydrology of vast regions of the planet on the advice of university scientists! Precious life sustaining top-soils are lost to the production of defective mineral deficient foods. Inhumane feed-lot operations provide various hormones and chemical fatteners, and use antibiotics to select meaner strains of bacteria, all to be served along with their unhealthy animal products. Food technology deals the final blow to health post-harvest by adding more contaminants, damaging nutrients and stripping electrons. Food scientists point to their victory over bacteria and their importance to the grain-based food chain. Are they nuts?

- Coal and oil use foul the air and water with *deadly mercury, acids and weather changing particulates*, while producing greenhouse CO₂ and depleting O₂. At this point reducing CO₂ is like closing the barn door after the horse got out. Drastic carbon capture and **69 billion** trees planted all over the planet are needed now. Even so, the oceans will rise, heat waves will kill, desertification will accelerate, water resources will shrivel, agricultures will collapse and billions of people will be displaced.
- Deep ocean and terrestrial permafrost *methane* beds are thawing causing there lease of that potent greenhouse gas. The North Polar Ice Cap will disappear along with Greenland's glaciers and big chunks of Antarctica. Shifting weight distribution on tectonic plates can increase earthquake activity as surely as the pull of the moon. Cold ice cap melt-water can effectively shutdown the thermal engine that powers the Gulf Stream. Failure of the Gulf Stream has resulted in mini-ice ages in the past. Chaos will ensue when huge populations experience famine or are forced to higher ground. It is predicted the drying-up of glacial rivers supplying water to Asia and half the world's population will have dire effects. Water wars?

Whether we will shiver or sweat, carbon dioxide is acid forming as it enters the oceans and kills corals and marine life. This building acidity will mean the destruction of every calcium-shelled crustacean and eventually us. Trees and oceanic phytoplankton must be included in a solution to consume CO₂ and replenish O₂ levels. Brown pungent eddies of concentrated industrial air pollution travel the surface of the planet today and when trapped by atmospheric inversions become deadly. An oxygen-rich atmosphere would be healthier.

As if CO₂ were more than the public could handle, mercury is rarely mentioned or associated with the industries that release it. Harmless CO₂ is the focus, the distraction, while the real problem of mercury contamination is concealed.

Mercury release from the burning of coal, cement plants, sewage outfalls, chlorine production, off shore oil drilling lubricant" muds", cremations and various other incinerations has contaminated water, our bodies, foods and

seafood worldwide!

Deadly mercury, cadmium, BPA from plastics and dastardly dioxins drift in the oceans along with plastic trash and the contents of every drugstore. Toxic metals when ingested generate hydroxyl radicals that viciously attack living cells and cripple the nervous system and thyroid gland. Hormone related pharmaceuticals find their way into streams and rivers to confuse sex-traits in fish and now contaminate drinking water and are responsible for infertility in humans, and they are carcinogenic. When we realize a crisis has arrived, it will be too late. *This will stop!*

We produce mountains of wastes that could be recycled. Society's refuse could be engineered for easy recycling. Instead it is piled in landfills, burned or pumped into rivers and oceans. Taxes subsidize obscene industrial wealth but rarely infrastructure upgrade. Development in Florida has been economically important since the 1920s. To keep down costs to developers and appease frugal voters, politicians have become expert at going cheap on infrastructure. The utilities themselves would rather litigate than renovate their outdated processes. We still pee in the sea and build great pyramids of garbage. MRSA from sewage is now widely found in beach sand and many fishermen suffer the scourge of flesh-eating bacteria. On the whole, man is a very untidy creature. Everything is cool with our crack environmental agencies. Most folks never question the system and are too busy trying to get ahead, to find enough or get more.

I am ashamed of my species. Just look around and see the hacked up planet. Yet we are constantly chided by political correctness to be tolerant of ignorance, industrial greed and irrational religious doctrine. We are taught to embrace an economy of enslavement, bent on self destruction, and to idolize material consumption and conspicuous wealth. Poverty, coupled with mindless population growth, still chews up forests at a sickening rate. The world's poor desperately need sustainability training and alternative farming, energy and water ideas to stop their rampage of destruction.

- War and aggression are condemned by all religions and modern societies. There has never been a good war, yet greedy war-mongers can be seen lurking in the shadows of every modern battleground, well clear of blood spatter and the moans of the dying. They have thrived since civilization began, cultivating fear and hate in the minds of men.
- Predatory nations will have to cooperate peacefully and equitably to manage Earth's resources, halt population growth and move toward sustainable industry. The alternative is an unpleasant chaotic collapse of civilization and agonizing depopulation. Are there dark energies behind the folly of man or is there just random greed-driven intelligent stupidity?
- In late 2009, at The Copenhagen Climate Summit, we witnessed a shameful and sickening display of greed. The environment itself was completely excluded from

the framed focus on CO₂ and the lucrative business of trading carbon credits. Some scientists theorize CO₂ may be a side issue compared to deforestation, waning solar output and global mercury contamination. Either way, the entire carbon-swap game is just another vehicle for speculative profit, economic control and a continuation of burning.

- On April 20, 2010 an environmental catastrophe of the first magnitude occurred in the Gulf of Mexico. Under slack regulation and oversight, an experimental oil well that should have never been permitted entered a deposit held deep under the Earth's crust at extreme high pressures. It failed and exploded. After months of gushing oil our political leadership and protective agencies remained officially clueless and continued to allow what no scientist thinks is appropriate; the use of millions of gallons of chemical dispersants. A "free press" participated in this charade and so a cover-up of the dangers to human health and damage to the Gulf was complete. This same type of government enabled deception is common among thousands of polluting corporations in an atmosphere of controlled information. In coming years the devastation to marine life will be painfully apparent and human cancers will become epidemic, but industrial crimes are not called murder!

Is it fate and destiny or can we shape the future through intelligent proactive group intent? Layer by layer the illusions of the past must be peeled away. Man's activities must become intelligently regulated by better men. Leaders must display wisdom and integrity to override the selfish lust for obscene consumption and environmental insensitivity.

We have taboos against honest discourse on a variety of critical issues from over population and efficacious healing to sustainable resource management and food security. In my water-world, a problem ignored can put you in the drink where you'll wind up sleeping with the fishes. The culture must again wisely rule the economy and the environment, not be enslaved by profit driven industry and their paper money just to live some feckless Disney-esque delusion of life on a treadmill.

GAIA, OUR BIG PICTURE

NOW THAT we comprehend the magnitude of man's oxidative misbehaviors and recognize the stresses placed upon every living organism, will we see the simplicity of a redox solution to disease. Can we face the truth and help restore the balance? Can we remove sources of free radical generation, or will incessant burning and rusting drive us down? We are losing this magnificent island of life.

It is rare to find a truthful individual today. Since everyone's cash stream is now hooked to the system, lies and hypocrisy have ironically become the most dependable aspect of modern society. Deception is the universal defensive reaction that sprouts from the fear of the loss of abundance. This spiritual flaw is the attachment that causes our

material distress. For the want of a nail, the horse (shoe) was lost. For the want of an honest man, civilization will be lost.

Every nation could address the planet's problems. The simple solutions would cost less than funding industrial mega-farming, military money machines and the endless building of weapons to kill people with. Will we see the light and cooperate or be dragged down by industrialists gone wild? Will we consider our neighbors or remain moored-fast to national self interests, mutual distrust and tense relationships?

INTEGRITY?.

IT IS NOT MY INTENT to demean or besmirch the medical profession. There are many sincere dedicated professionals and compassionate nurses treating trauma, genetic disorders, birth defects, and acute life-threatening situations. They help people in many ways and perform real miracles. Nevertheless, I challenge physicians to honestly review these principles. If proper Vitamin C/bicarbonate use, detoxification and the consumption of real foods and appropriate minerals became widespread, much of our annual healthcare bill would disappear.

As the drug philosophy became socially fashionable and legally enforceable, maltreatment of easily reversed common diseases became the rule. This just happened in very recent history! Medicine came to focus on the relief of symptoms so natural therapies were discarded and lost as the practical knowledge of previous generations faded. Drugs and drastic medical procedures do have their place. We are just unsure of where that place is.

Official trials of nutrients and supplements were intelligently concocted to fail. Just read how all the flaky studies were conducted. Certain doctors and medical associations could then cast doubt on and dismiss extensive findings of reputable physicians using smarter cheaper therapies. Even so, instead of waiting for peer reviewed studies which will never be funded, any physician is free to peruse information on energetic, integrative, orthomolecular and bio-oxidative medicine and the works of Pauling, Cathcart, Klenner, Harman, Sircus, Starr or Simoncini, and decide for himself as integrity would dictate. Some have.

Enlightened physicians eschew much of the drug philosophy, though quietly. Conventional doctors could become saviors of mankind instead of remaining pawns of a pharmaceutical machine. They will spend more time leading patients toward nutrition, detoxification, lifestyle shifts and effective use of their minds, and discover that it is no crime to call forth "placebo" healing. They will drastically reduce surgeries and dangerous courses of drugs. They will fulfill their oath *do no harm* and the result of their practice will be lasting and human.

LIVE AND HELP LIVE!

PLEASE, for the sake of life on Earth, wake up and take control of your health, your

surroundings and community responsibilities. Life provides problems for our ongoing education and spiritual growth, and each challenge should be viewed as an opportunity. Be an example for the unthinking. This world could be a much better place
Nothing is written until it is written.

At any moment we have the power to select infinite future scenarios and outcomes. Realize your free will. Seize that freedom to be healthy and become a positive force.



APPENDIX A

NEW RULES, IMPLICATIONS, COMMON DELUSIONS & STRAY THOUGHTS

DEEPLY IMBEDDED NOTIONS must go, starting with *doubts* of one's own health. Live right and live long.

1. The idea that eating healthy fats clogs arteries comes first to mind. Inner acidity from excessive consumption of acid forming dietary carbs, sugars, processed fats and polyunsaturated oils along with a chronic shortage of oxygen and antioxidant electrons are what really raise oxidized cholesterol and triglyceride levels. Inflammation follows and results in oxidative stress. Electron-rich un-oxidized fats and cholesterol do not stick to inner surfaces of healthy alkaline, metal free blood vessels, and correctly perform their essential biochemical roles. Natural pastured saturated animal fats and monounsaturated antioxidant Omega 3s are healthy and without them we'd have no brains! It is interesting that thousands of newspaper articles, healthtips and diet books repeat the same approved "facts" on cholesterol and saturated fats, all traceable to food industry lobbyists and pharmaceutical profiteers. A fuzzy understanding of the buzzword "cholesterol" convinced the public that the demon causing heart attacks had been safely identified. Polyunsaturated vegetable oils were offered as the antidote and harmful statins as the cure! Fat phobics are puzzled at the epidemics of viral infections, diabetes, cancer, heart disease, depression and Alzheimer's that politically correct processed vegetable oils were supposed to prevent. People now have no idea what healthy fats are, choose unhealthy fats through disinformation, ignore mineral deficiencies, have excessive carb/sugar intake and don't recognize their cells deteriorating from simple oxidation and glycation. Our widely accepted health facts were generated purely for profit!
2. If I see another article on proper use of sunscreens, I may just go nuts. Sunscreens do not effectively protect against skin cancers which are only 2 percent of fatal cancers. Other cancers doubled from lack of Vitamin D and the benefits of natural sunshine. Chemical sunscreens are carcinogenic themselves. They even add to coral bleaching as they wash off bathers by the ton. Sensible sunbathing is as important as breathing. Then there are the constant urges to use fluoride after the dental association changed their position and the employees of the EPA gave it the thumbs down. And we also have the *germ theory of disease* that skipped the resistance issue and created a false basis for modern thinking through germ phobia. Unhealthy fatty

membranes burdened by metals, unbalanced pH/redox conditions and low thyroid and immune function must be in place for a pathogenic microbe to proliferate. Attacking the bad bug is like using pesticides in a garden where the soil health should have been attended to. Chemical pesticides contaminate the soil and the underlying cause remains, paralleled precisely by the pharmaceutical paradigm. Washing hands 50 times a day is a lame solution unless some brand-new bug appears. If we took a different perspective on *colds*, we would see they are probably not the cause of sickness but a healing/cleansing mechanism. Cold viruses are always with us. We need to eliminate irretrievably damaged cells with dysfunctional membranes of modern fats and purge toxins with the assistance of endemic viruses. Colds need no healing under this logical theory if colds *are* healing! When we feel better after a cold we really do feel better.

3. It would be interesting to test the hair of isolated populations and correlate high levels of copper, lead or mercury, low levels of zinc, selenium, iodine and magnesium or low levels of antioxidants, low pH, and absence of essential fats or even damaged water to aggressive/depressed behavior. Test those in troubled countries or violent offender wings of large prisons. It has been suggested that supplementing their diets could reduce oxidative stress and be a sensible way to civilize those souls, or at least make them healthier and less testy. Know your levels.
4. The world basically lives in fear and confusion installed by design. Wars, genocides and industrialistic enslavement are facilitated by fear, accepted through blind patriotism and perpetuated by political correctness. Disparity in wealth breeds discontent which is suppressed by more fear and economic barriers. Good scientists remain silent for fear of loss of funding by politically controlled government agencies! Feelings of powerlessness and confusion impair our genetic material.
5. People generally spend the first half of their lives awakening to the situation of life with a carefree feeling of immortality. They squander the remainder of their time worrying over what they see as the inevitable end of the party, thereby ending it. With a morbid focus, death is drawn like a magnet. So many remain in *death consciousness*, which according to kabbalists, stems from doubt. Fear and the fear of a lack of abundance, they say, are doubt and a distrust of the creator.
6. Many people try to live healthy and eat properly. They avoid intake of incompatible foods, but don't recognize the dangers of chemical soaps, shampoos, carcinogenic chemical sunscreens, commercial toothpastes and chemical deodorants not seeing those molecules. Homes are toxic and on cleaning day it has become normal to inhale unnatural molecules adding their oxidative chemical loads. Flame retardants and pesticides around the home and garden can be done away with and safe substitutes found. Shoes and clothing are in direct contact with skin as is chlorinated

shower water. Plastics are so toxic you can taste the taint in bottled water but not in most canned applications. Aluminum, mercury, atrazine and DEET are all pervasive. No warnings appear unless an imported toy is found with lead paint. Many chemicals found in the United States are totally verboten in Europe. So many unhealthy chemicals are in use today we each contain an astonishing array. We don't even realize this until our genetic instructions are corrupted and illness appears out of nowhere. It is thought that human reproduction will stop in a few more generations. Other species have already experienced reproductive failure due to estrogenic and toxic burdens. Effective detoxification alone has been known to reverse many terminal illnesses. A recent study of chelation therapy and autism, linked to mercury, aluminum and other toxins, was inexplicably canceled by the government. A trillion dollar exposure to lawsuits may have been a consideration. Had the study been effective, it would have proven the link between toxic metals and the mysterious disorder, autism. Diabetes has been found to be more prevalent among those burdened by "insignificant" amounts of toxic pesticides and industrial chemicals. Common metals like mercury and aluminum disrupt cell communication, and along with fluoride and chlorine starve the thyroid gland and allow pathogen proliferation. Membranes composed of modern damaged fats suffer low voltage and permit entry by those viral and bacterial pathogens. How ironic that the Indian's gift of corn came to bring us acidic oxidative stress that threatens to eliminate *our* generations. Now *our* fate is echoed by Fennimore Cooper's, *The Last of the Mohicans* as the karmic circle closes.

7. Until medicine goes back to chapter one and becomes focused on basic cell function and the simple chemistry of life, it will wander in a profitable wilderness of confusion and puzzle over contorted hypotheses endlessly.
8. Recognizing the ego is the Key to attaining peace within and finding the paradise in our midst. It's the difference between a cheap thrill and the deep satisfaction that comes from the soul and leads to enlightenment. Tolle says the ego cannot exist in the "Now" and the formless "I AM" can best be realized in stillness. All one ever has is this moment anyway, this now, this day. I have seen dozens of yachts sporting the name *Carpe Diem*, seize the day. The now is eternal. Be in synch!

Realize that rules were created by other men. I found my life by making my own rules. Really want something done? *Do it yourself!*

MOTHER EARTH NEEDS A LITTLE HELP

1. Coal burning and other incineration must cease. Energy production must be more localized.
2. All mining procedures, chemical production and environmental release must be

realistically regulated. Pharmaceutical, industrial and agricultural chemicals must be controlled.

3. Prevention, nutrition, cooking and home gardening education must be provided for every citizen. Food stamp use should be for raw products only. Inappropriate foods and household/personal care items that contribute to disease or environmental pollution must change their ingredients or be removed from the market.
4. Home composting, municipal composting and neighborhood food gardens should be assisted. Public markets need to be established for sale or barter of any small farm and garden produce. Restrictions on small farming, food processing, canning, cooking, egg and raw milk production must be lifted. Food security must be restored in this nation that has long been dependent on centralized food distribution. Rewarding physical labor must begin to replace chemicals and machinery.
5. Tobacco must be regulated as a pure food product to eliminate adulteration!
6. Water systems must be updated and halogenation curtailed. Water supplies and aquifers need better management. Where populations are dependent on glacial ice melt or fossil water, technologies must be applied. Since that includes over 3 billion people, water planning needs to be a top priority!
7. We must halt population growth. At current levels of consumption man is rapidly bringing on his own extinction.
8. PLANT 69,000,000,000 TREES WORLDWIDE! Forests anchor moisture cycles and regulate rain and climate. Deforestation and wetland destruction are global crimes against the future. Military personnel, school students, volunteers and able bodied welfare recipients could rapidly make a difference in local and global climate trends. Prisoner inmates could propagate trees to supply the effort. Tree cutters around the world must be re-employed. Carbon polluters can pay for it.

The template of civilization must be recast. Life shouldn't be a struggle and living in a free America shouldn't be a chronically stressful "pain in the ass." Enslavement to economic competition and corporate control can be left in the past. The mob mentality created by corporate-political propaganda and greedy agendas must be seen for the dangerous group insanity that it is. Inhuman behavior has been the rule through history. People must realize that war is big business and aggression is a stupid throwback to a simian era and that environmental destruction is really personal destruction. Local communities involved in food production and management of their immediate environments provide stability, sustainability and essential interdependent interactions. Our rulers will obey if ordered by an informed populace. Assertive integrity is required. Acquiescence or complacency will mean surrender. Don't give up!

APPENDIX B

THE BALANCE OF HEALTH — A MOVEABLE CHEMISTRY

TAKE CHARGE OF and systematically improve your Inner Ocean.

Many oxidative items and lifestyle habits are also acid forming and ultimately sources of inflammation. We need both oxygen/oxidation and antioxidants with acids and bases working in peaceful opposition. Taking this balance to a higher level heals. Don't be afraid of taking huge quantities of Vitamin C and oxygen to shift that balance. Obviously, losing a few bad habits and gaining some healthy ones moves redox/pH balance toward a healthy symmetry.

OXIDATIVE: Consumes electrons

Generates Free Radicals, Acids, Burns
Toxins

Inflammatory, Causes Rusting, Low Voltage
and Oxidative Stress

Shame, Guilt, Greed, Laziness

Selfishness, Aloneness, Fear/Anger
Gratitude, Sharing, Living Now

Environmental Toxins (Avoid)

Chronic Low Grade Infections

Viral, Fungal, Bacterial, Parasitic

Overeating, Junk Foods, High Glycemic
Diets, Cooking, Overcooking

Trans Fats/Veg Oils, Processed Grains,
Grain-fed Animal Products

Chemical Household/Personal Care

Sluggish Blood Flow

ANTI-OXIDATIVE: Provides Electrons

Neutralizes Free-radicals, Acids and
Toxins,

Promotes Circulation, Alkalizing/Anti-
Inflammatory

Happiness, Compassion,

Love, Community,

Clean Environment,

Oxygen/Detox/Vitamin C/Bicarbonate/
Chlorella!

Pro-bacteria, Prebiotic Foods, Fiber,
Electrons

Prevent with Omega 3 fats, saturated fats

Clear with Vitamin C/bicarbonate,
Oxygen, Iodine, Oregano Oil

Under-eating, Fasting, Raw
Foods, Real Foods

O mega 3's, Fish/Krill/Olive

Flax, Emu and Seed Oils,
Butter, Coconut Oil

Natural Household/Personal Care

Antioxidant Electrons,
Hydration,

VITAMIN C Generated Peroxides,
Chlorite, Hydrogen Peroxide,
HBOT, Ozone
OXIDANTS, Free Radicals,
Acidic foods

Cayenne (capsaicin)
VITAMIN C, Antioxidant
Electrons

Antioxidant Electrons,
Bicarbonates, Manganese
Magnesium, Potassium
Vegetables, Alkalizing Foods

OXIDATIVE: Consumes electrons

Occupational Toxins
Stress, All

All Free-radical Debts
Smoking, Urban Air, Nervous Breathing

Sunburn, Indoor Living, Winter

Poor Sleep, Waking, Snoring
Impaired Metabolism
Mineral Deficiencies
Unknown Mineral Deficiencies
Poor Thyroid Function

Obesity, Sedentary Habits
Electromagnetic Fields, Radiation,
Cell phones, being Ungrounded, etc.

Chlorinated, Fluoridated Drinking and

ANTI-OXIDATIVE: Provides Electrons

Occupational Safety
Gratitude, Congenial Satisfaction with Life,
Staying in the Moment,
Synchronizing with the NOW, Antioxidants,
Bicarbonates,
Reconfiguration of Perception and Perspectives
Electrons

Vitamin C, All Antioxidants,
Bicarbonates, Ionized Air, Sea
Air, Forest Air, Deep Breathing,
Diving, Enhanced Oxygen

Regular Sunbathing, Vitamin C,
Cod Liver Oil, Vitamin D-3

Deep Sleep, Exercise, Activity
Optimized Thyroid function,
Balanced Mineral Levels

Fully (Sea) Mineralized Bodies
Iodine, Selenium, Vitamin D,
Seawater, Seaweed, Seafood

Appropriate Weight, Portion Control, Activity
Wilderness/ Low-Tech Areas

Earthing, Barefooting,
Grounded Bed-sheets

Pure Live Water

Bathing Water

Sea Water

APPENDIX C

DAILY DOs

- GIVE YOUR CELLS THE BASIC MINERALS AND VITAMINS and as many antioxidants and beneficial phytonutrients as you can afford. Grow or gather them. Think *QUALITY* and *QUANTITY and long-term supply*. Results are absent in many cases when just a bit more or a more available form would have worked. Even perfect nutrition will not reverse established disease until oxygen/electron levels are cranked up, way up!
- *DETOX, DETOX, DETOX!* When the source of inflammation is removed and oxygen/electron/pH levels are appropriately raised, healing happens. It may take time to achieve this balance but results are real and lasting. *No drugs do this! Take NAC and R Alpha Lipoic Acid several times a day and chlorella until you think you will turn green!*
- When no longer deficient, some vitamin and mineral supplements are needed only occasionally. I skip supplements and concentrate on foods as possible. Try to get Vitamin C/bicarbonate without fail, and stay with the core foods and supplements; cod liver oil, coconut oil, flax, krill oil, kelp and seawater, B-12 nutritional yeast, spirulina and chlorella, astaxanthin, R+Alpha Lipoic Acid, NAC, CoQ10-ubiquinol, zinc, selenium, potassium, magnesium, manganese, gelatin rich soups and lots of hot peppers, enzyme-rich ferments and curcumin.
- LET YOUR BODY SPEAK TO YOU. All supplements are not created equal although quality can be found at reasonable prices. Expensive pyramid marketed supplements send up warning flags. Common, cheap multivitamins and those added to “enrich” manufactured food products absorb poorly, don’t work and are a waste of time and money. I prefer a la carte. Be sure to find the most *active* forms of nutrients and *take enough* to get the job done. Get the particulars on use, synergies, doses and length of time needed to reach therapeutic levels.
- In general, the most active supplements are the reduced, methylated, electron-rich forms which are usually more expensive. An electron-rich internal ocean circulates freely, maintains membrane function, thwarts pathogens and pollutants, provides oxygen, activates DNA expression and communication, and heals. Anyone who cautions you over expensive urine should be given some.

- When getting real nutrients from real foods, supplements are superfluous and can be reduced. Taking supplements mindlessly day after day just wastes money. Sometimes I catch myself taking a supplement in order to obtain a nutrient that I just ate in the form of a fish, fruit or vegetable! The trick is in knowing what to take while feeling the effects and titrating the proper dosage. Track your progress over weeks and months. You are the only one who knows what you have consumed throughout your life and the current state of the universe between your ears. It is difficult for people to connect the consumption of a food or substance or a mental mood to subtle changes in health. I made a hobby of it.

MINERALS

SINCE MINERAL LEVELS ARE ESSENTIAL COMPONENTS of the inner seawater our cells inhabit, correct them first!

- Lack or excess of essential minerals results in very common diseases. Zinc, selenium, calcium, potassium, magnesium, manganese and iodine deficiencies disable pH buffering systems, electrolyte balances, membrane transport, glandular function and enzyme/hormone production. **Mineral deficiencies are common in at least three-quarters of the population.** Excesses shift critical balance ratios.
- I remind you once again, get a hair analysis! The contents of sea water make it obvious that mineral levels are also the foundation of our Inner Ocean. Mineral shotgun sources are liquid kelp concentrates, kelp meal, seaweeds, sea salt, sea foods and drinking clean deep sea water, duh. Hair analysis tells all.
- Fulvic acid supplements help mineral absorption and chelate-out fluorides, metals and pesticides. Black strap molasses and thick cane syrup have provided inlanders with a good mineral supplement for centuries adding iron and magnesium, etc., to their systems. A cup of seawater a day can be drunk safely along with 2 cups of fresh water, and has healed many incurables. major, minor and trace elements can all be brought into balance *if your levels are known*.
- Iodine is involved in thyroid function, the key to avoiding or healing a basketful of maladies, depression, infections, diabetes, breast and other cancers, symptoms of menopause, colds, hardening arteries and etc. Iodine is essential to mammary, prostate and ovarian glandular health and stimulates thyroid hormones that maintain glial cells which support neurons so we can think. A thyroid functioning properly on adequate mineral supplies optimizes metabolism, energy production and promotes

healthy electric flow through our bodies. As master gland the thyroid ultimately directs our biochemistry and immune strength, and should be a primary focus of health and healing. Hypothyroidism is an epidemic ignored. Modern conditions of food and errant chemistry literally have mankind by the throat! A crude simple check of iodine levels is done by painting the inside of the forearm with Lugol's or antiseptic iodine. Iodine is applied to a 3x6 inch patch of skin. If the brown remains for a day or more, levels are probably OK. If the stain disappears in a few hours, your levels are low. Hair analysis is better.

- Calcium magnesium balances, the Ca/Mg ratio, is important to normal physiology. A correct ratio aids in halting osteoporosis, diabetes, depression and is essential for the heart and cell function. Magnesium sulphate has recently been shown to prevent cerebral palsy when given to expectant mothers. Spirulina contains good magnesium levels as do all green leafy vegetables. It is said by some doctors that dimagnesium malate supplements are well absorbed orally. Magnesium chloride "oil" is preferred by Dr. Sircus. Magnesium oil can be used in transdermal body rubs, baths and footbaths where it is absorbed more readily than when taken orally and can even be inhaled when nebulized. Having low magnesium levels myself, I use several methods including sipping seawater. Dead Sea Salt is high in magnesium and potassium chlorides and widely used in spas and in detox protocols. Epsom salt or magnesium sulphate is a cheap alternative, but less readily absorbed through the skin. Use concentrated solutions and soak, spray or apply with a brush for 30min to an hour or more and rub into skin preferably in the sun. It stops muscle and joint pain while drawing out toxins and improves bowel function. Magnesium and potassium are primary pH buffers and help prevent everything from cancer to osteoporosis. Check *International Medical Veritas Association* for extensive iodine, magnesium and bicarbonate information. Many times too much calcium is the problem and ultimately leads to *calcification*,
- Potassium is irreplaceable in membrane transport and as a pH buffer. Bananas, leaf vegetables, tomatoes and potatoes have good levels. Most folks never get enough.
- Phosphorous is needed for bone strength as is organic silicon, but too much causes acidity and dissolves them. Amino acids and enzymes require phosphorous. Meats provide plenty but soft drinks add way too much. Phosphorous is central to the ATP molecule that provides energy to cells, wherever energy is needed!
- Sulfur is a primary detoxifier supplied by MSM crystals orally or by DMSO transdermally, as well as by R Alpha Lipoic Acid and many food sources, like real eggs. Sulfur is essential in antioxidant production. Take sulfur to aid detox and for any inflammation or malady. People have been drinking stinky natural sulfur spring water forever to counter a long list of ailments.

- Selenium is essential in the formation of antioxidant enzymes that work in balanced opposition with oxidizing iodine to supercharge the thyroid. When taking iodine, take selenium. Antioxidant selenium is important in treating cancers and helps remove mercury. Selenium in foods and via L-selenomethionine supplements are very absorbable. Selenium can be dangerous if overdosed. A stable-full of racehorses was recently killed by a mistake mixing their supplements. Take it regularly, but don't overdo.
- Zinc is essential but deficient in most soils and diets, and along with selenium, Omega 3s and hot peppers promote prostate health. minerals are maintained in healthy levels *by each other*. Their *ratios* are important as a balance is achieved. Hair analysis will provide recommendations to optimize balances and supply a target.
- Copper, zinc, manganese and iron are needed by SOD enzymes to sacrifice their electron stores to soak up defensive singlet oxygen radicals. Manganese is central to mitochondrial SOD production which prevents our hot little engines from burning up. Manganese absorption and internal levels are challenged by calcium, magnesium and iron supplements and minimized by high blood levels of iron which should be addressed. See what I mean by mineral balances? Manganese is also essential to encourage the desired lactobacillus, l-plantarum, a most beneficial immune bolstering bacterium generates hydrogen peroxide and is prevalent in healthy intestinal linings.
- The suffixes; sulfate, citrate, malate, arginate and etc., denote the compounding mineral or amino acid attached to the mineral of interest, i.e. magnesium citrate. Citrates and malates tend to alkalize and sulphate tend to acidify. The form of the mineral compound affects absorption and activity. Minerals absorb best with appropriately strong stomach acidity, remember vinegar? Remember the glut of K, Mn and Mg in my soil test and the scant amounts received by the leaves analyzed because the soil lacked acidity and needed sulfates and humic acids for release? Remember the K and mg deficiencies in my hair analysis? The stomach needs acidity to encourage absorption of minerals that the body needs to remain alkaline and healthy!

Did I mention the value of hair analysis?

NUTRIENT OUTLINE

Once you bring your 70 percent inner seawater into balance, start a SHOPPING LIST to

obtain all the organic necessities. Begin with Omega 3s, cod liver oil, bulk Vitamin C and grocery store bicarbonate of soda. Vitamins actually have nothing in common with each other, other than the word vitamin. They are all organic nutrients essential to biological function found in a broad range of plant and animal species.

Omega 3 Fatty Acids

(Universal deficiency, common imbalance) Three tablespoons/day of fresh ground flax seed, fish or krill oil is the “well” dose with much more used in illness. Buy fresh quality oils and keep them refrigerated. Fish and krill oils are said to be more directly available than flax. Krill oil contains additional factors like astaxanthin. Fresh ground flax contains healing lignans. Cold pressed grape seed oil, hemp seed oil, evening primrose oil, steamed sweet potato vines, walnuts, pumpkin seeds, certain forms of algae and algae oil, wild salmon, seal oil, grass-fed meats, raw milk and eggs are good Omega 3 sources. Emu oil is highly anti-inflammatory and can be used externally or taken internally. Omega 3s and CLAs are *essential* fats that have been shown to help preserve and lengthen telomeres and store and conduct cell voltage. They are absent from the modern American diet which is unnaturally overloaded with Omega 6 and 9s, and where much needed taboo saturated fats are frowned upon.

Omega 3 fats occur as ALA, DHA and EPA and in a dozen other forms. ALA requires bio-processing in the body to become more usable and ALA conversion into DHA and EPA varies. For quick availability seek Omega 3s high in DHA and EPA sourced from cod liver oil, monk seal oil, krill oil or vegan algae oil.

Anyone with cancer, diabetes, depression, osteoporosis, Alzheimer’s or circulatory problems should be certain to get plenty of unsaturated Omega 3 as DHA and EPA and saturated fats from a variety of healthy sources. These fragile anti-inflammatory oils are prone to rancidity, so extra care in purchase and handling is a must. Saturated fats are stable membrane building blocks which defy oxidation and rancidity. If results are absent after a week or so, double the dose and add other sources.

Coconut oil, the bane of saturated fat phobics, supplies essential saturated fats and supplies energy. Coconut oil makes Omega 3 fats more active and available. Coconut oil aids weight loss and reduces inflammatory belly fat along with conjugated linoleic acids, CLAs which have anti-cancer properties. Coconut oil *reduces candida yeasts* and *weakens virus coats* making them vulnerable to oxidation. Coconut oil itself refuses to be oxidized and will keep un-refrigerated for years. Take it to halt inflammatory process, for the flu or pneumonia. Take it for improved mind function, weight loss, anxiety, depression, high cholesterol and Alzheimer’s. Take at least 3 tablespoons a day.

In general, fat soluble vitamins are best taken with fatty meals. Hot peppers, fiber and red wine sipped along with fatty meals ameliorate negative consequences of those fats. Vitamin C, on the other hand, absorbs best on an empty stomach. See which combinations and timing work best in your system.

Vitamins A and D

(Very Common Deficiency) Vitamin D deficiency in modern diets is being recognized

as a major cause of disease. One tablespoon a day or more of A and D-rich cod liver oil and 20-30 minutes of sunshine are essential for health. Cod liver oil is also great source of Omega 3 DHA and EPA and Vitamin E. Orange yellow fruits and vegetables, spirulina, fish, orange-yolk eggs, liver, bone marrow and raw milk are top food sources of Vitamins A and D and Vitamin A precursor beta-carotene. Vitamin D aids calcium absorption along with magnesium. Vitamin D along with Omega 3s and Vitamin C helps prevent sunburn, colds, flu and all cancers. Vitamin D-3 from non-cod liver sources is recommended where excessive Vitamin A may cancel it. Carotenoids have no toxic limit and don't interfere with Vitamin D, but carrot juicers find their palms turn a funny orange. Vitamin D triggers DNA expression and is thought to be more like a hormone than a vitamin. RDA for Vitamin D should be on the order of 5,000 units a day.

Vitamin A heals skin and lung tissues but in retinol form may hamper Vitamin D. Orange yellow pigments betray the presence of carotenes, which are converted in the body into Vitamin A as needed. Eyes need Vitamin A, R Alpha Lipoic Acid, lutein, zeaxanthin and astaxanthin.

Ramp up cod liver oil each fall or consume carotenes and take D-3 supplements. Keep it up till the sun returns in late spring. Vitamin D is a seasonal deficiency that coincides with minimal solar strength and cold and flu season. I keep a bottle of lemon flavored cod liver oil in the refrigerator and the kids take gelcaps and drink raw milk.

A and D mega dose; Consider higher doses of Vitamin D for heart, cancers, flu, chronic fatigue and all other problems. 50,000 units a day are taken for a week by some heart patients as D-3. Serious lung problems are addressed with mega doses of Vitamin A, exceeding normal safe limits approaching 40 to 50,000 units a day for short periods. Vitamins A and D should not be overdone, becoming toxic above 20,000 units a day in extended usage. Those seriously ill or recovering should get close to those *quantities*.

B Vitamins

(Very Common Deficiency) Take 1 tablespoon a day of nutritional yeast. A modern version of brewer's nutritional yeast is available and contains B-12 in addition to the B-Complex. Investigate any condition for other or higher B-Vitamin recommendations as in depression or detoxification, control of homocysteine levels and telomere protection where more B-2, B-3, B-6, B-12 and Folate are indicated. Elevated homocysteine levels destroy collagen and are evident in stroke, osteoporosis, rheumatoid arthritis, lung cancer and heart disease where Vitamin C, folic acid, B-6 and B-12 are lacking. B-12 is involved in melatonin production. B-5, pantothenic acid, helps remove age spots and its use should be considered for all glycation. B-6, pyridoxine, is deficient in most diets also linked to bowel health. Thiamine, B-1, is recommended for diabetes. Choline improves mind function, HGH production and neuro-transmission and is available in eggs, liver and lecithin.

Niacin, B-3, helps remove toxins from fat cells and is the major substance used in some detox systems but results in an uncomfortable flush. Niacin also helps stimulate growth hormone release. B-2, riboflavin, is essential to power immune defender cells and is included in some IV Vitamin C protocols.

CoQ10, in reduced ubiquinol form, is helpful for heart muscle, cell energy and crosses the blood-brain barrier. Use it for migraine, along with black seed (*nigella sativa*) and B-2. CoQ10 aids Alzheimer's and all neural and cardiac cells that benefit from the increased energy. CoQ10 is related to B-12, and can be stimulated with CoA and destroyed by statins. B-12 can become depleted by mal-absorption due to deficient stomach acid and non-functioning cells lining the intestines. Internal production is stimulated by reishi fungus, Chinese hawthorn berry and other select herbs. Ubiquinol can be supplied by organ meats, especially heart, and could be another core supplement for many over 40 feeling low in energy. CoQ10 is involved in preventing damage to and restoration of mitochondria and in cancers.

Apricot kernel oil contains B-17 and is used internally and externally for cancers and skin health.

Many odd maladies are associated with one or more B Vitamins and deficiency is generally expressed as low energy or tiredness. Seaweeds and algae superfoods like spirulina are great sources as are shiitake, maitake, reishi and other mushrooms. Mushrooms can be grown at home on fresh hardwood logs or on bags of sawdust. B Vitamins are also manufactured by your resident intestinal probiotica. Consume many sources.

Vitamin C (Ascorbic Acid, Mineral Ascorbates)

(Common deficiency) Vitamin C is a master nutrient/ antioxidant/ immune booster, the electric Vitamin. Individual dosage is *unknown* and depends on oxidant free-radical levels and internal oxygenation requirements. A young healthy individual may only need 1-2 grams a day that is best found in foods and slow release natural complex. Older individuals with developing or acute diseases may need 20 to 50 grams a day, up to 100 grams a day or more in serious cases. Bowel tolerance will determine how much is needed to overcome oxidant load.

Start with one heaping teaspoon of pure fine crystalline pharmaceutical grade ascorbic acid, 7 to 8 grams. This can be increased to 10 or 12 grams, a heaping tablespoon if tolerated or even more. Vitamin C is acid neutralized with at least half as much baking soda, stirred into a few ounces of water. When feeling ill, use a heaping teaspoon or tablespoon of ascorbic acid *and* an equal amount of *Arm & Hammer* baking soda to alkalize internally and increase oxygen penetration. *Daily starting total is around 28 grams, divided over 4 to 5 doses a day on an empty stomach, just before meals.* Dose will also vary with body weight. We don't really need to measure precisely, but just remember the size of the spoonful and frequency. Diarrhea is the indication of tolerance, absence of diarrhea indicates more can be taken, more often, to keep consistently high blood levels through the day. Taking the mega dose on an empty stomach well before breakfast, may result in a false diarrhea. Some people do better when the dose is taken just before or an hour after meals. When using extra baking soda take it an hour before or after heavy protein/fat meals to avoid neutralizing stomach acids. Boosting the blood plasma level 4 to 5 times a day or more is the therapeutic dosage needed to eliminate infection via oxidative blast, sponge up free radicals and to repair oxidative damage. Flare-ups should

be dosed more often like every three hours, 2 ½ or even 2 hours. Ignore diarrhea when ill and dose big and often until results appear! Some oxidative damage requires months or even years of diligent dosing. Using this therapy is totally your responsibility and dosages can only be determined by how you feel and at what point diarrhea occurs. Many taper off soon after feeling better and don't finish the overhaul, don't restore their cells completely and don't remove all the free radical generating toxins from cell membranes, DNA, mitochondria, bone, liver, kidney, brain or fat cells.

Vitamin C when combined with the amino acids in collagen-rich bone/cartilage soups is what *makes* connective tissue. Blood vessels, skin, joints, ligaments, tendons and you name it, are made of connective tissue and can be restored by Vitamin C and E plus the amino acids proline and lysine found in soups or supplements. Rebuilding these tissues is slow work and diligent long term intake is essential to success. It took years of Omega 3, electron and amino acid deficiencies to erode joints and blood vessels, so restoration can take 6 weeks to a year. All spinal/skeletal joints should be re-nourished and realigned by a chiropractor to optimize health and nervous system transmission to muscles and organs. Absence of any symptom and in total health, the intake of Vitamin C could be reduced to around 10 grams/day as normal health maintenance but many maintain mega dosage as preventative. You must be the ultimate judge.

MEGA DOSE NOT TO BE USED BY THOSE WITH KIDNEY/ SICKLE CELL PROBLEMS or rare G6PD mutation. Several diabetics have told me they have little tolerance for Vitamin C and diarrhea results from a gram or two. High blood sugar competes with Vitamin C and it is kicked back into the intestines for a quick exit. Excess glucose competes with C and clogs the same membrane pores that Vitamin C must struggle through, so go easy on the sweets. Diabetics resist Vitamin C absorption, have caked-up membranes and crippled transport mechanisms, and so starve for Vitamin C. These individuals will benefit by a variety of other antioxidants/oxidizers or IV Vitamin C administration, chlorite, hydrogen peroxide and definitely enzymes, chelation and detoxification.

Vitamin C is a major *detox* agent and helps cleanse the liver. Add R +Alpha Lipoic Acid, silymarin and curcumin. Add Vitamin E for circulatory repair along with regular intake of cartilage/bone broths. Start gradually with mega dose Vitamin C if you know of or suspect a tumor. Use Vitamin C mega dose at least a month before attempting to use chlorite if blood vessels are weak or if a known atherosclerotic condition exists. Check drug interactions and contraindications with a pharmacist. may be added to skin creams for topical relief. *Vitamin C speeds all healing.*

Vitamin C mega dose has shown me that *QUANTITY is* important. mega doses create hydrogen peroxide that yields disease-deadly singlet oxygen and gets results. Don't overdo Vitamins A, D and E that definitely have upper limits, but informed mega doses for short periods have therapeutic value. Selenium should never be over used because it can kill.

Vitamin C is found in all fruits, berries, leaves and vegetables. I have taken to eating kumquats whole as well as the peel of most citrus. Vitamin C works better along with

flavonoids and a variety of other phyto-nutrients in peel. Cattle love citrus peel and it contains little known but incredible healing factors.

Vitamin E

(Common deficiency) Vitamin E is taken in mixed tocopherols and tocotrienols. Doses over 400 mg a day should be carefully researched, but 1,000 mg doses 2 times a day have been recommended for Alzheimer's. Wheat germ is the traditional source. Sunflower seeds, avocado, asparagus, leafy vegetables, eggs, cold pressed oils and nuts supply E too. Circulatory and heart health is E dependent. Vitamin E is electron storage backup, a rechargeable battery! E is a major anti-inflammatory that works with Vitamin C in healing wounds, surgeries and helps heart and nervous system issues, protects blood vessels and fatty membranes and helps prevent lung cancer. Taken with Vitamin C, lysine and proline, the amino acids in soup, Vitamin E helps rebuild blood vessels, bones, joints and all connective tissues! Vitamin E protects neurons, cell membranes and accompanies fats through the bloodstream in an attempt to prevent oxidized fat molecules from gumming up the works. Sticking with un-oxidized and stable un-oxidizable fats makes Vitamin E's job easier.

Vitamin K

Vitamin K is associated with blood clotting but is also a potent antioxidant. It is one of the healing synergists that work along with Vitamins C, R+Alpha Lipoic Acid and Selenium. Cabbage, raw milk from grass-fed beasts, fennel and dandelion are three sources. Vitamin K is another small molecule to be considered for liver support, osteoporosis repair and neurological assistance. It is destroyed in milk when pasteurized.

“Vitamin” Cayenne (The Closer)

Capsaicin is contained in all hot peppers. It is serious high ORAC medicine, a circulation booster and major anti-inflammatory. Don't neglect its use often and in increasing quantity. Highly ornamental hot pepper plants can be grown easily in pots and produce colorful fruits for years. Fresh and live is always most effective. I carry a bottle of cayenne powder in case of emergencies, to halt heart attack or internal bleeding. Take 1 tablespoon in a cup of water, orally. Pack dry cayenne powder into open bleeding wounds. 1 teaspoon to 1 tablespoon of cayenne powder taken in warm water 3 times a day is recommended for heart conditions. Aspirin has been shown to be harmful taken daily but is valuable when actual attacks occur.

A sufficient dose taken with a meal brings a flush and a bead of sweat to the forehead. Hot stuff burns least when taken with fatty foods. Don't try to put out the fire with cold drinks. Simply take another bite of fatty food and swallow and wait. No harm will come to the normal esophagus, stomach or intestinal tract. I take a fresh scotch bonnet, habanero, serrano or other hot variety with lunch and maybe with dinner, too. Tolerance builds. Do not get it in your eyes or on tender skin. Processing requires gloves and ventilation in making salsas, relishes or sauces. It is hard to understand how the fire of capsaicin puts out the fires of inflammation. “Fight fire with fire,” is an old adage that fits

in this instance. Don't forget to search Kelley Eidem who cures advanced cancer with hot peppers, or search Sam Biser, who wrote the book on cayenne. Black and white peppers are from different plant families, but both increase nutrient absorption.

“Vitamin” Vinegar

Raw apple cider vinegar can be taken daily before a meal. It is a pH regulator that stimulates alkalizing mineral absorption and also contains small quantities of a diverse list of minerals. A few tablespoons in a little water with some raw honey is the preferred method. Reflux, counter intuitively, is eliminated in many. Add to salads and salad dressings and to meat, poultry and fish soups for added nutrient release. Slaws of cabbage, peppers both hot and sweet and onions can be dressed with vinegar, honey and mustard, and keep for weeks. Pickled vegetables and relishes go well with many foods and help put a ceiling on glucose spikes and may alter the quality of triglycerides produced in the liver. Scores of books have been written about this *backward* home remedy. many prospective patients also stayed home and skipped the doctor bit.

“Vitamin X”

Yes, x-ercise or better yet, do personally rewarding physical work like composting and gardening or fun stuff like snorkeling and water aerobics. Be physically active in some form to keep oxygen flowing, juices jiggling, bones from feeling irrelevant, muscles to be toned enough to hold those bones in position and lymph from stagnating. Physically moving materials about our bodies is part of the equation. Motion brings circulation. The Amish are very healthy in spite of a diet that most cardiologists would faint over. Real foods like whole raw milk, yogurts, rich butter, cheeses, hearty breads, meats and potatoes don't even fatten these farm folk. What is the difference? Their foods are fresh and real, their culture values family and personal responsibility, and they walk! Exercise the brain, too. Hard work or strenuous exercise is an oxidative debt easily made up for with a nutritious meal and extra antioxidants. moderate physical activity during the day plus frequently boosting your heart rate is the way to live.

H2O

Drinking 5 to 8 glasses or more of pure water or teas a day keep inner tides moving, ferrying our chemistry about and out. Our bays and backwaters are flushed clean, re-nourished, re-oxygenated and refreshed. Thirst can be deceptive, sometimes masquerading as hunger. Habitual hydration is the best addiction. Develop a daily routine of handling water and teas and adopt the habit of drinking. Coffee is a diuretic and moves fluids out, so more can be put in, and is a healthy ting. Secure glass and stainless steel vessels for transporting liquids. When ill, drink more! Drink a little seawater too. Freshening the tides in your Inner Ocean depends upon drinking, drinking, drinking.

Green Juice

Green juice is an all-purpose detoxifier and source of vitamins and minerals. Recipes usually include spirulina and chlorella powders, wheat grass, sprouts, cucumbers,

watermelon, celery, aloe juice or blended whole aloe leaves and *any* other green herb or vegetable. This is blended in a liquid base of apple or carrot juice or even spring water. High concentrations of the good green stuff, without the systemic drag of meats and other less digestible items, put the whole organism in a position to heal. Blender juice retains fiber to ease digestion. Juicer juice removes pulp and fiber. Juice fasting for more than a few days is aided by the addition of psyllium, enemas or Vitamin C doses beyond bowel tolerance to empty intestines. Nutrition guru Gary Null, PhD. has developed incredible recipes for juices and carefully designed healthy food recipes.

Green juices and super-foods are alkalizing, contain Vitamin C, magnesium, manganese, B vitamins and more in an easily absorbable form. Some doctors, frequently quoted in the press, still vehemently deny that toxins are toxins; citing studies they claim find no correlation to disease! Dr. Gruber, one of a growing number of mDs rising out of the pharmaceutical mire, advocates detoxing. In his book *Clean*, he outlines a 21 day slimdown cleansing program that relies on green juices to draw out toxins and lose weight while unburdening overworked digestive systems. He claims the body accumulates less fat when it doesn't have a toxic load that needs to be sequestered and stored in fatty tissues. Weight is lost more readily when the toxins being released from fat are simultaneously grabbed by green juices. Brother Gruber concludes that global warming is Earth's fever and a symptom of toxic inflammation.

One does not need a total fast to enjoy the health benefits of green juices, but in serious disease they should be the major part of food intake. Pasteurized green juices from the supermarket are better than nothing in a pinch. It is better to assemble ingredients like bulk spirulina and chlorella, seaweeds and fresh live fruits, berries, aloes, vegetables and vegetable sprouts that are grown in the kitchen. Get a garden going if you can and throw it all in a blender set on warp-drive. As you become a juicer you will find your inner hunter gatherer and all those once ignored plants will light up.

EXTRA ELECTRON SUPPORT (SHORT LIST)

Antioxidant / Anti Inflammatory

Electron rich items are antioxidant and anti inflammatory by definition and aid detoxification. Inflammation is a normal response to metals, organic toxins, pathogens, injury, high blood sugar/glycation, junk food meals' junk fats, vegetable oils and sugars, obesity, smoking and lack of deep sleep. All these free radical sources are best eliminated. The flames must be extinguished with high ORAC substances or we will rust and be driven deep into all the chronic diseases!

- N-acetyl cysteine or NAC, stimulates glutathione production, the body's main in-house antioxidant. NAC supplements should be used for all detox, cancer, diabetes, mental and heart and blood vessel problems. Consume glutathione, cysteine and glutamine in unpasteurized milks, raw meats, green leafy vegetables, artichokes, tomatoes, etc. to promote glutathione production. Nebulized glutathione is used in

COPD lung conditions. NAC powder from a capsule, mixed with a little baking soda and water can be put in a nebulizer. NAC powder can be used in eyewash solutions and added to *eyebright*. Oxidized glutathione is minimized by other antioxidant electron supplies. It helps restore telomeres and glial (neuron support) cells. It is core.

- Carotenes are the magic all-purpose antioxidants found in meats, eggs, yellow fruits and vegetables and green leafy vegetables. Vitamin A and its associated retinoid compounds are derived from carotenes.
- Resveratrol, grape seed extract, grape seed oil and olive leaf extracts are powerful antioxidant anti-infection, anti-cancer/leukemia agents. These are best utilized on an empty stomach or with fruits. Resveratrol is the *red wine antioxidant*. High doses of resveratrol are used in many conditions including cancer, diabetes, Alzheimer's and bad ageing. Researchers feel it turns on immune and anti-ageing genes. Super high-potency synthetic forms are being concocted and resveratrol is being called a "drug", and is slated for production by one of the pharmaceutical giants. Resveratrol is fleeting in the body. Absorption is best in the mouth, so savor the flavors. It is found in grape skin and seeds, red wine, mulberries, cranberries and blueberries.
- When muscadine grapes or organic seeded red or black grapes are available, start chewing and swallowing skin, seed and all. My muscadine vines produce at the end of summer and I grab a sweet fragrant handful as I walk by. They grow easily on fence or trellis. Wild and cultivated muscadine skin, flesh and seeds are potent phyto-nutrient and resveratrol sources.
- Grape seed extract is said to impact leukemia and contains more varied classes of phyto-antioxidants, has staying power and is a great adjunct to Vitamin C.
- Olive leaf is valued for infections and was used by the Romans and early man. The olive tree always has leaves for a bitter chew. The fresh leaves are bitter, but *bitter are good*. The extract is stronger.
- Curcumin is a powerful all-purpose antioxidant yellow pigment. It is produced in the root of turmeric, a ginger relative and is easily consumed in foods and or by therapeutic dose in teas. Both are easily grown from a chunk of the root. Curcumin stimulates glutathione production, promotes telomere repair and is thought to be critical in cell membrane function and movement of materials, in and out of all cells. The tides of the Inner Ocean must flow through cell membranes. Without strong tides nutrients don't arrive and toxic wastes build up and stagnate within cells. Eat coustinginger, too.

- Put stir fry on the menu, marinate beef, shrimp or chicken in lime juice, soy and hot pepper paste. Then assemble every appropriate vegetable, mushroom and even slices of pineapple. Add vinegar, honey, turmeric, coriander and loads of sliced ginger and garlic. Start with the ingredients that need the most heat and add them in order, chow quickly in a little peanut oil or bacon grease or coconut oil. It happens fast, leave vegetables crisp. I swore I wouldn't do recipes but stir fry is an easy super healthful habit to get into.
- Green tea, black tea & extracts EGCG. Therapeutic concentrations are found in whole leaf matcha tea or extracts. Polyphenol contents are super effective antioxidants. I drink teas constantly. Bulk quantities of quality teas are available on the internet from importers. I enjoy the unsweetened tea buzz with lemon. Cleansing kombucha green tea fermentations add the enzymes a body thrives on. Love that sun tea!
- R(+)-Alpha Lipoic Acid. The "R" signifies natural active form. All asymmetric organic molecules are designated R or L as mirror image configurations that rotate light either to the right or left. R ALA is a chelator and useful in diabetes, cancer, heart, liver and all neurological problems. As a small molecule, it easily crosses the blood/brain barrier, recharges other antioxidants and supports mitochondria. Besides supplements necessary for purposeful healing, R ALA is found in organ meats, liver, heart and kidney, and vegetable sources, spinach, broccoli, etc. It synergizes with Vitamin C, selenium and silymarin. It can also be taken IV or transdermally for large therapeutic doses in serious illness. R-ALA heals the eyes, nervous system, and liver, and helps toxic metal or diabetic neuropathy of feet. It contains detoxifying sulfur and acts like Vitamin C as an oxidant and an antioxidant. Try 600 to 1000 mg a day. "*Ralph*", as I call it, is very high on my list.
- Astaxanthin, zeaxanthin, lutein, anthocyanins and carotenoids can be found in spirulina/chlorella/mixed Hawaiian micro-algae, krill oil, wild salmon, good eggs, many vegetables, paprika, berries, pink, purple and blue foods and supplements. Parsley eaten fresh or juiced in small bunches is a homegrown source. These powerful antioxidant anti-inflammatories help tired eyes, prevent macular degeneration and also cross the blood brain barrier.
- Black seed oil is a powerful immune booster and used in pancreatic cancers.
- Astragalus root, a Chinese and Ayurvedic herb is taken to boost the immune system, for colds, cancers, liver diseases and autoimmune disorders. It and its stronger extract TA-65 help promote telomere integrity.
- Tetrahydrocannabinol, THC, contained in hemp oil is a pain reliever and powerful

anti inflammatory used in everything from cancer to Alzheimer's. Hemp *seed* oil contains no THC, but is healthy edible Omega 3-rich oil.

A short-list of anti-inflammatory foods include anything containing Omega 3 fats and garlic, onions, pineapple (bromelain), quercetin, aloe vera (mildly laxative, fresh aloes contain simple sugars), flax, olive oil, cod liver oil, avocado, maple syrup, raw honey, bee propolis/royal jelly, coconut, coconut oil, oily fish, spirulina (vitamin/mineral treasure chest or super food), raw milk and whey, astragalus, black seed oil, turmeric (curcumin), ginger, cayenne red pepper (hot), blueberries, bilberry, blue corn, purple cabbage, goji berries, papaya, mango, mangosteen, mulberries, pomegranate, hemp seed oil, and silymarin or milk thistle (supports liver) and simply all raw vegetable foods. Phyto-antioxidants are best eaten apart from protein meals, which may cancel their benefits. Skip the milk in the fruit shake, snack in the garden on an empty stomach, and enjoy your mango or berries by themselves and not next to a steak! That is why food combinations are important. Search food combining.

SKIN CARE

COLLAGEN RICH PREPARATIONS are used on skin for beauty and healing. High linoleic acid, Vitamin E, Vitamin C, collagen, carotene and polyphenol contents are common denominators. Some of the best oils like emu, tamanu and argan are expensive, but reasonably priced oils such as coconut are practical and used more often. Don't overlook free range and wild fats and oils, lanolin from lamb fat, olive and avocado oils and other cold-pressed nut and seed oils. Ask the cook. Just working with foods demonstrates which oils soothe and soften skin. Over washing skin removes beneficial bacteria, natural oils and refuses to let acne blemishes heal.

AMINO ACIDS

LIFE ORIGINATES in the peculiar clumping of amino acids which form proteins that magically do things and replicate. We need them all, and some are essential and not manufactured in our bodies. Quality proteins are becoming less common and more costly.

- Amino acids, notably lysine and proline, which are best found in soups that are sticky and gel, along with Vitamins C and E, are the essential materials to rebuild connective tissues in blood vessels, bones, joints, ligaments, fascia and skin.
- Cheap, highly absorbable bone/cartilage broths, chicken soup, fish chowder (small low mercury species, heads/spines), pig's feet, oxtails, neck bones or shanks or properly made Old World headcheese appear at least weekly on my menu. Add lemon juice or vinegar to maximize collagen release. *These soups are essential for*

healing eroded joints, disintegrating bones, arteries, tendons, ligaments and all connective tissues and fascia. Dose big. Eat daily for at least six weeks along with mega dose Vitamin C! Eat collagen, if only Knox gelatin.

- Raw milk, yogurts, cheeses, meats, skin, organs, seafood, legumes, nuts, seeds and whole grains supply the precursors for the integrity of one's flesh. Boneless skinless chemically grown chicken breast, or egg white omelets do not! Hydrolyzed proteins have been widely condemned though some health food stores have tons of body building proteins stacked floor to ceiling. Whey products are a healthier choice for muscle building and weight loss. Individual amino acids called for in specific conditions can be purchased, if necessary, but "seeing" the contents in various foods gives one whole meals for the price of a supplement. Our opulence and modern sensibilities prevent the healthy consumption of whole animal dishes commonly found in poorer but healthier countries.
- L-arginine releases nitric oxide, NO, critical for cardio health and immune function. It is popular a la carte for heart problems and weight loss. Nitric oxide is the principle agent released by erection medications and is active in blood vessel health. L-arginine powder is taken alone or more potently with citrulline its precursor. When L-arginine is mixed with L-citrulline in water or juice, it is allowed to react for 20 minutes before drinking. Nitrous oxide has far-reaching benefits and some claim it keeps them young. Its natural production in the body decreases with age. Watermelon and rind are good sources of L-citrulline. meat, dairy, nuts, etc., contain L-arginine, but it is usually taken therapeutically as a supplement.
- L-glutamine is a valuable anti-inflammatory in recovery and even helps with addiction. It stimulates production of growth hormone and antioxidant glutathione.
- L-phenylalanine is used for depression and neurological disorders.
- Taurine is a multi-active amino acid acting as an antioxidant, an immune booster and protector of heart and kidneys against oxidative stress.

These are just a few amino acids commonly supplemented. They are contained in a wide variety of foods and soup and are also manufactured in the body. Big dosages are taken via supplements.

SALT-WATER

SALT CONCENTRATIONS within our ocean of blood are regulated by the action of the kidneys. Intake of fresh water and sea salts restore our fluids and electrolytes with every change of the tide, to charge our cellular battery pack. The simple daily acts of

drinking water or salting a tomato have critical influence over our ocean and its pH buffers, electrical conductivity, polarity, viscosity, mineral balances and oxygen levels.

Alkalize the kidneys through vegetable intake and sodium bicarbonate. Dehydration and lack of salt intake is deadly. Chronic under hydration leads to chronic disease. Sodium phobias abound, but chloride shortages disallow digestive acid formation in the stomach. Various illnesses have been shed simply by drinking seawater. Awareness of these basics is as foundational to health as breathing. Coffee, the healthy diuretic helps create an outgoing tide. We have the sensation of thirst to warn us. Thirst is not always reliable, so it doesn't hurt to drink more pure water and pee.

GETTING STARTED

FOR A FEW HUNDRED DOLLARS, anyone can get started on Vitamin C mega dose/bicarbonate, food grade hydrogen peroxide or chlorite therapies adding flax, cod liver oil, Omega 3 fats, coconut oil, zinc, selenium, iodine, manganese, magnesium, seaweed, raw apple cider vinegar and other foods and supplements. Prevention is *so cheap* when you consider the painful and hugely expensive alternative. Find real eggs, butter and raw grass-fed Jersey or Guernsey milk, a wide variety of leaf vegetables and seasonal fruits. Lamb is the healthy inexpensive choice in grocery store meat, and is tasty roasted or as kabobs when seasoned with lemon juice, onions, garlic, seasalt, rosemary, peppers, thyme and oregano. Do not overcook, keep it rare.

I meet people everyday who want to eat organic, but are confused over which items to cover first. Most take vitamins in ignorance of dosage, quality or effect. While awaiting hair analysis, improve upon all the known universal deficiencies in antioxidants, vitamins and minerals we have discussed. Start with oxygen blasts and antioxidant repair. Go to real foods, fine fats and oils, extra antioxidants, green phyto-nutrients and herbs that are all over the market or grow an intelligently designed garden. Get plenty of magnesium, potassium and iodine. Don't hesitate to push the balances that may have gone awry. Redox/detox medicine can begin while awaiting hair mineral analysis results and probable deficiencies covered. Detoxification should become a modern way of life. As health begins to improve so does mental function. See the power of intent grow and be rid of oxidative stress. Then life becomes heavenly.

HELP YOURSELF

JUST AS SOIL AND LEAF TESTS showed my trees were left starving at a banquet, nutrient availability to our cells must be insured. pH, electro-chemical charge and other factors are key. Deficient supplies and mal-absorption of nutrients cripple glands and organs, DNA goes on strike, enzyme chemistry is slowed, inflammation occurs without opposition, and disease begins manifesting at the weakest seam first.

Healthy fats need to be a dietary focal point to reinforce cell membranes, build voltages and beneficial intestinal flora must be cultivated. Membranes and intestines leak, inflammation is triggered, free radicals disrupt cell communications and then viruses,

bacteria and fungi get involved. This chronic leaking keeps the immune system inappropriately engaged.

Inflammation is a natural reaction to emotional distress and cellular insult producing oxidant free radicals, and is addressed with antioxidants. Inflammation is signified by –itis at the end of a word and is indicative of an immune system in action or confusion, and should be immediately dealt with. *There is always a cause.* Key in on inflammations involved in heart, artery and joint problems and cancers. Bacteria, viruses and fungi are secondary causes and low-grade chronic infections silently eat away at our tissues.

Before entering the medical/pharmaceutical system and surrendering your life savings or your life itself, consider how cheap it is to actually regain health from the foundation up. Those who don't understand the value of attaining health balk at spending a few dollars for real foods or supplements. People don't realize the months they labor for health insurance. They are under the false impression that they can get better, almost for free, with insured drug treatments so they opt for pharmaceuticals.

Unfortunately, supplement advertising is also misleading and doesn't indicate the other synergies, and improved conditions that must occur for healing. Many supplements are overpriced and most supplement takers are uninformed. Dosages are vague relative to your weight, condition and other nutrients in the concert. Real nutrient healing is disparaged by the invisible authorities behind the agricultural and pharmaceutical monopoly.

Just about every therapy outlined in this book has a negative web posting erected by special interests. Ironically people opt for drugs which they can't understand. They don't trust natural health which is pretty logical. Heal the cells, heal the organism, hear the symphony and be the light!

APPENDIX D

References, Sources

I hope I have pointed you in the right direction. I taught my children how to throw a boomerang, but they didn't learn to actually throw a boomerang until they spent several hours in the pasture throwing boomerangs. Depending on your scientific vocabulary and background, it may take a year, a month or just a few hours to peruse the subject. I sincerely apologize for repetition, it was intentional. Now at least you are aware of your Inner Ocean and know *Ralph, ORAC and SoupSoupSoup!*

many folks feel threatened by science. They can't believe they could ever understand it! Science is mostly about understanding the words used to describe everyday things around and inside of us. Pick up some Latin roots and scientific language won't seem so much like hieroglyphics. Catch the main categories like antioxidants or minerals and fill in mental files. Be a serious persistent student. *Your survival is the final exam.*

Slowly, scientific words and principles become absorbed. What seemed incomprehensible a few hours ago becomes valuable knowledge under your belt. It takes work to build fresh neural connections. Concentrated thought expands the mind. A quick check of Wikipedia will clarify understandings of pH, oxidation, liver function, etc.

A Few Books I Like!

Ascorbate, Cancer Breakthrough, Cancer; Nutrition and Survival, Vitamin C by Drs. Hickey, Roberts and Saul

Secrets of High States and Mass Psychology by James Dines

Too Soon Old, Too Late Smart by Dr. Livingston

Dr. Hawkins on Truth, etc.

The New Earth by Eckhart Tolle (I recommend the CD for easy replay)

Path of Empowerment by Barbara Marciniak

Does The Bible Teach Nutrition by Elizabeth Baker, (food history)

The essential zohar by Rav Berg

The 7 Secrets of Sound Healing by Jonathan Goldman

In Defense of Food; An Eater's Manifesto by Michael Pollan

As a Man Thinketh by James Allen, free on internet

My Stroke of Insight by Jill Bolte Taylor

Plants, People and Cultures The Science of Ethnobotany by Michael Balick and Paul Cox

Confessions of An Economic Hitman, Hoodwinked by John Perkins

Books by Chris Hedges, Gregg Braden, Jerry Brunetti

NOTE: Anytime I can get a book on audio tape or disc, I save my eyes and make use of time on long drives. Listening is also a different skill than reading, and it usually gets the

book that may have languished on the desk, read promptly. Books like *The New Earth* can be replayed more easily than reread. Many books and CDs are available at libraries and all are on *Amazon*, *Acres USA* or by internet search.

internet sites

westonaprice.org (Weston A Price Foundation)

Eatwild.com

Cancertutor.com

ACAMnet.org prevent-doc.com (an *ACAM* physician's site)

Dear-Pharmacist.com

Mercola.com (free newsletter and searchable, sells supplements)

doctoryourself.com

Healthymedicine.org

Pinetreeclinic.com (Detox/Depleted Uranium)

rolf.org (rolfing)

Orthomolecular.org

Alivewater.net

Dr.Lam.com (Insulin response, resistance)

Naturalnews.com (Searchable, Promotes Supplements)

barefootpads.com (info on Earthing/Grounding)

CynthiaRowland.com (facial exercise)

Isec.org.uk (Helena-Norberg Hodge Eco/Anthropology)

MmsMiracle.com (Miracle Mineral; Chlorite)

Alteredstates.com (New Zealand site, Chlorite, Rife, etc.; valuable archives)

Etszeolite.com (processed zeolite/info)

powerwatch.org (info on EMFs)

HOMEWORK SEARCH ENGINE ENTRIES

Try various search words until satisfactory information is found. It takes only a few clicks to verify scientific concepts, definitions, substances, uses, dosages and modes of application. Wikipedia is always a good start. Amazon has huge listings of books by key words.

Ego, controlling the

Inflammation

Vitamin C mega dose + cancer, heart disease, atherosclerosis, mercury detox, etc.

Vitamin C + Intravenous

Brunswick Laboratories, link to USDA ORAC data base

Dr. Linus Pauling

Dr. Cathcart

Dr. Klenner

Dr. Levine + Vitamin C
Dr. Levy + Vitamin C
Detoxification/chelation
Dr. Joanna Budwig
Dr. Rath
Dr. Aubrey de Grey
Raymond Francis
Bio-Oxidative medicine; hydrogen peroxide, ozone therapies, medical ozone equipment
Dr. mark Sircus, International Medical Veritas Association
Dr. Tullio Simoncini
Dr. Klinghardt
Dr. Julian Whitaker
Dr. Zieve DETOX Depleted Uranium; Pinetreeclinic.com
Dr. Simon Yu; preventionandhealing.com
Sam Biser, Cayenne
Dr. Mark Starr, *Hypothyroidism Type-2, The Epidemic, Energetic Medicine*
21centurymed.com
Jerry Brunetti, *Agri Dynamics*; Find nutrition lectures on YouTube
Dr. Elizabeth Blackburn, Nobel laureate, discoverer of telomerase, find lectures on YouTube
Ascorbic acid, ascorbates of sodium, magnesium, etc
Healing clays, pyroclays, sacred clays, Zeolite
Epigenetics
Dr. Ohirra's probiotics
Dr. Masaru Emoto, water crystals
Lugol's Iodine
Humic/Fulvic acids, fluoride, Pineal gland
Cesium chloride, advanced cancer protocols
Electron rich foods, electrically correct supplements, nutrition
Oxidative stress
Phoenixtears.ca Hemp oil, cancer
Therapeutic Essential Oils
Endo-phytic micro organisms
Hydrogen peroxide therapy, and + Gary Null, and + 35% food grade
Hydrogen peroxide, and + Dr. Jim Chan
Natural cure + the disease (to get an idea of what is being used to cure disease)
Example; Antioxidant + organ of interest like brain, heart, eye + herbs, etc.
Natural anti inflammatories
Hyperbaric Oxygen Therapy, HBOT
Tuberose.com/Antioxidants
Earthclinic.com/ extensive and varied natural protocols

Glycemic index
Acid/ Alkaline foods, alkalizing foods
Apple cider vinegar
Manukah honey, raw honey, bee propolis, pollen, royal jelly
Poi, Kim Chi, enzyme rich foods
Cold pressed hemp oil, Krill oil
Algaes, Seaweeds, sea solids, superfoods, chlorella, Spirulina
Simple sugars, d-mannose, *Mannatech*, simplesugars.com,
Auto-immune
Explore Urine Therapy, Bee Sting Therapy
Pinhole glasses, Rife equipment, ozone generators at
AlteredStates.com, New Zealand *EYEBRIGHT*, cayenne/herb eyewash;
Herbdoc.com, Dr. Schulze
Solar Gazing
Ballistol, antioxidant metal and leather protector, amazing burn treatment

SOURCES

ACAM; American College for Advancement of Medicine Physician finder locates doctors around the nation skilled in IV applications and other holistic therapies listed along with particulars. Go-to Acamnet.org and put in zip code. Or call 1-888-439-6891

Localharvest.com, Eatwild.com; *sources for foods*

Now Foods offers Pure Crystalline Vitamin C in bulk, vitamins and supplements. They perform intensive tests on all ingredients. nowfoods.com, store finder, stores also ship

Bio-Trend Technologies; Hair mineral analysis

1-734-856-9199, P.O. Box 497, Lambertville, mi. 48144 Get instructions on submitting hair samples

Fertrell Co., Bainbridge, Pa. trusted supplier of bulk organic amendments, seaweed, seaweed concentrates, fish emulsion, azomite, Redmond Clay, etc. fertrell.com

ACRES USA; Bookseller of Organic Farm and Health information, acresusa.com media; *LINK TV, PBS, NPR* are most likely to report truth.

APPENDIX E

ABBREVIATED TABLES

Search Internet for Comprehensive Lists. Also find listings of **acid forming and alkalizing foods** and know Omega 3/6, 9 ratios in everything you eat!

ORAC

Electron Rich Foods

Search internet for expanded ORAC tables. Brunswicklabs.com has link to USDA data base.

Dried items/essential oils score high.

Food	ORAC VALUE
Cloves	314,000
Cinnamon	267,000
Oregano.....	200,000
Cocoa.....	80,000
Parsley(dried).....	74,000
Thyme	27,000
Pecans.....	17,000
Artichokes.....	9,000
Beans.....	8,000
Blueberries.....	6,500
Garlic.....	5,300
Cabbage	3,000
Whole Grain Breads	1,900
Onions.....	1,500
Green Tea	1,200
Pineapple	550
Watermelon	140
Limes	80

Glycemic index

Search internet for Glycemic Index. Find extensive Tables

Food	G.I.
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Broccoli.....	15
Lettuce	15
Peanuts.....	15
Spinach	15
Fructose	15
Grapefruit	25
Apple	36
Long Grain Rice	47
Oatmeal	49
Banana	53
Brown Rice	55
Sweet Corn	55
Honey	60
Beets.....	64
Cane Sugar	65
Wheat Bread.....	69
White Bread.....	70
Potatoes	74
Corn Flakes	84
Instant Rice.....	91
Glucose	100



AFTERWORD

IT IS MASS DELUSION that locks us in these dark ages and allows human illness, industrial enslavement and environmental deterioration. Man must regain his clarity of perception, raise his level of consciousness and rediscover his powerful will,... or remain hopelessly stuck in the belly of the machine. The stranglehold of the industrial machine can be broken by the collective acknowledgment of the fact that it **IS** the disease! I want to see industrial man pay as he goes.

Never before have so many minds been connected to an expansionary corporate system of managed information delivery when a free flow of objective knowledge is vital to the continuity of civilization. At the same time, the whole planet is joined in an internet community of free and independent expression. Under this hailstorm of contradictory “truths”, one reality must prevail. Industrial man’s arrogant world view and selfish quest for comfort come straight-up against the humanity he has always aspired to and the natural environment he must depend on. The struggle is at hand and a *sea-change* is on the wind.

No progress can come from fear, cultural pessimism or the irrational self-fulfilling belief that we are fated to an apocalyptic ending. This futile thinking slaps limitations on the entire human race. Positive direction will never come from leaders who promote industrial domination and protect the welfare of an economic drone-elite prospering off the sweat of a huge and growing worker class. We, each and all, must become *will* fully invested in our own survival and intelligently direct the common destiny.

Overpopulation and the countervailing forces of war, famine and plague are completely unacceptable. Energy, food and water infrastructures need to be *decentralized* because our *too-big-to-fail* system is prone to sudden cataclysmic collapse. We can no longer accept oil-powered transportation, electricity from filthy coal or fake-food from chemical monoculture and the ineffective pharmaceutical medicine used to (not) treat the disease these create. We must become more sustainably diverse and agrarian, even in urban areas. We need to live smarter, really recycle and be thrifty users of natural resources.

Will we remain passive, entrapped in this dependency driven dead-end scenario where the carrot dangled before our nose is always twelve inches into the future? It’s like the enigmatic sign at the bait shop, “Free Beer Tomorrow!”

Enlightened men with shared intent can impact the universe and alter mankind’s course. Thankfully many humans are evolving toward higher states of consciousness where common beliefs fall to certain knowing. This was the true message of the prophets, the view of physicists and is the reality of tangible molecules floating in an intangible sea of energy. It’s as simple as that!

By becoming our true selves we can manifest any tomorrow we can imagine. The pure power of intent commands cells and can bend the invisible energy matrix to influence the molecular world around us. Visualize a wormhole that leads to a peaceful cooperative civilization and it will be so. Nownownownownownownownownownow,...