TOTAL HARMONY

of

MANKIND

Spirit, Soul, and Body

THROUGH

Lifestyle

Choices

Donald-Gene: Kraus
BIO-CHEMIST/LIFESTYLE CONSULTANT
By: Donald-Gene: Kraus © 1960
TOTAL HARMONY OF MANKIND
(a living soul)

THROUGH

Lifestyle Choices
Lifestyle Choices

A foundational approach for the prevention of weakness, sickness, and dis-ease

by

Donald-Gene: Kraus

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Donald Gene: Kraus was born and raised in Michigan and received his Bachelor of Science Degree in Biochemistry in 1965 at Le Tourneau University in Longview, Texas, furthering his education at Arizona State University. After finishing college, he was employed with Uni-Dynamics in Phoenix, Arizona and also at Ferro Corporation in Tennessee. The positions he held in both places involved Government Research until 1972, at which time he was diagnosed with Thyroid and Brain Cancer and given 3-6 months to live by Doctors of the medical profession. Not willing to believe that his Creator and Savior’s plans for him was complete, he began to read and research the Scriptures to find alternative remedies in order to fulfill YHWH’s (God’s) plan for his life. Within 5 years he was able to overcome said Cancer, and by the determinate and willful making of major and important adjustments that were necessary at that time of his lifestyle. Because of the difficult experience required into making this lifestyle adjustment by himself, he wondered how anyone without training and understanding could possibly make such an adjustment in their lifestyle and succeed. It was at this time that YHWH gave him his calling and present assignment. [See the assignment as it was presented to him following]. With this in mind, Donald Gene then furthered his studies in the physiology and chemistry of the body...biochemistry. He also studied under Biochemist/Physicist Dr. Carey Reams; Herbalist Dr. John R. Christopher; and Iridologist Dr. Bernard Jenson; this took place between the years: 1974-1978. Since that time, he has been holding Seminars, writing books and still to this day, continues to consult with people aiding them to better live a healthier lifestyle.
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In Process. Thanks for your patience. 
A Scientific Perspective of the Origin of Life  
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YHVH (Self-existing Creator of mankind) says: “I desire a true Ekklesia (body of believers): the Body of My Only Begotten Son YHVHYSH (Self-existing one that saves) being fully mature at the return of My Son, demonstrating to the world, the adversary spirit and the people following Me from a distance, the effectiveness of My Light, Life and Love through My people presenting their physical bodies unto Me as a living sacrifice”.

YHVH says: “I am needing saints with mortal bodies controlled by My Spirit and The Spirit of My Son, YHVHYSH (Self-existing one that saves) and Mshych (Christ-The Anointed One; Messiah); not bodies controlled by the world, drugs, food, and other spirits hindering the release of My Light, Life, Love, and power in and through them.”

YHVH says: “I desire an Ekklesia of people who must know how to walk in the Spirit and stand against the world and the adversary spirit while they are sitting with Me in YHVHYSH in heavenly places with their mortal-physical bodies still on the earth.”

YHVH says: “I am giving out many assignments to be accomplished before My Son returns to My people. These assignments require tremendous power. I need healthy-mortal bodies to be the channel of the power required. My Son, YHVHYSH, is not coming for His Body (the Ekklesia) before My overcoming power is demonstrated to the world system and the adversary spirit. For accomplishing this, My people’s physical-mortal bodies must be trained and controlled.”

YHVH says: “I desire the Body of YHVHYSH know that I have as great a need for My people’s physical-mortal bodies as I have a need of My people’s soul and spirit.”

YHVH says: “I desire the members of My Family know that just as natural-physical life comes from the union of the Breath of Life and My people’s spirit and mortal body, My eternal life is made available to My people through the union of the Spirit of My Son and their mortal-physical body.”

YHVH says: “I need My people's physical bodies presented to Me in order to fill My people with My Eternal Life. The adversary also wants My people’s mortal-physical body to be in union with his spirit or spirits so My people will demonstrate his kind of life, which is darkness. The adversary spirit uses the world system and the flesh in order to claim My people’s physical body. My people cannot have both the adversary’s life (darkness) and YHVH Eternal Life. Therefore, in order to follow Me, My people must choose Eternal Life.”

YHVH says: “I want My people to know that I love the physical body of my Son, YHVHYSH, with its scars and nail prints He endured for My people on the cross, as much as I love His resurrected body at My right hand, with its scars and nail prints. I desire My people’s scars, and the scars of others be for Me, YHVH, not as a result of My people’s selfishness and love of the world.”

YHVH says: “I desire the Body of YHVHYSH not call their physical bodies ‘flesh.’ The earth is not evil in and of itself, but when the earth is used selfishly, it produces all kinds of evil. So it is with My people’s physical body; when My people use their body selfishly it becomes fleshy. I YHVH desire that My people use the Fruit of My Spirit, in union with My people’s body, for seeing, hearing, tasting, smelling and touching what I desire, not what the world or the adversary spirit desires.”

YHVH says: “I desire My children know that they are weak, sick and dis-eased because they present their physical bodies to the selfish desires presented to them through the world system, tempting them through the five senses. Neither the adversary spirit nor the world system has power to cause weakness, sickness or dis-ease without My people’s physical-mortal body with its five senses selfishly or ignorantly being presented to it.”

YHVH says: “I sent My Son to destroy the works of the adversary and to give My people access to eternal Life. My Son’s Life has no sickness, weakness or dis-ease. His Life is health to My people’s physical body. YHVH says: “stop coming to Me for healing alone. Submit your bodies to My Spirit and receive health. I desire that My children grow up. YHVH’s Son is ready to return again for an Ekklesia that is without spot or blemish; being diligent and disciplined. Do not procrastinate in the preparation of your bodies for My power. The time is now. Do not delay. Submit your bodies to My Spirit and I will show you what you are to do, and give you the ability to do it.”
introduction

Mankind is not just a body, nor is he just a soul, but a living soul and... he is also a spirit. To be in total harmony, mankind needs to be rightly related in every area of his relationships affecting the health of the body. In other words, the body must be rightly related to the physical universe and its laws; and the soul, with its mind and emotions, must be in harmony with others and with one's self; and the spirit of mankind must be rightly related to The Self-Existing Creator: YHVH. Each relationship is vital to mankind; in order to be whole and free of weakness, sickness, and dis-ease. When any part of these relationships... spirit, soul, or body [herein known as Trinity relationships], are not in harmony with each other or their relationships... will cause weakness, sickness and disease.

Have you ever wondered how you can improve your health and lifestyle, and that of your family, thereby preventing and overcome weakness, sickness, and dis-ease? The following information will provide an excellent foundation. You will learn about the absolute laws our Creator has established for mankind's total health; and you will discover that NOT being in compliance with the Trinity relationships Immutable\(^1\) laws are the basic root cause of all weakness, sickness and dis-ease.

Our Creator has programmed our bodies to heal themselves, but we must first cooperate by making the correct Lifestyle Choices. Weakness, sickness and dis-ease are only evidences and/or symptoms resulting from not making the right choice.

Begin by reading the 1\(^{st}\) chapter as an overview. Thereafter, go to each chapter that most interests you. Each chapter stands alone, but all are interrelated.

The information in this book provides a foundation for understanding you and your family’s health with principles for getting there. The advice in the following pages will teach you how to support your body into restoring its chemical balance and thereby infuse new life into every organ, tissue and every cell.

Without a healthy body, what do we really have? Isn’t it our reasonable service to offer our body as a living sacrifice to the Creator who made it?

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\(^1\) Immutable. a. Not mutable; not subject to or susceptible of change; unalterable. b. Invariable; used e.g. of the markings of a species 1621.
CHAPTER ONE

Total harmony of mankind

Relationship Between the body, soul, and spirit of mankind

Before we begin discussing with the cause as well as the prevention of weakness, sickness and dis-ease and its relationship to our body, we need to discover and realize that YHVH created mankind to be in total harmony with themselves, others; and to Him: the Creator: YHVH. When we go back to the beginning… to Adam and Eve, we find that they had a choice between the Tree of Life and the Tree of Knowledge of good and evil…Gen. 2 & 3. They chose the Tree of Knowledge and missed the Tree of Life resulting in the death process (creation of time limits.) Since then, mankind has been searching for the Tree of Life with eternal Life and health, which only now comes from YHVH’s provision through His Son, YHVHYSH.

Mankind is not just a body, nor is he just a soul…he is also a spirit. Up until the early 1900's, mankind was referred to as a living soul…not a human being. Somehow this referral has gotten lost and dropped completely. From time to time throughout these pages, I will use this term because it is my belief that we are indeed living souls and not human beings…Genesis 2:7 “So then, YHVH formed man of the dust of the ground and breathed into his nostrils the “Breath of Life” and man became a “living soul.”

To be in total harmony, mankind needs to be rightly related in every area of His existence. In other words, the body must be rightly related to the physical universe and its laws; and the soul, with its mind and emotions, must be in harmony with others and with one's self. Each relationship is vital to mankind in order to be whole and free of weakness, sickness, and dis-ease.

In discussing all these relationships, and before zeroing in on the relationship of the body with the physical laws, which YHVH set up in this universe for our body, we need to understand how a living soul is indeed indivisibly a spirit, soul, and body.

In I Thessalonians 5: 23, “And the very (GOD) Yl (Almighty Creator) of peace sanctify you wholly; and I pray YHVH your whole spirit and soul and body be preserved blameless unto the coming of YH.” (self-existing one.)The Apostle Paul gives us YHVH's will concerning our spirit, soul, and body. They are not separate parts of us; rather, they just have different relationships. The physical body relates to its environment through its five senses, and the mind relates to others and to self via thoughts, emotions and desires. The spirit of mankind beginning with Adam, was created so we could relate to The Self-Existing Creator. He created us so we could have a relationship with YHVH on His
timeless level. If our relationship with YHVH through our spirit by Faith is at His Spirit level, then our soul and its relationship with others can be the way YHVH intended.

**Mankind unity**

Sometimes we think we are acting spiritually by neglecting our relationships involving the physical body we live in. Many people live their lives as if their body, soul, and spirit were separate entities. This concept comes from the Greek principle of dualism. The Greeks believed while the soul was immortal and thus good, the body, which has no part of immortality, was evil. Many of the beliefs of societies are based on this premise. To look back even further, the agnostics were against YHVHYSH by stating that He could not truly be the Son of YHVH because He had a physical body. To the Greeks, anything material was evil.

Unfortunately, many have picked up this dualism, which relegates the body as something we “try to get by with…,” until we can get a new body. Yet, if we do that, we are not in total harmony. We cannot really have, or be life, the way YHVH intended, if we separate body, soul, and spirit.

The body, soul, and spirit are just ways in which we relate to different areas of our total environment, and therefore influence one another just as any part influences its whole. Our spirit and its relationship with its Creator, affects our body and thus body functions as the lymphatics, blood flow, etc. Likewise, when our body is sick, our mind, emotions and volition are also affected by our body’s sickness. There are some who say, “I love YHVH, but I do not love others.” If that is the case, they cannot truly love YHVH…for we cannot be rightly related to YHVH and not be rightly related to one another. I John 4:20 says, “If a man says, I love YHVH, and hateth his brother, he is a liar: for he that love not his brother whom he hath seen, how can he love YHVH whom he hath not seen?”

What is life? Life is being in total harmony, in a “right relating” with YHVH, others, self, and the physical environment. Life is being whole…physically, socially and spiritually. Life is total health, not just health in the physical body. In other words, health is living life in compliance with YHVH’s will in every one of these relationships.

How do we determine if we are rightly relating in these areas? YHVH set up certain laws that govern mankind's relationships to his spirit, soul and body; the physical environment, which are the laws of nature; soul...[to love one another]; and spirit: to be loved and love YHVH. We can call them laws, commandments, principals, YHVH’s Word, or whatever we want. The point is: there are basic relational laws, which were set up at the beginning of time when YHVH created this universe and placed mankind on the earth. These laws were set up, not as restrictions, but as guides, so we would “rightly relate” and know how to live life to the fullest. We cannot break these laws...relationships, if
you will, without also harming or destroying some of our Trinity Relationships. For example, without knowing YHVH's unconditional love for us we cannot love YHVH and love others...love = unselfishness, sin = selfishness.

There are laws that govern the body’s relationship to its environment. If we break those laws, we will not be “rightly related” to our physical environment, which causes body symptoms of weakness, sickness, and dis-ease. Any symptom can be traced back to some break between physical laws that relate to our body and its environment. The degree of symptoms we experience, whether it is just weakness or whether it has progressed on to sickness and dis-ease, depends upon how often, and the time-span we have lived out of harmony with our body’s physical relationships. Of course many symptoms are evident when the harmony between the living soul and its relationship to others is disrupted. For example, depression, confusion, selfishness, or misguided affections. The spirit should be relating to YHVH, for He created in us a spirit so we could communicate with Him on His level. Some of the symptoms of disharmony in that relationship are condemnation, guilt, fear, stress and lack of assurance, which lead to doubts such as, “Does YHVH really care for me or for others? Does He understand my problems? That lack of assurance is there because our spirit is not in contact with YHVH's Spirit, thus lacking an intimate relationship. Thus, when relational laws are broken...this harmony, certain dis-ease symptoms are bound to appear. And of course, the one affects the other.

Many of those whom I have counseled have made the comment to me, “I have this physical body now, but someday I am going to get a new body, so what’s the big deal?” The “big deal” is this: In the first place, the body is the Temple of the Holy Spirit, and in the second, very simply put, the authority of YHVH on earth resides in living souls...having a body. Do you know anyone on this earth that YHVH can work through, bless and love, who does not have a body? The body is necessary for our existence on this earth. YHVH gives authority to people, who reside in bodies, on this earth. As Paul says in Romans 12: 1, “I beseech ye therefore, brethren, by the mercies of YHVH, that ye present your bodies a living sacrifice, holy and acceptable unto YHVH, which should be your reasonable service.”

This physical body is our house and the bodies eyes are the Soul's windows. When looking out our body eye “windows,” we see body houses of all different sizes, shapes and colors, but we do not see the real living soul on the inside. That is why Matthew 6: 22-23 states: “The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light, but if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness.” Our houses involve not only our physical body, but also our soul, which includes our mind and emotions. Also residing in our body [house], is our spirit. This house is affected not only by
what is going on outside of it, but also by what is happening on the inside. In other words, what we see, hear taste, touch, and smell, and the words we speak, are factors that influence the condition of our “houses.”

Our bodies allow us to relate to the physical environment around us via our five senses. If we cannot see, hear, taste, touch, or smell, we have no way of relating to our environment physically. For example, if someone is blind, the body does not allow him or her to pick up information through the ability of sight. Thus, the body relates to the environment, but not through the eyes seeing color, form, texture and so on.

Our soul, made up of mind and emotions, allows us to relate to one another from our Trinity relational perspective and it can also sometimes prevent it. We can also relate to one another and exchange ideas via the intellect of the mind. The brain is the “house of the mind.” We can not cut into the head and see the brain. We can dissect the brain, but cannot declare, “Here is the mind.” Yet it is still real even though we do not see, hear, taste, touch, or smell it.

Even though we do not “see” emotions, they are a real factor as to how well our houses operate. What we can see is the effect of those emotions, desires and affections and all that make up our emotions that are a part of us. We cannot dissect a desire in a physical way, pull it out and say, “Here is my desire,” but it is just as real an energy force as the physical body. There are good and bad thoughts, desires, and feelings, and our house can show the effects with symptoms of weakness, sickness, and dis-ease.

**THE SPIRIT RELATIONSHIP**

Scripture reveals that since Adam, mankind's effort to be “rightly related” and to fulfill what **YHVH** intended mankind as a living soul to be, has resulted in failure. Why? Because mankind has broken these body, soul and spirit relationships in some way. The Scriptures reveal to us that **YHVHysh**, **YHVH**’s Son, lived on this earth in such a way that His spirit, soul, and body were related perfectly. **YHVHysh** demonstrated what it really means to be alive by living the Life **YHVH** intended us to be able to live. **YHVHysh** represented mankind as well as **YHVH**. He fulfilled the necessity of Life being whole, which means He was physically, socially (mind and emotions,) and spiritually perfect.

We should comply with **YHVH**’s law as it relates to acceptance...by having faith through grace in **YHVHysh** as our substitute. In this way, we become identified with Him; we become “rightly related” to **YHVH** through **YHVHysh** by grace through faith. The starting point is to have our spirit reborn from above and reconciled to **YHVH's Spirit**. That happens by faith through grace; by accepting **YHVHysh**'s grace as our representative and Redeemer. When we accept **YHVHysh**'s grace
in this way, our reborn spirits are in harmony with YHVH’s Holy Spirit. AND THERE IS NOW NO CONDEMNATION against us because WE ARE IN YHVH’s grace.

If we do not know that we are accepted by YHVH grace through YHVH's performance; and that His Spiritual “Law…” is fulfilled in YHVH's performance (Who kept the law perfectly;) and; we do not know we are accepted by faith in what YHVH's grace provides, then we keep trying to be accepted on the basis of OUR performance. If we think our acceptance with YHVH is based on our performance…by keeping the physical laws perfectly, doing things for others, being self-righteous, etc.; we will fail. Likewise, we can try to be accepted by doing things for others, and so make our acceptance dependent upon others. In other words, when I say the “right things,” and do the “right things,” and others feel good about my performance, then I will be “accepted.” This attitude will fail. As long as we base our acceptance on what other people do or do not do, they will fail us…and we them. We will lose acceptance if acceptance is always based on OUR performance; and so we think it will affect our relationship with YHVH as well. Rejection results in being out of harmony with our “Trinity Relationships”.

For example: I counsel people to quit eating “junk food”. If I based my acceptance of them on what they eat or do not eat… if the standard of accepting others is based on how well they “perform” in their dietary habits, where does that leave them? Acceptance or rejection based on performance is a very depressing way to live. We cannot base acceptance on our performance because we will all, at one time or another, fail to perform (keep someone's requirements-Laws). As Paul said in Romans 7: 15, “For that which I do, I allow not; for what I would, that do I not; but what I hate, that do I.”

YHVH did not set up His just and righteous laws for us on the condition that by keeping these laws, and performing well enough, He would accept us. The good news is we are already accepted in YHVH by faith through grace. Because of our acceptance by Grace through Faith, YHVH places His light, love, and life into us so we can develop all these “Trinity relationships” rightly. We press on to accomplish these other relationships because we are accepted, not because we are trying to be accepted through our good works…keeping the law. It is very important to understand the basis of acceptance, because this Truth will set us free. Acceptance based on performance rejects or does not understand YHVH’s unconditional light, love, or life; which is based on YHVH's performance.

We know YHVH accepts us just as we are. If it were otherwise---if all we had to do was “perform” a certain way for acceptance by YHVH, then YHVH would not have had to die as a substitute for OUR punishment. We are accepted by grace through faith by what YHVH has done for us. As a result, He puts His Spirit life in all of us who take that grace through faith. We can take
advantage of this absolute fact of our acceptance and begin to develop OUR other relationships so we can experience this life the way YHVH intended us to.

Usually, I primarily counsel in one relationship of mankind…physical health. However, believers’ need to know that they are accepted just like they are, and not according to what they eat or do not eat. Because YHVH accepts us not on the basis of our performance, we can accept others the same way. Performance should not be the basis of our relating to one another. The basis of our relating to one another is what we have in common. We must develop and grow in all areas of our “Trinity Relationships” resulting in total fulfillment intended by Creator: YHVH.

Please understand, in YHVH's life, death and resurrection, we are accepted and reconciled to YHVH by grace through faith in Him…His Grace. This acceptance does not mean we are not in a struggle. We make mistakes, but YHVH does not turn us off because He is for us; and there is NO Condemnation in YHVH's. Therefore, we need to learn how to appropriate grace by faith in YHVH's performance in developing our other Trinity relationships.

SPIRIT CONTROL

Our spirit is the part of the Our Trinity relationships that is able to relate to our Creator. YHVH's Holy Spirit bears witness with our spirit that we are children of YHVH…Romans 8: 16. Thus, we do not bear witness in our minds (what we think); in our emotions (what we feel); or in our bodies (what we see, hear, taste, touch and smell.) We bear witness with our spirit. That is, we communicate with YHVH's Spirit through our spirit Trinity relationship. We cannot communicate without our spirit, because it acts as a receiver and a transmitter.

For example, all the waves to TV stations in this area are in the air waves where we are located right now. We cannot see them, but they are real and they are present. We just need some type of receiver to pick them up. YHVH created within us a spirit, sometimes called the Breath of Life. It is the receiver through which we can contact Him through prayer and hear what He has to say to us with our spiritual ears.

YHVH created in mankind a trinity of body, living soul, and spirit relationships. The “house,” our Body, was created first: “From the dust of the earth He formed the body of man and He breathed into man the “breath of life” (spirit,) and man became a living soul…” Genesis 2: 7. Adam and Eve thus had this trinity of body, living soul, and spirit. Their souls were filled with His love and their spirit bright with His Light. He created them in His likeness, for YHVH is Light, Love, and Life. He does not try to love us, He is Love…1 John 4: 8. That is who He is, and if we allow His love in our Trinity
relationships, it will become a part of who we are. Light and Love and Life has to come from YHVH; they do not exist without Him.

He made us so we could experience His essence on His Spirit level. He also gave to us a will (volition,) because without a choice we would be nothing more than robots or puppets. YHVH did not want robots; He wanted His created Mankind to communicate with Him and relate to Him on His Spirit level. He placed in mankind a will (volition) so we could make choices and act in a certain way because He chose to, not with force.

Adam and Eve had the choice of letting their spirit control their mind, emotions and body through the principle of love…not the self-centered love conditioned by what someone else does or does not do (Knowledge of good and evil). The kind of love that does not seek its own…ICor. 13: 5b, for the opposite of love is selfishness, if you will….sin (which is missing the mark.) If we are selfish, we cannot love others, because YHVH's love is “other minded,” which means love is being more concerned with others than with one's self.

Before Adam and Eve's fall (wrong choice) they had YHVH's created light, love, and life, and the possibility of immortality (by eating only from the Tree of Life.) YHVH gave them the choice of choosing the Tree of Life or the Tree of Knowledge of good and evil. They lost access to immortal life…the Tree of Life, when they choose the Tree of Knowledge of good and evil.

The type of body Adam and Eve had before this choice, was not the kind of body we have today. They had what can be called an anionic body, which was not restricted by time, distance, or gravity…and so the Garden of Eden, five times the size of the United States, was easy for them to take care of. This anionic body did not operate on mostly oxygen, but on hydrogen and nitrogen. Light completely surrounded their bodies until they ate of the Tree of Knowledge of good and evil. Their bodies changed then and mankind's body became dependent on oxygen as they are today. The eternal light and life disappeared, and they saw that they were naked…Genesis 3: 10. Because of this, fear and condemnation came into their soul and they hid themselves from their Creator. YHVH had told them they would die if they chose the Tree of the Knowledge of good and evil…Genesis 2: 17. Darkness came into their spirit, sin: selfishness to their soul, and eventually death…death’s manifestations began its process in their body. The premature manifestations of death are weakness, sickness, and dis-ease; which are degrees or stages of death.

So YHVH, in His grace, removed them out of the garden. Why? Had they eaten of the Tree of Life at this point, they would have been immortally dead; and because they chose the Tree of Knowledge of good and evil they would have experienced death and darkness in their spirit forever. That eternal suffering certainly was not YHVH's purpose in creating mankind. He took them out of
the garden and clothed them with animal skins as a picture of His Son's future sacrificial death; and through His Son's sacrifice redeem mankind and give back His light to their spirit, His love in their soul, and ultimately immortality to their body.

Until Adam and Eve made the wrong choice, there was light, love and life on this earth. Having chosen the Tree of the Knowledge of good and evil, the antithesis of YHVH’s light, darkness, rejection, and condemnation was brought into man’s existence, and Adam and Eve's spirits were filled with darkness, manifested by untruth, the antithesis of YHVH’s truth. Sin came to their souls. Sin is selfishness, being motivated by self effort. It is manifested in the soul by a confused mind, a mind not able to control fear, anger, hatred, unforgivingness, and anxiety. Sin is the opposite of YHVH’s love, which is unselfish and unconditional. Death is manifested by weakness, sickness, and dis-ease in the body; which are just degrees of physical death. They take place because of the principle of death that is operating in the body instead of eternal life.

Because we are the offspring of Adam and Eve; after the “Fall,” we also have to deal with darkness, sin, and death, but YHVH made a provision for us to receive light again to our spirit, love to our soul, and life to our body. YHVHysh, the only begotten Son of YHVH, came to this earth to provide a way to live a victorious life in our mortal body. YHVHysh was born of a virgin physical woman and so His body was from Adam’s lineage being born with a body like we have. He lived as we do in our physical houses; and He lived without weakness, sickness or dis-ease, mental anxieties, confused thinking, fear, hatred or selfishness. He lived with His Will completely lined up with that of His Father, YHVH. In and of itself, the body is not sinful. When YHVHysh went to the cross as our “substitute,” He didn’t just cover or atone for the selfishness of all mankind; rather, He entirely remitted it and pardoned those who accept it. He forgive completely mankind's darkness, sin, and death…and the manifestations thereof. All mankind has to do is accept the pardon.

Many are like the man in prison who has been pardoned. Someone “paid his debt” and he was free to go, but he refused to accept the debt being paid and stayed in prison, thus not accepting his freedom. Although mankind’s debt, past, present, and future, has been paid through YHVHysh, most have not believed and taken advantage of it. They are still walking around as though they have to pay the debt…and they are walking in misery, fear, weakness, sickness and dis-ease.

By His resurrection, YHVHysh showed mankind that it is possible to be victorious over fear, darkness, sin, and death by receiving again the light, love, and life of YHVH into our spirit, soul, and body. It is possible for us now to be free of the effects of darkness, sin, and death., if we believe and accept what YHVHysh did for us…if we allow YHVHysh to be our substitute.
We have a choice: to either live (perform) with the law of sin and death, knowledge of good and evil, the Law, as our guide, or to live with the law of the spirit of life in YHVHysh…Romans 8: 2 (Grace through faith in the performance of YHVHysh the Son.)

The fruit that comes from the spirit of life in YHVHysh (His life of performance) is manifestations of love, joy, and peace. These attributes can do a lot for the soul. Galatians 5: 22 tells us that the fruit of YHVHysh's Spirit will give to our soul: love, joy, peace, kindness, patience, goodness, faithfulness, gentleness, and self control. All of this is available to us as a part of the fruit of the Spirit of life in YHVHysh.

There are some who are taking advantage of what can happen in their soul…in their mind and emotions, but are not taking advantage of what can happen inside their physical bodies. So they are still walking around sick and dis-eased. YHVH's provision is for the whole man, not just his soul. He did not create us just to have us live a life filled with pain and misery because of some physical problem. Our choice is to either seek Him as to how to correct the cause of our problems or to continue on and feel the effects of various degrees of sickness and dis-ease. YHVH does not “zap” us with His power. That is, we cannot just sit around and be passive, waiting for a “zap” from YHVH to cure our sinus problem; or take away our anxieties as a example. We have to make a conscious choice and act upon that choice.

YHVH made it possible for His Holy Spirit to re-create mankind's spirit, and to get His light into the mankind's spirit. With a re-created (Born again and from above) spirit mankind is able to communicate with His Creator who has also made it possible for us to develop His love in our soul, and live without tormented minds and emotions. It is even possible for us to live in our mortal body without sickness and dis-ease. But eventually we all must leave these mortal bodies: when it is our time to leave...naturally (120 years,) and not prematurely because of a dis-eased body. Mankind will not live in their mortal bodies forever. No matter how much light we have in our spirit from YHVH, or however profound the love from YHVH that develops in our soul, our “body house” is not immortal. It will cease to exist on this earth. At some point though, mankind's body will be resurrected or changed at the return of YHVHysh. Believers will have new body houses...a house better equipped to accomplish YHVH’s purpose in creating us...and He wants a big family!

Many do not know how to relate with YHVH, or others, or their bodies; they do not know how to get in control of their bodies, minds, and emotions. Remember it is YHVH's desire to have a relationship with mankind.

When we talk to someone half way around the earth, or travel in space, we do not think of that as being mystical, do we? The reason we are able to see on a screen events that are happening across
the ocean or on the moon is because the TV receiver is receiving the transmitted picture with its sound. This is also true of a radio or phone. We know that if there are some bad tubes in our TV, we will not be able to receive a picture, or perhaps the sound. There is nothing mystical about it at all. If there is a receiver and a transmitter, we can pick up communication. Our spirits are receivers; and that is why YHVH created MANKIND with a spirit, so He could communicate with us…our spirits are the receivers connected to YHVH.

Because of the darkness (choosing the Tree of the Knowledge of Good and Evil) that came to Adam and Eve's spirit, YHVH had to re-create our spirit and put His light into it…. we must make the choice to allow it. YHVH provided for this re-creation through YHVHysH who entirely remitted the darkness and showed us how it is possible to live in YHVH's light. To “plug in” our spirit and give it the light it needs for communication with YHVH, we are to worship YHVH in spirit and in truth. We do not worship YHVH in mind and emotions of the soul, but in spirit…Psalms 100: 4…“Enter into His Gates with thanksgiving and into His courts with praise.” That is how we get into His presence, but we must have a spirit that has perfected light in it so we can be in His presence.

When darkness came to Adam’s spirit and he lost that light, YHVH could not have intimate communication with him anymore. YHVH had to send angels just to talk to Mankind or use visions and dreams to get His message across to him and others. Then He had men write it down so they could have a written record of His messages…the Scripture (Bible). Israel had it all written down…what they should do, but Mankind's relationship and acceptance with YHVH was based on performing all those commandments and laws. That OLD Covenant was not good enough, so YHVH made a New Covenant, a new Plan, through His Son YHVHysH, whereby we could get our spirits re-created and have a receiver…a means of communicating directly with YHVH. It is only through contact with YHVH Spirit and through His essence of light, love, and life that we are able to have access to these Life Forces (Eternal Life) in our spirit, through our soul, and in and through our body. This Force is called Grace…YHVHysH Himself.

YHVH will never force Himself on Mankind. He will persuade and enlighten, but He will never coerce us into receiving this Force of Grace. And we cannot be passive and just hope YHVH’s will might somehow happen to line up with ours. We need to take voluntary action and choose His Grace.

The antithesis of YHVH's Grace is the operation of law, sin and death and its manifestations of selfishness, hatred, jealousy, or bitterness without even actually choosing it when we do not purposely choose YHVH’s Grace through YHVHysH. He will not be able to help us because all these other opposite forces are also able to get the attention of our mind, emotion and will. It is the will that
determines which law the mind and emotions operate under. The mind controls the body, so if the mind is operating under the law of sin and death, the Old Covenant Law, our body will show the effects of that through selfishness. If we do not want to live with the effects of sin and death, then each day we must make a conscious decision to choose the Plan of YHVH. This law of sin and death operates on our five physical senses to get through the mind or emotions and so darken Mankind's spirit. If Believers are passive, their spirit will be ineffective in controlling their mind and emotions. Sometimes we have the: “Well, if it is YHVH’s will” mentality. That is, “if it is YHVH’s will, I will be healthy. If it is not YHVH’s will, then I will not be healthy.” Many People have problems knowing what YHVH’s Grace really is; and there are many that know what His Grace is, but do not do anything about it. It is one thing to know about His Grace and another to actually choose the Grace.

We cannot be passive about embracing YHVH’s Grace. As I said earlier, YHVH does not and will not “zap” us and bingo…we are healed, or make our fears and anxieties disappear. YHVH does not work that way. He has said: “I have made provisions for all of that.” We must decide to line up our choices, our will, and appropriate YHVH’s power through our spirit; and choose to resist the law of sin and death. Thus we must willingly submit our will to YHVH's Grace so He can give us His ability to overcome.

If Mankind does not willing (on informed consent) submit to YHVH's Grace, thereby overcoming the law of sin and death, same will end up controlling Mankind…every time. As Believers (those haven purposely chosen YHVH's Grace,B) cannot depend on our five senses, or our mind and emotions for all the information we need. For example, we learn to eat by sense of taste and smell, but these senses are not necessarily valid as to what is actually good for the health of our bodies. Many things that smell good or taste good will slowly kill us, or could kill us quickly. We cannot and should not operate by the physical senses alone. If we are eating or not eating certain foods because of fear of what might happen when we do or do not eat certain things, we place ourselves under the Old Covenant law of performance. If we give up smoking just because of “fear” of lung cancer, we still have not dealt with the cause, and we end up substituting some other “vice” for the smoking. If we embrace YHVH’s Grace, His Grace can resist what will ultimately cause us symptoms of sickness and dis-ease. In that way we can get our physical senses under control of our Spirit.

Either our reborn spirit controls our mind; or our mind will be controlled by the five senses; we have the choice. Our willful choice is the switch as to what channel we are tuning our spirit and our mind to. Our willful choices determine what the mind listens to and what emotions it gets involved with. The spirit must control our willed choices, so the spirit, the mind, and the emotions can be tuned.
into Grace. The mind then controls the body. In the energy field of life, all is inter-related; there is continual cause and effect.

When the spirit is full of light, by the willful choice of accepting YHVH’s Word concerning YHVH’s Grace, then the spirit is re-created through YHVH; then our will is empowered into overcoming the law of sin and death. We submit our minds, emotions, and senses of taste, touch, smell, sight, and sound to YHVH’s will by an act of our will…by choice. Either we are in control or we are controlled. It is a matter of choice, and the quality of our lives on this earth depends on that choice.

If Grace is in control of our body, we will live with peace and joy in our mind and emotions; and we will live with a body free from sickness and dis-ease. We need to listen to what is going on in our house. The voice of our spirit is our hope; the voice of our soul is our thoughts, emotions, and what we say; and the voice of our body is our five senses. YHVH gave us the ability to be in control of these voices by actively choosing to submit body, soul, and spirit to Him and His Grace, so He might empower us with His life, love, and light.

WHAT WE SAY

Our biggest problem is our tongue because we say we believe, yet are talking ourselves into sin and death by what they say. When we hear something, it stimulates a thought; we meditate upon this thought and then we speak it. When we speak it, it then can becomes a reality…Matthew 6: 31. It also says in James 3: 5, 6: “Even so the tongue is a little member, and boasteth great things. Behold how great a matter a little fire kindleth. And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on the fire of hell.” James likens the tongue to a rudder that turns an entire ship…verse 4. What we say has a lot to do with what happens in our body. We speak what we have been receiving through hearing, so we need to be sensitive to what we hear and speak, because words can put into effect either hatred, anger, fear, selfishness, and/or sickness…or love, peace, understanding, and forgiveness. It is our choice to either speak from the words of sin and death, or the words of the fruit of the spirit in YHVH.

We need to allow our minds to be renewed by YHVH’s Grace as to what we are feeling, thinking, eating, and speaking. Submit to Him the problems we have, whether it is a problem with living to eat instead of eating to live, or mind and emotions tormented by anxieties, fears, and doubts. Allow Him to give us His Grace.

Through access to YHVH’s ability, I have been able to acquire wisdom concerning the physical body and its lifestyle and am available to share this knowledge with you. Will you make a
conscious choice, by an act of your will, to live your life by His Grace and His Plan, so that He can empower you with His ability to control your house (body)? This Grace gives you the power and ability to resist the law of (SIN) selfishness and death. By YHVH’s light, love, and life, you will be a whole, complete being; spirit, soul, and body that is in harmony with Him.

BODY RELATIONSHIPS

We have discussed our spirit part and the soulful mental and emotion part of our Trinity relationships. Let’s look at the physical body, the House, if you will, with body symptoms of weakness, sickness, and dis-ease. Although the effects of sickness and dis-ease exist, I do not “believe in” them because these effects do not have to exist. Some symptoms result because certain physical laws are broken. We know that all kinds of physical symptoms have affected mankind since Adam.

A little history will be helpful. Until the flood, mankind was living close to approx. 1,000 years; after the flood the average age decreased to about 320 years. Several reasons, when taken together could account for some of this shortened life span; such as the change in the axis of the earth at the time of the flood. The earth did not rain before the flood; and mankind did not eat meat until after the flood. Today, generally speaking, mankind is born with enough life force to live approximately for a span of 120 years…Genesis 6:3, but there are more and more children being born in the last 25 years or more that are only living about 60 years.

There are many symptoms of sickness and dis-ease today in this country that we did not have in previous years. In 1900, the United States was the number one nation in health. In 1920, the United States was in second place in health. In 1978, the United States had fallen in health to seventy-ninth place out of ninety-eight nations. Since 1978, we have fallen 2% each year. What have we been doing wrong since 1900? Look at our lifestyle. In 1920, there were no vitamins sold. In 1981, 1 billion vitamins and minerals were sold. Why should people need vitamins and minerals? The fact is, the food has lost much of its vitamin and mineral content. What has happened to the food since 1900 in this country?

Before 1920, colonic(s), a colon water irrigation process that cleans the colon, the waste system of the body, was an integral part of hospital treatment; in fact, the medical profession “black-balled” physicians or nurses who did not give colonic(s) for specific conditions, such as appendicitis attacks.

In 1923, the medical association hired a man from Harvard to write textbooks for the medical schools in the United States. That writer based his medical knowledge on the premise that “toxic poisons” in the colon have nothing to do with symptoms of sickness and dis-ease.” That premise is still in the medical texts used today. And yet, more and more people are aware today that that premise or
statement is totally false. As we understand better how this physical body operates, we will understand the relationship between the body’s waste system and symptoms of sickness and dis-ease.

**OUR BODIES HEALTH IS BEING INFLUENCED BY TWO PHILOSOPHIES OF LIFE ORIGIN**

We can understand this issue of health better perhaps by looking into the philosophy behind forces which influence our lifestyles. Basically, the influences on our lifestyles proceed from one of two philosophies: the **Biogenesis (Life from Life)** or the **Abiogenesis (spontaneous generation)** philosophies. All the forces, which influence us, are proceeding from a philosophy that is structured either consciously, subconsciously or unconsciously on one of those two approaches. The **Biogenesis** approach is the belief that life started from life, and **YHVH** is that Life; therefore life continues only by means of life. We can see how that philosophy relates to our physical body. The **Abiogenesis** approach is the belief that life in our bodies started on earth by a mysterious spontaneous combustion of initially dead, inert, inorganic material. If we are eating processed, pasteurized, and homogenized food, we are eating dead matter. Pasteurized and homogenized milk is milk that has no enzymes. Pasteurized and homogenized milk does not spoil…it literally **ROTS**. How much life do we think is in something dead? Do we think our body can truly live off of dead matter? Where did life come from…from life or from initially dead inorganic matter?

In the 1920’s this country began processing its foodstuff. The wheat germ and bran (life) was taken out of grains; molasses (life), was taken out of sugar; the rice was “polished” by removing the bran (life), and so forth. When this processing was done, most all life in the foods were removed. So what is life? Without it first being a seed, there can be no life at all. When the seed is killed via heat, processing, chemicals, etc., all enzymes are destroyed, and thus…“life.” I am talking about natural life, not **YHVH**’s Life that comes from **YHVHYSH** through our spirit relationship.

Refined sugar and salt are added to processed foods. I can prove absolutely that the body cannot use refined sugar and salt. They **do** much harm to cells and tissues, yet still they are added. Why…? Because Some refuse to understand that life comes from life, and thus is necessary for healthy bodies. Can we define just anything as “life” and put it into the body and expect to produce a vibrant physical life? The answer is NO! REMEMBER, **THE CREATOR YHVH STILL LOVES US**.

As YHVH said in **Hosea 4: 6a**, “My people are destroyed for lack of knowledge.” 50% of foodstuff in the grocery store is altered by mankind, 40% are foods destroyed by processing and only 10% of foods come from a seed that has not been adulterated by mankind. So who gives life…the man in a laboratory pouring chemicals into a solution…or **YHVH**’s seed?
We are being touched by one of these two basic approaches to Life in all we do, in the way we treat our bodies and in what we eat. If, according to television, or some media advertising, something looks good, tastes good, sounds good, or feels good, does that mean it will allow us a vibrant healthful life? Of course not! Where there is no life there are no nutrients [in foodstuff], unless it comes from a seed. If it does not, the “food” is just pollution to our bodies that our system has to work to get rid of.

This physical body created by YHVH is created to operate on foods with “life,” foods organic in form...from a seed. Because the body is organic, it is physiologically incapable of assimilating dead, inorganic matter. When we ingest such matter, the body does not get the nutrients it needs; it is just a matter of time then, before we are weak, sick, or dis-eased (Even if a Believer). If we want to understand why the United States is in 79th place as far as overall health is concerned, we must look at food production. Remember, before 1900 we were number one in health. Also, before 1900, herbs were used as medicines...the whole complete herb as it grew from a seed. Non-addictive, non-poisonous herbs are food for our bodies; they are made up of vitamins, minerals, and enzymes. The drug companies have processed the life out of herbs, so that, although herbs are the the base for many medications today, they are dead, inorganic matter. “According to Revelation 9: 21 and Revelation 18: 23, the nations are deceived by this sorcery.”

Where do you think sorcery originates? Certainly it carries a connotation of deception. It comes from the Greek and means the use of drugs, medicines, spells, and poisons. When they interpreted the Scriptures from the Greek, they used the word sorcery as the English word for the Greek meaning. However, a closer more direct English word for the Greek meaning is pharmacy. Pharmacy [<of farmacie< LL pharmacia < Gk. Pharmakeia <pharmakon drug]. Drugs are deceptive to the body because they are only “diverting” the body’s attention, rather than rebuilding and cleaning body cells and tissues, as do the live herbs. This process of “taking life out of” food or substituting man-made chemicals for life includes most vitamin and mineral supplements. Unfortunately, many vitamins and minerals that are manufactured (not from Seeds) have no life in them.

We must read the labels on the foods we purchase. There is just no way the body can live on seedless foodstuff, which has no life in it. All the body can do with it is to try and get rid of it like any other garbage waste; or forced to store it in tissue spaces and organs of the body. If we ever wonder why we do not feel so good, why we are sick, or why we do not look as good as we used to, we must think about what we have put into our physical house. Are we giving our bodies life or death?

We can get stimulation for a time from coffee, processed foods and all such drugs. However, there is a difference between stimulation and energy. The stimulation comes only because we are literally robbing energy from our body reserves in order to handle such dead matter. After a while,
even the coffee or processed food will not act as a stimulant. Accountability has arrived and we have used up our body’s “bank account reserves” of life-giving nutrition from eating processed food.

Again, all that touches our Trinity Relationships is proceeding from one or two basic philosophies. Do we believe that YHVH created this physical life to be lived from live foods or do we not? When we permit our lifestyles to be so influenced by certain “experts,” we must understand where they are coming from. Can a manufacturing concern tell us what life is? Who is the expert? What is our informational source’s philosophy of life? Each one of us must search out information for ourselves and decide.

If it were possible to put anything in the body, as long as it contained minerals, we could just eat sand or even seawater…if that were all there was to it. If it was just a matter of food going down and giving us fuel, we could just eat sugar and be done with it…if that is all food is supposed to do for us. If it does not matter what kind and in what form vitamins and minerals come in, or what type of food we eat, as to its composition or processing, then there would be no problem at all.

Some so-called experts have reasoned that what we are putting into our body does not cause weakness, sickness and dis-ease. They argue that it must be something “attacking” us from the outside. And so the “germ theory” came to rule our lives. There is nothing wrong with determining, through study and research, that a certain bacteria or germ has a certain relationship with a specific sickness or dis-ease. The problem comes when a scientist stops there and infers that such bacteria, virus, or germ causes that sickness, and concludes the thing to do is to kill that bacteria and solve the problem. At best, that is only a temporary solution; and at worst, it does not give health to the sick; the drugs used to subdue bacteria and germs will cause future problems. What they fail to tell you is the fact that when you are given an antibiotic, it kills all the bacteria in your body, even the good ones as the antibiotic cannot tell the difference between the two; and this antibiotic will also cause yeast infections side effects and also drain your immune system.

Germs, bacteria, viruses, flies, and worms, like vultures, swine and other scavengers are “house or earth cleaners.” They were created to keep creation clean. They eat decaying, rotting, dead matter. Just as we will find flies around a garbage cans because of what is in the garbage can, we will feel the symptoms of the over-abundance of bacteria, germs, and worms in our bodies, when our bodies are full of garbage. We cannot blame the germs because they are just doing their job. Some people blame their Creator, “reasoning” that He made them sick, because they did not perform well enough. They fall into that trap of not knowing YHVH’s Grace of love and acceptance for them. Some blame “the adversary”, not understanding that they do not have to be open to the influences of his works, since
YHVHysh has destroyed the works of “the adversary”. Instead of assuming responsibility for our life, we tend to search for someone, some “thing,” or some institution to blame.

The dietary laws YHVH gave to Israel were not set up as a standard by which YHVH would accept them. He did not accept or reject them according to whether or not they ate pork. Why did YHVH set up such laws? He placed all animals on this earth for a purpose. Why did He command to not eat an animal unless it has both a split hoof and chews it's cud? Because these animals are scavengers, created to clean up waste matter. Swine love dead rats, especially those covered with maggots. They also eat their own waste. Within four hours after this feast, waste is in the meat of the swine. It is a known fact, after cooking a piece of pork until it is charred and then placing it under a microscope, parasites can still be seen moving around. This is because the meat is cooked from the outside, never affecting the parasites that are buried deep within the flesh of swine. Even “clean-eating” swine are bad for our bodies. YHVH wasn’t saying He would write Israel off if they were not physically healthy; rather, He was just trying to protect them from the dis-eases of other nations.

Why did YHVH say not to eat fish without both scales and fins? How are wastes from other fish cleaned from the water? Snails, tuna, catfish, shrimp, lobster, and crab are “house cleaners”…they eat the wastes from the other water creatures because they are bottom dwellers…all crustaceans are.

YHVH set up certain dietary laws not because He was trying to make food an issue of acceptance by HIM, rather it was a question of what constitutes life for our bodies. If we want to be healthy, we have to make the decision to eat to live [feed our body], instead of living to eat. It is a basic decision. If we are living to eat and we think it does not matter what we ingest, we will harm not only the relationship between our physical body and its environment, but also, all other relationships. [Review Spirit and Soul relationships discussed previously.]

We cannot depend on our five senses alone in deciding what is good for us to eat. YHVH did not give us our five senses to make decisions with. Advertising and the world system appeals to our five senses. If it looks, tastes, feels, sounds and smells good, we use our five senses to make a decision. Instead we should ask: is it good for my body? Is it a live food? What is its function?

YHVH wants us to be fulfilled as far as our physical body is concerned…not weak, sick, or dis-eased; which is contrary to and blocks access to His Life. He wants us to make the decision to eat to feed the body. He has given us all we need and provided grace to us so we are able to make such a decision, not in order to be accepted, but because we are accepted by Him through HIS SON YHVHysh.
MEASURING THE BODY'S VITALITY

There are basic laws that relate to physical life. A simplified way of expressing a very basic law is \( V = P - O \). That is...our **V**itality or the amount of energy we have available for use, is equal to our **P**otential energy, which is Rest energy and Vitamins, minerals and Enzyme “bank account”, minus the **O**bstructions in our body...\( V = P - O \).

Our **P**otential life, the “bank account,” should last approximately 120 years if our parents were healthy at our conception. If, at the time of our conception they were low in Enzymes or Rest, we will have a lower starting “bank account.” There is no such thing as “inherited” dis-ease, illness or sickness. Rather, we inherit deficiencies. If one of the parents had a physical problem because of a deficiency, the child will inherit that deficiency. If the child does not correct that deficiency, he or she will have the same symptoms as one or more of the parents.

In any given day we should be replenishing that **P**otential energy bank account with 80% of our energy coming from the sun and air, and 20% from our diet. All physical life operates in this way. Plants get 80% of their nutrition from the sun and air, and 20% from the soil. If we do not give our body the proper 20% from live foods, then our enzyme bank account has to make withdrawals enough to account for what we did not put in. That is why people “bankrupt” before 120 years. However, the problem gets worse because not only does the food not contain nutrients the body is able to use, it also causes obstructions, which the body tries to clean out. This cleaning out takes more energy from the bank account. The more we overeat, the more obstructions we put in. Our vitality is lowered and the body tries to tell us by symptoms that there is something wrong, but instead we cover up eating stimulating substances such as salt and refined sugar; drink coffee or smoke a cigarette.

One of the most asked question is: “Why am I tired”? One answer to that question is: because we are depleting our bank account...eating foods we cannot digest from which we can get no nutrition. These foods are becoming **O**bstructions in the tissue spaces of our body, blocking circulation, blocking the cleaning of wastes from the bloodstream and stopping any nutrition we do swallow from getting to billions of cells in our body that needs feeding and cleaning for life. The cells begin to die in various organs, glands, and muscles, which then brings on the symptoms we feel. We should not fear these symptoms and using up more enzymes from our bank account. Rather, we should listen to these symptoms, as it is the body’s way of talking to us and telling us we need to do something about the cause of these symptoms. Any symptom we feel is a result of the body going through a withdrawal; the body is trying to rid itself of **O**bstructions and is having difficulty because of obstructed elimination organs, which causes discomfort in the process. We need to help the body get rid of **O**bstructions rather than cover up a symptom with the use of some drug, which will ultimately become another
Obstruction. Even better, let's “close the door” by not introducing the wrong things into our body to begin with.

The body has four ways to rid itself of wastes and/or obstructions: the kidneys, which should eliminate 92% of the water soluble waste; the bowel – 6% of water insoluble waste; and the other 2% air pollution through the skin and lungs. If the body is not able to move wastes out, as it should through the bowel or kidneys, some of the milder symptoms we can experience are headaches, colds, flu or diarrhea. Diarrhea is just an aggravated stage of constipation in which the bowel is so congested that the kidneys shoot water in to help remove out the waste. If the kidneys are congested and we are acid, the skin takes over as a third kidney and we might have such symptoms as rashes, eczema's, boils, arthritis, pimples, or even acne.

If the body is unable to eliminate wastes as Obstructions, it produces fat in order to store them. Otherwise, if the body is unable to convert carbohydrates to fat, it has no choice but to store the toxins in organs. So, if we are fat, it is not because of the amount of calories we eat; it is the kind of calories we are putting in that causes our weight problem. In some cases, the cause also includes various hormone deficiencies.

Learn how to work with your body and keep it clean. Listen to it! If we take aspirin or drugs to suppress the symptoms and cover the cause so we can keep on with our work, we are just swallowing more Obstructions for our overworked physical system to eliminate.

There are many people in our society who are very sincere in their belief that they are helping others in the giving of their advice concerning food or drugs, but they are sincerely wrong, not realizing the mistakes they are making because they have the wrong basis for their information. The Author of Life is YHVH and life is sustained only by life. It matters very much to our bodies whether foods are live...organic, from a seed; or dead...processed, refined, full of chemicals, and over processed.

When we suppress a symptom and halt the body’s attempt to rid itself of an obstruction, the body has to store the resulting waste. After a time, the symptom reappears somewhere else, and later still, we have sickness or dis-ease. Dis-ease is the body not at ease; it is at dis-ease, because of all the “junk” put in it, it cannot relax; its internal rhythms are disrupted. Imagine sitting in your living room with open garbage cans and flies swarming about. This is many of our internal body state. We can cover our living room up with air fresheners and bug killers, or we can take the garbage out. When the body gets too toxic, it will not relax; it is at dis-ease. The pills we have been taking to alleviate those symptoms are not working anymore. Instead of suppressing the symptom, we must deal with the cause of the dis-ease. When we get rid of the wastes and Obstructions, the symptoms will go away because
the one reason we have the symptoms in the first place is because our body is toxic and is having a hard time getting the toxins out.

There is another factor that has a negative effect on the physical body aside from what we are ingesting. That factor is stress. An argument with anyone will lower our vitality and our body will not be able to digest foods or cleanse as the body needs, however good the food may be. Inadequate exercise and rest is also stressful to the physical body.

A performance kick is going to always make us feel guilty before YHVH. That is stressful. Likewise, if we are basing acceptance of others or ourselves on how well we or they perform, we will make too many withdrawals from our bank account and stop elimination.

We cannot separate any of these relationships. All have an effect, upon each other. If our physical body is under stress, it affects our mind and emotions and we cannot think clearly. If our calcium[s] are too low, we can try to be spiritual all we want, but all we will be is a terror to be around. Acid foods make us hyper as well as our children. If our children are hyper and cannot sit down, we punish them; yet we keep feeding them stimulants that make them so hyper they cannot calm down. Some rebellion is not willful, but may have to do with the physical system deficiency.

These physical laws are just that...laws. Neither our prejudices nor our prayers will change them. We also need to know that we cannot change our lifestyle overnight. We have to first make a decision to eat to feed our body, not just to lose weight, correct high or low blood sugar, think more clearly, be rid of symptoms, or whatever. Those are motives and can be used as a way of getting control of our physical body, but we need to understand they are not the best motive. When we depart from this earth, we do not have to depart because we were forced out of our bodies through sickness and dis-ease, which lead to premature death. Rather, we may just depart because it is our time to leave. As Paul said in Philippians 1: 23-25, “For I am in a strait betwixt two, having a desire to depart, and to be with YHVH; which is far better: Nevertheless to abide in the body flesh is more needful for you. And having this confidence, I know that I shall abide and continue with you all for your furtherance and joy of faith.”
CHAPTER TWO
lifestyle:
Key to cause and prevention of weakness, sickness and dis-ease

In this chapter I would like to discuss the cause as well as the prevention of weakness, sickness and dis-ease. It is very easy to get caught up in trying to find cures for our symptoms. Actually, there is no such thing as a cure for dis-ease. YHVH created our bodies with the natural ability to stay healthy. Our bodies will do just that as long as our Lifestyles do not interfere. When we experience symptoms of weakness, sickness and dis-ease, our bodies are simply telling us our Lifestyles are not cooperating with the NATURAL LAWS that govern our bodies. Looking for cures won’t help our bodies; but we can prevent weakness, sickness and dis-ease...because YHVH has made provision for BOTH NATURAL AND SPIRITUAL physical health and healing.

In the beginning, YHVH formed Adam complete with his heart, other organs and tissues. When YHVH breathed the “Breath of Life” into him, Adam became a living soul. Before that he was nothing. Adam’s life came from YHVH, as does all life come from YHVH. Every generation since Adam, inherited that same gift of YHVH – the Breath of Life. With each generation, however, mankind has been losing his ability to use the Breath of Life. Before the flood mankind used the Breath of Life for almost a thousand (1,000) years. After the flood the atmospheres changed and mankind was at that time allowed to start eating meat. Consequently, the life span began to decrease. Mankind was able only to use the Breath of Life for 600 years, then 300. Today we could live for 120 years if we would only cooperate with the NATURAL LAWS governing our bodies. When we do not cooperate with THESE NATURAL LAWS, we experience weakness, sickness and dis-ease; by interfering with the Breath of Life.

The reason this Breathing is so important is because the Lungs circulate the blood through the heart to all the cells. The blood needs to circulate because the life of the flesh is in the blood and the blood carries Breath of Life to the cells. When we can not breathe well, we interfere with the blood circulation and consequently, Breath of Life with life and vitality. Many have been taught and believe that the heart is a pump. This is not so! The heart directs the flow of the blood to different areas of the body. Breathing is what moves the blood around. When the breathing stops, the blood stops circulating and we are in big trouble.

It is obvious that breathing is essential for our health. As a matter of fact, 80% of our energy comes form the sun and the air. Although we can live for quite a while without food and for some time without water, we cannot live long without breathing. For this reason, we need to learn how to stop interfering with the Breath of Life. When we apply this knowledge, we can stop interfering; and we
can prevent weakness, sickness and dis-ease. It is not a matter of curing our symptoms it is a matter of preventing them by co-operating with the Lifestyle Laws of Health regarding the Breath of Life.

Take a look at how our bodies breathe. Our lungs of course, take in air, but we breathe almost also through our skin. To illustrate this, suppose someone was to paint himself with a metallic paint, leaving only his eyes and nose open. He would not last very long at all, maybe about 3 minutes before the onset of death. Why? Because he would no longer be able to receive the Breath of Life through his skin!

As long as we can breathe through our lungs and skin, we can stay healthy like we were created to be. We must learn how to prevent our Lifestyles from interfering with our Breath of Life. There are so many things we can do, but we have to take the responsibility and make the Lifestyle choice. Symptoms simply tell us there is something is interfering with the circulation of the blood. Something is interfering with our Breath of Life. Remember, the Breath of Life along with energy from the sun, air, blood and water, enable our cells to stay healthy and perform properly. However, when we lose the circulation, we restrict the Breath of Life. Consequently, we begin to experience a variety of symptoms. See Appendix ________________ for discussions of various symptoms.

Which particular symptoms we experience depends on where the blood is restricted. If the blood can not get to the ears as it should, we could be hard of hearing, if the blood can not get to the eyes, we will be near-sighted, far-sighted or have some other eye problem. The organs not getting the Breath of Life will break down first. We can prevent this by making sure our Lifestyles do not interfere with the blood’s circulation.

We have given a lot of our symptoms names, but names do not really help. We need to deal with the cause of the symptoms. When we know what the cause is, then we can do something about the Lifestyle prevention.

It is my conviction that the cause of all weakness, sickness and dis-ease is a lifestyle that interferes with the Breath of Life getting to the cells. We need to first of all, make sure we are getting enough energy from our foods. When our liver does not get the proper nutrition, the cells age too quickly. They do not do their jobs and symptoms start showing up. We need to make sure obstructions are not allowed to remain in our bodies. These are toxic wastes interfering with the circulation of the blood. As a result, nutrition and Breath of Life can not be used by the cells. It is either a lack of proper breathing, rest, nutrition or a build up of obstructions, that cause symptoms of weakness, sickness and dis-ease. This is true regardless of the symptoms we might have. Symptoms merely indicate we are doing something in our lifestyle that interferes with our body’s own ability to receive the Breath of Life. We can change our Lifestyles…our bodies are programed to do the rest.
WHERE DOES OUR ENERGY GO?

The body uses energy in the following order or priorities: highest energy amounts go to Stress, then Physical and Mental Work, then digestion, and finally, Elimination. The elimination organs eliminate in the following percentages: kidneys – 92%; bowels – 6%; lungs and skin – 2%.

When the body cannot eliminate the toxins and waste, it has to store them in the tissues somewhere and this is what causes the body to be obstructed. These obstructions interfere with the circulation of the blood, thus keeping Breath of Life from getting to the cells, resulting in the loss of vitality. You could have 100% potential and still have low vitality because of the obstructions interfering with the potential energy being available to the body.

We will look into where our energy goes in more detail beginning with Chapter 7.

WHERE DOES OUR BODY'S ENERGY COME FROM?

Eating…how long could we last without it? We might say, maybe a few days, or a week, or maybe we do not think we could make it even until dinnertime. If we think about it, we have to agree that we could probably go without food for quite a long time if we had to, but what about breathing? That is a different matter altogether. Three or four minutes without air and we are in trouble! That oxygen must be doing something for us! And water? A few days without water and our body would literally dry up! And suppose someone said to us, “Let’s stay up all night! Or better yet, the whole week!” What shape do you think we would be in? Do you we think we could do anything at all without having slept for a few days? If we did get all our energy from food, why is it that we are so dependent on these other things? Think about it!

Here we have found some simple things that are taken for granted that really are important: Breathing, Rest, Water, and lastly…food! These are the true sources that the body gets its energy from. Look at the chart on the following page to see how much energy comes from each source.

We do not have to pay anyone for the fresh air we breathe, the sleep we get, or the sunlight we receive, they are all free. We do not think much about these things, and we probably do not know how to get the most out of them. Food and water aren’t exactly free, but there are some important tips for these, too. These are the guidelines we strive for every day – and we should try them too!
LET US LOOK BRIEFLY INTO HOW OUR BODY RECEIVES ENERGY

Where does our energy come from?

Breathing – Oxygen is the main substance (mineral gas) that energizes our body. In fact, 56% of our energy comes from breathing. Our body is literally a breathing machine. In a way, it is similar to the engine of a car.

*Deep breathing is a good mechanism for getting oxygen into our lungs and body, and for training our lungs to work better.

Below are some brief suggestions as to when and how to deep breathe and to exercise:

Deep breathe 5 times a day, for 5 minutes each time. The best times to do this are just after arising in the morning, before each meal and also just before bed, which will relax and help us to sleep.

Stand up! Raise your arms over your head while you take a deep breath, completely filling the lungs. Hold the breath as long as it is comfortable. Then let the air out through the mouth as slowly as you can while slowly lowering the arms. Work up to one minute for each breath, but do not expect to be able to do this right away. Ten or fifteen seconds may be all we can do at first.

*To breathe well, the proper humidity is very important, maintain the relative humidity between 40% and 60%. Below this range, our lungs can not get the oxygen they need from the air. Above this range breathing becomes difficult, and things can get moldy from all the excess moisture.

*Exercise – really distributes the oxygen in the body. Walking and swimming are examples of good exercises to do because they are not stressful on the body. The old adage, “No pain, no gain” can be damaging.

*WATER – Our body also gets oxygen from water and sunlight.

- Distilled Water is two parts hydrogen and one part oxygen, and the body uses this oxygen.
  – Sunlight and especially the color sky blue, enables the body to absorb oxygen.
THE IMPORTANCE OF GOOD BREATHING

One’s breathing habits can make or break one’s ability to cleanse effectively or do anything effectively. When we consider the fact that most of us can survive at least 40 days without food, but no longer than five minutes without air, we can begin to appreciate our most important energy source. Breathing becomes an even more important energy source while we fast from food. If at some point we feel depleted during the cleanse, note this is a need to breathe deeper. A session of steady, deep, yet relaxed breathing for an hour or at least 30 minutes each day can make all the difference. Not only is the energy level improved, but the surplus of oxygen also helps purify the bloodstream of toxic substances and dis-ease microorganisms.

It is true that the most primitive microorganisms, which are involved in dis-eases are anaerobic (live without oxygen). These pathogenic bacteria and viruses can only live in isolated places that become sealed off from oxygen exposure, whether that be in a stagnant pond, or in the body of a poor breather. Hyper-oxygenation of the bloodstream using ozone has been highly successful in aiding the body to resist a large number of dis-eases including AIDS and CANCER. Even the AIDS virus cannot survive a high oxygen environment. This is understood to be a scientific fact.

One may ask, “If resisting AIDS and CANCER is this simple, why hasn’t it been made available to everyone by now?” Breathing deeper has always been available, but is too simple a solution for people to believe, and the medical establishment can not make much profit from it. The principle is too simple and obvious for our complicated medical establishment.

To truly heal, we must transform our self-destructive lifestyle habits. The vast majority of people in our culture have unhealthy breathing habits, not to mention unhealthy eating habits. How did we become poor breathers? There is overwhelming evidence that the quality of our first breaths at birth have a great bearing as to how we habitually breathe the rest of our lives. Most women have experienced unnatural childbirths in which the umbilical cord was prematurely severed. The umbilical cord supplies the newborn baby with oxygen until it can become accustomed to breathing on its own. If the cord is cut immediately, as done in most childbirth procedures, the child is forced to struggle for air in order to keep from dying. It desperately gasps for air, quickly and shallowly. Most of us continue to breathe like those first breaths, quick and shallow. I am convinced that this kind of breathing is the reason why many have low energy, unclear thinking, nervousness, and a whole list of other health ailments. How can we change such an embedded unconscious pattern? At first, it takes a real conscious effort. A number of breath therapies are now available to meet this need. If you keep practicing breath work, your entire breathing pattern will be changing from shallow, inconsistent gasps and breath holding, to deep, slow, steady, relaxing breaths.
LET US BREIFLY LOOK AT REST

While sleeping, we normally “recharge” much of the energy expended during the day. Without proper recharging, the body will eventually burn out! We get the maximum recharge of energy from 10 p.m. to 2 a.m. (11 p.m. to 3 a.m. in summer with daylight savings) while the sun’s energy is being most completely blocked by the earth. During the day the sun’s South Pole energy predominates, waking us up by activating our body’s glands. The sun’s South Pole energy also activates digestion. After the sun sets, the sun’s energy can not reach our body, and the earth’s natural North Pole energy predominates, and our body’s glands “shut down” preparing us for rest. For this reason food eaten after 6 p.m. (7 p.m. in summer) will not digest well. See the chart: Energy Cycle of the Body on the 2nd page of Client booklet.

South Pole (sun) and North Pole (nighttime) energies must balance. Man-made electrical appliances, household wiring systems, computers and even our automobiles emit man-made South Pole energy. This top-heavy influx of South Pole energies depletes our rest energy reserves. We can resist this by sleeping the proper hours, using the special magnets; and cutting down on electrical fields. See chapter 4 for an expanded discussion.

LET US LOOK AT WATER BREIFLY

Water is the transporter of life. All body processes need pure water to function. Fifteen percent of our total energy comes from water via the oxygen and hydrogen content, and an average of 70% of our total body weight is water. Water flushes toxins out of our system.

*How much to drink:* You need to drink half your body weight in ounces of distilled water each day. (See: Why Distilled Water? – below). So, if we weigh 160lbs., then we need to drink half that number in ounces, or 80 ounces.  
- Divide that amount of water into 8 glasses to spread out during the day. Each of the 8 glasses in my example would have 10 ounces.
- We need to drink more when exercising, if pregnant, and when it is very dry; also the more sick or dis-eased we are, the more we will need to drink.
*When to drink:* Drink 5 glasses in the morning (from 6 a.m. to noon). This is the period when your body wants to “clean house”, and can use the water the most.
- Drink only 1 glass between lunch and dinner.
- Drink 2 glasses between dinner and bedtime. If it is easier to drink 2 between lunch and dinner, it is okay to switch. It is very important to remember that water will dilute our digestive juices, and will
prevent our food from digesting properly! Drink as little water with meals as is possible (no more than 3 ounces). End your drinking 1/2-hour before mealtime.

*How to Drink:* It is preferable to drink between 3 and 4 ounces every half hour, or if this is too strict, between 6 and 8 ounces every hour. Try not to gulp it down all at once; it will just rush right through without doing any cleaning.

**WHY NOT DRINK GROUND WATER?**
Rain cleans the air and brings nutrition to the soil such as nitrogen for plant life. Through filtration, pollution is filtered. However, air pollution is so bad that the rain becomes acid; this corrodes the earth causing the soil’s inability to hold moisture, then the plants can not absorb the minerals.

Because of polluted water and added fluorides and chlorine(s), etc., our water system is full of Urea(s) causing cholesterol build-up and acid body systems.

**HUMIDITY AND WATER**
We get water not only from drinking, but also from air humidity through our skin and lungs. The cleaner and less obstructed our skin and lung systems are, the better we can pick up moisture. Air humidity must range from between 40% and 60% for this to occur. Air conditioning lowers humidity below 40% causing us to dry our bodies, which causes the blood to thicken. When this happens, we cannot clean out effectively through the blood system.

When using air conditioning, use it only to lower room temperatures to 72°. Purchase a good humidi-stat to keep track of humidity levels and consider as needed, humidifiers for winter and dehumidifiers in the hot summer months for moldy, yeasty moist areas, like basements.

**WATER FROM FOODS**
We get water from the water content of fruits and vegetables; that is, if they are not overcooked. Baking over 240°F removes too much water, as does high-heat frying. To prevent dehydrating your digestive system, always steam over boiling water, or bake at 240°F. Making soups using distilled water is also a good method since food nutrients pass out into the broth, which is eaten. Overcooking creates a “processed food” (highly concentrated acid-forming), which has the water content driven from it.

**OVERWEIGHT? UNDERWEIGHT?**
Water balance in the body is mainly responsible for these two problems. It is not wholly as simple as drinking more or less water; the chemical balance of the body is equally important, as well as obstructions, etc.

However, digestive juices, being mostly water will be weakened when our body chemistry is off from lack of good clean water. Water is also vital in the entire digestive process and the process of moving nutrition to every cell. Blood should circulate through the body every 23 seconds. Lack of cleansing waters will slow this down and slow you down as well.
Incorrect water-body ratios prevent our bodies from picking up electrical energy from the sun and air.

**WHY DISTILLED WATER?**
Distilled water is water that has been heated and turned to vapor, leaving behind chemicals, inorganic minerals, salts and impurities of any kind. It then condenses and turns back to water; clean, pure water…rainwater without the pollution.

Distilled water is the purest form of water on the face of the earth. It contains no solid matter of any kind. It is made solely of the combination of two gases, hydrogen and oxygen. It is these two substances that constitutes 60 – 70% of our bodies weight and is what our bodies needs the most.

**WHAT WILL IT DO FOR ME?**
Steam distillation simply lifts the water out of all the impurities! Once the water is pure, it has a strong attraction for inorganic substances making it the most potent cleansing agent that the body can have. Our kidneys need this cleansing water.

Water itself is like a giant sponge, wanting to soak up these inorganic substances. But, if it goes into the body with inorganic impurities such as spring and well water, its natural cleansing functions is impaired. As a result, these pollutants can build up in our blood vessels, joints, and tissues. As a potent solvent, distilled water draws stored impurities such as acid crystals, toxic substances, and other waste materials from the body.

A common misconception is that we need these minerals in our water. Rainwater filters down into the soil and picks up inorganic minerals along the way that are held in suspension in the water. These are inorganic minerals, just like sand, and cannot be assimilated by the body. The reason we get our minerals just from foods is that only plants can convert (digest) inorganic substances into organic ones that can be assimilated by the body.

And Finally! –
Steam distilled water will energize our bodies because it has the right frequency for our bodies. Oxygen gives our body energy, and is the main substance that we run on. Yes, we get oxygen from water as well as from breathing! It is important to have the purest source of water to get the most oxygen from the water.
We will be now discussing all aspects of Breathing and Breathing problems. When you get right down to it, any problem you can have, any weakness, sickness or dis-ease symptoms that you experience, there is always breathing problems involved.

When we talk about breathing problems we want to first discuss the importance of breathing. Second, what causes breathing problems; and, third what we can do to prevent it. Remember that 80% of our energy comes from breathing; 15% of our energy comes from water; and, 5% of our energy comes from food, minus the water that is naturally in the food. 56% of our breathing energy comes while we are awake; 24% of the breathing energy comes while we are asleep. 80% of our breathing energy comes from the air and the sun; and it is our bodies natural ability to breathe in and take in this energy that is most important to our health. Without breathing, you might last maybe 2 minutes or so.

There is a certain type of breathing energy you can only get when the sun is farthest away from our location on the earth; around 10 p.m. to 2 a.m. If you are not resting during that time, then, you miss that energy and you can not catch up by sleeping in the morning or during the day. You can not make up for this rest energy which is only available during the time when the sun is the farthest away from you.
It is the **Breath of Life**, or energy we get from the inner sun in union with your body that gives you life, as we know it. Life is the union of the breath of life with your body. When YHVH created your body; there was no life in it. From the dust minerals YHVH made the body. There was no life until YHVH breathed into man's nostrils the **Breath of Life**. Then Adam soul came alive. A living soul. If the breath is gone we call that death, we have expired. We want to be inspired. Inspired means breath coming in, expired means breath going out. Weakness, sickness and dis-ease symptoms manifest when that ability to **inspire** or take in the **Breath of Life** has decreased. It is the ability of your body to breathe that determines the degree of vitality or health that you are experiencing in your body.

We refer to the **Breath of Life** as the “spirit”, or the “spirit of man” and it results in a “living soul,” when that spirit comes in union with the body; and, as such, man became a living soul. The soul is result of our spirit being in union with our body. We have breathing problems whenever the body interferes with this **Breath of Life**. Whatever interferes with our body’s ability to breathe in this air interferes with our health and our vitality; and we call that weakness, sickness and dis-ease. That is kind of an anachronism…

The body breathes in as much energy from the air through the skin as it does through our lungs. In fact, our lungs are skin, too. The lungs are made up of the same texture, only a little bit more stretchable and flexible. Our heart is skin, too, but it is a tougher organ skin. Some of our skin is tougher on your body and some is not as tough. We breathe in more through your skin than we do through our lungs at night. You’ve heard me say this before, “If you painted your body completely with a metallic paint, you would live for only three minutes. You can not breathe through your lungs without breathing through your skin, too; it is impossible. What it means is that your skin is very important, and if you have a skin problem, you have a breathing problem; as well as if you have a lung problem, you have a breathing problem.

Our energy comes in through the skin and moves into our bones. Our bones are the main part of our body that picks up and attracts the electrical energy from the air and attracts it to our body. Our bones are like antennas that pull in the energy from the air, and we get the color energy from the sun. The sun has the white light of the full spectrum, which has all of the colors like the rainbow; not just the colors of the rainbow, but many of the other colors; and when all the colors are added together give they give white light. So when white light hits different things, certain colors of that light bounce back and that is what is pick up with our eyes. Your eyes pick up color energy; and different colors have different effects on our body. Some colors will make us hyper; some colors sedate us or slow us down and make us relax. I won’t go into detail on that, but we do get those colors from the sun as well; and it
is part of our breathing in the sense that light is part of the air that we get from the sun. Really, it is the sun that interacts with our earth that creates the air, gives us air, and gives us gravity. The rotation of the sun around the earth gives us gravity or gives us magnetism and gives us electricity and gives us these high and low pressures which govern our whole earth's atmosphere.

Atmosphere comes from the interaction of the rotation of the sun around the earth. Without witch, we would not have any air to breath. And we have to be just the right distance away from the sun for us to have the amount of the heat and gravity we need to live on. If we were a little bit too close or too far away, the temperature would not be right. We all ought to know that just from the North Pole to the South Pole, the difference in temperatures… just that difference from the sun, as sun is rotating around the earth. That distance from the sun to the earth makes that much difference in the temperature. When we go up into the mountains it is colder than in the valleys; That has to do with gravity and sun distance from the earth.

If the earth was like the distance from the moon as the sun rotates around the earth, or any of these other planets, there could not be life. Our kind of life cannot not exist there, cannot exist on the moon! We could not breathe on the moon, because the air isn’t the kind of air we can breathe, because of the absence of the balance of air energy that we need to inhale in order to breathe and be healthy.

Most of what makes up air and air energy is nitrogen. Oxygen is the next most plentiful nutrient in the air. And then smaller amounts of carbon and other types of elements minus pollution. There is a lot of pollution in the air, which is a lot of our breathing problems that we need to deal with. So, we have got carbon, nitrogen and oxygen with some other types of choice minerals, especially hydrogen… hydrogen in the air in the form of moisture, H₂O. Humidity in the air should be around 50%; which humidity is made up of H₂O and H₂O₂ (hydrogen peroxide.) There is some ozone (O₃) in the upper atmosphere air, but can will not find ozone down here where we breathe because the ozone is converted to hydrogen peroxide when it comes further down into our atmosphere. We very seldom find O₂, oxygen two; We do not find oxygen this way. The three forms you find oxygen O₃, O₂, and H₂O are as water and hydrogen peroxide.

The only reason why we age is because of oxygen degeneration. The only reason the body dies and ages in its natural aging process is because of oxygen! Oxygen is the time element. If we could live without oxygen we would never Age! Before Adam ate some of the forbidden tree of good and evil, he had a body that could not die; and Satan came along and said, “You’ll never die, come on, go ahead and eat it, you’ll never die!” He got some oxygen, he got a good lung full of oxygen when he did that, but it is the O₂ form that makes us age. H₂O is a stable form, but the most important form of oxygen is in the peroxide form. The peroxide form in nature preserves our plants, the atmosphere, and
our bodies. It is what keeps things from aging and helps detoxify; and has a purifying effect in nature and in our body. You can put water with different things. Too much water would be corrosive. Too much water will cause things to ferment and mold and become mildewed. Dried foods will not spoil if you take the water out of it. It is called dehydration. But put a little water in it and see how fast that food will age and get moldy and ferment. Water is not a preservative, but hydrogen peroxide in the water is. You can put hydrogen peroxide in water and the water will not ferment. If there were hydrogen peroxide in the food like it should be in nature, all seeds… if they are natural (non hybrid or GMO) seeds. We can leave them on the shelf and they will last for a lo-o-o-n-g time without being in the refrigerator. Hydrogen peroxide in the air that we breathe, makes the air pure by taking the pollution out of the air. One of our breathing problems is the lack of hydrogen peroxide in the air as well as in our foods. This should give you an idea and better understanding of the composition of air; and why it is important.

Water and hydrogen peroxide is in a vapor form in the air; which is called humidity. The air always wants to keep and hang on to a certain amount of moisture. It is not satisfied to be dry and not satisfied in being too wet. Too much moisture in the air causes rains! It precipitates excess water form the air. Three-fourths of the earth is made up of water. What if the air retained all of the moisture from the oceans and lake, etc. What if the air humidity always stayed at 90-100%, no matter what? Everything would be moldy, including all of mankind. Everything would corroded; literally, everything would corrode and break down and oxidize! But YHVH, in His great plan, made the earth to hang (tilt) in such a way where the earth could only pick up the amount of moisture by evaporation from the seas and lakes; thus picking up a certain moisture percentage; which should be around 50%; except when it rains. In other words, the moisture builds up for a little while to bring it up into the clouds. And when moisture starts getting around 80%, clouds are going to form and at 95% begins to dump the moisture in the form of rain which also cleans the air. If the humidity gets too low, it picks up the moisture from the surroundings. So when the heat dries up the air, or cold air conditioning dries the air, and humidity gets to be around 40% or below, the air will take the moisture out of the walls, the plants, and even out of us. In other words, the air will pull the moisture out of us to keep this ~50% balance. The humidity between 40% and 60% is the normal range. The air ideally holds ~50% humidity, and is made up of water vapor, ozone converted to hydrogen peroxide vapor; that is what makes up moisture in the air. The humidity is going to take or give to its surroundings the moisture in order to keep air balanced; and if the air can not do that, if it is too dry, then it is not very healthy for us because it pulls moisture from us and dehydrates our bodies; which affects our health, our breathing, and the ability of our blood to circulate (too viscous). If the blood does not circulate well, then we do
not breathe as well. Breathing is what moves the blood around. It is our lungs breathing that acts as a pump to the heart, which in turn moves the blood around through the veins and arteries, then to the capillaries and then to the tissues surrounding the cells. When we get dehydrated the air has a tougher time giving us the ability to breathe; it is more difficult because the blood can not get around as good because the blood is too viscous\textsuperscript{2}. The salts, ureas, and sugars are more concentrated in the blood, so the blood \textbf{does not circulate} as easily; and we \textbf{do not breathe} as well, and we \textbf{do not pull} in to our bodies what is in the air. (the nitrogen, oxygen and the carbon.)

\textbf{Blood pressure problems} are related to breathing problems. There is fourteen pounds per square inch of pressure pushing in on our body and our body cells have to push out that much pressure or you would collapse. Outside Pressure would just crush you! We have to be able to breathe out against the air that is pushing in on us. Example: In outer space there is less oxygen and less atmospheric pressure. When we are in outer space we have to live in a space suit that has air in it to push in on us or we would explode… we would blow up like a balloon and pop because we would have more air pushing out then we would have pushing in against our cells. If we could live in outer space long enough our bones would dissolve because we would not need them since there is no gravity. So what do we need bones for in outer space? If we were allowed to live on this \textbf{earth} without gravity, we would not need as many bones down here either. Gravity on this \textbf{earth} is pushing us down to the ground and to the North because of the motion against the \textbf{earth}. We need our bones as a part of our flesh on \textbf{earth} in order to support our body so the pressure does not make us as jelly on the ground.

When diving down into sea water, the pressure becomes even greater. If we dive down deep enough into the sea, that increasing air pressure will actually crush us and make us collapse because the pressure on the outside of our body becomes greater than the pressure that is on the inside. An oxygen tank can give you more air in that case scenario to handle that kind of a situation. So, pressure effects depend on different body locations, in different places on this \textbf{earth}, in different altitudes above sea level, at sea level or below sea level. It depends on where we live. You can have breathing problems just because of where we live, depending on our ability to breathe. If we have high blood pressure, we would do better in lower altitudes. If you have low blood pressure you would do better in high altitudes. A person with high blood pressure would have more breathing problems and higher blood pressure problems if they lived in the mountains or high above sea level locations on this \textbf{earth}. Someone with low blood pressure would have breathing problems at or below sea level locations.

We breathe in nitrogen from the air, but we never breathe it out. We never expire nitrogen when we breathe out. When we breathe out of our body, nitrogen never comes out because the body

\textsuperscript{2} Visous: Of substances: Having glutinous or gluey character. Imperfectly fluid; adhesively soft. Taken in part from The Oxford Universal Dictionary.
uses it. We make amino acids with the carbon, nitrogen and the hydrogen. If breathing efficiently our body can make its own amino acids out of the air. We do not have to eat the pig, or the pork or the cow to get our amino acids. Our body can do it if we are breathing well and if the air is not too polluted.

**CAUSES OF BREATHING PROBLEMS**

Let’s talk about some of the causes of breathing problems as it relates to our atmosphere, and then we will talk about the atmosphere within the body, since we can have breathing problems due to the outside atmosphere; and we can have breathing problems due to atmosphere problems inside the body. If the inside atmosphere is wrong then we will have breathing problems and if the outside environment is wrong we can have breathing problems. Let’s look at the outside environment first. As long as we have enough hydrogen peroxide as a part of the humidity in the air that we breathe, the pollution in our environment and of the air that we are breathing is taken care of. If we have a humidifier that is releasing water vapor, that water vapor will not have enough natural hydrogen peroxide in it; as such, the water vapor will emit mold and mildew that we will be breathing.

How is Ozone (O₃) made and how is it supposed to be in our water? Why is this O₃ a preservative of natural life energy (that we all need, and nature needs,) not in the air like it should be today? One reason: Our pollution is messing up the ozone layer in the upper atmosphere caused by too much sulphur & carbon dioxide. Where does carbon dioxide come from? Many things, like automobiles and our plants produce a lot of carbon dioxide. What is there in nature that likes carbon dioxide? Trees and plants; plants inspire and take in carbon dioxide and they breathe out oxygen, and we breathe in oxygen and blow out carbon dioxide, that is how nature is balanced. What is the problem then?

1) We are cutting down to many trees! (especially rain forests) Some areas more then others. There are too many people living in small areas. People are living so close together that they are paving and cutting down the plants and the trees that help to keep the air clean by giving off oxygen and taking out the carbon dioxide pollution; and if we do not limit the carbon dioxide, then you must use more hydrogen peroxide from the O₃ air in order to handle that pollution. Ozone is what produces the hydrogen peroxide that we use down in our lower atmosphere air. All the nations of the earth are going to have to start conserving the natural resources.

2) Then we have what is called acid rain that uses up the friendly oxygen. Acid rain comes from sulfurs, gas fumes, nitrates and nitrites byproducts. It comes from manufacturing processes that process our plastics, which makes up our cars and most of the things we use in our offices and so on and so forth… there are a lot of plastics that we use today that give off toxic smoke through the smoke stacks; and the air uses a lot of this hydrogen peroxide that is produced from the atmosphere ozone. When
there is not enough O3 being produced in upper atmosphere, then there is nothing to neutralize it or deal with its pollution, so it comes down with the rain and it gets into our soil; and then the natural Hydrogen peroxide (H2O2) water, which is a part of the water in our soil, becomes deficient; then the soil has no protection; resulting in little critters parasites coming into the soil and laying their eggs thereby causing crop destruction. When we put our seeds in the ground and plant our crops in the soil, those little critters eat the sprouting seeds. The seeds can not pull any natural peroxide with the mineral water into the plant to protect it as it grows and thus get moldy and full of mildew; and these little critters, parasites if you will, are attracted to that type of sick plant. Then when we spray the plant to get rid of these little critters, we add even more poison to the plants. Now when we eat them they are already moldy and have mildew with a bunch of chemicals in them as well. This is the predicament we are in. It is very difficult to find anything we can eat that is unpolluted and fit to eat.

Thus the problem begins with the polluted atmosphere which we or plants breathe that lacks this O3 & H2O2 factor in the humidity of the air that can literally be filled with mold and mildew. When we breathe it we have to use the reserves of oxygen and H2O2 in our body in order to resist it. When our body gets depleted in natural preservative oxygen, H2O2 & O3. Our bodies have oxygen in the form of water; in the form of hydrogen peroxide; and that is the only way our body is supposed to use oxygen. O2 is the broken down and oxidized form which causing aging, this O2 form of oxygen is a free radical. We have to have O2 oxygen form in the air if the used up form of oxygen O3 & H2O2 utilized to preserve and keep our bodies and the air clean. So the more amount of oxygen O3 & H2O2 we use the longer we live… that is the idea. So these are some of the atmospheric problems for breathing.

Before we go into the internal environment of breathing, I would like to discuss what we can do to prevent some of these problems. We can keep working on our elected officials about cleaning up our environment. Greed is our problem there. Because of greed there are some difficulties getting people to stop producing their bi-products, even if they pollute the air, no matter how good the products are. It is difficult getting someone to give up making money at the expense of our environment. We are fighting BIG corporations, BIG money and BIG interest. Corporations are licensed by the State and we elect those people, so if we do not talk to these people we are electing, then they’re going to be influenced by the corporations rather than those who elected them because of money lobbying efforts having a lot of influence our elected officials.

We can improve the environment within our own homes, and to a certain degree, where we work. We can do that by helping to keep the our breathing air clean. We can use natural air fresheners; we can put hydrogen peroxide in our vaporizers and humidifiers; (add about 1 pint to a gallon or two
of 3% hydrogen peroxide); food grade is best. Put H2O2 into the water that we put into our humidifier, which will put the peroxide into the air and clean it. Another thing that is important to the atmosphere and air is light. Our light needs to be about 5500°K (degrees) Calvin during the day, (Calvin is the way of measuring candle light.) Fluorescent lighting, which is about 4500° is too low for work and digestion. Regular light bulbs are around 2900°K. This light intensity of light does not purify the air. We can get full spectrum lights that raise it up to 5500° Calvin. Those are available now, and we can put them in our home. We need to get them into our office space where we work, thereby better conditioning the air we are breathing. Remember, we are talking about 56% of our energy. While we are sleeping it is very important that you have clean air and the humidity just right. This is very important! We want to prevent our basement or any other part of our house from having too much humidity; which forms mold and mildew. There are certain places in our house where quite a bit of moisture can collect, like in our sinks and around our refrigerator. This is where mold and mildew build up; So spray peroxide on it, or we can use Clorox… something to get rid of that mold and mildew. Remove the excess moisture, as this will help with home and work environment. Some of us, if we have real problems with breathing, might need to spray our plants. Spray the soil of our plants with hydrogen peroxide to prevent mildew and mold build up in the soil of the plants that are potted in our house. This is a big source of mold and mildew that can get into the air using up oxygen and thereby causing breathing problems; especially for those having yeast problems. Hopefully, we can begin to see some of the breathing problems that develop with excess moisture causing mold and mildew!

To some, basements cause tremendous problems. It is because of the high humidity; we need to have a dehumidifier down there, but even then we need add some peroxide in the dehumidifier water. If it is during the rainy season or whatever, the humidity is really high and those walls sweat; resulting in a lot of mold and mildew being introduced into the air. We do not know or realize what is hitting us when we keep breathing that stuff. It just keeps causing problems continually because we can not stop breathing or take a breather from breathing, RIGHT? We can stop eating, although sometimes we do not think we can….but we cannot stop breathing! It is a full time job and if our environment is bad, then we have a problem, a big problem! It is more difficult to overcome a breathing problem than an eating problem, because we could stop eating for a while, but we cannot stop breathing. It is very important to invest in conditioning and protecting our environment. Where ever we sleep, and where ever we spend our time breathing, make every effort to improve in the environment. Put a lot of effort into it, spend money. It is going to save us money in the long run by improving our breathing environment. We could have a spray bottle with water and peroxide in it; and spray it into the air;
keep the humidity and the air nice and fresh and keeping ourself warm,… it is amazing. If we let the H2O2 get too low or the air too dry, we get sleepy and sluggish during the day.

Keep that oxygen and humidity in the air. I have to keep the environment in my car healthy. I spend a lot of time traveling in my car, which can be a real breathing problem for me if I do not put some effort into keeping the air in my car pure. we can get an car and home air ionizer. An air ionizer puts a little bit of ozone into the air, O₃, which turns into hydrogen peroxide. It will do that if I have enough moisture in the air (about 40-50%) If I do not have enough moisture in the air when I are using the air ionizer, it will not produce the peroxide (H₂O₂); I have one in my car, sitting on my dash. It is set so it turns on and off automatically to keep environment balanced. Spray Bottle for the moisture.

These are some things that WE need to be looking and working on in our environment. It is really worth the effort. We can correct our diet and eat all the right foods, but if we do not clean up our breathing environment, we are missing our greatest source of energy.

**INTERNAL BREATHING ENVIRONMENT**

Let’s talk about the internal breathing environment. Let's discuss how our lifestyles affect our environment on the inside of our body; the air pressure that we breathe inside, and expel as we breathe out. The ability to breathe depends on the circulation of the blood. The formula for measuring Vitality:

-The ability to breathe is equal to the potential energy (which is our rest & nutritional reserve) \( (P) \) minus the obstructions \( (O) \).

I have said many times, the reason for weakness, sickness and dis-ease or having any breathing problems is the lack of rest energy, nutrition, or obstructions that interfere with the rest and the nutrition energy getting to our cells. Again remember, 80% of that energy comes from the breathing of air… and the sun. It is the body inability of getting that energy from the air, and the foods, and the water; or the interference of obstructions, waste, pollution that is circulating in our blood; which blocks the 80%. As a result, I’ve seen people age, burn out, get tired, and worn out sooner than they should; and that leads to weakness, sickness and dis-ease…and premature death, or accelerated aging. We have to have just the right amount of oxygen; it is one of the most important nutrients in the air that we have to have; and it is also one of the most important nutrients that we have to have on the inside; but of the right kind! Just as acid rain and pollution in the air from the outside of the body uses up the natural oxygen forms, pollution inside our body does the same thing to internal environment.

If we eat three meals a day, then our bowels should eliminate three times a day. If the food stays in our bowel after digestion longer than 18 to 20 hours, then it is depleting our oxygen environment, it is going to take more oxygen out of the environment inside our body to handle that
pollution. Poor bowel elimination causes breathing problems. 6% of your insoluble waste is eliminated through the bowels, but 92% soluble waste cleans out through the kidneys. So the blood system depletes a lot of the oxygen environment when our kidneys aren’t flushing like they should. What causes the kidney problems? Not enough water! Not enough pure water! We must have enough water to keep our fluid levels at the right level in our body so we will have good blood circulation and digestion; We must have extra water that can be voided to eliminate impurities that our body collects through its natural chemical processes as well as what it picks up from the lung air pollution. So, if we do not drink enough water, then kidneys do not have enough water to void the pollution out of the blood.

We get 20% of our oxygen, available oxygen (H2O2), from the water, and we get 80% of it out of the air we breathe. Water is a very important source of oxygen for cleaning, preventing the depletion of our reserves of oxygen. When our body does not clean, it becomes more and more polluted; and then nature provides these little critters that come to work on said pollution. We can call them A.I.D.S., we can call them viruses, germs, pinworms, tapeworms, yeast, mold, mildew, we can call it anything we want, but they live only in an oxygen depleted environment. Critters are only there in our bodies because our oxygen reserves are depleted for cleaning. This also causes yeast problems. We need to see that these effects are a breathing problem on the inside of our body; a lack of the right percentage of oxygen in the air that is in the environment of our body cells, organs and glands. When our bowels and kidneys do not eliminate like they should, then it leaves too much pollution in there and that depletes the air that is inside of us, and when that is depleted, then your body is more vulnerable to weakness, sickness and dis-ease. You lose energy, and you lose vitality; what we call Obstructions. The more obstructions we have, the more nutrition we use from the air, as well as from our water and foods. More of oxygen is used for cleaning than can be used for building and sustaining life and to maintaining 100% vitality. It is hard to maintain 100% vitality when we are using all our energy to keep ourself clean; or to keep the pollution from poisoning and killing us. The idea, of course, is to help the body get rid of those pollutants and keep the body clean so we are not depleting those reserves.

Remember, stress interferes with breathing from the outside and inside atmosphere through the skin and lungs by tightening and restricting our body causing problems like digesting its foods and eliminating. Stress cuts off the ability to take in the air energy, as well as eliminating and digesting the foods and getting the nutrition from it. So we want to avoid stress...we want to let it just pass by. We will always have a breathing problem when we are under stress. Some people faint when they get so stressful. Under mental or emotional stress they can hardly breathe real deep or they take short breaths
because they are afraid, fearful or anxious. It really cuts off the ability of the body to effectively use this air thus depleting the energy reserve of rest, water and nutrition. These oxygen depletion, in the form of hydrogen peroxide reserves, results in sickness caused by little critters so plenteous that they begin to take over our body; and we can not live with those critters taking over our body. Those critters do not like oxygen; and they do not exist where hydrogen peroxide is in the inner environment.

What can we do to prevent breathing problems? We want to make sure the environment inside our body is getting enough lubricating fiber to keep the bowels moving good. We need to at least do something to get our body to where we are eliminating at least 2 or 3 times a day; especially if we are eating 2 or 3 times a day. Remember, for every meal we eat, we should have an elimination the next day. That has got to be our number 1 priority. We have got to make sure the wastes, that result after we digest our foods, are out of our body within 18 to 22 hours. We are depleting our breathing environment unless this accomplished.

Later I will be discussing more at length about some of this bowel elimination difficulty. Laxatives will not work because the yeast will create strong mucus strings in the bowel. It is like we need a hacksaw to cut it out… literally. In some people it is that bad, especially if they like cheese, bread and milk. Milk, bread and cheese make strong mucous strings; webs in the intestines that just can really block things. Some people can just smell these foods causing constipation.

We need to help the bowels system by leaving off some of the sticky foods (starches, grains and sugars). Eat lots of non-starchy vegetables with the main meals. It will help if we make sure we do not eat foods with mold or chemicals added. Get rid of the mildew or mole off foods by using Clorox or peroxide to wash or soak our vegetables and fruits. Use Products like Basic H, a product of Shakley's. It is important that we do clean foods properly in order to make sure we are not putting into our body substances (like salt) that take from or deplete our reserves of natural oxygen in our body. A lot of people go on vegetables and they still get as much mold and mildew from same as they do when they breathe the air, because they are not cleaning the foods properly before consuming them.

Then of course we should drink water…distilled water. It would not hurt for everybody to put a few drops of food grade peroxide (20-35 % H2O2) in all the water they drink. It does not have to be much, just maybe 5 drops to a gallon of water. Just put enough in the water so while it is setting there it is not going to pick up mildew and mold from the containers we put it in. The longer it sits at the grocery store in that plastic gallon jug, the more plastic pollution there will be. Even though distilled water is pure water, it can still pick up what is in its environment, and it does that pretty quickly. If we are buying distilled water, just put a few drops of H2O2 in it so we are drinking pure water with extra natural oxygen in there to help us do our job of cleaning better.
We also need to work on our skin breathing. Our skin is a very important part of our breathing. If it is all clogged up, we cannot breathe good. Even if the air is pure and clean, we can not get it into our body if our skin is clogged up. One of the best things for our skin is castor oil. Castor oil gets rid of the dead skin. Gets rid of the mold and mildew on our skin. Get rid of the brown spots, warts and things like that. Take Epsom salts baths; put ginger in our bathtub, a good cupful. Make ourself sweat. Get skin hot enough to make it sweat by opening up the pores. If the pores can not sweat, they can not breathe. If we are not drinking enough water we can not sweat either. You have to be sure to drink enough water to sweat. That is one of the things you can do to prevent breathing problems. Get our skin to where it can breathe good. And get our lungs in better shape. Most of us do not know how to breathe. We need to exercise, but we do not have to jog; walking is better. That way we are not putting stress on our intestines by bouncing and jolting them. Learn to breathe deeply, down under our ribs, so our lower lungs are being pulled up as we inhale. Most people are breathing in the upper lungs; they never get air into the lower lungs. When we yawn, that is a sign we are not getting enough air oxygen. It might be the atmosphere that is depleted of oxygen, but when we are yawning, it is because we are not getting enough oxygen out of the air; we are not breathing deep enough. We should breathe deeply, we can do this throughout the day, ten (10) times throughout the day; breathe in and hold it about 15 to 30 seconds then breathe out slowly the first time. When we think we have expelled it all, breathe it out a little bit more; all the way from your stomach area. What that does is drive the carbon dioxide and monoxide out thus making room for the oxygen in our tissues. We need to get the oxygen into our tissues to change the environment in cells by getting rid of the carbon dioxide pollution. We want to be sure to breathe in deeply, as deep as we can; then hold, and then breathe out slowly. You can do this throughout the day. Do it while walking briskly, for instance; take a deep breath and walk about ten steps before we breathing out: breathe in, walk, and then after about ten steps…exhale slowly. Try take a lot of steps in between our breathing and exhaling.

Swimmers, those who are competitive swimmers, can go many strokes without breathing in, making them lighter in the water. Get in the water and breathe in air and see how well you can float… as you can breathe in enough air. If you are having problems breathing in the air, you are working hard just to stay on top of the water. The more air you can get into your body and hold, the easier it is to float like a balloon on the water. It is the ability of the body to take in and hold air that makes us lighter. The less air we can get on the inside, the more gravity keeps us working, thus we have to work hard just to stand against gravity. We feel we need a crutch, something to hang on to all the time… Why? It is the inability of our body to take in enough air. Why? Because of the obstructions, lack of nutrition, lack of water, or just not exercising, or not breathing good through our skin; or not expanding
and training our lungs to take in the full capacity of air that is needed to move the blood around by getting more air into our cells and tissues so we can float on air, so to speak. This is so important. It is a breathing problem when we are not able to do that. My advice is to work on exercises that help the breathing.

One other thing: we ought to depolarize ourselves; take our shoes and socks off and walk in the grass when it is not too cold; or walk on wood, or cement…wrap your arms around a tree and hug it; get a hold of something that is grounded. Another way is to let cold water run from the tap and circle our hands around the water without letting the water touch our hands. This too will pull the static out of our body. We need to get the static out of our body because static interferes with breathing. I am sure we have all experienced rubbing the carpet, touch something or somebody and get a spark or electric shock. If there is enough % humidity in our house, that won't happen. Wherever we are, when there is not enough humidity we will build up static, which is electrical energy due to not being grounded. We can build up a lot of static, which interferes with our breathing when we wear shoes that have rubber soles and so on that do not ground; or walk on carpet, especially when in a dry room for very long; or where there are fluorescent lights and not enough humidity… so take those shoes and socks off and get grounded!

A good exercise for helping us to breathe good and relax all our muscles, is to lay on our back and move our feet up on the other side, just let it relax and take some deep breathes. It is amazing just how much how our body will be really relaxed after that. Another exercise we can do to relax is turn our heels and put our toes… bring them in as close as we can get them and our heels as far away as we can get them. It might look a little crazy, but who cares? We can breathe deeper when we are in that position. It is a way of relaxing our muscles; our back; and up our neck, so on and so forth. Of course, exercising in water, if we have high blood pressure or arthritis, is very excellent. The best way to exercise our body when we have high blood pressure or arthritis, is to exercise in water. There are spas and gyms with exercise classes that we can do in the water. Walking in the water is another way to exercise. This is one of the best ways there is to exercise when we have high blood pressure, sore joints and muscles. By exercising in the water, the pressure of water is pushing in on us while exercising is pushing out against water. These are a few tips, but we all need a good, regular program of exercising, and some breathing exercises as well. Our purpose is to increase our ability to breathe, that is the purpose of an exercise, and we want to do it without working, stressing, and tightening structure. Weight lifting does not qualify. Jogging does not qualify. Competitive sports do not qualify. Aerobics does not qualify; unless you are doing them ve-e-e-ry lightly. What does qualify is breathing into our nose and breathing out through our mouth while we are stretching our muscles. That is what qualifies
as a breathing exercise. This is important because we are talking about 56% of our energy, when we talk about breathing! Another thing we should really work on is to get to bed on time. You need to get to bed by 10:00 p.m. in fall and winter. Let the news go! Listening to the news is most likely to make us stressful and cut down on our breathing. Listening to the weather is probably going to depress us too, sometime or another. They hardly tell us any good news. It is mostly bad news and there isn't anything we can do about it! We have our own challenges, why do we need the world’s problems, too? Just pray to YHVH in secret, make groaning(s) that cannot be uttered, that will take care of those things without us having to know them all. These are things that stress us. Watching T.V. is not a good way to relax, just simply a diversion. It changes our stresses, but it does not help to relax our body and it definitely does not help us breathe when we see somebody kill somebody else as an example; or they are mad or arguing with somebody. We very seldom see someone just helping somebody with no strings attached. Very seldom do we find anything like that on television. We are talking about breathing problems and television is a breathing problem because it not only pollutes our mind and messes up our emotions, but it also gives off x-rays pollution; As such, it is polluting the atmosphere and is causing problems in the electrical atmosphere we are breathing. These are some of the areas we need to be aware of and want to begin to work on. Instead, if we are going to watch television, choose a good comedy, something that is going to make us laugh instead of stressing us out.

Of course, we already talked about working on lighting and the humidity. Try to work on our home environment, because we're not living in tents where the atmosphere is natural…we have created our own atmosphere because of the structures of our buildings and the types of insulation that we are using. We have cut ourself out of the outside atmosphere. Because of that we have changed the inner environment, it is not healthy for our bodies. We are going to have to make some changes to make our environment as close to what it would be outside without us being outside; as such, can prevent a lot of breathing problems.

Invest in a hydrometer to measure the humidity in your house. Do not guess at it! Find out what it is! It is not that expensive for us to know what our environment humidity is; and then we know what we have to do to fix it. I trust you understand, and that I’ve been able to communicate in simple enough terms about breathing problem. The most important nutrient that we need to get through breathing is oxygen with the presence of $\text{H}_2\text{O}_2$.

I have taken the liberty to include some pretty common questions people have asked and have answers that may help…

Is the problem with having A.I.D.S a lack of oxygen and nutrition?
Yes, it is definitely a breathing problem; with weak immunity. It is just a different kind of bacteria; that is all, or virus, if that is what you want to call it, or a germ or whatever. We will cover in more detail, but it will be connected with what we have already said.

Question: Is there anything we can do to our home humidifier that we can make the air better, like hydrogen peroxide, just put in a couple of drops every time you fill up the humidifier?

You need to put a little bit more than that. It depends on how bad your water is. About a pint will do, of 3%. The range is from 1 gallon to maybe 5 gallons, 1 pint of 3% hydrogen peroxide in it. Some people have to put almost that much in 1 gallon because it’s so bad. The water is so full of mold and mildew and fungus.

Question: Is soaking fruits and vegetables more affective than spraying?

I would clean them by soaking because if you can get it on the inside of the foods, it might absorb some of it, which would be better. The problem is, the way they are treating some of these foods, some of the chemicals are getting on the inside of it, it is not just on the outside. The biggest ones are cabbage, and cauliflower. It gets into the little crevices, the same with broccoli, it builds up the crevices. They’re putting it in a lot of foods now. The FDA has allowed them to put chemicals in many foods as a preservative. It is a contradiction. Oxygen is an oxidizer, it causes aging of foods through oxygenation. That is why when we dehydrate foods we take the oxygen out of it. They put salt in to preserve the food so the oxygen won’t oxidize it, so it won’t spoil. Use hydrogen peroxide to keep food from spoiling. How do you explain that? It is because the form of water is hydrogen peroxide (H₂O₂), which is a preservative for foods and life. It preserves food life; just like it preserves our life. It is more stable than water to temperature for boiling, and you can not freeze it like water; at normal freezing temperatures. The more of H₂O₂ in water, the harder water is to freeze. It lowers the freezing point of water, so it is more stable than water.; the peroxide H₂O₂ is the most stable; and then water; then Ozone (O₃) in air and foods is the next most stable; and O₂ is the next stable; then O₂ the least It wants to react with everything around it. It wants to combine with something in a hurry and when it does it breaks it down (oxidation).

Question: You talked about yeasty foods, the breads, the cheeses and the milk forming mucous; I do not quite understand that concept. It does not form mucous in itself… does not the peristaltic action get it out of the system?

No, we are talking about a mucous that is formed from foods that feed yeast when food stays too long in the body. When foods or liquids are sticky (starches, grains and meats), they do not have enough lubrication, so they do not get through the system quick enough; and if you do not have enough
oxygen in your reserve bank account, these unfriendly critters come in, eat it, and form the bad mucous bacteria.

Question: Yeast is just a sticky substance, eventually your body gets rid of it does not it; or you eliminate it?

No, not if you do not have enough oxygen or lubrication (mucus membranes that produce lubricant). Well become a hard mass attaching itself to the intestinal tract.

Question: Are you saying it coats the entire inside of your alimentary canal?

Right. It clogs up your mucous membranes, which are supposed to secrete lubricants to keep things from sticking and to neutralize the things that are too alkaline or acid so same do not irritate the walls and the linings. The mucous membranes are a part of every organ and gland, and your skin. They are a part of every part of your body, so when they break down, you become constipated. It is the sticky foods that do not have enough fiber/lubricant that is causing the problem; and then when your oxygen level gets too low because of that factor, the critters come in to help you out… they make the bad mucous and it is a sticky mucous; where the mucous membranes that your system produces is a nice lubricant, which flows and lubricates things. That is the best way I know how to explain it. It is the lubricants in your foods, not the fiber that helps you with your bowels. It is not the crude fiber, but the lubricants in the fiber that come out of your foods that you eat that help you with your bowel movements; otherwise you could just eat salads, but that does not do it. That is why I say: soak your grains, soak your bran, so you can get the lubricant out of same. Soaking and germinating bran for example, helps to pull the lubricant out the bran. This lubricant is what helps you have better bowel movements. Eating popcorn is like moving razor blades through the bowel. Sure, you can get some bowel movements that way, but swallowing knives should not be the way to make the bowels move. Stay away from popcorn as a means of fiber. I get a real kick out it when people come to me and say, “Well, Don, I get all kinds of good bowel movements when I eat popcorn.” Well, it is all right until you get colitis etc. in there, then it isn’t fun anymore.

Let’s work on our breathing problems and everything I have said so far will really help you because breathing is the most important functional part of life our body. Life is in the ability of our body to breathe, making it the most important thing we can do.
CHAPTER FOUR

Lifestyle of Rest and its necessity

24% of bodies energy

Our goal is to help our bodies cope with the environment and have a better lifestyle. One way we can do this is by increasing the energy we call rest energy. One of the reasons for loss of vitality and aging is because of the obstructions in our system. Our vitality is equal to its Potential made up of Rest energy and Mineral reserves minus obstructions such as too much salt, sugar or ureas in the blood. Same interferes with potential; can even kill us…and this can happen at any age.

Another cause of loss of vitality is the body’s unbalanced bank account. (Potential.) On the average, we should have 100% vitality at any age…for 120 years. This requires putting in as much Potential energy as we use up. When we start taking more Potential energy out than we are putting in, we are cutting down on the number of years we are going to get out of our bodies. So we need to find ways to balance our energy reserves.

UNDERSTANDING REST ENERGY

There are two areas that promote longevity; which our reserve Potential energy is dependent on: Mineral reserves and Magnetic Rest energy. Foods nutrition and natural food supplements help maintain longevity. Magnetic reserves also have a lot to do with how many years we will get out of our bodies. The body needs a certain amount of magnetic energy in order to function. When it does not have it, the body will shut down no matter what one does. MAGNETIC ENERGY IS REST ENERGY POTENTIAL.

The earth does not move!

When the earth was first created, about 4000 B.C., it had a magnetic field, which is measured in gauss. Gauss is the unit of measurement for magnetic field strength. The ability of the earth to generate a magnetic field, like two magnets that pull together; which is measured in gauss. The earth picks up its magnetism because of the way the sun orbits around the earth. The sun is the source of a certain energy the earth must have, which is called the magnetic South Pole energy. As the sun is spinning clockwise around the stationary earth, the magnetic South Pole energy is penetrating into the earth. It is this magnetic South Pole energy that wakes us up in the morning. This energy makes things grow; enables to work, move around or walk. Magnetic South Pole energy energizes our brain enabling us to think. It activates our cells and gets them working and moving.
The earth, like a big magnet, keeps the sun as it is rotating around the earth, in its orbit. It is the magnetism of the earth that is hanging onto the sun, otherwise the sun would just fly off someplace. If the sun got too far away from the earth, the earth would be all ice; if it got just a little bit too close, it would be like one of the deserts. Either way, nothing would grow... if the earth were either too far or too close to the sun. that is why they haven’t found any life on other planets that sustains our kind of body life. Other planets are either too hot or too cold to nurture human life because they are held in their orbits too far from or too close to the sun.

Energy for recharging the body.

We generally get the energy that recharges everything in our body from sunset to sunrise, which is when we get more magnetic North Pole energy. Our maximum recharge of the magnetic North Pole energy comes between 10:00 p.m. and 2:00 a.m. in the winter and 11:00 p.m. to 3:00 a.m. in the summer; because of daylight savings time. Where we live also determines how much daylight we have at different times of the year. If we live up north, for example, we have a longer period of daylight in the summer, but a shorter period of daylight in the winter.

A Magnetic balance needed.

Magnetic South Pole energy must balance out magnetic North Pole energy; we need both of these energies. Too much South Pole energy and not enough North Pole energy will use up our reserve Potential energy, and thus ages the body. On the other hand, if we have too much North Pole energy and not enough South Pole energy, we will live a long time, but we will not accomplish much, either. We will not accomplish much and will be sluggish. Neither South Pole nor North Pole energy is better than the other. What we need is a good balance between them.

Unfortunately, the earth is aging; it is losing its north pole magnetism to the sun. This has resulted in a loss of some of this magnetic North Pole energy over time and has created an loss of magnetism on earth.

Back around 6000 B.C., people were getting three gauss of measured North pole magnetism... the pulling power of the earth. During this period, Methuselah lived to be the oldest man; he lived 969 years, so the higher the gauss on the earth, the longer the life expectancy. We can get more years out of our body when the gauss of the earth is higher because we can rest and recharge our body at the right time better.

Because of the distance between the sun and the earth, the earth’s magnetic North Pole energy is progressively getting lower and lower on earth. Different parts of the earth have higher gauss than other parts of the earth. Generally, in desert areas, the earth does not have as much gauss as it might in a valley where a lot of vegetation is growing. The desert is desert because it does not have enough
Earth gauss or pull in that area even to hold the minerals in the soil. There is not enough magnetic attraction in those particular areas. Some parts of the earth are higher in this Rest magnetic energy than in other parts.

Noah’s flood occurred in 1656 B.C., at that time the earth still had a magnetic field of three gauss. But after the flood the gauss level began depleting. Methuselah’s name means the deluge. Although he was born before the time of the flood, his name prophetesses the coming flood. In the nearly 3700 years since the flood, the gauss level of the earth has decreased to where it now averages about 0.5 gauss.

Of course we can only approximate the gauss strength at any period in history because there are many variables that affect gauss. Throughout history, whenever the sun has sent out sunspots, for example: mankind has had plagues, famines and earthquakes because the sunspots send extra South Pole energy toward the earth in those locations. As a result, those particular areas suffer from disasters like famines, or dis-eases like malaria. Since so many of these catastrophes have taken place, it is hard to get a good average age on anything.

The distance between the earth and the sun affects the earth’s magnetic North Pole energy effects, which is getting progressively lower and lower; which can make our bodies sad. This gauss strength is what our bodies depend on, and as the sun keeps moving around the earth we lose more and more of the reserve of magnetic North Pole energy. That is our predicament. As a result, it is my belief that this earth has not too much longer to go, which fits in with prophecy…the earth is wearing out like an old garment.

We are supposed to get about 120 years out of our bodies now with the earth gauss strength at around 0.5. Hunza is a place in Pakistan whose inhabitants get 150 to 160 years out of their bodies. Significantly, the magnetism of the earth in Hunza is almost .8 to 1.0 gauss, so the Hunzukuts have better growing conditions there and their food is of a better quality. The secret to their longevity is the Magnetic Earth gauss level. That particular area has a greater magnetism and a better reserve of North Pole energy, which helps their bodies rest and recharge better. They also have good Sun magnetic South Pole energy. We have to have both South and North Pole energies in order to be healthy and get long and productive life out of our bodies.

There are also locations on earth where there are usually high instances of cancer and high levels of polluted water and air. If we measure the gauss in these places, we would find it is much lower in that location.

Man has been compounding the problem because of man-made inventions have added a lot of unnatural South Pole energy which is not from the sun. Computers, for example, emit South Pole
energy. So do the electrical lines coming to our houses. Most of our lighting is using unnatural sixty-hertz power frequency South Pole energy. Stereo speakers, microwaves and TV’s, color more than black and white, generate even more unnatural South Pole magnetism. We have added all this man-made unnatural to our body South Pole energy to what the sun already gives us. As a result, not only are man’s inventions, broadcasting towers and electrical lines depleting the magnetic North Pole energy from the earth, this unnatural South Pole energy comes against us using up our reserves of body North Pole energy. When it is all said and done, we are simply running out of North Pole magnetic energy.

The danger of electromagnetism is difficult for a lot of people to understand. it is hard to believe computers, microwaves and other similar appliances are doing us harm because we can not see the magnetism being produced. Magnetism can penetrate because it is not eliminated or blocked even by such things as lead. It is not transmitted through wires like electricity; and does not need a medium through which to travel and can consequently penetrate most material substances.

Also important is to realize that we can abuse these magnetic energies. They can be used for healing and aiding the body, or they can be used to breakdown the body. Weapons research has invented magnetic South Pole guns that can put a hole right through us. For years they have had the technology to use this information, but they have not let it circulate widely since it can be misused. It is safer to meet a crook with a handgun than one with a magnetic gun. Even though a lot of what we know has been around for centuries, we can understand why some of the information about magnetism has been suppressed.

I began to see the drain on people’s North Pole energy reserves about 20 years ago when I begin working with people who had cancer. It used to be once I built up their mineral reserves, their bodies would start functioning and fighting and overcoming cancer, but since there is so much man-made South Pole energy now and so many people have at least one computer in their home, I am finding it more and more difficult to get any result just by balancing the mineral reserve and resting Potential. Thus I began to question what was going on that was keeping the body from being able to fight back.

I discovered that we were not able to get enough magnetic North Pole energy from just vitamins and minerals or from just drinking good water. I knew rest was involved in the problem because about 75% of these people I consulted having been diagnosed with cancer worked the midnight shift…the eleven to seven shift, better known as the graveyard shift. This had to have something to do with it. People who have to work the midnight shift do not get to sleep at night, so they are not going to receive the North Pole energy even if it is there. To get it, we have to be at rest;
we have to shut our bodies down. The only time we can get the North Pole earth energy is between 10:00 p.m. and 2:00 a.m. In the summer we get it between 11:00 p.m. and 3:00 a.m. I also found we need to quit eating by 6:00 p.m.…7:00 p.m. in the summer, or we will be working to digest what food we ate all night; and digesting food requires our magnetic South Pole Potential energy to predominate. In other words, South Pole energy has to be there to help us accomplish the digestion. It usually takes all night with no light, when our body is shutting down and resting to pick up its recharge of North Pole earth energy. The end result is…we are burning out by the loss of magnetic North pole pole energy!

South Pole energy stimulates us through our sympathetic nervous system; North Pole energy relaxes and recharges us. They have to be equally balanced. When we start discharging more than we are recharging, we are running out of reserves and aging our bodies, and that leads to weakness, sickness and dis-ease. It hardly matters how well we eat because healthy eating is not going to make up for this loss. If we could get more North Pole energy to compensate for too much South Pole energy, we can begin to build up our reserve and get our 120 years average potential…or more. I think there is the potential of even more with some of the information that have been researched.

Recognizing the need for a balance between North and South Pole energies precipitated my interest in research on how to work with people; and how to prevent so much South Pole energy and increasing North Pole energy. I work with a lot of people with cancer and one of the first things I try to discerned the one of two causes of cancer. One cause is mineral deficiency, and the other is rest magnetic deficiency energy. The immune system wears out because we are losing magnetic North Pole reserves rest energy; thereby losing it's resistance to weakness, sickness and dis-ease.

The South Pole energy from the sun is what we are supposed to get, and that is all the South Pole energy we should need, but because of the tilt of the earth’s axis, people living in higher latitudes of the earth do not get equal amounts of daily sunlight year round. In the North, people complain because they do not see the sun as much during the winter. An extreme case would be Alaska. In the winter, Alaskans might see the sun for only an hour a day, but during the summer, they do not see night but for an hour a day…they’ve got to be sleeping all the time—they have to hibernate! By contrast, at the equator people have equal day and equal night year round, so that is a good place to live. In Michigan, if they want to get equal amounts of North and South Pole energies, they have to go to bed earlier in the winter to get more of the North Pole recharge.

Since there is an imbalance, I began to look at ways I could impede man-made South Pole energy. I asked…“How can we block out artificial South Pole energy from computers, electrical appliances and other equipment that gives off this artificial energy?” In working with people with
cancer, I discovered a lot of them were getting good results by using south Pole magnets of a high gauss worn against the sternum. With the help of the proper magnets worn in this area, the body is able to resist and overcome cancers in the upper body. I am now offering a magnet specifically designed for this, called the Radiation Blocker.

The next question I asked was: “Why do the magnets help?” How could something like that help a person who has certain types of cancer?” The breathing center of the body is on the sternum. This area provides a natural resistance to environmental air and man made magnetic pollution. It could be likened to the force field on Star Trek. For instance: Kirk to Spock...“Put up the shield because someone is shooting at us.” When they put up the shield, the missiles hit it and just bounce off. When the enemy keeps hitting the force field, it wears down, to which Spock replies...“The shield is wearing down; we are losing our resistance to what is hitting us.” The point being, basically, our body also has a resistance field. When we put forth the South Pole side of the radiation blocker on our sternum, it provides a stronger North Pole resisting magnetic energy from the breathing center of our body.

Think about the way magnets work, when we place South and North together, they are attracted; they come together with great force, but when we put South against South, we can not push them together. Now apply this to such man-made appliances as computers, microwaves or TV’s. Computers,. They effect a very South Pole magnetism...almost 11,000 gauss! It Is the computer processor itself, the chips, more than the monitor that is emitting so much magnetism. That is 11,000 gauss bombarding our bodies when we are sitting in front of a desktop computer. How can we protect ourselves from that man-made South Pole energy? We have to have a blocker that is stronger, such as one with 12,000 gauss or stay away such high magnetism. The South Pole energy of a magnet—if it has a high enough gauss and the right frequency or vibration rate, will resist most of the South Pole energy away from our bodies and consequently preserve our North Pole energy. The electromagnetism from the appliance isn’t hurting us directly because the electromagnetism is not high enough to do that, but it is pulling reserves from us. It is causing a deficiency and it is hard for people to get enough North Pole energy during rest to compensate.

The radiation blocker won’t help us build our North Pole energy, but it will help conserve our North Pole energy because it blocks man-made South Pole energy from draining reserves from our body. When we are in front of a computer, the computer shoots South Pole energy at us; if there is not enough North Pole resisting, then the computer’s South Pole magnetism just reduces North Pole energy (rest energy) reserves from our body because the South Pole of a computer (Laptop is much less South Pole Magnetism is stronger than the North Pole reserves in our body. As a result, our body will become deficient in North Pole rest energy reserves.
This is why women who work in front of desktop computers most of the time on the job are having all kinds of problems having healthy babies. Studies have shown that they are having deformed babies, miscarriages and other similar problems. The computer is draining their magnetic reserve energy, and of course, when they lose their resistance, their bodies fall apart.

The way many offices are arranged in cubicles intensifies the problem. Some people sit not only in front of a computer, but also beside and behind other people’s computers as well. The man made unnatural south pole magnetism can be even higher on the backsides of computers than it is right in front of them. So even if we do not work with computers, but only sit near them, we are still being exposed to their unnatural South Pole energy.

The radiation blocker is designed to resist man-made South Pole energy, the unnatural frequencies; it will not resist those natural sun frequencies. If we just used any magnet, we would not know what frequencies we were getting. The magnet might block some South Pole energies and might help put up a little bit of a shield, but we need to have the right frequencies because we do not want to block out the beneficial South Pole energy, too. We want some stimulation in our life!

The radiation blocker is a good investment because of all the man-made South Pole energies in our environment. It is one thing that will help compensate for what man is doing to the earth’s magnetic environment. It is as expensive as it is because it is made from rare earth material and because it has to have a code put in it to get the right frequency. All magnets aren’t the same. The size, shape and the composition of materials give the magnet its frequency or vibration.

The radiation blocker will help protect the body from absorbing bad types of South Pole energy, but it does not help rid our bodies of unnatural magnetic energies we have already been exposed to. So the second thing I looked at was how we could get rid of the harmful unnatural South Pole frequencies that have accumulated in our bodies. For example, the electromagnetic pollution that gets into our bodies tissues and organs. It is as if it is absorbed…stuck in there. Not only electromagnetic pollution, but also chemical pollution and drug deposits get into the body. I can work with herbs and things like that to clean these pollutants out, but I realized there might also be a way to help clean the body magnetically.

A device to help clean pollutants out of the system is the magnetic pulse resonator, which is based on Rife’s work. This instrument helps with such things as bacteria, viruses, fungi, molds, yeasts and worms. Rife discovered the frequencies of the viruses that are involved in cancer and different plague viruses. He discovered what vibrations break down different viruses. Under the microscope, when he directed certain frequencies at the virus, he could see the virus break apart just like glass
shattering from a singer’s voice. So once the frequency of the bad guy is found, we can get rid of the
virus or bacteria or radiation.

If our body had the vibrations it needed, we would see none of these types of symptoms. No
virus can live in our body if we have what the body needs to take care of it because it could destroy the
virus itself. Otherwise, everybody would get a cold. One does not get a cold when around people with a
cold if they have enough resistance. But what does that mean? When we talk about resistance, what is
it that is resisting? The body operates electrical magnetically; it is the south pole magnetic pollution of
the body we are resisting. We like to think of our bodies as if they run on gasoline…we put food in and
we run. How well is our car going to run if the air filter isn’t working? Even with a full tank of gas we
are not going to get very far in our car if the air filter is clogged, the oil is dirty, the spark plug is not
sparking, or if the battery is run down. We are not going to get much performance out of our car. The
body is the same way. If something electrical isn’t working in our body…we won’t perform well.

Like viruses, yeasts cannot survive in a balanced electrical magnetic environment. Yeast thrives in the
South Pole energy environment; they cannot live in a North Pole energy environment. South Pole energy
attracts acid and hydrogen, which is why it stimulates us. We are okay as long as we can take the stimulation, as long as we have enough North Pole reserve energy. We can take a lot of this acid and hydrogen and get away with it and well feel great, but as soon as we get off our coffee, which is acid, and other stimulating foods, we see how little true energy we have. It is what we call “burnout.” We are overloading our bodies with acids, so we are burning them out and aging them too fast.

Bacteria and yeast cannot survive in a North Pole energy environment because North Pole
energy attracts oxygen and makes us alkaline will we are resting. Our problems with bacteria, viruses
and worms are due to lack of oxygen. In other words, we can not get viruses without being low on
oxygen, since oxygen is our first line of defense in cleaning and protecting the body; detoxifying the
body through oxidation.

The pulse resonator will help get more oxygen to all parts of the body, including the brain. One
of the benefits I see from people using the pulse resonator is that the eyes and memory improve
because it helps one’s circulation. There are, however, certain problems that affect the brain like TMJ
that the resonator cannot help, it isn’t a silver bullet and can not help with everything. It is important to
think of these devices as exercisers. They help exercise the body so it can do a better job, but they can
not do it all. For example, they are not going to build up deficiencies in North Pole energy. Similarly,
the vitamins and minerals we take are not going to give us sleep and rest, but they will improve
circulation, which will help us rest better. These are all just tools that will help our bodies do a better job.

The pulse resonator has the frequency settings for destroying most fungi, bacteria, molds, yeasts and viruses, even AIDS and cancer virus. The pads are placed on the hands and feet and the pulse resonator gives our body the vibrations it should have. Most people need to use the pulse resonator for about fifteen days. The actual time needed depends on such factors as one’s environment and stress.

For example, if we steadily work with computers, we need to use the radiation blocker to protect our body—or else the South Pole energy will just keep draining our Rest Energy reserves. Most people are getting excess exposure to South Pole energy in their cars. Car engines are very magnetic. This explains why people get tired while driving. If you can afford it, the car to have is a Lexus, because it is designed not to have any South Pole energy pollution. Even the stereo-speakers in this car are magnetically North Pole. Manufacturers could easily make all stereo speakers North Pole, and then the speakers would not be draining us as we listened to them.

The pulse resonator can be used to help the body get rid of some pollution it already has. The radiation blocker is a way we can block man-made magnetic pollution.

The second thing I wanted to find out was how to get extra rest. Our bodies are solar-depleted, our immune systems are run down, and our North Pole magnetic reserves are low. How can we build our reserves back up? How can we get more rest in a twenty-four hour period in order to catch up? Once I learned that it is the North Pole magnetic energy that rests the body and recharges us, it became a question of how we could give more North Pole energy to the body. We use to use Rest Beds to get the extra recharge of Rest energy reserves. We now do not have such beds available. Sometime it will require that we move to a better location for less unnatural North Pole Magnetism and better North Pole magnetic energies.
Chapter FIVE

Lifestyle of Water and its necessity

Comes 15% of Bodies Energy

In the beginning, before time, the Self-Existing Creator (YHVH) created the heavens and the earth. Because of the rebellion in heaven of one of YHVH's archangels, SATAN OR LUCIFER, YHVH's, creation became waste and darkness. The earth became void and covered with water. Gen. 1:3 states that YHVH began to restore the earth by saying, “Let there be light.” He separated the thick, misty vapor above the water, thus giving an expanse of air with moisture in it…40%-60% humidity. The self-Existing Creator called this the sky. He then gathered the water together in one place and called this the seas. YHVH caused the dry mass to appear from out of the water and he called this the land. He brought forth vegetation and trees. He then appointed the sun to govern the light for the day and the moon to govern the light for the night. Then YHVH formed living creatures after their kind, including man. Gen. Ch. 1. Thus we see that YHVH gave light so the creatures He created could have life. How did that light become life to YHVH's creation? WATER.

Water is the Transporter of All Physical Life.

It is my purpose to impress on you the importance of water in maintaining healthy natural physical life. There is so much to say about water, but I want to convey the information needed without too many diversions. This material will be confined to the discussion of water and its effects on the body and vital life processes.

What is Water?

In chemical terms water in its purest form consists of two hydrogen atoms with one oxygen atom attached…H₂O. This chemical bond is the only substance that we can neither create nor destroy – all we can do is alter it or pollute it.

Oxygen, the most plentiful atom known not only in our body but also in all of creation. Hydrogen is the next most plentiful atom in the body and creation.

Water can be neither created nor destroyed. It can exist in three forms as solid, liquid or as a gas…vapor. Since it can exist as a solid, liquid or gas, it is the only substance that can change from one form to another without its composition being altered. One of the best solvents in all of creation…that is, practically anything except oils or fats can dissolve into it even though fats and oils are constituted with the water molecule.

Water comes primarily from the ocean. It evaporates into the air and then through electrical conditions it is distilled and then comes back to the earth purified (except for pollution). Water never
escapes out into space because it cannot get past the Van Allen Belt. It will re-condense and return to the earth to fill up the lakes, springs and wells; three-fourths of it goes back to the oceans.

One of the main functions of rain is to clean the air. Rain also brings nutrition such as nitrogen to the earth by taking moisture out of the air and putting it into the ground where a filtration process gets rid of pollution. Unfortunately, the pollution in our air is so toxic it makes the rain water acid causing corrosion in the earth; in turn the earth is unable to hold moisture. As a result, plants cannot get nutrition out of the inorganic minerals in the soil even if they are there to begin with; and the water runs off too fast due to the dry ground.

Water in one form or another is the balancer or equalizer in all creation. If we study ecology we are well aware that creation on this earth is out of balance. Wells, springs, and lakes are polluted. The water processing plants in our cities and towns add chlorine and other chemicals in an attempt to neutralize the toxic pollution. However, treatment centers do nothing to get rid of the high urea concentrations, which are wastewater concentrations from sewage centers and septic tanks. All drinking water is recycled water and we are drinking it again. Such water with high urea concentrations builds up cholesterol in the body, disturbing the body chemistry and making the body acid.

With the present methods, treatment centers are capable of settling out solid matter, but not rendering the water pure. There are different treatment methods that could be used to effect pure water in our nation. However, it is not being done.3

Water Brings Life To Plants

Our water is not pure because of air and ground pollution. If a plant is healthy it will filter out the pollution in water and only receive into itself nutrients (which are inorganic minerals that are soluble) via pure water. In other words, a healthy plant allows water to carry only water-soluble mineral salts into the plant. If the plant is not healthy, it allows pollution from the water to get into the plant as well.

Water is a solvent and able to dissolve both good and bad substances. It can transport these because of its ability to absorb. It does so because it has a chemical attraction for certain substances and especially attracts inorganic substances. Water is the “go-between” between organic and inorganic materials. It is impossible to transform inorganic substances into organic substances without water.

Water as a liquid supports sea life including creatures such as fish and vegetation like kelp; all after its own kind. Water in the sea evaporates and is carried into the air as gas and picks up energy from the sun. It then condenses with H2O2 added, and we have rain. The rain and light, which is air

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3 It has come to the attention of the transcriber of this book in the year (2005), that aluminum is now being put in the water system to “make the appearance of sparkling clean water.” Aluminum being the sparkle.
and sun energy, support vegetation on the earth. Water carries nutrition (water soluble) from the earth to the plants and trees by this process. The plants pick up only inorganic minerals that dissolve in water. The plants from seeds then make living organic cells out of this inorganic minerals.

Organic means, “containing carbon.” Carbon is the regulator for water; without carbon in a plant or the body, water within the plant or the body cannot stay in its needed percentage. Inorganic substances do not have carbon or nitrogen or phosphorus. Living bodies from a seed that reproduce after their kind must have the ability to assimilate minerals. (not just absorb) A carbon, nitrogen, or phosphorus molecule must be attached to a mineral in order for the mineral to be assimilated by the body.

Water picks up inorganic minerals from the soil and plants absorb them. Then plants add to the minerals carbon and/or nitrogen and phosphorus from the air and soil. This process is called chelation and via chelation the seed plant transforms water soluble inorganic minerals into organic mineral nutrients. If there is not enough moisture in the soil, assuming the water soluble inorganic minerals are there to begin with, these inorganic minerals cannot dissolve in water so the plant can pick them up.

Plants seeds could care less whether they are sitting in organic or inorganic soil. What matters to them is whether or not the minerals in the soil are water-soluble. Inorganic minerals come into the plant via water, through the root system and through the air to the leaf system. A seed is programmed to have a stronger attraction for an inorganic mineral in water than the water has attraction to “hang onto” such minerals. Speaking more broadly, anything that comes from a seed, human, animal or plant life has a greater attraction for the minerals it needs than what the water molecule has for the same mineral. Plants can only consume water soluble inorganic minerals (or compost that has produced them.) Animals and people must use organic minerals; animals and people area unable to add carbon, nitrogen, or phosphorus to inorganic mineral salts. Only plants are able to form these.

When we put organic material (carbon) into the soil we are creating a better condition for the soil to hold water and thus keep the moisture level where it should be…and helping the soil retain the right amount of moisture the plants need in order to pick up water soluble inorganic minerals in the soil. In essence, organic matter added to gardens improves only the moisture retention ability so the plant can chelate better.

The government agencies check for minerals in the soil, but they do not check for the water-solubility of the minerals, and in many places most inorganic minerals in the soil are water-insoluble. So they say for example, if the soil checks out with too much calcium, we would not add calcium. However, if the calcium in our soil is water-insoluble calcium, the plants will not be able to pick it up and they well be starving for calcium. So it is important to test for availability of the water-soluble
inorganic minerals, not the water-insoluble. Mankind and animals cannot assimilate inorganic minerals in any form.

Plants not only receive energy (life) from water-soluble inorganic minerals in water in the soil, they also receive energy from the air and the sun through absorption of the humidity in the air. In other words, the plant without humidity, or gaseous water in the air, would not take in the energy in the air from the sunlight.

Generally, plants receive 20% of their nutrients from the soil and 80% from the sun and the air. Water is a nutrient, as well as the water-soluble inorganic minerals. Without water as a liquid or gas this process could not be done. Following are some examples: if the plants in our homes get plenty of light but not enough water, they will soon die. Also, we will notice that the decay process happens faster if the humidity in the house is low – 30% or below. Remember also that the amount of water and humidity needs of each plant varies with the different species of plants. How do plants grow in a hothouse or greenhouse? Some greenhouses do not have soil at all. The plants’ roots soak in water containing the proper ratios of water-soluble inorganic minerals. The humidity in these greenhouses is high. All this is necessary if vegetation is to grow.

**Body Energy Through Water**

What has this to do with our health? Let’s apply these principles to the process the body goes through to pick up energy and then look at the important role water plays in that process; how water operates in the body.

Sixty-five to Seventy-five percent or more of our body weight is circulating water; the brain as well as the blood system should be 80% water. If the body does not have 80% moisture content in the brain and the blood system the computer system will short-circuit and/or the blood system, instead of being liquid, will be more like “syrup”. So how does water bring nutrition into the body system? Plants and animals, including man, all receive 20% of their energy from the seed food and 80% of their energy from the earth, sun and the air.

**How We Get Our Water**

We get water into our lungs and skin via the humidity in the air, from foods, and from drinking water. We have to maintain a certain percentage of water in our system or else we are in trouble with digestion, assimilation, elimination, and all life processes of building and repairing.

Through the skin we can pick up water, depending on the humidity content of the air; and depending on the condition of the skin. If the skin is not too obstructed and polluted, it will be able to absorb water in other energy forms. If the humidity is below 40%, air will pull water out of the body. If
the humidity is 60% or more, the body might pick up too much moisture. Again, this depends on the healthy condition of the body.

Forty to sixty percent is generally the ideal humidity, depending on the temperature. Air conditioning and heating systems bring humidity below 20%. Many people wake up “dragged out” because the heating or cooling system has pulled water out of the body during the night. As a result, the blood system has maybe only 60% water content instead of the needed 70%. When the blood circulates slowly, we “go” slow and do not want to get up. During the cold weather the humidity is lower unless it is snowing or raining. If we live constantly in too high or too low of humidity conditions, we upset the moisture balance of the body system, so for many people a humidifier or dehumidifier is a good investment depending on the atmospheric conditions where they are living.

**How We Lose Water**

Seventy-five percent of the body’s water is eliminated through the lungs, skin and kidneys. If the humidity is too low, below 40%, we need to drink more water to make up for the difference, as we will lose more water through the lungs when the humidity is low. Each day the lungs eliminate approximately two percent of our moisture; the skin eliminates approximately 25%, and the kidneys approximately 59%. If we are exercising, we need to drink more water since we will lose more through sweating, if we spend 5-10 minutes in a sauna, we could lose a pint or more of water through the skin. We always need to replace an unusual loss of our body’s moisture. One guideline we can use is this: if we are not voiding about every two hours, we are not drinking enough water. Now, if we are cleaning the system and we are acid, we might well need to void every 15 minutes or so in the beginning as the body begins flushing out all the excess acid.

If the kidneys do not have enough water to filter toxins and wastes, the body has to store these toxic wastes in tissue spaces of glands, organs, muscles, joints, etc., in the body; or the body will try to work them out through the skin, acting as the third kidney. The result could be pimples, blemishes, liver spots, warts, moles, and other skin conditions. Again, the body will get rid of obstructions and wastes however it can for as long as it can as its whole effort is always toward blood purity. The body will pull toxic wastes out through the skin, depending on conditions of the skin, if the kidneys do not have enough pure water to filter.

**How Much Water Should We Drink?**

We should be drinking half our weight in ounces per day. For example, with 150 pounds of body weight, the body needs 75 ounces per day. The ideal amount of water to drink is about four ounces every half hour (not practical). Better yet, sip a glass/hr throughout the day. It is possible to drink too much water, but only within a given time. If we weight 160# and drink more than eight
ounces in an hour’s time, the water just goes through our system and does not cleanse. The blood system can only hold a certain amount of water and if we get too much water in the blood system at one time, the body starts eliminating the water through the bladder. Otherwise, our blood would become thinned out in certain areas. To protect us, the body just puts the water through and out the system. In this situation the water will not get into the tissue spaces where it can replenish and cleanse; and thus filter toxins through the kidneys.

If the humidity is low or the temperature is high, or if we are exercising, we will need more than half our weight in ounces per day and more than eight ounces per hour. Also, the sicker and more dis-eased we are, the more water we lack, and so we need to take in more. A pregnant woman will need to drink more as well.

We can also get a good percentage of the water we need from the foods we eat. If we overcook food, water evaporates out of the food, and when the moisture content is down to a certain level in foods, all nutrition is modified and unavailable to our bodies. When food loses its water content, except for meats it is changed from an organic to an inorganic substance. That is, the food is broken down to its basic form, back to inorganic mineral salts, where it came from in the garden or field, when it loses its moisture at a high temperature. The plant does all that work to change minerals from inorganic to organic form through the medium of water, (chelation) and when we take the water out at high temperatures by baking or boiling, the food goes back to what it was before the plant chelated the minerals, i.e. inorganic, and thus unusable to our bodies.

Any temperature above 120º C (240º F) will cause this Organic food breakdown…which is the reason food breaks down more quickly when it is left out of the refrigerator. Cooling retards the breakdown and heat speeds up the aging process. Why? Because we lose more moisture when we have more heat. At temperatures above 120º C, (240º F) food as nutrition is dead. That is, food is converted from organic into inorganic matter which pollutes the body; not nourish the body.

The body temperature is around 98.6º F. If we have a temperature of 105º F we cannot move around very well, right? And if the body were unable to sweat, we would “burn up”; we would be transformed from organic to inorganic matter, literally. So we can imagine what happens to plant matter at 100º C (boiling Point) temperature. High temperatures break the chemical bond between the minerals and there carbon, nitrogen, or phosphorus organic forms; and when this bond is broken, the mineral reverts back into chloride nitrate or salt form of the inorganic mineral or other inorganic mineral forms the body is incapable of assimilating.

Steaming over boiling water is a good method of preparing food from plants. Steaming will not remove the moisture in the food because the temperature is never over 100º C. When steaming foods,
we can heat water as high as we want, but the water itself will never be over 100º C. However, water in the food will evaporate if cooked over boiling water past its tender-crisp stage. When this happens, all the nutrients come back into the water. Do not discard the water. Just drink the water and throw away the dead matter. A pressure cooker keeps steam in, but we do lose more nutrients than we would if we just steamed the vegetables. The reason for cooking foods is to break down fiber in order to release organic nutrients to the body. Raw foods are best, but only if one is able to fully digest them and not many people can do this because of poor digestion.

Processed foods have no moisture! For example, when flour is bleached to make it white, the bleaching process burns out the water. Any strong alkali process burns out the water. In processed foods, the processing takes out the fiber that “hangs onto” the water.

On the other hand, the process of dehydration is one of the best ways to preserve food if it is done at a temperature around 140º F; and if clean air is used to pull out the moisture. If room air is quite humid, you can go up from 145º to 160ºF. If air is used to dehydrate at low temperatures, then the food is not changed from organic to inorganic matter because the water content stays at a temperature that does not allow the mineral bond to be broken between carbon and nitrogen or carbon and phosphorus.

In preparing meat to eat we want to dehydrate it rather than cook it at a high heat. in frying or baking with high heat evaporates water too quickly and just makes the meat tough. We do want to eat meat “well done”, well dehydrated. Cooking using a high temperature that evaporates the water breaks the organic mineral bond. We should cook at lower temperatures for longer periods of time so as not to destroy the mineral organic bond. The meat then, will be easier to digest because the meat needs strong acid digestive juices and water dilutes these juices. However, because meat cells are already dead, meat is hard to digest, so it is good not to eat too much meat; and eat between 12 am and 2 pm.

Ideally, any given meal should consist of 80% live fruit or live non-starchy vegetables, as these foods have a high moisture content and are high in organic nutrients and enzymes that are easy to assimilate. In essence, all the body has to do is to “juice” them. Foods do not dissolve in water because they are organic, and because water is absorbed in them. Otherwise the nutrients could not get to the liver. Those organic nutrients are then absorbed with the attached water into the body’s blood system. (See discussion on digestion and assimilation.)

Water the Balancer

We receive nutrients into our systems via water in foods, drinks, skin and lungs. If we could maintain water in the correct ratio the body process needs, we would never be sick or dis-eased. However, the body cannot maintain the amount of water it needs without the correct mineral, vitamin
(enzymes), and electrical energy balance. Carbon is especially important in maintaining moisture balance. Carbon is released when carbohydrates are broken down. If we have too much carbon, which is a result of eating too many carbohydrates, the water content of our body will be out of balance.

The key factor is the ability of the body to handle water, just as it is the ability of the soil to handle the water that determines whether or not minerals are available to the plant. How the body handles water determines how many nutrients it can extract from the food we eat, assuming the food has nutrients in it to begin with. How our bodies handle water also determines how much electrical energy the body is capable of receiving from the sun and the air. Through humidity, the body balances the water within its system.

**Stored Water**

If we are too acid or too alkaline, potassium is forced out of the cells and sodium then “leaks” into the tissue spaces. Sodium has an attraction for water. The sodium molecule “hangs on to” the water molecule; in chemistry, likes attract, and many different symptoms result from this “tying up” of water by sodium molecules.

Most large people are large not because of fat, but because they are “waterlogged.” They have too much water in tissue spaces, which causes swelling of cells and stretching of tissues. It is not because of drinking too much water, but because of too many inorganic salts that “tie up” water in the tissues. Water is not available for the blood or brain systems or for cleaning or digestion. Rather, the water is tied up in a chemical bond to the sodium. This process not only prohibits cleaning, but also keeps the cells in those tissue spaces...organs, glands, muscles etc., from being fed.

**How Water Affects The Natural Life Formula**

Let’s go back for a moment to the natural life formula: \( V = P - O \)….our vitality is equal to our **Potential** energy minus obstructions. Our **Vitality** is the amount of energy (Breathing Oxygen) available to our body at any given time. This energy is available to us for working, thinking, healing, digesting or cleaning is equal to our potential energy which is the amount of Rest, and vitamins, minerals and electrical energy in our body, **minus** the amount of **Obstructions** in our body; wastes and impurities the body cannot get rid of that interfere with the blood circulation to different tissues of the body. If the blood cannot get to the tissues, the cells starve and the function of the organs or glands or muscles are adversely affected.

Furthermore, when blood cannot circulate through the Blood, obstructions and wastes cannot be cleaned via the lymphatic system, suffocating our body's cells with polluted toxic substances.

If we are putting inorganic mineral **salts** into the body via food, drink, tap, spring or well water, we are just adding molecules that “tie up” water and upset the moisture content of the body. High
inorganic salt concentrations do not result simply from a saltshaker, but are found in everything from soda pop to fruit juice and canned foods that has been reconstituted with regular salt water; and also, from our own body, as the body itself produces salts as a waste product. As example, with hypoglycemia, low blood sugar, which affects most of the population, the body releases “abnormal” amounts of insulin…, which is a salt.

High protein diets cause people to appear thinner by dehydrating them…they lose water weight. If we eat more than 25 grams (or 15 grams, if we are smaller,) of protein from meats, eggs, nuts, dairy products, or high protein drinks in any one day, we are dehydrating our body. Any protein in excess of these amounts, in a given day, forms excess uric acid. To protect the blood system from becoming too acid, the body has to pull water reserves out of the tissues, the skin, the brain, wherever it can get it; and put the water and Vitamin D into the blood system to neutralize the uric acid and take it out via the kidneys or skin. Otherwise, the body has no choice but to store the toxic uric acid causing bad cholesterol as gout.

If the body could not do this, the blood would become too acid and we would die. The blood system has to stay between 7.2 and 7.4 pH; at 7.1 or 7.5 we will die. The body does all it can to get rid of uric acid, including robbing water from anywhere else in the body. If the uric acid works out through the skin, we probably will have all manner of blemishes…from pimples to moles, to skin tumors. If the uric acid is stored in the joints we will feel various symptoms, but the cause of the problem is the acidity and the body’s resulting lack of available water. This is a lifestyle problem. Our lifestyle is not giving the body enough water to deal with prevent these problems.

When inorganic minerals get into the tissues they become obstructions, because of their attraction to water they pull the water out of the circulatory system and we become dehydrated, losing vitality…energy and nutrients. Seventy-five percent of the body is circulatory water. When there is not enough circulatory water, or blood water, the Breath of Life is not taken to the cells, thus a loss of vitality and energy.

Some people are unable to gain weight because they have too much carbon that drives out water and keeps the body dehydrated. Although such people may be drinking enough water, the excess carbon is driving out water and dehydrating the body; as such, sufficient water is unavailable for the transportation of nutrients, so cells will not receive enough nutrition. Insufficient body weight is a result of poor sodium assimilation.

Following is a summary as to why the body becomes dehydrated and out of balance:

1. Not enough water is available.
2. The body is unable to process water because of too much carbon.
3. The body contains too much sodium, so water is tied up in tissue spaces and not available for vital body process; the cells swell and this keeps nutrition from the cells.

4. Too much protein is dehydrating the body.

When a Lifestyle profile evaluation of our body chemistry is made, it shows where in body we are dehydrated.

**Water and the Digestive System**

Water balance is very important to the digestive process. If we do not have enough available water because the body is storing too much or is dehydrated, the digestive enzymes will be ineffective. If this is the case, no matter how many good foods we eat, the body will not be able to break down any food except for fresh fruits and non-starchy vegetables that already contain the right amount of water and enzymes for digestion. Acid digestive enzymes are not necessary for digestion of fresh fruits and non-starchy vegetables if they are mixed with saliva. Remember, saliva is where carbohydrate and starch foods break down. Saliva is made up of mostly water.

How does water operate in the food and the assimilation process? Everything we ingest has to be broken down to gaseous form, water vapor, before our body can assimilate it. Water handles this breaking down process either through the water present in fruits and vegetables, or via the saliva, stomach acids, or liver/gall bladder bile added to the foods after digestion.

The stomach is just a big organ that “squeezes” food like kneading bread or like a juice press. As the food passes into the duodenum, the upper part of the small intestine where it joins the stomach, certain enzymes like bile enzymes from the liver and gall bladder and pancreas act on the food. A gas forms with these nutrients from the food to be absorbed through the intestines. At this point, the food is now a vapor and this gas moves through the walls of the small intestines, into the blood system, and then to the liver and glands…if there are no obstructions.

While the foodstuff is in the small intestines it will be fairly liquid unless the body is dehydrated and has pulled water out of the small intestines to deposit in the blood system. Most of the water has been squeezed out of the residue foodstuff. Without enough available water, the food can never reach the vapor stage, so the foodstuff is not digested and absorbed into the blood system, but rather it just goes through the colon. So no matter how nourishing the food is for us, if it is not digested and transformed into a vapor, the body does not get fed.

Proteins such as nuts, cheeses, or eggs have to have very strong acid juices for digestion. This is a real problem for many people as a result of years of eating overcooked and processed foods; they have depleted their pancreas and liver of the hydrochloric acid, papain; and other digestive enzymes...
necessary to break down such foods. To further complicate matters, they pass on their deficiencies to their children who are not able to go as many years as their parents did without symptoms of malfunctioning organs and glands, digestive or otherwise.

In order for starches to be digested, they need digestive juices in the stomach around 1-2 pH acidity. The stomach cannot “juice” meat, as it is best that there is no moisture in meat; the muscles of the stomach cannot squeeze out the nutrients. This is what happens…the acid digestive juices, assuming they are available to the body, have to dissolve or literally “melt” the meat in order to break it down to a liquid. This is at acid pH 1-2. At that liquid stage, enzymes such as papain then transform the meat into an amino acid form.

If we drink liquids with a meal of flesh protein, we dilute the pH of our stomach from 1 to 3 or 4, and our body receives uric acid and no amino acids because the protein was not digested. This uric acid, or undigested, abnormal protein molecules, will require extra water reserves from our body to flush it out. When we eat potatoes or dried foods or meat, are we not thirsty? That is because our body is calling for more water in order to get rid of the foodstuff, to flush it through the colon, undigested. If it stays too long in the colon undigested it will cause autointoxication or become an obstruction. Again, the body’s entire effort is always toward health…toward life.

If the body has to pull extra water from the blood system, our blood system becomes dehydrated and it will not be able to carry its nutrients to the cells nor will it be able to remove toxic wastes. The blood should be making a complete cycle through the entire body every 23 seconds. But if there are a lot of Obstructions, or if the blood is dehydrated, it will move more slowly.

We need more water for digestion and for moving the Breath of Life to the cells. The ability of the body to handle water affects all life processes. If we are dehydrated, or if we have too much water, it is usually because of an imbalance of minerals. When the minerals are balanced and have the right ratio of certain minerals in the body, the water will stay at the right level for life processes. YHVH has programmed our bodies to stay in balance, as long as it has the proper raw materials to work from. As you can see the key is balance; and that water is the balancer for all creation.

Not only can processed, preserved and overcooked foods and drinks be too concentrated for our individual systems, so also, can be supplements. Vitamin/mineral concentrations do not have enough moisture in our system to handle them, they will burn out our systems. If the supplements are too highly concentrated for our solvent system, water system, it is the same as overeating. If we do not have enough available water, we can burn out our system…literally, not only from too many starches, proteins, processed, refined, overcooked and other acid foods, but also from supplements. All our body receives from over-concentrations is acid stimulation, but not nutrients. And the more acid we are, the
more we impair the ability of our body to regulate its water ratio; so we will have trouble either maintaining and “holding onto” water or will force our body to dehydrate too quickly.

I would like to add this note concerning the intake of supplements. Minerals should be taken with meals, as minerals need to go through the digestive system. Vitamins, if not heat processed, should be taken between meals, 1/2 hour before eating or 3 hours after eating, with water or juice. Vitamins are hormones and enzymes, and are digested foods that go directly to the glands when taken on an empty stomach. If vitamin supplements are forced to go through the digestive process of meals, the liver must use them as enzymes.

It would be possible to live 40 days without food, but not over 7 days without water …and up to 3 minutes without breathing oxygen from the air. This oxygen can only be absorbed with water or moisture. That should tell us something about where we get most of our energy. Why can not we do without water? It is not a “food” for us, although hydrogen and oxygen are two of the most prevalent gas minerals needed for our bodies. 20% of oxygen in the body is from the water we drink and 80% from the air we breathe…but why is water so important to us? Because of what it does…life processes cannot occur without this transporter!

In any one day, we should receive 80% of our nutrition from the rest, air and the sun in this ratio: 56% from breathing; 24% from rest; and 20% from the food/water we ingest; yet digestion and assimilation are impossible without the proper ratio of water. Furthermore, the body will not be able to pick up electrical energy from the sun and the air without the correct body-water balance. Many people are spending too much money and time on that 20% -- the solid and liquid food – and missing out on the 80% free energy as a result of their dehydrated body systems.

Mankind's body runs on 110 volts of electricity if it is healthy. If the body gets too much electrical energy coming in the pores, water comes to the skin and dilutes the excess energy. Remember, we are talking about a clean healthy system, with minerals and vitamins balanced and with available water in the right ratio. The body will only receive the amount of energy it can take in at any one time, and no more. As long as the body has enough available water operating, the body will not dehydrate and the skin will not burn when exposed to the sun.

All the colors of the visible and invisible spectrum of light consist of minerals and it is possible to pick up this electrical energy from colors through the eyes. The body can pick up these energy forms and create amino acids from the nitrogen in the air from the sunlight if the body system is not polluted and obstructed, and if it has enough available water to circulate to all the tissue cells.

Various therapies can be very helpful in cleaning and regenerating our physical houses. Light therapies help if the individual’s body is healthy enough to be able to pick up the light energy.
Different manipulative therapies, such as reflexology, massage and chiropractic treatments can benefit; especially the circulatory systems. However, again, without enough available water, such treatments will be of limited value, and the adjustments will not hold. For example, the adjustments slip out of place because the body is unable to transmit what these areas need without the water.

**What is Pure Water?**

The body’s ability to distribute water is the key for digestion, cellular feeding, and cleansing. The kind of drinking or cooking water we put into the body is of vital importance to our life processes. If we understand this principle, we understand what happens when we ingest into the body’s processes inorganic mineral salts present in tap, well and spring water; any salt “ties up” water. Although tap water is plentiful with toxins, spring water also is harmful for our systems because of the high concentration of inorganic mineral salts.

There are a lot of sincere people who believe otherwise, but they are sincerely wrong because they do not comprehend that the body cannot assimilate inorganic minerals, (sea salt & etc.) the body can only eliminate or store them, but it cannot assimilate or use them in sustaining and regenerating life processes.

Yet there are those who believe otherwise because of their religion or philosophy of life. Because of this, they believe life happened by chance, by inorganic materials coming together spontaneously. If we do not believe life came from YHVH's life…from a seed, but from inorganic matter, it would not matter what we put into our body’s system. We could just drink sea salt, which is a poison; or eat sand, an inorganic mineral. If life does not come from a seed, what difference does it make whether we ingest food from a seed or ingest inorganic, dead substances into our system to sustain life processes?

However, anything inorganic interferes with the body’s ability to use water and impairs digestion, assimilation, cleaning, repairing, and reproduction – all life processes. We need water that is pure – with nothing in it but Hydrogen and Oxygen water (H2O2.) Only then is our body able to receive electrical energy and pull out nutrients from foods and juices.

Steam distilled water is the only way to separate water from inorganic minerals. Distilled water is simply boiled water-forming steam that is then ‘condensed’, and this process lifts water out of the inorganic minerals. The distilled water will still contain some chemicals, which is why we recommend placing charcoal filter in front and on the back of the distiller – to pull out the chemicals in the water that could boil off with the steam. Another filter, a pre-filter, needs to be where the tap water is coming in, as the distilled water coming out as steam is too hot to be filtered well enough. The water must be in a gaseous state via boiling before any inorganic salts are eliminated. Distilling the water only pulls
out inorganic minerals. The body has a stronger polarity or attraction for organic nutrients than does water. Thus, distilled water does not pull out organic material from the body; which means there is no need to worry about organic calcium being pulled from the body. However, inorganic mineral deposits obstructing the body system are eventually cleaned out.

One good source of distilled water is juiced foods. Water is attracted to the minerals in food, and so, by juicing, we have water with the nutrients from the food extracted along with the water. If we juice a carrot or any other carbohydrate, we need to mix the juice well with saliva for digestion as the digestion of all carbohydrates begins in the saliva in mouth. Such juiced foods are highly concentrated, so drink slowly, and “chew”, mixing the saliva with the juice. If we are drinking “green drink”, juiced green vegetables, or juiced fruits, this is also necessary. The digestive system and other systems of some people are so imbalanced, sick and dis-eased, they have no choice but to “drink” their foods until their systems are balanced enough to handle…digest, assimilate, and eliminate solid foods.

The body is made up totally of organic salts. Sometimes, through testing, researchers have found inorganic salts deposited in various places. However, they are there as an obstruction, as something the body cannot get rid of and thus the body had to store this inorganic matter. That is why some people think we need to have fluoride in the water to be used for the teeth – because fluoride has been found in the teeth. The sodium fluoride was stored there because it is an impurity the body cannot eliminate.

Water, the “balancer” of all creation, is both organic and inorganic. It is the “go-between” and can go either way, depending on what it is attached to. Our bodies must have carbon, nitrogen, or phosphorus attached to a mineral to render it organic so our cells can dine handsomely instead of starving. Water does not give life…but it is the transporter of life. It is a beautiful process the way water operates to make life available to our body.
CHAPTER SIX

FOODS & EATING LIFESTYLE

5% of our total energy

Fortunately, only 5% of our total energy does come from food. HOWEVER, WE EAT LIKE IT IS 80% OF OUR ENERGY! Well then, why do we eat? Food gives your body the raw materials, the organic minerals, to make and replace cells. If ten years old-average 3 months to replace worn out cells; average 6 months at 20; average 12 months at 40; average 18 months at 60; average 24 months at 80 yrs.

*What to eat:

– Let’s start with this: foods that have the most natural amounts of water are the easiest to digest. This leads us right to…

– Fruits. Eat only fruits in the morning (6 a.m. to 12 noon). The body wants to cleanse itself during this time, and eating heavier foods will compete with this process. And besides, we can’t drink all the water we need in the morning with all that food trying to be digested! Also, do not to eat fruit with other meals; fruits are best eaten alone. In other words, with no other foods. Finally, don’t eat acid fruits with sweet fruits.

- Always eat two to three parts (by volume) of non-starchy vegetables for each part of meat or starch. The exact ratio and amount will depend on your evaluation. The emphasis should always be on non-starchy vegetables. It is vital to adhere to the proper ratios for combining the foods. Non-starchy vegetables include: celery, lettuce, broccoli, cucumber, green beans, cabbage, etc. Non-starchy vegetables have a high water content and contain lubricants to help the food pass through the colon. This is important because meats and starches are sticky and need the lubrication from the fiber in non-starchy vegetables.

- Do not eat meats and starches together. Each one takes a different type of digestive juice (a different pH) to digest well. When we mix the two, neither can digest well. Starches include grains such as brown rice, millet, buckwheat, wheat, oats, rye, breads, corn, etc., and also starchy vegetables such as navy, pinto and black beans, sweet and red-skin potatoes, squash, lentils etc.

*When to eat:

- Eat just fruit in the morning. You can have fruit twice during the morning if you wish, and it can be eaten up to 1 hour before lunch.
- Eat your main meal at lunch between noon and 2 p.m. (summer is 3 PM). This is the time when the body is prepared to digest food the best. Meats take the longest to digest. So, eat them at this time if you are having them, not for dinner.
- For dinner try to eat lighter foods, just starches and vegetables. It is not necessary to eat three meals a day, if you don’t feel like it!

*How much to eat: The exact ratio and amount will be given in your evaluation profile.

**As a general guide:**
- Fruit: Eat about 1 cup at a time.
- Lunch: If you are having meat, have about one-half cup of meat with one and a half cups of non-starchy vegetables. If having starch, have one cup of starch with two cups non-starchy vegetables.
- Dinner: Have about one cup of starch with two cups of non-starchy vegetables.
- You may want to eat dinner a little more if you are a bigger body.
- Don’t overeat! It is always better to leave the table one-half cup of meat with one and a half cups of non-starchy vegetables. If having starch, have one cup of starch with two cups non-starchy vegetables.
- Dinner: Have about one cup of starch with two cups of non-starchy vegetables.
- You may want to eat dinner a little more if you are a bigger body.
- Don’t overeat! It is always better to leave the table wanting a little bit more.

*How to eat:
- Always chew well, at least 20-30 chews for each bite of food. There are no grinders in your stomach. Mixing the fruits & starchy food well with saliva is the vital first step in the digestive process. The enzymes in the saliva start the food digesting. Also, when chewing, the tongue senses what type of food is being eaten and tells the stomach to “get ready” for that type of food.
- Eat while sitting down. Relax and enjoy the food. Do not eat in a rush.

*Food processing and elimination:

! Except for meats, chewing mixes food with saliva, and breaks it apart to be analyzed and prepared for processing and digestion. Strong acid juices (pH of 1) in the stomach mix with food, completely dissolving it. The stomach then kneads the food. The liver along with the gall bladder, add bile (alkaline) to mix with fats and oils from food that has just come from the stomach. This
mixture creates an energy that causes nutrients to be vaporized and then extracted into the blood stream through the walls of the upper intestine. From there the nutrients go to the liver, which breaks them down further and then puts them back together to replace our cells as they wear out. From there the remaining liquid goes into the small intestine. This works its way into the large colon, which squeezes out the liquid and finally excretes the solid waste.

!Remember, non-starchy vegetables have a high water content and contain lubricants to help the food pass through the colon. This is important because meats and starches are sticky and need the lubrication from the fiber in non-starchy vegetables. The lubrication is released from the fiber while chewing & mixing with saliva. When the colon is not cleaning well, it backs up. The digested food ferments, putrefies, and essentially poisons the body. The results can be female, prostate, and stomach problems. If we eat 3 meals a day, then we should have 3 bowel movements a day!

*Cooking:*

- Unless sick, the less you cook your food, the better. Cooking at high heat destroys the nutrients and fatty acids in the food. Steaming is always preferable, or baking at a low temperature (240° or below). Frying and micro-waving (also radiation effects) are not recommended because of the very high temperatures involved.

YOU WILL NOTICE THAT FOOD IS NOT LISTED AS A PRIORITY ON YOUR INDIVIDUAL TESTING PROFILE. IT IS IMPORTANT BUT IT TAKES TIME TO MAKE CHANGES-THEREFORE WORK ON OTHER PRIORITIES FIRST

(especially pg 5. profile priorities1 through 4)

<table>
<thead>
<tr>
<th>CHILDREN AGE ABILITY TO DIGEST FOOD (make undigestible foods into soups &amp; stews)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages</td>
</tr>
<tr>
<td>1 to 5 years</td>
</tr>
<tr>
<td>5 to 7 years</td>
</tr>
<tr>
<td>7 to 9 years</td>
</tr>
<tr>
<td>9 to 11 years</td>
</tr>
<tr>
<td>12 years and up</td>
</tr>
</tbody>
</table>

Children’s digestive systems develop with age. Thus, they cannot eat just any food because some food groups require stronger digestive juices and enzymes. All necessary protein are in all foods.
SEEK WISDOM

The following is a list of items that I would suggest seeking the wisdom of our Creator as to whether or not you put these into your body. Each person must make his own decision. I like what it says in Proverbs 3:13–18:

“Happy is the man that finds wisdom, and the man that gets understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length in days is in her right hand; and in her left hand riches and honor. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her: and happy is everyone that retaineth her.”

These Foods are providing no nutrition for cell replacement of old cells and are **BAD ACID** foods because they are overcooked; preserved; and/or over processed.

- Alcohol
- Dried Fruits (with sulfur dioxide)
- Cocoa/chocolate
- Carbonated drinks
- Shortening/Margarine
- Smoked Snack Meats
- Hush Puppies/Tater Tots
- White or Brown sugar
- Canned Vegetables
- Canned or Creamed Soups
- Coffee, Nuts-Roasted
- Pastries/Puddings
- Canned Juices
- Potato Chips/French Fries
- White Rice and wheat Products
- Artificial Syrups
- Meat Tenderizers
- Peanut Butter
- Cigarettes/Drugs–any kind
- Processed Oriental Teas
- Junket/Sauces, etc
- Pork – in any form
- Hot Dogs
- Fat Stock Consommé
- Pasteurized Honey
- Goose, Rabbit
- Processed Lunch Meats
Non-starchy & non-sticky vegetables

The following foods are allowed in the proper ratios unless stated otherwise on individual profile printout.

These foods can be steamed, fresh, raw, from frozen or in a soup.

**Ratio:** 2 cups of these non-starchy vegetables either alone or with 1/2 cup of meat meal or 1/2 to 1 cup starch and grain meal. See profile printout.

These foods are Acid Eaters AND ARE NOT STICKY:

<table>
<thead>
<tr>
<th>Asparagus</th>
<th>Eggplant</th>
<th>Parsley</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brussels Sprouts</td>
<td>Endive</td>
<td>Parsnips</td>
</tr>
<tr>
<td>Beets, Beet Tops</td>
<td>Garlic</td>
<td>Radishes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Green Pepper</td>
<td>Rutabagas</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Kale</td>
<td>Spinach</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Leeks</td>
<td>Sprouts</td>
</tr>
<tr>
<td>Celery</td>
<td>Mustard Greens</td>
<td>String Beans</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Okra</td>
<td>Turnip Greens</td>
</tr>
<tr>
<td>Dandelion</td>
<td>Onions</td>
<td>Watercress</td>
</tr>
</tbody>
</table>

**Note:** You may include any vegetable not listed under Starchy Vegetables.
THE FOLLOWING COMBINATIONS CHARTS WILL HELP YOU PLAN YOUR MEALS:

**Breakfast:**

Choose your morning meal from the fruit list on this page. Remember: fruits are cleansing. Eat these between 6 a.m. and noon. DON'T EAT FRUITS when THE COMPUTER PRINTOUT SAYS "NO" (OR ALLERGIC.)

Don't eat acid fruits with sweet fruits. Do not use fruit juices from a concentrate.

The following fruits are good for breakfast in the proper combinations:

## NO acid fruits if pH urine is 6.0 or below.

<table>
<thead>
<tr>
<th>ACID FRUITS</th>
<th>SUB-ACID FRUITS</th>
<th>SWEET FRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tangerines</td>
<td>Apples</td>
<td>Bananas (very ripe)</td>
</tr>
<tr>
<td>Currants</td>
<td>Apricots</td>
<td>Figs (dried)</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Blueberries</td>
<td>Grapes</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Cherries</td>
<td>Persimmon</td>
</tr>
<tr>
<td>Lemons</td>
<td>Fresh Figs</td>
<td>Raisins (soak 2 hours)</td>
</tr>
<tr>
<td>Limes</td>
<td>Mangos</td>
<td>Avocados</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Papayas</td>
<td>Cantaloupe*</td>
</tr>
<tr>
<td>Oranges</td>
<td>Peaches</td>
<td>Honeydew*</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Pears</td>
<td>Watermelon*</td>
</tr>
<tr>
<td>Cranberries</td>
<td>*(all melons should be eaten alone)</td>
<td></td>
</tr>
</tbody>
</table>

Tomatoes are fruits (fresh)

Blackberry Juice (only juice – seeds can irritate the colon)

Raspberry Juice (only juice – seeds can irritate the colon)

Strawberry Juice (only juice - seeds can irritate the colon)

OTHER FRUITS

unsalted Olives

There are other fruits not on this list that are okay to eat.

Smoothies are okay: EXAMPLE) Bananas & Blueberries, almond milk; and hemp protein powder (1 or 2 TBS) Only takes 1 hour to digest.

Please chew & mix with saliva. Chew your drink & drink your food.
Lunch
(the best time to have MEAT meal-between 12 noon to 3 pm summer; to 2 pm winter)

This meal should be eaten between noon and 2 p.m. for maximum digestion and not more than 3 times per week (IDEAL unless Type O blood type). Ideally, do not eat meats/proteins at the same meal with starchy and seldom eat them alone. Your mid-day meal can consist of only non-starchy vegetables. The proteins are acid makers and require very acid digestive juices. Eat in the proper ratio: ½ cup meat to 2 cups steamed non-starchy vegetables or salad. (See pg. 17 for non-starchy vegetables. If the computer print out says “no” or “allergic,” please do not eat.

The following proteins are allowed in the proper combinations:

**Ratio:** ½ cup lean meats to 2 cups non-starchy vegetables. See page 3 of profile printout.

**MAY NEED DIGESTIVE ENZYMES TO AID DIGESTION** (see page 3 in Profile).

These following foods are **ACID MAKERS AND ARE STICKY! MUST EAT WITH VEGGIES.**

Calves Liver  Deer  Turkey or chicken (white meat only – w/o skin)

Use brands that have no steroids OR OTHER DRUGS.

<table>
<thead>
<tr>
<th>Okay</th>
<th>EXTRA ACID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>Avoid (if possible)</td>
</tr>
<tr>
<td>Bass</td>
<td>Tuna</td>
</tr>
<tr>
<td>Cod</td>
<td>Catfish</td>
</tr>
<tr>
<td>Flounder</td>
<td>Shrimp</td>
</tr>
<tr>
<td>Perch</td>
<td>Lobster</td>
</tr>
<tr>
<td>Salmon</td>
<td>Crab and all other shellfish</td>
</tr>
</tbody>
</table>

**These are Scavengers**

- Eggs (5 to 7 a week, only poached or soft boiled.)
- Tempeh — (Small amounts may be added to give additional flavor and texture to salads, brown rice, steamed squash, etc.)
- Almonds (soaked 2 hours)
- Almond Butter
- Wheat Germ (vacuum packed)
- Avocados
- Raw Milk or Goat Cheese (aged 6 months)
- Cotage Cheese from whole milk
- Milk – skimmed & UNPASTEURIZED or homogenized.
- Buttermilk & homogenized & UNPASTERIZED MILK
- Yogurt (plain)-UNPASTERIZED MILK
Evening and/or Lunch Meals:

When not eating flesh protein, choose your lunch meal from the list below. Choose your evening meal from the list below. Eat before 6 p.m. during the winter months, and before 7 p.m. during the summer months for maximum benefit.

Note: Starches, Sugars, and Fats: Do not eat these foods with proteins and never eat them alone.

Ratio: ½ cup starchy to 2 cups non-starchy vegetables on page 16.

These foods are STICKY ACID MAKERS and are hard to eliminate through bowel:

WHOLE GRAINS or flours—Soak for 7 hours in distilled water prior to cooking. (Eliminates inhibitors)
-Brown Rice
-Wheat
-Millet
-Rye
-Buckwheat
-Oats
-Cornmeal (yellow)
-Barley
-Spelt
-Yeast

Remember, foods on the Non-Starchy Vegetables (page 16) list may be eaten in any ratio together. These foods lubricate and add fiber to these foods. MAY NEED DIGESTIVE ENZYMES TO AID DIGESTION (see page 3 in Profile).

Starchy Vegetables
-Leaves: Seek all legumes for 12 hours. Drain, rinse, and cook 12 hours on low heat in a Crock Pot.
-Corn (fresh – No popcorn!)
-Dried Beans
-Peas
-Dried Peas
-Potatoes (red – skinned)
-Lentils
-Winter Squash (steamed or bake at 240 F)
-Soybeans (Be careful; affects hormones)
-Carrots and Pumpkin (steamed)

REMEMBER: MANY WHEAT AND SOYBEAN AND CORN PRODUCTS ARE GENETICALLY MODIFIED OR HYBRID SEEDS.

Again remember:

YOU WILL NOTICE THAT FOOD IS NOT LISTED AS A PRIORITY ON YOUR LIFESTYLE PROFILE. IT IS IMPORTANT BUT IT TAKES TIME TO MAKE CHANGES—THEREFORE WORK ON OTHER PRIORITIES FIRST (especially pg 5, profile priorities 1 through 4.)
WHAT TO EXPECT WHEN YOU IMPROVE YOUR EATING LIFESTYLE

What is the area of greatest misunderstanding and confusion in the field of nutrition? It is the failure to properly understand and interpret the symptoms and changes that follow the beginning of a better nutritional program.

What does it mean to have a better nutritional program? It is the introduction of foods that are higher quality, in place of lower quality ones. For example, if a person replaces a protein-rich food such as pork, with beef, the beef may be considered the superior of the two due to its easier digestibility, lower and less saturated fat content, etc. Chicken is superior to beef and fish is superior to chicken because of its more rapid digestibility and lower fat content. The closer the food comes to the natural state in which it occurs, or the closer it comes to its raw, unrefined form, the higher its quality. In this condition, all the enzymes are intact and the amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates and the “life force” are present. This life force, in turn, is capable of reproducing healthy tissue. In addition, the quality of a nutritional program improves by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc.

What is the relationship between the quality of foods and recovery from illness? It is this: The higher the quality of food we eat, the faster we recover from dis-ease, provided we are able to properly digest and assimilate our food.

What happens when a person follows proper rules and makes a decided improvement in the quality of the food consumed? Remarkable things begin to happen in the body as well as the mind. When the quality of food coming into the body is of higher quality than the tissues themselves, the body begins to discard the lower grade materials and tissues to make room for the superior materials that the body uses to make healthier tissue. This is the plan of nature. The body is very selective and always aims at improvement for better health. The Creator of our body intended that the body be well and have within it the ability to stay well, provided it gets the necessary care and food it needs. The self-curing nature of many conditions, such as colds, fevers, cuts swellings, etc., furnishes endless examples of how the body heals itself unless we do something to stop the process.

When the use of a toxic stimulant such as coffee, tea, chocolate, or cocoa is stopped suddenly, headaches are common and a letdown occurs. This happens because the body discards the toxins called caffeine and Theo bromine. These toxins are removed from the tissues and transported through the bloodstream during its rounds. The withdrawal of stimulation produces a slower heart action called a resting phase, which registers in the mind as relaxation or a decrease in energy. This initial letdown lasts about 10 days or slightly longer followed by a decrease of strength, a feeling of diminishing stress and of greater well being. During this initial phase, the vital energies that are usually in the periphery or external part of the body such as the muscles and skin begin to move to the vital internal organs and start reconstruction. This shifting of energies to the internal region produces a feeling of less energy in the muscles, which the mind interprets as weakness. This is why it is important for our mind to be renewed to the truth of what our body is really doing. Any weakness felt is not true weakness, but merely redeployment of forces to the more important internal parts. Here it is important for the person to stop wasting energy and to rest and sleep more. This is a crucial phase. If the person resorts to stimulants of any kind, he will abort the regenerative intent of the body. Further, it is very important to have patience and faith to wait it out. Soon you will have increased strength that will exceed by far what you felt before changing your lifestyle of eating.
During the first phase called catabolism, the accent is on elimination, or breaking down of tissue. The body begins to clean house. In short, to remove the garbage deposited in all the tissues everywhere. Here the accent is on removal of body obstructions. Wastes are discarded more rapidly than new tissue is being made from the new food. This becomes evident as weight loss. This is followed by the second phase, stabilization. Here, the weight loss becomes more stable. The amount of waste material being discarded daily is equal to the amount of tissue being formed and replaced by the newer vital food. This stage persists for a while, then the third phase, a build-up period called anabolism wherein weight starts to go up. At this point, new tissues are being formed faster. This is due to the improved assimilation made possible by the correcting of wrong food combining. The body’s need for the usual amounts of food decreases. Thus, it is able to maintain weight and increase energy with less food. The higher the percentage of raw food one lives on, the slower the rate of tissue deterioration. A sick body requires a gradual, carefully planned out entry to this stage.

Many ask the question, “How come I’m eating better now than ever, and I’m getting worse?” We don’t understand that the body is going through “retracing”, throwing out more poisons more rapidly than the body can eliminate. The body is building more energy now as those hard-to-digest meals have been discontinued. These toxins being discarded are saving you from more serious dis-ease. For some, colds and fevers that haven’t appeared for a long time may occur. This is nature’s way of housecleaning. Understand these actions are constructive, even though unpleasant for the moment. Work with the body, not against it, by avoiding the use of drugs to quiet the symptoms. Get some rest, and of course, have no fear. The body is working with you. Headaches may even occur, and the skin may break out, there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness, weakness, nervousness, irritability, mental depression, etc. the majority of people find their reactions tolerable. Hang in there and be patient.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available. Your symptoms will become milder and terminate more quickly if you rest and sleep more. Be happy you have symptoms. At least you are alive!

Don’t be misled into believing improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature, and you may feel better for a while and then feel terrible. Once again, energy returns and you feel bad again. Remember, you are “fearfully and wonderfully made”. Give yourself a chance to experience what it means to be really healthy and fully alive. Feel the joy of living in and aligning yourself to our Creator’s law.

Remember, Love Your Body!

Love is patience! Your body needs time to adjust to your new Lifestyle. Your mind needs consistent input (knowledge and affirmation) of why these changes are necessary.
CHAPTER SEVEN

WHERE DOES OUR ENERGY GO?

The body uses energy in the following order of priorities: Highest energy amounts go to 1.) Stress, then 2.) Physical and Mental Work, then 3.) digestion, and finally 4.) Elimination. The elimination organs eliminate in the following percentages: kidneys – 92%; bowels – 6%; lungs and skin – 2%.

When the body cannot eliminate the toxins and waste, it has to store them in the tissues somewhere and this is what causes the body to be obstructed. These obstructions interfere with the circulation of the blood, thus keeping the Breath of Life from getting to the cells, resulting in the loss of vitality. You could have 100% potential and still have low vitality because of the obstructions interfering with the potential energy being available to the body. We will first look at the largest area of energy output which is STRESS AND MENTAL AND PHYSICAL WORK.

The lifestyle cause and prevention of stress

It is said that we should all have 100% vitality no matter what our age. The number one priority on that energy vitality is stress. When we talk about Stress herein, we are also including Mental and Physical work, which is the next priority on our vitality energy. The third priority goes for digesting and assimilating the energy from food or water…liquids. The fourth priority on our vitality energy goes to the elimination process – the elimination organs, which are the kidneys, bowels, skin and lungs. It takes vitality energy to handle these areas. When we are under a lot of stress, these other priorities take a back seat. In this chapter, I want to: 1. Show what stress does to the body; 2. Define stress 3. Look at what causes stress and 4. Help you to learn and understand what can be done to prevent and deal with it.

I am convinced there is really only one main reason for all the different kinds of stress. If we can take care of that particular reason, then there is not any kind of stress the body should not be able to withstand. Sometimes we cannot avoid stress. It’s all around us. There is no utopia anymore. For example, we can’t run away from stress by just getting divorced; or get our children out of the house. We can’t just eliminate all types of possible stress situations…but there has to be a way to prevent any stress from taking away unnecessary amounts of vitality from our body. That’s what we need to learn to do. We can eat right, get the right amount of sleep and exercise, do everything just beautifully, but stress will interfere with our vitality as far as our body is concerned. When we are under stress, we won’t digest like we should. Our bowels will slow down so we don’t eliminate, and our kidneys won't filter water soluble waste from the body.
First of all, I want to go over what happens when stress (and mental and physical work) comes knocking at our door. There are three stages that occur when stress happens to our bodies.

The first stage is the alarm stage...when the body is being told there is something it needs to resist. In other words, an alarm goes off. Problem! Problem! Problem! There is something coming against the body. There is something trying to come against us. When the alarm goes off, the body goes into the...

Second stage, which I call the resistance stage...when the body is resisting the stress. To resist the stress, the body has to take some energy from somewhere in the body in order to do the resisting. This “place” is called our reserve bank account or reserve energy. (See Chapters on Rest energy and Foods.) As long as the body is able to resist the stress there may be no symptoms or warning that there is anything wrong. Our body might not say anything about the stress at all, but when the body starts getting low in reserve energy, then the body begins to go into the...

Third stage, which is the exhaustion stage. If we don’t do something about shutting off the alarm at this point, then the next stage is what? Death! This is what I call extreme exhaustion. Our body is exhausted and can’t resist anything. At this point, all the elements in the environment can come and try to destroy the body.

Degrees of Exhaustion

There are three different degrees of exhaustion. The first degree is a loss of vitality, which is when we lose energy and feel kind of tired. Usually at this particular stage, we tend to compensate by indulging in stimulations such as smoking, caffeine, candy bars or exercise...some people jog to cover their fatigue, others become “workaholics”, “alcoholics”, or “foodaholics”. In other words, we are vulnerable at this point and feel like we need a boost. That means the alarm is still on, our body is resisting and we are using up reserves. At this point we are beginning to lose vitality. If we don’t listen to our body at this stage, the second degree of exhaustion results in symptoms of sickness. In other words, our vitality is getting so low our bowels begin to back up. We get colds, flu, sinus infections and allergies, ulcers...or maybe stomach-type problems. Our skin may break out or we can develop a rash. All different kinds of sickness symptoms start manifesting, which is the body trying to say...“Shut the alarm off, we are getting too low in reserve energy!” If we still do not listen and cover up this stage of exhaustion, what happens...the third degree of exhaustion...dis-ease begins to take place. What does dis-ease mean? The definition of dis-ease? It means the body is not at ease. Instead of being at ease, it is at “dis-ease”.

At this point, the body is becoming so exhausted it can’t be at ease anymore. It can’t let us cover up the (our) symptoms with pills or drugs, vitamins, etc. which, at this stage won’t work. We
start having reactions to the drugs…or reactions to certain foods. Our body starts telling us we had better shut off this alarm or we will not be around much longer. This is when symptoms such as cancer begin showing up, or the pancreas fails; and symptoms of diabetes, leukemia, or heart problems etc. manifest.

Why? Because the body is telling us it does not have enough reserve energy to take from the reserves in order to cover for these problems. The stress is taking out more energy than we are putting in, and if we don’t put something back into the bank to cover these withdrawals, we are going to become completely exhausted.

The body refuses to become at-ease until we start doing something about the cause. This is the reason why there are no “cures” for dis-eases. Dis-ease is something we have to prevent. We must stop the stress and put back into the bank what we are lacking in reserves so our body can resist again. Only then can the body correct it’s own problems.

To Summarize: Stress interferes and robs the body of reserve energy to do its job. Remember, whenever we are under stress our body is going to set off an alarm and if there is enough reserve rest, minerals and vitamins in the bank, it will resist the stress. If there is not, it won’t…it can’t. When there is not enough, we become exhausted and our body will tell us about it. We can eat perfectly—do everything perfectly, but when we are under stress, that alarm is on as long as the stress is there, and we are in resistance using up our reserves. It is difficult to eat enough to cover the stress because we would have to overeat…and overeating is a stress! It overloads the digestion system so we are not assimilating our food well. It is necessary that we deal with the cause: stress.

**Different areas of stress**

There are three different areas of physical stress.

**Exercise can be a physical stress** The most extreme example of a physical stress would be running into a telephone pole at 60 miles an hour. Would that not set off your alarm? We would resist, become exhausted and die in a matter of seconds. This is a physical stress. Jogging is a physical stress. It sets off the alarm…that’s why a lot of people like to do it. It makes them feel great because it stimulates their adrenals. When the body alarm goes off requiring reserves to resist, we feel great until there are no more reserves available…then we just can’t keep going anymore. Remember, Jogging is work not exercise…it is stress because it is hard on the skeleton. If we are in really good shape we can handle it a lot better, but most people are not exercising or jogging for the purpose of making their bodies healthy. We must stick to things that make us deep breathe and relax our muscles. Walking actually shuts our alarm off. It is amazing what walking can do for us.
If our bank account measures less than 51% and we have an operation, open surgery as an example, the alarm will go off and there won’t be enough in the bank to get through the operation; and we could die. In fact, that is what the death certificate will say… “The operation was a success but we lost the patient.” There was no reason that they could see. Everything went well, they cut out the problem, sewed up the body and the patient died. **Why?** The alarm was still on and there was not enough reserve in the bank to cover the operation. That is one of the things that can be measured. Operations take a great deal of energy. In fact, it takes about 14-24 months before we are back to normal because it keeps needing extra from the bank account for healing. Estimations of 2-3 million milligrams of Vitamin C in major surgery are lost…that is out of the bank account. Maybe we are drugged, or put “out.” It makes no difference; the alarm is still running. One problem with pain medication and general anesthesia is…it shuts our alarm off, then our body doesn’t **resist** like it should, so our body doesn’t heal as well. For example, as a result there will be more scar tissue.

**Food can be a physical stress**

**Processed** foods are a **stress** that will set off our alarm. Do you know the definition of a **food**? **Food** has to come from a seed, and must be unprocessed, unpreserved, and not over cooked. When we over cook foods from a seed or add preservatives to foods, or process out of the **food** minerals and fiber, the food becomes adulterated. This processed **food** sets off our alarm causing our body to go to the **second stage** of resisting it. These processed **foods** become literally drugs. The only reason we eat them is because they make us think we are getting energy from them. But what we are really doing is taking energy from our bank account, which is the energy that is making us feel good! The non-**food** itself is not giving us any reserve energy nutrition. This is called stimulation. See Chapter 6-Seek wisdom.

Take coffee for example – it gives us no nutrition or energy reserves, but sets off our alarm and removes energy from our reserve energy account. That is the energy we are feeling when we drink it. We have to recognize that it causes **stress**, which is why some people eventually get the coffee “jitters”. Coffee and chocolate are just stimulants. In this case there is not enough in the bank reserves to cover the coffee any longer. One of the symptoms that could develop is “Parkinson’s Dis-ease”. Caffeine tears down the magnesium energy that is in the nerves. That’s when the alarm goes off! If we continue this stimulation practice, the bank reserves will continue to get low and we start having exhaustion problems.

A question most commonly asked is: “Does decaffeinating the coffee help?” Decaffeinated does not mean it doesn’t have caffeine. It just means it's been tranquilized to cover up the nervousness. Most of the caffeine is still in there. When the coffee bean is been roasted it’s not natural anymore. The
nutrition in it has been destroyed. (also nuts, seeds or beans.) When they have been roasted, the temperature changes their molecular structure and they are no longer a food...but a drug! It sets off the alarm and makes us feel good until our bank account gets too low and we become exhausted...then our body starts talking to us.

This is the reason some people keep going to stronger and stronger drugs...the drugs don’t work anymore...they are not enough of a stress. What do people do when they have cancer? They take chemotherapy. “Chemo” is a known poison. It is a killer! What is it doing? It is merely setting off the alarm. It is going to dig deeper into the bank’s savings account and pull some extra energy out, but how low can our reserves go? Everything in medicine operates on this premise. The bottom line is... medicine takes our reserves in order to to help the body resist.

Rest deficiencies can be a physical stress.

Not enough rest will definitely set the alarm off! That is why we call the 11:00 p.m. to 7:00 a.m. Shift, the graveyard shift. The practice of staying up late keeps our Rest energy reserves depleted! See Chapter __________. When the sun is farthest away from us, our body recharges it's immune system. When we don’t get that recharge, we are that much more “depleted.” Did you ever have your car battery run down? The battery recharges by resting for while before starting, and so does your body. Rest is 24% of our energy input. We can’t make up for the loss by sleeping during the day. This won’t work because the sun keeps our body cells and glands active ...they cannot rest during the day! When we eat too late in the evening, we over-sleep in the morning. We aren’t recharging our batteries because we are digesting when we should be resting. Without proper rest at the right time we will be stressed. Read the section on Rest Energy for further discussion.

Other physical stresses.

Not drinking the right kind of water and/or not enough water are stresses to our body, as well. These water problems slow down circulation causing the body stress. This sets off the alarm, which causes the body to resist...leading to exhaustion.

Mental and emotional stress

Besides physical stress, we have mental and emotional stress...and what we can call spiritual stress. The spiritual stress would be in the area of hope or purpose. When we lack purpose or hope we will keep that alarm going off all the time – we don’t care what we are doing! I am convinced there are no such things as mental and emotional problems per se. They are just symptoms of the real problem, which is in the spiritual or the physical area. The results are mental and emotional symptoms.
Just thinking of all the psychological things we have gone through is enough to keep our alarm ringing. When we see a psychiatrist, he digs all the way back and gets us to bring up our past and we have to handle them all over again. That’s enough to take our bank account reserves down twice as fast. That is not the solution because it does deal with the cause.

We do have mental and emotional stress, but they have to do with our trinity relationships. (See Chapter One.) What causes the greatest emotional stress? Dealing with death and divorce depletes bank account reserves faster than anything else. It doesn’t matter how it happened or who is at fault, the alarm goes off with such force it just draws the energy from the bank account reserves. Changing jobs or building your own house is enough to drain people reserves. When people I work with begin to build their own houses, their body chemistry goes crazy!

A lot depends on temperament. There are basically two behavioral temperaments: “Type A” and “Type B”. Those who are “Type A” are the go-getters. They can’t sit down for 10 minutes…they have to be doing something all the time. “Type B” is the type who can sit down and read a book and nothing much bothers them. When two people get together, what would be the best combination? Two “Type B’s” would probably be the least stressful combination, but they might not get anything done. Two “A’s” would also have problems. A “B” can drive “A” crazy and the other way around, but they will probably balance each other out if they can stick together long enough and work at it. “Type A” wants to go and “Type B” is slower in moving, but it can be a pretty good balance. Especially in marriages, one will find that it is the attraction. Very seldom will you find two “Type A’s” or two “Type B’s” that are married. They are usually somewhere within the “A” and “B” type range, but not always to an extreme. We can be “Type A” in certain areas and “Type B” in other areas as well.

What are some other types of mental and emotional stress? What about worry…or fear? Fear is probably the most devastating stress. When we talk about death or a divorced home, isn’t fear the most direct problem? Anxiety, fear, worries; un-forgiveness does not hurt those the unforgiven, whether in divorce or death; it still keeps their alarm turned on.

There are a lot of people who have to be unforgiving towards someone or who must be critical all the time just to feel good. If they ever gave up and asked for forgiveness, they would probably be dragging and miserable…sick all the time. The negative emotion is what is setting off their alarm and stimulating them.

I am sure we have all seen people “come alive” when hearing gossip. It sets off that alarm and it is as if they have a new lease on life. I have also noticed there are some people that get excited when bad weather or some other crises is in the news.
In general, soap operas and T.V. will set the alarm off. If the loud music were taken out of the environment people would probably collapse. The stress of this type of music is giving them a “kick” and burning them out. It’s not so much a matter of whether it’s good or bad, it’s just that this is their dependency or addiction. We are addicted to these things because they stimulate the body, while removing our reserve energies.

We don’t realize we are living a crises life. We are conditioned to live by managing our crisis…that’s what keeps us going. Crisis management has become normal. When the crisis is over, the alarm goes off and we are left with a depleted bank account and many symptoms, while wondering why we are feeling so bad; and asking ourselves…”How can this happen overnight?”

SPIRITUAL STRESS: THE ABSENSE OF HOPE AND PURPOSE

The spiritual realm governs how we handle physical, mental, and emotional stress. This leads us to the need of hope and purpose. What is our hope?

Over the years I have worked with probably over 2500 cancer people doctors have given up; and as such, have told them that they have only so many months to live. By helping them maintain hope I have lost only a few percentage of them. This I know: the ones who don’t overcome cancer are the ones who don’t have any hope. They give up and there is nothing anyone can do for them. Without hope their body does not respond even when they have made the necessary Lifestyle changes. Their body will not fight or resist cancer or any dis-ease If they give up and have no hope or purpose for living. Their alarm shuts off any resistance; and their body dies; like what morphine does to the body.

If a person loses hope, the body stops resisting whatever is coming against their bodies, and then the body eventually fails to replace mineral reserves. A person can actually be healthy and die when he loses hope or just gives up.

It just depends on what kind of hope and purpose we have as to how well our bodies will respond. What is so beautiful about hope and purpose, it is not a stress. Hope and purpose do not stress us…but lack of hope and purpose does and it causes mental and emotional stress.

It is possible to have hope and then not take care of the body, thus have problems fulfilling the hope (expectation). Both physical and spiritual stress must be addressed in order to be healthy.

Anything interfering with having a purpose or hope makes us passive. The most destructive stress we can have is a passive attitude. Not making any Lifestyle decisions is stressful. By sitting on the fence because we’re afraid to make a decision to do anything is stressful. Even though I can give a whole list of the side effects of the drugs people are taking, which is all-factual, not guesswork, people
won’t make any decision while on them, but are just mentally passive and do nothing about it. They just keep on not making decisions. This is what being passive means and it is very destructive.

It would be like telling the one you are considering in marriage…“Okay, we are going to try each other out, if it works okay, then we will make a commitment.” This is not a decision! There is no purpose or hope because there is no commitment. It is better to make the wrong decision and learn from it, then to be afraid to make a decision at all…whoa, that is really stressful! Our body is going to pay the price. Our body is what needs to support us mentally and emotionally.

To get the fullest impact on what I will be discussing next, let’s take some time to identify any stress we personally have. Try to define your stress areas. Identifying them gives you the opportunity to set them aside.

What cause is behind the stress. We have discuss what's behind some of the physical stress, but can we convince ourselves beyond a shadow of a doubt that certain foods are not good for us and be willing to give them up? If we were threatened with death by eating certain foods, what would we say? “I just can’t. I know it’s stressing my body, but I can’t give it up!”

Stress creates no symptoms until our bank reserve account gets depleted. This could be partly due to our parents deficiencies at birth. Each generation gives the next generation what is in their body’s reserve bank account. If we are born with low levels, the reserve exhaustion is quicker. The first step is accepting the responsibility for turning off the alarm by identifying and removing the stress area. The biggest thing we must admit is that things and people are not our reasons for stress and stop blaming someone or something for our stress. Stress is out there, okay? We are not going to find anyplace where we can avoid stress knocking on our door, but we must keep it from setting off our alarm and depleting our reserves thereby causes exhaustion leading to weakness, sickness and dis-ease.

Reviewing stress

Let’s recap stress…how it operates, how it affects our body, the cause and what we can do about it. The first stage is the alarm going off…the enervation stage. The second stage is the resistance stage where the body pulls extra nutrition from our reserves, (the bank account,) in order to resist the stress; it does this until the alarm goes off. Stress is the number one priority on our vitality! All the other priorities take the back seat. At this point when there are no physical, mental or emotional problems, we are resisting the stress…until the bank account starts getting too low. We can resist stress as long as the bank has some reserves that can be made available for resisting the stress. If stress is not dealt with, we start moving into the third stage, which is exhaustion.

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4 Enervate 1. To cut the tendons of; chiefly spec. to hamstring. Hough (a horse)-1751 2. To emasculate. 3. To weaken physically; now only of things that impair nervous tone 1668 4. To weaken mentally or morally; to destroy the capacity for action. Also trans. of sentiments, expressions, etc. 1614 5. To render ineffectual – 1836.
There are different degrees of **exhaustion**. The **first** is when we begin having weakness symptoms. Then symptoms of **sickness** show up. I have heard people say they caught a cold because their resistance is low. Well, their resistance was there, but there was not enough in the bank to resist this **stress**. If we don’t correct the deficiencies in the bank account and shut off the alarm artificially, the next degree will be “**dis-ease**”. When our body is not at ease it is because there are not enough reserves in the bank to cover the deficiency. After this is **premature death**. This is the progression of what **stress** does to our body; and there is no respecter of persons.

We must find ways to keep **stress** from taking our health. We can eat right, drink all **water** needed, stop eating late; and go to bed by 10:00, which are all very important, but… if we are angry with somebody or bitter and unforgiving, then our **stress** alarm is activated and running all the time despite of all those improved Lifestyle changes. We can’t digest, nor sleep good nor have proper elimination.

When our bank account is low and we don’t have enough resistance it causes enervation. I am convinced most divorces are caused by a lack of calcium! If calcium’s are low in only one spouse they might be able to get along; if it is low in both...you’ve got problems! This is a **physical stress**, and a lot of times problems are related and due to **physical stress**. Lack of nutrition is a **physical stress**. We might ask why that person allowed that calcium to get too low. Why is it people, even when they know they shouldn’t eat donuts but still eat them...are they selfish? But why are they selfish? Because they don’t have enough calcium?

We’re going in circles here, but there is a reason people are addicted to certain **foods**. For a lot of us these **foods** cover for our **stress**, becoming a quick fix. Many people eat stimulating **foods** like chocolate, sugar or **coffee** for feeding their **stress**. Others smoke, jog or take drugs. A lot of people eat **food** late at night because they can't sleep.

We deal with **stress** in these ways but these ways themselves are stressful and they keep depleting our reserve bank account even further. How can we deal with these problems?

**The need for acceptance - Remedy for Stress**

Mankind has a need and that need must be taken care of or whatever we do will result in **stress**. It doesn’t matter whether Lifestyle **stress** comes from our eating, relationships with other people, or relationship with our Creator, rest, mental and emotional, exercise, etc.

What is it that we need then? **Acceptance**...the basic need everybody wants and the more we try to perform to get it, is **stressful**. The lack of **acceptance** sets off our alarm...doesn’t it? That could be true on the job, too. For example, our boss never says we are doing really good, but only points out where we are failing; so we get to the place where we say: “What’s the use? He will never **accept** me.”
Was not the basis for our **acceptances** in school...our grades? We’re considered a brain and more accepted if we get A’s or B’s. Someone who can’t make A’s and B’s, go out for sports, etc....in order to be **accepted**. If we can’t make it in sports then we go out for band or join some club. These organizations are all set up because there is this need to be **accepted** and we have to find some group that we can be **accepted** in. if we’re not, we are devastated and that sets off our stress alarm. We keep striving to be **accepted**!

We do all kinds of things to gain **acceptance**...don’t we? It doesn’t matter what we do to gain **acceptance**; the result is **stress**! Here is the problem...how good is good enough for **acceptance**? How good do we have to be in order to be **accepted**? Who sets the standard? It varies, some people don’t let us know what the standard is until we get to know them a little bit better. Who is our best friend? The one who accepts us and knows our idiosyncrasies, right? They see our faults and are still willing to hang around us, encourage us and accept us. Imagine someone hanging around us who has a pencil and pad saying...“Aha! Gotcha there!” When they get up to twenty “gotcha’s” it’s Boom! We reached the limit. See, we cannot base our **acceptance** on performance! **This is what causes us stress.**

What if we don’t perform? We’ve lost our **acceptance**, right? When this happens we usually do one of three things. The **first** is to put on a **mask**. We are not going to let anyone see what we are really like, so we act another way. A lot of people are good at this. They can be in one group and act a certain way, get into another group and put on another **mask**...we never see the real person. The **mask** is their protection from **rejection** which is the loss of acceptance. An alcoholic has to say...“Hey, I’m an alcoholic and I can’t drink one drink or I’ve had it!” can we Risk taking off the **mask** and being exposed.

A **second** choice we make is to become a “**groupie**”...lost in a crowd. We won’t be **rejected** as an individual. The whole group will be **rejected**. There is safety in that, so we get into “cliques.” True friendship is when the mask is off and you can say...“Here I am in all my glory!” Friendship cannot happen when you are playing the “**groupie**.”

The **third** choice we make with lack of **acceptance** is to become **independent**. We just don’t hang around anybody. We won’t let anybody tell us what the standards are for **acceptance**. We are going to set the standards. We might die with these standards, but we are going to set what is **acceptable** and what is not **acceptable**! It is usually the independent one that leads the “**groupies**” because the “**groupie**” will follow the independent leader-type person. As long as no one in the group challenges the leader...all is well. If someone in the group decides to be independent there are problems. This type of situation is what causes churches, corporations, marriages and child-parent
splits. As long as these people are not leaders, have no challengers, and everybody is just trying to deal with their acceptance independently…they won’t have too much strife.

These are the three choices we make to deal with this need for accepted when based on performance. We must find another way to be accepted other than by performance in order to keep stress out of our lives!

**The basis of acceptance without performance**

How can we find a basis of acceptance other than performance? What particular area would we feel is the most important area for us to be accepted in? Would it not be in the spiritual area? Maybe we don’t believe in the Self-Existing Creator. That is tough…because if we don’t, then we are gods and we have to perform perfectly. That’s right, performance as such will cause a lot of stress.

Some of us have problems with a personal relationship with our Creator. The Creator I grew up with was a Creator who accepted me based on my performance and that was frustrating to me. I thought my Creator was following me around all the time writing down everything I was doing wrong? And then all of a sudden when I reach so many demerits, He says, “For that I am going to give you cancer!” That made me stressful? What do you think the police or a judge would do to you if you treated your child in the same way? Would we say to our child…”I’m going to let you get diabetes, or…eat toxic, rancid foods! That will teach you to be good!” A lot of people have that same concept I had about the Creator; and that is a stressful position.

Another concept some have of the Creator is that of a slot machine. He makes you some promises for you to claim, but do not receive…then what? You could think He doesn’t love you or accept you. Sure, He blesses us, but is He a “bless me machine?” If we have that concept, we are still letting our performance be the reason for being blessed resulting in stressful rejection.

Another problem we have is thinking the Creator is a “briber.” It’s like what happened to Job. The adversary came up to the Creator and the Creator said…“Look at Job, isn’t he a neat guy?” And the adversary said…”Yeah, but you’re blessing him and that’s why. Just take that fence of protection down and then see if he won’t deny you.” Isn’t that true with people? As long as we are giving them things and doing good things for them, they remain our friends; then when we confront them on some things, it’s all over. Some people will bribe others to be around them. They give them things and do things for them so they can have friends…they buy their friends. Why are they doing that? Is it not because of the lack of acceptance? Some think the Creator is that way? People are bribed into following the Creator because they can get something. We present the Creator in the wrong way by saying…“If you don’t go the Creator’s way, He is going to throw you into hell and torment you.
forever.” That is not a choice, is it? That is using force and manipulation. That is not the way to build relationships. What if someone came up to you and said...“You’ve got to go my way or else I am going to torment you forever until you wished you were dead!” Is that relationship based on acceptance? No, it is based on performance, isn’t it? It is making our acceptance conditional.

I don’t believe the Creator makes our performance the reason for our acceptance with Him. What the Creator did was send His only begotten Son to this earth. He (son) lived in a body just as we live in, and was tempted and tried in every way that we could ever be tempted and tried. Now the Creator says...“If you get hooked-up with My only begotten Son, I will accept you on the basis of His performance.” THAT IS WHAT I DISCOVERED! This gave me the basis of acceptance with the Creator. Now, if you are accepted with the Creator, then you don’t have a lot of problems being accepted by people. You can be accepted on the same basis as everybody else... which is not performance...that frees us to help one another. It takes away all of our competitiveness because we are all standing upon the same basis. This will turn off our stress alarms...performing because we are accepted. However, if we perform to be accepted, there will be stress.

Have you ever noticed there are some people, not just trying to buy someone, but who will take the shirt off their back, give to a friend and feel no stress at all? Do you know why? They are doing it because they already know they are accepted. When I was playing guard in high school football, I weighed 155 pounds. All I had was guts...but here I was letting people hit me and thinking I could hit them, too. This was my way of getting accepted. When the coach told me how good I was doing for my size, I knew I was accepted. Once I knew I was accepted, I would go out there and beat my head into the ground because I wanted to perform! It wasn’t stressful at all. But I remember the time when the coach really got on my case and I felt rejected. I didn’t have any energy or life in my game. They ran all over me. Have you ever felt that way? Someone can just run all over you and there is nothing you can do about it? Is it not because your are performance is not being accepted but rejected?

A look at intimacy and acceptance

Here is a good definition of intimacy (how to get close to someone without feeling like you might get rejected) is this: “take a risk and share your struggles and your love with someone, but don’t depend on the other person to respond the way you want them to respond.” When we say something to somebody we want them to say right then... “Yeah! I agree.” If I felt that way I would have stopped counseling a long time ago. When someone tells us we need to get off pizza...that’s enough to reject us! So if someone says “no way” to me, I can’t think or feel I am being rejected. I have to be able to get close to people and share what I know the best way I can, and not expect them to respond
positively to everything I say. This is why our basis of **acceptance** must be settled. Then we are not conditioned by how people respond to us and we don’t have as many problems communicating with people, which can lead to **stress**.

**Conclusion**

This issue of **acceptance** makes the difference in whether we are **stressed** in whatever we are doing…whether it is what we are eating or not eating, our relationship with our mates, children, our boss or with ourself. It doesn’t matter what the relationship or circumstance is that we are in. We can overcome the circumstance and keep it from activating our alarm if we settle the basis for our **acceptance**. Until we do, in my opinion, there will always be **rejection** and we will find some way to deal with it. We will **1.** Put on a mask **2.** Get lost in a group or **3.** Become independent. If we can **reject** the idea that our **acceptance** is based upon **performance** then our healing will come and **stress** will not cause our body harm leading to weakness, sickness and dis-ease. Let’s **choose** the lifestyle key to prevention of dis-ease…perform because we are accepted in the beloved.
CHAPTER EIGHT

OUR PHYSICAL BODY NEEDS TO BE LOVED

There are three main forces in the universe: Love, light and life. All three forces have an effect on our physical body. The natural, or created life, light and love affect our health, as do the uncreated life, light and love of YHVH Himself. YHVH is life; YHVH is light; YHVH is love, which determines both our bodies health and our freedom from sickness and dis-ease.

I Corinthians 13 says, …“Love never fails.” If that is the case, then if you do not love your body, it is going to fail. What about that? This chapter of Corinthians also says, …“Love your neighbor as yourself.” If we do not, therefore, love ourselves, we cannot love our neighbors. We are in trouble already if we do not learn to love ourselves. Love is the motivation for faith. If faith does not have the right motivation, it will not work, so if you do not love your body, faith will not work; you can use all your faith to eat, rest, and exercise right, but without love it just will not work.

**How we look at and feel about our body**

One very important reason why some do not get well even though they try to do the right things is that they seem to have a bad attitude toward their physical body:

1. In the estimation of many, their body does not look right. This leaves their attitude on shaky ground from the start because throughout life the body changes. If the way you look is a condition for loving your body, you will especially be in trouble when you compare your body to other's bodies. All too often we make these comparisons. How we will feel about our bodies will depend upon who or what we are comparing them with. Television gives us continual opportunity to compare our own bodies with others. On television, we never see a big woman in a bathing suit trying to promote a product; that type of promotion hardly exists! When we compare our body to “the models” on television, we all too often wish we could change our body so we could then “love” it. TRUTH: Love simply does not operate by how something or someone looks.

2. Then there are those who think their body does not feel right. Many think they should feel more energy. On the other hand, some feel that their bodies are hyper all the time. They just cannot calm down; they worry that they should feel less energy. TRUTH: We do not need to feel right about our body in order to love it.

3. So, let's set aside our “feelings” as justification for not loving our body…especially “How it looks.” Love never fails, although our looks will change throughout life. Love never fails, regardless of whose body we compare with ours. Instead of coming to know the true Love that
condition of the body, we have been seeing and feeling...using the five senses to evaluate the body.

**YHVH never makes mistakes**

The majority of those who consult with me as a biochemist probably do not love their body. Since **Love never fails**, our bodies would never be tired, sick or dis-eased...if we really loved them. What then, is the condition for loving the body? What do we have to do and how should we think in order to love our bodies?

**Acceptance** is the big factor. Love of our body originates in your mind and emotions. When we do not love our body, it is our WILL that we must use to direct the force of love toward our body. Remember, **YHVH** loves us. His love is unconditional...it never fails. We cannot then say to the Potter that He made us wrong, for **YHVH never** makes any mistakes. Moreover, He has made provisions through **YHVH's** by which we can partake of and experience His love.

**YHVH’s attitude compared to ours**

What about our attitude toward our body? Some might think their body is too sinful for **YHVH** to love. What, in fact, is **YHVH’s** attitude toward our bodies? What makes **YHVH** love our bodies; in fact, does He love our bodies?

The answer lies in the truth that **YHVH** is love, and that **Love never fails**. Love does not seek its own and love can never be wronged. In **1 Corinthians 13**, there is a description of this kind of love... **YHVH’s** kind of love, agapé (unconditional)...that never fails.

How can we say we love our body when **YHVH** does not like what we are doing with it? In order for each of us to succeed, it is important that we not only recognize it, but also understand that our body is a temple where the Holy Spirit of **YHVH’s** love abide. This motivation for loving one’s body is already vivid in the minds and emotions of countless living souls worldwide, yet they still fail to achieve it...why?

Below is a list of some of the reasons why some, despite their motivation, might continue to abuse their body...

1. Selfishness
2. Desires of the flesh
3. Ignorance
4. Laziness
5. Spirit of gluttony

In all actuality, these reasons can be grouped under the category of selfishness. They all display a lack of love and are harmful. If we love someone or something, we would not normally do anything to hurt that something or someone. We would not hesitate to help...if we knew how!
In the same way, we have to make a commitment to learn how to love our body as well as come to recognize whether or not we have a selfish attitude toward our body. If love does not seek its own, and love does not gratify itself by what it does with someone or something, how can we gratify ourselves at the expense of our bodies and at the same time say we love our body? We cannot, can we?

What is the opposite of love…Hate, indifference, or is it is really just plain selfishness. After all, why do we hate? What puts us in a position to hate our body or anybody else’s body? Selfishness in the physical, mental, emotional, and spiritual realms puts us in that position.

**Serving YHVH or ourselves**

There are many who think they are spiritually serving YHVH, but at the expense of their physical body. They “leave” before their time on this earth because of sickness and dis-ease; leading to premature death. They leave earth suddenly. How then, can they serve YHVH and at the same time neglect the body vehicle they are living in for service, without in fact, being selfish?

We are told that we can lay down our lives…and there are situations where we see examples of those who have given up their physical bodies on crosses to serve and love YHVH. There is this type of suffering. Can we, however, serve YHVH while we are pushing ourselves at the expense of our physical bodies in order to get something accomplished? In this not being selfish?

No matter how disciplined and balanced our living lifestyle eventually becomes, we cannot escape the temptation to be selfish. Temptation will not necessarily be with negative things that come to us; it could very well be the good, positive, unselfish things we are doing. When we become selfish with our body, do we really do not love our body?

**LOVING THE BODY THROUGH DISCIPLINE**

Sometimes we do not see the discipline aspect of love as it applies to ourselves. What happens when we spend all of our time with just one of our children? Every time he wants something, we are right there. We call that “spoiling.” The Scriptures say that it is sparing the rod and spoiling the child if he does something wrong and we do not spank him. In fact, we actually hate our child if we do not use discipline.

It is important we learn to apply the same Scriptures to ourselves. There are some who say, “I cannot really be loving my body when I feed it this (live) food. My body just hates this kind of stuff.” That is a part of discipline, and love always moves in a disciplined way. Love is benevolent…it always looks for the best.

Sometimes the best of discipline hurts for a season; it feels kind of rough for a while. Many of us have gone through that. We know some of the aches and pains and loss of energy that can be involved in disciplining the body.
It takes love to decide to do something positive and say to the body, “Okay body, we are going to get into shape. We have been lazy and uncaring. It is time to get going and do something about it.” It really takes love to do something like that; otherwise we would not do it.

**Desperation vs. discipline**

It is very common however, for people to discipline their body in desperation. They have no other choice. If someone tells us we are going to die in six months as a result of our physical condition we then agree: “I am going to do whatever you say, but I am not going to like it. I just have no other choice,” Thus, their discipline is at first selfish, although it does not have to remain selfish, and that is not really love. We can clearly see that love is not going to be operating with that type of attitude. That attitude does not work well nutritionally, either.

On the other hand, we can take the responsibility for our body and develop the attitude…”I really love my body. I want to train it to get in shape to be the way YHVH created it to be. Whatever it takes, I will do it.” That is love for our body, in operation. We have to put away selfishness to do something like that.

**Dealing with the lure of stimulation**

In putting away selfishness, we have much to deal with. We have our taste buds to deal with. We have to deal with what we are seeing on television and what we are looking at when we go into a restaurant and when we visit relatives. We have our eyes to deal with. We eat with our eyes before actually eating the food. If we do not love our body enough to say, “Look body, this is what you really need, and nothing else,” then those stimulating odors we smell and those stimulating things people are saying about foods will not stimulate us to lust after.

If we do not love our body, we will not discipline our five senses to do what they are supposed to do:

1. Be trained to desire those things that are good for it;
2. Learn how to look at those things that are good for it; and
3. Learn to listen to those things that are good for it.

If we do not love our body, we will, rather than applying the necessary discipline, selfishly give into the whatever looks good, tastes good, smells good, feels good which is selfishness. And body, that is just tough!” The result is, we go to the doctor for a pill, which can lead us into further trouble. The cause is…selfishness. The whole world system is selfish. YHVH’s adversary is selfish. The adversary system is able to communicate things that appeal to our five senses.
A guaranteed method

When we choose to love our body with love that never fail, and not surrender to the cleverness of this selfish addiction and stimulation, is no way we can fail to overcome and train our body and discipline our five senses to know what is good and not evil.

If we choose to love our body, we will then be able, by an act of our will, to make decisions to do certain things for our body. If then, there is any failure on being able to do these things, it is because we do not really love our body. Instead, we use our to satisfy ourselves which is selfishness.

This principal applies in all relationships. For example, we can love our spouse’s body. If we really love their body, we will support their desire to achieve discipline for themselves. We would not tempt their five senses and make it more difficult for them to discipline their bodies. However, if we are selfish, we could say to our spouse, “Let’s go out to eat and “have a ball,” even though they are trying to discipline their body and cut out certain addictions. Our responsibility is to love our spouse’s body just as we love our own body. If we do not love our own body, there is no way we can love our spouse’s body. There is absolutely no way!

I see this quite often. Couples come to have their Lifestyle analyzed, and the wife is physically in bad shape and her husband makes the statement to her: “Well, if you have to do this program, that is just fine for you, but I am going to eat whatever I want. You are going to prepare whatever I want.” With his selfishness he is really saying that he does not love his own body, nor does he love her body and as a result he is going to make it real tough on her.

There are some children having health problems because the parents lack understanding and example. They are more or less leaving their children to make their own decisions as to what they are putting in their bodies. This is a very selfish action on the part of the parents. They think their leniency is an act of love, when in fact it is demonstrating and making a declaration that…: “They do not love their child’s body; they only love “themselves”, hoping with their leniency they will gain love and respect from the child.

If we do not love our own body enough to discipline and train it to be the way it is supposed to be, we cannot then, love others…neither can we love their bodies nor love YHVH, the One Who created and is dwelling in our bodies. After all, if we do not get their bodies into shape…we are not going to be around very long. Love and encouragement can bring hope to those who need to learn how to love, discipline and train their bodies.
Sex outside of commitment

All around us we can see there is a lack of love for the body. In our society we have permissiveness outside of committed relationships. In the physical act of intercourse much energy is consumed; it takes a tremendous amount of life and energy out of the physical body.

When we are lacking mental and emotional unity in that act, and the sexual relationship is outside of a commitment, that energy is not expended in love. For either of the individuals involved, they simply do not love each other's bodies. It messes up both partners mentally and emotionally because there is no commitment of love. When we give our body to someone else without the security of mental, emotional and spiritual commitment, tremendous problems develop because certain rejection. We are simply using one another and manipulating one another for selfish gratification. If we really love one another, sexual relationships will not be exploited selfishly.

As a result of such exploitation, we see much sicknesses and dis-eases taking place. Look at the big AIDS problem. It was called other things before, but now it is so widespread that they had to come up with a big name. This is what is happening mostly as a result of permissive sex, where people are using their body merely to gratify their selfish desires of pleasure. This lowers the immunity system to the point where any parasite or virus can come around and take up residence within the body, causing all kinds of immune deficiency problems.

We should respect our body, we should not let it be manipulated or abused by others or by ourselves. Therefore, if we really love our body, we will not break these physical laws of health as they relate to the sexual relationships, which belong within a love commitment.

Discipline takes time

All this does not mean that we will get our body disciplined overnight. YHVH loves us, and if He expected results overnight, none of us would be around. YHVH’s love is patient. According to I Corinthians 13, love is patient. If I love my body, I will be patient with it in its discipline and training to do right. Love does not expect immediate complete change.

Sometimes we demonstrate a lack of love by saying, “I want this done today! I have been on this program a month now. I can go back now and do anything I want!” which is not loving our body. We are not patient with our body in our discipline and training. It takes time, and YHVH has made His love available to us to make this possible.

The discipline of rest

We cannot leave out any lifestyle area of our physical body. Some people are eating right, but they do not get enough rest. If we really love our body, we will rest it. We must let our body rest to cover stress and pressures that are coming against us.
This rest must also include mental and emotional rest. We must set aside a time for our body to just stop activity, during which time our body can recuperate. For this reason, everybody should go to bed no later than 10 p.m (11 p.m. summer); earlier if possible. Then one can get up earlier and will be much better off. When we go to bed late, we are pushing it, and we end up sleeping later; being rest deficient.

It is nothing but selfishness when we abuse and misuse our body. I believe YHVH gives us all the same amount of time, and that He also has given us enough time to do what He wants us to do. When more time is required, He can supernaturally give us more ability to accomplish what needs to be done in that given time because He knows the limitations of the physical body.

He knows of the limitations of this physical earth that our bodies are a part of. In His Kingdom, our body does not age and does not get tired, and is not limited by space and time. He knows this body is dependent on gravity, and that there is time limits within which this body must exist.

If we love our body, you are not going to presume on it unless YHVH says to you: “I have somewhere for you to go. You will not have time to sleep tonight, but I will cover you.” Missing that sleep then, is no big deal because you are receiving YHVH’s eternal life directly. That is the way we should operate all the time.

We must come to see that if we really love our body, we will give it rest at the right time. In doing this, we are going to deal with the time factor, and that is discipline…that is training. Sometimes we say, “Well, I do not feel like going to bed.” Under those circumstances we have to train our body to go to bed at a different time if the is used to going to bed later than it should. In other words, we need to work at getting to bed at an earlier time.

A whole lot more can be accomplished during the time available when you have gotten the correct amount of rest. You will be able to concentrate better, and you will be able to get a lot more done, mentally, physically and emotionally when your physical body does not have to be pushed just to keep it going. Many people push themselves selfishly just satisfying their selfish needs and desires to get ahead in their job.

There are so many who just push and push and push until they burn out. If they continue to do that, they will eventually be confronted with a day of reckoning. We do not really love our body if we continue pushing it. In doing so, we are selfishly manipulating our body….holding it hostage, like sticking it with pins and needles or stuffing it with foods…stimulants if you will, merely to keep it going so we can do what we selfishly want to do. We would never treat our body like that if we really and truly believe…YHVH loves us and our body.
The discipline of exercise

In addition to these rest and time factors, we need to consider exercise. Exercise! Now, we really have to love our body to exercise it. There are some who go overboard with this as well. Some just exercise their body for selfish reasons. If we exercise without considering the overall needs of our body, including nutrition, we can be exercising in a selfish way. That is not loving your body, and when you do not love your body, it is going to fail.

Some use exercise to help them deal with stress and to give them an escape. When they are running, they get so tired they cannot even think about their jobs. Their actual energy is so low that they are too tired to be worried.

Others feel tired without having the stimulation that comes from exercise. When they are dragging, they go and exercise, pushing their body as a form of stimulant to force their body to go, but they do not love their body because they are not taking into consideration whether or not they are putting in enough of the right nutrition and rest for them to exercise. All they know is that they “feel” better when exercising.

Then there are others who do not exercise at all. They use all their energy on everything else. They do not help the breathing of their body by exercising. They do not bother to walk. What they consider to be their exercise is their getting up and down, washing diapers, preparing meals and going from one part of the house to another; or getting up from their desks and punching some keys. They do not engage in walking or (deep) breathing. This happens especially with people who have jobs demanding they sit…for example, working at a typewriter or computer.

How much exercise

The most common question asked is, “How do I tell what the proper amount of exercise is?” We want exercise that will help our breathing and will help get our heart rate up. Breathing is what moves the blood around, so walking is always good. Regardless of the type of exercise, though, if we love our body we will find some kind of exercise that fits our lifestyle and gives our body what it needs. See chapter on exercise and necessity.

The disciplined mind and attitude

The important thing is our attitude and the decision that we are going to love our body no matter what we look like. If we love our body, it will never fail us. It will look the way it is supposed to look…beautiful, because YHVH made it the way He wants it to be.

If we love our body, we will not compare it with someone else’s body. That is a mistake…a diversion. Selfishness will do that. If instead, we love our body, we will do those things that will help
our body get what it needs, then it will not fail. We will have the kind of body **YHVH** wants us to have…and remember, He made us in His image.

If we love our body, we will also avoid those things that will cause our mind and emotions to draw extra life from our body. In other words, if we love our body, we will not feed our mind with murdering and sexual perversions, or let our mind be bombarded constantly by television’s “this tastes good” and “this smells good.” These things all confuse our mind.

Keeping our mind programmed with rotten things while at the same time trying to feed our body good things, causes strife, conflict and stress within our soul relationships. It is planned failure. This eventually ends up hurting our body…even if we are eating right. We have to learn to get our mind disciplined to feed on the beneficial information.

Of course, the Word of **YHVH** is the best place to start feeding our minds. Feed on whatsoever things are upright and of good report. If we love our body we will discipline our mind to dwell on those things, and give quality time to our mind to receive those things which are encouraging and uplifting, and which correspond with what we are doing with our body.

**Influence of others**

If we love our body, we will not let the world system manipulate our feelings and draw our desires away from **YHVH** and away from loving other living souls. Let's look at love again. Do we love a friend and still let him destroy his body…his mind and emotions? Do we really love our friend…or is it just selfishness when we watch them abuse their bodies with drugs, alcohol or anything else that may be harmful to them and their bodies.

We might be giving in to their invitation out of selfishness. We might not want them to know what we are doing because they might not accept us and be our friend anymore, but if you do not decide, “I am going to love my body enough to be an example to other people”… How will your friends know? How will they ever be able to see that there is a difference if you do not set the example.

In this respect, as I give counseling quite frequently on lifestyle, I personally give an opportunity for those who are counseled to practice love. I am constantly relating to them that certain foods are not the best for them…that they should eliminate certain foods. I sometimes say it over and over again. Therefore, all of those who have come for counseling have had the opportunity to love me.

Some have good results quickly with their program. If however, you were on a program and did not have good results right away, you would really have the opportunity to love me…sticking with the program and not giving up.
Probably more people would love me if I told them what they want to hear. But if I really love them, I am going to tell them what their body really needs. That does not mean that they will be expected to do everything overnight. After all, love is not like that.

Love is patient and because of love, I am patient with you and will not cheat you by not telling you the truth. This is something we all have to learn…to love one another enough to risk rejection.

**Testing our love**

Our own body might reject us for a little while when we first start disciplining it. When it cries out to us, it will be a tremendous test of our love. When our body does not get all that stuff we have been giving it before, it is going to cry out. It is going to hurt. We will go through withdrawal symptoms. Our body will be lacking the stimulation it is used to and we will feel it crying out to us. Are we going to give in to it? We are certainly going to have the opportunity to give in…the choice is ours.

Have you ever said to your children, “If you do that one more time…” We usually end up saying “once more…once more…once more…” Nothing ever results from these threats. Why…because as parents, we do not love our children enough to act. Likewise, most parents do not love their children…and their children’s bodies enough to change their diets. We think leniency and giving into their wants is a part of loving them, and therefore gaining their love and respect in return.

You know how tough that is, because children are more naturally selfish than any other age group. And they are not afraid to be vocal about it! However strong our own body responds to our withdrawal it does not yell at us. Our own children definitely will. Instead of withdrawal symptoms, such as flare-up in our own body, we will have our children’s pleading words and tears to deal with. Children cry out “Mommy, mommy, do not do this to me!” If we love them, we will not give in to that.

My family of course, went through this with our lifestyle changes. I can remember how selfish I was, and frankly when the scene began, I would just as soon have had some peace and quiet. My children were always saying, “I hate this! Do I have to eat it?” And I would give in.

Why did this happen…because I wanted some peace and quiet. I did not love them as I should have; I only “loved” me. I did not want all the hassle. See the difference? Love does not seek its own, and love cannot be wrong, and as I learned this I was able to be more patient and kind with my family, giving them the love they really needed…as I did myself.

When love is in operation, the truth is being communicated. Then I am really trying to help others by being an example to them. Love will take that stand, all the while being patient. Love does not judge the other person. At the same time, it does not give in or compromise.
Finding the love to live as examples

Sometimes, due to my selfishness, I did not want to go through the discipline of love. Let’s face it, it takes time and patience for love to operate in our life or in someone else’s life. Best friends are people who are not only patient, but who will not let us destroy ourselves when they know the truth about something, and would share this knowledge with the hope of helping us.

Any success I have as a Bio-chemist/Lifestyle consultant is because I have been through the recommended changes. I know love and patience have to work together in order to get the job done. The nutritional field has a tough time making headway in health matters as a result of its shortage of effective leaders. Most individuals interested in helping people nutritionally do not love their body enough to make the necessary commitment to discipline and train it to be an example and get out there and actually lead others through the same discipline.

So how do we manifest this love required of us? We have to deal with our own selfishness. That is why YHVHysh died. YHVHysh went to the cross as our substitute, taking upon Himself all of our selfishness and all of the manifestations of selfishness, which result in tiredness, sickness, disease… and pre-mature death. Scripture says that if we believe that, and if we accept Him, we die to those things, too. That is why it says: “We died with Him.”

So why are we letting all that selfishness operate within us? We died when He died. When we believe that, when we submit ourselves to that death by faith; and the power of the cross then crucifies selfishness. Love is free then, to flow from YHVH. Love replaces selfishness…then we have a way of dealing with selfishness concerning our physical body.

This selfishness can exist in different areas…maybe with exercise, or maybe eating. Suppose I am submitting to a selfish eating habit. To deal with this I say, “Taste buds, you have been crucified with YHVHysh. Nevertheless, you are still in existence. You are still active and necessary, but you must live by the resurrected life of YHVHysh.” This breaks the power of selfishness in my taste buds. I then submit my taste buds to the life of YHVH, His love flows through and I am enabled to discipline my taste buds.

His love never fails. It will work every time, but we have to get rid of our old selves and commit to Him. We cannot merely say, “Zap me, YHVH with your love.” If that were the way YHVH did things, we would use His power to be more selfish. Instead, we must put selfishness on the cross; only that will make room for His love. He never mixes His life, His light or His love with our death, selfishness, or sin. Instead, He has provided the way of the cross to deal with it.
Putting love into practice

We really can love our body and love others as well with the kind of love that is patient; does not seek its own, is not puffed up; and cannot be wronged. It is not that we do not have access to the love of YHVH; rather, we are not making ourselves available to His love. It follows that we will not make ourselves available to His love until we make a definite decision to love our body.

Another important point is that we need each other. You are an opportunity for me to put love into practice. My own body is an opportunity for me to put love into practice. We also have our immediate family and their bodies to love. We have every opportunity to walk in love.

Ask yourself then, do you love your body? Take some time to write down where you love your body and where you do not. You need not feel strange about doing this because YHVH already knows. We are not hiding, nor can we hide anything from Him.

Try to find out where you are selfish. Shedding some light on our selfishness and exposing it assists us in finding what is really interfering with YHVH’s ability to overcome. YHVH wants us to see our selfishness, not to beat us over the head and pound us to the ground with it, but only so we can deal with it by putting it on the cross.
APPENDIX A

IMPORTANT TERMS AND CONCEPTS

NAMES USED

TITLES USED

UNCREATED MAGNETISM

UNCREATED LIGHT

IMPORTANT TERMS AND CONCEPTS

The following definitions explain the difference between the NAME of a person and the title of a person.

NAME: originally, a spoken quality or characteristic identifying the person; a word of personal identification. Retains its ORIGINAL pronunciation when spoken in any language.

TITLE: a word giving information about a person’s position of authority, family relationship, or job position.

This version of the New Testament uses the following ORIGINAL pronunciation, which gives greater accuracy and deeper insight into the ORIGINAL meaning first written: The title MOST HIGH MIGHTY ONE is YL (English sound) instead of God or Elohim.

The NAME of YL of Heaven and Earth is (using English letter sounds) YHVH instead of its erroneous translation into the titles of God and LORD.

The NAME of the Seed of YHVH manifest in the flesh as the Promised Son and Savior is (using English letter sounds) YHVHYSH instead of the Greek appointed and substituted name, Jesus.

The title meaning ANOINTED BY YHVH to Save this Creation is (using English letter sounds) MSHYCH instead of Christ.

YHVH - YL is the ORIGINAL Hebrew pronunciation of the Name and title, Self-Existing Eternal One, Most High and Mighty. Used instead of LORD God Almighty.
Mashiyach: YHVHYSH is the ORIGINAL Hebrew pronunciation of the Name and title (using English letter sounds), Anointed One of YHVH manifest in the flesh as Savior. Used instead of Christ Jesus.

**NAMES USED**

All CREATOR names are Hebrew letters transliterated to English letters sound for sound. (Transliteration)

Following are the definitions of the NAMES and titles being used herein. The Scriptures referred to in the Preface are all from the RESTORATION OF THE ORIGINAL SACRED NAME BIBLE available from Missionary Dispensary Bible Research Pilgrim Acres Route 1, Box 539 Emory, Texas 75540.

**YHVH:** - pronounced Ya Ha Va Ha (“a” as in far), which is the oldest and most correct pronunciation of the NAME of the YL of Sacred Scripture.

The PHONETIC (use English letter sounds) spelling of the Tetragrammaton \{YHVH\} which is the original written Hebrew word for the NAME of the YL of Sacred Scripture as revealed to Moses in Exodus 3: 13-14 “and Moses said unto YHVH, Behold, when I come unto the children of Israel, and shall say unto them, The YL of your fathers that sent me unto you; and they shall say to Me, What is His name? What shall I say unto them?” And YHVH said unto Moses, “I AM THAT I AM” (YH): and He said, “Thus shall thou say unto the children of Israel, YHVH hath sent me unto you.”

Derived from the Hebrew verbs, “HVH” and “YH” which both express self-existence; “YH” - to exist, to be; “HVH” - to breathe, breath of all life.

The NAME by which the YL of Sacred Scripture identified Himself.

Isaac 42: 8…“I am YHVH, that is My NAME”. (NOT TITLE)

Therefore, YH - VH translates…I AM the Self Existing Eternal One constituting the breath of all life.

Found at least 6,825 times in the original Hebrew Old Testament, but when translated into other languages the NAME was omitted and replaced by titles (GOD and LORD).

The original NAME of the YL of Sacred Scripture is of utmost importance because YHVH declares in Isaac 52: 6.

“…My people shall know My Name.”

YHVHYSH: - pronounced Ya Va Yash (a as in far).

- ORIGINAL Hebrew NAME used to identify YHVH as Savior.
The ORIGINAL Hebrew NAME of the SEED of YHVH, planted by YHVH into mortal flesh to be the Son, and anointed by YHVH to SAVE this (His) Creation from its mortality and sinful destruction to immortality and membership into YHVH’s eternal Family; John 10: 30…”I {Seed/Son of YHVH} and the Father are One”.

In: John 5: 43…the Seed/Son of YHVH stated, “I have come in the NAME of My Father,” The Father’s NAME is YHVH. The Hebrew word for Save and Savior/Redeemer is YSH. The Son’s NAME is…

YH - VH - YSH translates YHVH - Saves and is Savior

Isaac 43: 1: “I am YHVH, and there is none besides Me ready to save”.
Isaac 45: 21: ”…And there is none else that is YL be sides ME! An YL, righteous and ready to save, there is none besides ME!”

1 Corinthians 8:6: ”yet for us there is but one YL, the Father, from whom all things came and for whom we live; and there is but one Mashiyach, YHVHYSH, through whom all things came and through whom we live.

Colossians 1:15 – 17: He {YHVHYSH} is the image of the invisible YL, the first-born over all creation. For by Him all things were created: things in Heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by Him and for Him. He is before all things, and in Him all things HOLD TOGETHER.

Hebrews 1: 13: ”The Son is the radiance of YHVH’s glory and the exact representation of His being, sustaining all things by his powerful Word. After He had provided purification for sins, He sat down at the right hand of the Majesty in Heaven.

YHVHYSH

is

the SEED of YHVH manifest in flesh as YHVH’s Son

whom YHVH

is

the manifestation into this (His) Creation

of

the SELF EXISTING, ETERNAL ONE THAT SAVES/REDEEMS and is SAVIOR
Acts 10 42: 43: (Peter speaking to the household of Cornelius) “And he charged us to proclaim unto the people and bear full witness, that, this is He that hath been marked out by YHVH to be Judge of the living and dead. Unto the same do all the prophets bear witness, that remission of sins is to be received through His NAME, by every one that believeth on Him”.

When translated into other languages the ORIGINAL NAME was omitted and replaced by an erroneous name.

In English the ORIGINAL Hebrew NAME was replaced by the erroneous Greek appointed name…Jesus.

**TITLES USED**

**YL** - pronounced - **YL** (Y as in yell).

- Hebrew title MOST HIGH MIGHTY ONE

**YHVH** is **YL**.

**Isaac 45: 5:** ”I am **YHVH**, and there is none else, besides Me there is no **YL**”....

- used in this course in place of the English titles of God, Almighty, and Mighty God.

Anointed of **YHVH**

or

**MSHYCH**: pronounced maw she’ akh (a in as in far, ee as in tea, a as in far).

The ORIGINAL Hebrew pronunciation of the title meaning: (Promised) Only Begotten Son of **YHVH** Anointed by **YHVH** to be the instrument of His Salvation.

**Acts 10 37: 38:** (Peter speaking to the household of Cornelius)”Ye yourselves know what hath come to pass throughout the whole of Judaea, beginning from Galilee, after the baptism which John preached, respecting **YHVHYSH** Who was of Nazareth: How **YHVH** anointed Him with His Holy Spirit and with power, Who went about doing good and healing all that were oppressed by the adversary, because **YHVH** was with Him”.

- used in place of the English titles, Christ and Messiah.

Creator: - **YHVH** is Creator.

**Genesis 1: 1:** ”In the beginning **YL** created the Heavens and the earth”.

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Isaac 44: 24: ”Thus saith YHVH, who hath redeemed you, who hath fashioned thee from birth, I YHVH am the maker of all things, stretching out the Heavens alone, spreading forth the earth of Myself”.

Isaac 45: 12: ”I {YHVH} made the earth, and man upon it I created, Mine own hand stretched out the Heavens, and all their host I commanded”.

Revelation 4: 11: ”Worthy art Thou, O YHVH our YL, to receive the glory, and the honor, and the power: because Thou didst create all things, and by reason of Thy will they were, and were created”.

- YHVH creates “of Himself” according to the decisions of His Will which is motivated by Love and Wisdom.
Father: - YHVH is Father of YHVHYSH his only begotten Son through the virgin Marysha (Mary), who is impregnated with the seed of YHVH.

Sons of YHVH- The title spoken by one who has been born above and to become a spiritual adopted son or daughter of YHVHYSH.

Romans 8: 14: 15: ”For as many as by YHVH’s Spirit are being led, the same are YHVH’s sons, for ye have not received a spirit of servitude leading back into fear, but ye have received a Spirit of son-ship, whereby we are exclaiming, Abba! Oh Father!”

Uncreated - having neither beginning nor end; SELF EXISTING.

Exodus 3: 13: 14: And Moses said unto YHVH, “Behold, when I come unto the children of Israel, and shall say unto them, the YL of your fathers hath sent me unto you; and they shall say unto me, What is His name? What shall I say to them?”

AND YHVH said unto Moses, “Thus shalt thou say unto the children of Israel, YH (I AM THAT I AM) has sent me to you”.

“I AM” proclaims self-existence (YH in Hebrew) is uncreated.

UNCREATED MAGNETISM: YHVH is Self Existing MAGNETISM.

UNCREATED MAGNETISM is the creative force of YHVH organizing and holding things together according to His Will. UNCREATED has neither beginning nor end. UNCREATED is the Source of the created. Therefore, YHVH is the Source of the created magnetism by which His (this) Creation is organized and held together.
UNCREATED MAGNETISM is the creative force of YHVH establishing Creation and holding it together to accomplish its ordained purpose. The following Scriptures give evidence of the creative organizational holding force of YHVH.

Isaac 45: 18: ”For thus saith YHVH, who created the Heaven, YL Himself who fashioned the earth and made it, Himself established it, not a waste created He in it, to be dwelt in, He fashioned it, I am YHVH and there is none else”.

Psalm 119: 90: 91: ”To generation after generation is Thy faithfulness. Thou hast established the earth and it stands. By Thy regulations do they stand today, for all are Thy servants”.

Psalm 93: 1: ”YHVH hath become King, with majesty is He clothed, clothed is YHVH, with strength hath He girded Himself, surely He hath fixed (established) the world, it shall not be shaken”.

Psalm 96: 10: ”Say among the nations, YHVH hath become King, surely He hath fixed (established) the world, it shall not be shaken. He will judge the peoples with equity”.

Jeremiah 10: 12: ”He that made the earth by His power, that established the world by His wisdom, and by His understanding stretched out the Heavens”.

UNCREATED LIGHT:

YHVH is Self Existing uncreated Light.

UNCREATED LIGHT is the invisible raw material from which everything is created.

UNCREATED Light has neither beginning nor end. UNCREATED Light is the Source of the created. Therefore, YHVH is the Source of all created things.

UNCREATED LIGHT is the creative substance “of Himself” out-flowing from YHVH when He speaks to create.

James 1: 17: ”Every good giving, and every perfect gift is from above, coming down from the Father of Lights, with Whom there is no alternation, nor shadow cast by turning”.

1 John 1: 5: ”And this is the message which we have heard from Him, and are reporting unto you, that YHVH is Light, and in Him is no darkness at all”.

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Isaiah 60: 1: 3: ”Arise, shine, for they light hath come, and the glory of YHVH on thee hath beamed; For lo, darkness covers the earth, and deep gloom the peoples, but on the beam YHVH, and His glory on thee is seen. So shall nations come to thy light, and kings to the brightness of thy dawning”.

Revelation 21: 23: ”And the city hath no need of the sun nor of the moon, that they should shine therein; for the glory of YHVH illumined it, and the lamp (light) thereof was the Lamb”. 
APPENDIX B

LAYING THE FOUNDATION

CREATION

HOW IS THIS CREATION SUSTAINED?

WHAT ARE THE TWO FORMS OF CREATED MAGNETISM?

WHAT GOVERNS CREATED MAGNETISM IN THIS CREATION?

WHAT IS RHYTHM?

WHAT IS CREATED LIGHT?

WHAT ARE THE THREE DIFFERENT FORMS OF CREATED LIGHT ENERGY?

HOW DOES CREATED LIGHT ENERGY EXIST IN THE ENVIRONMENT?

WHAT IS DAY?

WHAT IS NIGHT?

IS THERE MORE DAY OR NIGHT ENERGY?

WHAT WAS THE PURPOSE OF CREATION AT THIS POINT?

WHAT IS LIFE FORCE?

WHAT ARE THE TWO DISTINCT DEGREES OF LIFE FORCE?

HOW AND WHY WERE THE PLANTS AND ANIMALS CREATED?

HOW DID YHVH CREATE MAN?

HOW IS LIFE FORCE SUSTAINED?

WHAT KIND OF LIFE FORCE DID WE INHERIT FROM ADAM?

WHERE DOES LIFE FORCE RESIDE IN MAN’S BODY?

WHY DID YHVH CREATE MAN?

HOW DOES ONE QUALIFY FOR A RELATIONSHIP WITH YHVH?

HOW DOES MAN LEARN FROM YHVH’s PHYSICAL CREATION?
CREATION

HOW DID YHVH WILL THIS CREATION INTO EXISTENCE?

Revelation 4: 11: "Worthy art Thou, O YHVH our YL, to receive the glory, and the honor, and the power: because Thou didst create all things, and by reason of Thy Will they are, and were created”.

To create is to organize and hold raw material together in such a way that it continues as designed for the purpose it was created.

YHVH creates by speaking the Words that express the decisions of His Will. YHVH spoke this (His) Creation into existence with the Words that expressed His Will regarding it.

YHVH creates with the Words He speaks because they are both the expression of His Will and the means of fulfilling His Will.

YHVH’s Words are the means of fulfilling His Will because they “form” the exhalation of His Breath into the objects of His Will.

The exhalation of YHVH’s Breath is the outflow of His LIGHT and His MAGNETISM.

YHVH’s MAGNETISM is the creative force organizing the raw materials of LIGHT and holding them together according to His Will to accomplish His plan and purpose in this (His) Creation.

Genesis 1: 3: ”And YL said, Light be, and light was”.

Psalm 33: 6: 9: ”By the word of YHVH the Heavens were made, and by His Spirit (Breath) of His mouth, all their host: For He spake and it was, He commanded and it stood forth”.

YHVH creates by speaking Words that form and exhale His Breath containing the MAGNETISM and LIGHT to create and establish what has been spoken.

The SPOKEN WORDS of YHVH both express His Will and outflow of His MAGNETISM and LIGHT, TRANSFORMING the UNCREATED MAGNETISM and UNCREATED LIGHT “of Himself” into the CREATED physical forms He designed to be this (His) Creation.

The SPOKEN WORDS of YHVH are THE CHAMBER through which His UNCREATED MAGNETISM and LIGHT are transformed into the Created Magnetism and Light of this (His) Creation.
WHAT IS THIS CREATION COMPOSED OF?

This (His) Creation is composed of the Magnetism and Light YHVH created “of Himself” for the purpose of its specific design.

This (His) Creation is composed of YHVH - ordained Created Magnetism and Created Light.

HOW IS THIS (HIS) CREATION SUSTAINED?

This (His) Creation exists on the very components (UNCREATED LIGHT AND UNCREATED MAGNETISM) it was created from according to the Overall Plan established by YHVH.

WHAT IS CREATED MAGNETISM?

Created Magnetism is the physical manifestation from YHVH’s UNCREATED MAGNETISM. YHVH is UNCREATED MAGNETISM, eternally and perfectly organized. YHVH’s UNCREATED MAGNETISM spoken through the chamber of His Words at Creation became the physical Created Magnetism we observe in this (His) Creation as the cement that holds Creation together.

YHVH is the Source of Created Magnetism by which all Creation is organized and held together.

CREATED MAGNETISM is the FORCE.

It is the unseen force organizing and keeping each piece of Creation in its place according to the Will of YHVH. It is the governing organizer of this (His) Creation.

It is the evidence of something organized and held together to have purpose and form. Only when it is not working properly is there evidence of its absence because of the disorganization involved. Lack of organization is a breakdown of created magnetism.

Created Magnetism manifests itself in this (His) Creation as a force, which has the ability to attract or repel. The force of Created Magnetism is observed as “push” or “pull.” North or South magnetic Pole.

Created Magnetism is measured by the degree and direction of its attraction or repulsion. Created magnetism is a part of everything created. It is YHVH’s spoken Will for everything He creates.

WHAT ARE THE TWO FORMS OF CREATED MAGNETISM?

The two forms of Created Magnetism YHVH spoke into existence are South Pole Magnetism and its opposite, North Pole Magnetism.

When they are opposite, they attract each other. North Pole Magnetism attracts South Pole Magnetism. South Pole Magnetism attracts North Pole Magnetism. Magnetism from the same Poles repel each other. North Pole Magnetism repels North Pole Magnetism. South Pole Magnetism repels South Pole Magnetism.
Different combinations of these attractions and repulsion’s accommodate all the necessary organizational and holding patterns of this (His) Creation.

**WHAT GOVERNS CREATED MAGNETISM IN THIS CREATION?**

**YHVH** created the **sun** with a dominance of South Pole Magnetism and the **Earth** and **Moon** with a dominance of North Pole Magnetism.

Therefore, the dominant South Pole Magnetism of the **sun** governs Day, while the dominant North Pole Magnetism of the **Earth** and **Moon** governs Night.

During the Day, the closeness of the **sun** to that part of the **earth** indicates the **sun**’s dominance of South Pole Magnetism.

During the Night, the distance of the **sun** away from the **earth** allows the North Pole Magnetism of **earth** and **moon** to dominate.

Although one magnetism may dominate at a particular time, both magnetism's must be present to some degree.

The Created magnetism of the **sun** and **earth** are the manifestation of **YHVH**’s Will to organize and keep the physical Creation according to His Overall Plan: Known as **Rhythm**.

**WHAT IS RHYTHM?**

Rhythm is the assigned pattern something needs to follow in order to function correctly and remain in **YHVH**’s Will and purpose.

Rhythm is part of Created Magnetism. **CREATED MAGNETISM ASSIGNS RHYTHM.** Created magnetism is the force organizing everything; and holding it together individually and collectively so it all fits together into the OVERALL Rhythm **YHVH** assigned to this (His) Creation.

Rhythm is both the OVERALL pattern assigned to this (His) Creation of which everything is cooperating, and the INDIVIDUAL pattern assigned to each part because each part needs to fit into the OVERALL pattern in order to serve YHVH's purpose.

Overall Rhythm is the ORIGINAL blueprint of the entire Creation as a whole. Individual Rhythm is the ORIGINAL blueprint of each component of Creation.

When something functions according to its assigned pattern (or Rhythm), it is in tune with **YHVH**’s Creation and therefore, in tune with His Will; and works perfectly.

**WHAT IS CREATED LIGHT?**

Created Light is the physical manifestation into the Creation of **YHVH**’s **UNCREATED LIGHT.** Created Light is the raw material “of **YHVH's light**” from which everything is created. Created Light is created ENERGY.

**YHVH** created the **earth**, its environment, and man from the raw material of uncreated Light Energy.
However, it is YHVH’s Created Magnetism that organizes and holds the Created Light Energy together to be as He wills and purposes.

**WHAT ARE THE COMPONENTS OF CREATED LIGHT ENERGY?**

Created Light Energy can be separated into two small particles of energy. The smallest particle of Created Light Energy is the anion; and the second smallest particle is the cation which constitutes two anions. ALL Created Light Energy is the result of the interaction and composition of anions and cations. The different arrangements of anions and cations, arranged and held together by Created magnetism, make up everything that exists.

**HOW DO ANIONS AND CATIONS SUSTAIN EVERYTHING THAT EXISTS?**

Anions spin in a clockwise direction. Cations spin in a counter-clockwise direction. When they come in contact with each other through the force of Magnetism, their spins resist each other and produce energy.

This contact with each other is called RESISTANCE. When anions and cations are put together into an arrangement by Magnetism, the RESISTANCE created reflects the sum total of the activity of the anions and cations. The display of the activity of the RESISTANCE of anions and cations is FREQUENCY. FREQUENCY is the vibration rate of everything according to the arrangement of its anions and cations; evidenced by a wave or pulse that can be seen or measured.

Because anions and cations are held together by Magnetism, they can be disorganized by a greater Magnetism and then reorganized according to the greater Magnetism. Because this process changes the arrangement of anions and cations, it changes the RESISTANCE, which affect the FREQUENCY; THUS LEADING INTO WEAKNESS, SICKNESS AND DIS-EASE.

**WHAT ARE THE THREE DIFFERENT FORMS OF CREATED LIGHT ENERGY?**

Created Light Energy was organized and separated into three different FORMS by the Magnetism in the spoken Words of YHVH’s Will; and remains so today by the same Created Magnetism. The three different FORMS of Created Light Energy are:

1) **HEAT** energy…a combination of anions and cations with a dominance of anions.
2) **ELECTRICAL** energy… is a balance of anions and cations.
3) **MATTER** energy… is a balance of anions and cations with a dominance of cations.

Everything YHVH created is some combination of HEAT, ELECTRICITY and MATTER. Although the combinations vary, these three FORMS are the raw materials forming all man sees, hears, smells, tastes, and touches.

**HOW DOES CREATED LIGHT ENERGY EXIST IN THE ENVIRONMENT?**

At Creation, YHVH spoke the dominance of HEAT energy and ELECTRICAL energy for Day, and the dominance of MATTER energy for Night. Therefore, Day is dominated by anions because it has more HEAT energy and ELECTRICAL energy than MATTER energy.

HEAT energy and ELECTRICAL energy is concentrated in the sun, making it the main source of HEAT and ELECTRICITY.
**HEAT** energy and **ELECTRICAL** energy are the more active and exciting FORMS of Created Light Energy. Night is dominated by cations because it has more **MATTER** energy than either **HEAT** or **ELECTRICAL** energy.

**WHAT IS DAY?**

Day is part of the OVERALL Rhythm of Creation.

The South Pole Magnetism and light of the sun governs the day because of suns closeness to that part of the earth.

Day is the time **YHVH** designated for the dominance of **HEAT** and **ELECTRICAL** energy. Therefore, day is dominated by anions. During the day bodies rise and stand upward due to the anions of the sun attracting and drawing to itself the anions of the body.

Day is the time when the CREATED PHYSICAL LIGHT ENERGY of **HEAT** and **ELECTRICITY** is directly available from the sun.

**HEAT** and **ELECTRICAL** energy is concentrated in the sun, which governs the amount and kind of CREATED PHYSICAL LIGHT ENERGY for Day.

The sun is the main source of **HEAT** and **ELECTRICAL** energy.

The **HEAT** and **ELECTRICAL** energy of Day is the more active and exciting part of CREATED PHYSICAL LIGHT ENERGY mainly because it has the South Pole Magnetism related to it.

Day begins at **sunrise** and ends at **sunset**.

**WHAT IS NIGHT?**

Night is part of the Rhythm of Creation.

**REGARDING CREATED MAGNETISM**

The North Pole Magnetism of the earth and stars and moon governs the Night because the distance of the sun away from the earth allows the North Pole Magnetism of the earth and moon and stars to dominate.

**REGARDING CREATED LIGHT**

Night is the time **YHVH** designated for the dominance of **MATTER** cationic energy. Night is the time when the CREATED PHYSICAL LIGHT ENERGY of **MATTER** is directly available. Therefore, Night is dominated by cations. The **MATTER** Energy of the earth attracts and draws to itself the cations in the body which causes the body to want to lay down closer to the earth at night.

Although at night, some indirect **HEAT** and **ELECTRICAL** energy is reflected from the sun by the moon and stars, **MATTER** energy dominates and is directly available to the body. The Earth, Moon, and Stars govern the amount and kind of CREATED PHYSICAL LIGHT ENERGY for Night.
**MATTER** energy is Mineral Energy concentrated in the earth. It is solid because it is the slowed down and less active part of CREATED PHYSICAL LIGHT ENERGY. Earth and moon are the main source of **MATTER** energy. Night begins at sunset and ends at sunrise.

**IS THERE MORE DAY OR NIGHT ENERGY?**

The magnetic energies and Light energies of Day and Night balance themselves every 24-hour period, but they do so at different times during that period. Day and Night are shorter or longer in different parts of the earth, depending on the earth's axis, angle and distance and location to the sun.

**WHAT WAS THE PURPOSE OF CREATION AT THIS POINT?**

**YHVH** designed specific forms from the INORGANIC Mineral Energy on Earth and endowed them with His LIFE FORCE to become the different forms of living ORGANIC life in this (His) Creation. All forms of living organic LIFE (reproduces itself according to kind) CONTAIN A DEGREE OF **YHVH**’s LIFE FORCE.

**WHAT IS LIFE FORCE?**

LIFE FORCE is **YHVH**’s unknown, unseen, life-giving Spirit He places within each of His living ORGANIC creatures making them a conscious being.

LIFE FORCE is identified by the ability to respire, or breath. There are two distinct degrees of LIFE FORCE.

**WHAT ARE THE TWO DISTINCT DEGREES OF LIFE FORCE IN THIS CREATION?**

The LESSER degree of **YHVH**’s LIFE FORCE came INDIRECTLY from **YHVH** to His lesser-developed forms. Plants and animals contain INDIRECT LIFE FORCE.

INDIRECT LIFE FORCE is solely dependent on the physical environment for its continuance. It enables His lesser-developed forms ability into receiving and transmitting only Created Energy.

The HIGHER degree of **YHVH**’s LIFE FORCE comes DIRECTLY from **YHVH**'s SPIRIT to His most developed form. Only mankind has DIRECT LIFE FORCE.

DIRECT LIFE FORCE is more than INDIRECT LIFE FORCE. In addition to the physical aspects of INDIRECT LIFE FORCE, it also contains the potential from **YHVH** to receive and transmit His UNCREATED Life and Energy to mankind; and the possibility of eventually becoming an immortal spiritual being; and thereby forever a member of His Eternal Family. DIRECT LIFE FORCE is the result of the Breath of Life that **YHVH** breathed DIRECTLY into Adam at the creation of mankind.

**HOW AND WHY WERE THE PLANTS AND ANIMALS CREATED?**

Plants and animals were created COMPLETE by the spoken Words of **YHVH**. They were created with **YHVH**’s INDIRECT LIFE FORCE. Unlike Adam, plants and animals did not receive their LIFE FORCE DIRECTLY from **YHVH**, but were created indirectly from creation. Plants and animals have
bodies containing LIFE FORCE dependent on, and limited to their physical environment and inputed created seed form.

**INDIRECT LIFE FORCE in Plants and Animals**

1…Contains the ability for plant and animal body (including the physical bodies of mankind) forms to take in, process, and use the physical energies of the atmosphere and earth to maintain their structure and renew the energy it runs on.

2…Contains the ability to reproduce after its own kind.

3…Contains a “soul life” that: is conscious only of itself and its physical environment through its senses.

4…Is pre-programmed by YHVH to respond correctly to its environment.

Unlike man, the LIFE FORCE of plants and animals do not contain the ability to think and reason, make decisions, express thoughts through speech, or the ability to know YHVH personally; and become a member of His Family.

Plants and animals were created to be a part of mankind learning environment for those YHVH endowed with DIRECT LIFE FORCE.

**HOW DID YHVH CREATE MAN?**

**Genesis 2:7** - ”So the YHVH YL formed man of the dust of the ground, and breathed into his nostrils the Breath of Life and man became a living Soul”.

Paraphrase of **Genesis 2:7**:  
So then YHVH formed man’s body from the mineral energy of the earth and DIRECTLY out-flowed His Spirit LIFE FORCE (Breath) into the body of man thus making him conscious of himself, his environment, and his Creator.

YHVH’s breathed His Spirit Life out-flowed LIFE FORCE into His most developed mineral form to create mankind as a living soul.

**DIRECT LIFE FORCE in mankind:**

1…contains the ability for man’s body to take in, process, and use the physical energies of the atmosphere and earth to maintain its structure and renew the energy it runs on.

2…contains the ability to reproduce after its own kind.

3…contains a “soul life” that:  
is conscious of itself and its physical environment through its five senses and has the ability to think and reason, make decisions, and express thoughts through speech to others of like kind.

4…contains the potential to know YHVH personally through His Creation, His Revelation in His Son YHVHYSH, and His Word; to become a member of YHVH’s Family NOW and FOREVER; and to
use YHVH’s Uncreated Energy to accomplish YHVH’s purposes; and to directly experience the Spirit and Life of YHVH and YHVHYSH His only begotten Son.

**HOW IS MANKIND'S DIRECT LIFE FORCE SUSTAINED?**

The length of time the DIRECT LIFE FORCE remains in the body is conditional on the the bodies ability to breath it, which is conditional on the health of the structure and the condition of the energies of atmosphere and earth.

Plants and animals live according to their programmed time.

At this time in history, it is possible for man’s body to live approx. 120 years.

INDIRECT LIFE FORCE resides in plants and animals only as long as plant or animal structure is able to sustain itself from the physical energies of the atmosphere and earth.

DIRECT LIFE FORCE resides in Earth born man (without YHVH) only as long as his body is able to sustain itself from the physical energies of the atmosphere and the earth.

However, DIRECT LIFE FORCE resides in a man's Spirit born from above (in union with YHVHYSH) as long as either the body is able to sustain itself from the created physical energies of the atmosphere and the earth, and/or as long as the Uncreated Life and Energy of YHVH is available to it.

A man who’s natural created spirit is in union with YHVH’s Spirit has the potential to receive YHVH’s Uncreated Life and Energy to sustain his body; thus being able into living in perfect health.

In every area of his life and at any given moment, he can choose to live by the Uncreated Life of YHVH made available to him in YHVHYSH (see discussion later); or live only by the physical energies of his environment.

Man does not die because LIFE FORCE departs. LIFE FORCE departs and man dies because his body ages to the point it can no longer function to give expression to the LIFE FORCE within it.

DIRECT LIFE FORCE comes from YHVH, belongs to YHVH, and returns to YHVH when either the body structure breaks down or the physical energies of the atmosphere and earth are no longer available.

Natural LIFE FORCE can never be replaced or supplemented. It needs to be managed efficiently through proper LIFESTYLE.

**WHAT KIND OF LIFE FORCE DID WE INHERIT FROM ADAM?**

The original LIFE FORCE YHVH breathed into Adam allowed Adam direct fellowship with YHVH with the ability to access His Uncreated Life and Energy. However, Adam’s choice to eat of the Tree of Knowledge of Good and Evil ended the fellowship and access, leaving Adam totally dependent on the physical environment to sustain his LIFE FORCE.

Because Adam was the first seed of man and he produced after his own kind, mankind inherits Adam’s Fallen (not Original) LIFE FORCE.
This LIFE FORCE connection mankind is born with is inherited through the seed of one’s father (Adam). Mankind is disconnected (out of fellowship) from YHVH which makes Same totally dependent on Indirect Life Force energies of atmosphere and earth for continuance in mankind’s body.

WHERE DOES LIFE FORCE RESIDE IN MAN’S BODY?

LIFE FORCE (Breath Of Life) is in the blood.

YHVH breathed the Original LIFE FORCE (Uncreated Life Force) into Adam’s body through his nostrils and lungs into his blood.

This Breath from YHVH began the respiration process that takes energies from the atmosphere, deposits them in the blood, circulates them throughout the body for processing and use, and then expels the waste energy produced.

WHY DID YHVH CREATE MAN?

Out of His Love, YHVH created man to become an eternal member of His Spiritual Family.

YHVH created a mortal man with the potential in his LIFE FORCE to become a spiritual man with an immortal body that will live forever with YHVH.

YHVH’s DIRECT Breath that out-flowed the LIFE FORCE into Adam created the potential for that relationship with YHVH here on earth and forever in Heaven. It is the combination of Adam's body with YHVH's Breathed DIRECT FORCE that created mankind's spirit.

Through the union of mankind's spirit with YHVHYSH Spirit, YHVH develops and trains man here on earth to rule and reign with YHVHYSH. Adam was the first created spirit/physical man. YHVHYSH became the first Spiritual man.

Even though YHVHYSH is the Seed of YHVH, He lived on earth in a created mortal body just like mankind. However, unlike mankind, YHVHYSH’s created mortal body and Spirit was in constant union with His Father’s Uncreated Life Spirit and Energy giving Him the knowledge and ability to live in His Body perfectly in according to YHVH’S Will.

While on earth YHVH’s Uncreated Life and Energy was always available to YHVHYSH. In every circumstance, YHVHYSH chose the Life and Energy of YHVH to operate through Him instead of Himself. So also, mankind's natural reborn spirit is in union with YHVHYSH’s Spirit, and is able to appropriate YHVH’s Uncreated Life (ETERNAL) and Energy as his privilege of choice.

Each choice man makes brings either life or death. In every circumstance man can choose to either make himself available to YHVH for the outflow of His Uncreated Life and Energy to himself and others; or do things in his own capacity, solely based on Created knowledge and strength.

At His Resurrection, YHVHYSH was united with YHVH’s Uncreated Energy in His Spirit to make YHVHYSH BODY immortal and thus He became the first member of YHVH’s Spiritual Eternal Family. So also it will be with mankind who choses to receive YHVH’s Uncreated Energy into his spirit, and then qualifies for immortality of his mortal body. YHVH’s LIFE FORCE + MORTAL BODY COMPOSED OF MATTER = physical man with the potential FOR YHVH’s Uncreated Life and Energy.
Lifestyles of so-called dieting

It is confusing today to know which “so-called diet” to follow. Many of these “so-called diets” hurt the physical body rather than help it. For this reason, we will want to consider some principles, which will help us discern which “so-called diets” will, in all actuality, be helpful. We will need to know and consider what the purposes of these different “so-called diets” are.

Principle 1: “So-called diets” should help us develop a lifestyle of eating.

Many “so-called diets” are not at all concerned with lifestyle eating habits. So often people go on “so-called diets” for the express purpose of losing a certain number of pounds. They are willing to sacrifice for a week, two weeks or maybe even a month. Some people have lost as much as 2,000 pounds in 20 years. They lose and gain, lose and gain and so on. Our society has geared us to want quick results from “so-called diets.”

Such crash “so-called diets are harmful to the body. They don’t give us enough time to get our minds and emotions in rhythm with our physical bodies. Our spirits, souls and bodies must be in rhythm, operating together as a unit. What often happens with these “so-called diets” is, the mind becomes anxious and impatient. When the mind and emotions look for more than the body can deliver, depression sets in. People then will often jump from “so-called diet” to another…pigging out in-between, causing the mind to become confused.

We want to consider “so-called diets” on a long-term basis. We want to develop a lifestyle of eating, which will give us rhythm of body, soul and spirit.

Principle 2: “So-called diets” should consider the importance of cleansing the temple…the body.”

Remember, our vitality is equal to our potential energy minus our obstructions. When our “so-called diets” don’t encourage good bowel and kidney elimination, our bodies are forced to store obstructions. These obstructions then cause symptoms of weakness, sickness and dis-ease. We will need to ask ourselves whether or not these “so-called diets” are helping us clean or not.

Most “so-called diets” today do not emphasize cleaning; they emphasize weight loss. Generally these weight-loss “so-called diets” are high-protein diets. Some examples include major soybean powders, name-brand “so-called diet” products and pills to curb the appetite. These are all concentrated protein products. As I have mentioned, excess protein is one of the main obstructions in
the body. It discourages good elimination because it produces too much uric acid and the body forms cholesterol. This sticky substance builds up and clogs the arteries.

Granted, high-protein “so-called diets” can bring some quick weight loss, but this is not helping the body. All that the protein is doing is forcing water out of the body. Water weight is lost. At the same time, toxins build up in the body. This toxicity becomes very concentrated because it is forced to be stored in the vital organs. There isn’t enough fat to protect the vital organs. When the necessary cleansing isn’t taking place, the body produces fat so the toxins will have a place to be stored without interfering with the body’s vital functions.

Instead of following these “so-called diets” that just force toxins into our vital organs, we need to look for a diet that will help us clean. When our elimination organs are cleaning like they should, our bodies won’t need fat to store excess toxicity. Rather than just altering our symptoms with dehydrating, high-protein, “so-called diets, we need to understand the cause. We need to find a diet that will help us clean!

Principle 3: We need to avoid “so-called diets” that merely alter symptoms with drugs, vitamins, minerals and herbs.

Many “so-called diet” programs recommend taking certain vitamins and minerals for certain symptoms. For example, some say to take zinc for prostate problems. Taking zinc won’t necessarily help because it does not necessarily get to the cause. The body may not be able to receive the zinc because everything is so obstructed the blood cannot get around to the prostate. Drinking more water will help clean out the prostate and allow it to rebuild.

Mega-doses of vitamins and minerals are very concentrated foods. Although they are important, our bodies can take in only so much of them per day. Too many vitamins and minerals cause stimulation in the body and cause it to be put out of balance chemically...they cause the body to burn out. This is similar to putting chicken manure around plants. Although it is good manure, too much of it will literally burn up the plants. An example of how dangerous these mega-vitamins can be is seen in a man who died of stomach cancer. He took handfuls of name-brand vitamins and minerals for years, as a result he “burned up” his stomach. The supplements were simply too concentrated for his body.

We need to avoid multi-vitamins and minerals. This hit-or-miss approach doesn’t consider the body’s ability to assimilate the needed vitamins and minerals and isn’t good. It is important to understand that the ratio of minerals is just as important as the deficiency of minerals. The right ratios are essential for assimilation. These differ for each individual. Each person needs different vitamins
and minerals in different ratios. Proper assimilation also depends on the ability of the blood to get to the cells. A multi-vitamin cannot feed you if the blood is so obstructed it cannot get around.

We need to recognize it is fruitless to try to deal with symptoms with the arbitrary use of vitamins, minerals drugs and so forth. Instead, we need to know and recognize symptoms just point us to the cause. Symptoms tell us we need to make some lifestyle adjustments to allow cleaning and rebuilding. We must get to the root of the problem.

Principle 4: **“So-called diet” programs should be able to evaluate why we have deficiencies.**

Various testing methods are used today to determine deficiencies. Many of them don’t tell much. Consider a blood analysis. To begin with, the blood is changing all the time. For this reason, a blood analysis cannot be very accurate. The blood doesn’t reveal deficiencies until they are extremely serious. The body is always aiming for health. It is mandatory for the blood to stay within a very narrow pH range of 7.2 – 7.4. To maintain this range, the blood will pull the necessary nutrition from elsewhere in the body, even though certain organs in the body are being robbed of nutrition, this won’t show up in the blood and of course, when deficiencies eventually do show up, the blood analysis gives no hint as to the cause.

Hair analysis doesn’t reveal why there are deficiencies or excesses. Suppose the hair analysis reveals that calcium levels are too high. The real questions are: Why is calcium being excreted? Is it because the body can’t use it? Is the person getting too much calcium? Is the body breaking down bone because the person is too acid? The hair analysis can’t answer these questions. What we need to do to overcome our deficiencies and excesses will all depend on the defects in our lifestyles causing them.

Principle 5: **“So-called diet” programs need to consider how much energy we have available to us, as well as stresses and lifestyle pressures involved.**

Many people go on a low-calorie or no-calorie fast. The idea is to starve the body to get rid of some weight. Most people don’t have enough reserve energy to handle this sort of fast. They don’t get enough calories to keep their energy up. As a result, they can’t get rid of the obstructions. Getting rid of the obstructions will help them lose weight. They starve themselves then because they get so hungry, tired and weak, they go on a binge. They go in circles. We need to remember calories are not what make us gain weight. It is what can’t be eliminated causing the weight gain. We need to consider how much energy we have for cleaning. Often we will need to build up our vitamin and mineral reserves before doing too much cleaning.
Stress and lifestyle activities have much to do with our energy. We need to consider that when we are under stress we don’t digest well or get rid of obstructions. For maximum cleaning and building our lifestyles need to include proper rest. These factors will be directly related to which “so-called diet” program will be right for each individual.

Principle 6: **“So-called diets” should feed the body rather than stimulate it.**

Many “so-called diet” programs offer stimulation, but aren’t concerned with building up the body. There is no consideration for replacing lost energy due to years of poor so-called dieting. Some programs even encourage people to eat whatever they want while they take various stimulants. **All stimulants rob** energy from the body. While people may get a sense of false energy, they are actually wearing out their adrenals.

Overcooked, over-processed and over-preserved **foods** are stimulants. Coffee and drugs give the body a kick, but they don’t put in energy. Even vitamins and minerals can be used as stimulants. When they are not the right ones, they merely fatigue the body while appearing to give vitality.

People often complain they are tired without their candy bars, soda pop and other stimulants. This just reveals their true energy level. They are so low in energy they are depending on stimulants to keep going. This is why we need to consider each person’s present energy level. We need to build up reserve energy so we can gradually move in the direction where we are not dependent on stimulation. We need to let our reserve energy support our activities and stresses.

**Conclusion**

Although it would be easy to look for a quickie “so-called diet” plan, we want to develop a lifestyle of eating. Taking into consideration the **six principles** we discussed will help us do exactly that…learning to get control of our bodies and live free of sickness, dis-ease, fatigue and tiredness.

It will take time to renew our minds. After all, we have been trained for years to eat certain **foods**. Some will argue as we begin eating differently. We need to be educated concerning why we are eating this new way. Without good reasons, there will be stress, it will be even tougher when family and friends criticize what we are doing. Knowing why we are will allow our minds to work with our bodies. We will then venture into a new exciting lifestyle of eating, allowing us to be free of weakness, sickness and dis-ease. **We will walk in health!**
Fasting: as a lifestyle

Fasting is a lifestyle that can take many different forms, depending on the needs and conditions of one’s body. As a lifestyle, fasting is a habit developed over a period of time, not a temporary quick fix. There are some things we should never fast. Most of us are fasting air because we do not have good breathing techniques. Air is one of the things we should not fast because it affects 56% of our energy. Rest gives us 24%, so we shouldn’t fast rest either. Do you know anyone who is still alive who has fasted sleep for seven days? How many people have gone on a water fast? In the Scriptures Moses took no food or water for forty days, but he was in the presence of Someone who took care of everything he needed so he was in no danger. I do not recommend anyone trying that unless you are in the same Presence. My point is: when we fast food we are fasting only about 5% of our energy. Why then, do we think it such a hardship to fast food as far as our energy is concerned? We must therefore be more dependent on food than we are on these other energies. To be able to fast foods we need to build up our efficiency in breathing, resting and the using of water.

Different types of fasts

We can fast many different foods. Most everybody who consults with me is put on a fast, although it is not called a fast because the idea of fasting is threatening to some people, but when someone is taken off a certain food such as milk or catfish, they are being put on a fast. There are several different kinds of fasts: liquid fasts…taking in or consuming everything in liquid form; a raw food fast…eating only raw, uncooked foods; a non-starch fast…abstaining from such foods such as pasta and bread; last is the no meat fast…abstaining from all forms of meat or flesh. For healthy fasting you need to determine not just the type of fast but also the length and sequence to follow.

How to start a fasting lifestyle

The best way to start is to fast one day every week. Discipline and train your body: learn how to get enough air, rest and water to get you through one day’s fast, first. Then add a three-day fast. Do not jump from one day to seven or one day to fourteen. The body’s best sequence for the number of fast days is one, then three, then seven, fourteen, twenty-one and finally forty days. As the body goes through its normal cycle, it does not like a five-day or six-day fast because it is harder to get back into rhythm once you go off the fast. Once you have adjusted well to shorter fasts, you can move to longer ones. Every six months you can do a twenty-one day fast, once a year a forty-day fast. The priorities on
your reserve energy account are stress, physical and mental work, digestion and elimination, in that order. These all have a lot to do with the type and length of the fast needed.

**What is the purpose of fasting?**

If you have a digestive problem for example, it will partly determine the type of fast you go on. What is the purpose of a fast? Is it to get nutrition…rest…lose weight…cleanse the body…or is it for spiritual reasons? It is important to know why you are fasting. Losing weight may result from cleansing the body through fasting, but can it be the main reason for fasting? When we fast, we primarily rest the digestive and elimination systems of the body. We give these systems a vacation. They can do a better cleansing when they are in the state of fasting.

Another reason for fasting is breaking addictions. We deny our bodies certain types of foods when we are fasting. When we fast we are telling the body to use something other than food more efficiently than it has been using it. So when we are on a food fast we also need to fast from jogging…unless we are breathing really well. If we cannot add good breathing, rest and water, we should not go on a fast because our body will not handle it well…when we go off the fast we will binge. Binges will only hurt our body. To stop eating and start again suddenly is to abuse the body, to harm the body physically, even psychologically. Next time our body will decide not to cooperate.

When we go on a liquid, no meat or starch, or a raw food fast for any length of time, how we break the fast is just as essential as the fast itself. It is important psychologically and spiritually to break the fast having accomplished what we set out to accomplish. Not achieving our goals is frustrating, so we need to know why we are fasting. Try not to make it a short-term goal, such as fitting into a dress in order to attend a certain party. You will end up abusing your body by fasting before every party and then overeating afterward. Each time it is harder and harder to bring your will power to the point of fasting. We start putting off fasting until a more convenient time, but that time never arrives. Our body does not support us because we have abused it by starting and stopping repeatedly…so it is important to have a long-term reason for fasting.

Fasting is discipline for the body. It shows who is in control. Most everybody’s body is controlled by food. Rather than us controlling our bodies, the foods are controlling us. Fasting takes that control away from the body. Of course our body is not going to help at first. It is not going to say, “I want you to give up Snickers.” Unless you have spiritual help, it will not react that way. Instead the body will talk back with such things as headaches and cravings.

**Determining the type of fast**

To determine the type of fast, we need to consider how much cleansing we have to do, how addicted we are, and how poor our digestion and elimination are. This is the reason for beginning with
a short fast. We could start with just water for one day. Food constitutes only 5% of our energy, so the body can easily go without food for one day unless there is an addiction. If we cannot refrain from mental or physical work – cannot shut down our stress from work – we may not be able to go on a water fast. We must start where we are. If we are a heavy meat eater, than fast meat one day a week it is under control. Don’t just stop eating meat or there will be withdrawal symptoms and you will have to stop regular activities. If starches are a weakness, begin with eliminating them. It usually takes twenty-one days to break an addiction by denying oneself that particular food, and usually twenty-one days to form a habit. Never leave out the possibility of spiritual deliverance. Addiction is actually a spirit, so prayer can avail much in this area.

**Fasting with juice**

Juice fasts give us calories – all the 5% we need to provide for the work. Fasting with fruit juice cleanses the system well, though more aggressively than a water fast. Another type is raw vegetable juice, which is less aggressive than a fruit juice fast. Certain types of juices can help rebuild the body. Carrot juice is high in minerals, amino acids and fatty acids. Even olive oil gives us all we need; there is a three-day cleansing fast for the gall bladder using only juice and olive oil. Beets, cucumbers and green peppers also have much nutrition as juices. The central benefit of a raw vegetable juice or liquid fast is that we have taken much of the work away from the digestive system, also saving the work of the elimination because the food does not have to be digested and the excess eliminated. We must be careful however, to “chew” juices before swallowing in order to mix them with saliva because saliva helps the body assimilate the nutrients. A soup broth fast is just another type of vegetable fast; instead of juicing the vegetables, boil them, strain them, and drink the liquid. Raw fruit juice fasting is beneficial as well, or an herbal tea fast. On a liquid diet, we are not fasting nutrition; we are getting the same amount of nutrition as if we ate whole foods. Only when we limit ourselves to water would we be limiting all the input of nutrition…so we are not really fasting nutrients unless it is a water fast. What we are doing is fasting the digestion and elimination system. We should be able to function for a long time on juice.

Some people think they need more sustenance than they can get from liquids alone. We need to dispel that myth. When food is digested, what form is it in? liquid. We must chew it…the acid juices in the stomach liquefy it. The body uses only the nutrition that is in liquid form after digesting.

The need for solid food is in our minds. Solid food sticks in the system longer, so we feel it lasts longer. When we take liquids, an hour later we feel hungry, but we are not actually hungry for food unless we just gulped the liquid down and did not mix it with saliva. We should not be hungry for...
any of this 5% **food** energy unless we are coming off forty days of fasting or are deficient in nutrients. What we are hungry for is breathing, rest and **water**. Remember this when you are fasting.

**What happens when we fast?**

During fasting, much of our energy goes to cleansing. Our body will also go through withdrawal as it begins to clean the colon. Fruit juices will especially put the body into a cleansing cycle, particularly citrus. This is not a comfortable feeling. Unless it is a spiritual fast, there will be some withdrawal symptoms…another reason to begin slowly. For some people, a **water** or liquid fast is too aggressive. Raw fruit and vegetables are less so, because we are still using our digestion and elimination to some extent.

We first need to try to get off meats. If we cannot digest them, why eat them? Other addictions are in the starch area. For many people, just eliminating starches, breads and pastas really helps the body clean. For every day we fast, we need to take the same number of days to come off the fast. We need to give the body a chance to get back into rhythm. If we are on liquids for seven days, then do not eat meat on the eighth day. Because these **foods** require a lot of digestion and elimination, return to solids gradually, especially sticky and hard-to-digest **foods**. Start with fruits only, then raw vegetables. Then add starches, grains and proteins slowly. Meats are the hardest to digest. If we eat them before 2:00 p.m. they take only four hours to digest. Starches need about three hours, raw **foods** two hours or less, fruits one hour or less. Some people binge on weekends and eat moderately during the week. This pattern is the same as bulimia; both abuse the body. We should not depend on enemas, laxatives or vomiting to rid ourselves of over indulgences in **foods** because these methods distort the body and disturb its rhythm. The body will not digest **foods** properly and our bowels become sluggish, which in the end will cause trouble. Fasting can get us out of this pattern, but we must start slowly. If we are addicted to bread and cannot imagine giving it up for seven days, then start with one day. However, some people like the alcohol that excess starches and sugars produce so much they cannot just cut back. In those cases, they need to get off that **food** completely rather than easing slowly away.

**Fasting: as part of our lifestyle**

Fasting should be a lifestyle…not a diet. I eat one meal a day and fast dinner. I might have fruit for breakfast, and then eat lunch. This is a fasted lifestyle. I am busy and intense, talking all day and doing seminars at night. I have adjusted my eating habits accordingly. Eating at night would interfere with my rest…my sleep time.

Fasting will not solve our problems overnight. It will help cleanse the body, but it takes time. If you have gall bladder problems as you come off a liquid fast, it is because you already had the gall bladder problem to begin with. The fast is beginning to clean the gall bladder out, but one fast in a few
days will not cleanse the body completely. Some people still have bowel movements after twenty-one
days of liquid fast. Since these people were not eating any solids, the bowel was cleansing what was
already in the colon. The biggest problem psychologically is that in most people’s lifestyle, food is
their pleasure. For some it is their god. I do not see many church groups getting together with just
water or start meetings early so folks can be in bed by 10:00 I don’t hear of breathing parties either.

It is important to cut down on stress and adjust our work lifestyle to fit the fast. The more stress
we are under, the poorer our digestion and elimination. Where do we want our energy to go…stress,
work or digestion? If all of our energy is exhausted by stress, food will sit in our colon undigested. We
have to change either our eating habits to fit our lifestyle or our lifestyle to fit our eating habit. Most
people need twenty-four hours just for their body to handle the food they are eating. They are eating so
much their bodies are working all night when they should be resting. They are eating so much they
cannot get enough good water into the system. If we have food in our digestive system all the time, we
should not be drinking any water because it dilutes the digestive juices and the food does not digest,
but then we are not getting the water we need, either, nor are we getting the breathing we need when
our stomach is full. We feel stuffed and bloated; we just want to sit down and do nothing, except eat
Tums to get rid of the discomfort.

Why our body needs fasting.

Our body needs fasting for several reasons. One is simply to clean out air pollution within the
body…or maybe our goal is to lose or gain weight. If we lose weight on a liquid fast, we are losing
obstructions our body does not need. People who are underweight may lose some if they have
obstructions to clean out, but then their bodies will build up again. There are underweight people who
cannot gain weight unless they fast because of an addiction that is throwing the body chemistry off.
There was a girl in the hospital that could not eat or digest anything. She went on an olive oil fast.
Every two hours she had olive oil and water, she started gaining weight right away, which just goes to
show we could live on olive oil.⁵ Our goal instead may be overcoming an addiction. There should be
no food we have to have. That kind of craving is the best indicator we are addicted. We need someone
to work with us closely to help free us from the addiction, or we will end up going to a counselor to
deal with the psychological problems that will show up because of body imbalance. Different kinds of
fasting help us to accomplish different goals. That is why we should have lifestyle/nutritional
counseling to determine our deficiencies, which will help indicate what kind of fast we need.

We do not need to lighten our workload when on a forty-day fast, but we must work up to that
level of fasting…it is training our body through discipline. Some people say that I simply have good
will power. My flesh is just as weak as anyone else’s. At any given time I could overeat. In fact,

⁵ Olive oil should be purchased in a can or very dark bottle: to protect it from the light and is virgin oil.
because I talk about fasting and a disciplined lifestyle all the time, my body wants to overindulge even more. That is why I have to keep on a schedule to keep my body disciplined. It is also true that if I overate, before long my body would be sick because it is not used to that kind of abuse. I travel to a lot of different States to counsel with people. If I abused my body in that way I would have to decrease my workload and cut back on counseling…if I were able to keep up at all.

When having a stressful or difficult day we should do breathing exercises to relax because our body is tight. If we feed our body that day, the food will just sit in our system. Because of the stress and tightness we will not be able to digest the food. The next day we would be even more vulnerable. Getting enough water because of excessive talking is a major problem for many. If we eat and then drink enough water for a talking lifestyle, the water dilutes the digestive juices. I would be decreasing the number of years I could minister to others if I ate too much or altered my fasting lifestyle. I had cancer at age thirty because I was burning both ends of the candle—overeating, living in stress, running three miles every morning and drinking a quart of tea at each meal. Lifestyles are so hectic people are dying at early ages; they haven’t learned to fast in a way that fits their lifestyle. You cannot do everything and indulge in poor eating habits as well. You must line up your lifestyle with eating, in terms of what you eat and when!

Summary

4. Decide the reason for the fast.
5. Write down your goals and expectations.
6. Look for and expect results, whether they be spiritual or physical – to break a dependency, to rebuild, to ease digestion and elimination, or deal with stress or intensity of lifestyle.

Next: determine what kind of fast you will go on.

I do not recommend a water fast if you have to work a lot. Nor do you want a liquid fruit fast if you have too many obstructions because you will clean too quickly. A no-starch fast may be what you need first. This seems to be harder for most people than abstaining from meat. I have heard many people say they are giving up meat, but not many who are giving up starches.

Plan on getting your body disciplined to weekly, monthly, biannual and yearly fasting.

Fasting is a way to control the body. Paul talks about this in Scripture. He says he buffets his body and makes it his slave lest in preaching to others he be disqualified. Often we disqualify many spiritual things we would like to show others because we cannot control our bodies through spiritual discipline. How can we tell someone he needs what we have if we cannot even control our own body? Fasting gives us the control.
The mighty men of Revelation and the ones to whom our Father revealed His secrets are the ones who could fast. What a good motivation! Fasting is a discipline. Our creator put within each of us great potential, even though most people do not live up to their potential because of clogged bodies. Fasting will help our mind know we can control our body. It will increase our confidence. We will be more successful in everything we do because everything we do depends on our body. We cannot work, think, or even overeat without our body. Fasting will keep our body under control and will help us reach our potential.
APPENDIX E

Lifestyle causes and prevention of Allergies

When something is eaten, inhaled, or coming in contact with us causes undesirable chemical or physical reaction to our bodies it is called an allergy. An allergy is something noticed right away. The symptoms will vary, depending on the organs, glands or tissues being attacked. For example, an allergy in the lung area is called asthma. Eczema occurs in the skin, which is an organ. Hives is another example of a skin allergy. In the intestines, symptoms of diarrhea occur. Migraines are usually related to this. Symptoms of frequent and burning urination occur when the kidneys are weak. In the sex organ area, allergies lead to hormone imbalances. As a result, a person may experience mental and emotional upsets. All of these different symptoms are really allergic reactions in different parts of the body. They all have to do primarily with the sympathetic nervous system.

What causes allergies?

Why do only certain people experience allergies? One of the reasons is their adrenal glands are exhausted. The adrenal glands are the key to the whole immune system, including the ability of all the tissue to resist. The adrenal glands are located above the kidneys in the back. They are mushroom-shaped with two parts that produce hormones. The inner part, or the medulla produces adrenaline. When we are under stress or being attacked, adrenaline allows us to resist whatever is coming against us. It stimulates other glands, organs and tissues to do their job. The adrenals can’t help us with resistance when they are weak.

What causes weak adrenals?

Often adrenals are weak because of stress. When we are under stress working, thinking, or involved in various other activities, we turn slightly acid so the adrenal glands kick in to do their job. Many people who are workaholics end up having allergies because the stress keeps the sympathetic nervous system constantly activated. They drive themselves to exhaustion. The adrenals get tired and can no longer help the body resist. Anger, bitterness and fear also throw the sympathetic system off. These are all factors to consider the cause of allergies.

People who are susceptible to allergies also have weak tissues. Chemicals are free to attack wherever there is low resistance. As a result, the tissues begin draining, germs enter to eat the wastes and a mucous is formed. Taking Contac or an antihistamine only weakens the tissues further. These drugs actually aggravate allergy problems.
It is important to understand that the adrenals and the whole sympathetic nervous system are weakened when there is a calcium deficiency. Calcium will keep the tissues resistant. The adrenals need enough calcium in order to produce the hormones for resisting foreign chemicals. The body also needs potassium. When the potassium-calcium ratio is out of balance, the tissues become too alkaline. Things slow down and the body relaxes. There is very little resistance. In order to resist we have to be on the acid side.

The major cause of allergies is obstructions. Acid foods, like white flour and white sugar stimulate and fatigue the sympathetic nervous system. All overcooked, over-processed and over-preserved foods do this as well. These obstructions weaken the tissues even more and our elimination organs are not able to clean out the waste by-products. As a result, we experience allergy symptoms.

All obstructions interfere with the circulation of the blood. They keep the nutrition from reaching the tissues activated by the sympathetic nervous system. Salts in particular cause problems, causing the tissues to swell and throw off the delicate sodium-potassium ratio, which must be maintained for health. Too much protein also causes obstructions. The undigested, abnormal protein also contributes to the sodium-potassium imbalance. This in turn affects the calcium ratios. This really taxes and fatigues the adrenals. The body is unable to resist and we experience allergy symptoms.

**Preventing allergies**

One of the main things we can do is keep our bodies cleaned out. Drinking distilled water is essential. We should also get enough fiber in our diets in the form of fruits and non-starchy vegetables. Fiber will keep the wastes moving so obstructions won’t build up, which would weaken the tissues.

Stay away from overcooked, over-processed and over-preserved food. All of these foods have chemicals in them, which merely give our bodies more work to eliminate. Cooking food destroys the enzymes and changes the food to inorganic chemicals. We should steam our food at a low temperature. Better yet, we should try to eat more raw food. Preserved food contains chemicals, which attack the tissues. Instead, we should get our food fresh, frozen or dried and eat them steamed or in soup.

It is important to include unsaturated fatty acids in our diet. These will help to prevent hives and other skin problems. Fish is a good source of these unsaturated fatty acids—if they are not fried. Frying changes the unsaturated fates into saturated fats, which our bodies can’t use.

Vitamin and mineral supplements will be a necessary part of meeting our nutritional needs. Vitamins feed the glandular system. Pantothenic acid, in particular, is good for the adrenals. B6 and niacin also help the glands and the sympathetic nervous system. Because these vitamins as well as other vitamins are part of fatty acid chains, they are quite unstable. They can be manufactured much
more cheaply by stripping them of these active ingredients. These ingredients are necessary for the transportation of nutrients to the cells. You will want to be careful about where you get your vitamins.

Extra calcium is essential for building resistance. This is especially true for women. Women use 400 times more calcium than men. Growing girls and pregnant women use about 700 times more than men. Note well: it is crucial for us to get the right kinds of calcium for our individual chemistries. Acid systems need different kinds of calcium than alkaline systems. I cannot overemphasize how much more important the ratios of nutrients is than the deficiencies of nutrients. Nutrients must be balanced. For that reason, multi-vitamins and minerals do not help the body balance the ratios. The body can’t always pick out what it needs. It picks out what is easiest to absorb and that is usually sodium. This throws off the sodium-potassium and potassium-calcium ratios. Maintaining these balances is crucial in preventing allergies.

We could also take the raw adrenal glands of animals to rest our glands. However, it is not a good idea to do it long term. It makes our own glands lazy. The idea is to cooperate with our bodies… not to make them lazy. YHVH has put laws of healing within the body. Vitamins and minerals don’t heal, although we can put things into our bodies that cooperate with the healing potential already programmed in our bodies by YHVH.

**Breathing is important**

We can also cooperate with our bodies by working with our breathing. If we are not breathing well, we won’t have much resistance to substances, which trigger allergic reactions. Exercise will especially help with asthma. Playing a harmonica will train the lungs to resist and will help build the lungs. Another significant way to aid the breathing is by keeping the skin clean and healthy. Epsom salts baths are very good for the skin. Another good cleanser is castor oil. It will help to avoid synthetic clothing. These man-made fibers are full of chemicals, which interfere with the breathing of the skin. When we can breathe freely, our resistance goes up and we prevent allergies.

In addition to all we do nutritionally and through cleaning, we must consider stress. Work on developing a lifestyle of work and eating, which will help get maximum energy and maximum resistance. Learn how to deal with stress in your lives. Avoid television; it does not edify or encourage. Newscasters seldom give information about people who are well and happy. They don’t talk about people who have not committed crimes. If you were already under stress from work, or emotional or physical stress, avoiding the negative programs on television would be wise.

Stress can be prevented by knowing and acting on the fact that YHVH has made out bodies to be healthy and free from allergies. All we have to do is cooperate. We also have all of YHVH spiritual
laws to help us deal with any spiritual, mental or emotional stress we might have. We have it made!

We can be over-comers!

Please study the section on stress.
APPENDIX F

Lifestyle causes and prevention of Arthritis

Arthritis is a problem in the joints due to a lack of lubrication. When the joints don’t have enough oil, the bones rub, squeak and crack. This can cause a lot of pain. The bones, so to speak, dry up. Acid accumulates and unpleasant symptoms are the result.

Closely related to arthritis are other acid conditions such as gout, kidney stones, gallstones, rheumatism and bursitis. In the case of gout, the body breaks down the calciums in the bones. These brittle calciums in the bones float throughout the system until they are stored as obstructions in the weakest areas. Kidney stones and gallstones are likewise caused by an acid breakdown of calcium, thus causing accumulation. With rheumatism and bursitis, the excess acids are stored in the muscles, causing a loss of oxygen leading to pain in that area.

What causes arthritis?

Arthritis is caused by an accumulation of acid in the body. When these acid obstructions settle in the joints, that area can’t breathe. The blood can’t flow freely there to bring nutrition. This results in pain. Acids also cut the oils, which the bones need for lubrication. These acids also interfere with oxygen.

Where do these acids come from?

These acids come primarily from food that doesn’t provide nutrition for our bodies. This includes all overcooked, over-processed, and over-preserved food. Too much protein also causes problems. Meat protein, in particular, is hard to digest. When it doesn’t breakdown, it turns into uric acid causing the body to form cholesterol in the arteries. Circulation is hindered, and as a result, pain is experienced. Of the proteins, milk is one of the worst foods there is for arthritis. It is acid forming and sticks to the colon like glue. Inorganic-salts are another, which causes an acid condition in the body. These salts hang on to water, tying it up in the joints and muscles. As a result, circulation is impaired, the “breath of life” is interfered with, and oxygen cannot get to the cells. Pain results. Where there is a lack of oxygen, there is pain and candidiasis can result.

Although it takes years to develop arthritic symptoms, arthritis is now taking place sooner, because each generation starts their children out on more acid foods earlier. Children are also being born with low-reserve bank accounts. They start out in life with serious vitamin and mineral deficiencies. A lack of potassium in particular can lead to arthritis problems.
How can arthritis be prevented?

Because arthritis is caused by an acid condition, the first thing to do is: stop eating acid foods, which are overcooked, over-processed and over-preserved. Second: limit the intake of heavy proteins and avoid inorganic salts…including aspirin. Although many doctors prescribe aspirin for arthritis, it doesn’t deal with the cause. Instead of cooperating with the body, aspirin forces extra water into the blood to get the circulation going. The side effects eventually aggravate the arthritic conditions. Third: eating moderately and not after 6 p.m. will help the digestive system. This will prevent the food from turning acid. Citrus fruits may also have to be avoided. Although they are not acid forming, they do have the tendency to aggravate arthritic conditions.

In addition to avoiding acid foods, we must also be concerned with getting rid of acids already accumulated in the system. Unless the body is cleaned, all the good nutrition in the world won’t be able to reach the cells. Drinking enough distilled water is of primary importance for flushing out the accumulated acids. Eating plenty of fruits and vegetables is very important as well. These fiber foods help keep the colon cleaned out. This prevents acids from building up and being reabsorbed back into the system. It will take time to get rid of the accumulated acids.

At the same time cleaning is being worked on, there are some things that can be done nutritionally. The foods we eat must all come from a seed…seventy to eighty percent of which should consist of fruits and vegetables, as these are alkaline forming. Building up the potassium reserves is also important. Make sure you are getting enough of the right oils. The oils our bodies need is primarily Vitamins A & D. The natural oils found in foods are very important. Olive oil, cod liver oil, and the avocado are good because they keep things in solution. Water is important, but so are the oils.

Stress is another important factor to consider. Stress can be prevented first of all, by knowing that arthritis can be prevented. There are some positive things we can do to cooperate with our bodies so we don’t interfere with the “breath of life”. We should deal with our mental, emotional and spiritual stress. Yhvhysh is willing to give us all we need to be over-comers! There is hope! We can walk in total health!
Defining blood pressure problems.

To define this, we must first of all ask what pressure is. Pressure is when something is pushing on something else. A balloon is under pressure when it is blown up. It can expand and contract depending on how much pressure is applied. Likewise, the tissues of the body expand and contract. When the tissues are too restricted or too expanded, the result is problems with the blood pressure.

Blood pressure problems occur when the inside pressure is not equalized with the pressure exerted from the outside by gravity. For every square inch of the body, there is 14 pounds of pressure pushing on us. This pressure is due to gravity. Of course, this amount of gravity varies according to altitude. There is more pressure near the sea. The further down you go, the greater the pressure. On the other hand, there is an absence of pressure in outer space. The point is, though, that blood pressure problems result when the internal pressure does not equal the outside pressure.

Although the medical profession measures blood pressure in the arm, it is important to note that blood pressure can occur anywhere in the body. Blood pressure problems can occur in any tissue or organ. This includes the head, nose, heart or arteries. Evidence of blood pressure problems may include symptoms of swelling, throbbing, and pain. Certain areas will expand, blowing up like a collapsing balloon. At the same time, other areas might be sucked in like a balloon. Often veins and arteries can completely collapse. Some one could have high blood pressure in one area and low blood pressure in another.

In short, blood pressure problems occur when the body’s fluids are restricted so much that the internal pressure cannot compensate for the outside gravitational pressure. Low blood pressure is when the internal pressure is lower that the outside pressure. Those who are underweight often have this problem. They become so contracted that they can’t stand up against gravity. They tend to be very sensitive to cold and other changes in climate. Generally, those with low blood pressure tend to handle high altitudes quite well. This is because the outside pressures are lower. It is easier for the inside and outside pressures to equalize.

High blood pressure on the other hand, is when the inside pressure is greater than the gravitational pressure on the outside. This is seen primarily in swelling and bulges. Tissues expand too
much. Some people have kind-of-pouchy bowels. The bowels have drooped, expanded and stretched. The pressure on the outside simply isn’t able to keep the bowels in. Those with high blood pressure generally prefer the lower altitudes. In fact, because they have extra pressure on the inside, they float very easily on water. They can balance quite easily with this type of environment.

Whether a person has high blood pressure or low blood pressure, pain is usually involved. The blood isn’t circulating, as it should so oxygen and nutrition are not reaching the cells and pain results. The body has a harder time adjusting to different outside environments.

**What causes blood pressure problems?**

Anything interfering with breathing causes blood pressure problems. Remember, it is breathing through the lungs and skin that gives pressure on the inside. The body is not like a tight balloon. The skin is breathing all of the time. Wearing clothing not allowing the skin to breathe causes pressure imbalances.

The main thing that hinders breathing, which results in pressure problems, is obstructions. Salts are one of the main causes of obstructions. Salts tie up oxygen, thus interfering with circulation. People become water logged because salts have gone into their tissues and salts hang on to water; their tissues expand and they gain weight. Because of these obstructions, the blood can’t circulate as well. Consequently, the pressure on the inside isn’t able to compensate for the pressure on the outside. Where the high blood pressure is experienced depends on where the salts settle.

Too much protein also causes obstructions, which get into the tissue spaces interfering with breathing and circulation of fluids. Undigested protein turns into uric acid. This directly affects a person’s blood pressure, because acid breaks things down. As a result, we are not able to pick up as much oxygen. With less oxygen, the body tends to contract. Blood pressure decreases causing an imbalance of inside and outside pressures. The pressure on the outside would be greater.

For some people, eating too much protein causes uric acid. Vitamin D then combines with the uric acid, forming cholesterol. This sticky substance begins to build up on the walls of the arteries and veins, causing the tubular structure of the vein to become smaller and restrict the flow of blood. As a result, causing poor circulation. Things begin to contract and low or high blood pressure is suffered in different parts of the body. Pressure can be measured in two different areas and it can be higher in one area and lower in the other. The pressure from the outside is greater than the internal pressure. This makes breathing more difficult. Even standing against gravity becomes work.
Besides obstructions, a lack of minerals is another cause of pressure problems. Without the necessary minerals, the tissue, blood and fluids can’t handle the “breath of life”. Minerals give the body elasticity and flexibility so it can handle the pressures coming against it.

Two minerals in particular are important to consider as we look at the cause of pressure problems. They are potassium and sodium. The ratio between these minerals is crucial for maintaining proper pressure. Too much potassium causes the tissues to contract. On the other hand, too much sodium causes the tissues to expand. Any area in the body then, that is weak due to poor nutrition and/or obstructions will be the area to expand or contract. Weakness will result in blood pressure problems.

How can blood pressure problems be prevented?

Now that we know what causes pressure problems, there are steps we can take to prevent them. Steps we can take to cooperate with our bodies and stop interfering with the “breath of life”. After all, the body does everything it can to keep us healthy and balanced. We just need to provide the right conditions so our bodies can do this. We will have to deal with the pressures on the inside, because we can’t do much about the pressure on the outside.

First: Anything we can do to improve our breathing will help us with our blood pressure. Exercise is one of the most important ways to help our breathing. I am not talking about competitive sports. Instead, we need exercise, which will help relax the muscles. This will help the tissues get more air so they can stand up against the pressure of gravity. To illustrate how an increase in oxygen helps our pressure, consider a swimmer. As long as he takes a deep breath and can hold air inside, he can float. We need to discipline our bodies to breathe deeply.

Second: Keeping the skin healthy will help us to breathe. Castor oil is a very good skin cleanser. Rub it in at night before going to bed. It will get rid of dead skin, blemishes, age marks and rashes. Wheat germ oil is another good healer. Olive oil is a good feeder of the skin. Apply these externally to get the skin in good shape so it can breathe.

Third: It is important to avoid tight clothing. Tight clothing causes extra pressure, which our bodies have to try and compensate for. Nylon hosiery, in particular will aggravate pressure problems. Other synthetic clothing can cut off the body’s ability to receive electrical energy from the air and the sun. Wearing more natural fibers will help.

Fourth: Because pressure problems are also caused by obstructions, we need to avoid putting them into our bodies. That means staying away from inorganic salts. As a part of our lifestyle, we
should avoid overcooked, over-processed, and over-preserved food and limit the intake of protein as well.

To get rid of the obstructions already stored in the body, drink distilled water. We should drink half our weight in ounces per day and not more than eight ounces in an hour. To get the bowels cleaning out, 70%-80% of our meals should consist of fruits and non-starchy vegetables. Getting rid of obstructions will help us to breathe better and consequently help prevent pressure problems.

Fifth: Besides getting rid of obstructions, we will need to make sure that we are getting enough of the right Vitamins and minerals. This begins with a good so-called diet. I recommend meals consist of 70%-80% fruits and non-starchy vegetables and 20%-30% either protein or starch. This provides for a good ratio of acid-forming and alkaline forming food.

Getting minerals in balance is especially important. This is particularly true of the potassium-sodium ratio. To do this, you will need the help of a specially trained Biochemist-Lifestyle Consultant.

An evaluation will be necessary to determine what the individual needs are. It is extremely important not to take Vitamin and mineral supplements indiscriminately. It will throw the body out of balance causing even more severe pressure problems.

Sixth: Lying on a slant board will help the pressure. Normally, gravity pulls down toward the feet. Lying on a slant board helps get the pressure to the head. It also helps pull the colon into proper position. Many women have problems with prolapsed organs. Carrying children puts a lot of stretch and strain on the whole abdominal area. Gravity is continually pulling on that extra weight. This makes deep breathing and exercise of particular importance during pregnancy.

Seventh: Because resting allows our bodies to relax and recharge, we are able to breathe better. Consequently, we will be able to prevent pressure problems when taking time to rest. The best way to rest is with our heads to the North. This way we benefit from the natural magnetic pull. Having our head to the west is next best. Putting the pillow under the feet rather than the head will also help get better circulation to the head. We rest better because our body doesn’t have to work so hard at pulling blood from the feet to the head. Also, if we take care to eat protein at noon and refrain from eating after 6:00 p.m., the digestive organs will not have to be working all night long.

Eighth: Try and keep the humidity in the house between 40% and 60%. When the humidity doesn’t fall in this range it is difficult to pick up electrical energy. When the air dries out, static is built up. The air starts pulling water from our bodies, which dries us out. As a result, internal pressure has more difficulty standing against the pressure on the outside. Air conditioning pulls the humidity down. We usually don’t notice this because we generally don’t sweat in air conditioning. On the other
hand, when the humidity gets too high, the pressure for the excess water causes a greater force on the body.

**Ninth**: To prevent pressure problems, we also need to deal with stress. We can educate ourselves and know all pressure problems can be prevented by cooperating with our bodies and stop interfering with the “breath of life”. YHVH’s physical and spiritual laws give us hope. YHVHysh is the way to YHVH. In Him we find everything we will ever need to deal with any mental, emotional or spiritual stress. YHVH has provided everything we need to walk in total health. Let’s cooperate!
Lifestyle causes and prevention of Potassium problems

Defining potassium problems.

Someone can have potassium problems if he or she is deficient in potassium, or has an imbalance between potassium and other minerals. Let’s look at each of these instances separately.

Potassium is the kind of mineral that likes to go upward toward the sun. This is what allows us to stand up against gravity. When we are potassium deficient, our heads want to hang down. The brain doesn’t have enough potassium to remember or perform its particular function. These memory problems affect many different parts of the body. It all depends on which parts of the brain are affected. When the brain isn’t working properly, signals aren’t being transmitted to the rest of the body like they should be.

Potassium deficiencies are responsible for water retention. Tumors are like balloons filled with water. If a balloon has a weak area, it will expand in that area. In the same way, people develop tumors in their weakest areas. Water retention is the cause of weight gain.

Low blood potassium leads to other weight problems. When the thyroid doesn’t make enough “Old Grandma’s Soap”, which is necessary for dissolving excess fat and oil, the result of course, is a tendency to gain weight.

Overall, when there is a potassium deficiency, the metabolic rate, which is the rate of digestion, including the work of the liver, kidneys, pancreas and intestines all slow down. At the same time, the adrenals, pituitary, thyroid, heart and sex organs all speed up. The sympathetic nervous system is over-stimulated and the body is out of balance.

Too much blood potassium also causes problems. This over-stimulates the parasympathetic nervous system. The metabolic rate speeds up so much that diarrhea could result. The liver and other digestive organs will be overactive while the sympathetic organs like the pituitary; heart and adrenals will slow down. The whole glandular system becomes sluggish. The body just drags. Waking up in the morning is difficult. Because the thyroid is under-active there is a tendency to gain weight.

This is serious business when the heart slows down too much. The body simply cannot allow the heart to quit opening and shutting its valves. The adrenals will come to the rescue by shooting in some extra ADH...endosterone, a hormone to force potassium out through the kidneys. We will discuss this in greater detail in the next section.
Interestingly enough, the effects of potassium on the heart have been demonstrated with a live heart. As greater amounts of potassium were added, the heart slowed down until it actually stopped. So an excess of potassium causes dehydrating in the body. Someone having problems hanging on to water would have a tendency to be thin. The thyroid overproduces thyroxine, which keeps breaking down the fats and oils so there is not enough fat for insulation.

Even more important than a deficiency of potassium or an overabundance of potassium, is the ratio that potassium has with all the other minerals in the body. Of particular importance are the potassium-calcium and potassium-sodium ratios. When these are balance, the parasympathetic and sympathetic systems will be properly activated. This mineral ratio is the key.

What causes potassium problems?

YHVH has made glands in our bodies to regulate these ratios. When these glands are functioning properly, they keep everything in balance. It would drive us batty if we had to figure out how much potassium we needed each day… depending on how much stress we were having.

What causes the potassium to be out of ration with the other minerals? What causes these imbalances? First of all, the adrenal cortex in particular is responsible for regulating the potassium levels. The adrenal cortex is the outside part of the adrenals. The inner part, the medulla, produces the adrenaline, which stimulates all the other glands and organs. The adrenal hormone stimulates the pituitary. It then stimulates the adrenal cortex to excrete the hormone endosterone, called ADH, causing the kidneys to retain more potassium. When the potassium level gets high, extra ADH is produced, which forces excess potassium out through the kidneys.

When the adrenals aren’t functioning properly, potassium problems result. When the adrenals are fatigued and under-active, they can’t produce enough ADH. As a result, potassium levels are allowed to go to high. That, of course, would increase the parasympathetic nervous system, but at the same time, suppress the pituitary, adrenals, thyroid, heart and sex organs…causing an imbalance.

Another thing that keeps an imbalance going is an acid system. The acid triggers the adrenals to keep producing ADH. Consequently, potassium gets kicked out and is replaced by sodium. Of course, the body wouldn’t be acid in the first place, if there were enough potassium. These things very much work together.

The foods, which cause us to become acid, are primarily the proteins and starches. Shrimp, lobster, tuna, crab, and catfish in particular are acid. They kick in the sympathetic nervous system causing more ADH to be produced. That knocks out a lot of potassium in a hurry! Beef and pork are extremely acid. Of course, potatoes, beans, breads, white flour and white sugar are also very acid. Sugar, in fact, pulls more potassium out of the brain than anything else we can eat. Acid foods also
cause the thyroid to produce too much thyroxine. As a result, fats and oils affect the nervous system. Problems abound!

Another cause for imbalances as it relates to potassium is a diet high in salts. These salts throw off the potassium-sodium ratio making it difficult for the body to regulate water. As a result, tumors form. This happens because the tissues easily accept sodium much more than potassium. Sodium loves water so the tissues begin to fill up with water. Eventually the cells become cancerous. Sodium also over-stimulates the production of ADH. This causes the body to kick potassium out, replacing it with sodium.

**How to prevent potassium problems.**

Knowing the cause of potassium problems is the first step in prevention. First, if a tumor on the adrenals is the cause, the first thing to do is eliminate salts from the diet. Drink enough distilled water to wash out accumulated salts as well… to keep cleaning every day.

Second, if an acid condition is the cause, it is especially important to eliminate the high acid foods like beef, pork and/or any other food that may cause high acid. Also make sure you are getting enough potassium. This is not quite as easy as it sounds, it involves more than just taking potassium arbitrarily. Balance is the key. If someone is acid all the time, taking all the potassium in the world won’t help. The ADH will just throw it right back out. On the other hand, if the body can’t produce enough ADH, the potassium levels become too high. The sympathetic nervous system becomes fatigued and the body literally drags. I cannot overemphasize enough…balance is the key! When the minerals are available, the glandular system will take care of everything. We need to stop interfering.

Third, eat a diet consisting of 70% to 80% fruits and vegetables. This will supply most of the daily potassium needed. This is important because the body doesn’t store much potassium. It has to be constantly replaced. Foods particularly high in potassium are grapes, very ripe bananas and green vegetables like alfalfa, wheat-grass, spinach, etc.

When low in potassium, even organic sodium could be a problem. For this reason one may have to be careful with certain fruits and vegetables. Some foods high in sodium are celery, cucumbers, green peppers, watermelon, tomatoes, and cantaloupes. Generally speaking, foods containing mostly water are high in sodium. A tomato, for example, consists mainly of water. After dehydration, there is actually very little substance.

With the above knowledge I have shared with you, introducing more of the right fruits and vegetables in your diet, drinking distilled water and with the help of a trained Biochemist-Life-style Consultant, take the concentrated supplementation advised As we learn to cooperate and stop interfering with our bodies, our bodies will balance and allow us to walk in health.
APPENDIX H
Lifestyle causes and prevention of Calcium problems

The role of calcium in the body

Calcium is one of the main minerals the body needs. It is especially important for the bones. Healthy bones are needed in order to receive air and energy. Without the air and the sun we could not live. As I mentioned before, 80% of our energy comes from these two sources. Our bones act as antennae, which absorb electrical energy, by an ionization process. The energy in the soft bone marrow goes clockwise, pulling upward, while the electrical energy of solid outer bone goes counterclockwise, pulling downward. These opposite forces react with each other to create energy. Blood is produced as a result of this interaction…and we know how important blood is…being responsible for carrying the “breath of life” to our cells.

Calcium is important for the glandular system. Calcium is needed for the production of hormones. For this reason women use 400 times more calcium than men. Calcium is needed in our fluid system as well. In fact, the ion concentration of calcium, free calcium(s), must stay within a very narrow tolerance range. The body will try to protect us at all costs, even if it means robbing calcium from the bones in order to keep the blood calcium balanced.

Fifty percent of our calcium is in the form of these free calcium(s), which flow through the blood system. The other fifty percent is connected or bonded to something. Forty-one percent is connected to protein, while nine percent occurs in the form of phosphates.

Our bodies eliminate extra or used calcium primarily through the bowels. Approximately 5/6th of our excess calcium is excreted through the bowels, while 1/6th is excreted through the kidneys. Suppose 350 milligrams of calcium is absorbed through the intestines when the diet includes 800 milligrams of calcium. Because we would secrete or expel about 190 milligrams through intestinal juices, we would net absorption of 170 milligrams of calcium. In other words, when the so-called diet includes 800 milligrams of calcium, we would keep 170 milligrams.

What causes calcium problems?

Because calcium is so important to our bodies, it is also important to know what causes calcium problems to better prevent them. Incidentally, all health problems are related to calcium. It is essential for vitality. I will be discussing the seven reasons for calcium problems.

First: calcium problems may be the result of the malfunctioning of a parathyroid gland. These glands regulate the calcium needs of the body by sending out hormones, which determine how much calcium will be absorbed. If enough calcium has come in, less of the parathyroid hormone is produced.
This is the signal for the intestines and kidneys to excrete more. If there is a deficiency of calcium, the parathyroid hormone says in effect “Absorb more.” If the necessary calcium isn’t available, the parathyroid goes to the bones to get it. This is not a problem unless the body can’t replace the bone as fast as the calcium is being pulled out. If this happens, the bones begin to deteriorate. The parathyroid glands are very important for regulating calcium in the body.

If the parathyroid glands aren’t working properly, it could be because they don’t have enough vitamin D. this would be called hypoparathyroidism, meaning the parathyroid glands are under-active. In that case, the parathyroid glands don’t keep the calcium level up where it should be. When this ion concentration of calcium gets low, various symptoms such as depression, anxiety, mental problems, fatigue, poor digestion and elimination can result. For this reason, it is essential that enough Vitamin D is available. On the other hand, if there is an overabundance of Vitamin D, calcium problems of another kind occur. Te parathyroid glands become hyper or overactive. They produce extra hormones, which cause the body to pull calcium from the bones.

Second: It is also possible to get too much calcium. When this happens, the parathyroid glands have to overproduce the hormones in order to suppress the calcium level; they get tired. People say they don’t feel good when they don’t have their calcium(s). They say it picks them up. Well, that is exactly what calcium does. It kicks the sympathetic nervous system in…it activates the adrenals.

Calcium can be used in this way as a stimulant, but that isn’t balancing the body chemistry. This is not providing nutrition the body needs. It is manipulating the body instead of cooperating with it. At the same time the sympathetic nervous system is kicked in, the parasympathetic nervous system slows down. This means digestion and elimination are slowed down. The metabolic action is slowed down. Certain glands become overworked and the body is thrown out of rhythm and balance.

Third: Excess calcium also causes problems when the kidneys can’t clean it out fast enough. It is then deposited in the areas that are the weakest. Stones are often formed in the kidneys. Weak arteries and veins become the dumping ground for excess calcium. Calcium deposits can show up anywhere. If a person writes a lot, bumps can appear in certain areas on fingers because these areas are weakened by continual pressure. Calcium deposits can also show up in different areas of the skeletal structure. These deposits would not have a chance to settle if people were exercising and breathing well.

Fourth: Getting the wrong kind of calcium(s) can cause calcium problems. There are over 250,000 different kinds of calcium(s). These calcium(s) can be divided into basically seven groups, six of which are essential to our bodies needs. Some examples are: calcium lactates, calcium gluconates and calcium oxides. Dolomite, which is calcium magnesium, is not essential to us because it is an
inorganic salt. It does not give us nutrition but is useful for cleansing and removal of uric acid when needed. **Calcium** hydroxide is very alkaline at pH 14, while sulfur is very acid at pH 1. The different kinds of **calcium** vary greatly. Many people don’t understand this, and as a result, **calcium** is probably one of the most abused substances today. People are taking **calcium** carbonate and it is killing them because it is an inorganic salt. It will produce stones. Calcium is advertised to get rid of bone dis-eases, if anything, it is more likely to cause them...for instance, like osteoporosis. People also get the wrong **calcium(s)** from regular well **water**; ninety-five percent of these salts are calcium, inorganic calcium, which will form stones and cause a multitude of other problems.

Fifth: **Calcium** lactate causes **calcium** problems because it is so acid. This is the **calcium** in milk. It grabs onto the Vitamin C and breaks down the cement that holds the cells together. The muscles and tissue lose their integrity and strength. Cheese also causes problems for the same reason.

Sixth: Imbalances of the minerals that work with **calcium** also lead to difficulties. When the potassium levels get too low, the **calcium(s)** can go to high. If there is too much potassium, then the **calcium** can’t be absorbed. Sodium, magnesium, and Vitamin D also need to be in the right ratio with **calcium**.

Seventh: too much **phosphorous** in the so-called diet forces **calcium** out of the body. Some of the **foods** high in **phosphorous** are sea **foods**, especially shrimp, also yeast lecithin, breads, macaroni, pot pies, potatoes and overcooked **foods**. Overcooked **foods** are included because the cooking changes the organic **calcium** to inorganic, leaving just the **phosphorous**. This of course, leads to an imbalance between **phosphorous** and **calcium**.

Overall, any **food** that is acid and stimulating, pulls out the **calcium**. Sugar, salt, and over-processed **foods** are the worst offenders. Because the body has to stay balanced, acid **foods** force the body to pull something from reserves to neutralize. Salts also hinder **calcium** assimilation because they hang on to **water** and block the circulation of blood to the cells.

There are a lot of different things that can cause **calcium** problems. Either we are not getting enough **calcium**, getting too much **calcium**, or getting the wrong kind of **calcium**. Possibly we are not getting enough of the supporting minerals...or maybe the glandular system isn’t working right.

**What we can do to prevent calcium problems.**

4. Because **calcium** is something we can’t get from the **air**, it is very important we get it on a regular basis. We need to eat **foods**, which come from a seed. These all have **calcium** in them.

5. Avoid **foods** high in **phosphorous**. These **foods** hinder the assimilation of **calcium**. **Foods** high in **phosphorous** include breads, grains, peanut butter, roasted nuts and roasted seeds.
6. It is also important to avoid overcooked, over-processed and over-preserved foods. Avoid eating excess protein. Eliminate salts and milk. Remember, processed milk just rots in the body forming a film in the intestinal tract, which hinders calcium absorption. It also contains lactate, which most people don’t need after the age of two.

7. Drinking distilled water is essential for preventing any kind of calcium problems. Distilled water leeches out the accumulated inorganic calcium(s), making room for the good calcium. The good calcium can then be transported through the water vapor and diffused into the tissue and cells. Some chelation methods also aid in pulling old calcium deposits out of the arteries and veins. Parsley, in particular, is a good stonebreaker. It works directly with the parathyroid glands to make a tonic, which triggers a hormone to break down excess calcium. In the first place, parsley also prevents stones from forming.

8. To prevent calcium problems, avoid taking the wrong calcium supplements. Find out what calcium(s) are right for the individual body chemistries and build your calcium(s) on that basis. You can’t go by how certain calcium(s) make you feel because it could be just manipulating the body instead of balancing it. An evaluation by a specially trained biochemist will be necessary to find out if you are acid or alkaline, and how your system is operating. On the basis of those results, you will know better how to prevent calcium problems by working in the right calcium(s), supporting minerals and vitamins. It is very important to take calcium supplements with meals…meals with a lot of fruit and vegetable fiber. Otherwise, the concentrated supplements don’t have a buffer to keep them from going in too quickly and over-stimulating. All minerals should be taken with meals like this. On the other hand, vitamins should be taken between meals. Vitamins D3 and C should not be taken together, as they cancel each other. Caution: Vitamin C should not be taken with an acid system, ascorbic acid, and Vitamin D3 should not be taken with an alkaline system.

9. Because oxygen is so important for assimilating calcium, work with breathing and exercise. Exercise will increase oxygenation, which is necessary not only for bone formation, but also for blood production. Exercise will keep the bones in good shape, providing some dependable calcium reserves. It is better to get calcium this way than through wrong kinds of supplements.

10. We can also prevent calcium problems by eliminating stress. Stress pulls directly out of calcium reserves. By avoiding stress, we won’t need as much calcium to maintain our health. As we stop interfering with our bodies and start cooperating, we can enjoy health.
APPENDIX J

Lifestyle causes and prevention of Cancer

What is Cancer?

Cancer is a degenerative dis-ease that can lead to death. Cancer is the final stage leading to the death of cells in the body. According to the traditional way of dealing with symptoms, cancer is the place where there is no longer any hope; at best a person may have only a few years to live. We must understand cancer is just the body aging and going through the death cycle too quickly. As we will learn, this can be prevented.

What causes cancer?

What then, causes this premature aging? For all illustrative purposes, first look at what does not cause cancer. The prevalent theory today is that viruses attack the cells changing them into cancer cells. These cells supposedly act like cannibals attacking other cells.

The logical way to deal with these “foreign cells” would be to kill them. That is exactly what people have tried to do. Millions of dollars have been spent on research to learn how to get rid of these attacking viruses. Surgery is used to cut the cancer out. Chemotherapy is used to poison it to death. Radiation cooks it.

The problem with these methods is, they destroy the good cells along with the bad ones. Even though they can zero in on a particular area, they can’t be selective enough. Besides, cancer is usually not localized in one area.

Although it is true these viruses are present to feed on dying cancer cells, they are not the cause of the dis-ease. The viruses are simply there to clean up the dying cells.

When the cells aren’t being fed right, they lose energy and age too quickly. On the average, at 20 years of age, cells should be changing every six months. If they are changing and burning out every three months, the body’s life span will be cut from the potential of 120 years to 60 years. Our cells could go through the life and death cycle in twenty or thirty years. This all depends on how quickly they are forced to change.

When certain cells in our bodies change faster than other cells, eventually the cells in these areas can’t produce new cells anymore. Depending on where in the body this happens, we could experience serious symptoms. When the heart ages quicker than the rest of the body, there is real trouble; some organs are more important than others.
What causes this rapid aging to spread?

A lack of proper nutrition or rest is the same thing that causes cancer in the first place. The first cause of cancer is cells that don’t have proper nutrition. They die and rob energy from the surrounding good cells. Cancer cells, which lack nutrition, pull energy from the food cells causing them to die too quickly. As long as the cells have enough nutrition, they will be able to keep the cancer contained. This is benign cancer. When the cells around the dead ones can no longer resist the draw of energy from the cancer cell, this is known as malignant. The cancer is spreading.

I would like to emphasize again that one of the two causes of cancer is a lack of nutrition getting to the cells. If viruses were indeed the cause, we would expect everybody to get cancer. Rather, cancer is caused by a lack of energy to the cells.

This can run in families simply because families can lack the same nutrition. Parents today are giving their children less and less energy at conception. Children are born with serious Vitamin and mineral deficiencies. As a result, their cells don’t have enough energy to do the job; they age too quickly, causing children to develop cancer at very young ages. The problem is not that children are inheriting the dis-ease; but inheriting mineral deficiencies.

Cancer generally takes from 10 to 60 years to develop. When someone is diagnosed as having cancer, realize it didn’t happen overnight. It has been in progress for many years…unless, of course, that person was born with tremendous deficiencies. Cancer develops because the cells aren’t receiving the energy needed.

What is interfering with nutrition getting to cells?

The cells of our bodies can’t get energy from the foods…no matter how good they are…if the body circulation is too obstructed. Obstructions keep the energy from being available to the cells because they interfere with the circulation of the blood.

One of the primary causes of obstructions as it relates to cancer is excess protein. In fact, it is believed by many that protein is the number one cause of cancer. Protein is made up of amino acids, which our bodies use to transport energy to the cells. Amino acids are the carriers of nutrition to the cells. Protein does not give us energy. The protein we are unable to digest becomes an obstruction or a poison to the body. Meat proteins have a lot of amino acids hooked together. Because of this, they take a long time and a lot of energy to break down. When the protein isn’t digested, it turns to uric acid, which joins with Vitamin D to form cholesterol. Cholesterol, as we know, is the sticky stuff that clogs things up. Cleaning is hindered and nutrition can’t get to the cells. As a result, premature aging sets in.

Another major cause of obstructions, which keep energy from the cells, is salts, which clog things up because enzymes can’t break them down. The body then, has to work trying to eliminate
them. When it can’t, the salts are stored in the tissues, which causes the swelling and blockage of circulation. All drugs are types of salts, insulin being one of the most harmful.

Overcooked, over-processed, and over-preserved foods also cause obstructions, having no life. Not only do they contain no energy, they also take energy. When our bodies don’t get enough fiber and distilled water it can’t stay cleaned out like it should. As a result, the cells aren’t able to pull the nutrition out of the blood…even if we are eating good food.

**Rest energy deficiency – the Second major cause of cancer**

The second major cause of cancer is stress. Mental, emotional, spiritual and physical stress takes more energy from the body than a person can get through diet. Stress pulls directly from the body’s rest energy bank account. Stress causes a loss of energy because it slows down digestion as well as bowel and kidney elimination and hinders the ability of the body to breathe. I have seen fairly healthy people go downhill very quickly because of divorce, accident or death in the family.

As we consider cancer, one of the biggest stresses is being diagnosed and told you have only three, six, or perhaps nine months to live. That in itself will kill if it is accepted. Anyone who tells us how long we have to live is taking the place of our Self-existing Creator, YHVH.

A man who researched cancer for forty years found some interesting things, which might help us all understand other possible causes of cancer. He found the poorer, less developed, and more primitive the people…the lesser the incidence of cancer. The only exception being when poor nations were given fertilizers, drugs, and processed foods from advanced nations. Suggesting these possible reasons for his findings…

1. People are not subjected to drugs, x-rays or medical examinations.
2. Laxatives or purgatives are not taken.
3. There is no smog or pollution.
4. Cooked foods are not eaten.
5. They don’t drink coffee.
6. There is no television.
7. They don’t smoke.
8. There are no chemical additives in their foods.
9. Foods are not preserved, treated, or refined.
10. The foods are not fried.
11. They don’t have hospitals.
12. Not over 25–30 grams of met protein is eaten a day.
**How to prevent cancer**

There are some things we can do to stop interfering with the health **YHVH** has programmed our bodies to have. Our goodies will stay healthy if only we will cooperate.

1. Diets are very important for providing the nutrition our cells need. **Foods** that come from a seed have the energy we need and getting **protein** from **foods**, which are the easiest to digest should also be practiced. Few people realize all **foods** that come from a seed, including fruits and vegetables, have simpler **proteins** than meats. If the liver is healthy, it can make any type of amino acids it needs. Contrary to what we have been taught, we don’t need to eat meat **protein** to get all the amino acids we need.

2. Avoid **obstructions**. Limit the intake of **protein**. Avoid inorganic **salts** and processed or preserved **foods**. Steam your vegetables instead of cooking them, in this way the life in the vegetable is not being destroyed. Guard against overeating. It is impossible to put energy into the bank account by eating more. Instead of building up energy, it will give the body more work for digestion and elimination, which will take extra energy.

3. The bank account will need to be built by supplements as recommended by a specially trained Biochemist-Lifestyle Consultant.

4. Drink plenty of distilled **water**. Blood needs **water** to transport nutrition as well as to clean. **Water** is essential for preventing undigested **protein** and uric acid from backing up into tissue spaces, blocking circulation.

5. Eating plenty of fiber is vital for keeping the bowels cleaning. I recommend seventy to eighty percent fruits and vegetables be eaten at each meal. This will prevent backup **obstructions**.

6. Get more rest, if possible, with the help of a rest bed.

7. Avoid **electrical** and magnetic pollution.

8. **Stress** must also be dealt with. The Scripture says, “Whatsoever is true, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent and praiseworthy…think on these things. “ **Philippians 4:8**. There are a lot of words here full of hope, faith and love. Let’s feed our minds on those things that are uplifting. Seeing ourselves getting well through the natural and spiritual laws of healing. We don’t have to die because of sickness and dis-ease. Let’s use **YHVH** faith, hope and love to rule our bodies. Let’s not fear **cancer**. It is just a word man has given to a problem. Now that we know the causes of **cancer**, we can help the body prevent and reverse it. **Be an over-comer!**
Defining sugar problems

Sugar problems result when the blood sugar is too high or too low. Oxygen is hindered from being distributed throughout the body. Because circulation is blocked, a variety of symptoms can result, some of them quite serious. Because of high blood sugar, a coma could result when the brain lacks oxygen.

Diabetes, or high blood sugar is the pancreas gland not able to produce enough insulin to keep the blood sugar from rising too much. Hypoglycemia, or low blood sugar is the pancreas producing too much insulin causing the blood sugar to become too low.

Most sugar problems are more complicated than just having high or low blood sugar. Some people have low blood sugar in the morning because the pancreas is overproducing insulin. Throughout the day their sugar keeps going up. Normally, these people feel tired in the morning, but at the end of the day feel better, unless their blood sugar is turning to alcohol. Yet there are others who start the morning with high blood sugar. Throughout the day their sugar keeps falling. By the end of the day they are absolutely fatigued.

Usually those with either consistently high or low blood sugar don’t have as many symptoms as those who do. Those having low blood sugar, which keeps fluctuating up and down, can feel very rough, and those whose blood sugar jumps around at a high level can really have problems. When high blood sugar suddenly drops, schizophrenic, mood swings and symptoms of insanity often result. Personalities can change very quickly. One minute they are nice and jovial, the next they are “bears.” The nervous system is affected, and depression and anxiety take place.

When sugar drops suddenly low, epileptic seizures occur. These people are using every speck of sugar they have. There isn’t any extra to kick out in the urine. Muscle spasms occur because the body is trying to get sugar from the muscles. Continuing low blood sugar will keep one from being able to think. Often, those with low blood sugar crave sweets…although eating sweets causes one to become hyper. This happens very often with children. They can’t sit down or relax. Most people with sugar problems like this are at first hyper, then they just wear themselves out and can’t get going at all.

Causes of blood sugar problems

Blood sugar problems are primarily problems with the pancreas gland. The pancreas has two basic functions, regulating body temperature and responsible for digesting starches and carbohydrates.
Blood sugar problems occur when the pancreas gland can’t do its job of regulating sugars from digested carbohydrates. When this happens sugar is turned into alcohol or fat. An over-production of insulin causes a drop in blood sugar, while a decrease in production allows the sugar to rise too much. When the pancreas gland isn’t functioning properly, it turns too many of the carbohydrates to alcohol, causing one to feel hot regardless of the temperature. It would be as if one were drunk. Being cold all the time is another problem with the pancreas. In that case, the insulin is not producing enough alcohol. The pancreas alone is not the only organ involved in the regulation of blood sugar.

The adrenals work with the pancreas. When the pancreas isn’t working properly and produces too much insulin, the adrenals try to come to the rescue by producing anti-insulin. This, of course, offsets producing too much insulin and keeps the blood sugar from diving. The adrenals job is to check the pancreas.

When the sympathetic nervous system and the parasympathetic nervous system are out of balance, the result is sugar problems. The sympathetic nervous system includes the adrenals, heart, thyroid, pituitary, and sex organs. These sympathetic organs are responsible for the production of hormones, for providing among other things, the ability to resist, and for giving a sense of well-being. On the other hand, the parasympathetic nervous system includes the pancreas, liver, kidneys, bronchial muscles and intestinal tract. These organs are primarily responsible for digestion and elimination. It is essential that these two nervous systems balance one another.

There are two basic reasons why these systems would be out of balance. Either the glands in the sympathetic nervous system are weak, or the organs in the parasympathetic nervous system are weak. If the parasympathetic system is deactivated or sluggish, the pancreas will also be sluggish, because it doesn’t produce enough insulin there will be a tendency for high blood sugar or diabetes. On the other hand, if the pancreas is over-activated, it will produce too much insulin, causing a low blood sugar condition. In the sympathetic nervous system, it is crucial for the adrenals to be strong. When they are not, all of the glands weaken to a certain degree. The other glands will be forced to compensate in some way. Certain glands or organs are weak in the first place, either because of obstructions or because they lack nutrition.

Another cause of sugar imbalance is a system either too acid or too alkaline. Acid stimulates the sympathetic nervous system, while alkaline stimulates the parasympathetic. Certain foods will cause one to become acid. Grains, potatoes, breads, cereals, meats, eggs, cheese and nuts are all acid forming. Alkaline foods include vegetables and most fruits. When the diet doesn’t consist of the proper ratio of acid to alkaline foods, 70% alkaline to 30% acid, an imbalance will result.
Foods that are over-processed, overcooked, and preserved are all very acid. These foods force the body to give out energy that will later be needed. They stimulate the sympathetic nervous system causing an imbalance. All inorganic salts do this as well, and all drugs are included in this category. Incidentally, insulin is one of the most damaging salts to the body. These salts interfere with digestion, making the food acid. While the sympathetic nervous system gets a kick, the parasympathetic system is deactivated.

Stress and too much exercise will also make the system acid. Vitamins and minerals, when used improperly can cause the adrenals to kick in. This results in a loss of nutrition and cleansing.

Acid or alkaline bile coming from the gallbladder causes sugar problems. Acid bile causes the pancreas to produce too much insulin, while alkalinity causes the pancreas to not produce enough insulin.

Preventing sugar problems

By balancing the foods one eats and making sure a balance of acid and alkaline foods is eaten with each meal will help to prevent sugar problems. The residue, which remains after digesting such meals, has enough fiber and alkaline substance to give good intestinal cleaning. This balance is also important for kidney elimination. Another way is to do a supervised liver and gallbladder flush.

If the pancreas is doing its job because it is lacking nutrition, it needs to be given the nutrition it is lacking, like chromium. Give the pancreas extra by taking enzymes or the vitamin and minerals it needs. If the pancreas is obstructed, give it some cleansing herbs to remove the obstructions.

If the adrenals are too tired to keep the pancreas from producing too much insulin, they can be helped by extra rest or laying on a rest bed. Get rid of obstructions and provide the lacking nutrition. If the system is too acid…get rid of the acid. It is that simple. Some decisions have to be made to do these things. Our nervous systems can do the job when our bodies are given what they need to be balance. Learn to work with your body and sugar problems can be prevented.
APPENDIX L

Lifestyle causes and preventions of
Weight problems

Defining weight problems

Weight problems are actually toxicity in the body. This sis true of being underweight or overweight and even the so-called “just-right” weight.

Being underweight: the tissues of the body contract or shrink. There is too much carbon and not enough water circulation. This condition is more serious than being overweight because the cells aren’t expanding to neutralize, dilute, and store the toxicity. As a result, the concentration of toxicity is greater and consequently more dangerous as the toxicity must be stored in the cells.

Being overweight: the tissues expand making room for the toxicity to be stored, often away from vital organs. Someone can also have the “just-right” weight and still have a weight problem.

There are a lot of ways we manipulate our bodies to keep our weight at a certain level. At the same time, though, we are hurting our bodies. As we look at what causes weight problems, we will have a better understanding of what constitutes these weight problems.

Causes of weight problems

The number one cause of all weight problems is toxicity. The main way to become toxic is by overeating. Overeating is the major cause of both being underweight and/or overweight.

The stomach can only hold a certain amount of food. The stomach is a big muscle that kneads food just as bread is kneaded. When too much is put into the stomach, the food on top doesn’t get digested right away. Later, there are no digestive juices left for excess food that was eaten. All that remains are obstructions looking for a place to go. This simply adds toxicity to the system.

Toxicity is also caused by poor nutrition. Growing up on salts, carbohydrates and sugars will cause a tendency to have problems with being overweight, because inorganic salts are very toxic to the body. Salts make tissues expand and swell with water. Water is retained in the body. The body is merely trying to neutralize the toxicity with the water. The result is weight gain.

I am sure you have heard it said that eating too many calories causes weight gain. There are a lot of people who eat very few calories and still have a problem being overweight. In fact, they keep gaining weight, which only goes to show calories can’t be the whole story. Most excess weight is caused by excess water. Being overweight is not necessarily excess fat. The ability to gain or lose 3-5 pounds in one day illustrates this quite well. It is impossible for fat weight to fluctuate so much so
quickly. Besides, fat actually weighs very little. The greatest volume in our bodies is water. Sixty to eighty percent of our weight is water.

There are times when the body will produce fat. This is an attempt to protect the vital organs from the toxicity, which the body is not able to get rid of. This provides a place where the water toxins can be stored. Even so, the body does everything it can to get the toxins out of the blood system…because the life of the flesh is in the blood. Too much toxicity literally “takes our breath away.”

Inorganic salts, especially sodium, are one of the primary causes of being overweight. A lot of these salts come from regular tap water. They are also found in foods, which are overcooked, over-processed, and over-preserved. “Salts” refers to more than just table salt, which is sodium chloride. There are over 78 different kinds of salts, and most of these can cause weight problems.

Eating excess protein is one of the major causes of being underweight. High protein diets tend to make people leaner. This is because of the excess carbon in the protein. Carbon forces water out of the body by reacting with it to form carbon dioxide and hydrogen. Hydrogen makes the body more and more acid. The toxins have no choice but to remain in the body. They become more and more concentrated in the blood and tissues.

Remember, overeating is usually the cause of being underweight. This can be with good food as well. It is not necessarily eating the wrong foods. Overeating is especially a problem for those who are underweight. They tend to want to eat a lot more in order to gain weight. They think they are starving to death. Here in America people don’t starve…they are sick and dis-eased because of their wastes and buildup of toxicity.

It is possible for some to lose weight when beginning to clean out this toxicity. If they are already underweight, they become anxious and worried when this happens. There is nothing to fear. It is not dangerous to be underweight if one is not toxic. The body will eventually build up good muscle and tissue. Understand what causes this weight loss. A person would have to fast for about forty days before good cells start breaking down.

Another cause of underweight and overweight problems is weak elimination organs. When the bowel doesn’t clean out as it should, the body turns carbohydrates to fat to store the toxicity. It is then reabsorbed back into the system. When the kidneys aren’t working properly, or not enough water is taken in, toxicity doesn’t flush out properly.

And yet, there are others who may have a weight problem because of poor digestion…the food isn’t digesting properly, causing toxins in the body.

**Preventing weight problems**
Now that you have seen what causes weight problems, something can be done about preventing them.

1. Probably the most important thing is to make sure we don’t overeat. Overeating causes weight problems—both underweight and overweight. The objective is to eat what the body can handle and that is all. The best way to do this is to leave the table hungry. NEVER leave the table satisfied. You see, the body is satisfied a whole lot sooner than we are and when the body is satisfied, it is fatigued…sedated. STOP eating before this happens. When eating nutritious foods, we need to eat only half as much as we when we eat non-nourishing foods. Besides, when eating good foods we receive twice as much energy and nutrition.

2. We can also prevent weight problems by helping our digestion by chewing our food thoroughly, mixing it with saliva. Our teeth are for grinding not the stomach; this distinction is very important for digestion. Food is also digested and assimilated certain times of the day. It is best to eat between 12 and 6 p.m. This is the time when we get maximum digestion and toxicity doesn’t build up.

3. To prevent weight problems, it is important to avoid salts, excess protein, and overcooked, over-processed and over-preserved foods. Be suspicious of weight loss programs and pills. They just offer concentrated proteins, which contribute to weight problems. They kick in the adrenals and make the body burn more calories. In a sense, they cause the body to burn up.

4. Replace poor nutrition with good nutrition. Good foods are those, which come from a seed. These foods will give the body true energy so it can carry out the functions yhvh has programmed within it. Good fiber foods are especially important for keeping the bowels regular. Fruits and vegetables will help the bowels stay cleaned out so toxicity doesn’t build up. Remember, six percent of the body’s wastes are eliminated through the bowel.

    Another way to avoid toxicity as well as get rid of previously stored toxins is to drink distilled water. I cannot overemphasize this. Distilled water pulls out the inorganic salts that hang on to excess water. On the other hand, regular water has the toxicity in the form of chemicals and salts. It simply cannot do the job of cleaning. These dietary measures will help maintain proper body weight.

    Instead of manipulating our bodies to regulate weight, let’s accept a basic premise…the premise that yhvh made our bodies. He programmed them to keep everything balanced. When our bodies aren’t doing that, we are doing something that is interfering with the
process. The body will do its job if it is cleaned out, kept clean, and provided with the proper nutrition. The body knows how to be healthy if it is given the chance.

5. Breathing and rest also contribute to proper balance of weight. See sections on Breathing and Rest
Defining colds, flu and infections

Colds, flu, laryngitis, bronchitis, earaches, sinus drainage, and other infections are all congestion problems, which interfere with the body’s ability to breathe. They are symptoms directly related to the breakdown of the mucous membranes. Because these problems afflict our breathing, they can make us more susceptible to other weakness, sickness, and dis-ease. Remember, eighty percent of our energy comes from the air and the sun. When our airways are in trouble, we are in trouble. We breathe through our lungs and skin. Breathing gives us the oxygen and nitrogen we need and it moves the blood around. When we stop breathing, everything stops, including the heart. Infections and congestion interfere with breathing, which is crucial for life and vitality.

The mucous membranes are responsible for secreting mucous to lubricate and protect the ducts and passageways in the body. This mucous is a form of protein very similar to Knox gelatin or agar agar. A lubricant made up primarily of albumins and essential for the proper functioning of the body.

The causes of colds, flu, and infections

There are passageways in the mouth and nose where air is taken in through breathe. From there, the windpipe branches off into the bronchial tubes leading to the lungs. There are mucous membranes throughout the system as well as throughout the entire body. It is the responsibility of these mucous membranes to secrete the right amount of mucous in order to lubricate the ducts and passageways. This protects the passageways from irritating substances, which might enter. Colds, flu, and infections occur when these mucous membranes have broken down. They could be producing too much or not enough mucous. Possibly they are producing a mucous of inferior material or the mucous simply dries up. The cause is the same…the mucous membranes aren’t doing their job.

As I stated above, there are mucous membranes throughout the body. For example, there are mucous membranes in the stomach, which provide the mucous to protect the stomach lining from the strong acid juices within the stomach. This is important because those juices have a pH of one to three, which is strong enough to eat through a table. If the mucous membranes of the bladder break down, it will become infected. If not enough quality mucous is produced for the ducts in the gall bladder, symptoms will show up there. There are also mucous membranes in the small intestines and bowels. When there is not enough mucous being produced in this area, the wastes don’t have enough lubrication to keep moving through. This will cause an irritation and often results in infections. There
are also mucous membranes in the liver, eyes and ears. A lot of ears break down because of the lack of production of mucous. Another area is in the sinuses. The mucous membranes here in fact, provide and supply mucous for the saliva in order to lubricate food. As you can see, it is quite evident the important role the mucous membranes play throughout the entire body.

Different names have been given to various symptoms related to the breakdown of mucous membranes. When the membranes break down in the voice box or larynx it is called laryngitis, in the bronchial tubes…bronchitis, in the lungs it is referred to as pneumonia or emphysema. It doesn’t matter what name is given the symptoms, the cause is the same…a breakdown of the mucous membranes.

Notice I have said nothing about the germ. Germs are not the problem. Germs only come where there is a breakdown of the mucous membranes. The germs do, however, cause a breakdown of the lubricants secreted by the mucous membranes. The germs are trying to help out by cleaning up the wastes that aren’t getting out because the elimination organs aren’t doing their jobs. Although a nuisance, germs are not the cause of the problem.

Besides lubricating the passageways, mucous is also important for keeping the body from being too acid or alkaline. Mucous protects the channels and tissues by pulling in bicarbonate of soda. On the other hand, if the tissues are too alkaline, the mucous pulls in a little extra acid. The mucous, then, is essential for resistance against strong acids and bases.

People often take decongestants and other medications to deal with symptoms. Rather than helping the body, these drugs cause the tissues to swell with water. All inorganic salts cause this sort of problem. Pressure then builds up, often in the lymphatic. Symptoms might include puffy eyes or headaches.

If you are not drinking enough distilled water, the irritated areas swell and become infected…a fever will result. This is the body’s attempt to help the mucous membranes by getting things cleared out more quickly and why it is important not to suppress a fever.

Certain conditions aggravate congestion problems. Pollution is particularly hard on mucous membranes. Changing weather also triggers various symptoms. When the temperature falls and vitality is low, the body simply can’t keep the body temperature high enough.

Stress also lowers vitality because it causes constriction within the body, hindering the elimination of mucous. When under stress, the sympathetic nervous system, which controls the immune system, is 107 speeded up causing a weakening of the mucous membranes due to toxic reactions. That slows down the mucous flow because the parasympathetic nervous system, which
controls digestion and elimination organs and mucous production, is now deactivated. Remember, neither stress nor these other conditions cause the symptoms. They merely make them happen.

Coffee, smoking, and drugs all weaken the mucous membranes. Lung cancer develops in smokers because the mucous membranes lose the ability to protect the sensitive lung sacs.

The main cause of all bronchial, sinus, and mucous problems is too much acid. Red, yellow, and orange are acid colors. Green is neutral, while blue, purple and violet are cooling. Acid causes the mucous membranes to become sticky so they do not lubricate. This can happen anywhere in the body: in the bowel, windpipe, trachea, or nose. When the mucous membranes are working well, the lubrication flows freely. Acid hinders this free flow. Milk and milk products are about the worst things for the mucous membranes because they are extremely sticky.

**Preventing colds, flu, and infections**

1. Stop interfering with the body by stopping the influx of acid into the system. Begin doing this by avoiding overcooked, over-processed and over-preserved foods.

2. Make sure to include seventy to eighty percent fruits and vegetables in meals. These fiber foods will help the colon stay cleaned out by providing natural and good lubrication. This is important because certain foods like potatoes and meat are like glue. They are like dried-up mucous in the body. Fruits and vegetables such as spinach, cucumbers, green peppers, asparagus, apples, grapes, peaches, pears, and prunes are all examples of foods with good lubricants. Asparagus is an especially good lubricant for the heart valves. It is very important to eat these foods raw or steamed, as cooking destroys the lubricant. Also, remember to chew the foods well, mixing saliva with them. This not only results in better digestion, but also assures the lubricant in the food is released and increased.

3. Drink plenty of water, steamed distilled. Is also important for preventing a dry-up of mucous membranes. Distilled water will pull out the salts and prevent swelling.

4. Because the starting place for all mucous problems is the colon, it is important to keep the bowel cleaning out. When the wastes don’t get cleaned out, bacteria comes in to help out. They produce toxins, which can be very harmful to the system. These toxins are re-absorbed through the colon walls and get into the blood system. They back up into the stomach and all the way up to the mouth. This is what causes halitosis. The toxins cause the lymphatic system to work harder and harder.

5. Fruits and vegetables provide good lubrication for the bowel. Bran, if it is soaked for seven hours, also provides good lubrication. If it is not soaked, the lubricant isn’t released.
6. Certain kinds of herbal laxatives or bowel cleansers may be needed. Enemas and colonics will help remove the junk so the mucous membranes can rebuild. Extra herbs will provide what is needed to strengthen the colon if it is stretched out and has lost its peristaltic action. Vitamin A and calcium are two of the most important nutrients that make up the mucous lubricant of mucous membranes.

7. Good exercise will also help the mucous membranes. When oxygen is forced into the system, mucous doesn’t have a chance to settle. As you work on breathing, it is important to breathe through the nose. The filters in the nose will prevent dust and other irritating substances from entering and damaging the mucous membranes in the nasal and bronchial tubes, as well as in the lungs. Breathing in through the nose also warms the air so it is not such a shock to the body. Remember, the air temperature, assuming it is approximately 72° F, is still markedly cooler than the body temperature of 98.6° F. That difference in temperature is even more drastic than wintertime. It takes a lot of energy to heat things up that quickly. Just think about the cost of raising the temperature in a house! To conserve heat energy, dress properly according to weather conditions.

    Hot baths may also be helpful in preventing mucous problems. The higher temperature helps get rid of old, dried mucous. The body will naturally go into a fever to help out.

    Our bodies are fearfully and wonderfully made and will do the job YHWH created them to do. We only need to work with our bodies…and they will do the rest.
APPENDIX N

Lifestyle causes and prevention of Ear problems

The role of the ear

The ears pick up electrical energy for the body. This electrical energy is in the form of different frequencies, or number of wavelengths per second. It is similar to throwing a pebble into a lake. When the pebble hits the water, certain wavelengths are given off, depending on the size of the pebble and velocity when it hits. Sounds too, are expressed in frequencies, or number of wavelengths. Loud sounds have long, drawn out wavelengths. Soft sounds have short wavelengths.

The ears were created to take in a certain range of frequencies. That range is approximately three hundred to three thousand cycles per second. The ears pick up frequencies within this range. There are both higher and lower frequencies, but the ears can’t pick them up. This is like picking up radio stations, which operate on different frequencies. The different frequencies are all there, but the dial has to be tuned to the right frequency in order for the right station to come through. YHVH has created the different forms of life with different frequencies. Various creatures are tuned into hearing different frequencies. For example, many animals and insects can pick up some low frequencies that we can’t. Using their antennae or horns, they can travel long distances with remarkable accuracy. They are picking up frequencies according to the range YHVH programmed into them.

As the ears pick up various frequencies, messages are sent to the brain by way of nerves. The mind then interprets these messages as sounds. That is why it is so difficult for deaf people to speak…because they can’t hear they have no sounds to associate with words. The brain’s interpretation of incoming frequencies is very important. There are membranes in the ears, which protect us from extremes in frequencies…frequencies from outside our range, which would harm us. These membranes filter sounds compensating for those, which are too high or too low.

Causes of physical hearing problems

One cause of hearing problems is listening to the wrong kinds of sound. Sound energies are just as real as food energies. Just as we can get junk foods, we can also get junk sound. There are some sounds that are very relaxing, yet others can stimulate. Certain sounds take energy rather than give us energy.

High frequency sounds outside our range of hearing are particularly damaging. These sounds come from televisions, smoke detectors, digital watches, and microwaves. Continually bombarding us
with frequencies outside of our range. They cause interference with the brain in much the same way as running an electrical mixer interferes with television reception.

Likewise, abnormal low frequencies also cause problems, forcing our bodies to try to adjust. Some of the music we listen to can also rob energy from us. While some music is stimulating, other music can make us passive. Much of the advertising today uses certain extreme frequencies and tempos to manipulate and brainwash people.

Another cause of ear problems could be the ears themselves being all clogged up. Obstructions in the ears not only narrow the range of hearing, but also hinder us from getting the electrical sound energy from the air. Obstructions also cause infections. When someone has an earache, some sounds seem unbearably loud, yet other sounds can be barely heard. The ears also help us keep our balance, so when the ears are clogged up, keeping one’s balance could also be a problem.

When someone can’t hear well, a lot of misunderstanding can result. When we speak, certain words are emphasized to communicate certain things. A person won’t be able to pick up those emphases if there is difficulty in distinguishing pitches. Sometimes teachers think children have hearing problems when in all actuality their ears are so plugged up they only hear half of what the teacher is saying, even though they are paying attention.

It might be possible the ears are lacking the nutrition they need. The ears need certain oils or lubricants. The body’s oil dipstick is the ear. When we put a Q-tip in the ear, it should come out a little tacky yellow. If it is either dry or runny, we are low on oil. This deficiency also causes a narrowing of our hearing range.

**Ear problems can be prevented**

To receive maximum energy through the ears, it is necessary to avoid extremes in the frequency range. That is often difficult because of jobs and gadgets, which are continually providing harmful frequencies. The ears can only compensate for so long. The membranes in the ears wear out. It is important to protect the ears and our bodies from these damaging frequencies.

Make sure there is not too much acid in your diet. Acid foods, such as protein and starches dry out the ears. It is important to keep the kidneys and bowels doing their jobs. Otherwise, the wastes that can’t get out will get dumped in a weak area. It could be the ears.

Strengthen the ears by providing good nutrition. Cauliflower, spinach, green peppers and cucumbers are excellent for the ears. They are all high in Vitamin A and very alkaline. Ears need the natural Vitamin A and D fatty acids. It is important for the ears to get a good balance of acid and alkaline foods.
The causes of mental and emotional hearing

Hearing can also be improved by understanding that attitudes affect what we hear and remember. We tend to listen for what will fulfill our needs and wants. Anything other than that has a way of slipping right by us. Below are ten poor listening habits to avoid:

1. Calling the subject uninteresting.
2. Criticizing the delivery, instead, try to tune into other people’s different ways of communicating.
3. Getting over stimulated. This means someone getting all charged up when they hear something.
4. Listening only for facts.
5. Outline everything.
6. Faking attention.
7. Tolerating distractions.
8. Evading the difficult.
9. Submitting to emotional words.
10. Wasting thought power. We can think faster than the speaker speaks. How do we use that extra time?

These are some things we can do to prevent hearing problems. As long as we cooperate with our bodies and stop interfering, we need not fear ear problems. Our ears can be healthy receivers of energy.

He that hath an ear let him hear what the Spirit says.
APPENDIX O

Lifestyle causes and prevention of
Eye problems

The function of the eye

The eyes of course, are for seeing and observing. The eyes also play a vital role in helping to receive energy for the entire body. The eyes pick up color energy from the sun, which the body needs. Remember, eighty percent of our energy comes from the air and the sun, and is received through the eyes as they pick it up.

Certain kinds of light stimulate the body, while other lights sedate and cause one to be sluggish. Violet is a very relaxing color, while red is hyper...stimulating, giving one the suggestion of not wanting to quit. Green is the balancer. Generally, people like certain colors because of their body chemistries. When sluggish, one tends to like hyper colors. Preferring cooling colors when acid.

The point is our bodies need color energy. This color energy is best picked up from the sunlight as the sunlight is balanced and contains all the colors. The eyes are the main receivers of this light energy. It is the pupil’s job to dilate, or become smaller when light is too intense. This is to prevent too much light from coming into the eye all at once. When it is darker, the pupils expand to let in more light.

If the vessels in the eyes were put end to end, there would be about eighty miles worth. Veins from every part of the body are gathered together in the eyes. Every organ, gland, and tissue in the body is represented through the eyes. That is why any stress in the body will show up in the eyes.

Causes of eye problems

As we discussed in previous chapters, our vitality is equal to the potential energy minus obstructions. There are basically only two causes for weakness, sickness, and dis-ease in the eyes, obstructions and lack of proper nutrition. When the obstructions are dumped in the eyes, the blood can’t carry the energy and nutrition to them.

Obstructions in the eyes cause nearsightedness or farsightedness. The obstructions weaken the eyes so they can’t focus properly. The eyes have difficulty adjusting to different intensities of light. They become more sensitive. Cataracts are a cholesterol build up in the eyes. These problems are all due to obstructions. The reason the obstructions are being dumped in the eyes is because for that particular person, it is a weak area. Obstructions get dumped where there is the least resistance. When the obstructions are so great that the eyes can only receive the light and color energy, blindness results. The eyes are too obstructed to focus.
Besides causing focusing problems, obstructions also hinder the eyes’ ability to pull in light energy. Pulling in light energy is especially important for the glandular systems. Obstructions cause one to squint or wear sunglasses because the body is having a hard time receiving light, but the eyes desperately need that light to keep the body healthy.

By looking at the eyes, I can tell where there is stress in the body, whether it is because of obstructions or a lack of nutrition. Remember, I said every organ of the body has vessels going to the eyes. When stress occurs in the body, the vessels in the corresponding parts of the eyes becomes wavy and begins to dilate. The fibers begin to spread out. In the white part of the eye, or sclera, red lines occur. The eyes tell the story.

Eye problems can also be the result of a lack of good nutrition. Good nutrition is necessary for the eyes. Although the diet is very important for obtaining good nutrition for the eyes, most people are so deficient they will have to take some sort of supplement. Eating more to make up for our deficiencies will only give us more obstructions to deal with. Supplements cannot be taken arbitrarily. The vitamins and minerals need to be in proper ratios. For example, the eyes need a lot of Vitamin A. the body won’t absorb Vitamin A if there isn’t enough potassium. Likewise, potassium needs to be in the right ratio with calcium and sodium in order to be assimilated.

**The main causes of obstructions in the eyes**

As I mentioned earlier, cholesterol forms cataracts when it settles in the eyes, caused from undigested protein that turns to uric acid. The body then adds Vitamin D to it to form cholesterol. When not enough Vitamin D is available, the uric acid dumps somewhere in the body where the resistance is low. When this is in the eyes, it causes the eyes to contract. This is called nearsightedness.

Salt, if it should settle in the eyes, causes the eyes to expand and swell resulting in farsightedness. When this happens, swelling and infections take place. Sometimes bacteria, like Candida Albicans, can get in the eyes causing irritation and drainage. Although this usually isn’t a common problem, it needs to be considered as a cause.

The bowel causes more eye problems than any other part of the body. When the colon is compacted, pressure signals are sent to different parts of the body. This is because every organ and gland has a reflex area in the colon. The eye reflex area is near the appendix and the ileo cecal valve. This is where the small intestine hooks into the large intestine on the right side. When the colon is clogged, the eyes suffer.

There are some other things too, which directly interfere with the eyes receiving energy from light. Glass cuts out a lot of frequencies of light. This is a problem in houses. Mostly the red, yellow, and orange colors get through the windows, but the more balancing colors, green, purple, violet and
blue are needed as well. Eyeglasses are also a problem because they only let in certain wavelengths of color. Contacts have the same effect as glasses, although the soft ones are better because they allow more of the full-spectrum light to get in.

Certain kinds of lights...like fluorescent lights...are also a problem because they put out too much of the stimulating colors and not enough of the cooling colors. This lack of balance in the light gives us too much of one kind of energy, throwing the body out of balance. Color televisions are harmful for that same reason. Watching television for an hour or two is like getting two or three x-rays. The colors are beyond the infrared on the spectrum. Infrared is very hot. Letting all this red in affects the whole body because each organ, gland, and tissue has nerve connections in the eyes. Black and white television is better than color, but it still gives off radiation. Computers can also be a problem. Many of them use green light because the other colors cause workers to be hyped up, weak, or sick. These unnatural colors cause the body to be out of balance.

**What we can do to prevent eye problems**

I can think of no reason why anyone should have to put up with bad vision. It is worth the work it will take to get the eyes back in shape.

Start by working on cleaning. Drinking steam-distilled water will help the kidneys do a better job of pulling out the obstructions. This pure water is needed because it has no mineral salts or chemicals.

Another major part of prevention involves keeping the colon clean. This will relieve a lot of eye pressure. Getting more fruit and non-starchy vegetable fiber in the diet will help. Remember, 70% to 80% of the diet ought to be fruits and vegetables and only 20% to 30% starches and proteins. Starches and proteins can cause obstructions easily because they don’t have much fiber and are quite acid. Eating too much of these foods, which are hard to digest and eliminate leads to constipation. The eyes then, are also affected.

Many people have been building obstructions for 20 to 30 years and will need to work with additional bowel therapies. Obstructions aren’t going to be removed from the body overnight. Bowel cleansers will help grab some of the old wastes that are stuck in the colon. Colonics and enemas will also help. It will be hard work and will take time to get the colon back into shape with good elasticity and peristaltic action…but it will be well worth the effort!

One very good way to clean and feed the eyes directly is by using the herb “Eyebright”. Make a tea by steeping the contents of a capsule for twenty minutes. Strain it and use the tea in an eyecup to wash and feed the eyes. The tea can be kept in the refrigerator for two or three days. Do this two or three times a day. This will pull out a lot of obstructions. Impurities may come out like film from the
eyes. Even cataracts come out. The “eyebright” contains good nutrition for the eyes …like Vitamin A and potassium.

All green vegetables and especially spinach greens are high in potassium, which the eyes need. Cucumbers, green peppers and carrots are high in calcium and Vitamin A. Cayenne pepper and parsley are also excellent.

It is also important to retrain the eyes to focus and feed them good light. When wearing eyeglasses, the eyes get lazy. The glasses act as a crutch. In effect, the eyes say, “Why should we focus? The glasses are doing it for me.” By taking the eyeglasses off whenever possible and exercising the eyes and giving them the nutrition they need, the glasses should no longer be needed. This is important especially when outside where the light energy can be received from the sun. Sunbathing the eyes will not only help the eyes, but the whole body. Light bulbs are available that give a ratio of colors very similar to that of the sun’s light.

We don’t have to have eye problems. We can start right now by doing some of these things that will help the eyes. We can cooperate with our bodies and start seeing even better.

**Remember, man shall walk by faith not sight.**
APPENDIX P

Lifestyle causes and prevention of pain

One of the most misunderstood symptoms the body gives us is the symptom of pain. Because of the fear of pain, many people will do almost anything to stop it, including taking in poison. There is a tendency to do things that are very harmful to the body just to deal with the pain. Pain does not kill or make one sick; it is just the body letting you know there is something wrong. In this chapter, I will explain what is happening to the body and how to correct the causes.

V=p-o

Understanding all weakness, sickness, and dis-ease is based upon the formula V=P-O; your daily vitality is equal to your potential energy minus obstructions. Your vitality should be 100%…no matter what your age. Your potential energy is also known as your bank account. You should be able to live in health for 120 years and if your bank account is where it is supposed to be, you should have 100% vitality unless you have obstructions, which would interfere with your body using that energy. Obstructions are defined as anything that interferes with the circulation to any part of the body. I know if your blood is not circulating you do not have vitality in any part of your body. A heart attack is an example of this. If the blood cannot move around, you cannot get around. So anything that interferes with the circulation of the blood lowers your vitality even if you have potential energy you can’t utilize it if you have obstructions that would let the blood carry it to where the cells need it and can use it.

Two basic reasons for poor health and resulting pain

The two basic reasons we are weak, sick, and dis-eased, or die prematurely are as follows:

6. Not putting in enough nutrition for what is being used each day. When you don’t put enough gas in the car, the car will only take you as far as that gas will last. Likewise, your body can only go on what is made available to it. It has reserves, but when you begin to put out more reserves than you are putting in each day, and getting low in certain nutrients, your body is going to lose some vitality and is going to start talking to you. The way it talks to you is through weakness, sickness, and dis-ease…including symptoms of pain.

7. The second reason for weakness, sickness, and dis-ease occurs when you are putting in as much nutrition (reserves), as you are using each day, but your body is not doing a
good job of cleaning and getting rid of obstructions that clog the blood system. As a result, nutrition can’t get to the cells.

**How the body cleans**

There are four ways the body cleans itself: through the kidneys, the bowels, the skin and the lungs. The kidneys clean out the vast majority; 92% of the waste moves through the kidneys. If the body can’t clean somewhere, then the body has to dump it. Wherever it is dumped in the body it has to be stored. The body always stores it in its weakest area, a place of least resistance. This is what interferes with the circulation of the blood in that area. It will then lead to symptoms of weakness, sickness, and/or dis-ease. If that area works in coordination with other areas of the body then those areas will begin to fall down in their responsibility if those certain areas don’t do their job…one thing leads to another…It’s like a domino effect

**Basic methods of correction**

To prevent weakness, sickness, and dis-ease make sure you are putting in each day, as much energy as you are using. Always make sure your kidneys, bowel, lungs, and skin are doing their jobs so nothing is left in there for too long. As long as you can maintain that, no matter what the symptom, you can be free of weakness, sickness, and dis-ease. If you already have symptoms, then to give the body a chance to correct the problems, all you need to do is to work with the kidneys, bowels, lungs, and skin, and help the body clean out the obstructions interfering with the circulation of the blood. If you are lacking nutrition in your bank account, then put in more nutrition than you are using each day, so your body can build up from what it has not been getting all these years to the point the body has enough to do its job. This is the procedure you can use to give your body the chance to both prevent and correct any problems it is having.

**Reasons for pain**

Where does pain come in and why do we experience pain? Pain is one of the ways the body lets us know there is something wrong, particularly as it relates to circulation. Probably the greatest symptoms of pain come from the body not cleaning itself out as it is supposed to. Headaches are usually a result of the bowel not cleaning out well. Probably 98% of headaches and migraines are a result of this problem. 6% of the waste is removed through the bowel, 92 % through the kidneys. If the kidneys don’t clean out well, then the blood gets clogged up with waste products…toxins that can’t get out. This interferes with the circulation of the blood. When the blood can’t get around is when you will have some signals of pain. Some of us, when starting an exercising program, notice this right away after not having exercised for a while. When you start working out, and the blood moves around because you are breathing more deeply. Moving the blood around and the muscular action are
increasing the flow of the blood. The increasing flow of the blood comes up against these obstructions that have not been cleaned out. As a result you develop pain right away and yet others won’t notice it until the next day, perhaps upon arising in the morning.

**Cleaning elimination organs**

Not drinking enough water interferes with the elimination organs cleaning like they should. First of all, the kidneys need good, clean water to work with. If you don’t drink enough water, the kidneys are unable to filter out the impurities in the blood in order to get rid of these impurities. I recommend drinking steam-distilled water, because regular water …any water other than steam-distilled, has too many inorganic salts that clog up the kidneys as well as other parts of the body, which cause a slow-down, or inability of the blood to circulate to different parts of the body. Drinking pure distilled water, and enough of it is very important.

**The bowel connection**

When bowels aren’t cleaning out then congestion sets in the bowel system. All the nerves and lymphatic system goes through the bowel at one place or another. For example, the thyroid can be upset because a certain part of the bowel is constipated. It can constipate the thyroid because it sends toxins up through the lymphatic system to the thyroid and cause it to become overactive or under active…or it could be the head, liver, eyes or ears. Certain lymphatic systems go up to the eyes from the bowels. If the bowels are toxic, it can cause pain in the eyes, or problems with focusing. As you can see, the bowels, when not cleaning out like they should, can cause a myriad of problems. If eating 3 meals a day, there should be 3 bowel movements. The body has the opportunity to reabsorb the toxins in the bowel that are not cleaning out and throw toxicity into the bloodstream where, if not drinking enough water, the kidneys are unable to flush the wastes out. Then the body simply has to store the toxins in the weakest area as obstructions. This stored matter will interfere with the circulation of the blood and eventually cause pain. Pain in the colon is a real possibility under conditions such as these, and because the colon comes all the way up to near the ribs, the liver and the pancreas, for instance, can become quite toxic through close proximity to the bowel system. One of the main causes of pain is the body not eliminating toxins through the elimination organs like it should be doing.

**Lung obstructions**

Obstructions in the lungs can cause one to be unable to draw in a decent breath of air. The heart is right between the lungs. From the heart to the lungs there is an artery and a vein. It is the breathing action of the lungs that causes the blood to move around. We all have been taught that the heart is and acts as a pump. An “unknown stimulant” supposedly makes it palpitate and move blood
around like a pump. This is not so. The lungs is the pump making the heart contract, opening and shutting its valves; that is why when you don’t breathe, you won’t live very long. When the blood is obstructed, clogged up with toxins, not cleaning like it should, the blood must rid itself of the obstructions. If it is unloaded in the lungs, it makes breathing not only painful, but very difficult indeed. Bad circulation and interference with breathing are the factors, which lead up to lung congestion: asthma, bronchial congestion, sinus congestions and so forth. The more clogged up the blood is, the more difficult it is for the lungs to pull in air. This is why it is so difficult for people to exercise who have problems breathing…circulation is so poor they can’t get enough air in. One must be able to move the blood around with the breathing of the air. They work hand in hand together. When one is upset the other has a problem. I cannot stress enough the importance of cleaning out.

**Causes of obstructions**

What causes the system to become toxic and the elimination organs to become overloaded? There are three main areas relating to diets that cause obstructions…that really interfere with the circulation of the blood and cause problems with pain, too much protein, too much salt and the third, too much or too little calcium. Calcium(s) are related to kidney stones and gallstones, which are pretty painful calcium deposits. Not handling calcium well, or not digesting or assimilating calcium well will also cause pain.

**Inorganic salts**

Let’s discuss the role inorganic sodium(s) play in causing pain. The issue here always deals with the balance of minerals. The body is supposed to have a ratio-balance of potassium: sodium and potassium: calcium. Potassium acts as a diuretic; its job is to keep the tissues from becoming swollen. Sodium likes to hang on to water. Whenever there is too much inorganic salt and you can’t get rid of it, wherever it gets dumped, it likes to pull water in and hold it there, localizing it in certain areas. It causes the swelling of tissues, which interferes with the circulation of the blood…then you have pain! This general interference can end up in the hands, feet, legs, or ankles; for many it can be an overall effect of pain, while for others it will show up in the form of tumors. Salt can act like a balloon that when blown up pops out on the side where the weak area is. The weakest place where there is the least resistance is where it will start expanding fist.

**Tumors**

If there are weak tissues, tumors can form. A tumor can be very painful if it gets big enough to interfere with the circulation of the blood. Too much salt and not enough potassium causes tumors. If you have enough potassium, you can never get a tumor; the ratio is what is critical. Tumors disappear quickly when excess salts are removed from the system and enough potassium is put back in. I’m
talking about inorganic salts, not the organic salts like those in vegetables such as celery. There are 70 different kinds of inorganic salts; sodium chloride is just one of them. All these other funny names on the food packages ingredients’ list are salts, too: nitrates, nitrites, sulfates, sulfites, not just the chlorides, no-salt sodium chloride, no-sodium chloride, potassium chloride, magnesium chloride, calcium chloride, calcium carbonate, etc., which are in about 70% of calcium supplements, especially in drugstores. All cause a clogging up and an interference with the circulation of the blood, and eventually your body is going to let you know through pain signals.

The #1 enemy is too much salt…causing water-weight gain and becoming water logged. Most overweight people are only water logged from too many inorganic salts. This can create pain all over the place.

Proteins, and sometimes this works in connection with the salt, can cause dehydration, forcing water loss of the body. This is why doctors erroneously recommend high-protein diets to those who are overweight. Protein causes water and weight loss. It also causes the body to become acid. Uric acid forms from excess protein.

For example, when eating a very high-protein food such as shrimp, it goes into the blood. The blood has to keep the pH around 7.1, 7.2, or 7.3. If it doesn’t get rid of this uric acid that is going to be it at 7.0 we’re dead. The body has to choose whether to neutralize the uric acid or dump it. If it dumps it, it causes “hot spots” in the body. To neutralize it, the body has to have enough Vitamin D. Vitamin D reacts with uric acid to make cholesterol. This is one way of handling the problems, but it causes another problem; cholesterol is sticky and begins to build up on the arteries, this then slows down circulation…and heart attacks are not without pain. A piece of cholesterol that breaks off completely and clogs an artery causes extreme pain because the blood is completely blocked off. That can happen in any of the arteries or veins…anyplace, for example, in the legs. Excess calcium can do that, too.

If there isn’t enough Vitamin D to neutralize the uric acid caused by eating too much protein, then the body has to dump the uric acid someplace, so it dumps it in the joints or muscles. This tends to cause arthritis, rheumatism, or the gout. The solution is to eat less protein. Heart and leg pain is a hint there is clogging going on. The body is telling you with the pain signal…telling you something is wrong! We should learn to prevent that: we must deal with life style causes, and in this case, it is eating excessive amounts of meat protein. You shouldn’t eat over 25 grams of protein a day and only 15 grams if you are a hundredweight. When you’ve had your “Big Mac Attack”, that’s it…that’s not good quality protein. In fact, eating a cup of salad will supply you with more protein and of much higher quality.
You don’t have to eat meat protein to get protein. What people don’t realize is that there is protein in vegetables and fruits; they are just simpler proteins. Just don’t listen to the meat producers… they are just trying to sell their meats. They have big lobbies in Congress and they are paying people to sell their product. They are the ones who are saying you’ve got to eat all this meat to get complete proteins.

**Better protein sources**

Listen to the propaganda the industry pushes…100% pure sugar; 100% pure beef. What do they mean by pure? Has it had a bath? It might mean they added no soy product…filler to the meat, but an animal is just not very clean to begin with. Provide your body with a better quality and easier-to-digest protein. It takes 4 hours to digest meat protein and only 1 hour to digest the protein in the salad and 1/2 hour to get the protein out of fruits. Starches and grains release their protein within 2-1/2 to 3 hours. So if by going with the less hard-to-digest proteins, you are less likely to have a build up of uric acid due to the inability to digest it well. If you already have digestive problems, liver problems, or pancreas digestive problems, then all protein becomes a problem to you. It has to be corrected in order to prevent too much protein going into your system undigested, thereby causing interference with the circulation of the blood.

**Acid “hot spots”**

When there is acid in the system it will cause “hot spots.” Acid will burn your bones and tissues; which is called inflammation and can be pretty painful. If the body has enough Vitamin D, that will not happen, but as I pointed out, it is just another problem, the problem of cholesterol. “Hot spots” cause inflammation, all due to too much protein. Much of this meat on the market has steroids in it; the more fat content in the meat the more difficult to break down the protein and digest it. When the saturated fat interferes with the breakdown of the protein it turns to uric acid, an obstruction that has to be stored as cholesterol or acid deposits in weak joints or tissues. It is very important to learn how to eat the right amount of protein, the better quality protein, and get it in line with the rest of the diet. This is all part of lifestyle choice. Shrimp, lobster, crab, and oysters are very concentrated because they are scavengers. They eat waste. Catfish eat waste, which is why they are used in fish bowls. This makes the creatures’ protein extremely acid and when eaten, you get twice the protein with a very likely chance of uric acid build-up in your system. Swine, (pork) eat waste matter and all manner of dead or rotted things. This is their job; that is why they have 50 known parasites in their meat. The toxicity of their meat is very concentrated in the protein and the protein burns up too rapidly causing real acid problems in the body when you get that type of protein. Don’t even get Charlie the tuna; he is part of the waste eaters, too. It would be better to forget the whole gang.
Calcium

Too much protein...too much salts...too much calcium. People are getting too many of these salt calcium(s) or the wrong calcium. There are six different calcium(s). Calcium lactate is for an alkaline system; calcium oxide is for an acid system. If you get the wrong calcium or don’t get the right complimenting nutrients to allow calcium absorption, then that can overload the system causing calcium deposits, which will cause obstructions in the blood circulation, depending on where it is dumped and stored.

Tying up oxygen causes pain

A lack of certain nutrients can cause pain, too. One important nutrient is oxygen. If you don’t get enough oxygen, you will experience pain. Why do you have pain in your head? Because there isn’t enough oxygen getting there, or possibly because of a tumor, which is an obstruction. It could be too much salt and not enough potassium. The brain stores more potassium than any other part of the body; if sodium is taking the place of potassium, tumors are more likely to be present in that area. The body always tries to protect the brain above all other places because you need the “computer” to run everything else.

Oxygen is very important. Anywhere you don’t have oxygen in the body, you will experience pain...anywhere. Psoriasis of the liver is so painful because there is too little oxygen; the liver cannot get the oxygen it needs to do its job. 80% of the oxygen needed is gotten through the water you drink, but only if it is good water. If the drinking water has all these inorganic salts in it, or if eating the inorganic salts, the oxygen will be tied up in it, and won’t be able to get out. That area will be painful with swelling and poor circulation. Only 20% of oxygen comes from the air you breathe. If you are low on calcium in your blood, your body won’t be able to pick up the oxygen in the blood. If you are low on iron in the blood you can’t pick up the oxygen. If you are too acid, it is difficult to pick up oxygen, i.e. if the pH in your tissues is a little bit too low because of the acid being dumped, oxygen will not be taken to those particular cells and tissues of the body. This then, will cause certain symptoms and pain; it just depends on how much oxygen depletion as to the amount of pain that it’s going to give you.

So the number one nutrient the body has to have is enough calcium to prevent pain. You can be up on everything else, but if you are low in calcium, they you really have problems using any other minerals. Calcium is very, very important. If you don’t get enough calcium in your diet, you will get to the place where you can’t pull in the oxygen. You will experience pain wherever you are lacking oxygen.
Pain signals

Let’s go over why the body has pain...why the brain is getting a pain signal. There are three stages of resistance. The first one is the alarm stage, the second is resistance; and the last one is the exhaustive stage. This can be looked at as the body overall, or an individual part of the body where you may be experiencing pain. Whenever there are obstructions, or lacking in nutrition, the alarm is set off in your body. The body has an alarm system that rings your bell. As soon as the body has been put on alarm, it goes into the resistance stage. This means that the body has to go to the bank account and pull some reserves out in order to resist whatever set this alarm off. For example, maybe it is food poisoning, which everybody is eating every day, and this food poisoning is really getting to you, so the body shuts off the alarm and to deal with the poisonous substance, goes to the reserves and pulls something to resist the poison. As long as there is something in the reserves and as long as the circulation is unhindered so the nutrition can get to the cells in the problem area, there won’t be any pain, but when there is nothing left to pull from the bank reserves or there are obstructions that won’t let the reserves from the bank get to where they are needed, then the alarm is going to ring louder. The more obstructions there are and/or the less nutrition available in the reserves, the more loudly your body will talk to you with the only language it knows...pain.

For example, if there was no pain there would be no resistance. If there weren’t something telling the brain of the danger that needed to be resisted, the body would no nothing about that particular situation or problem. Leprosy is a dis-ease were one feels no pain; the body literally rots away because it is not getting a signal or alarm to tell it something is wrong. Likewise, with hemophilia the body can bleed to death from a cut and the victim would never know it unless they saw it because the body is not alerted! It didn’t know it was bleeding; there was no pain signal, no alarm signal, and the body didn’t know to resist it. You see, pain is what keeps us going. When someone is dead they experience no pain.

Pain is not the worst thing that could be happening to you; it means you are still alive. Your body is still resisting, but it needs some help to do some better cleaning to put nutrition in there that the body is lacking...but what do we do? We take something that will kill the pain, stop the brain from getting the signal instead of preventing or dealing with the cause. Aspirin works by thinning the blood; it is salicylic acid. Anything thinning the blood speeds up circulation, which will decrease pain. Taking diuretics does that, but you see the salicylic acid just makes the body more acid. It will eat a hole through the stomach. It is not a food; it has no nutrition. Taking certain drugs just cuts off the signal to the brain. The body doesn’t know there is anything wrong, so it doesn’t tell it to resist the pain anymore. In other words, when you kill the pain without dealing with the cause all you are telling
the body is: “Don’t deal with this. Don’t resist this. Just let pain continue masked over and let the damage continue.” Later on, there will be greater problems to deal with because these damaged cells are going to starve and die since there has been no emergency help sent to the site to clean or nourish. This is the exact progression of tumor formations and cancers. The cells starve to death. No one dealt with the cause.

Can you see that painkillers or drugs that stop the sensation of pain can be very selfish things to do to ourselves? All we are doing is suppressing the symptom and covering it up and interfering with the body’s normal process of resisting while ignoring its real need for true relief...cleaning and feeding. If we keep doing this we are going to bring our bodies to exhaustion, which is the third stage leading to dis-ease and premature death. The drugs are actually more of a problem than what they are masking over because extra reserves have to be pulled out to compensate for the additional burden drugs create for the body, then the drugs have to be stored...thus they become obstructions. Most drugs are inorganic salts. The body finally is exhausted because it can no longer handle the overload and cover-up. The body says, “Well, where am I going to put the next obstruction now? The big toe is all filled up, the right and left legs are all filled up, the kidneys are saturated, can’t put a lick more in the colon. Have to protect the brain. We’ve filled up all the areas we can get away with. So where are we going to dump anymore of this?”

You see, the body really talks this way to itself. The problem is, we are not listening. What we need to do is recognize when the body gives us pain signals, it is telling us we need to do a better job of cleaning and nourishing. We need to do something about our bank account or reserve energies; we are lacking oxygen.

Why are we lacking oxygen? What nutrients are we deficient in? What are we out of ratio on? Is our sodium-potassium out of ratio? Are we eating too much protein? We should be asking these questions, evaluating our lifestyle and finding out what the reasons are for this alarm being set off. A lot of people push the alarm button off and go back to sleep. When this is done, the problem will become more chronic and more of a problem later on because the true causes are not being dealt with. We have to learn how to quit turning our body off; we need to start learning how to listen to it. By dealing with the cause we can deal with the pain.

Exercise and pain

I have been talking about internal obstructions, not external...like running into a tree. I am talking about diet or lack of diet, fluids, rest and exercise. When we are not exercising well it can lead to poor circulation. If you are eating right, never put anything harmful into your body, and had plenty of fiber at each meal, then exercise wouldn’t be such a problem or as much of a problem, but when you
have obstructions that aren’t getting out because you are not drinking enough water, or enough fiber, plus not exercising, then the area you do not exercise is where the body dumps the bad guys to get them out of the way. This is where there is the least resistance…where the pain will show up first.

Some people exercise too much. Overworking certain areas tends to weaken them, creating such exercise–related problems, for example, tennis elbow. Overworking weakens and wears out the joints, so obstructions are dumped in that area. Eating too much protein, ingesting inorganic salts, all the factors I have discussed…all these produce the perfect breeding ground for acid to be dumped into the joints. The joints are overworked and worn out. That is very painful! These are the real causes of pain symptoms: lifestyle choices.

Jogging is not exercise…it is work. Relaxing exercises concentrate on breathing, such as walking, which helps the circulation. Instead of being tight and stressed, which restricts the blood, you are relaxing. Competitive exercises when you want or need to win, for example playing tennis, makes you tense. Adrenalin flows; you are ready to fight or run. You don’t breathe as well during that time; your circulation is not as good, especially if your body has obstructions. Walking is one of the best exercises you can do, unless you are worried and feeling like you are cheating someone…yourself? by taking that time to walk. Learning how to breathe is the key to both exercise and good circulation. This leads us to some things we can do to help get rid of and prevent pain…how to keep it from forming.

**Relieving pain**

What can we do to relieve pain? Take a hot bath in a whirlpool, sit in a sauna, have foot rubs, which is a method of reflexology, or go to a chiropractor, which electrically, can move some things around. In each case, it helps the circulation in the area being massaged, or by using heat that increases the flow of circulation, and the pain will go away. If you don’t’ help get the obstruction in that area out through the kidneys or bowels, it circulates out and around and eventually comes back and settles into that same place and the pain will return.

**Helping circulation**

There are many ways to help the circulation. Saunas are one way. Epsom Salts baths are excellent for cases where there is swelling or inflammation due to water retention. These baths loosen inorganic salt obstructions out of the body tissues as well as relax the muscles. Drink enough distilled water to flush these salts out through the kidneys and bladder, and then they won’t come back. Just soaking in Epsom Salt baths feels good and gets rid of pain, but it will come right back if the obstructions causing the pain in the first place, are not being removed from the body. Of course, we must refrain from putting it right back in through our diets. Doesn’t that make sense? If you want to get rid of pain-causing obstructions, don’t keep dumping it back in! When people get relief, they need to
help the body get rid of the obstructions and then balance up the potassium-sodium ratio so the situation does not recur. **Pain** due to swelling can be dealt with in this manner.

**Preventing pain**

The first thing to do is to cut down or delete meat protein intake and stop inorganic salt intake. Begin eating the non-starchy vegetables. You will never see celery or cabbage clogging you up. They are not sticky. A potato, on the other hand, will clog you up in a hurry…if that’s all you eat. So will French fries and the all-American hamburger with bread and meat together with maybe a little iceberg lettuce and some tomato. The lettuce/tomato, which is the non-starchy vegetable, should be four times greater than the meat or the starchy vegetable, meat and/or bread will stick in the digestive and colon system. It will stick all the way through the colon, clogging things up and slowing things down.

**Kidney stones**

At this point, I would like to discuss kidney stones and the attending pain. Kidney stones don’t hurt until they try to pass out of the system through the urethra. However, they are still an obstruction to your ability to cleanse. The kidneys are part of that sponge that is not filtering. Before you experience pain, you can have a lot of other interferences with your circulation. Parsley is called the “stone breaker.” Parsley is good for breaking up kidney stones caused by calcium deposits. Kidney stones are cause by calcium settling out, but remember, we have to deal with the cause of kidney stones. We have to ask “why?” is it the wrong kind of calcium? Is it too much? Is it because the body doesn’t have the other ration of nutrients that calcium needs in order to be absorbed? Also, calcium(s) are in the blood. When we are too acid, the calcium is precipitated out.

Vitamin D is needed for people who are acid; Vitamin C is for people who are alkaline. You have to know what your body chemistry is in order to know which one to use. A lot of people are taking calcium supplementation on their own because it makes them feel better by stimulating the adrenals. However, this only builds up calcium deposits while unbalancing the body chemistry. After a while, your body is just going to start talking to you through pain.

**Arthritic pain**

If you have arthritic pain due to acid content, there are many things you can do. Use a baking soda bath. Baking soda is very alkaline. This is especially helpful when your skin is acid or dry. You can always get the good old cod liver oil out. Taken on an empty stomach, it goes directly to the joints and muscles where it will “cool down” the “hot spots.” Both Vitamins A and D, found naturally balanced in cod liver oil, are very alkaline. These vitamins lubricate the joints and muscles so the acid

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6 There is very little nutrition in iceberg lettuce. It is 90% water content. The leafy green lettuces are much higher in fiber and better for you…and many varieties to choose from.
does not burn or irritate them. Even though this doesn’t appeal to everybody, it is something that will work and will do more than remove the pain. It will do the job, but of course, you have to stop putting the acid in, too. This means cutting down on the amount of acid you are putting into your body by eating more of the alkaline-forming foods, which are the non-acid fruits and the non-starchy vegetables. These will tie up and absorb the acid in your system. These are some things that will prevent and/or get rid of arthritic pain. Arthritic pain usually goes away quickly if you just do half of the things I mention here, and is very easy to take care of unless there is some nerve damage. (Refer to the chapter: Lifestyle Causes of Prevention of Arthritis.)

Drugs ingested will settle somewhere in the tissues. Most drugs are inorganic salts of some type and end up causing problems with circulation. It is just a matter of time. Insulin is a very toxic salt. It affects the eyes; it destroys Vitamin A. the eyes store a lot of Vitamin A; that is why those who take insulin have a lot of vision problems. Drugs cause different symptoms depending upon which organ they are working on or dealing with.

The importance of distilled water

Drinking steam-distilled water alone will get rid of most symptoms of pain because distilled water introduces oxygen into the body, which destroys acid and gets rid of salts and excess uric acid. This is the primary thing you can do to help yourself, because 92% of the trouble-making obstructions…toxins, acids, and poisons, come out through the kidneys. This is the reason I stress it so much.

If the body doesn’t have enough water to spare for cleaning, then obstructions can’t wash out. They will be dumped somewhere in the body for storage or will be neutralized. Both of these “solutions” will give you the symptoms.

When we don’t drink enough water, water is removed from the intestines to circulate through the blood; our elimination system does not function properly. This is what eating too much protein does to us. The body has to use water from the system to neutralize the toxicity of it…to dilute it. That is why your body craves water whenever you eat meat, your body wants to wash it out, but if you drink while you eat, you dilute the digestive juices… so it’s a catch-22 situation.

You should be drinking one-half your weight in ounces per day. If you weigh 150 pounds, you should be drinking 75 ounces of water; which would be approximately 9-8 ounce glasses of water per day; this is a general rule. If you are sweating or perspiring quite a bit, you should be drinking more. The key is to not drink it all at one time. Depending on your size you should not be drinking over 8 to 10 ounces per hour, because the blood can only carry so much water and if you dump in too much at one time, it has to dump it out without taking it through your tissues to do its cleaning.
Most headaches can be gotten rid of by drinking 4 ounces of distilled water every half hour; headaches disappear within one day if this is done and only this, especially if the headache is due to poor oxygen getting to the brain. High Ureas or high salts causing angina or pectoral heart attacks can be stopped with 4 ounces of water per half hour, even if the symptoms have already started.

Don’t wait until surgeons have to go in and cut the obstructions out. Cutting things out is not dealing with the cause even though surgery does remove the obstruction. Why wait until you have to take an obstructed organ out? Surgery is painful and even though you are sedated to cover up the pain, your alarm is still ringing when they remove the gall bladder or other obstructed organ. You are using up a lot of your reserves to do that. That is not the best, most economical, healthful way; it also does not deal with the cause. When you remove an organ, the body has to find another place to dump obstructions. You still don’t win.

The function of the gall bladder is to emulsify the fats, butters, and oils eaten; it holds extra bile in storage to do the job. After surgical removal, you will have extra problems breaking them down. Work with your elimination organs so your body can clean out naturally. The elimination system is the normal channel of cleaning and all you have to do is learn how to cooperate with it. Above all, don’t fear pain. Most people would not take drugs or even go to the hospital if it weren’t for the pain they were experiencing.

**Cleanse and rebuild**

When dealing with pain or any other symptom, it is imperative that you clean the kidneys, which clean the blood because 92% of the blood cleans out through the kidneys. Then clean the bowel if it is clogged, get it cleaned out so toxins can’t reabsorb into the system, and if you are lacking some nutrition like potassium, iodine, sodium, or calcium, you need to get that back into your diet in excess to give it more to work with and then your body will get back into shape. Cleanse and rebuild. Cleanse and rebuild. The body is programmed to do the job. There are some people who have had their gall bladder removed two or three times, and/or their appendix, and their tonsils. The body is programmed to regenerate unless the nerves are cut off to where they can’t get the signal to do repairs. One cell is all that is necessary; then it can do its job of rebuilding, but only if it has the raw materials to work with and the blood able to get the raw material to that particular area. If you don’t clean the obstructions, the raw material isn’t going to be able to get there. People are taking all different kinds of vitamins and minerals, but doing nothing to clean out their body so the blood can get that extra nutrition to where it is supposed to go. Literally, people are burning out their body taking that supplementation because where it’s going already has enough nutrition and the places that need it can’t
get through. Why? Because they are not drinking enough water, their blood is thick, their bowels are backed up, and they can’t get the nutrient-rich blood around to the places it needs to go.

Pain can be dealt with in many ways. Some are more long lasting than others. The body is smart; it will solve its own problems with just the right encouragement from us. Just apply the Lifestyle principles and watch pain disappear.
Conclusions