

The Hygenics Way

Elohim's Path
to Good Health
in our Modern Times

for my Most Precious Little Ones!

Hygenics 4Life!

Environmental bio-inflammatory Hazards that cause or aggravate heart disease, cancers/etc.

Principles of Naturopathic Health and Longevity for Yah's Children's natural health and well being; and concepts of healing for several illnesses: even for keeping our immune systems in top shape, that we may overcome these typical disorders naturally and without becoming further ill by ingestion of pharmaceutical treatments which often do have toxic and even fatal effects; even for learning what to do and utilize in order to keep our bodies healthy and disease free.

The Object here is to AVOID disease, not necessarily to treat it. There *are* Naturopathic solutions to disease and there *are* Naturopathic Physicians in our communities of Physicians, who can and do prevent and treat disease without toxic pharmaceuticals, quite successfully. Here we hope to share Naturopathic concepts about natural solutions

to our many modern as well as old fashioned plagues.

Naturopaths are regular doctors, but with the additional training of Naturopathy. If you have a serious disease, please go to your doctor/ Naturopath. If you want to learn a little about human bio-chemistry and disease, here, goferit!

Hygenics is Elohim's Way of addressing our various and sundry illnesses and diseases according to El's Way of Life and Truth. It is my observation that our diseases are really not so complicated as the overly puffed up and worldly behind-the-times Medical establishment loves to make us think they are, so that they can saddle us with their monopoly of expensive and exhausting unnatural treatments.

Thus I am convinced the Causes of humankind's Diseases easily come under these few and simple categories:

1. Inflammation from a natural environment, as well as unnatural industrialized pollution: inflammatory inundation is far too severe to be efficiently addressed by our malnourished bodies and overwhelmed Immune systems; this also includes **infection** which actually is inflammation due to natural causes in our natural environment: snake bites, bee stings, wounds, toxin ingestion, pestilence, etc.; includes all auto-immune ailments.

2. Infestations of Parasites/Microbes: as we live, our immune systems fight off vast multitudes of parasitic critters we cannot see, which cause all sorts of inflammation: when we die, they consume our bodies entirely, thus, decomposition. While we live with a sickly body and overly compromised immune system that cannot keep back these ravenous hordes of microbes, they take over, and consume us, alive. They are just doing what Elohim intended, which is to eat up everything dead ordying, as the little microscopic carrion beasties that they are, and they are not

particular. Depending on *where* they start munching, is where doctors give the situation a Latin name and complex toxic treatments that typically further compromise our immune system's ability to fight them off, only masking the problem, as palliatives.

3. Malnutrition: age, poverty, and any unique situation-related deficiencies; and some sort of internal off balance... etc. This includes malabsorption/etc.

4. Injury; either by Genetic mutation due to Accident of Nature, or by other accidents such as drug addiction/etc..

5. Toxic buildup, and Everything else here yet to be classified.

If we can faithfully address all these complications in a simple fashion with a simplified understanding of Bio~ Science in general, and nip them in the bud, more power to us, and More Vitality and Longevity, by Yah's Grace!

List: Environmental Inflammatories:

WORST OFFENDERS 2 ELIMINATE

as best possible:

Body Beware!

-Stress hormones/excess cortisol (*adds instant weight gain too! get rid of the excess cortisol, get rid of the weight and insomnia that goes with it!*)

-Alcohol: alcoholism is sometimes indicative of serotonin depletion, and is associated with diabetes and pancreas overload, as the alcohol turns to sugar in the liver; see sugar below...

-Sodium chloride (*table salt*) damages arteries, taken in excess (*as in packaged or canned foods, etc*). Sodium chloride is a rock, as in rock-salt. It is said we may need sodium chloride for proper digestion, but hopefully without way too much "chloride," which ordinary sodium is amply available in CELERY, CARROTS, etc. It erodes tooth enamel horribly.

-High fructose corn syrup damages everything. Only use fruit juices and concentrates that **NEVER USE HIGH FRUCTOSE CORN SYRUP** which is in everything these days! (*below**)

-Refined white sugar (*please use very sparingly, AVOID packaged products and drinks using way too much*). Avoid Aspartame too/*below**. Direct cause of heart diseases.

-Refined white flours: please use sparingly, remembering it not only contributes to heart disease, but can aggravate colon problems, especially as it is known that **WHOLE GRAINS** help to inhibit the over-absorbtion of iron and thus of other heavy metals also, I would expect.

-Trans fats ("*hydrogenated*"), damages everything! Soon to be Obsolete, we pray! Direct cause of heart disease.

-Heat-treated SALAD OILS always remain **VERBOTEN!**: when they are processed with any sort of **HEAT** and/or **CHEMICAL**

treatments*(ie. 99.9% of them all)* they are rendered poisonous by such processing. We must eliminate these entirely, period. No ifs/ands/buts! bye bye potato chips, french fries! Direct cause of heart disease.

The only salad oil that is OK, is for instance the popular FLAX SEED OIL that has been COLD PROCESSED. You can also get cold processed Hemp Oil which is even better.

-Heat treated Nuts and Butters: I would further suggest to be sure to order and buy RAW nuts/butter*(that likewise have been cold processed)*: and tell all WHERE you find them! But we probably never will find raw peanuts or peanut butters/ugh: still, the best are Adams/no additional salt, And Arrowhead, but they ARE heat treated, causing heart disease.

-Parasites, none cannot entirely avoid. I know of a place that has a great regime for eliminating some of the worst naturally. These overly plentiful parasites are highly underestimated: everyone has them, and they take

some effort to keep down; (1-800-408-1525)!
Costly, and somewhat difficult, but worth it.

-Deadly microbes (*cancer causing*) such as cause cervical cancers, congestive heart failure (a *pneumonia related virus, 2 name later*), etc. If one has any heart disease, it can be dangerous to get (*the flu*).

-Carcinogens, such as are plentifully available in outdoor open - barbequed meats (*in smoke*); also in SMOKED salmon/fish/etc. Will list other sources later...

-Molds (*especially damp-house molds*): these molds are HIGHLY UNDER-ESTIMATED.

-Petrochemicals, and other chemicals: air and environmental pollution = Gas, Oil, Plastics and... HEAVY METALS: lead-iron-copper-aluminum and flouride which is derived from aluminum: NEVER use flue shots which are loaded with aluminum/copper and cause Alzeimers in just a few years!!! Causes artery and organ damage, leads to heart disease,

diabetes, colon cancer, amongst other horrors, etc; magnesium malate (*plus other natural compounds such as vitamin K, EDTA, etc.*) helps to naturally "chelate" these accumulations of heavy metals; the best chelation therapy I ever heard of is EDTA, ask your Naturopath! Do NOT use any iron supplements unless ORGANIC, iron is plentiful enough in nearly ALL foods. AVOID "ferrous fumerate" (*toxic inorganic iron*) in your vitamins, you can get about any multi-vitamin nowadays WITHOUT it. If you have iron-related anemia, get your blood checked also for "hemachromatosis" (*iron over-load*). If you or your relatives have a problem with iron overload, it can be lethal for you/them to use ANY form of iron supplement or "ferrous fumerate."

-Calcification (*as heavy metals*)/malabsorbtion of calcium/other minerals: aluminum, copper, metal tooth fillings (*amalgam**), best to use COMPOSITE (*plastic*) tooth fillings; Vitamin K helps to naturally "chelate" stored excess

calcium and redistribute it into our bone-making processes for bone building. An overload of calcium deposits, even from our expensive calcium supplements (*that cannot be absorbed without an ample supply of hydrochloric acid or stomach acid*), is directly attributed to heart and artery disease, at least. (*chelation is when a certain natural compound has a chemical reaction with the heavy metals, in order to eliminate it*). Young folks can more easily assimilate these supplements because their digestive juices are not compromised by age, or until after thirty when the body ceases to produce growth hormone routinely (*why fasting is so good, as then, the body creates it plentifully*). To absorb any mineral requires plenty of hydrochloric acid in order to "ionize" them, so that they can actually be utilized by the body. Malnutrition causes poor digestion and thus non-ionization of minerals, likewise.

Vitamin K is essential for Life, and without it we get osteoporosis, and also it is essential for

“chelation” or elimination of heavy metals and CALCIFICATION, out of the body. It comes in Alfalfa, leafy greens, broccoli, etc. Essential to bone formation. FAT soluble, take with meals.

-Mycoplasma, which is an extremely prolific and inflammatory Microbe of microbes, is very difficult to subdue, but can be kept down ok with a perky immune system. Thus it behooves us to well nurture our Immune systems. Vitamin C helps keep these down, rather well, if anything could.

-Fake Sweeteners, especially the most formidable, high fructose corn syrup and Aspartame which are *sold under brand names Nutra-Sweet and Equal; found in such popular products as Diet Coke, Diet Pepsi, Diet Snapple and Sugar Free Kool-Aid*, are seriously hazardous to our health. Aspartame “is associated with unusually high rates of lymphomas, leukemias, and other cancers” (*and other man made highly refined sweeteners*).

-Colas: any carbonated drink is DEADLY which absolutely must be entirely eliminated and replaced with probably Unfiltered Apple Cider, excellent stuff, very refreshing, great for indigestion(*coffee, also*); or some other excellent and gentle fruit juice like blueberry or pomegranate concentrate. It is said that cider assists elimination of heavy metals as well. Suppose apple sauce is similar in effect, and of a certainty assists in incidences of sour stomach as does the apple cider and other "flavone" rich fruit drinks.

-Amalgam* tooth fillings, which not only cause heavy metal poisoning, but also inhibit EDTA chelation therapy perpetually. Get them removed if possible. Personally, I chose mine even though I knew they were bad, simply because they are more permanent, it is said by professionals, than are the amalgams: as the situation in the world is so bad, I am afraid of a time when longevity of a filling is imperative.

Refined sugar directly causes not only tooth decay but heart disease and diabetes or what is now being called "Metabolic Syndrome" (*combination*).

-Hair dyes and some makeup, with any unnatural and/or synthetic chemical additive, or additional problematic oil such as mineral oil which can contribute to acne.

-Pharmaceuticals, which permeate our environment and waterways, from sewage runoff, due to human waste with medications therein.

-Farm animal waste runoff, from mass production of meat products from confined cows, pigs, chickens, which is absolutely disgusting, permeating our environment: this is also loaded with chemicals and hormones/ etc.

-Noise pollution, can't forget to put this on the list! UGH! Contributes to much stress and thus to heart disease/ etc.

-Anything that destroys intestinal flora which needs to be replaced if one ingests such substances like antibiotics which destroys flora; vitamin C is an excellent natural antibiotic, there are others too, but I like C the best, it is very strong, and inexpensive. Great for tooth pain.

These (*above*) hazards are so virulent in our modern environment that it is not possible to eliminate all of them: but you can keep the inflammation caused by some/many? of these aggravations, under control, with a strong immune system. There are many ways to do this but the cheapest is good old vitamin C, which Linus Pauline swears by, and so do I! It is best used with alot of bioflavenoids.

-Smoke can cause illness and disease even in those who don't smoke. Just passing a room where a cigarette or joint has been lit, can cause irreparable damage. If one must indulge in medical marijuana, please **just eat it!** Make sure it has not been heat treated, and is kept refridgerated. Camp fires, too!

-Stress is a killer, it makes the body acidic which in turn causes disease & inflammation. Positive and supportive family and work situations can add decades to one's life, truly, to be lived disease free! Stressful Sin is deadly.

-Cooked proteins can make one age much faster. It helps a lot to eat proteins that are not heat-damaged, such as rare steak for instance, or runny eggs if one must indulge in animal proteins. I believe no matter the spin we hear about vegetarians, vegetarianism is the only way to go. I nevertheless do advocate the use of wild salmon and cod liver oil/codfish, or any good source of omega three fatty acids; and raw dairy products if one is able to properly assimilate them. No government on Earth has any business robbing the people of their natural untampered with foodstuffs, including RAW dairy products, just because some folks may or may not get food poisoning once in a while, even due to human error or natural causes. I also advocate Sang Whang's ("*alkalife*") elixirs that contribute to the

elimination of toxin waste buildup by means of bicarbonate supplementation he has so adeptly devised. Nevertheless his recipes are expensive and I prefer to do this the cheaper natural way, ie. by Herbert Shelton's methods of **water fasting**, routinely. I advocate two weeks of pure water fasting yearly: one week in the spring, and one in the fall; and wholly avoid routine holiday "recreational eating", which makes us all ill. Fasting can literally Save Your Life. If you cannot do this, by all means avail yourselves of Sang Whang's excellent elixirs which are the next best thing to water fasting. His elixirs likewise eliminate deadly toxins and give us renewed vigor.

-It also helps to use "alkaline" foods, ie. eat your vegies! and fruits! Raw fruits and vegies (*and non-boiled vegie soups*) keep the body in a healthy chemical state, and are essential to Life: these should remain the bulk of our diets, preferably as salads. I will list my great Chile Elote' soup, later. If one's diet tends to be "acidic," it helps to use mustard with meat, or

vinegar and salads, with fish. Vinegar is essential to a healthy lifestyle. For instance the true story of the group of people who shared a large dinner together but half of them became ill due to a microbe infestation in a protein food upon which they were feasting; but the other half remained quite well: the mitigating factor was determined to be vinegar, in which the microbes could not survive, thus the happy feasters remained well, but their companions wound up in the hospital. Especially if one eats salads from questionable sources of produce, as in 3rd world imports, or California lettuce fields which are known to harbor an occasional wild pig, which turned out to be the cause of the latest lettuce recall, due to ecoli from the pig feces. Ecoli microbes cannot be washed off, but if one is so unfortunate as to ingest such unclean produce, it behooves us all to use vinegar routinely so as to kill any infestation before it gets into the blood. If I eat salad or proteins, I am certain to use ample amounts of vinegar, pickles, mustard. If one eats at fast food

joints, it is essential to lop on as much mustard and pickles as possible. Vinegar not only protects us from microbes, but tends to make the body more alkaline balanced, less "acidic". I save and use all my pickle juice, and wish the makers would leave out most of the unnecessary salt! Those with acid stomachs have to be careful to be sure to get plenty of fruits and vegies, and cut way back on the super acidic foods such as processed dairy and over cooked meats which have a tendency to contribute to cancers and heart disease, without our being careful to counteract acidic imbalance. Whenever I get stuck eating an overly acidic meal without any salad to eat with it, I will follow it up with sugar free apple sauce and cinnamon for dessert, to counteract the acidity and "sour stomach" I inevitably get when I eat highly perishable lunch meats, cheeses, or wheat. If I can't do that, I will consume alot of not so perishable and easily stocked unfiltered apple cider (*dark colored*). If I have a sweet tooth, instead of whipped cream and pie, I have the

less acidic blueberry yogurt with bananas and cinnamon. Yum! For breakfast I have fruits and juices; water soluble vitamins and herbal elixirs that contain no fats; or maybe some Sanka and raw honey, with figs and dates (*brush the teeth!!!*) which are rich in potassium which is good for the heart and excellent for elimination of excess water weight. As soon as I consume anything that requires digestive enzymes of my system, I get hungry. Fruit has no digestive requirements of our stomachs, essentially digesting themselves, allowing the stomach it's much needed rest. Fruits give the heart and digestive tract time to wake up before it is lunch time. Those who indulge in heavy foods and heavy meals early in the day, may be destined to ill health. Our breakfasts should be easy on our sleepy tummies and restful hearts. Routine rich meals tax the heart, making it work too hard, it needs it's rest, just like everyone else. Our bodies are communities of organisms that rely on our good choices, to survive. Everytime we let them down, they inevitably let us down. If

we make them happy they will make us happy. They are God's critters just like we are, and desire their own essential right to Life just like the rest of us so desire. Thus anyone contemplating suicide, is contemplating their inner companions' and dependants' death as well. But there are better things to do than suicide: for instance, if one can pray for death, one can just as easily pray for deliverance! And thus we come to Omega Three fatty acids, which are known to help overcome depression. Nothing like a yummy salmon steak to make a frown into a smile!

-To use pork is simply ignorant. It is just too toxic, and creates obesity, and too often comes with deadly or otherwise 'hitchhikers,' if you know what I mean...? heh... Pork eaters don't stand a chance for health and vitality, and their environments are disgusting. Toxins are stored in the fat cells (*of pigs*). When we eat pig fat, we get plenty of pig toxins as well. In Mosaic Law it is forbidden to eat pigs, which stands to reason, just plain old good advice.

-And we must be sure to get our "peak exercise" weekly! The oldest people in the world, the Ashkenasi, thrive, on their excellent diets and extensive walking. They walk everywhere, uphill and downhill all the year long. Peak exercise essential to health and vitality, is where we are highly invigorated, for at least a half hour, a thrice a week.

But too much exercise likewise can be extremely detrimental to one's health, so be sure to not overdo it routinely!

-**Garlic** is essential to reduction of heart disease, born of chronic inflammation. Garlic is a natural anti-inflammatory, and a great perk for the immune system, take with meals. It also helps in the elimination of heavy metals, coupled with magnesium malate & EDTA (*a fatty acid, probably an "omega six"?*).

-**Cayenne** is essential to reduction of heart disease, and diabetes which always goes along with heart disease, you can count on it: cayenne is known to actually repair a

damaged pancreas which is the gland that creates insulin. Use carefully, can cause heart burn if too close to the esophagus: I am sure to take it with alot of water with my morning fruit meal, and with my dinner, being sure to take it in the middle of my meal, so it is not on the top of my tummy near my esophagus, and is well immersed in food.

-Vitamin C is essential for reduction of All Inflammation and vital to heart disease control. It purifies the blood of any and all irritants-toxins-pathogens. Vitamin C has to be Yah's most prolific Immune System Perk, and helps the body to make plenty of those formidable White Blood Cells or "Killer Tcells", that rid the body of any and all pathogens, those little multitudinous mischievous Beasties! They hate Vit. C.

Vitamin C is essential for reduction of heart disease & for ALL inflammation including Multiple Sclerosis/Parkinsons/etc. I suggest what Linus Pauling (*Linus Pauling Institute,*

Portland Oregon) suggests: if you have heart disease, use at least 6000 mgs or units to start, every day. I take mine in the morning with my fruit drink/meal, with the rest of my WATER soluble vitamins. Some may not want to take it all at once, but sort of pro-rate it all morning/afternoon, like I do. I just keep it in my pocket, while I sip my OJ all morning. It will make you feel alot better and give you alot of energy, and also is great for the skin. You can take more if you like, excess only pees out, no problem. Don't take a whole lot with fatty meals, it can work the opposite I heard, but that source is questionable. It does stand to reason though, being water soluble and associated with fat free fruits and vegies.

-Vitamin A is essential for the eyes/ eyestrain/headaches/and mucous membranes/skin, actually everything. One of our most important vitamins, in lots of foods. Deficiencies sometimes cause chronic migrain headaches (*associated w/eyestrain*), especially in our modern society where so many of us

use television, computers and so much red tape, letters and books, even in the poorest lighting. Also, deficiencies can directly cause acne and other skin disorders. Fat soluble, take with meals: Adelle Davis suggests not more than 50,000 milligrams a day, Durk and Sandy Pearson suggest 15,000 milligrams a day. I take 25k daily, but when I use my eyes alot, I double it. Makes a big difference, can't do computer work without it.

-MSM (sulfur) is an essential Life sustaining nutrient, even in renowned Joanna Budwig's therapeutic anticancer recipe with cottage cheese (*later*) and cold processed flax seed oil (*hemp oil is even richer in Omega 3s*); you can use yogurt too if you take it with MSM and a tablespoon of the Flax or Hemp Oil. She didn't think yogurt was potent enough in sulphur and thus opted for the sulfur rich cottage cheese instead. Thus if yogurt is enriched with supplemental sulphur (*MSM*), it stands to reason it would work similarly to the cottage cheese which is richer in sulphur. With her

recipe I always add an extra potent liquid Omega 3 fatty acid supplement. Sulphur is essential 4 Life. Probably fat soluble, MSM is best taken with meals. Whenever I use Omega three fatty acids, I take MSM as well, to enhance their effect. MSM is essential for maintenance of a healthy body. Joanna Budwig talks about it in her books, she chose cottage cheese for her anti-cancer recipe, because it is loaded with SULPHUR which is what MSM is, naturally occurring sulphur, even essential for brain healing and function, besides for overcoming cancer and heart disease. I would expect MSM is FAT soluble, take with meals containing FATS and Proteins, such as cottage cheese and flax oil/or the more potent hemp seed oil.

-Selenium is essential to use with Vitamin E (with mixed Tocopherols). Selenium is essential to use regularly with Vitamin E (below), they work together. Fat Soluble, take with meals, with your Vitamin E which is also Fat soluble. Being a mineral, it needs

hydrochloric acid/ stomach acid, to be utilized=ionized, for proper absorption. Any mineral or protein that is not “ionized” by stomach acids, becomes toxic waste in the body and causes inflammation. Heart disease is a case of chronic hard core inflammation of the entire body, which is mostly environmental in these Last Days. Selenium is purported to be excellent for staying off cancers, as well as eggplant.

-Naturaltocopheral Vitamin E is the Oxygen Vitamin. It is essential for reduction of heart disease. It assists the oxygen molecules in the blood to get to all the cells in the body, via the blood. It is essential for Life. FAT soluble, take with meals containing fats and proteins. It is purported to be able to easily cross over the (*blood brain barrier*) to the brain, thus supplying necessary oxygen to the remotest parts of our brains. It is essential in the restoration of damaged brains, along with Omega Three fatty acids.

-Omega 3 fatty acids are absolutely essential to Life and to Brain function/ myelin sheath healing. Absolutely essential to heart disease reduction. Joanna Budwig uses it with cottage cheese which is naturally loaded with sulphur, to heal just about everything, cancer/heart disease/etc. FAT soluble, always take with meals with fat and proteins therein. Myelin sheaths cover all the nerves in our bodies, and are made up of a fatty substance, which undoubtedly consists of Omega Three fatty acids, and likely omega six fatty acids as well.

Omega 3 fatty acids are absolutely essential to Life, without which we DIE if we don't have adequate intake routinely. This is why I get this extra potent liquid supplement, to mix with the cottage cheese meal suggested by Dr. Joanna Budwig, to enhance the supplement & it's healing properties. You should take a teaspoon of this, daily, in your cottage cheese, WITH one MSM capsule (*500 mgs*), AND the hemp oil. FAT soluble, take with meals containing fats/proteins. You don't have to

take the cottage cheese meal daily unless very ill or tired of headaches. It takes about four months to overcome a nutritional deficiency, so be patient.

-Nattozyme is essential to heart disease reduction: it actually dissolves “sticky blood” or the dangerous FIBRIN. Therefore it is “anti-stroke.” Fibrin must be reduced in order to reduce heart disease and incidence of stroke. We must take this with our breakfast fruit meal, with a glass of orange juice, daily, which orange juice also reduces incidences of stroke! That’s a double whammy against stroke; plus, add Bromelain (*below*), and you get a triple whammy against stroke incidents! absolutely, even the AMA admits that! Water Soluble, if I were you I’d take one Natto in the morning with your fruit meal, and one in the eve with your dinner. 200 milligrams a day is best for high blood pressure associated with fibrin accumulation resulting in atherosclerosis or hardening of the arteries. Nattozyme can offset the blood thinners coumadin or

warfarin, and there is some concern about that. But I have given 200 mgs. daily, to my hubby and he has shown no indication of any problem whatsoever. *But this booklet is not for people given to pharmaceuticals, but who have opted for naturopathy.* Water soluble.

-Bromelain, must be taken alone, with fruit in the morning is best, then, it is the most therapeutic. It is essential for reduction of heart disease and is “anti-stroke.” YUM! Take with your fruit meal in the morning, is WATER soluble. Anyone with a condition lending itself to stroke is blessed, to have it. *Bromelain is best taken before lunch, with water or fruit juice.*

-Citrus Bioflavonoid Complex: Anti-Cancer, and essential to Life & health. WATER soluble, take with your fruit meal in the morning. Bioflavonoids are essential, and since they are natural to fruits, it is best to take them with fruits. As it comes naturally in fruits, so I use it with Vitamin C routinely. Rutin likewise, and all the many other bioflavonoids such as

water soluble hesperidin, Quercetin/etc, & fat soluble CoQ10, ALA, & L Carnitine.

-Vitamin D: Anti-Cancer/anti-heart disease, anti-Osteoporosis, vitamin D is essential to Life, Longevity, and bone health. Life cannot be sustained without it. All sorts of evils where it is deficient. The heart needs alot of the stuff! The body can make alot all by itself IF one gets enough sunshine (*be careful to not take too many baths which deplete the skin of essential oils likely useful to the proper absorbtion of Vit. D*), but needs a little help when we get older, especially if we are **STUCK IN OFFICES** all the day long! I take a minimum of 4000 milligrams a day (*in an oil filled "perle"*) with meals. **FAT SOLUBLE**, take with meals.

-Vitamin B Complex --- Essential for reduction and elimination of heart disease/menopause relief, nervousness, essential for everything/life itself. Important in reducing C-reactive protein markers in the blood by which doctors measure heart disease inflammation. Our nervous system must have Bcomplex. NSI has

a special Bcomplex recipe, with each B vitamin regulated with due respect to the bodys needs, and not like many others which just give you a big fat dose of all of them equally. I use both, I like big fat doses of Bcomplex! But with my hubby's heart disease, I give him these well balanced caps, just to be sure I do it right. Water Soluble, take w/meals.

-EDTA is a king of Chelation therapies for heavy metal toxic poisoning, getting rid of mercury and lead/ copper, and of course that horrid old Calcification. Calcification causes heart disease inflammation; coupled with sticky blood/fibrin, and fats, it makes the perfect “putty” for coating arteries: atherosclerosis. Edta is a fat soluble naturally occurring fatty acid. EDTA Chelation therapy was used extensively and successfully to clear World War Two Veteran’s bodies of Lead poisoning, which chelation also caused them to heal from heart disease because of elimination of calcium deposits.

-Noni is a powerful phytonutrient from a tropical plant, and is a super anti-oxidant, like Graviola (*and other phyto-nutrients*). Both are essential for reduction of (*cancer causing*) toxicity in the body. It is useful for good acid-alkaline balance. Take with morning fruit drink or meal, with other water soluble supplements, Water soluble. Also, other phytonutrients: some rich in "flavones" like blueberry or black cherry juice, cranberry juice, and pomegranate juice, etc., likewise are excellent for avoiding urinary tract infections (*also, d-mannose!*), loaded with bacteria fighting immune system enhancing flavones. Any flavone rich food is good for the prostate gland.

TMG - Trimethylglycine (Betaine HCl) is Essential in reducing heart disease, reducing C-reactive protein markers in the blood by which doctors measure heart disease inflammation. Betaine is a natural form of supplemental hydrochloric acid derived from beets, which "ionizes" our minerals and

proteins so our bodies can properly absorb these essential nutrients. As we age, our stomachs make less and less stomach acid, so we absorb less and less of these essential proteins and minerals. Take a potent one daily with dinner, with meals containing fats and proteins, as this is a natural form of hydrochloric acid. I think one a day is plenty. I don't suggest using it when you have an entirely starch meal, it is typically for digestion of proteins and minerals. Starch digestion begins in the mouth with saliva in which is the delicate enzyme "ptalin" which digests our starches. If this digestion is disturbed or interrupted, one can get sinus attacks, and indigestion, even asthma, and Yah knows what else. Dr Herbert Shelton suggested that when ptalin digestion is disrupted, the undigested starch and thus unusuable caloric content turns to fat and we basically wind up "wearing" it. heh... He advocated avoidance of combining the eating of proteins, with starches. I think it is a sound practice. He also advocated not mixing one starch with another,

such as rice or wheat with potatoes, etc. He has some excellent advice to share with all who are interested in long and healthy lives.

As you can see, heart disease is not only expensive to treat even naturally, but complicated. But in treating heart disease, you are also treating just about everything else! This is because heart disease is a total-system-failure-inflammation, that is caused by environmental factors typical to our overly industrialized modern society where the Great Guilds are not very concerned about poisoning everyone, for mo-moolah! So, we have to do the best we can, and remember the Naughties will not persevere into the Kingdom of the Heavens, where we will all eat from the Tree of Life which will keep us alive&healthy indefinitely.

-Arjuna: this is essential for heart disease and for reduction and control of "bad" cholesterol. Arjuna is known to actually heal damaged heart tissue. It is essential for good heart health at least. It also seems to have reduced

my once horrible allergy, therefore this would make it an excellent immune system perk, thus it may be essential in the treatment of MS which seems also to be an immune system problem, like allergies. Arjuna actually relieves ANGINA which is lack of oxygen to the heart, immediately. I use it for my angina, it works like watermelon which is also good for angina, thus it is not difficult to deduce that watermelon must be loaded with oxygen, and therefore arjuna has something to do with oxygen therapy; I would assume B complex does, also. As arjuna is good for angina, therefore it is not difficult to deduce that this must have some effect on getting oxygen to the heart, which stands to reason as, since arjuna is purported to actually heal damaged heart tissue, the only way such a thing can happen is if there is a presence of extra oxygen. Stands to reason therefore that Arjuna is essential to reduction of not only heart disease but any symptom of oxygen deprivation of the brain as well. Water soluble, take three in the morning and three in the

evening. If you eat extra fat, take four with dinner. If I could, I would take four in the morning and four in the evening! I also expect this is great for the kidneys, and the liver: as anything that helps control lipids/fats in the blood, and bad LDL (*bad cholesterols are toxic cholesterols*), is good for the kidneys and liver which filter the blood. In heart disease the liver becomes fatty, from excess sugar/ blood glucose, which turns to fat in the liver: thus the fatty liver in heart disease, associated with pancreas disfunction which occurs from too much refined white flour products and sugar. Sugar is an inflammatory, aggravates heart disease. Arjuna is WATER soluble, and can also be taken with fatty meals.

-Peter Gillham's Natural Calm powder. This is one of the few really good MAGNESIUM supplements on the market. It is difficult to use, as we must discover our tolerance level by trial and error. You can also get IONIC FIZZ, which is not so difficult, though it is a little pricier than Peter Gilhams but I noticed

it does not loosen the bowels as much. This is also an essential mineral in the reduction of heavy metal concentrations in the body, ie. for “chelation” (*elimination*) of heavy metals and Calcification, which calcium deposits are stashed everywhere in the body: bursitis on the bones, or kidney stones in the kidneys. One’s magnesium levels in the body determine who gets ill: who has less, gets ill more often, than those with normal levels. Who has little, is prone to cancers. It is essential in the treatment of heart disease. Can take w/meals or not; I take mine with tea, honey, and sometimes cinnamon which keeps blood sugar from “spiking” too high and irritating the pancreas.

I use my Calcium in the morning, AND at night I often use plain magnesium. This Calcium Natural Calm is a great recipe with other bone building "ionized" minerals, whereas the magnesium is just plain magnesium powder, very potent. I use them both: the Calcium is the only supplement I

ever used that actually makes me sleep through the night! So, sometimes it behooves me to *not* take it if I want to get some writing done at night! heh! You may want to take a tablespoon of Calcium Natural Calm daily, with your morning fruit meal, I hope you can tolerate it. As the DIRECTIONS SAY, start out with a teaspoon in boiled water (*let it fizz*), at first, then work up to a tablespoon or more. I can do one tablespoon of the magnesium, and two of the calcium:

-Peter Gillham Natural Calm Plus Calcium powder: this is one of the few good calcium supplements on the market for those over thirty. The problem with most others is we need alot of hydrochloric acid in our stomach (&/or **tmg** supplementation), to absorb the calcium/minerals into our blood. If our calcium is not absorbed, it still goes into our blood unabsorbed and mixes with FIBRIN and indigestible (*trans*) fats and thus coats our arteries like putty, causing atherosclerosis and thus high blood pressure, to start. We have to

dissolve the fibrin, as well, which also causes atherosclerosis: Natto dissolves fibrin, so also does Bromelain.

-Bicarbonate for eradication of toxic waste buildup in the body. This waste/toxin buildup unfortunately is everyone's problem in these good old United States. Happily, we have Sang Whang!! which gets me to my next concern, which is Bicarbonate, will send info on that!

Bicarbonate is essential in elimination of waste, which elimination is essential to reduction of total bodily inflammation; and this Bicarbonate functions in the capacity for maintaining our body's absolutely essential acid/ alkaline balance. There is only one supplement I have heard of that addresses this issue fruitfully, Dr. Sang Whang,'s: he has his website at Alkalife.com, go check it out; anyway, he has the Bicarbonate, it costs about twenty dollars a month for each person. Expensive, like I said, heart disease is expensive. I want you to get used to using your usual and more common supplements, first.

You will need bicarbonate very much because the use of these supplements will burn a lot of energy which creates waste products your body will need to eliminate with help from supplemental Bicarbonate and Vitamin C.

-Epicor, for flu prevention, to keep us from getting Congestive Heart Failure: this Epicor is a naturally occurring yeast product, and replaces the flu vaccines very well, if used routinely. Epicor has an interesting story to it. There is a midwest factory for animal feed that put out animal feed which immunized the animals that ate it, from respiratory infections. Also, the owner noticed his workers rarely took off sick time. So he looked into the matter and his researchers found the mitigating factor to be what they are now calling Epicor, which is purported to not only keep folks from getting the flu, but being a natural sort of immunization, keeping folks from actually catching the flu, and thus is an excellent alternative to the dangerous flu vaccines put out by the pharmaceutical

companies, which are loaded with aluminum and copper, and directly cause Alzheimer's. Epicor, the naturally growing organic YEAST that wards off inflammation and viruses, can save your life: who has heart disease can get Congestive Heart Failure IF they get a certain type of flu bug, it's curtains! That is what happened to my hubby, he had heart disease, and got the flu that was going around, and didn't let himself get well before he started abusing himself as he will with cooked proteins, very toxic, which overloaded his system, and he got Congestive Heart Failure, almost lost the Big Stupid. He paid for that sickly chicken, I warned him to not eat it. By the way, I still advocate a mostly vegetarian diet, with some (*free grazed*) dairy, and wild salmon too if you can get it. Like I said, heart disease is endemic here, and environmental, the chickens we get are of questionable quality, it behooves us to beware of any non-kosher meat products, simply put. If my hubby had Epicor he may have survived that Flu bug, not even have got his heart failure.

Thus it is evident that Epicor yeast is a great Immune system Perk which is what is needed for MS. Epicor is expensive, tho, two months supply/60 capsules, costs \$26. That is one of the more expensive vities on the market.

-Can't forget to add **Green (*ProAlgaZyme*)** and **Blue Green Algae (*from Klamath Lake*)**, both are purported to be elixirs of Life of the first magnitude; and **Oil of Oregano**, which I am looking into about now. Oil of Oregano seems to be an antiseptic of the first magnitude, which must be used diluted, with extreme caution, as it is purported to cause burn damage if over-used, even stronger than cayenne; & *Charcoal which I am looking into..*

As for now, we can just do the best we can with what we have to work with, and limp along into the Kingdom of Heaven, with our Faith intact. As soon as we die, we will awaken, presto! into the First Resurrection, so be sure to keep your faith intact, or you will be one very unhappy person not just in this crappy life, but in the next, and likewise,

forever! So, keep your Faith and trust in Elohim for much Grace and Blessings. These are just some of the basics, seems we have to be careful of our kidneys too, and I suppose for that, for anything that is about filtering the blood, using Silymarin or Milk Thistle (*same thing*), is an all around cleanser that is quite adequate. Here, are really the basics for Heart Disease and Diabetes, and for MS./Alzheimer's, notwithstanding Cancers.

I think MS can be classified as a virulent allergy: allergies are when the body's immune system attacks body parts: as in arthritis, the body is attacking it's joints wherein hide little critters/pathogens with their waste products, that the immune system is likely trying to eliminate; but since these pathogens are mostly indistinct, nobody is looking for them and everyone assumes the body is attacking itself, but I doubt it: it is probably the inflammation that causes arthritis, not the immune system which is actually most likely doing what it was made to do, even

attempting to address inflammation's root cause, ie. the infestation of hungry microbes and their toxic waste buildup.

Same with MS, the myelin (*nerve*) sheaths are made from a very fatty material and in MS it is disintegrating. Of course they don't see what is making them disintegrate, but you can count on it, what is doing the damage are those trusty little microbes that are naturally inclined to eat up everything, especially loving the juicy fatty stuff: also can be parasites, the pathogens our immune system is attacking. In MS the immune system is said to be overreacting and attacking the myelin sheaths thus inflaming them (*heard that before, regarding arthritis?*), but I expect our immune system is really attempting to attack those dinky little pathogens that are eating away at our juicy and vulnerable (*due to malnutrition/ malabsorption or toxic buildup*) fatty sheaths.

To restore fatty sheaths, one must use Omega 3 fatty acids at least, the only way to restore them as they are obviously made of the stuff.

Little pathogens LOVE fatty substances, especially Omega 3s! The sheaths also may consist of Omega 6 fatty acids, which are plentiful in a diet that has a lot of sources. I still have to look that up. Those with heart disease nevertheless, I hear, are more inclined to need the Omega 3s rather than the Omega 6s. I don't give Omega 6s to my sick hubby, but will use them myself such as in CLA which comes naturally in ONLY "free-grazed" cows: dairy products/meats. This is why I only use Dairy products from "free grazing" dairies as in Marin County where I grew up, you know... they make a great cottage cheese with PINEAPPLE which has lots of BROMELAIN.

If I don't live as long as I expect, well, you will know what to get and where to get it. So *save this booklet!* This way may be expensive now, but the long term results will pay for themselves, to be sure! I will do my best to teach you what I have learned over the years, so you can survive better. I have been waiting for you to get to this point, everyone gets here sooner

or later! This caught me by surprise. I thought I had a couple more years. This is why you had to get aggressive with your doctor, he, too, didn't expect anyone so young to have high blood pressure so bad, at such an early age. But your grandfather had it bad, too, so we are predisposed to it genetically, perhaps? I have it as well, which I did not expect at all.

Well, this will get you started for now. I will send you upgrades on this essay, as I think of information to add. Here, also, my paper on Fibrin; and will send my other research soon as possible. Especially on EDTA! I am including some separate papers on Sang Whang's bicarbonate research which I pulled off his website, very interesting. hmm...

Well, love you **both** Sweeties, I will put all this together in a little booklet to send you, soon as possible, ok? take care, happy trails! Yah bless you both in this and all things! Let us be together always, in our Faith in our Creator who knows Everything Always, and thus has His solutions to all our Dilemmas. Love, Mummie!

