The Bob Livingston Letter™

SPECIAL HEALTH REPORT

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The MD's Treasury of HUSHED-UP HEALING MIRACLES

The medical establishment, pharmaceutical companies and the FDA have been lining their pockets for years with monies made from unnecessary medical treatments, lethal drugs that do more harm than good and vaccination and nutrition policies that are slowly poisoning and weakening the American people!

Well, when I got sick years ago, I decided enough was enough. After four heart attacks before the age of 40, and advice from doctors that made me sicker, I sought natural and alternative cures… and I've outlived those very doctors.

I couldn't (in good conscience) keep this information to myself. *The Bob Livingston Letter*™ became my direct line to my readers and people everywhere that deserved to know this information so they, too, could loosen the grip of medical mafia intent on getting richer off their poor health.

On the following pages I've collected a "Healing Hall of Fame" of what I think are some of the most effective and best natural alternatives that have been featured in my newsletter over the last few years. But here I have the opportunity to provide a little more information. I believe these alternatives are safer—without the dangerous side effects or expense of traditional medicine—and better for you.

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Mind Your Mother, Eat Your Fruits and Vegetables

"An apple a day keeps the doctor away." You've heard this saying your whole life. It's stuck around so long because it's true.

It can also be said that whole foods—fruits and vegetables, especially eaten raw—every day will keep the doctor away. If more Americans ate their fruits and vegetables, as their mother's told them growing up, there would be much less disease and obesity.

Unfortunately, most people choose the easy route and eat processed foods. Processed foods are foods we buy already prepared and foods that we cook. These are incomplete foods, mostly dead and unable to support life.

In addition to promoting obesity, eating a diet predominated by meats and processed foods leads to acidity in the body, disease and death.

Obesity and acidity can be combated by simply changing your diet to raw fruits and vegetables. They are live foods that foster life and health by providing fiber, phytonutrients, antioxidants, vitamins, minerals and promote an alkaline state in the body. They help the body to fight disease, eliminate free radicals, reduce the chances of developing cancer and end digestive problems.

The experts say to eat at least five servings of fruits and vegetables a day. I say five's not nearly enough. But some people have trouble getting even the five servings.

If you just can't manage to eat healthy, at least supplement your diet with the essential vitamins and minerals you are missing out on. In the last several years amazing discoveries have been made about the nutritional benefits of fruits, vegetable, herbs and botanicals. Either through diet or supplementation you definitely need to take advantage of the health promoting benefits these natural options offer.

Help with Breathing Problems

Magnesium and the B vitamins are particularly helpful for conditions that cause breathing difficulties.

Magnesium can be used in the form of a topical salve or in an inhaler when necessary to relieve acute bronchial spasm. In liquid form it can be rubbed on to penetrate the skin, making it possible to get much more magnesium into children, especially small children, without the risk of diarrhea.

Vitamin B6 helps magnesium to work and helps on its own to reduce asthma.

Vitamin B12 is far and away the most useful nutrient to eliminate asthmatic wheezing, for children as well as adults up to about age 50. I highly recommend liquid B12 as it is quickly absorbed and in many supplement stores you can buy great tasting varieties.

However, for seniors it is best to take B12 shots because their intrinsic factor is usually gone and there can be little or no absorption of B12.

Will We Ever Learn How Life-and-Death Important Vitamin D3 Is?

For 100 years now, the medical establishment has kept the lid on vitamin D. They have scared the public away from anything more than tiny insufficient daily amounts of vitamin D claiming that any more than the "recommended daily allowance" (RDA) is toxic.

Most people are extremely low in D3, and low D3 aligns consistently with many disease conditions. This is so true that the first suspicion in pathology should be to check vitamin D3 levels.

Those who rely on sun exposure for their vitamin D3 should know that maximum effect is achieved when the sun is high enough in the sky so that your shadow is shorter than you are, and the more skin exposed the better. This is massive exposure and vitamin D3 levels go up fast.

The RDA or Recommended Daily Allowance set by the government for vitamin D is way too low to do any good. Every man, woman and child should take at least 1,000 IU of activated vitamin D daily and most should have 5,000 IU to 10,000 IU, especially seniors who rarely even see sunshine.

Deficiencies and Benefits

Vitamin D deficiency can cause degenerative bone problems. Degenerative bone health is "the silent threat" because there are no symptoms of pain until a fracture occurs. Numerous studies have shown that vitamin D—usually in conjunction with calcium—is an effective treatment for increasing bone density and helping avoid fractures associated with weak bones.

Vitamin D has a dramatic effect on heart and circulatory health, especially the blood vessels. The effect of vitamin D on the blood vessels is to make them relax and be more flexible. Heart strength increases as measured by blood pumping ability, and heart strain was decreased as measured by the resting heart rate.

Low vitamin D levels lead to insulin resistance, which leads to heart problems and blood sugar problems.

Preliminary studies show that vitamin D is indeed an effective treatment for joint inflammation. We're talking serious benefits as bone health, cellular health, organ health, autoimmune health and mood-related health—if you are getting enough!

Autism and Vitamin D

From Swedish Researchers (not under the FDA): ***"The Karolinska Institute in Stockholm measured vitamin D levels on 117 adult psychiatric outpatients. They found that the ten adult patients with autism had the lowest 25(OH)D levels of any of the other groups, including the patients with schizophrenia and depression, an average of about 12 ng/ml, a level known to cause rickets in children and osteomalacia in adults. Even more interesting, they reported that some of the patients with depression and schizophrenia improved when treated with an average of about 4,000 IU of vitamin D per day."***

"Mothers of autistic children have very low 25(OH)D3 levels."

"Dr. Elisbeth and colleagues from various institutions in Sweden measured vitamin D levels in mothers about six years after they had given birth to a child now diagnosed with autism. The Somali mothers had very low vitamin D levels, less than 10 ng/ml. The trend was in the direction of lower vitamin D levels for Somali mothers with autistic children, compared to Somali mothers without an autistic child."

Further regarding autistic children: Autistic children need aggressive doses of vitamin D3, at least 100 up to 150 ng/ml. This translates to 2,000 to 5,000 IU/day/25 pounds of body weight and more.

Dr. John Cannell of The Vitamin D Council, says that vitamin D has many co-factors and Americans are most likely to be deficient in magnesium, zinc, boron and vitamin K. He recommends seeds, nuts and green leafy vegetables for vitamin K. I eat a tablespoon almost daily of pumpkin seeds for these nutrients. Also excellent for the male prostate.

The government/pharmaceutical cartel can't stop D3 now. The evidence is overwhelming.

What they can do is what they always do. They can create a synthetic extract, patent it and then proceed to outlaw all natural D3. In this they reverse all the good and all the people can do is wonder why the pharmaceutical D3 is no good, even assuming they ever discover it.

Watch your vitamin A intake, as in cod liver oil. It neutralizes vitamin D3.

Get Your Thyroid—and More—in Check with Iodine

Some 40 percent of the U.S. population suffers with thyroid problems. These people regularly ingest pricey thyroid medications to help correct their condition—when they should really be taking iodine.

Iodine is essential to helping your thyroid produce hormones that deliver energy to your cells. People with hypothyroidism, or an under-active thyroid, may experience slow metabolism… fatigue… weight gain… and depression.

It has been known for more than 100 years that the highest concentration of iodine is in the female breast—second only to the thyroid gland—and as iodine consumption goes up, breast cancer goes down. Iodine will also relieve fibrocystic breast

disease in most cases.

The medical establishment insists that adults should take a maximum of 150 micrograms per day. This is an outright deception, given that most Americans are probably not getting nearly enough iodine. The Japanese consume more iodine—mostly from seaweed—and have much lower cancer rates.

Iodine supplementation is important because there is little to none in our soils now. Food grade iodine drops are great for water purification and it is a natural antimicrobial, making it an excellent remedy for anti-bacterial fungus, or yeast.

Iodine Has a Multitude of Benefits

Iodine therapy is about the simplest treatment there is, to be so all important. Besides the thyroid gland and the female breasts, iodine is essential for the heart. Alternative doctors direct iodine therapy for heart arrhythmias.

Iodine is helpful for those with cold hands and feet, chronic fatigue, menopause problems, hypo- and hyper-thryoidism.

Also, iodine is excellent to treat toxic conditions such as poisoning with bromine, fluorine, mercury and lead.

Iodine simply feeds your thyroid function a vital component of overall health.

Once again, conventional doctors pay little or no attention to iodine tests. Yet, a deficit of iodine, as most people have, is so critical to health and well being.

Excellent thyroid supplements are available. I take mine along with four to five drops of food grade iodine in water. Be sure to follow dosage directions on the brand you purchase.

The following foods are also high in iodine:

- Sea vegetables like kelp, Arame, Hiziki, Kombu and Wakame
- Cranberries
- Organic yogurt
- Organic navy beans
- Organic strawberries
- Himalayan crystal salt
- Dairy products
- Potatoes, with skin
- Fish and shellfish

Walnuts Belong in Your Medicine Cabinet

If you have a bag of walnuts sitting in your food pantry, you need to move them quickly. They belong in your medicine cabinet.

At least that's the view of the Food and Drug Administration (FDA), which last year sent a warning letter to Diamond Foods, Inc., because the packaging "misbranded" the product, causing them to be drugs.

The FDA's letter says in part: "Based on claims made on your firm's website, we have determined that your walnut products are promoted for conditions that cause them to be drugs because these products are intended for use in the prevention, mitigation, and treatment of disease."

The Diamond Food's Inc. label in question cited studies indicating the omega-3 fatty acids found in walnuts helped lower cholesterol levels; protect against heart disease, stroke and cancer; ease arthritis and other inflammatory diseases; fight depression and mental illness; and provide other health benefits.

The FDA ordered Diamond Foods, Inc. to correct the violations or face seizure of products or court injunction. In other words, the FDA is ignoring the science that proves the healthful benefits of a natural food even though *Life Extension Magazine* reported on the letter in its August 2011 edition, and cited a number of published articles highlighting the health benefits of walnuts.

The Far-reaching Arm of the FDA

The FDA, which claims to look out for the health of Americans, is doing just the opposite. It obviously wants Americans to remain fat, unhealthy and ignorant. How else to explain an agency that ignores the science behind the health benefits of natural whole foods while allowing food manufacturers to get away with the spurious claims they make on the health benefits of processed foods like potato chips and breakfast bars with simulated fruit products they pass off as real fruit.

And it's not just walnuts the

FDA has issues with. The FDA has a problem with many natural foods like cherries, blueberries, pomegranate juice and green tea. All of these natural foods provide scientifically proven health benefits, but the FDA ignores the science and regulates whether and how those benefits can even be stated on their packaging.

The FDA is proving itself to be an out-of-control bureaucratic nightmare that is working contrary to the health interests of Americans and should be at the top of everyone's list of government alphabet soup agencies to get the ax.

Red Wine and Blueberries

Wine is an age-old fermentation process known for thousands of years. It is spoken of in the Bible. Most of the time the alcohol content is 4 percent to 6 percent.

I am a teetotaler except for red wine. I like the taste and since I have read studies on resveratrol, a molecule found in red wine, I really am excited about it. However, reality sets in… it takes a lot of red wine to get a little bit of ***resveratrol,*** the healthy nutrient found within.

The most familiar connection to red wine is the "French Paradox." Researchers have discovered that in regions of France where the population enjoys a high-fat diet but consumes a lot of red wine with meals, the incidence of heart attacks is considerably lower than in other parts of the world.

They now believe that the benefits of red wine, that is resveratrol, extends to brain health in addition to being cardio-protective. And according to David Sinclair, Ph.D., Associate Professor of Pathology at Harvard Medical School, resveratrol ***"may have wide-ranging health effects including anti-cancer, anti-viral, anti-aging and anti-inflammatory benefits and may even protect the brain from stroke, Alzheimer's and other neurodegenerative diseases."***

A Longer Healthier Life

Resveratrol is a select compound found in red wine that activates human defenses against the above named diseases and recent studies suggest that resveratrol has a positive effect on the mechanism of aging.

Well, logic implies that if resveratrol limits the above named diseases, that it would most certainly extend life.

We can get the resveratrol compound from several foods, with grapes and wine being the best, but in extremely small amounts. Resveratrol is a molecule that is easy to capture and formulate as an extract or supplement to get the full benefits.

Another nutrient has been discovered that evidence shows may actually be even better than resveratrol. Pterostilbene (tear-oh-still-bean), found in blueberries, has been shown to lower cholesterol and triglycerides better than the most popular drugs and fight other symptoms of heart disease and shows anti-cancer benefits as well.

No side effects, muscle pain, nausea or anything else. Only benefits!

Pterostilbene has blood sugar balancing benefits as well, which are very important to all of us who are concerned about sugar levels and avoiding diabetes. Studies actually show 42 percent reduction in blood sugar levels.

I need the cardio-protective benefit and I want longevity. So I try to enjoy a glass of red wine daily and be sure to supplement with resveratrol and pterostilbene. Look for these in supplement form where you shop for vitamins and supplements.

Healing Power of Coconut

A subclinical infection is an infection that can't be detected by conventional medicine, but can wear you down and finally get you. It is an infection alright, and any infection is serious.

Antibiotics don't seem to affect a subclinical infection. I had a subclinical infection for years. I would spit up mucous four or five times a day just as if I had a chronic cold. No doctor could help me, nor did antibiotics or anything else.

I now live 40 yards from the ocean and I have several coconut trees. I began to drink a few glasses of coconut water (juice) each day straight from fresh coconuts. Voila, my long-standing subclinical infection cleared up completely!

The Wonders of Coconut Water

Here is what I found on the Internet about coconut water: It carries oxygen and other nutrients like potassium to the body and helps to cleanse the digestive system. It is naturally low in carbohydrates, sodium and sugar. It is also 99 percent fat-free and has no cholesterol.

Studies have shown coconut water can help cool you down on a hot day and actually help you retain proper body temperature. It can also help replenish fluids lost after exercise.

According to nutritionists, drinking coconut water can help raise your metabolism, improve the levels of good cholesterol in your blood and even help you lose weight.

Studies have shown coconut water can boost your immune system and help the body fight off viruses like herpes and the flu. It helps maintain normal kidney function and can alleviate heartburn and sluggish digestion in pregnant women.

Coconut water is more nutritious than whole milk and has less fat and no cholesterol. It is healthier than orange juice and has fewer calories. It is better than processed baby milk. It contains lauric acid, which is present in human mother's milk.

Coconut water is naturally sterile. Water permeates through the filtering husk. Coconut water is a natural isotonic beverage.

Coconut water is the very stuff of nature, biologically pure, full of natural sugars, salts and vitamins to ward off fatigue, and is the next wave of energy drinks. It contains more potassium than most sports and energy drinks. It has less sodium and more natural sugars than sports drinks.

When you buy coconut water, make sure it is not pasteurized. Health food stores have coconut water, and several sites on the Internet do as well.

Ashwaganda: An Anti-Aging Tonic that Boosts Testosterone and Relieves Anxiety

Every now and then in life we run across a gold mine if we are aware and looking. Of course, you are not likely to find things if you are not a reader. Reading uncovers a lot of diamonds and gold.

Well, in this case, it was an herb extract called Ashwaganda, an Indian herb also known as *Withania somnifera.* It was written up by Kerry Bone, a very knowledgeable herbologist.

I wouldn't believe the fantastic claims by anyone else. See what you think. Ashwaganda has an important role to play in modern healthcare. Read this and be reminded that several clinical trials have shown the results below:

Cut anxiety and extend your years in just 60 days.

Using just 250 milligrams twice daily, there were significant improvements in reduction of anxiety in a treated group in only 60 days. Seventy percent showed improvement along with very beneficial changes in blood biochemistry.

Additionally, this group experienced a significant reduction in serum cortisol of 30.5 percent. High cortisol is very detrimental to health over time, causing the body to maintain a high level of inflammation, which is a killer of health and youth.

There was also an increase in DHEA of 32.5 percent. And a very significant reduction for C-reactive protein of 35.2 percent, which is another measure of inflammation. Most health students know the seriousness of high inflammation in the body over time. Here we have a big reduction with Ashwaganda.

And look at this: Fasting blood glucose down 6.1 percent, total cholesterol down 13.1 percent, triglycerides down 11.7 percent, LDL cholesterol down 17.4 percent, HDL (good) cholesterol up 17.3 percent and hemoglobin up by 9.1 percent.

These results suggest that the regular intake of Ashwaganda will make you feel better with less stress. It will also increase your life expectancy by reducing those risk factors associated with chronic disease, such as heart disease and diabetes.

Two clinical trials suggest that Ashwaganda is useful as a male tonic. Well, it's quite a bit more than a tonic. It boosts testosterone levels. Male testosterone is directly related to male health and specifically to male

heart health. Ashwaganda significantly raised testosterone levels and hammers down C-reactive protein and cortisol levels.

This writer is more than excited about the vast unbelievable health benefits of Ashwaganda! I have been on it for three months and can tell a great difference in the way I feel.

Visit your local health food store, a reputable supplier on the web, or chiropractic practitioner for supplements containing Ashwaganda.

Who Says Salt Triggers Blood Pressure?

Americans are told by the U.S. government FDA that a salt-free diet is best for good health. Physicians and cardiologists in particular have brainwashed their patients against (sea) salt telling them too much salt will cause high blood pressure (swelling), kidney problems and heart problems, etc.

I believe this is completely wrong. Why? I am a heart patient with high blood pressure. I take a 1/4 teaspoon of sea salt with a glass of water several times a day, and I have cut my blood pressure medication in half.

Most doctors have successfully scared the American people away from salt. However a health study reported in *JAMA* 11:305(17):1777-1785 found that those who ate less salt were the most likely to die from heart disease.

"Restricting sodium (salt) intake causes insulin resistance (which leads to diabetes and heart disease). Restricting salt can promote diabetes and heart disease.

"In fact, research studies have routinely found that sodium significantly improves insulin function. According to one study, 'an abundant sodium intake may improve glucose tolerance and insulin resistance, especially in diabetic salt-sensitive, and/or medicated essential hypertensive subjects.'"
—From *AmJ Hypertens* 01;14 (7 Pt 1):653-659.

Good Salt/Bad Salt

We have to remember that Americans think that salt is salt. Nothing could be further from the truth. Everyday table salt that most people consume is sodium chloride and is highly processed.

Dried at more than 1,200 degrees Fahrenheit, this heat greatly alters the chemical structure of the natural salt. After the chemical and heat process it is approximately 97.5 percent sodium chloride and 2.5 percent chemicals. It has very little to no mineral value and causes dehydration and cellular fluid imbalance.

Sea salt, on the other hand has about 16 percent natural minerals and trace minerals like silicon, phosphorus and vanadium.

The Assault on Salt

In 2010, there was an FDA initiative to start a public

"Dear Bob, I am writing you a long overdue letter. I used to suffer from psoriatic arthritis in my hands and knuckle joints. My fingers were so swollen they looked like sausages. My knuckles were swollen, red, painful and hot to the touch. If I clenched my fists very tightly my hands would bleed in many places through painful cracks. I had to wear white cotton gloves in order to avoid getting blood on everything I touched. I went to many doctors and dermatologists. No one had an answer and one even said it was the worst case of psoriatic arthritis he had seen. Did I say it was painful? So much so the pain would wake me up at night.

"Then I read your article about sea salt about two years ago. I bought Redmond Sea Salt, the one mined in Utah. In just fifteen days after using it daily the symptoms began to recede. Within a month I was as good as new. To this day I have not had a reoccurrence. My friend who is my age had similar symptoms but not as severe was amazed and somewhat skeptical when I told him about the sea salt. He tried it and he has had no recurrence in a couple of years.

"Thank you from the bottom of my heart."

—Mike A.

"P.S. I subscribe to your letter and enjoy it very much."

campaign (propaganda) to further persuade Americans to cut back on salt.

However, the salt that the FDA opposes is ordinary refined table salt which as I previously stated, has absolutely nothing in common with mineral-rich, unrefined natural sea salt. The difference in health effects however is great, but the FDA never defines salt as good and bad.

Natural sea salt is the elixir of life and fundamental to biological processes as follows:

- It is a major component of blood plasma.
- It carries nutrients into and out of the cells.
- It helps the lining of the blood vessels to regulate blood pressure. (It is sugar that causes high blood pressure.)
- It helps regulate the propagation of nerve impulses.
- It helps the brain send communication signals to the muscles so the body moves and coordinates (sodium-potassium ion exchange).
- Very importantly, sea salt alkalizes the pH of the body, which is very important for total health.
- Adequate natural sea salt restricts the intake (desire) for fructose (sugar).

From the article *Critical Salt Information from Unconventional Wisdom* (London, March 12, 2011) Emma Ross writes, "A low-salt diet may not be so healthy after all. Defying a generation of health advice, a controversial new study concludes that the less (sea salt) people eat, the higher their risk of untimely death.

"The study, led by Dr. Michael Alderman, Chairman of Epidemiology at Albert Einstein School of Medicine in New York and President of the American Society of Hypertension, suggests that the U.S. government should suspend its recommendation that people restrict the amount of (sea) salt they eat."

It is deceptive for the FDA to advocate salt limitation as they imply sodium chloride. We should cut out sodium chloride—not unrefined natural sea salt.

Little Known and Interesting Facts about Salt

- During the middle ages, criminals often suffered a slow, agonizing, intentional death sentence because salt was withheld from their measly diet.
- Two thousand years ago salt was used as money. Gold and salt had the same value. The word "salary" comes from salt.
- In the old days, (say 60 years ago) salt was used to preserve foods, as in "curing" meat. But today we use refrigeration, so far less salt is used.
- All warm-blooded animals must have salt to live.
- The human brain and spine are in a sac of salt water called CSF (cerebrospinal fluid). This salt water circulates throughout the brain and spinal cord.
- We all spent approximately nine months in our mother's belly floating in salt water (amniotic fluid).
- Our tears are salty and we sweat salt. Ever notice your dog or cat licking your arm for the salt?
- Our bones are hollow in the center (marrow) where blood cells are made. The marrow has many strands of calcium salts. Salt is what makes our bones hard, not the calcium.
- Twenty-seven percent of the body's salt is located in the bones. If the body requires more salt it will borrow it from the bones, making the bones thinner, softer and brittle.

Part of the reason salt minerals are removed during processing of table salt is because in their natural state they are valuable and can be extracted for big profits—leaving only toxic sodium chloride for consumers.

It is very, very important to use sea salt and water to keep the body alkaline for total health. Sea salt neutralizes acidity. Alkalinity causes the body to hold more oxygen. Acid causes death.

I leave you with this thought… hospitals don't advertise that they use very high priced salt water IVs that they call saline solution on almost every patient they put into a bed. Why would they do that if it is so bad for you?

—From *Water and Salt, The Essence of Life* by Dr. Barbara Hendel and biophysicist Peter

Ferreira; *Salt Your Way to Health* by Dr. David Brownstein, M.D.

Sugar Feeds Cancer

Cancer cells have a massive dependence on sugar as a fuel source. The higher the blood sugar level, the higher the risk of cancer and every other disease.

What do we mean by sugar? The two most troublesome are refined white sugar and high fructose corn syrup. Fructose corn syrup alone is destroying the health of the American people.

Are you reading labels? Fructose corn syrup is a base or filler in thousands of foods you may not associate with being particularly sweet. It is a "sugar" that bypasses the pancreas causing massive increases in insulin, creating an epidemic of obesity.

Sugar causes high insulin levels that tell the body to store sugar as fat. It also tells the body not to release any stored fat. This makes it impossible to use our own stored body fat for energy. So excess sugar (carbohydrates, fructose corn syrup) in the diet not only makes us fat, but makes sure we stay fat.

High levels of insulin will cause major health problems. Think diabetes, hypertension, obesity, high cholesterol (and other lipids), heart disease and kidney disease. Female breast cancer, infertility and neurodegeneration are all caused by excess sugar, resulting in high insulin levels. Diets high in refined sugars release more insulin, causing excess fat storage.

Too much insulin caused by too much refined sugars is the key to the vast majority of chronic illness.

Less Sugar-Coated Options

What can the individual do? I believe there are options:

- Switch to a diet with as high a percentage of fresh vegetables as possible. Avoid most meats except chicken and fish.

This is simple but proven beyond a doubt to not only arrest diseases like cancer and heart disease, but to actually reverse them. Please view the DVD "Forks Over Knives."

The answer is change of diet, but this is anathema to the drug cartel that owns conventional medicine in the United States. They have ingrained the heresy that drugs replace food in the healing process.

- Switch your sweetener to stevia. At one time the FDA stopped stevia from coming into the U.S., and after that it had to be sold as a "dietary supplement," not as a sweetener. But that is no longer the case.

Stevia replaces all the bad sugars that play havoc with insulin balance and blood glucose. Stevia's most obvious and notable characteristic is its sweet taste. However, the sweet taste is not due to carbohydrate-based molecules, but to several non-caloric molecules called glycosides. The first glycoside molecule was isolated from stevia in 1931 by two French chemists named Bridel and Lavieille. It's called stevioside.

Other aspects of stevia are capturing people's attention. The herb is sold in some South American countries to aid diabetics and hypoglycemics. Individuals who cannot tolerate sugar or other sweeteners can use stevia.

Research has shown that a whole leaf concentrate has a regulating effect on the pancreas and helps stabilize blood sugar levels. Stevia is therefore useful to people with diabetes, hypoglycemia and Candidiasis.

Other traditional uses of stevia are: lowering elevated blood pressure (hypertension), as a digestive aid that also reduces gas and stomach acidity and to reduce obesity. The herb acts as a general tonic that increases energy levels and mental acuity.

It is a wonderful aid to weight loss and weight management because it contains no calories. In addition, research indicates that it significantly increases glucose tolerance and inhibits glucose absorption. People who ingest stevia daily often report a decrease in their desire for sweets and fatty foods. It may also improve digestion and gastrointestinal function, soothe upset stomachs and help speed recovery from minor illnesses.

Stevia also inhibits the growth of some bacteria and infectious organisms, including those that cause tooth decay and gum disease. Many individuals using stevia have reported a lower incidence of colds and flu. Many who have used stevia as

a mouthwash have experienced a significant decrease in gum disease.

Most health writers recommend stevia apart from all other sugars!

Testosterone and Anti-Aging

Aging men can improve their physical, sexual and psychological health by increasing and maintaining normal testosterone levels.

Male menopause (andropause), a syndrome related to aging, may begin in men as early as their 40s. Andropause consists of physical, sexual and psychological symptoms that include sexual dysfunction, weakness, fatigue, reduced muscle and bone mass, anemia, diminished reproductive abilities, depression, anxiety, irritability, insomnia, memory impairment and reduced cognitive function.

In short, males have a midlife crisis caused by declining levels of the dominant male hormone, testosterone. Testosterone levels begin dropping at a rate of 2 percent per year after age 40. Approximately half the men 60 to 80 years old have testosterone levels below normal.

As testosterone levels begin to decline around age 40 to 50, male virility begins a gradual decline attended by distinct and visible health problems.

Testosterone levels in women are about one-tenth that of men and theirs decline with age also.

In both men and women, sadly, their levels of estrogen begin an unnatural rise at the same age that testosterone levels begin to decline.

It's a double negative to lose testosterone and gain estrogen. The negative is further compounded by xenoestrogens—environmental and chemical estrogens. These are found in almost everything including plastic bowls and cups, Styrofoam products, household and farm pesticides and herbicides and the linings of cans that store our food products. From there they make their way onto and into our fruits, vegetables, dairy products and meats.

This excess estrogen begins to show in unnatural weight gain, especially around the midsection.

More to the point, female and male menopause seem to be triggered as natural testosterone and progesterone decline. At the very same time, men and especially women begin the onset of estrogen dominance.

Testosterone is Vital for Overall Health

The "change of life" syndrome is a change of hormone period attended by the beginning of sexual dysfunction, disturbed sleep, depression, heart disease and atherosclerosis, osteoporosis, prostate enlargement (BPH), cancer, muscle weakness, fatigue, irritability, thinning skin, slow wound healing, poor concentration and memory lapses. And with age all these health maladies get worse.

It is now becoming understood, mostly from the research and clinical practice in other countries, that natural testosterone offers important life-saving benefits ranging from relief from loss of libido to absolutely serious protection against heart disease, osteoporosis and prostate enlargement.

Big Profits for Big Pharma Suppress Importance of Hormone Balance

Well known to all of you is the fact that establishment medicine has a harsh and unworkable protocol for heart disease and cancer.

Profits roll in from "treating" cardiovascular disease as primarily a plumbing problem, focusing on the mechanical care of the pipes (arteries). Their attention is exclusively on the symptoms of heart disease—high cholesterol, hypertension, atherosclerosis, thrombosis, intermittent claudication, angina, etc., etc. They totally ignore the cause of cardiovascular disease (CVD).

The simple and sensible approach to the above health problems is the restoration of hormonal balance. And we certainly do not include HRT or synthetic estrogen therapy, which has, by the way, already been disclaimed officially after "treating" millions of women and sending thousands or even millions to their deaths.

Of course, the pharmaceuticals can't patent natural substances but they can use the police power of the government and the Food and Drug

Administration to put natural hormone boosting supplements under their jurisdiction, effectively making them drugs.

The health revolution, now a huge multibillion dollar annual business, is gaining exponentially. It is also quietly being stolen by the medical trust. Already many words, phrases and expressions as related to natural therapies cannot be used. No matter how true, certain words cannot be spoken by researchers and vendors. The miracle is that natural hormone balancing supplements have exploded into pronounced health benefits right under the nose of establishment medicine.

In men, natural testosterone minimizes risk factors for heart attack by reducing cholesterol and triglycerides, angina, atherosclerosis and high blood pressure and helps normalize blood clotting and obesity.

Hormone balance should be maintained to maximize health. A hormone is not a temporary fix and must be maintained over time for optimum health.

The Cholesterol Cover-Up

Testosterone and all hormones are derived from cholesterol. Cholesterol is also a vital component of all membranes. Negative cholesterol balance can lead to impotence as well as impaired cardiovascular function sometimes resulting in angina pectoris and other indicators of cardiovascular disease. Evidence continues to mount that cholesterol-lowering drugs are causing heart disease. Read *The Cholesterol Hoax: 101+ Lies* by Sheldon Zerden.

Medical focus should be on age-related decline in testosterone as it relates to cardiovascular disease and a pronounced decline in libido. Dr. Jens Moller's clinical findings using natural testosterone replacement fell into four general categories:

1) Complete healing of gangrene of the upper and lower extremities. This means that testosterone therapy greatly improves circulation—very important.
2) Great improvement of impaired carbohydrate metabolism.
3) Milder and fewer angina pectoris attacks, as well as normalized EKG findings.
4) Measurable increase of libido.

The treatment of cardiovascular disease with testosterone is not new at all. In the 1930s the Germans were using testosterone to successfully treat vascular disease.

They learned early on that impotency is a hormone imbalance as well as a vascular problem and that testosterone therapy not only helped impotency but also libido. It is well known that libido declines as testosterone declines in men and women. Testosterone then directly affects sexuality, provided of course that the penile arteries have not become seriously occluded.

Progesterone's Ability to Prevent and Reverse Many Cancers

We live in a world where everything we eat and use pushes us toward estrogen dominance. So using progesterone is a must to counteract or balance the body against it.

The most astonishing insights about progesterone have to do with its ability to help prevent and reverse many cancers. Many newer studies now show that estrogen, specifically estradiol, increases the risk for and actually causes breast cancer. The counter balance is progesterone.

Progesterone seems to prevent and treat prostate cancer, a plague to millions of men from age 50 up. Prostate cancer is the most common cancer in men.

Progesterone is also attributed with turning on the anti-cancer gene "p53." Therefore breast cancer cells do not multiply when women are on progesterone.

Men also make estrogen and estradiol but in much lower amounts than women. The male hormone testosterone is antagonist to estradiol and estrogen. Testosterone prevents estrogen (estradiol) from causing prostate cancer by destroying the prostate cancer cells it stimulates. Testosterone does not cause prostate cancer.

But the very first thing conventional medicine does in cases of prostate cancer or suspected prostate cancer is to induce an androgen (testosterone) blockade. They have been taught to block prostate cancer by blocking testosterone. Testosterone does not cause prostate cancer.

If testosterone caused cancer then every 19- and 20-year-old male would develop prostate cancer as these are the individuals with the highest levels.

Since males also produce progesterone, about half as much as females, the progesterone

prevents them from converting testosterone to di-hydro testosterone, stopping potential cancer. Progesterone inhibits 5-alpha reductase far more effectively than Proscar® and saw palmetto, which are the more standard agents employed in conventional and natural medicine.

Progesterone levels decrease in women at about age 35 and in men some 10 years later. So when man's progesterone decreases, the male's 5-alpha reductase converts testosterone to di-hydro testosterone which is useless at removing the prostate cancer cells that estradiol stimulates. Estradiol (estrogen) stimulates the enlargement of the prostate. This allows the prostate gland to swell and enlarge and often become prostate cancer.

Prostate enlargement is a major problem in most elderly men.

For many years I have used a progesterone cream as a prostate cancer preventive—daily—and I suggest all men do the same. Use about 1/8 to 1/4 teaspoon. It should not be more than 1.7 percent progesterone in a tube of cream.

Research also shows that progesterone may decrease male balding.

Benign Prostatic Hypertrophy (BPH)

Benign prostatic hypertrophy symptoms are classified as storage or incomplete voiding. It is sometimes called benign prostatic hyperplasia.

BPH can be a progressive disease, especially if left untreated. Incomplete voiding results in stasis of bacteria in the bladder residue and an increased risk of urinary tract infection. Urinary bladder stones are formed from the crystallization of salts in the residual urine.

There is a host of urologists, specialists in the U.S., who only attend to the prostate. Most males over age 50 are familiar with BPH and its symptoms including:

- Weak urinary stream
- Prolonged emptying of the bladder
- Abdominal straining
- Hesitancy
- Irregular need to urinate
- Incomplete bladder emptying
- Post-urination dribble
- Irritation during urination
- Frequent urination
- Nocturia (need to urinate during the night)
- Urgency
- Incontinence (involuntary leakage of urine)
- Bladder pain
- Dysuria (painful urination)
- Problems in ejaculation

Urinary retention, termed acute or chronic, is another form of progression. Acute urinary retention is the inability to void, while in chronic urinary retention the residual urinary volume gradually increases, and the bladder distends. Some patients that suffer from chronic urinary retention may eventually progress to renal failure, a condition termed obstructive uropathy.

Lack of alternative information drives men right into the offices of prostate doctors when they experience symptoms of BPH, which include swelling of the prostate gland (normally no larger than a hickory nut) leading to urinary hesitancy, frequent urination and dysuria (painful urination).

Screening and diagnostic procedures for BPH are similar to those used for prostate cancer. The symptoms alone cause anxiety in millions of men, but is further inflated by the over use of the PSA test by conventional medicine.

Tests, Tests and More Tests

Medical tests are a huge income-generating business for doctors, hospitals and labs. Everybody is tested many times over and over for everything, or for the slightest suspicion of a medical problem or the slightest imagination of a medical problem. It is so common and widespread that the general public confuses "tests" with treatment. It is assembly line medicine and mostly useless and misleading.

The procedure is usually a digital examination and a blood test. And if the doctor holds sway over the patient, he insists on a biopsy. This is the process that leads men to surgery as it is perfectly intended to do, and then straight downhill with prostate complications, not least of which is destruction of male sex life.

Remember, BPH tests are arbitrary and widely vary with men, but they are vital to the income of the medical profession. They present it as an infallible medical science.

Benign prostatic hypertrophy (BPH) may show elevated specific antigen (PSA) levels because of swelling of the prostate (increased organ volume) and inflammation due to urinary tract infections.

Preventive healthcare is essential to male prostate care. But preventive, alternative care is anathema to American medicine. After all, preventive care destroys and eliminates huge profits to the medical system. This is to say nothing of the suffering and death of tens-of-thousands of men.

Natural and Alternative Options

I have not had prostate cancer in my family, which I think is primarily due to consistent preventive care. Preventive care costs so little in time and money compared to the risk of conventional medical treatment.

Start as early as age 25. I like and use Beta-Sitosterol made from Hypoxis rooper (African stargrass). I also use stinging nettle. You can find these in health food or natural remedy stores.

For years I have kept a Ziplock® bag of pumpkin seeds (high in zinc) on my car seat to eat daily, at least two tablespoons.

Of course, none of these non-prescriptions are approved by the FDA or any agency, but they are approved and used in Europe.

Invasive therapy: Sometimes outpatient transurethral microwave thermotherapy (TUMT), kills excess tissue, shrinks the prostate and relieves the obstruction of the urethra and BPH symptoms. I had a similar procedure done in Germany years ago and it was successful.

I think that local outpatient procedures carry minimal risk, and the goal is decreased prostate size leading to significantly decreased nocturia, and improved urine stream with urinary bladder emptying. At the same time, this lessens the risk of infection.

All of this writing assumes non-malignancy. Even if there is malignancy, the utmost care should be exercised in opting for conventional prostate surgery. Remember that whatever happens to you men, the medical people all get paid in full. So consider that their advice could be profit motivated.

Finally, you can greatly relieve your BPH symptoms if you leave out caffeinated coffee. Coffee is a strong diuretic and compounds the symptoms of BPH.

Powerful Relief for Stubborn PMS Symptoms

"There have been more than 150 symptoms linked to PMS. Some of the most common ones include breast swelling, bloating, fatigue, decreased sex drive, irritability, anger, depression and mood swings. When it comes to relieving these symptoms, mainstream medicine's solutions are woefully inadequate."

—From Kerry Bone in Sept. 2011 issue of Nutrition and Healing, 1-630-286-4517.

The answer is the herb, the chaste tree berry. Kerry Bone recommends starting at around 250 to 500 mg/day of berry (or its equivalent in extract or tincture form). For best results the chaste tree should be taken over at least three menstrual cycles.

Irritable Bowels and Leaky Gut

Some 60 million to 70 million people suffer from diagnosable digestive problems. Combine this with the estimated number of undiagnosed digestive problems and you see we have an epidemic that far surpasses the fake swine flu epidemic foisted upon us by the World Health Organization and the Centers for Disease Control and Prevention.

In fact, some 234,000 people die from gastrointestinal problems each year, about 14 million are hospitalized with non-fatal GI conditions and another 1.9 million become disabled due to GI problems.

Many of these problems are caused by leaks in the intestinal tract, a condition known as a "leaky gut." The cells in the lining of the intestine is a natural barrier that, when functioning properly, allows only properly digested fats, proteins and starches to pass through into the bloodstream.

Damaging Inflammation

These cells of your lining

become damaged by inflammation caused by a poor diet, by prescription medications, by over-the-counter drugs, by stress and a myriad of other reasons. The damage causes tears, pockets and holes to form in the lining which allows unwanted and improperly digested particles to seep into the bloodstream.

Once these particles get into the bloodstream, the body's immune system views them as "foreign invaders" because they don't belong in the blood. Antibodies then activate to fight off the invasion. These antibodies can cause further damage to the intestinal lining.

As the damage grows worse, the lining becomes weaker and the holes become larger, allowing even larger substances to pass through into the body. These larger substances can be bacteria, undigested food and toxins.

When this begins to occur the body reacts by producing more antibodies and cytokines, which signal white blood cells to fight the invaders. This fight produces oxidants which cause irritation and inflammation throughout the body.

Inflammation in the body causes a host of health issues. In addition to gastrointestinal problems like irritable bowels, constipation, intestinal disturbances and rumblings, diarrhea and upset stomach, it can also lead to allergies, cardiovascular difficulties, joint soreness, autoimmune diseases, eczema or skin rashes and low energy levels, and other health problems.

Seek Naturally Soothing Nutrients

Big Pharma, of course, has created many drugs to address the symptoms. Not surprisingly, they are interested in sickness care, not in wellness.

Certain nutrients work well together to fortify intestinal health, repel and resist bacteria, coat and sooth irritation and tears, attack microbes and harmful bacteria, nourish cell tissues, stimulate helpful mucus creation and balance gastric juice levels. Visit a local health food or health supplement store and inquire about an intestinal health supplement that combines at least most of these nutrients: L-glutamine, deglycyrrizinated licorice (DLG), N-acetyl glucosamine, marshmallow root, berberine sulfate, cabbage powder, slippery elm, phosphatidylcholine and gamma oryzanol.

A healthy digestive system is crucial to proper nutrition and to reducing inflammation in the body. Without a properly functioning gastrointestinal tract, most of the nutritional supplements and healthy foods you eat are wasted.

Blood Clots

Dangerous blood clots are responsible for more than one million American deaths each year. Extra thrombin in your blood stream can lead to unwanted clots which clog your arteries and veins—and prevent nourishing blood from flowing freely in your body. These killer clots can travel through your system and lodge in the blood vessels of your heart, lungs and even your brain and that is when disaster can strike.

If you have circulation problems caused by blood clots, most doctors are quick to prescribe the blood thinner Plavix®—which can cost as much as $300 for a month's prescription.

Your doctor probably won't tell you about the numerous Plavix® users who reported cases of internal bleeding… diarrhea… upset stomach… vomiting… dark stools… and skin rash, hives or itching… Perhaps they consider these unhealthy side effects as part of the cost of doing business!

Doctors are just as unlikely to tell you about safer, all-natural alternatives to prescription blood thinners. Countless medical reports prove the effectiveness of these five blood-thinning nutrients:

- **Fish Oil or Cod Liver Oil—** both oils contain the Omega-3 fatty acids EPA and DHA which keep blood from clotting too quickly.
- **Gingko Biloba—**helps prevent abnormal blood clotting and improves blood flow to your heart and brain.
- **Vitamin B3 (Niacin)—**a study published in the *American Heart Journal* showed niacin was effective at lowering cholesterol and reducing the risk of blood clots.
- **L-Arginine—**reduces deposits of cell fragments in blood

vessels, which can produce unwanted blood clots; also helps increase production of nitric oxide to help relax the blood vessels at the site of existing clots.

- **Natto—**a fermented cheese-like food made from boiled soybeans and active bacteria; this 1,000-year-old Japanese remedy softens… dissolves… and can flush blood clots out of your body before they can harm you!

These remarkable remedies can help keep your blood flowing naturally—and strengthen your entire cardiovascular system. Plus, you won't experience the harmful side effects common to users of prescription blood thinners.

The Immune System and the Heart

We typically don't think of a weak immune system as having much to do with heart health, but undetected viruses and other antigens can prey on the cardiovascular system.

Natural medicine offers the most effective treatment against viruses, compared to the prescription drug Interferon, which has caused more suicides than all other drugs combined throughout history. The goal, along with correcting the diet and digestion, is to boost the natural killer cells to combat the virus. This can be done quite nicely with a synergistic combination of botanicals.

When considering heart disease and immunity, one also needs to consider liver function. C-reactive protein (CRP) is made in the liver as a response to inflammation. If your CRP test comes back normal while other markers for atherosclerosis are present, it could be due to fatty liver, the use of multiple drugs, or other issues that impair liver function.

When the liver is impaired, it simply won't crank out the CRP like it should, and lab levels for CRP will come back normal. Likewise, statin drugs lower CRP.

Another heart culprit is the amino acid homocysteine, which destroys arterial walls and promotes atherosclerosis. Most people understand high homocysteine levels to be related to B vitamin deficiencies, but too little stomach acid and the use of estrogen creams and birth control pills can also raise homocysteine.

A lesser-known culprit is poor liver function, when the liver's methylation pathway is not functioning. Therefore this pathway should always be supported in conjunction with the usual homocysteine-lowering therapies. Methly-B12 and Metacrin DX both support clearing the liver's methylation pathway.

Hormones and the Heart

When we think of hormones, we typically think of the sex hormones and how clumsily they function for many people. What most provokes atherosclerosis, however, is a less glamorous but exceptionally touchy hormone that we tend to abuse: Insulin.

After years of a high-carb, sugar-laden diet that calls on the pancreas repeatedly to flood the system with insulin, the body's cells become insulin resistant. This leaves excess amounts of insulin circulating through the bloodstream, leading to high blood pressure, thicker blood (which can gum up the cardiovascular system) and an increase of the enzyme activity that elevates cholesterol.

Heart Disease and Natural Bypass

The very high paid heart surgeons treat heart disease as clogged plumbing. This erroneous theory creates the largest segment of funding in hospital operating facilities. The more heart bypass operations, the better the hospital's finances.

The cornerstone of therapy for treatment and prevention of myocardial infarction is to remove blockages in coronary arteries that are thought to be the cause of the infarction. This of course is the widely accepted coronary artery thrombosis theory of infarction. According to this theory, arteries become clogged with plaque, caused by such things as smoking or high cholesterol. A clot forms a fissure in the plaque. The clot may shut off the blood flow of a coronary artery, causing a heart attack.

It is deceptively simple. The coronary arteries are clogged. No blood can flow, so the heart muscle cannot be supported and heart metabolism stops, leading

to death. All of you know this by heart. It's the party line.

But there is another theory that American medicine will never tell you. There is much clinical evidence in Germany showing remarkable success. It has been known as early as the 1960s.

The principle basis is that victims of fatal heart attacks have had no evidence whatsoever of coronary occlusion (blockage). Findings can be summarized as follows:

1) The coronary obstruction theory cannot adequately explain observed facts.
2) The major etiologic factor underlying myocardial infarction is a primary chemical destructive process, caused by unchecked metabolic acidosis (accumulation of acid) in the left ventricular tissue and substantially unrelated to coronary artery disease.
3) The regular clinical use of oral g-strophanthin (a cardiac glyoside derived from the West African plant *strophanthus gratus):*

   a. Prevents lethal myocardial tissue acidosis and thereby,

   b. Substantially reduces the incidence of myocardial infarction and completely prevents infarction deaths. Strophanthin is not available in the U.S. Alkaline water on a daily basis is a good substitute to alkalize the body.

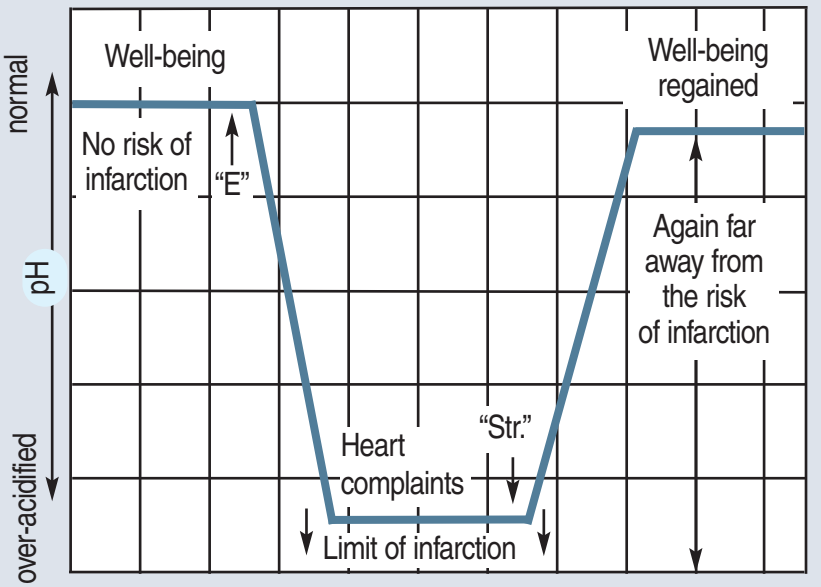
The reviewer in the *Circulation* article went on to note: **"These reports also present clear refutation of the most common explanation used to date to dismiss autopsy findings which detect NO coronary thrombi, i.e. that thrombi existed at infarction but have since lysed (dissolved) embolized or washed away."**

There appears to be no refutation in the literature of these findings.

When the tissues were later dissolved in acid, the entire structure of blood vessels in the heart was revealed. Kern hypothesized that bypass grafts were created naturally by the body via the collaterals when a coronary artery became blocked. Therefore heart bypass would be redundant to a large degree.

A study by Rentrop et al. in the April 1, 1988 issue of *The American Journal of Cardiology* produced results completely at odds with the coronary artery blockage theory and consistent with Kern's hypothesis. In an accompanying editorial, Dr. Stephen Epstein of the National Heart Lung and Blood Institute summarizes Rentrop and colleagues' "extremely important observations:"

They found that in an advanced state of the narrowing of the coronary arteries the supply of blood to the heart muscles is fully assured via collaterals that enlarge naturally in response



The y-coordinate measures pH value and the x-coordinate measures time in minutes. At point "E" the myocardium is damaged experimentally by oxygen deprivation, setting off the anaerobic cycle that causes continued decline in pH to the point of heart complaints. Further lowering of pH will induce infarction. At point ("Str."), the animal is given g-strophanthin. Within ten minutes the pH is restored to safety and the animal is out of danger.

to the blockage. Interestingly they observed that the more the coronaries narrow, the less danger there is of heart infarction.

Dr. Kern's second claim, i.e., his proposed new theory of metabolic acidosis, can be summarized as follows:

Metabolic conditions in the most healthy of hearts are, at best, marginal in the constantly beating left ventricle. This is the part of the heart responsible for pumping blood to most of the body, the right ventricle merely supplying the lungs. Oxygen and energy requirements are always perilously close to available supplies and any of several stressors may cause an oxygen/energy deficit with deterioration in oxidative metabolism and consequent development of acidosis. Lack of oxygen sets off the process of zymosis or fermentation metabolism, an anaerobic process which produces energy in the cells. This in turn lowers the pH.

This lowering of the pH sets off a destructive chemical process, literally a suicide reaction of the cell. Lysozymal enzymes are released causing cell self-digestion. This starts as a single point in the muscle, then many points, which eventually join to form a small area of necrotic tissue. Finally, a critical mass is reached, no bigger than the head of a pin, which triggers larger and larger areas of damaged tissue leading to infarction (heart attack).

This process, as demonstrated experimentally in animal studies conducted by Dr. Kern, is represented in the diagram on the previous page.

Ideally then, the remedy to address infarction would be a restoration of pH balance to the heart muscle, thereby preventing tissue damage and fatal infarction. The problem Kern faced was how to accomplish this without causing positive inotropy (increasing the strength of muscular contraction) i.e., without putting further stress on the contracting heart muscle itself. The cardiac glyosides, including digitalis and the strophanthin byproduct known as ouabain, are known to produce such a deleterious effect and this is why they are not effective against infarction.

This is where Kern made an important rediscovery. In reviewing the literature he came across the work of Dr. Edens, who in the 1920s had reported on a qualitatively different effect of strophanthin given intravenously versus orally. Specifically, the positive inotropic effects (increasing contraction) that accompanied intravenous administration were not observed with oral administration.

This important observation has been confirmed in a study by Belz published in the *European Journal of Clinical Pharmacology* in 1984. Utilizing a randomized, placebo controlled, double blind methodology the researchers found that the intravenous ouabain (strophanthin) produced the expected increase in cardiac inotrophy. However, the investigators stated quite definitely that, "…the single sublingual (oral) dose of ouabain did not exert a positive inotropic effect…"

The postulated mechanism of action, based on animal research done by Adams, Powell and Erdmann, is that there are two receptors in the heart, "high affinity" and "low affinity." High affinity receptors react to small concentrations of g-strophanthin, thereby avoiding positive inotrophy. It is thought that intravenous administration triggers low affinity receptors and thus positive inotrophy. Oral administration, on the other hand, triggers high affinity receptors and avoids this dangerous effect.

Dr. Kern reported results of his clinical practice in Stuttgart over the period 1947-1968 involving more than 15,000 cardiac patients. His patients treated with oral g-strophanthin experienced no fatal infarcts and only 20 non-fatal heart infarcts. These patients included many suffering infarction prior to entering the study. In contrast with these results, government statistics for the same time period would have predicted over 120 fatal heart infarctions and over 400 non-fatal infarctions in this group of patients.

—From *WRF News,* article by Wesley James entitled "G-Strophanthin: A New Approach for the Heart."

Summary: Dr. Berthold Kern, a German doctor, in the 1930s and 1940s observed that most myocardial infarctions (heart attacks) occur in patients

without any significant obstruction of the coronary artery supplying the infarcted tissue.

Even in the U.S. in 1980, over a dozen reports of post-mortem examination of infarcted hearts have consistently failed to corroborate the coronary artery thrombosis theory of heart attack. That is, victims of fatal heart attacks have had no evidence whatsoever of coronary occlusion.

Yet, this theory is the basis of the trillion dollar "heart therapy" industry in the United States. This, too, is a stealth conspiracy upon heart attack victims.

An example of the degree of nonconfirmation can be ascertained by the following quote from a 1980 article in *Circulation:* ***"These data support the concept that an occlusive coronary thrombus has no primary role in the pathogenesis of a myocardial infarct."***

It appears that the basis of infarction in the above article is over-acid in the system, or acidosis. It is a simple matter of keeping normal pH balance.

We know that death is the result of progressive acid saturation. We know that the American diet has for 100 years become more and more acid. I think that this has more and more to do with an overbalance of omega-6s coming from non-grass-fed cattle and junk food.

The American Medical Association recommends for the heart a more omega-6 diet. I believe the exact opposite. We need to reverse our omega-6 diet to an omega-3 diet by eating more fish. The Japanese have a much higher fish diet and considerably fewer heart attacks. Fresh salmon is my favorite omega-3. I try to eat fish daily.

So from the diagram on page 16, heart attack occurs at the point of over acidosis as demonstrated by lower pH. Likewise, quickly reversing or raising the pH, within ten minutes a heart attack is reversed.

Keeping check on one's body pH is no more complicated than keeping check on the pH of the water in a swimming pool. pH strips are available at most pharmacies. pH can be measured by saliva or urine.

I use alkaline drops, a few in a glass of water, to strive for a pH that is always slightly alkaline. Test your drink with the same pH strips to verify slight alkalinity.

Pharmaceuticals Create Diseases… And Then Offer a Drug Solution—A Scam!

The HPV Vaccine

Papilloma virus is known to be responsible for causing almost all incidences of cervical cancer. There are several strains of the human papilloma virus (HPV) but there are no visible symptoms for most of them, and a few of the strains are associated with cervical cancer. Genital warts may sometimes appear with some strains, but there is no evidence that practicing safe sex can prevent the virus from spreading.

Most HPV infections in young females are temporary and have little long-term significance. Seventy percent of infections are gone in 1 year and 90 percent in 2 years. However, when the infection persists—*in 5 percent to 10 percent of infected women*—there is high risk of developing precancerous lesions of the cervix, which can progress to invasive cervical cancer.

It is typically discovered during routine pelvic exams in which a pap smear is administered, but no red flags are raised about a possible HPV infection unless the smear comes back "abnormal." Of course everything is channeled through "your doctor" creating medical dependence on the system.

An article in *The Birmingham News* June 28, 2007 stated that University of Alabama (UAB) researchers passed a key clinical trial for a vaccine to prevent infections in women by HPV, which causes cervical cancer.

The HPV vaccine was in fact put in use, and has caused the deaths of several young girls. This information was reported by the *British Medical Journal* on July 9, 2007 from information they obtained by the U.S. Freedom of Information Act. The FDA would not release the information. Another 1,637 more have reported serious adverse reactions, hospitalizing some.

According to an article in *The Washington Post* on Oct. 26, 2011, the HPV vaccine is being

recommended for boys. **Yes, the pharmaceuticals want to "protect" 11- and 12-year-old boys from a virus that causes cancer in 5 percent to 10 percent of women infected with HPV!**

They never tire of perpetual marketing and they create markets out of their imagination. It pays them in the billions! Only in America!

The idea that an HPV vaccine is needed for the papilloma virus is a lie and a scam.

Flu Vaccine

During the cold and flu season, American medical establishments are famous for revving up the propaganda machine to scare you into getting jabbed with a flu vaccine. The medical authorities do a great job in convincing you that your very life could hang in the balance if you fail to get a yearly flu shot. But the truth is… flu shots have been known to contain these dangerous toxins:

- **Thimersol—**a form of POISONOUS mercury used to sterilize the vaccine!
- **Aluminum—**a heavy metal whose buildup in human tissue has been linked to seizures, fatigue, dementia, Alzheimer's and other mental problems!
- **Formaldehyde—**commonly used as EMBALMING FLUID!
- **Ethylene Glycol—**similar to ANTI-FREEZE and used to boost mercury's toxic power!

The heavy metals and chemicals in the flu shot can actually damage and weaken your defenses!

Don't count on your doctor, the CDC or the news media to tell you about the dangers and risks associated with flu shots. The American medical establishment has built a huge and profitable business pushing "snake oil" cures to various diseases.

And you can bet the pharmaceutical companies will continue to suppress the truth to protect their profit margins. Of course the government throws its support behind the pharmaceutical giants. After all, they're a rich source of huge political donations!

The critical nutrients you need to build your immunity are:

- Calcium lactate
- Vitamin D3
- Vitamin C complex
- Vitamin F—Omega fatty acids

These natural disease fighters can help boost and protect your immune system in ways that NO manmade vaccine ever will.

How to Avoid Getting Sick During a Flight

No data exists suggesting that people are more likely to get sick on a plane than elsewhere. But, it is a confined space that can facilitate the transfer of germs as well as diseases, like influenza. So what can you do to protect yourself while you fly?

Numerous devices and germ-fighting concoctions can be purchased to disinfect surfaces you might touch on a plane, but experts say that perhaps the best defense is simply washing your hands often.

USA Today offers a few tips to help you avoid bacteria and viruses that could make you sick:

- Be wary of the airplane lavatory. Numerous studies have shown that these are teeming with E. coli on almost every surface.
- Sanitize your seat. Pack disinfectant wipes and wipe down any surface you're using.
- Protect yourself from sick passengers. Don't rub your eyes or touch your nose or mouth—that's how many diseases spread.
- Don't go barefoot at security checkpoints. Wear or bring socks to avoid athlete's foot and other fungal infections.
- Fly at night whenever possible, when the earth is blocking most of the radiation from the sun.
- Keep yourself hydrated with water, NOT soda. Drinking sodas will synergistically worsen the damage from the radiation.
- Walk around on long flights to decrease the risk of blood clots. Avoid alcohol and avoid crossing your legs. Move your legs frequently during the flight, and wear loose clothing.
- Avoid junk food. Junk food is loaded with the unhealthy kind of salt, sugar and products from feedlot animals. Eating

these three things will greatly impair your germ fighting abilities.

In Conclusion

Now you're aware of some healthy alternatives to the dangerous prescription medicines the medical establishment often promotes as your "only hope."

You're also more aware of the role various government regulatory authorities play in developing propaganda to promote the interests of these drug companies—and to suppress vital health information.

And you are now armed with some essential knowledge to help you protect your health.

Don't lay down your weapons! These simple truths are vital tools to help you enjoy optimal health, renewed vitality and youthful energy!

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