

**A Preliminary Report on the new BEFE  
"Bio-Electric Field Enhancement" Unit**  
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## **Introduction**

For many years electromagnetic technology has been used in diagnostic and therapeutic devices, in both orthodox and complementary medicine. In the first half of the 20th century many of these devices were somewhat empirical and thus often considered ineffective. The advent of the pharmaceutical revolution significantly diminished the use of electromagnetism, especially in main stream "orthodox" medicine. However over the last 40 years the advent of sound, orthodox experimental work, such as that carried out by Dr R.O.Becker<sup>1</sup> in New York, has qualified both the harmful and therapeutic effects of electromagnetic fields. This in turn has led to the publication of numerous specialist papers and books on the subject.<sup>2</sup> Now in complementary medical fields, such as acupuncture and vibrational medicine, the advent of computer technology and advanced electronics has led to the significant development of effective diagnostic and therapeutic tools.<sup>3</sup> The BioElectric Field Enhancement (BEFE) unit is one of these tools<sup>3</sup> and represents a significant advance in the development of electromagnetic medicine. Having personally worked with the BEFE in my integrative medical practice and studied reports of its success amongst colleagues, I am convinced electromagnetic/energetic medicine will play a much bigger role in the future.

## **Description**

Based upon an interpretation of Quantum Theory, the BEFE unit is an Australian device, designed to provide an external source of "negative electron" energy for the body. As the manufacturer insists on pointing out, in this capacity it is not a medical device and does not actually diagnose, cure or treat any disease, or condition. In reality it is a sophisticated spa, energizing the water, which is used as a conductive medium. All living things possess energy fields, thus when a person bathes in the water and takes a BEFE bath, the body absorbs the energy provided to use as needed. Since the quality of design and manufacture are of medical grade and the unit is used in water, the BEFE has received official approval from the TGA in Australia, (Australian equivalent to the FDA) and is marketed there as a therapeutic spa/medical device. It has undergone stringent testing and has been shown to be safe to use in the manner advised.

This unit consists of a double-insulated, step-down transformer producing a smooth, rectified, 24 volt, DC supply to a unique, water electrode array. The design and structure of the array is crucial to the efficacy of the unit, a patent has been applied for. The arrangement of the copper and stainless steel plates, combined with the proprietary electronics, creates specific electromagnetic frequencies and harmonics, which are transmitted to the body through the water medium.

## **Method of Use**

In practice part or whole of the body is immersed in the water, and the device turned on for up to 35 minutes. The electrode array causes basic electrolysis of the water, gas bubbles are seen to be released from the plates. The charging effect causes dissolved impurities in the water to be precipitated. This leads to discoloration of the water, sedimentation and the formation of a scum on the surface. Much of this is coming from the water itself and not from the person in the bath, although

there does appear to be a significant detoxification effect. At the same time the BEFE generates negative electrons, which are released into the water as a waveform, synergistic with the electrical state of the person being treated. The proprietary electronic circuitry ensures the energy waveform matches and enhances that of the individual in the water.

Of interest, when some people start using this unit they experience mild tingling or sensations at the site of old operations or injuries. It is thought this may be due to the area becoming energized. Tap water is used and the mineral and chemical content of this varies between areas. Thus the discoloration seen during a BEFE treatment will vary according to the water source. Furthermore, in spite of using the same water source, the water discoloration seen varies between individuals and may change with the number of baths or the person's state of health. The constantly changing bio-electric field around every person and probably causes a unique response in the precipitation of particles from the water, thus causing the unique color changes during bathing. During initial use of the spa the water is often discolored. As a person continues to use the spa and responds to the energy source, the water color tends to improve and lighten. However these are merely observations and should not be overemphasized. The color change does not relate to toxin release. Response to the BEFE may occur slowly with regular use over a period of time. Occasional use may not produce the desired response. Use is limited to 35 minutes alternate days. Do not use this treatment during pregnancy or in conjunction with a pacemaker, immunosuppressive drugs or organ transplant.

## **Experimental Results**

Monitoring electron generation using a specifically designed ORP (Oxygen-Reduction-Potential) meter, indicates water may run at + 400 to + 450. Once the BEFE is running, the ORP reading will change as the electron content of the water and immersed body is equilibrated. Initially, as the body takes up available energy, the ORP reading changes very little. However when the body reaches equilibrium, the electron content of the water begins to increase and a drop in the ORP reading is noted. The "electron drop" can be slow or rapid, and appears to be related to the state of the individual taking the treatment. Negative figures of -400 to -600 have been recorded and may relate to overall vitality and healing capacity. Experts in the field of energetic medicine now speculate the change in electron status of the body is linked to a subtle shift in base balance, leading to an "Alkalinization" of the body. If true this would suggest a possible mechanism for the enhanced vitality and healing attributed to hydrotherapy generally. Perhaps this also provides a key to the alleged benefits of natural spa waters.

## **Clinical Observations**

An increasing number of personal testimonials draw attention to the uniqueness and efficacy of the BEFE unit in providing energy for the body to heal itself. In my mind there is no doubt the natural healing potential of the human body has been severely underestimated by orthodox scientists and physicians. Orthodox medicine is generally based upon the principal of cutting (surgery), burning (radiotherapy), or poisoning (therapeutics) pathology to effect what is called "treatment" or a "cure." This does not diagnose or treat disease. However, by providing negative electrons, it provides energy for the body to use as required, acting as a supportive "spa" or stress relief device and works well in conjunction with other therapeutic modalities.

## **Personal observations have included the following cases:**

A 45 years old female with terminal cancer of the brain. The tumor could only be partially resected due

to its position. In spite of medication she was left with headaches, double vision, facial numbness and pain, tremor of the hands, weight loss and depression. She had lived a month longer than predicted. She began supportive nutritional therapy and took BEFE baths every other day. After six weeks she ceased to use this instrument and when reviewed, had lost all her symptoms, regained weight and had determined to return to work. A 42 years old male diagnosed with AIDS following an outbreak of severe herpes zoster, began supportive nutrition and BEFE baths for 35 minutes alternate days. He has continued this regime for over 18 months. During that time his clinician has noted a sustained improvement in T cell count and a reduction of viral load. Clinically he has regained energy and continued a normal life. At this point he has not required anti-viral therapy.

A 53 years old female, suffering from chronic fatigue and fibromyalgia affecting the back, consented to one treatment. She slept deeply and was tired the following day, after which she regained a new energy level. Back pain was eased and nocturnal spasms disappeared. She had a previous history of prolapsed intervertebral disc with occasional exacerbations of sciatic nerve pain. On one occasion she was confined to bed following such an attack of pain radiating to both legs. Use of the BEFE was limited to immersing one hand in a bowl of water, but a single session of 35 minutes still proved effective in relieving spasm and promoting relaxation.

Other anecdotal reports indicate the use of this instrument in a variety of conditions may support concurrent medical treatments, promoting extraordinary levels of improvement and healing.

Associated conditions include:

- Easing arthritic pain and disability
- Energizing effect in chronic fatigue syndrome.
- Energizing and strengthening neuromuscular function in multiple sclerosis.
- Supportive therapy in cancer recovery.
- Rejuvenating effect in diabetic neuropathy.
- Normalizing renal function.
- Normalizing effect in autism.
- Symptomatic improvement in neurological conditions including Parkinson's disease and stroke.
- Improved memory in Alzheimer's disease.
- Enhanced detoxification and excretion of toxic heavy metals.

### **Case History--Heavy Metal Detoxification**

Analysis of urinary toxic metal excretion on a 27 year-old female pre and post treatment showed significant increased urinary elimination of aluminum, peaking at 110 micrograms/24 hours (normal range 0-37). Urinary elimination of nickel, cadmium and arsenic also increased, but none exceeded the normal laboratory ranges.

(mcgs/24hrs) Before RX BEFE Rx1 BEFE Rx5

Day: 1 2 13

Aluminum (0-37) 0 23 110

Arsenic (0-140) 23 43 31

Cadmium (0-3) 0.1 0.3 0.3

Mercury (0-5) 2.4 2 0

Nickel (0-20) 1.6 5.8 4.6

### **Case History--Electro-meridian Balancing**

Many alternative practitioners use electronic measurement of acupuncture meridians when assessing

disease progress and therapeutic response. It has been postulated the value of aBEFE bath lies in its effect on balancing body meridians, thus it was interesting to receive the results of a clinical case study from one such practitioner. Trained in the use of electroacupuncture, she measured the charge recorded at the end of each meridian, both before and after the subject took a BEFE bath. The sum total of the meridians was averaged and compared, the results being as follows. At the same time she noted the before and after resting blood pressure:

### **Electromeridian Examination Results:**

Average Value of Meridians

Pre Bath: 76 105 95

Post Bath: 101 111 101

Difference: 25 6 6

### **Blood Pressure response to BEFE Baths:**

No of baths: 1 4 7

Resting BP 140/100 130/97 120/90

Her results indicate this unit increased meridian energy. what is also noted is the difference between before and after was more marked the first time this instrument was used. Individual reading (data on file) indicated a balancing effect between the left and right pathways following a BEFE bath. Finally she noticed a modest reduction in resting blood pressure. Admittedly this is a single case study and the results cannot be extrapolated. However the trend is interesting and indicates the need for further research.

### **Conclusion**

In my opinion the BEFE unit represents a significant advance in Energetic Medicine. It is a spa device, which appears to be associated with providing negative electron energy, enabling the body to accomplish remarkable detoxification, elimination of heavy metals, and balancing of inherent energy fields. As a therapeutic spa it promises to be an extremely useful adjunct to both orthodox and complementary medical therapies. Initial observations and anecdotal reports indicate it warrants further investigation. Detailed clinical trials and plot studies will be available shortly. Richard Marsh specializes in Integrative Medicine. For many years he practiced in England as a Primary Care Physician with special interest in Nutritional Medicine and Holistic Cancer Therapy. He has also worked in the Pharmaceutical Industry and been involved in the development of HGH secretagogues. He has lectured extensively on Nutrition and Anti-Aging.



We are not suggesting you use three ionzers at the same time. This done for classes, so students can feel what much more energy feels like and notice the differences that may occur on each foot or hands.

We have used ionized baths on babies with rashes and dogs with joint pain with great results reported.

We are interested in the result you or your clients may have experienced.

Send your testimonials to: [GoToMySpa@aol.com](mailto:GoToMySpa@aol.com)

To order go to: [www.gotomyspa.com](http://www.gotomyspa.com) or

Call: 877-694-3298.



## HOW DOES THIS WORK?

It ionizes water by moving one of the hydrogens from one water molecule to another. Water is H-H-O and with a second water H-H-O, by adding energy it will break the bond of the water and free up the H, H, and the O. So it results in H-O and H-H-H-O.

Positive ions makes the water acidic, which in turn: helps hydration, kills bacteria and fungus on contact, soothes nerves, and is used as a disinfectant.

Negative ions makes the water alkaline, which in turn: stimulates nerves, increases blood circulation, and softens tissues.

### HOW CAN IT MAKE ACID WATER AND ALKALINE WATER?

For example, a water sample has a pH of 6.0 (slightly acidic) will always become a pH of 7.0. Water that is 7.0 is neither acidic or alkaline, it is balanced water. So the unit makes acidic water and alkaline water equally that makes any unbalanced water become balanced.

### WHAT ARE THE BENEFITS?

#### Positive Ion - Acidic Water

1. Skin becomes more hydrated. The number one cause of all disease is dehydration.
2. Fungus disappears from under the nail. Acid water kills bacteria and fungus on contact.
3. People become more relaxed. Soothes nerves.
4. Used before any service (pedicure, manicure, foot examination, etc.). Disinfects.

#### Negative Ion - Alkaline Water

5. People become more energized. Stimulates nerves.
6. Diabetics feel their toes, people feel itchy or tingles. Increases blood circulation.
7. Calluses dissolve and skin is soft for weeks. Softens tissues.

# The Experience Life Technologies Bio Energies Field Enhancement

Established 1996

## An explanation of why water will change ® colour when using the Q ENERGYspa and what this means.

It is very difficult to discern anything from the water colour changes and sediments that precipitate out during a session with ®the Q ENERGYspa . It is a very complex interaction of the bio energetic field of the person (their Aura), the water, and the activated Orb of the Q ENERGYspa®.

If water conditions are "destabilizing" to the positive rings, a number of reactions occur that result in the positive elements contributing to sediment and colour. Add to this the myriad of dissolved solids and chemicals already present in the water reacting with the field produced the temperature of the water and you can have considerable precipitation of varied sediments of many different colours and textures.

When combined with the Bio energetic field of the person having the session this complexity increases enormously. In many instances where the water turns colour, it will do so without the presence of anyone in the water, however, the interesting thing is that when all these interactions occur, the influence of the individual can be very interesting.

It really is not possible to discern meaning in the water post session other than at an energetic level. Our experience has been that as a persons' energy field becomes more balanced or coherent (i.e. as their body comes back into balance), their energy field contributes less to the destabilisation of the positive rings, and therefore, there is generally less discolouration of the water. In fact, we've seen that a coherent energy field (someone who is in balance) can have a stabilizing affect on the process, so much so that the water colour/sediments/textures for these individuals is lighter/different and in some cases non existent than the baseline water without anyone in it.



Water temperature 33° Celsius



After 35 minutes

Experiment  
carried out  
using  
earlier  
model 3024  
power  
supply  
and an  
Array.



Water temperature 61° Celsius



After 35 minutes

There are interesting energetic exchanges that can be observed with different individuals having a session but at this time we have not found any reliable method that can evaluate what these sediments may indicate or represent due to the incredibly large number of variables present for each individual session.

Even people with similar conditions can present vastly differing water samples post session due to each person's unique energy signature and other contributing factors at the time of the session.

It is a misguided (or there may be another word for it) person who would try to correlate specific colours and conditions of the water with "things" released from the body or a particular condition suffered. It is our opinion there are so many variables it is virtually impossible to do this with any real degree of accuracy. Especially, if a baseline sample i.e. water "charged" by ®the Q ENERGYspa without anyone in contact with that water is not taken for the specific day that the sessions occur. Water is a living thing and is affected by many external factors even changes in water temperature have shown to influence significant differences in water colour and amounts of sedimentation on the same day using the same container and the same water source with no one present.

I would take the following chart (what some manufacturers claim the colors mean) with a grain of salt until you can deduce what the colors, the smells and the solids signify for yourself, if anything.

## Foot Detox - After Bath Residue: What Does It Mean? How Does It Work?

Foot detox therapy removes the body's toxins by generating a mix of positive and negative ions which are able to attach themselves to impurities that are oppositely charged and eliminating them through the reflex points of the feet by the way of osmosis. Following a series of treatments, the user generally experiences an extraordinary release of toxic materials, experiencing a sense of heightened well being and energy enhancement. This may be obtained with nutrition program based on your own individual bio-chemistry, daily exercise program and foot detox maintenance treatment as little as once a month.

For optimum results: Series of fourteen 30 minute sessions (no more than twice a week is best) followed by once a week for a month, followed by once every two weeks for a month, then once a month for maintenance or when ever user feels toxic load. Individual decides what is best.

This product is not evaluated by the F.D.A. These statements are for informational purposes only. This product is not intended to treat, cure, diagnose or prevent disease. Certain individual's health conditions would preclude them from using the Ion Generator.

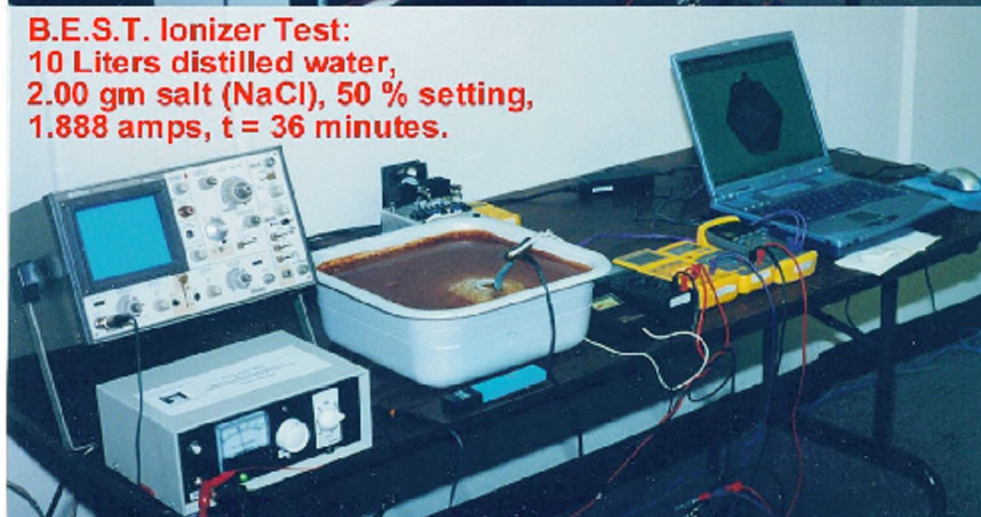
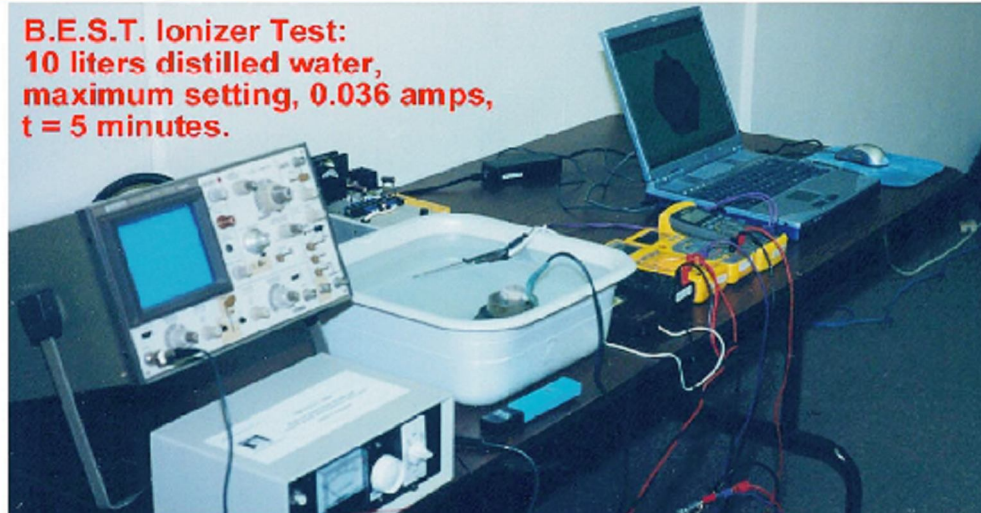
### PRACTICAL OBSERVATION USUALLY INDICATES

Dark Yellow Bladder Toxins  
Reddish Green Kidney Toxins  
Amber Urinary Tract Toxins  
Orange Joint Toxins  
Black Liver Toxins  
Dark Green Gallbladder Toxin  
White Foam Lymphatic System Drainage  
Black Flecks Cadmium Heavy Metals  
Red Flecks Blood Clot Material  
White Cheese Like Particles Yeast and Candida  
Light Brown Cellular Debris From Lungs  
Smelly Purple Old Locked in Drugs  
Mucous Substance Allergy Medication/Allergy By-Product  
Rancid Odors Apoptosis By-Product, Cancer Cells  
Tiny Specks Pin Worms  
Little Creatures Parasites  
Snake Like Creatures Worms, Parasites  
Attachins Reddish Brown Glue Cardiovascular Toxins  
Oily Substance on Top of Water Bad Cholesterol  
Dark Brown Backed Up Colon By-Product  
Brown Liver  
Rancid Odor Cell Death  
Thick Radiator Water Toxic Time Bomb  
Brown Flakes Skin Toxins/Very Toxic



Yellow Green Toxic Female Svstem Discharee/Hormonal Imbalance  
Yellow Green Male Prostate Discharee  
Brown/Black Locked in Tobacco Substances  
Orange/Brown Arthritis Medications and/or Bv-Products  
Floatine Black Formations Brain Receptor Toxins  
Metallic Smell Heaw Metal Toxicity-Lead, Mercury, Cadmium, Aluminum  
Pooh-Pooh Smell Autointoxication/Lifetime Back Up Of The Colon  
Substances That Cluster Mal-Absomtion Syndrome  
Multiple Slimv Goo Bad Cholesterol, Fat, Triglycerides

\*These are **not** our recommendations (Ionic Researchrs Association), nor can anyone tell you what is the best use of the Ionic Spa. Some people use it everyday. Some a couple times a week. Some every couple of weeks. Some once a month. It totally depends on your issues and what amount of energy you feel you need to maintain good health. The length of each session is what seems effective to you, but we do recommend, at least for the first time, that you limit the length of your session to 15 minutes.



We are showing different systems and the different kind of tests that are done, but they can all be equated with our system (Ionic S.P.A., by Ionic Researchers Association) since all Ionic Spa's or BEFE (Bio-Electrical Field Enhancers) work exactly the same way and do the exact same thing. They all energize the body. Some are more expensive than others. Some don't last as long (the metal element must be replaced for they all wear away). Some are safer than others. Some are easier to use than others, but the aim is the same.

Below is another study that is 24 pages long, but may be valuable if you are a scientist or Doctor Interested in how ionic devices effect mood and brain waves.

# Research Report

## "Q - The Experience" Scientifically Evaluated Mood and Brain Wave Testing Before and After Q-Footbaths

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Biocybernaut Institute, Inc.  
San Francisco, CA

**Introduction.** The purpose of this study was to begin to discover and to understand the range of effects of the Q-The Experience ["Q"] technology when it is used as an enhancement to a footbath with human subjects (Ss). Anecdotal reports of beneficial effects and surprising healings abound (See Appendix A), but the purpose of this study was to examine, in a more formal manner, the Q effects on alpha brain waves (EEG) and on moods and emotions in human subjects.

**Design.** The study design was a single blind crossover design with 30 paid subjects randomly assigned to have either a Placebo footbath or a Q footbath for 35 minutes on each of two days, with one day in between the two sessions. If a given subject was in the Placebo group on the first session, this same subject was in the Treatment group on the second session and vice versa. Batteries of personality tests were given on the first day. On both days, blood pressure was measured and subjective pain reports were collected six times per day. Computerized mood scale assessments were made three times per day to assess moods **Before**, **During**, and **After** the footbath. Following each day's first mood scale, the "Before" mood scale, there were three EEG baselines in which EEG activity was recorded from eight cortical locations (O<sub>1</sub>, O<sub>2</sub>, C<sub>3</sub>, C<sub>4</sub>, T<sub>3</sub>, T<sub>4</sub>, F<sub>3</sub>, F<sub>4</sub>). The EEG activity at each cortical location was filtered into eight different filter bands, including Broad Band Alpha, which was the EEG data used in the analysis for this study. At each of the 8 cortical locations the 8 filter bands (64 total channels of data) were scored by computer to assess the integrated amplitude scores, which were quantified every 15 seconds. The Pre-footbath EEG baseline conditions were **Eyes Open (EO)** (with lights on), **Eyes Closed (EC)** (in the dark), and **White Noise (WN)** (also in the dark). The White Noise, like the Eyes Closed, was done with eyes closed in the dark, but unlike the Eyes Closed condition, the White Noise had an auditory environment that include both the computer generated white noise and pseudo-randomly occurring auditory "beep" signals which the Ss were instructed to detect and to count, in a purely mental way (i.e. no counting on fingers was allowed).

Following these three Pre-footbath EEG baselines (EO, EC, WN), Ss were given a 35 minute footbath using tap water that had been heated to between 105 and 108 degrees Fahrenheit. Immediately after the footbath, and with their feet still in the water, Ss

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completed the “During” mood scale to describe how they felt during the footbath. Then the three EEG baselines were repeated to have Post-footbath EEG measures. The Post-footbath EEG baselines were given in the following order: White Noise, Eyes Closed, and Eyes Open. Following these EEG baselines, the Ss completed the final “After” mood scale to describe how they felt right at that moment, now that the experience was over. Then their EEG electrodes were removed, there was a brief discussion, and they were free to leave the laboratory.

The second day was identical procedurally except for the fact that there was no personality testing. Ss were randomly assigned, by a random number table, to be in either a Placebo or a Q Treatment condition on Day 1. Whatever condition they did not have on Day 1 they had on Day 2. The randomization produced 15 of the 30 Ss having the Q Treatment on Day 1 and 15 of the 30 Ss having the Placebo condition on Day 1. The Placebo condition was identical procedurally to the Q Treatment condition except that the running (i.e. plugged in and turned on) power supply was not connected to the “Energizer Unit” containing the ring disk plates that was always inserted into the water between the two feet of the Ss. The Ss had no idea that only one of their two days was a Q-Treatment footbath and that the other day was a Placebo footbath. Only the Laboratory Director knew which Ss were receiving which condition on any given day.

**Subjects.** The 30 experimental Ss were 16 men and 14 women who volunteered for a footbath research study. They ranged in age from 18 to 77 years. They were randomly assigned, with a random number table, to be in either the Placebo or Treatment group for their first session, with a single crossover given in a second session so the Placebo-first Ss had the Treatment in their second session, and the Treatment-first Ss had the Placebo condition in their second session. By the random assignment, the Placebo-first Ss were 5 women and 10 men, and the Treatment-first Ss were 9 women and 6 men. All Ss were volunteers who were paid \$250 for their participation.

**Method (Equipment).** All peripheral modality data (heart rate, blood pressure) were collected with an Omron automatic inflation electronic digital blood pressure/pulse monitoring system. All EEG data were collected with either a Biocybernaut Institute Mark 8 Hybrid Spectral Analysis system or a Biocybernaut Institute Mark 9 DSP-based Digital Spectral Analysis system, both with 64 channels of A/D converted signals. The Mark 8 had a 12 bit A/D and the Mark 9 had a 16 bit A/D. Both the Mark 8 and Mark 9 systems were calibrated so that a 50 microvolt EEG input produced an integrated amplitude output score of 1,500. Input to the A/D of each system was provided by 8 EEG amplifiers, each with 8 analog or digital filters per EEG channel. The Biocybernaut Institute EEG filters were very sharp (300-400 dB/octave roll off), and very flat in the pass band ( $1/3$  dB ripple in the pass band). The filters provided delta, slow theta, fast theta, slow alpha, broad band

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alpha, fast alpha, slow beta, and broad band beta signals on each of the 8 EEG channels. Both the Mark 8 and Mark 9 systems were configured to provide measurement on bilateral Occipital, Central, Temporal, and Frontal EEGs (O<sub>1</sub>, O<sub>2</sub>, C<sub>3</sub>, C<sub>4</sub>, T<sub>3</sub>, T<sub>4</sub>, F<sub>3</sub>, F<sub>4</sub>). EEG recording was monopolar to linked ears reference. Mood scales were administered and scored automatically by the Biocybernaut Institute Computerized Mood Scale Assessment Program (BICMSAP), which interacts with the Ss through a keyboard and a color monitor while they are wired for EEG and plugged into the EEG amplifiers and EEG analysis system (BIOFO).

**Method (Procedure).** Subjects (Ss) were recruited through newspaper ads that invited people with large English reading vocabularies to participate in two days of research studies on a footbath technology for which they could receive up to \$250.00 per person. Hundreds of people responded. They responded by calling assigned phone numbers where they reached an interviewer. Then they were interviewed by phone to determine their suitability for the study. Many issues needed to be discussed and clarified in these phone calls, including the person's age (at least 18), availability on two days that were one day apart and were within a two week period during August, 2002. Transportation and location issues were discussed and clarified as well as appropriate dress for the study. For example women were requested NOT to wear dresses for modesty issues as the technician was required to crawl under a table to place and remove the footbath. The table purposely obscured the Ss' view of the footbath and the water to perfectly maintain the single blind, since in the Q-Treatment condition there is often discoloration of the water and flocculence. In addition to other screening questions, potential Ss were given a vocabulary test to ensure that they did, in fact, have a large English reading vocabulary. Words for this test were drawn from the computerized mood scales that would be used in the testing. If potential Ss achieved a perfect score on this vocabulary test, then they were accepted into the study and scheduled for sessions that were open in the testing schedule. If potential Ss did NOT achieve a perfect score on the vocabulary test, then they were invited to consider an alternative method of qualifying for the study. They could receive by fax or email the list of words used in the computerized mood scales. They could then study this list and learn the words to perfection. Once they had done this they were invited to call again and take a second vocabulary test. If they achieved a perfect score on this second vocabulary test then they were scheduled for available sessions.

Ss were told that the first day would involve personality testing prior to the other procedures of the study, and that these tests would take three or more hours. Upon arrival at the Biocybernaut Institute Laboratory, Ss were given first the Informed Consent Form (See Appendix B). Once they had read and signed the Informed Consent Form, they were given a folder containing the personality tests along with a brief explanation of how best to fill out the personality tests and in which order to fill them out. The personality tests given

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included the “granddaddy” of Personality tests, the Minnesota Multiphasic Personality Inventory (MMPI), which has 566 True/False questions and is very good at detecting and quantifying degrees of dysfunctionality or psychopathology. In addition, there was also a test to assess the other end of the continuum that runs from dysfunctional to hyperfunctional. This test for the positive end of the functionality spectrum was the operationalization of Maslow’s Self-Actualizing Personality concept, which is embodied in the Personality Orientation Inventory (POI). In addition, there was the Psychology of Happiness Inventory (PsychHap), and the Trait forms of the Biocybernaut Institute Emotion Survey (BIES), the Clyde Mood Scale (CMS), and the Biocybernaut Institute Mood Inventory (BIMI).

The Biocybernaut Institute computerized mood scales were given three times each day. The first administration ("Pre") was before the footbath with instructions to describe how the person felt "*right now*." This was followed by three EEG baselines: Eyes Open ("EO"), Eyes Closed ("EC"), and Eyes Closed with White Noise and beep signals to count ("WN"). Then the footbath was taken for 35 minutes. Immediately after the footbath, and while their feet were still in the warm water, Ss completed the second set of computerized mood scales ("During"), with instructions to describe how they felt "*during the footbath*". Then the three EEG baselines were run again: WN, EC, and EO. This was followed by the third and final computerized mood scale ("Post"), which asked Ss to describe how they felt "*right now*."

## **Results and Discussions.**

### **Mood Scale Results.**

There are 21 moods that are evaluated by the Biocybernaut Institute Computerized Mood Scale Assessment Program (BICMSAP):

Biocybernaut Institute Emotion Survey (BIES)

1] Anxiety - Total (composed of 2 parts:)

2] Conscious Anxiety &

3] Unconscious Anxiety

4] Depression - Total (composed of 2 parts:)

5] Conscious Depression &

6] Unconscious Depression,

7] Hostility - Total (composed of 2 parts:)

8] Conscious Hostility &

9] Unconscious Hostility

Clyde Mood Scale (CMS)

10] Friendly

11] Energy

12] Clear Thinking

13] Sleepy

14] Unhappy

15] Dizzy

Biocybernaut Institute Mood Inventory (BIMI)

16] Taut & Apprehensive

17] Dejected & Depressed

18] Befuddled & Confused

19] Angry & Hateful

20] Exhausted

21] Strong & Robust

### **Pre-test Comparisons of Mood Scale Scores between Placebo & Treatment Ss.**

The first step of data analysis used *t*-tests to compare Treatment experimental Ss and Placebo control Ss on their Pre-tests to see how well the two groups of Ss were matched (significance level is  $p < .05$ ). Comparing all 30 Ss and looking at their Treatment Vs Placebo contrasts, the two groups were very well matched on their pre-tests. There was

only 1 of the 21 pre-test moods that reached statistical significance to indicate a difference between the two groups on their pre-tests, and, by chance, we would expect 1 out of 20 comparisons to be significant (different) at the  $p < .05$  level. The one mood that differed between Treatment and Placebo Ss in the Pre-tests was **Unconscious Depression**,  $t = +2.105061$ ,  $df = 29$ ,  $p < .025$ . The Ss who were subsequently to have the Q-Treatment on the first day were significantly higher in Unconscious Depression than the Ss who were subsequently to have the Placebo condition on their first day. The difference was 1.73 points on an Unconscious Depression scale that ranges from 0 up into the mid-30's.

**"During-footbath" comparisons between Placebo and Treatment Ss.**

Both groups completed a 2<sup>nd</sup> mood scale each day at the end of the 35 minute footbath, and this was done while their feet were still in the water, however the power supply for the Q The Experience unit was turned off and the energizer unit was removed from the water prior to their completing this 2<sup>nd</sup> or "During-footbath" mood scale. Mindful of the fact that, by chance, we would expect 1 of the 21 moods to be significant at the  $p < .05$  level (simply by chance), it is instructive that 6 of the 21 moods showed significant differences between the Treatment Group and the Placebo Control group During the footbath. These six moods showing significant differences between Treatment and Placebo Groups were:

**Table 1**  
 During-Footbath Contrasts Between Placebo and Treatment Ss

Mood	<i>t</i> -score	Degrees of Freedom	Probability Level	Mood Score Difference
Conscious Hostility	-1.92055	29	$p < .05$	-0.467
Friendly	+3.063951	29	$p < .0025$	+4.933
Energy	+2.43851	29	$p < .025$	+2.133
Clear Thinking	+2.096929	29	$p < .025$	+2.800
Dizzy	+2.276389	29	$p < .025$	+3.200
Strong & Robust	+2.45135	29	$p < .025$	+3.333

The range of the Conscious Hostility and the Strong & Robust scales is from 0 up into the mid-30s. The other four scales (Friendly, Energy, Clear Thinking, and Dizzy) have a mean of 50 and a standard deviation of 10, so the large and highly significant increase of Friendly During the Treatment footbath (relative to the Placebo Control footbath) is almost half a standard deviation of difference between the two groups. The Dizzy scale has a large physical component, and it is interesting that there can be increases of both Clear Thinking



and Dizzy during the Q-Treatment footbath relative to the Placebo Control footbath. The Treatment Ss were less Hostile than the Placebo subjects during the footbath, which suggests that the footbath made them less hostile. The footbath also made the Treatment subjects more Friendly, more Energetic, and more Clear Thinking than the Placebo subjects. The Treatment footbath also made subjects more Strong & Robust than did the Placebo footbath. The Treatment Ss also had increases of Dizziness during their footbaths, more so than did the Placebo Ss. As noted above, Dizzy has a large physical component, so the Treatment Ss were both more Clear Thinking and more Dizzy than were the Placebo Ss. The Treatment clearly has an effect During the Treatment footbath process, which the Placebo footbath does not have.

**"After-footbath" comparisons between Placebo and Treatment Ss.**

Both groups completed a 3<sup>rd</sup> mood scale each day at the end of the session to describe how they felt at that time of completion. After the footbath, and after Ss had had their feet dried with a towel by the technician, and after they had put their shoes and socks back on and the footbath container had been removed from the experimental chamber, Ss were plugged back in for further EEG recording, and the three Post-footbath EEG baselines were run (WN, EC, EO). After these three EEG baselines, there was a 3<sup>rd</sup> and final Mood Scale for the day, the Post Mood Scale, for which the instructions were to describe how you feel “right now.” The results of these contrasts between Treatment and Placebo Groups after the footbath are given in Table 2.

**Table 2**  
 Post-Footbath Contrasts Between Placebo and Treatment Ss

Mood	<i>t</i> -score	Degrees of Freedom	Probability Level	Mood Score Difference
Total Anxiety	-2.70643	29	<i>p</i> <.01	-0.933
Unconscious Anxiety	-4.66419	29	<i>p</i> <.00005	-1.133
Conscious Depression	+2.143376	29	<i>p</i> <.025	+1.067
Dejected & Depressed	+2.661413	29	<i>p</i> <.01	+2.867
Energy	-2.16881	29	<i>p</i> <.025	-1.467
Strong & Robust	+2.143075	29	<i>p</i> <.025	+1.533

It is clear that the very significant decrease in Anxiety is being driven by the Very Highly significant decrease in Unconscious Anxiety (*p*<.00005). It would appear that the Q treatment has powerful Anxiety reducing effects that begin to appear within 20 minutes

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following the Q-Treatment footbath. This 20 minutes was time after the footbath at which the final "after" mood scale was administered. When these anxiety reducing effects begin, they are initially unconscious, since the Conscious Anxiety actually shows a small and nonsignificant increase of +0.2 points. However the decrease in Unconscious Anxiety is more than five times larger and is Very Highly significant statistically ( $p < .00005$ ) and is strong enough to bring Total Anxiety into a very significant decrease of -0.933 points relative to the Placebo Control footbath group. This reduction in Total Anxiety is also very significant ( $p < .01$ ). The Q-Treatment has a very powerful effect in reducing Anxiety.

Also important to an understanding of the effects of the Q-Treatment footbath, and how these effects develop over time, is a careful noting of the **increase** of two different measures of Depression in the Treatment group, relative to the Placebo control group. Recall that the time of the Post-footbath mood scale is about 20 minutes after the end of the footbath. Unconscious Anxiety and Total Anxiety have significantly decreased in the Treatment Group, relative to the Placebo control group, but at this same time there are increases in Conscious Depression and Dejected & Depressed. Anyone who has worked with the Q-The Experience technology has seen a lethargy come over many people in the minutes and hours after their first experience, and this significant increase in Conscious Depression and Dejected & Depressed is a quantified scientific description of the aftereffects of the Q-Treatment, relative to a Placebo Control footbath.

Even more intriguing is the dichotomy between the significant **reduction** in Energy and the significant **increase** in Strong & Robust that is seen in the Post Treatment group relative to the Post Placebo group. The Energy reduction is significant ( $p < .025$ ) and is almost 15% of one standard deviation on the Energy scale of the CMS. The increase of Strong & Robust is also significant ( $p < .025$ ) and represents a difference of almost 5% of the total scale range of the Strong & Robust scale of the BIMBI. This statistically significant difference shows with some subtlety the qualities of the Q-Treatment effects relative to Placebo controls. QTreatment Ss can simultaneously feel **less Energy**, but at the same time can feel **more Strong & Robust**. The difference may be potential well-being vs. energy to actualize that potential. And, of course, these are the effects at the 20-minute point following the footbath. Fortunately the design of the research study allows us to look at treatment effects beyond the 20-minute mark after the footbath. There is also data available from 2 days after the footbath Treatment. To follow the course of the development of the Q-Treatment effects, we next consider the Day 2 effects.

### **Two-Day Delayed Mood Effects of the Q-Treatment.**

One of the most interesting types of Mood effects are those that show the effects of the QTreatment, relative to the Placebo, at the 2 day point after the first Treatment. Here we see

statistically significant reductions in the Pre-Mood Scales on Day 2 of a wide range of negative emotions including: Total Anxiety Unconscious Anxiety, Total Depression, Conscious Depression, Unconscious Depression, Total Hostility, Unconscious Hostility from scales on the BIES. In addition, confirming the statistically significant reduction in BIES measures of Depression, there is also a statistically significant reduction in Dejected & Depressed on the BIMBI. The means of deriving these statistical comparisons are as follows. We use one sample *t*-statistics for the mean. We begin by computing the Mean Change (Day 2 - Day 1) in the Placebo group first for all 21 of the Mood Scale dimensions. This represents whatever changes will occur naturally over the three days that include: Day 1 at the laboratory, One day off, and Day 2 at the laboratory. Using these average change measures from the Placebo group allows us to remove from the Treatment group's data any effects that are due solely to the passage of time and familiarity with the laboratory and the laboratory procedures. So in this analysis the means of the Placebo groups changes (Day 2 - Day 1) on each of the 21 Mood Scale dimensions are calculated and then subtracted from each of the (Day 2 - Day 1) change scores of each member of the Q-Treatment group. Again, on each of the 21 Mood Scale dimensions the Treatment group Ss' scores are adjusted by subtracting the mean change score of the Placebo group on that Mood Scale dimension. This removes the effects of familiarity with the laboratory and procedures and leaves only the 2-day remnant effect of the Treatment given on Day 1 for each of the 21 Mood Scale Dimensions. Performing this procedure on the Pre-footbath Mood Scale measures allows us to see effects of the Q-Treatment that do not show up until 2 days after the Q-Treatment footbath. These results are given in Table 3.

**Table 3**

Two-Day Delayed Mood Effects of the Q-Treatment (Using "Pre-Treatment Data")

Mood	<i>t</i> -score	Degrees of Freedom	Probability Level	Mood Score Difference
Total Anxiety	-2.83049	14	<i>p</i> <.01	-1.267
Unconscious Anxiety	-3.572173	14	<i>p</i> <.0025	-1.467
Total Depression	-4.302032	14	<i>p</i> <.0005	-4.333
Conscious Depression	-1.771168	14	<i>p</i> <.05	-0.867
Unconscious Depression	-4.571969	14	<i>p</i> <.00025	-3.467
Total Hostility	-3.734196	14	<i>p</i> <.0025	-2.000
Conscious Hostility	-3.223963	14	<i>p</i> <.005	-0.667
Unconscious Hostility	-3.0165	14	<i>p</i> <.005	-1.333
Dejected & Depressed	-4.706633	14	<i>p</i> <.00025	-3.200

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This is an amazing array of Very Highly Statistically Significant effects, seven of them are stronger than 5 chances out of 1,000 and three of them are stronger than 5 chances out of 10,000 against being due to random chance. These very strong statistical results tell a story of powerful and beneficial effects of one 35 minute Q-Treatment on moods and emotions that is developing and strengthening 2 days after the treatment.

As remarkable as these results are, an even more remarkable set of results is obtained when we do this same type of comparison on the "Post" Mood Scale data. These analyses subtract out the effects of the Placebo-first group from the Treatment-first group's effects, however this time, when using the "Post" data, we are subtracting out data in which the Placebo-first group has actually had the Q-treatment on the second day. So what we are subtracting out is the effect of changes from the first to second days (Day 2 - Day 1), Where the Placebo-first group data now includes the Q-treatment on Day 2. The impressive arrays of highly significant results that follow in the text and Table 4 attest to the fact that the effects of the Q-Treatment after 2 days are even more powerful (and more beneficial) than the effects on the day of the Q-Treatment! Table 4 gives the details for the comparisons that involve (Day 2 - Day 1) "Post" footbath Mood Scale Data.

**Table 4**  
 Two-Day Delayed "Post-Q footbath" Mood Effects of Q-Treatment

Mood	<i>t</i> -score	Degrees of Freedom	Probability Level	Mood Score Difference
Total Anxiety	-4.385613	14	<i>p</i> <.0005	-1.600
Conscious Anxiety	-2.898275	14	<i>p</i> <.01	-0.400
Unconscious Anxiety	-3.096618	14	<i>p</i> <.005	-1.200
Total Depression	-4.2633	14	<i>p</i> <.0005	-4.067
Conscious Depression	-4.686835	14	<i>p</i> <.00025	-1.400
Unconscious Depression	-3.613502	14	<i>p</i> <.0025	-2.667
Total Hostility	-2.245549	14	<i>p</i> <.0025	-0.933
Conscious Hostility	-8.699177	14	<i>p</i> <.0000005	-0.800
Unhappy	-5.16624	14	<i>p</i> <.0001	-3.400
Dizzy	+2.563635	14	<i>p</i> <.025	+1.800
Taut & Apprehensive	+2.494438	14	<i>p</i> <.025	+1.267
Dejected & Depressed	-4.681031	14	<i>p</i> <.00025	-1.667

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This is an amazing array of Very and even Extremely Highly Statistically Significant effects, one of which is stronger than 5 chances out of 10 million, and given that this Extremely Highly Statistically Significant effect involves Conscious Hostility, there is a very strong set of indicators that the Q-The Experience process produces, two days after just one 35 minute treatment, strong and beneficial changes in moods and emotions, that if broadly applied across the population, could well lead to beneficial changes in the way people feel and perhaps in the ways they relate to each other. Imagine the effects in the middle East if all the major players had such significant reductions in Conscious Hostility!

The reductions in Anxiety, Depression and Unhappiness are also powerful and potentially beneficial to almost every area of human endeavor. These very strong statistical results tell a story of powerful and beneficial effects of one 35 minute Q-Treatment on moods and emotions, which effects are developing and strengthening 2 days after the treatment. Combined with these results, there is also a significant increase in Dizzy and Taut & Apprehensive. With such powerful and beneficial changes set loose in the person's psyche, there could well be a sense of Dizziness in the changes, and the natural tendency to resist rapid change may be the explanation for the significant increase in Taut & Apprehensive.

**Other Results.** Two of the 30 Ss experienced panic attacks on their second day at the laboratory. Both Ss were female and both had been in the Q-Treatment group on Day 1, so they could possibly have been experiencing some of the mood and emotional changes which have been documented above. These progressively developing mood and emotional changes seem to have involved the emergence into consciousness of memories that had been repressed. Both of the panic attacks occurred in the experimental chambers early on during the second session. In both instances the women had their EEG electrode headboxes plugged in, and they were either ready for EEG recording to begin or they were already having EEG baseline recordings. The first case involved a woman who had a full blown panic attack with heart pounding and racing, hyperventilation, sweating, and chills. In appearance this woman was thin, nervous, and tense, and during that ay's (Day 2) electrode application process, she had spoken of bad memories that were beginning to surface. She said she thought she had buried these memories and mentioned that the process of thinking about how to answer some of the questions on the personality tests had caused her to think about unpleasant past events. At one point while electrodes were being attached to another of the research Ss, this woman suddenly asked if there was anything in the electrode wires that could explode. The Research Director immediately explained that, "No, there is nothing in the electrode wires that could explode." And he went on to explain that inside the colorful plastic coatings of the electrode wires was a woven sheath of very fine, supple, hair-like wires that were designed to both conduct the very tiny brain waves easily, and also to be flexible and resistant to being broken when bent or moved. The

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Research Director then went on to ask the woman directly, “Is there was something inside of YOU that could explode?” At this point the woman shifted nervously in her chair and spoke of her belief that some things should not be thought about. She mentioned wanting to keep a lid on her thoughts and feelings.

No further comments were made on this topic and when all three of the Ss were ready to go to their experimental chambers, they first took a bathroom break and then went into their respective chambers to fill out the first set of Mood Scales for the day. After the Mood Scales were completed, and before the EEG recording had started, and with the lights on and the door still open this first woman had her panic attack. The technician responded to her call on the intercom and notified the Research Director who went into the woman’s chamber and counseled her and calmed her down. The Research Director offered to sit with her in the chamber for the two EEG baselines that are done with eyes closed, in the dark and with the door closed (EC and WN), but after a little counseling and reassurance, the woman said that she would be able to handle going through the procedures in the normal manner by herself. The rest of the session was uneventful and there were no further panic attacks.

The second case involved a woman who was also on her second session who had her panic attack during the day’s first WN baseline. Her panic attack had all the same symptoms, but was not as severe, and she was able to control herself by partially getting up out of her chair (without dislodging her electrode wires) and opening the chamber door so that light could come in. With this modification she was able to continue and did not even call for help, though she did report the panic attack at the end of the WN baseline, first to the technician and then to the Research Director. She described how some aspect of her thought processes during the WN baseline had evoked some prior memories that then triggered the panic attack.

Again both of these panic attacks were women on their second day at the laboratory, so there would not have been any reason to fear the laboratory or the procedures, all of which would have been familiar at that time. A more likely reason for the panic attacks would be that the women had been given the Q-Treatment on their first day and it was now two days later and the Q-Treatment could have been causing repressed memories to surface. This suggests that there may well be some personality types who should only use the QTreatment under qualified supervision so that the emergence into consciousness of repressed thoughts and emotions will be the subject of suitable counseling. In this way these vulnerable people will be able to successfully process their way through these thoughts and emotions to achieve a better self-understanding and an improved degree of mental and emotional stability and harmony.

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We could also note, parenthetically, that since this type of processing is a significant component of the Biocybernaut Institute Neurofeedback training programs, that, it would be a good match to combine the Q-The Experience process with the Biocybernaut Institute Neurofeedback training programs. And it is now the intention of Biocybernaut Institute, based on the positive and beneficial findings from this research study, to make the Q-The Experience process a part of all Biocybernaut Institute Neurofeedback training programs. The time required each day for electrode application is about the same time (35 minutes) as is required for the Q-Treatment with a footbath, so there is an easy and natural blending of the two processes readily available. The Biocybernaut trainings are on 7 consecutive days so the Q-Treatment footbath could be given on days 1, 3, 5, and 7.

### **EEG Alpha Results.**

One of the compelling reasons to use EEG measures in evaluating products is that EEG measures are very sensitive to individual variations in experience. However this very sensitivity leads to one of the primary challenges of using EEG measures, and that is the large individual differences which contribute to large error variance terms that are associated with any comparisons across Ss. These large error variances make it less likely that the comparisons will achieve statistical significance.

One of the challenges of doing EEG research is that of discovering, crafting, and applying statistical analysis methods that reduce the large contribution of individual differences in the magnitude and the standard deviations of EEG scores to the error variance terms. Analysis methods that are performed largely within individuals and thus are relatively independent of the large magnitude variations between individuals can be very helpful in reducing the error variance terms and thus in achieving statistical significance and the consequent understandings of the meaning in the EEG data.

The first analysis typically performed (which does not reduce the large contribution of individual differences to the error variance) is a test to see if there is a Main Effect of the Treatment across all the Conditions, which here is across the 2 days. Recall that there were 3 EEG baseline conditions before the Treatment footbath or the Placebo footbath (EO, EC, WN) and the same 3 EEG baseline conditions, in reverse order, were given after the Treatment or Placebo footbath (WN, EC, EO). Within each of these EEG conditions we studied the Minimum (Min), Maximum (Max), and Average (Avg) integrated Amplitude scores that were calculated over 15 second sub-epoch periods, and this was done for Broad Band EEG Alpha activity at 8 different cortical sites (O<sub>1</sub>, O<sub>2</sub>, C<sub>3</sub>, C<sub>4</sub>, T<sub>3</sub>, T<sub>4</sub>, F<sub>3</sub>, F<sub>4</sub>) There are also 3 EEG baselines after the footbath. The Average (Avg) score was calculated over the entire set of 15 second sub-epochs in the EO, EC, and WN conditions. Both EO and

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EC had 16 of the 15-second sub-epochs and were thus 4 minutes long and the WN had 32 of the 15-second sub-epochs and was thus 8 minutes long. The Avg scores were calculated over the entire baseline of either 4 minutes (EO and EC) or 8 minutes (WN).

This set of analyses makes for 72 Pre-measures and 72 Post-measures: (3 EEG conditions [EO, EC, WN] times 3 statistical measures [Min, Max, Avg] times 8 cortical sites [O<sub>1</sub>, O<sub>2</sub>, C<sub>3</sub>, C<sub>4</sub>, T<sub>3</sub>, T<sub>4</sub>, F<sub>3</sub>, F<sub>4</sub>], and  $3 \times 3 \times 8 = 72$ .

### **Pre-test EEG Alpha Comparisons between Placebo and Treatment Ss.**

Using *t*-tests for two groups, the 72 EEG Pre-measures were studied to discover if there were any differences between Treatment and Placebo groups. **None** of the 72 EEG Premeasures were significant between the Treatment and Placebo groups. This could mean either that the two groups, which had been derived through random assignment, were well matched or that there were differences between the two groups that were masked by the large error variances associated with EEG measures.

### **Post-test EEG Alpha Comparisons between Placebo and Treatment Ss.**

Again using *t*-tests for two groups, the 72 EEG Post-measures were studied to discover if there were any differences between Treatment and Placebo groups. None of the 72 EEG Post-measures were significant between the Treatment and Placebo groups. This Non-Significant result is more surprising than the lack of significant results in the EEG Premeasures. This means that through the lens of Broad Band EEG Alpha, the 15 Treatment Ss and the 15 Placebo Ss did not differ AFTER the footbaths. This surprising result suggests the existence of some very large error variances, which are not untypical in EEG data.

To look further into this unexpected result, the next step was to separate days and look at the Treatment vs. Placebo difference within each day separately. All of the Pre-measures on Day 1 have the benefit of being before any Treatment or Placebo intervention, so we would expect, if the Treatment and Placebo groups were well matched on their EEG measures by the randomization procedure, then there would also be no significant difference between the Treatment and Placebo groups before (Pre) the Day 1 footbath. Recall this was the situation when data were aggregated across both days.

However, when looking only within Day 1 EEG Pre-measures there were many significant differences between the Treatment and Placebo groups. Four of the 18 Frontal contrasts



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were significant, as were 12 of the 18 Temporal contrasts, and 6 of the 18 Central contrasts, using 1 tailed *t*-tests. If we restrict the analysis to 2-tailed *t*-tests, then there were fewer significant contrasts, and all of those involved the T<sub>4</sub> electrode site. Curiously, all of the significant contrasts showed that on Day 1 before anyone had any kind of treatment, the Placebo Ss had higher T<sub>4</sub> alpha than did the Ss who were going to (later that day) receive the Q-Treatment. All of the 1-tailed contrasts that are not tabled below also showed the Placebo Group had higher alpha to begin with at all sites except the Occipital sites. See Table 5.

**Table 5**

Day 1 Pre-Treatment EEG Contrasts between Treatment and Placebo Groups

EEG Measure	<i>t</i> -score	Degrees of Freedom	Probability Level	EEG Difference * Placebo vs. Treatment
Pre EO Average T <sub>4</sub>	-2.17202	28	<i>p</i> <.05	650.6 vs. 483.1
Pre EC Minimum T <sub>4</sub>	-2.65155	28	<i>p</i> <.025	639.4 vs. 396.7
Pre EC Average T <sub>4</sub>	-2.351	28	<i>p</i> <.05	849.2 vs. 587.3
Pre WN Average T <sub>4</sub>	-2.45958	28	<i>p</i> <.05	869.3 vs. 612.7

*Note: All tabled effects are 2-tailed significance levels.*

\* EEG scores are on a scale of integrated amplitude where a steady 50 · volts = 1,500 points, and thus a sustained 1 · volt = 30 points.

Interestingly none of the 18 Occipital contrasts were significant at either the 1-tailed or the 2-tailed statistical levels. This means that the Occipital EEG alpha scores were much better matched between the groups than the three other pairs of sites (Central, Temporal, and Frontal). This fact should make it easier to detect statistical significance at Occipital sites if the Q-Treatment produces EEG changes there. This says that the Treatment and Placebo groups were well matched by the randomization procedures ONLY on the Occipital brain wave measures, and they were NOT well matched on the Central, Temporal, and Frontal measures. This is one of the unfortunate and all-too-common consequences of small sample size: only 15 Ss in each of the two groups. If we had had larger groups, say 30-60 Ss in each group, the randomization would be much more likely to produce well matched Treatment and Placebo groups.

Also interesting is that 15 of the 22 EEG mismatches were on the Right hemisphere. It would be instructive to see what personality types contributed to this mismatch between the Treatment and Placebo groups, and that data is available in the Biocybernaut Institute data archive for all 30 Ss, and is awaiting both scoring and analysis in future studies.

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The Treatment and Placebo groups on Day 1 also differed after treatment, and again the differences were exclusively on Central, Temporal, and Frontal sites. This emphasizes the importance of removing the individual differences in the Pre-EEG measures from any and all assessments of the Post EEG measures.

One useful way to cut through the statistical noise caused by large error variances in EEG scores is to look at data within Ss rather than between or across Ss.

Change scores of individual Ss are a good start in this direction, although large individual differences in magnitude of change scores will still exist. If one person's alpha increases by doubling from 1,000 to 2,000, the change is 1,000, and if another person's alpha increases by doubling from 200 to 400 the change is 200. They have both doubled, but there is a five-fold difference in the change scores, which inflates the variance even in paired *t*-tests.

Paired *t*-tests using the pairing of each S's Pre and Post EEG scores for Day 1, showed interesting differences between the Treatment and Placebo groups. Contrasts of Eyes Closed (EC) Alpha scores showed no significant Occipital Alpha contrasts in the Placebo Group. However, the Treatment Group did show significant increases, Pre to Post, in the Maximum Occipital scores ( $O_1$  Max and  $O_2$  Max). The Average  $O_2$  ( $O_2$  Avg) also increased significantly from before to after the Treatment (Post – Pre > 0). These results are given in Table 6 below.

**Table 6**  
Day 1 Paired-*t* Contrasts Between Pre & Post EC EEG Scores, Separately in Both Groups

Placebo Group				
EEG Measure (EC Pre vs. Post)	<i>t</i> -score	Degrees of Freedom	Probability Level	EEG Score Difference
<b>~ ~ ~ ~ No Significant Effects ~ ~ ~ ~</b>				
Treatment Group				
EEG Measure (EC Pre vs. Post)	<i>t</i> -score	Degrees of Freedom	Probability Level	EEG Score Difference
Maximum O <sub>1</sub>	2.790166	14	<i>p</i> <.01	273.9
Maximum O <sub>2</sub>	3.287968	14	<i>p</i> <.005	246.9
Average O <sub>2</sub>	2.360492	14	<i>p</i> <.025	226.5

*Note: All tabled effects are 2-tailed significance levels.*

What we did next was to apply one of the same analysis methods as was used to good effect in the mood scale analysis where we calculated the average change in the Placebo group on EACH mood scale measure and then subtracted that number from each Treatment S's score and then we did a single *t*-test for the mean. This was a VERY powerful analysis method for the mood scale data. To apply this same method to the EEG data we calculated the average change in the Placebo group on EACH EEG measure and then subtracted that number from each Treatment S's score on that EEG measure, and then we did a single *t*-test for the mean. With the assumption that effects of the Q-Treatment would make Ss more alert in the eyes open condition, the EO (eyes open) alpha scores would be expected to be lower in the Treatment group. Beneficial effects of the Q-Treatment would also be expected to yield higher alpha scores in the EC condition (eyes closed). The analysis used the one sample *t*-statistic for the mean. On each of the EEG measures we computed the Mean Change (Day 2 - Day 1) in the Placebo-first group and subtracted this value from the individual scores of each S in the Treatment first group on each of their corresponding EEG scores, knowing that this removes effects of familiarity with the laboratory and procedures

and leaves only the 2-day remnant effect of the Treatment given on Day 1, for each of the EEG measures.

The results of this analysis for the Eyes Open (EO) condition are given in Table 7 and the results for the Eyes Closed (EC) condition are given in Table 8.

**Table 7**  
**Eyes Open EEG Data**

(Day 2 - Day 1) One Sample *t*-Tests of the Mean for Treatment Ss with Average Changes (Day 2 - Day 1) for Placebo Ss Subtracted Out to Leave Remnant Effects Only of the Treatment

EEG Measure	<i>t</i> -score	Degrees of Freedom	Probability Level
Minimum O <sub>1</sub>	-7.5400872	14	<i>p</i> <.0000025
Maximum O <sub>1</sub>	-2.15233	14	<i>p</i> <.025
Average O <sub>1</sub>	-2.99094	14	<i>p</i> <.005
Minimum C <sub>3</sub>	-5.7157	14	<i>p</i> <.00005
Maximum C <sub>3</sub>	-3.34209	14	<i>p</i> <.0025
Average C <sub>3</sub>	-3.92607	14	<i>p</i> <.001
Minimum C <sub>4</sub>	-2.08097	14	<i>p</i> <.05
Maximum C <sub>4</sub>	-2.1099	14	<i>p</i> <.05
Average C <sub>4</sub>	-3.51576	14	<i>p</i> <.0025
Minimum T <sub>3</sub>	-4.35483	14	<i>p</i> <.0005
Maximum T <sub>3</sub>	-2.88011	14	<i>p</i> <.01
Average T <sub>3</sub>	-4.38249	14	<i>p</i> <.0005
Minimum T <sub>4</sub>	-3.85046	14	<i>p</i> <.001
Average T <sub>4</sub>	-2.92432	14	<i>p</i> <.01
Minimum F <sub>3</sub>	-7.24801	14	<i>p</i> <.0000025
Maximum F <sub>3</sub>	-2.94263	14	<i>p</i> <.01
Average F <sub>3</sub>	-4.29812	14	<i>p</i> <.0005
Minimum F <sub>4</sub>	-2.3048	14	<i>p</i> <.025
Maximum F <sub>4</sub>	-3.72506	14	<i>p</i> <.0025
Average F <sub>4</sub>	-4.74369	14	<i>p</i> <.00025

All of the above data are consistent in showing a pattern of greater alertness in the Eyes Open Treatment Ss who have lower Eyes Open EEG scores than the Placebo Ss. All but one of the 8 cortical sites show this effect (O<sub>2</sub> does not) and the effects are often Extremely Highly Statistically Significant.

**Table 8**  
**Eyes Closed EEG Data**

(Day 2 - Day 1) One Sample *t*-Tests of the Mean for Treatment Ss with Average Changes (Day 2 - Day 1) for Placebo Ss Subtracted Out to Leave Remnant Effects Only of the Treatment

EEG Measure	<i>t</i> -score	Degrees of Freedom	Probability Level
Minumum O <sub>1</sub>	3.035763	14	<i>p</i> <.005
Maximum O <sub>2</sub>	2.622722	14	<i>p</i> <.015
Minimum C <sub>3</sub>	3.602164	14	<i>p</i> <.0025
Maximum C <sub>3</sub>	-2.2509	14	<i>p</i> <.025
Minimum C <sub>4</sub>	3.403144	14	<i>p</i> <.0025
Minimum T <sub>4</sub>	8.049039	14	<i>p</i> <.000001
Minimum F <sub>3</sub>	1.832224	14	<i>p</i> <.05
Minimum F <sub>4</sub>	1.810032	14	<i>p</i> <.05

The Eyes Closed data show higher EEG alpha scores in the Q-Treatment Ss at 7 of the 8 cortical sites. T<sub>3</sub> is the only site that does not show this effect of the Q-Treatment. Interestingly the C<sub>3</sub> site shows a paradoxical effect in that the Q-Treatment produces larger Minimum scores in Treatment Ss for C<sub>3</sub> alpha (*t* = 3.602164, *df* = 14, *p* < .0025), but then there is, paradoxically, a significantly LOWER Maximum score for C<sub>3</sub> alpha in the Treatment Ss (*t* = -2.2509, *df* = 14, *p* < .025). It is well within reason that this paradoxical result could have occurred by chance since 1 out of 20 comparisons could be significant at the *p*<.05 level by random chance and 1 out of 40 comparisons could be significant at the *p*<.025 level by random chance, and we did here 72 comparisons and got one paradoxical result at the *p*<.025 level. If the paradoxical result is real and reproducible it could be of some importance because broad band alpha at the C<sub>3</sub> site is strongly and negatively correlated with Paranoia. A different sign for changes in the Minimum and Maximum

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measures of C<sub>3</sub> alpha may be important for future work relating the Q-Treatment to interventions with Paranoia. Different signs for changes in the Minimum and Maximum measures of C<sub>3</sub> alpha would be more likely to be real (rather than random) if there were differences in the variance or standard deviation measures of C<sub>3</sub> alpha. And, in fact, we do have a Very Highly Statistically Significant Difference in the Standard Deviation measures of C<sub>3</sub> alpha ( $t = -4.90134$ ,  $df = 14$ ,  $p < .00025$ ) where the Q-Treatment Ss have significantly smaller Standard Deviations of their C<sub>3</sub> alpha change scores: (Day 2 - Day 1) changes.

### **Percent Change Scores.**

The purest way to look at the EEG changes associated with the Q-Treatment may be to look at the Day 1 Percent Change scores [from Before to After the footbath] for the comparison between Treatment and Placebo groups. By using the Percent Change scores, we remove more of the effects of the pre-treatment differences between the Treatment and the Placebo groups and we also remove more of the effects of the individual differences between Ss within each of the two groups. We do this exclusively with the Day 1 scores because by Day 2, both groups have had the Q-Treatment. However in the Day 1 comparisons, only the Treatment Group has had the benefit of the Q-Treatment. We would assume that there would be larger alpha increases in the Treatment group for the eyes closed [EC] resting baseline condition since alpha is more prevalent in eyes closed conditions and any effects of the Q-Treatment would be most likely to be seen in an eyes closed condition without any task requirements. Therefore we use the 1-tailed  $t$ -test for positive  $t$ 's that indicate larger alpha percent change scores for the Q-Treatment group relative to the control group. Table 9 shows these results.

**Table 9**

**Day 1 (Pre-to-Post) Percent Changes In The Treatment vs. Placebo Group**

EEG Measure	<i>t</i> -score	Degrees of Freedom	Probability Level	EEG Score Dif- ference: Treatment vs. Placebo group
Percent Change in (EC2 - EC1)				
O1 Maximum	1.765758	28	<i>p</i> <.05	+28.90 vs. +8.02
O1 Average	1.846486	28	<i>p</i> <.05	+17.61 vs. +2.38
O2 Maximum	1.841679	28	<i>p</i> <.05	+27.47 vs. +8.53
O2 Average	2.357363	28	<i>p</i> <.025	+27.90 vs. +1.67
C4 Minimum	1.800367	28	<i>p</i> <.05	+12.15 vs. -6.14
T4 Minimum	2.613139	28	<i>p</i> <.01	+21.29 vs. -7.46
T4 Average	1.725397	28	<i>p</i> <.05	+18.38 vs. +8.53

\* **Note.** EEG scores are on a scale of integrated amplitude where a steady 50 · volts = 1,500 points, and thus a sustained 1 · volt = 30 points. This way we can see that the largest changes seen in the Treatment Group (from before to after the Q-Treatment) are nearly 1 · volt. The differences between the changes in the Treatment and Placebo groups also approach 1 · volt, as in the contrast between Treatment and Placebo for the O2 Average scores (+27.90 vs. +1.67 => Difference = 26.23 = 0.87 · volt) and the T4 Minimum scores (+21.29 vs. -7.46 => Difference = 28.75 = 0.96 · volt).

Both of the Occipital sites provide statistically significant differences between the Q-Treatment group and the Placebo Control group. Both the 15 second Maximum scores and the overall Average scores at the Occipital sites show the effects of the Q-Treatment in increasing these alpha EEG scores. Two other cortical sites (both in the right hemisphere) also show increased alpha as a result of the Q-Treatment. Right Temporal, T4, shows higher alpha Minima and Averages in the Percent Changes of alpha scores for the Treatment Group compared to the Placebo Control Group. In addition Right Central, C4, shows higher alpha Minima in the Q-Treatment Group than in the Placebo Control Group.

Occipital alpha increases are known from previous research studies to be related to reductions of Anxiety (Hardt, J.V. and Kamiya, J. Anxiety change through EEG alpha feedback: Seen only in high anxiety subjects. *Science*, Vol. 201, pp. 79-81, 1978) and also to reductions of Anger, Hostility, and Depression (Hardt, J.V., Prescriptive Brain Maps of Human Mood States, *Proceedings of the Society for the Study of Neuronal Regulation*, 2<sup>nd</sup> Annual Meeting, Las Vegas, NV, May 1-4, Vol. 2, p. 15, 1994; Hardt, J.V. Accelerating

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Personality Change with Predictive Brain Mapping and Training, *Proceedings, FutureHealth's Key West Conference, EEG '95*, Key West, FL, Feb. 2-7, 1995). Thus these bilateral Occipital, Right Central, and Right Temporal Alpha increases are entirely consistent with the findings described above that have showed beneficial changes in Moods and emotions as a result of the Q-Treatment, mood changes that involve reductions of Anxiety, Hostility, and Depression.

In summary, the Q-Treatment significantly increases Eyes Closed EEG Alpha activity at selected cortical sites, especially Occipital sites, and the Q-Treatment also reduces negative emotions including Anxiety, Depression, Unhappiness, and Hostility. These beneficial changes in moods become stronger over time out to the limit of time measured in this study, which was 2 days after the Q-Treatment. There are also some beneficial short term effects of the Q-Treatment, such as increases of Friendly, Clear Thinking, Energy, and Strong & Robust. These are seen during the Q-Treatment to be higher in the Treatment Ss than in the Placebo Ss, but these beneficial changes do not persist after the footbath at either the 20 minute Post or the 2-day Post assessment periods. Indeed the Energy scores of the Q-Treatment Ss are lower than Placebo Ss at the 20-minute post assessment period. It may well be that additional treatments, beyond the one Q-Treatment given would lead to longer term increases of the positive moods such as Friendly, Clear Thinking, Energy, and Strong & Robust. Careful attention has been given to identifying the Ss in this research study, so they could be re-contacted and further, more long-term studies could be conducted with these same Ss, on whom so much data has already been carefully collected.

The long-term (2-days post-treatment) reductions in negative moods including Anxiety, Depression, Unhappiness, and Hostility are firmly established by the results of this study, and the benefits of such improvements in moods and emotions are immediately apparent. Further studies could begin to assess whether there are also long term improvements in positive emotions that would develop with a longer program of Q-Treatments.



## Appendix A

### Anecdotal Reports

Three interesting results occurred with the provision of Q-treatments outside the scope of this study. In the first instance a man, GM, in his mid-40s had given a high-powered white shirt business presentation to several people, one of whom had a Q-The Experience device. After the presentation, GM was invited up to a hotel room for a footbath. He took off his suit coat and shoes and socks and began the footbath. At the 20 minute point he blurted out, "I feel like I've lost all my testosterone!" Then it was explained to him that success energy and aggressive masculine energy are not the same. It was explained to him that the stress could be taken out of his energy and he would be both more effective and less drained of energy. At the conclusion of his footbath he put on his socks and shoes and bid everyone good night and left. The next day he called with some surprising news. Unbeknownst to everyone except GM, he had a substantial hemispherical lump on his back, that was perhaps 3/4 inch in diameter. He had consulted with his Doctor about this lump, and was told it was an infection. The Doctor offered to surgically open the infected lump so the infection could be drained and it could heal. GM had declined the surgical procedure, the lancing of his infected lump. However on the morning following his Q-treatment he was first alarmed, then surprised, and then delighted that the lump had opened by itself and the infection had drained out during the night, and it was well on its way to healing. GM attributed this surprising result to his one Q-Treatment footbath.

In the second instance a woman (SH) in her mid 50's had severely injured her back while lifting and playing with her grandson. Her back had been previously injured in an auto accident and the play with the grandson had aggravated this old injury. SH was in severe pain for over a week and had uncharacteristic outbursts of anger caused by her constant pain and triggered by events that she could normally handle with ease. She came for one 35 minute session of the footbath treatment and she was 100% pain free on the following day. She was so completely free of pain that she played actively with her grandson again, and re-injured her back while lifting and playing with her grandson. However the injury was not as severe as previously and began to heal on its own. SH attributed her remarkable and rapid recovery to her one Q-Treatment footbath.

In the third instance a man in his mid 70s (RO) had participated in the formal study described above. For several reasons RO was able to have 5-6 additional footbath treatments over the next 2 months. RO had been quite concerned about his systolic blood pressure, which was running in the mid-150s. Following the 5-6 additional treatments his systolic blood pressure had dropped dramatically and was now in the high 120s. He was very pleased with this result and he attributed this wonderful result to his Q-treatment footbath treatments.

Preliminary Report on Research Study of Q2 The Experience Biocybernaut Institute, Inc.  
Effects on Moods and Alpha Brain Waves 10/16/02  
very pleased with this result and he attributed this wonderful result to his Q-treatment  
footbath treatments.

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“You see, electricity puts into the tired body just what it most needs

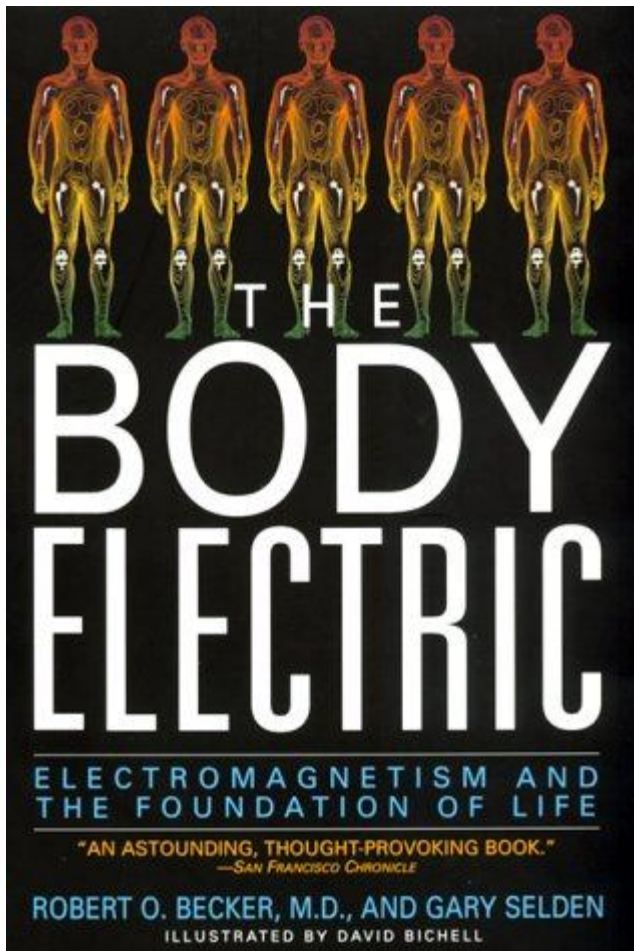
– life force, nerve force.

It's a great doctor,

I can tell you, perhaps the greatest of all doctors.”

*Nicola Tesla,*

New York Herald, March 14, 1895



### **New call for electro-medicine research reply to [flash@bahamas.net.bs](mailto:flash@bahamas.net.bs) 1-10-98**

Extremely small, safe amounts of electricity (a few thousandths of an ampere) have been found to be beyond the tolerance level of pathogenic life forms; and have been proven to kill or devitalize hiv, herpes, tuberculosis, hepatitis, colds, flu, and other viruses, fungi, parasites, and bacteria in blood and body fluid rendering them ineffective to infect or affect normal healthy cells, while maintaining the biological usefulness of the blood and other body fluids

Doctors at albert einstein college of medicine in new york city have proven that minute electrical currents render ineffective any bacterium, virus, fungus or parasite without harm to blood or body fluid; the doctors report that the amount of electricity used is no more than two thousandths of an ampere; however, they will not be prepared to test 'in vivo' (i.e. in the body) techniques for several years. why?

Independent scientists and researchers have proven however, that 'in vivo' -in the bodyelectromedical techniques are not only safe for humans, but work quite thoroughly on systemic infections without invasive surgical implants or expensive hospital care several recent u.s. and international patent documents report that extremely small amounts of electricity are beyond the tolerance level of microbial life. these electrical forces have been proven to kill or devitalize bacteria, viruses, fungi and parasites in blood and body fluids without adverse effect to normal healthy cells and/or the biological usefulness of the blood or body fluids.

U.S. patent 05188738 granted in 1993 and held by the Albert Einstein medical centre doctors mentioned above, describes an 'in vitro' (i.e. outside the body) apparatus for removing blood from one arm, electrifying it and returning it pathogen free to the other arm in a process similar to dialysis. The patent also describes a proposed 'in vivo' -in the body- technology as a surgically implanted, Battery operated device similar to a heart pacemaker.

Dr. Steven Kaali, one of the patent holders claims their 'in vivo' -in the body- device will take years of testing before it is ready even though no harmful side effects or pathogenic mutation have been indicated. critically-ill persons who have exhausted pharmaceutical therapies meanwhile fight for their lives without the knowledge that electromedical therapies exist and may very well help them.

Scientists, md's and individual researchers working independently report that their 'in vivo' -in the body- techniques are completely safe and highly effective. however, the united states' Food and Drug Administration (FDA) has issued warnings that they would be prosecuted for making any beneficial claims about the technology. The FDA and the American Medical Association (AMA) have put a strangle-hold on the efficacy and safety information gathered over recent years by numerous scientists, researchers and medical practitioners even though reportedly, amazing results have been achieved on humans with their 'in vivo' -in the body- techniques. the threat of jail and license suspension looms constantly over them as 'in vivo' human-testing has never been approved.

According to scientist bob beck d.sc. who has his doctorate in science and who is responsible for designing two simple 'in vivo' blood electrification techniques, many hiv / aids patients using his modalities have reached undetectable viral counts (as proven by polymerase chain reaction –pcr-testing) at between 4-8 weeks of two hour per day therapy; still he says, he is constantly threatened by authorities. he is perhaps the most vocal critic of an alleged pharmaceutically-based conspiracy to cover up and discredit the electro-medical movement. records indicate that in the 1930's the flexnor report declared the use of electricity in medicine quackery; conveniently ushering in the new antibiotic "wonder-drug" age. at the time, 10,000 medical practitioners in America alone, believed in and practiced electro-medicine. they were forced to stop or loose their licenses to practice In the Seattle post-intelligencer (a Hearst newspaper) article a shocking remedy written in 1993, the now principal investigator at Bastyr university Dr. Leanna Standish said "we're at a very exciting juncture in medical history, we're starting to look at the human organism as a bioelectric system, not just an anatomical structure. i think it's going to be some years before we know the full ramifications." Standish has her doctorate in neuroscience.

Modern practitioners were convinced even in 1993 that electricity could be a vital force in curing disease. they sensed that futuristic sounding applications such as reversal of spinal-cord injuries and cures for cancer and aids could be achieved by a new understanding of the body's electrical circuitry. this is not "new age" thinking as records from the 1st century a.d. described the use of electric eels to relieve pain and cure illness. as recently as 1997, an Austrian oncology society conference 'quantum physics in medicine, the paradigm of the next millennium' which was attended by German and Austrian cancer specialists, focused on the integration of bio-electric discoveries and conventional cancer therapies. the conference kicked off with a full introduction to the physics of electro-medicine and its benefits. the conference was a giant step forward in the integration of electro-medicine into conventional medicine.

What was around the corner at the time of the seattle post-intelligencer article (1993), may be here today. one bio-electric web site claims "only time will tell if daily, long term (90-120 day) electro-

medical combination therapy has killed hiv infections completely (in effect curing the patients completely) or if intermittent treatments will be necessary to keep the infections at undetectable levels in brain, blood, body fluid, bone marrow and tissues." the attitude among all electro-medical researchers is entirely positive, they claim that approved or not, they have seen a remarkably small rate of failure.

It is claimed by practitioners of electric-combination therapy, that even under the worst hiv scenarios, with viral counts over 1 million copies per ml and severe physical deterioration present, these synergistic therapies produce a sharp, nearly immediate drop in viral load with a corresponding rebound in immune system function. another proponent took the stance that should hiv remain hidden away in places that are unreachable by electro-magnetics (in this case powerful electro-magnetic pulsing), being hiv or hepatitis positive, may in the long run be more of an annoyance than a life threatening disease. they went on to say that with periodic self treatments the viruses should remain undetectable. theoretically they say, viral levels would be so low with the electric combination therapies, that the patients may very well be proven to be non-contagious, though still technically hiv or hepatitis positive. it is widely reported by practitioners, that certain electromedical therapies work quickly at greatly reducing the severity and frequency of herpes outbreaks; with some long-term chronic sufferers experiencing complete remission.

A common thread among all electro-medical practitioners is that the treatments are completely safe and appear to stimulate the immune system, thereby heightening immune response to all invaders. so do electrical treatments kill off the diseases directly allowing the immune system to revive, or does heightened immune system response kill off the invading organisms?..they say it appears a mixture of both, although apparently no one really knows for sure, as yet. if in the end its found that electromedical therapies are proven superior over conventional pharmaceutically based therapies for microbial infections, we will certainly be headed for what can only be called a 'medical revolution'; one which understandably will not be well received by the pharmaceutical industry.

Two of the only books in print on the subject of electro-medicine are; the cancer cure that worked: fifty years of suppression: by barry lynes and dr. robert becker's the body electric, they are both well written and researched. the first book by lynes centers around the life of raymond rife and his electrical frequency "cure" for cancer. the therapy was tested thoroughly and successfully by the university of southern california in the 1930's. the second, by dr. becker (he is a medical doctor in the u.s.) about the latest discoveries and use of electricity in medicine. some of the uses like nerve, bone and limb regeneration, though sounding very futuristic, have actually been accomplished. the patent documents and books mentioned here as well as other medical discoveries claimed to be essential to better health (some substantiated by the smithsonian institution, university of southern california, and university of california, los angeles medical centre) may be found at:

<http://www.bahamas.net.bs/neutralizer>

or

[http://www.bahamas.net.bs/electromedicine\\_scientists\\_can\\_beat\\_disease;\\_politicians\\_choose\\_not\\_to](http://www.bahamas.net.bs/electromedicine_scientists_can_beat_disease;_politicians_choose_not_to).  
<http://www.educate-yourself.org/fc/>

## Big Pharma Fears Electricity...

Opinion by Consumer Advocate Tim Bolen

September 11th, 2003

There's an interesting situation going on in the war between "health" and "medicine" in the United States. Big pharma is in a panic over electricity.

Yup. Electricity.

Not the kind of electricity that caused the big NorthEast power blackout this year. But the kind that gets applied to the human body, either as an investigative tool or as an immune system stimulator, as an electronic acupuncture, or as an energy field, or whatever. For sure, big pharma can't stand the idea that engineers have figured out how to kill viruses, bacteria, and biological warfare agents electronically. We're looking, here, at ultra-cheap ways to deal with problems big pharma has only offered ultra-expensive, ultra-profitable, ways to solve. Electricity can do, at a minifraction of the cost, what any pharmaceutical can do.

Yes, you heard me. I said - *"Electricity can do, at a mini-fraction of the cost, what any pharmaceutical can do."*

How do I know this? I do my homework. I actually know, and talk to, experts.

There are two upcoming conferences, both on the same days (September 26, 27, 28, 2003) which will open your eyes WIDE in amazement. One's in Seattle, Washington, and the other is in BudaPest, Hungary. I'm going to the one in Seattle. Actually, I'm a speaker there Saturday night, during the politics of health portion.. You can come - get the information at [www.rifeconference.com](http://www.rifeconference.com)

No wonder big pharma is in a maxi-panic, and has pulled out all the stops in their efforts, to keep electricity out of the hands of the people of North America. How do I know big pharma is in panic mode and has pulled out the stops? Keep reading.

### Background...

We all know that North American health care's massive reliance on the concept of "drugs as treatment" for conditions and diseases is coming to end. It's an experiment that failed. The Pharmaceutical industry, as a whole, is going the way of buggy whips, and horse carriages. It's inevitable. Invest your money elsewhere.

Drug "treatments" are a scam. Americans want to be "cured." Period. Drugs can't do that. Americans want to be healthy, not medicated.

Big Pharma doesn't want to die gracefully. They're fighting reality tooth and nail. One of the ways they're fighting off their own end is, of course, their so-called "quackbuster" operation - labeling competitors to endless drugs as "quacks," and using their influence at our government agencies to damage their natural enemies. To a certain extent this has been working - for they've poured a fortune into the project - and they set up the structure years ago. But even with all those dollars spent, they're still losing ground. Reality is catching up.

New enemies to big Parma's interests are popping up everywhere like weeds in a cornfield, after the farm bureau stopped them from spraying chemicals anymore. THREE VERY BIG new enemies of big pharma are just now awakening - American corporations, The United States Military, and the combined Executive/Legislative branches of the US government.

What? Did I just say that *"American corporations, The United States Military, and the combined Executive/Legislative branches of the US government"* are new enemies of big pharma?

Yes. That's what I said.

**American corporations** have begun to realize that a huge chunk of the North America's Gross National Product (GNP) is being funneled to FOREIGN DRUG companies - multinational drug syndicates based in France, Germany, etc. through the grossly inflated price of pharmaceuticals in the United States. North America is being bled. And, big American corporations are picking up a big part of the tab in increased health costs for their employees. That means that US companies have to raise the price of their manufactured goods - which means they can't compete in world markets with the countries that host big pharma. "Big pharma" is NOT an American business - not at all. The only thing "American" about big pharma is it's being being half of the word "Anti-American."

**The United States Military** is looking for solutions, not drugs. A few months ago I attended, in San Antonio, Texas, a conference called "Electro Med 2003." It was put on by the United States Air Force - who is looking for electrical and electronic solutions to health problems. To accomplish those ends it is FUNDING studies, at Universities, of electronic devices that kill pathogens, etc.... I took Hulda Regher Clark, PhD, Naturopath, and eight other "electric/electronic health care" friends with me. Everybody I took with me was probably 25 years ahead, in electromed research, than what the Air Force was currently buying from contractors.

**The combined Executive/Legislative branches of the US government** are majorly concerned with the low quality, and high cost, of health care in the United States. It is, if not the BIGGEST issue, one of the top five social issues in America. Frankly, it's all a simple problem (big pharma anti-American greed) with a simple answer - Shut down big pharma. The key words here are "quackbusters, drug lords, indictment, shutdowns, federal prison." I believe that big pharma's overt attack on the US economy is a hostile act by foreign interests. Period. How much big pharma stock is owned by those that hate the very essence of America?

### **Big Pharma Fears Electricity?...**

There's no money for big pharma in Americans being healthy. That's why the "quackbuster" operation, the one run out of a New York ad agency, has been attacking supplements, oxygen therapies, natural antibiotics, etc., for all these years.

Big pharma's newest, and BIGGEST fear, is electricity - the use of electricity in health care. There are so many people working on electrical solutions to health problems that big pharma is in a screaming panic. Universities, the US military, independent scientists, electrical and electronic engineers, hobbyists, what have you, in North America are coming up with major answers to health issues - with electricity. In the rest of the world, I'm told, major work is being done. Russia, China, Switzerland, Germany, Hungary, and even Turkey are churning out electronic devices that far surpass ANYTHING and EVERYTHING big pharma has to offer.

In San Antonio a few months ago I spoke to members of the US Air Force team putting on ElectroMed 2003. They told me that their original function was to find out what harmful effects current electronic military hardware might be having on their crew members - if any. Their research eventually led to the understanding that there were BENEFICIAL affects of electricity introduced into the human body. This was their third conference - and the grants they had let out a few years ago were now reporting their findings at the conference.

One of the problems the Air Force was looking at, to solve electronically, was the potential for a biological attack on an Air force base and the logistics of a biological cleanup in the aftermath. No one, I can bet, is ever going to be allowed to spray down a 300 million dollar aircraft with a fire hose full of bleach - not going to happen. The Air Force wants to do it with an electronic device they can tune to kill selected biologicals...

And yes, they know about the work of Tesla, Royal Raymond Rife, Hulda Clark, Bob Beck, etc., etc.. They know much more about those peoples' work, and others, since I took nine of my friends to the conference.



Did I tell you that there is an electronic cure for malaria being successfully tested in Africa? Well, there is... Yup. Big pharma is not sleeping well.

### **So, What's Big Pharma Doing?**

They've pulled out the stops. They're calling in their markers. They've put the pedal to the metal in trying to stop "electricity." All that money drain from the US economy could stop overnight. Big pharma has significant influence at our US Food & Drug Administration, and consequently, at the Federal Trade Commission (FTC), which merely uses FDA policies and guidelines to determine what, and whom, to prosecute. Both of these organizations are compromised. When Dwight David Eisenhower was leaving office as President of the United States years ago he brought to America's attention that the revolving-door relationship between the US Military and the Defense contractors and suppliers *"was not a good thing for America."* Legislation was put into place separating the two entities. It is still in place. We need to break up the incestuous relationship between our FDA and the foreign drug cartel - right now.

It's simple. Big pharma is using it's contacts at FDA to arrange all sorts of harassment of the fledgling ElectroMed industry. Their contacts at FTC are eager to participate, also. Their organizational point is the combined FDA/FTC project labeled "Operation Cure-All," a bureau who's mission should force it to more correctly name itself "Operation Cure-Nothing."

### **"Operation Cure-Nothing"...**

Big pharma's attack squad is "Operation Cure-All." They own it outright. They've staffed it, they've outfitted it, they've trained the employees, they've set the operational guidelines, they've got their own "consultants" in place to advise on issues, and I wouldn't doubt that there's a speed-dialer, in both directions, to that New York ad agency that runs the real quackbuster operation.

Operation Cure-All's job is to hunt down, and set up for the kill, any person or company on the internet who dares to suggest that there is anything other than "treatment" available in health care. They have a software program they run constantly that searches websites for words that offer reality in health care. When the word "cure" is found on a website, the alarms go off, and an assault begins. Words like *"prevention, cause, immune system, etc."* will get you similar attention. Their job is to make a "cure" for anything illegal, and to terrify Americans who try to find, or promote the reality of "cure vs... treatment." And *"we the people"* are funding this...

### **The Attack On Electricity...**

I'm just now beginning to trace back how the attack on the ElectroMed industry occurred, so bear with me on some educated supposition. What I'm actually looking at, and what has actually happened so far, is that FDA coordinated raids have been made against several ElectroMed companies, with seizure of their inventories, etc.. Also, subpoenas for a Federal Grand Jury in San Diego have been issued alleging fraud. There are no dates on the subpoenas.

All of the FDA raid warrants have a court order suppressing the "probable cause" of the warrant. I suspect that the "probable cause" information is probably Legal Declarations from the usual "testifying whores" we've come to expect will show up - and the prosecutor in the case, issuing the warrants, is too embarrassed to show the low quality of the testimony, and the evidence in the case, for obvious reasons. Be realistic, if YOU were the prosecutor would YOU want to let the opposition know that your "probable cause" declarations, for instance, were the wild-eyed statements of a hair removal expert from Braintree, Massachusetts, that court documents show could never hold a job?

The FDA warrants, I believe, were strictly a fishing expedition.

Judging from former campaigns begun in a New York ad agency, I think we can safely assume, as a working hypothesis, that some, of not all, of the usual tactics were employed against ElectroMed. It was the usual "quackbuster operation."

The quackbuster operation is being run out of an advertising agency in New York City. The ad agency designs, implements, and runs campaigns against competitors to drugs. Twenty six pharmaceutical companies banded together, originally, and funded the operation against market competitors to drugs. The first plan has been expanded as big pharma panics over North America's shift in their buying habits to "alternatives."

### **Let me refresh your memory on how they do it...**

They decide who they're going to hit. The advertising agency writes up the stories that are going to be distributed to their "*letter writing brigade*," the "*testifying whores*." The letter writers, following the guidelines, then write to the FTC, the FDA, and Operation Cure-All, to set a basis for the complaint. Then the ad agency writes stories, getting quotes from the likes of Barrett, Baratz, etc., on the victim. The stories are sent out to the media in which the advertising agency's drug clients advertise. The stories are printed in the media as though they were true.

Once the stories hit the press, a second wave of letters goes out to the FTC, the FDA, and Operation Cure-All, to put pressure on upper management to act. Then more media is generated, this time with quotes from the quackbuster insider FTC employees to make it sound official that the FTC is interested. Once this happens, letters and phone calls go out from supposedly "*irate consumers (quackbusters)*," once again to the FTC, the FDA, and Operation Cure-All upper management, demanding to know why they aren't doing something.

Then, letters and phone calls go out from supposedly "*irate consumers (quackbusters)*" to certain members of Congress demanding to know why the FTC, the FDA, and Operation Cure-All, aren't doing something.

Within days, upper management of the FTC, the FDA, and Operation Cure-All, are deluged with questions from more media, and Congress. They see the issue as important, and act against the victim - even if their is little or no evidence.

### **So, What's ElectroMed's Response?**

Not good. Not bad, but not good. The industry is so new, it's naive. Too many people in it, just can't believe that their own government could do this to them. These are in stupid denial. Others say "*Well, I'll just stay below the radar*." These are like a mouse living in a house with four cats. Some others are stunned, waiting for someone to lead them to safety. They can't figure out, when they have the best of intentions for humanity in their work and invention, why their own government could act so stupidly, and so brutally.

Sometimes it takes horror to move a fledgling into the adult world. Mom and Dad eagle have no problem pushing Junior off the ledge, so he'll go get his own breakfast, and find his own mountain range. When Junior begins his plummet over the edge he's got two choices; either spread those wings and take flight, or hit the rocks a thousand feet below. ElectroMed is plummeting, and the choices need to be made right this minute.

Some parts of it are already awake, others are awakening, and there's major effort to move the industry into it's next growth step. Phones are ringing everywhere. Conference calls are happening. Strategy meetings are occurring. Industry conferences are devoting time to strategy and tactic meetings designed to determine exactly what the problem is and how to solve it.

Hence, in the US, Seattle is where the allies are gathering for a war council September 26, 27, 28, 2003. It'll be the first of several gatherings. The newest and the best will be there. Hulda Clark will open the convention at 9:00am on Saturday.

You really need to hear what Hulda Clark has to say.  
That's what I think...

### Tim Bolen - Consumer Advocate

This "Millions of Health Freedom Fighters - Newsletter" is about the battle between "Health and Medicine" on Planet Earth. Tim Bolen is an op/ed writer with extensive knowledge of the activities of a subversive organization calling itself the "quackbusters," and that organization's attempts to suppress, and discredit, any, and all health modalities that compete with the allopathic (MD) paradigm for consumer health dollars. The focus of the newsletter is on the ongoing activities, battles, politics, and the victories won by members of the "Health Freedom Movement" against the "quackbusters" It details "who the quackbusters are, what they are, where they are operating, when they appear, and how they operate - and how easy it is to beat them..."

For background information on the "Battle between Health and Medicine" go to: "[http://www.savedrclark.net/by\\_whom2.htm](http://www.savedrclark.net/by_whom2.htm)". A copy of THIS newsletter, and older ones, are viewable at the website "<http://www.quackpotwatch.org/default.htm>". For EVEN MORE interesting and related articles go to "<http://www.bolenreport.com>".

## All about the Flexner Report

By Ken Adachi, ([E-mail](#))

<http://educate-yourself.org/fc/>

[Google Translator: Convert English into 51 Different Languages](#)

<http://translate.google.com/?prev=hp#sl|en>

### *Introduction & Overview*

There are a number of alternative healing therapies that work so well and cost so little (compared to conventional treatment), that Organized Medicine, the Food & Drug Administration, and their overlords in the Pharmaceutical Industry (The Big Three) would rather the public not know about them. The reason is obvious: Alternative, non-toxic therapies represent a potential loss of billions of dollars to allopathic (drug) medicine and drug companies.

The Big Three have collectively engaged in a medical conspiracy for the better part of 70 years to influence legislative bodies on both the state and federal level to create regulations that promote the use of drug medicine while simultaneously creating restrictive, controlling mechanisms (licencing, government approval, etc) designed to limit and stifle the availability of non-drug, alternative modalities. The conspiracy to limit and eliminate competition from non-drug therapies began with the Flexner Report of 1910.

Abraham Flexner was engaged by John D. Rockefeller to run around the country and 'evaluate' the effectiveness of therapies taught in medical schools and other institutions of the healing arts. Rockefeller wanted to dominate control over petroleum, petrochemicals, and pharmaceuticals (which are derived from 'coal tars' or crude oil). He arranged for his company, Standard Oil of New Jersey to obtain a controlling interest in a huge German drug cartel called I. G. Farben. He pulled in his stronger competitors like Andrew Carnegie and JP Morgan as partners, while making other, less powerful players, stockholders in Standard Oil. Those who would not come into the fold "were crushed" according to a Rockefeller biographer (W. Hoffman, David: Report on a Rockefeller {New York:Lyle Stuart, Inc., 1971}page 24.)

The report Flexner submitted to The Carnegie Foundation was titled "Medical Education in the United States and Canada". Page 22 of the report said: "the privileges of the medical school can no longer be open to casual strollers from the highway. It is necessary to install a doorkeeper who will, by critical scrutiny, ascertain the fitness of the applicant, a necessity suggested, in the first place, but consideration for the candidate, whose time and talents will serve him better in some other vocation, if he be unfit for this, and in the second, by consideration for a public entitled to protection from those whom the very boldness of modern medical strategy equips with instruments that, tremendously effective for good when rightly used, are all the more terrible for harm if ignorantly or incompetently employed".

All too often, politicians are prepared to enact laws that rob citizens of yet another constitutional freedom under the banner of "public protection". Needless to say, congress swallowed the recommendations of this report hook, line, and sinker. It was decided that the American Medical Association (AMA), would be the "doorkeeper". The AMA was now empowered to certify or de-certify any medical school in the country on the grounds of whether that school met the AMA's standards of "approved" medicine.

The AMA came into existence in 1847. It is a private organization of allopathic physicians which serves the interests of its members, especially when it comes to influencing favorable legislation. It functions in every sense of the word as a union, although its members wear white collars instead of blue. Giving the AMA the power over the certification of medical schools is the equivalent of giving the Teamsters Union the exclusive right to decide on the laws of interstate commerce and transportation. Is it any wonder that the total number of medical schools in the United States went from 160 in 1906 (before the Flexner Report) to 85 in 1920 and further down to 69 schools in 1944? A little like putting the fox in charge of the hen house, no?

Not surprisingly, Flexner 'found' that any discipline that didn't use drugs to help cure the patient was tantamount to quackery and charlatanism. Medical schools that offered courses in bioelectric Medicine, Homeopathy or Eastern Medicine, for example, were told to either drop these courses from their curriculum or lose their accreditation and underwriting support. A few schools resisted for a time, but eventually most schools cooperated (or were closed down). A similar scenario was played out in Canada. It was attempted in England against Homeopathy, but it failed due to the personal intervention of the Royal Family who had received much relief and healing at the hands of Homeopathic healers in the 19th century. By the way, the AMA was found guilty of conspiracy against chiropractors in 1987 by a federal judge and fined a couple of million dollars. Here in America, a relentless campaign of misinformation, fraud, deception, and suppression of alternative therapies and healers has been in place for the better part of this century in order to keep highly effective alternative therapies from reaching any significant plateau of public awareness. Control is exerted through "news items" and propaganda from pro-establishment organizations like The American Medical Association, The American Cancer Society, The Diabetes Foundation, etc.; local medical boards; and government agencies like the FDA, The National Institute of Health (NIH), and The National Cancer Institute (NCI), The National Academy of Science, etc. with the full cooperation of main-stream media of course .

Over the past decades, hundreds of caring, concerned, and conscientious alternative healers have been jailed and abused like common criminals for the "crime" of curing people of life-threatening diseases in an "unapproved" manner by heavy-handed government agents who swoop down on clinics with drawn guns, flax jackets, and Gestapo manners. All the while, these same agents and agencies posture themselves before TV cameras and the public under the ludicrous pretense of being servants of the people and protectors of the common good.

The medico-drug cartel was summed up by J.W Hodge, M.D., of Niagara Falls, N.Y., in these words: 'The medical monopoly or medical trust, euphemistically called the American Medical Association, is not merely the meanest monopoly ever organized, but the most arrogant, dangerous and despotic organization which ever managed a free people in this or any other age. Any and all methods of healing the sick by means of safe, simple and natural remedies are sure to be assailed and denounced by the arrogant leaders of the AMA doctors' trust as fakes, frauds and humbugs Every practioner of the healing art who does not ally himself with the medical trust is denounced as a 'dangerous quack' and impostor by the predatory trust doctors. Every sanitarian who attempts to restore the sick to a state of health by natural means without resort to the knife or poisonous drugs, disease imparting serums, deadly toxins or vaccines, is at once pounced upon by these medical tyrants and fanatics, bitterly denounced, vilified and persecuted to the fullest extent.' (see [The Drug Story](#) for more revelations about the AMA, the House of Rockefeller and the pharmaceutical industry)

At long last, however, the public's consciousness seems to have finally reached a critical mass and is

now beginning to seriously question the efficacy and appropriateness of using orthodox therapies and allopathic medicine in general. Thank God. It's been too long overdue.

### *Understanding the Nature of Ill Health and Disease*

The entire approach and foundation of Orthodox Medicine is based on Luis Pasteur's Germ Theory, a flawed concept. A disease condition is viewed by the orthodoxy as an isolated event, confined to the area in which it manifests itself (E.g. an ear infection, eye infection, gum infection, lung cancer, skin cancer, etc. ). Under this theory, for unknown reasons, microbes or tumors indiscriminately grow in the patient and must be cut (surgery), burned (radiation), or poisoned (drugs) out of the body. In the orthodox model, the solution is sought through mechanical and chemical means. Seeking to understand WHY the infection or disease condition appeared in the first place, is not seriously explored. The quick fix with a prescription for drugs to smother the symptoms is the typical orthodox 'answer'.

A contemporary of Pasteur, Antoine Bechamp, had a different opinion as to why disease conditions 'took hold'. Bechamp felt that the ENVIRONMENT, or the ECOLOGY of the blood played the critical role in deciding whether disease conditions would manifest or not.

Alternative medicine explores the stressors (environmental, biological, chemical, psychological, and emotional) in a patient's life that cause a weakening of a particular energy field; which in turn allows the manifestation of a disease condition in a weakened area. In order to maintain a state of health, all energy systems within the body need to exist in a state of balance or equilibrium. Imbalance leads to conditions of discomfort (dis-ease) which eventually spirals into ill health if not corrected. The Chinese and Indians (Ayurvedic medicine) had worked all of this out thousands of years ago.

Orthodox or Allopathic Medicine utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms in an affected area. This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient. Rather, the use of drugs often will temporarily mask the outer manifestations of the malady, while at the same time, drive the disease deeper into the body...only to reappear at a later date, as a more serious, and chronic health threat. One of the many flaws of the orthodox approach is that it focuses on the disease condition itself, rather than the patient. The term wholistic (or holistic) originally sprang up to distinguish those physicians whose diagnostic gestalt considers all of the physical, emotional, and spiritual energies interacting with the patient.

Do not assume that the only difference between allopathic and alternative medicine, however, is an honest difference of opinion in the philosophies and views on the origin of disease states. Hardly!. There is, in truth, a concerted, organized agenda -concocted, planned, and contrived by the international pharmaceutical companies and organized medicine to suppress any and every alternative, non-drug therapy that WORKS. Why?

Because they want people to keep on coming back for more treatments and more drugs. A cured patient is a lost source of income. A sick patient who is marginally "improved" is a manageable patient.

Managing patients means routine office visits and renewing of drug prescriptions. Therefore, a manageable patient is a continuing source of income; a cash cow if you will. Multiply that by a few hundred million people and you get an idea why this deceit is being put upon you. The profits from the so called "health-care" industry are staggering!

The thrust of the orthodox pharmaceutical agenda is to provide temporary relief, while never addressing the cause of the disease condition. This agenda insures regular visits to the doctor's office and requires the patient to routinely return to the pharmacy to refill his prescriptions. This is what the game is all about folks, plain and simple. Deny it or Deal with it,...Stick with it or Get Out of it! ... your choice.

### *Natural Healing*

The patient's immune system and the immune system alone is responsible for healing and recovery from ill health. The use of drugs and vaccines represents an assault on the immune system. In some cases, the use of a particular drug might be a wise choice to speed healing and recovery for the patient, but the use of natural, orthomolecular therapies and substances (substances normally found in Nature) that can more effectively address the cause of the disease should be considered first because natural substances work in harmony with Nature. They aid and stimulate the body to truly cure itself, without the terrible millstone of drug side-effects.

The human body is predisposed to heal itself and to exist as a healthy, thriving organism. We inhibit that process by ingesting unhealthy foods, fouling our inner environment with toxins, and relying upon poisonous substances to treat disease conditions.

Unlike 'miracle drugs' and other 'drug breakthroughs', you will never see or hear anything from mainstream media about most of the therapies described here. The Big Three see to that, but you can still glean this information from the alternative health press, books, web sites, and at health expos. Some of these alternative therapies require high-tech equipment and specialized knowledge, but many, many others can be done at home without third party intervention or supervision. It's amazing, but true, that many of the most effective healing therapies (even for grave, life-threatening disease conditions) are simple things that you can do for yourself at home. You simply have to educate yourself and take responsibility for your own health.

The following is a brief overview of some alternative therapies that have demonstrated themselves to be effective and readily obtainable, usually at a low to modest cost. This list is far from complete. As time permits, the description and scope of these and other therapies will be added to, and expanded upon.

### Oxygen Therapies

#### Hyperbaric Oxygen Therapy (HBOT)

Oxygen therapies encompass more than the application of regular oxygen (O<sub>2</sub>), although regular oxygen can speed and assist healing; especially when used in higher-than-normal concentrations and under pressure, such as used in Hyperbaric Oxygen Chambers. Hyperbaric Oxygen Therapy (HBOT) has been traditionally used for rapid detoxification in acute situations, but it also has shown to be extremely efficacious for new stroke victims. It has been found that almost all of the usual conditions (paralysis, slurred/ no speech, etc.) associated with a stroke can be minimized or eliminated entirely by subjecting the patient to a hyperbaric oxygen treatment within the first 36 hours of a stroke. The quicker the patient can be treated from the onset of the stroke, the better the results. Even cases started a few days or even weeks after a stroke have shown remarkable results. HBOT has also proven helpful in cases involving other forms of brain damage as well.

## Singlet Oxygen Therapies

Oxygen atoms can be configured into certain quasi-stable arrangements that will allow a single oxygen atom to be released. This atom is called a singlet oxygen (O<sub>1</sub>). For therapeutic purposes, single atoms of oxygen can be released from hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) which breaks down to water (H<sub>2</sub>O) and a singlet oxygen (O<sub>1</sub>), and also from ozone (O<sub>3</sub>), which reduces to oxygen (O<sub>2</sub>) and a singlet oxygen. When a singlet oxygen atom is released within the body, it is highly reactive and will oxidize (reduce or break down) the molecular structure of undesirable and harmful organisms (bacteria, foreign proteins, etc.) and diseased tissue (E.g. cancer cells). This high-energy form of oxygen (O<sub>1</sub>) possesses a greatly enhanced healing capacity than that exhibited by regular oxygen (O<sub>2</sub>).

## Hydrogen Peroxide

A bottle of 3½ % Hydrogen Peroxide is available in any pharmacy for under a dollar and can be used daily to keep the mouth and gums germ-free (always use full strength and try to retain in the mouth as long as possible). It should also be conscientiously applied to disinfect any type of oral infection, cut, sore, or wound that one may encounter. For external use, the drug store variety of hydrogen peroxide is OK, but it does have some low levels of contaminants in it. For internal use, it's wiser to use Food grade hydrogen peroxide. You can make your own 3½ % hydrogen peroxide by diluting 35% food grade hydrogen peroxide by a ratio of 10:1 with distilled water. However, that should not stop you from using pharmacy-grade hydrogen peroxide externally- if you are in normal health. People trying to recover from serious diseases such as AIDS or cancer need to be more concerned about ingesting contaminants. 35% Food-Grade Hydrogen Peroxide is available at many farm supply outlets and by mail order. Since it's more concentrated, 35% hydrogen peroxide can produce spectacular results when intelligently applied. Hydrogen peroxide can also be applied either internally as injections (directly into a cancerous tumor for example) or intravenously into the blood stream. If properly diluted, hydrogen peroxide can also be ingested.

## Medical Cartel Sponsored 'Studies'

Of course, you have to know what you're doing. At higher concentrations, H<sub>2</sub>O<sub>2</sub> is powerful and can burn tissue, but look to the alternative health press for information from practitioners who are actually using this therapy. Don't expect an honest assessment from the allopathic crowd. Like most cheap, unpatentable natural solutions, the pharmaceutical/organized medicine cartel will try to frighten you off from using these therapies with scares stories of exaggerated dangers, omission of relevant data, and insertion of misleading statements.

For example, they will point to rat studies that show increased stomach cancers from ingesting H<sub>2</sub>O<sub>2</sub>. By promoting this 'study', the cartel wants you to draw the conclusion that you will get stomach cancer from ingesting hydrogen peroxide without actually saying it. No additional details such as the concentration of the peroxide administered, frequency of dosage, quantity given vis a vis body weight etc., are provided about the 'study' in these press reports-only the bottom line conclusion: Of course, most knowledgeable researchers know that rat studies don't equate to people studies. Rat studies, in fact, have an extremely limited range of applicability for purposes of human extrapolation. In addition, most studies are funded by pharmaceuticals or government agencies and they have an agenda that has nothing to do with sincere scientific inquiry. Ralph Moss and Linus Pauling are two individuals who come to mind who looked at different cartel sponsored 'studies' and clearly demonstrated that the Big Boys can and will skew a 'study' in any direction they wish it to go.



Scientific honesty among cartel sponsored investigative groups is a myth. All medical schools, teaching universities, and government health organizations such as the National Institute of Health (NIH), National Cancer Institute, National Academy of Science, etc., etc. are all under the cartel's propaganda umbrella.

## Ozone

**Ozone (O<sub>3</sub>)** is composed of three atoms of oxygen lightly bound together. One of those atoms can easily break away and form regular oxygen (O<sub>2</sub>) and a singlet oxygen atom (O<sup>1</sup>). Through oxidation, the singlet oxygen atom is capable of producing amazing healing results. Ozone can be produced with a hot or "cold" spark, with ultraviolet light, or with a method invented by Nikola Tesla called cold plasma ozone production. The cold plasma method produces much larger quantities of ozone and is the preferred means of production for therapeutic purposes. Larger, cold plasma ozone machines can only be legally purchased outside of the United States, but there are underground 'suitcase' size units being manufactured clandestinely in the U.S.. Smaller **cold plasma ozone generators**, however, are legally available in the U.S. as water purifiers (send e-mail <Ken Adachi, Editor> for more info). All cold plasma ozone generators can easily produce high quality Ozonated Water, which can be ingested as often as desired. The effects of drinking ozonated water on a regular basis can be very healthful. People with serious disease conditions will notice more-pronounced effects in a shorter space of time than those who are in good health, but the benefits of ozonated water are realized by all who use it, whether you have a serious health concern or not. The ozone from the ozonated water passes into the bloodstream via the stomach/small intestines and provides the benefits of ozone without the need for expensive equipment. Some people notice a very slight sensation of light headedness the first time they drink ozone water. It's temporary and usually only happens the first time- if at all. The reaction is due to slightly more oxygen reaching the brain than normal. Ingested daily, ozone water will progressively send ozone into deeper tissues of the body, oxidizing non organic drug residues and hidden, dormant pathogens. You might be surprised to learn that the virus that gave you chicken pox as a child or herpes as a young adult is still hidden deep within the body such as in the nerve ganglion at the base of the spine. Your immune system developed antibodies which normally hold these residual bugs in check, but that doesn't mean that the bugs are gone, as any person who suffers recurrent bouts of herpes will attest. But if you hit them long enough and hard enough with ozone (or certain other alternative therapies), they will be gone-for good. Another useful product that can be applied topically is called Ozonated Olive Oil. It is made by bubbling ozone through olive oil for a considerable period of time (weeks) until the olive oil eventually becomes saturated with the ozone molecules and becomes much thicker. Afterwards, the product can be applied as a balm to infected areas and will often greatly promote and/or speed healing.

## Methods of Ozone Application

Medically, ozone can be applied in different ways. One of the oldest methods, used in Germany for over 60 years, is called Autohemotherapy. This technique involves removing about a pint of blood, ozonating it, and return it intravenously to the patient. It works, but it's rather limited in the amount of ozone applied.

Another method has the patient hooked up to a dialysis type machine with blood coming out one arm, going through the machine for ozonation, and returned via tubes hooked up to the other arm. You get a lot more ozone into the body with this technique, but the pumping mechanisms used to push the blood around can damage the membranes of the red blood cells somewhat.

A third technique is called Ozone Injection. Like its name implies, the ozone is carefully and slowly

injected into the patient. Ozone, remember, is composed of oxygen atoms. Oxygen dissolves into the blood; it does not form bubbles in the bloodstream like air, which is composed of oxygen and 80% nitrogen. Many ozone specialist prefer this later method, but each of these ozone techniques have their advocates.

### *Bioelectro Medicine*

There are a number of devices that use specialized electric fields to alter the function or condition of targeted tissue, organisms, or cells within the body. These electric fields can be programmed to promote the healing of healthy tissue or inhibit the growth of undesired organisms. Where there are electric fields, there are also magnetic fields, usually rotated at 90 degrees to each other. The interplay of the electric and magnetic fields play a role in this therapy, but the frequency, the shape of the wave, the duration and polarity of the pulse, etc., all play into the mix and can make the difference between success or failure depending on the care and attention given to these parameters. This is not necessarily a new technology. At the turn of the 19th century, Nikola Tesla patented many Electro-inventions that demonstrated incredible health-promoting attributes; some of them based on the use of his high frequency, high voltage DC pulse generator circuits which produced a new etherderived form of energy called [Radiant Energy](#). Tesla had even patented a highly efficient cold plasma.

ozone generator by 1893.

### Dr. Royal Rife

In the late 20's and early 1930's, Dr. Royal Raymond Rife from San Diego, California, developed a high powered microscope which he used in conjunction with a frequency generator. Using special UV light, Rife's microscope was capable of 60,000x magnification! This degree of magnification allowed him to observe LIVE virus and bacteria organisms while he applied the MOR (Mortal Oscillatory Resonance) frequency from his frequency generator via plasma tube radiation of the energy. He was able to destroy all manner of disease organisms (including cancer related organisms) by merely 'tuning' the generator to the correct resonant frequency of these organisms and applying the oscillating electric fields via the plasma driven, "Beam Ray Tube". Everything in the universe, living or dead, and its own resonant frequency. If you apply this exact resonant frequency to the object or organism, it will begin vibrating until it literally shatters itself. You've all seen the wine glass and the opera singer demonstration. Same deal for microbes.

60,000x magnifications is an unheard of degree of magnification in a light microscope, even by today's technical standards. Today's electron microscope can deliver high magnification, but it can only view DEAD organisms. The ability to view micro organisms in a LIVING state is of great importance to diagnostic and therapeutic goals. This is an extremely important point to understand. Rife's microscope played no role in the actual destruction of the pathogenic organisms, but it allowed him to view the effects of the electric fields from the Beam Ray Tube upon the organism itself. As Rife adjusted and tuned his frequency generator to the correct frequency, he was able to observe the disintegration of the bacteria, parasite, or virii under the influence of the resonant electro-magnetic fields exerted by the Beam Ray Tube.

At first, Rife's enormous accomplishments were ballyhooed in the press. He was feted and hosted by the local medical elites of the day who were hoping to climb onto the Glory Bandwagon with him and get their mug published in the newspaper as a supporter and cohort of the "man who could finally end

cancer". But the Big Boys finally caught up with him. I'm referring to the string pullers in organized medicine and the pharmaceutical industry. Needless to say, once word of Rife's success began to spread too wide, he was quickly 'neutralized' by organized medicine and demoralized into obscurity (unending court litigation, charges of quakery, intimidation of financial supporters, the burning down of laboratories, etc...the "usual" routine). His principle persecutor was the head of the American Medical Association and chief editor of the Journal of the American Medical Association. His name was [Dr. Morris Fishbein](#) and he never treated a patient in his life. He was motivated more by an unmitigated lust for greed and power, and less by a desire to save lives. Failing to convince Rife to sell him the exclusive rights to his technique and therapy, Fishbein set out to crush Rife with a vengeance. The outrageous injustices against Rife by Fishbein and the medical establishment are explained in great depth in a book by Barry Lynes called *The Cancer Cure That Worked*.

Fortunately, we have physicist [Gary Wade](#), a specialist in Rife technology, available to readers of this web site. He will explain to you exactly how Rife achieved his amazing results and how YOU can learn how to apply Rife's hard earned technology yourself. You should waste no time in examining Gary's extraordinary and generously shared [insights](#) in Rife technology. Some of the best books about Rife were written by Barry Lynes (E.g. *The Cancer Cure That Worked*). Dr James Bare of Albuquerque, New Mexico has also published a manual and video on how to build your own Rife device.

( <http://www.rt66.com/~rifetech/> ). See this special page devoted to [Royal Rife links](#) that will bring you to many excellent web sites talking about Rife and his work (<http://educate-yourself.org/cancer/rifelinks.shtml>).

Geroges Lakhovsky

Another brilliant observer and thinker was the Russian-born engineer, [Georges Lakhovsky](#). Lakhovsky theorized that the genetic filaments stands within the nucleus of a living cell acted as a coil and exhibited all the properties properties required of an oscillator; namely: inductance, capacitance, and resistance. Lakhovsky postulated that all living cells, including disease organisms, could act as both an emitter and receiver of very high frequency oscillations.

According to his theory, a state of health or disease was dependent on whether the oscillations from healthy cells were maintained (a state of equilibrium) or were overtaken by the oscillations of diseasecausing cells (disequilibrium). He found that he could boost the oscillatory level of weakened cells and overcome disease by attaching a simple coil-shaped 'antennae' to the affected area and leaving it in place. Lakhovsky referred to these antennae as oscillating circuits and they were worn by people as collars, belts, or bracelets. He claimed that his 'antennae' captured and focused sympathetic waves from the cosmos (cosmic waves) which resonated with harmonics of the fundamental frequency at which the weakened cell oscillated.

Whenever additional oscillating energy (from cosmic waves), of the same frequency or harmonics of that frequency, are introduced into an oscillating circuit (the nucleus of the cell), the oscillations within that cell will be strengthened through a phenomena of physics called resonance. According to Lakhovsky, the now-strengthened oscillations emanating from the formerly weakened human cell could now overtake the oscillations of the disease-causing organisms and cause them to diminish in strength and subsequently die off.

Lakhovsky conducted an experiment with plants in 1924 to establish the validity of his theory. He inoculated ten potted geranium plants with a plant disease that causes cancerous tumors. Coiled

around the stem of [one of the geraniums](#), he affixed an open ended coil of thick copper wire about 30 cm in diameter. It was held in place by an ebonite stake stuck into the pot. While the other nine inoculated geraniums quickly succumbed to the cancerous disease, the one geranium with the attached coil (the 'antennae') sloughed off the cancerous growth and thrived into [a robust and healthy plant](#). Lakhovsky had similar success when these antennae coils (the 'oscillating circuits ' mentioned above) were used with people and animals. He later expanded his research with the development of the Multi-Wave Oscillator (explained below).

### Lakhovsky's Multi-Wave Oscillator (MWO)

Geroges Lakhovsky published an extremely important book into French, German, Italian, and Spanish in the 1920's called The Secret of Life. Unfortunately, it wasn't available in English until September, 1939-at the very outbreak of World War II. Occupied with the emerging drama of World War II, the book went unnoticed and unreviewed. Thanks to Dr Bob Beck, however, many researchers are today re-discovering Lakhovsky's astounding [Multi-Wave Oscillator](#). This instrument manufactures a broad range of high frequency pulsed signals that radiate energy into patient via two resonators: one resonator acting as a transmitter and the other as a receiver. The patient sits on a wooden stool in between the two resonators and is exposed to these energies for about 15 minutes. These energies increase the resonance of healthy cells and create disequilibrium in disease organisms. His clinical results created a lot of excitement in Europe where his reputaion quickly spread. You can read more about the MWO on the [Georges Lakovsky](#) page. Interested readers can obtain a reprint of Lakhovsky's The Secret of Life and The Waves That Heal by Mark Clement from Educate-Yourself (see the [Products](#) page).

### *Bob Beck Rescues Lakhovsky's MWO from Obscurity*

In the early 60's, Dr Bob Beck found an original Lakhovsky Multi-Wave Oscillator in the basement of a well known southern California hospital. He took it apart and described exactly how it was built in a series of articles published by Borderlands in 1963. After Beck's articles were published, a number of builders began to assemble MWO's and the word started to spread.

Two MWO builders who lived on the west coast, using the information contained in Beck articles, began making and selling a lot of Multi Wave Oscillators. Apparently they worked fairly well because the FDA got word of the MWO's growing popularity and told Beck to come to Washington. Beck and the two builders were told to lay off promoting the MWO and stop building them. They were told in no uncertain terms to cease and desist immediately ...or else.

Beck and one of the MWO builders, Ed Skillings, complied, but the second builder, Ralph Bergstresser, was determined to keep going, so he actually formed a church dedicated to the worship of the MWO. Yes, you read that correctly. And, for a couple of years at least, his 'parishioners' were able to come to church, sit around the MWO-perched high atop an altar, with resonator antennas glowing - and received the 'blessed waves' from the Sacred Oscillator. It helped a lot of church goers, until the 'pastor' was finally thrown into the slammer by the Feds and had his modern version of the Ark of the Covenant hauled away. He got out after a couple of years, but still went on building MWO's anyway, distributing them through underground sources. Many present day owners of properly working MWO's are either using units built by or copies of the "pastor's" work (now why isn't there an Oscar category reserved for a guy like that?).

## Blood-Electrification

In recent years, different electro-medicine units have been promoted at health expos and through magazine articles, interviews, books, etc.. One of the more interesting devices is the blood electrifier of Dr Bob Beck. I've seen laboratory reports and Institutional Review Board studies that seem to clearly support claims made by Dr Bob Beck that his blood electrification device has caused 'complete spontaneous remission' in literally thousands of AIDS patients, cancer patients, and chronic fatigue sufferers among others. Dr Beck discovered the possibilities offered by [blood electrification](#) after reading a short article in 1991 in a journal called Science News.

The Discovery In the Fall of 1990, two researchers, Drs William Lyman and Steven Kaali, working at Albert Einstein Medical College in New York City made an important discovery. They found that they could inactivate the HIV virus by applying a low voltage direct current electrical potential with an extremely small current flow to AIDS infected blood in a test tube. Initially, they discovered this in the lab by inserting two platinum electrodes into a glass tube filled with HIV-1 (type 1) infected blood. They applied a direct current to the electrodes and found that a current flow in the range of 50-100 microamperes ( $\mu\text{A}$ ) produced the most effective results. Practically all of the HIV viral particles were adversely affected while normal blood cells remained unharmed. The viral particles were not directly destroyed by the electric current, but rather the outer protein coating of the virus was affected in such a way as to prevent the virus from producing reverse transcriptase, a necessary enzyme needed by the virus to invade human cells. Reverse transcriptase allows the virus to enter a human T cell line (called CEMSS) and commandeer the DNA reproduction machinery. After using the host cell to reproduce itself into thousands of new virii, the swollen host cell (now called syncytia or giant cell) will burst and spew the contents into the bloodstream or lymph system. This is how the virus spreads, but lacking reverse transcriptase, the HIV virus can't invade the host cell and it becomes vulnerable to destruction by the body's immune system. (The [details of this experiment](#) can be read from Kaali's patent application.)  
Getting the Word Out?

A brief announcement of this discovery appeared in [The Houston Post](#) (Mar 20, 1991), then in [Science News](#) (Mar. 30, 1991 pg. 207) and later in [Longevity](#) magazine: (Dec.1992 pg. 14). Following their work in the Fall of 1990, Kaali and Lyman presented their findings at the First International Symposium on Combination Therapies (an AIDS conference) in Washington DC on March 14th, 1991. Kaali outlined two methods for treating an AIDS patient with this new therapy: One method involved removing a small amount of blood, electrifying it and then returning it to the patient's body. The second method involved sewing a miniature electrifying power supply along with two tiny electrodes directly into the lumen of an artery. For long term treatment, the mini electrifying unit needed to be removed and relocated to a new artery site after 30-45 days since scar tissue and calcification forming around the implant unit would lead to artery blockage. Kaali (along with coinventor Peter Schwolsky) filed for a patent on this implantable electrifying device on Nov 16, 1990 and nine months later was granted patent #[5,139,684](#) on August 18, 1992. It's interesting to note two things here:

1. In order to obtain a patent from the United States Patent Office, Kaali and Schwolsky had to prove that the device works as claimed. Lacking solid proof, patents are simply not granted.
2. Very often it takes years to obtain a patent, yet this patent was granted in only nine months; a further indication to me of the strength their proven claims

It's also interesting to note that other than the 3 publications mentioned above and the March '91 AIDS conference, nothing again appeared in print, radio, or TV about this important discovery as a potential treatment and cure for AIDS from Kaali and company. Most knowledgeable observers feel that Kaali and Lyman's discovery was intentionally suppressed following the March '91 AIDS

conference presentation. If AIDS research was on the level and not the [sham](#) that it actually is, this should have made front page news around the world. By the way, in July (2000), a woman with Mycoplasma Incognitus (Gulf War Illness) E mailed me and told me (after reading this story) that she had called Albert Einstein College and spoke directly with Dr William Lyman, one of the codiscoverers of blood electrification. She wanted to know how effective he thought blood electrification would work against mycoplasma. Lyman told her that he had no idea what she was talking about. He denied knowing anything about blood electrification and couldn't give her any information about it at all. Such is the vice grip power of the medical cartel.

Enter Dr Bob Beck A man named Professor Walter Schnitder drew Dr Robert C. Beck's attention to the above mentioned item in Science News. Beck looked up the patent and decided to try and duplicate the therapy, but he wanted to do it non-invasively; that is by applying the electric current from outside the body. Now if you apply a direct current (DC) potential to the skin, you're going to get an electrolysis effect and that can cause problems, so Beck designed a circuit that varied the voltage with an alternating current (AC) at a very low frequency and avoided the electrolysis problem. The waveform that Beck chose is not the typical sine wave seen in AC household outlets, but rather is a bi-phasic square wave. Square waves generate a large number of harmonics. Harmonics are frequency multiples of the original frequency. For example, a 4 Hertz (hz) square wave can produce harmonics (with the right equipment) of 8 hz, 16 hz, 32 hz, etc. right up into the radio frequency range. Beck finally settled on 3.92 hz as the ideal base frequency and assembled a schematic of the simple square wave oscillator , including a complete parts list. He used short, one inch lengths of stainless steel welding rods with attached wires for electrodes and started to experiment on himself.

Gradually, he began feeling stronger, had more energy and started losing his excessive weight (he was over 300 lbs at the time). After a 7 or 8months, his weight was down to 150 lbs and he felt better than ever. He went on the lecture circuit, talked for free, and gave the schematic and related construction/protocol information away without charge. AIDS patients, particularly, experienced dramatic reversals of their deteriorating conditons using the blood electrifier, but the unit seemed to help many other conditions as well, whether autoimmune, viral, or bacterial in origin. (more information about Beck's papers and protocols can be obtained by contacting the [Editor](#))

## Pulsed, Electro-Magnetic Therapy

Pulsed- low, mid, and high frequency AC signals, when applied to the body, can produce therapeutic electric/ magnetic fields. Properly configured, they can also produce scalar waves. The special attributes of scalar waves were first described mathematically by James Clerk Maxwell in 1873, and later by Nikola Tesla. A certain type of pulsed electro-magnetic field, with their attendant scalar waves, seems to stimulate re-growth and regeneration in injured tissue. Covalent waves (conventional sine waves) do not have the same effect. Dr Robert O. Becker, M.D., discusses this phenomena in two of his recent books that deal with electro-medicine: The Body Electric (1985) and Cross Currents (1990).

## Nutritional Therapies

### Introduction

"You are what you eat! ". Did your mother ever tell you that? Well, mine did, but I didn't appreciate the wisdom of those words until I approached middle age. Today, I realize that the biggest impediment to enjoying a truly robust state of health is the Standard American Diet (aptly abbreviated, SAD). While we could spend a lot of time on details, a short version of the SAD diet can be summarized as

follows: Refined and processed foods can ruin your health and lower your immunity, setting you up for disease conditions.

In order to obtain a higher level of immunity and improved health, it's necessary to stop eating processed, refined foods and start eating whole, unprocessed raw-as-possible vegetables, beans, grains, nuts, sea plants (seaweed), a small amount of fish life if you want animal protein, and lots of pure, clean water.

### Change Gradually

If you try to change everything about your diet all at once, you won't stick with it. Go slow. Change one item at a time and get accustomed to the healthier alternative before tackling another.

Start with soft drinks (or soda). All soft drinks are simply ruinous to your health. Coke, 7-Up, Pepsi, Sprite, Dr Pepper, etc. It's ALL GARBAGE and it's RUINING YOUR HEALTH. Read the ingredients on the side of a can of soda. It will usually list 17-24 grams of sugar. That's the equivalent of 6-10 teaspoons of sugar with each and every 12 oz can that you're guzzling down. When you ingest refined sugar, you lower your body's immunity for FOUR HOURS. If you're drinking soft drinks here and there throughout the day, then you're keeping your immunity suppressed all day long. People with suppressed immunity seem to easily pick up every bug that's going around. Have you ever noticed that little connection in people (especially teenagers) who drink sodas all day long?

Another problem with soft drinks is the tremendous amount of PHOSPHOROUS that's contained in them. Large amounts of phosphorous are bad news for the body because they combine with other minerals (like Calcium) and tie them up for eventual excretion. Now calcium is a mineral that your body DOES NEED in large amounts in your bloodstream for daily use. If your soft drink is yanking the calcium out of your blood stream, where does the body get the calcium it needs for everyday jobs? Why, it gets it from your teeth and bones!

Women who are worried about osteoporosis would be way ahead of the game by avoiding soft drinks (and excess animal protein), instead of going broke buying calcium supplements at the health food store (which are mostly exiting out the other end anyway).

Replace the soft drinks with WATER. It usually takes a couple of days to break a sugar addiction (oh, you never thought of YOU as being addicted to anything? Well, answer me this: Do you have a CRAVING for soft drinks when you don't have them? If you do, then you are definitely addicted). Satisfy your desire for sugar by eating sweet fruit (like bananas) during the adjustment period. Eventually you will come to love drinking water, especially [ozonated water](#). . The more you drink, the better you'll feel. Try it.

### The Budwig Diet

Germany's 90 year old Dr Joanna Budwig, nominated 6 times for the Nobel Prize, has made the most remarkable discovery of them all! After 30 years of research, she has found that 2 simple food items: **1. Flax Seed Oil** (cold-pressed, unprocessed) and **2. Low Fat Cottage Cheese** will CURE or prevent many forms of cancers and a long list of other degenerative disease including cardiovascular diseases and skin diseases! Unprocessed flax seed oil provides 2 essential fatty acids seriously deficient in the standard American diet: Linolenic and Linoleic acids. These two unsaturated fatty acids have 3 high-energy double bonds (pi-electrons) in their outer electron shells. These fatty acids affect the membranes of animal cells and permit a thousand-fold increase in oxygen transport and assimilation! By substantially increasing the oxidation potential within the cell, Dr Budwig proved what her German predecessor, Dr Otto Warburg, had discovered 30 years earlier: cancer cells cannot

survive in an oxygen-rich environment. With sulfur-rich protein and calcium provided by the cottage cheese, all the elements are in place for membrane repair and increased energy transfer. A 2001 news item posted on the Internet from Duke University caught my attention (and ire) claiming to be hot on the trail of a 'new' discovery concerning the anticancer benefits of flax seed oil. I [contacted the editor](#) and set him straight on a few historical facts. To recover from cancer, the Budwig Diet needs to be taken in conjunction with a strict, health-promoting diet free of processed, devitalized foods (see the Gerson Therapy below).

## Urine Therapy

In 1945, John W. Armstrong published a book called *The Water of Life, A Treatise on Urine Therapy*. The book explored the difficult-to-accept idea that drinking one's own urine will promote healing and restore health to those afflicted with grave illnesses. Martha Christy also published a book on this topic titled *Your Own Perfect Medicine* in the late 1980's. I highly recommend reading both of them. Christy's approach is more technical and includes injections of prepared urine tissue and taking urine drops under the tongue.

Armstrong's approach is simpler: To resolve life-threatening disease conditions, drink every drop of your own urine and neither eat nor drink anything else until you are completely well!! In his book, Armstrong provides the history of many, many patients with a variety of serious conditions (cancers, massive infections, heart conditions, etc.) who were frequently near The End. In some cases, the patient was so gravely disabled, that he couldn't produce any urine of his own. In those cases, Armstrong would 'jump start' the patient with his own urine. Afterwards, the patient was able to produce a small amount of his own. With each subsequent ingestion of urine, the patient would gain in both strength and relief from pain. For the most serious cases, patients drank nothing but their own urine for periods of 90, 120, 150 days! Some, even longer. Armstrong points out that rubbing the body with old urine (for a substantial period of time, E.g. 1-2 hours) is a necessary adjunct treatment to ingestion in very serious cases. In less severe cases, rubbing with old urine will clear up most skin conditions and produce a smooth, blemish-free skin if applied regularly (ladies, take note). Why this works is explained at length in the books, but briefly the

1. replenishment of vital tissues lost to the ill patient through the urine and the
2. reingestion, refinement, and re-filtering of antibodies and other immune enhancing substances

allows the body to exclusively concentrate on destroying, unclogging, and removing the offending organisms and diseased tissue, without the burdens of routine work such as digestion and normal detoxification.

Of course, we normally think of both urine and stool elimination as waste, but urine, unlike feces, is totally sterile. Mind you, it's the filtrate of your own blood. Many people in normal health drink urine daily in order to keep their health and maintain physical beauty. Get the books and read them. In the event of survival difficulties, this simple technique can save your life.

Beyond the Urine Therapy Story, I knew I had discovered a trusted and kindred spirit when Armstrong began the book's Introduction with the following words: "Owing to the increasing part played by vested interests in many branches of human endeavor, not least in the very lucrative providing of remedies for disease, intelligent members of the public, are growing more and more distrustful of orthodox medical methods."

He continued the book's Introduction by asking why, after more than 50 years (as of 1945), can orthodox cancer researchers only offer the knife, radium, or X-rays to address this malignancy after so much time, money, and effort has been expended to discover its cause and cure? The author further inquires, why, after so many letters from doctors testifying to the highly unsatisfactory results



of radium treatment (repeatedly published in the British Medical Journal), did the Cancer Ring ( the Cancer Establishment or Cancer Industry as we would refer to it today) continue to tout radium as the "best" therapy? Finally, why, did the Cancer Research Ring, who "still asks the public to donate large sums of money towards the discovery of a cure", continuously discount and belittle effective treatments for cancer, when those therapies were proposed by practitioners of non-orthodox medicine?

58 years later, nothing much has changed when it comes to the politics of Big Medicine. Today, we know the answers to John Armstrong's questions. Only the most naive and uninformed among us continue to believe the party line spouted by the pharmaceutical/medical establishment and their propaganda flunkies such as the The American Cancer Society: "The Cure for Cancer is just around the Corner"; "Get a Checkup and Write a Check"; "The Race for The Cure"; " Marathon to Beat Breast Cancer"; etc. It's pure rot: nothing but lies to bilk the trusting and believing public out of their money and fend the appearance of doing honest research. The promoters and planners of these publicity/ fund raising events deserve the greatest possible condemnation for their deceit.

Related Articles:

Orthodox Medicine Has Failed Us (Oct. 16, 2006)

<http://educate-yourself.org/te/failuresoforthodoxmedicine16oct06.shtml>

Doctors Are The Third Leading Cause of Death in the US, Causing 250,000 Deaths Every Year

[http://www.mercola.com/2000/jul/30/doctors\\_death.htm](http://www.mercola.com/2000/jul/30/doctors_death.htm)

This Page Last Updated: November 30, 2009

**The following pages are all about different medical conditions and our observations of those conditions. We will start with a few articles on Cancer:**

***If I had cancer, this is what I would do:***

AIR: Filtered Air everywhere. Pure O2 10 min. every half hour

WATER: Distilled E water, gallons per day

FOOD: NO FOOD WITH 7 Day Detox on one week, off one week Drink anti-oxidant drinks. Raw food, No animal protein (See China Study), (vitamin/minerals, but increase supplements to offset the excess amount of water. No processed food. No Sugar. Frankincense, eat it, breathe it, wear it, every hour.

Colonics twice a day

ENERGY: Ionizer, 10 x per day (?)

STRESS: No driving, no TV, no newspapers. No external threat. Relaxation, Yoga, Migun bed, Massage, sound and light therapy

Emotional release. See Carolyn Mein.

Dr. King B.E.S.T. method Chiropractic, emotional release

CVAC twice a day M-F. See [www.cvacsystems.com](http://www.cvacsystems.com)

Strenuous exercise

Lynn Nelson

## **Warburg's Prime Cause of Cancer Simplified**

Copyright 2001 by Ed McCabe

Adapted from two-time Nobel Prize winner (respiratory enzymes) Dr. Otto Warburg's: "The Prime Cause and Prevention of Cancer" and his other papers by Ed McCabe. Lecture delivered to the membership of the Cancer Control Society annual meeting, Labor Day 2001, by Ed McCabe

### *Postulate - Prime Cause of Cancer*

"Because no cancer cell exists, the respiration of which is intact, it cannot be disputed that cancer could be prevented if the respiration of the body cells would be kept intact." (Everything in quotes in this paper is from Warburg)

### *Secondary Causes of Cancer*

There are many secondary causes of cancer like poisons, microbes, radiation, foreign objects in the body, viruses, retroviruses and other injuries.

But, there is only one prime cause of cancer. The only things all cancers have in common is that something took away the cell's ability to breathe, mechanically, chemically, or energetically. The prime cause of all cancers is impaired cellular respiration.

Cells are constantly dividing. When any newly formed (embryonic) cell is denied 35% or more of the oxygen it needs, its mini breathing mechanisms and respiratory enzymes are no longer saturated with oxygen. When the oxygen transferring enzymes in the cell are no longer saturated with oxygen, the cell is damaged severely - as respiration decreases irreversibly. Respiratory enzymes not saturated in oxygen end up just like if you burned up your car engine by running it without oil. This can happen within two rounds of cell division under low oxygen conditions. As respiration falls, the cell struggles, but can't keep up the high energy production levels normally sustained by converting oxygen into ATP energy.

As the cell's damaged breathing (its high energy producing complex) fails, the cell loses all its higher functions and de-evolves, or "de-differentiates" into a simple plant type cell. Cancer cells often are seen as green under proper magnification just like a plant. Why does Nature convert the damaged human cells into "plant" cells? Because that's the only option left that can still maintain life. Plant cells use fermentation, a much simpler and inefficient form of energy creation common to simple organisms. Fermentation is a simple process that converts body sugars (glucose) into a weak form of energy and produces a lot of lactic acid. But fermentation is so inefficient that it only allows the cell to grow and grow and grow. The damaged cells can no longer be special individuals (differentiated) with special functions. Think of this process as Life trying to continue in the form of a plant, since the human form is no longer working correctly.

ATP, adenosine triphosphate, is the energy currency of the body.

1 mole of fermentation lactic acid produces 1 mole of ATP = cancer.

1 mole of oxygen during respiration makes 7 moles of ATP = health.

If circumstances keep denying these severely damaged cells access to 35% or more of the oxygen

they need, they keep growing, but incorrectly. That's why we have to remove the external cancer causing agents. The cells know they are lacking in energy, so in a valiant attempt to create more energy, they ferment more and more, while trying to catch up. And when it comes time for them to reproduce, the damaged cells make exact copies of their own damaged selves which in turn make more copies of more fermenting cells. I just described cancer.

"For cancer formation there is necessary not only an irreversible damaging of the respiration but also an increase in the fermentation."

If the host body is suffering from radiation or other poisons, is low on oxygen, and doesn't have lots of active respiration enzymes, these unnatural conditions allow these fermenting cells to spread. Their unregulated growth and increasing amounts of waste products crowd out and choke off the oxygen from normal cells, and they eventually take over slowly.

### *Latency*

Latency? Not exactly. The takeover may show up many years later, after the first damage when the respiratory enzymes were no longer saturated with oxygen, and the normal cells turned into fermenting cancer cells. The cancer silently grew and grew and grew as the fermenting cells took over. " The most important fact in this field is that there is no physical or chemical agent with which the fermentation of cells in the body can be increased directly: for increasing fermentation, a long time and many cell divisions are always necessary." And, "The mysterious latency period of the production of cancer is, therefore nothing more than the time in which the fermentation increases after a damaging of the respiration."

This is why it is useless (except as part of the proposed repair) to only cut out or irradiate a cancer without reversing the underlying causes. Without enough oxygen, the normal cells will just keep mutating into acidic fermenting cells. In the very earliest stages of embryonic development normal body cells ferment for a bit, but quickly evolve and the fermentation drops away and is replaced by normal oxygen respiration only. But if the oxygen is kept low during their development, they have to keep fermenting to survive. When this happens they mature as fermenting cells! You can remove small tumors, but the surgery may release fermenting cells into the body. If the body is not clean, and saturated with oxygen and enzymes, the fermenting cells may find new homes someplace else. "There would be no cancers if there were no fermentation of normal body cells."

Unlike oxygen using cells, fermenting cells have, relatively speaking, incomplete digestion. They excrete mostly lactic acid and depending upon where they are in the body, other actual metabolic toxins and amines that freeze up muscles and cause other damage like further blocking respiration. The elimination of toxins is another burdensome drain on the body's resources.

### **Summary**

To summarize, anything that causes cancer somehow lowers the body's ability to carry oxygen to the cells, or damages the respiratory enzyme transport of the oxygen into the cells, or damages the reactions in the cell using the oxygen to make energy.

There are many secondary causes of cancer. A lot of money has been wasted funding research on chasing these tangents. The prime cause is known, and we need to focus in on that. If anaerobic retroviruses are attacking the body and disrupting cell respiration, we know viruses and bacteria only

live in us because cellular oxygen levels are too low. The low oxygen levels could be made worse due to the continual piling up in the body of pollution and foreign substances. Or, the body could defensively be growing aberrant capillary networks starved for oxygen around foreign objects like implants. Many women sadly called me after getting breast cancer from breast implants. Or poisons or x-rays have damaged the cell's respiratory enzymes.

"Carcinogenesis by x-rays is obviously nothing else than destruction of respiration by elimination of the respiring grana." You can kill cancer cells with chemotherapy or radiation because cancer cells are weaker. Normal cells appear, at the treatment time, to survive these poisons because they are stronger, but their respiration has been damaged. And we know what that means in time: "...the descendants of the surviving normal cells may in the course of the latent period compensate the respiration decrease by the fermentation increase and thence become cancer cells."

### *Repairing Respiration (Getting Rid of Cancer)*

Is it possible to fix the problems? Indeed, I interviewed hundreds of newly converted Oxygen Therapy using healthy people that were once cancerous. Many of them had doctors that had sent them home "to die" because "there's nothing more we can do." Standing there talking with these bright eyed healthy survivors, one by one for 12 years, yes, this experience has convinced me the problem can be fixed for the vast majority who correctly follow the protocols.

Warburg postulated that because young cancer cells with partially damaged respiration live in the body almost aerobically, inhibition of any further growth on their part using fermentation should be possible by repairing their damaged respiration before the fermentation gets locked into a mature cell. Three preconditions exist for his proposed repair. Like planting a garden to raise healthy cells in, you have to clean up and prepare the soil before you plant.

1. All growing body cells be SATURATED with oxygen.

Warburg emphasizes again, ...all body cells be SATURATED with oxygen... So grab your favorite oxygen therapy and get at it. As Mr. Oxygen has said for 12 years, "Flood The Body With Oxygen, Properly and Safely"

2. External cancer causing agents are kept away, at least during the treatment.

Stop smoking, drinking, using dope, breathing poorly, and eating processed, hydrogenated, and unhealthy food, being X-rayed, working around toxins, or being depressed. Start exercising.

3. Safely flood the body with (replace the damaged and missing) active groups of respiratory enzymes. As Warburg said, "These enzymes are harmless and should be increasingly added to food, in the greatest amount, even forever." Be careful, not too much iron.

### Warburg's Active Groups of Replacement Respiratory Apo-enzymes

-Iron salts like Ferric Fructose, Iron Fructose

-Riboflavin (B2) Important for body growth and red cell production.

There is no known toxicity to riboflavin. Because riboflavin is a water-soluble vitamin, excess amounts are excreted by the body in the urine.

-Nicotinamide (B3) (Niacin) Niacin in high dosages gives a redness flush from increased circulation, and may cause itching. Pantothenic Acid (B5)

-Cyanocobalamin (B12) required for phase one detoxification of chemicals in the liver

- Cytohemim (plant iron groups) Beet crystals, chlorophyll, spirulina
- d-amino-leuvlinic acid (precursor to oxygen transferring hemins, heightens sugar utilization)

The body will attempt to normalize the metabolisms of cancer cells by using the extra active groups Of enzymes we give it. The body's attempt to normalize the undifferentiated cancer cells normally results in their elimination. It is therefore expected that the growth of metastases can be inhibited with the enzymes. If the respiration of the body cells can be kept intact by adding enough enzymes, cancer could be prevented.

Keep doing these three things: oxygen boosting, carcinogen removal, and enzyme replacement, and the body should halt any further growth of fermenting cells. Then one exercises patience and just waits for the old damaged cells to die out and be digested. This may take months. Bromelain is an excellent enzyme supplement for digesting this old dead cell protein.

(My favorite Warburg quote)" These proposals are in no way utopian. On the contrary, they may be realized by everybody, everywhere at any hour... The prevention of cancer requires no government help and no extra money."

### *Cancer Prevention*

What if you don't have cancer, but don't want it either? Don't worry, you're covered. Warburg Stated, "To Prevent Cancer:"

- Keep the speed of the bloodstream so high the venous blood still contains sufficient oxygen. (Add seaweed extracts like Dulse to your food to boost the metabolic rate, drink lots of clean water, exercise regularly, especially by rebounding, and using a Chi Machine.)
- Keep a high concentration of hemoglobin in the blood.
- Always add the active groups of respiratory enzymes to the food and keep increasing them if a precancerous state has already developed. Check my website for the best current combo. Exclude external carcinogens rigorously. Live and work where it's clean.

According to a major cancer society, 175,000 women have breast cancer nationwide in 2001. Why is there so much cancer? Remember, keeping the oxygen up, and the respiratory enzymes intact, are the keys to the prevention and repair of cancer. We know sufficient oxygen is chronically missing from our food and environment. But what about the enzymes you assume are in your food? After all, eating fresh means that the enzymes are all supposed to be in there, aren't they? Watch out, even if you try to shop correctly you can be shortchanged. Here are a few quotes from a typical anti-cancer (Stop Cancer) web site.

### *Cooking Destroys All Enzymes*

Unfortunately, cooking any food at temperatures above about 116 degrees Fahrenheit kills all enzymes. All canned or bottled foods contain no enzymes because they are cooked before being processed. Most fresh-frozen vegetables also generally have no enzymes because they are usually dipped in hot water before freezing.

### *Commercial Farming Destroys Enzymes*

Even The Raw Vegetables And fruits You Eat May Be Enzyme-Deficient!

Raw vegetables and fruits can be an excellent natural source of enzymes. Unfortunately, they contain

no enzymes when they are picked "green" (often the case in supermarkets because they have to be transported over long distances). Enzymes can only develop when they ripen on the plant. Irradiating food, or treating it with preservatives can also destroy enzymes.

### *Cancer and Enzymes*

And now consider that collective groups of fermenting cancer cells - just like colonies of bacteria - will protect themselves as best they can from your own immune system, because they are trying to survive.

"Cancer cells hide themselves under a thick coat of adhesive fibrin, a coat that is some fifteen times more thick than the fibrin over normal cells. The thickened coat hides away their suspicious markings, including their antigens, from the body's immune defenders."

And under low oxygen conditions,

"The cancer cells with their sticky coating can adhere to tissues where they congregate and multiply. To throw the body's immune cells further off track, the cancerous cells may slough off their antigens. The immune cells immediately attack these harmless proteins but leave the cancerous cells unharmed. It is a type of warfare that could make a military general envious.

The cancer cells grow because of the absence or inadequate presence of enzymes that are capable of stripping the fibrin away from the individual cancer cells. Adequate enzyme activity can lay bare their antigens and so pave the way for their destruction by the body's immune cells." Echoing Warburg's admonishment, "These enzymes are harmless and should be added to food, in the greatest amount, even forever." the anti cancer site goes on to say. "The more cancer cells the body produces, the more enzymes that are required."

Apart from all the people I interviewed who no longer have cancer because they "saturated" their bodies with oxygen during clinical ozone therapy, is there any recent proof that saturating the body with oxygen or its higher forms like ozone can slow or stop cancer? Try this one out on a skeptic:

### *Proof Oxygen/Ozone Works on Cancer*

1980 Aug 22nd Sweet F, Kao M S, Lee S-CD (Dept of obstetrics and Gynecology, Washington University School of Medicine, St Louis, Mo) & W. Hagar (St Louis Air Pollution Control) publish in "Science" Vol 209:931-933, a U.S. peer reviewed scientific journal, their study: "Ozone Selectively Inhibits Human Cancer Cell Growth." They announce "Evidently the mechanisms for defense against ozone damage are impaired in human cancer cells." "All of the cancer cells (lung, breast, uterine and dometrial) showed marked dose-dependent growth inhibition in ozone at .3 and .5 ppm" while the normal cells were not affected. "Evidently cancer cells are less able to compensate for the oxidative burden of ozone than normal cells." They also stated that ozone inhibits cancer 40 to 60%, and up to 90% in a dose dependent manner. [The ozone dose used was way too low to show what can really happen! Try 27 mcg!]

## **Author of this article, about alternatives used to help the body fight Cancer, is unknown**

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ('TRY', BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.

Cancer Update from Johns Hopkins:

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidlygrowing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

**CANCER CELLS FEED ON:**

- a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small



amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16.. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer.

Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

# Iron Law of Cancer

Discovered in 1981 by the German doctor Ryke Geerd Hamer confirmed on Dec. 9, 1988 by the Vienna University

In the habilitation script he presented at the Tubingen University in October 1981, Dr. Ryke Geerd Hamer summarized his research with this statement: "I searched for cancer in the cell and I have found it in the form of a wrong coding in the brain."

Until now, cancers were illnesses of the organs and as such purely organically - symptomatically treated. The psyche and the brain from which every thing in our organism is steered, were quite uninteresting.

From his personal experience - he himself had cancer - and from those patients he took care of in many university clinics, Dr. Hamer established over the years that there is always a definite syndrome at the source of cancer, and not just a kind of stress. It requires a strong stimulus, a brutal psychic trauma, which hits the patient as a major event in his life, an acute dramatic conflict, lived in a complete psychic isolation. This initial syndrome, which he discovered and carefully verified in each of the 15,000 cases he has examined until now, he called Dirk Hamer Syndrome (DHS), from his son's name Dirk, whose tragic death in 1978 originated his own cancer.

The experience of those thousands of individual cases diagnosed and treated in the last years, allowed him to bring out constants and formulate a law, always checked precisely, the Iron Law of Cancer, which has never been contradicted. This law, DHS, is the main piece, the keystone, states as follows:

1. Any cancer starts with DHS, that is to say, an extremely emotional brutal shock, a dramatic and acute conflict, experienced in loneliness and sensed by the patient as the most serious he has ever know.

2. It is the subjective meaning of the conflict (thinks no one else understands), the way the patient experienced it at the moment of the DHS, its coloring, which determines:

- A) The Hamer's focus, that is, specific area of the brain, which under the influence of psychic trauma, suffers a breakdown and thus induces an ill-proliferation of cells (cancer) in the organ dependent on this short circuited cerebral area.

- B) The location of the cancer in the organism.

3. There is exact correlation between the evolution of the conflict and the evolution of the cancer on a double level: cerebral and organic (buried emotions fester).

A second or third conflict with DHS may follow in the wake of the first DHS. For instance, the diagnosis of cancer can create a sudden fear of death, with round spots in the lungs, or a conflict of self devaluation, with cancer in the bones; these are not metastases," but new tumors caused by Hamer's foci in the brain, occurring under the influence of new psychic trauma.

As soon as the conflict is resolved, there is an inversion of polarity, the breakdown in the brain (Hamer's focus) is repaired by forming an edema, whereas the cells whose anarchy proliferation was due to coning error of the brain's computer, are no longer innervated by wrong codes and the tumor stops spreading (carcinostasis) and heals (peritumoral edema), is encysts.

From Dr. King

1. I forgive him, her, them - sincerely!
2. Please forgive me
3. I forgive myself
4. Learn the lesson
5. See the good
6. Wish them well

## The rest of the pages are helpful information on dealing with other health and well being issues:

### *People Are Human-Bacteria Hybrid*

Rowan Hooper 10.11.04

Most of the cells in your body are not your own, nor are they even human. They are bacterial. From the invisible strands of fungi waiting to sprout between our toes, to the kilogram of bacterial matter in our guts, we are best viewed as walking "superorganisms," highly complex conglomerations of human cells, bacteria, fungi and viruses.

That's the view of scientists at Imperial College London who published a paper in *Nature Biotechnology* Oct. 6 describing how these microbes interact with the body. Understanding the workings of the superorganism, they say, is crucial to the development of personalized medicine and health care in the future because individuals can have very different responses to drugs, depending on their microbial fauna.

The scientists concentrated on bacteria. More than 500 different species of bacteria exist in our bodies, making up more than 100 trillion cells. Because our bodies are made of only some several trillion human cells, we are somewhat outnumbered by the aliens. It follows that most of the genes in our bodies are from bacteria, too. Luckily for us, the bacteria are on the whole commensal, sharing our food but doing no real harm. (The word derives from the Latin meaning to share a table for dinner.) In fact, they are often beneficial: Our commensal bacteria protect us from potentially dangerous infections. They do this through close interaction with our immune systems.

"We have known for some time that many diseases are influenced by a variety of factors, including both genetics and environment, but the concept of this superorganism could have a huge impact on our understanding of disease processes," said Jeremy Nicholson, a professor of biological chemistry at Imperial College and leader of the study. He believes the approach could apply to research on insulin-resistance, heart disease, some cancers and perhaps even some neurological diseases.

Following the sequencing of the human genome, scientists quickly saw that the next step would be to show how human genes interact with environmental factors to influence the risk of developing disease, the aging process and drug action. But because environmental factors include the gene products of trillions of bacteria in the gut, they get very complex indeed. The information in the human genome itself, 3 billion base pairs long, does not help reduce the complexity.

"The human genome provides only scant information. The discovery of how microbes in the gut can influence the body's responses to disease means that we now need more research into this area," said Nicholson. "Understanding these interactions will extend human biology and medicine well beyond the human genome and help elucidate novel types of gene-environment interactions, with this knowledge ultimately leading to new approaches to the treatment of disease."

Nicholson's colleague, professor Ian Wilson from Astra Zeneca, believes the "human super-organism" concept "could have a huge impact on how we develop drugs, as individuals can have very different responses to drug metabolism and toxicity."

"The microbes can influence things such as the pH levels in the gut and the immune response, all of which can have effects on the effectiveness of drugs," Wilson said.

The Imperial College research demonstrates what many -- from *X Files* stalwarts to UFO fanatics -- have long claimed: We are not alone. Specifically, the human genome does not carry enough information on its own to determine key elements of our own biology.

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<http://www.wired.com/medtech/health/news/2004/10/65252>

# Heart Surgeon Speaks Out On What Really Causes Heart Disease – Health & Wellness -- Sott.net 3/20/12 9:15 AM

<http://www.sott.net/articles/show/242516-Heart-Surgeon-Speaks-Out-On-What-Really-Causes-Heart-Disease>

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## Health & Wellness

Dr. Dwight Lundell

Dr. Dwight Lundell, M.D.



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Prevent Disease  
Thu, 01 Mar 2012 21:58 CST

We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong. So, here it is. I freely admit to being wrong. As a heart surgeon with 25 years experience, having performed over 5,000 open-heart surgeries, today is my day to right the wrong with medical and scientific fact.

I trained for many years with other prominent physicians labeled "opinion makers." Bombarded with scientific literature, continually attending education seminars, we opinion makers insisted heart disease resulted from the simple fact of elevated blood cholesterol.

The only accepted therapy was prescribing medications to lower cholesterol and a diet that severely restricted fat intake. The latter of course we insisted would lower cholesterol and heart disease. Deviations from these recommendations were considered heresy and could quite possibly result in malpractice.

### **It Is Not Working!**

These recommendations are no longer scientifically or morally defensible. The discovery a few years Ago that inflammation in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated.

The long-established dietary recommendations have created epidemics of obesity and diabetes, the consequences of which dwarf any historical plague in terms of mortality, human suffering and dire economic consequences.

Despite the fact that 25% of the population takes expensive statin medications and despite the fact

We have reduced the fat content of our diets, more Americans will die this year of heart disease than ever before.

Statistics from the American Heart Association show that 75 million Americans currently suffer from heart disease, 20 million have diabetes and 57 million have pre-diabetes. These disorders are affecting younger and younger people in greater numbers every year.

Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

Inflammation is not complicated -- it is quite simply your body's natural defence to a foreign invader such as a bacteria, toxin or virus. The cycle of inflammation is perfect in how it protects your body from these bacterial and viral invaders. However, if we chronically expose the body to injury by toxins or foods the human body was never designed to process, a condition occurs called chronic inflammation. Chronic inflammation is just as harmful as acute inflammation is beneficial.

What thoughtful person would willfully expose himself repeatedly to foods or other substances that are known to cause injury to the body? Well, smokers perhaps, but at least they made that choice willfully.

The rest of us have simply followed the recommended mainstream diet that is low in fat and high in polyunsaturated fats and carbohydrates, not knowing we were causing repeated injury to our blood vessels. This repeated injury creates chronic inflammation leading to heart disease, stroke, diabetes and obesity.

Let me repeat that: The injury and inflammation in our blood vessels is caused by the low fat diet recommended for years by mainstream medicine.

What are the biggest culprits of chronic inflammation? Quite simply, they are the overload of simple, highly processed carbohydrates (sugar, flour and all the products made from them) and the excess consumption of omega-6 vegetable oils like soybean, corn and sunflower that are found in many processed foods.

Take a moment to visualize rubbing a stiff brush repeatedly over soft skin until it becomes quite red and nearly bleeding. You kept this up several times a day, every day for five years. If you could tolerate this painful brushing, you would have a bleeding, swollen infected area that became worse with each repeated injury. This is a good way to visualize the inflammatory process that could be going on in your body right now.

Regardless of where the inflammatory process occurs, externally or internally, it is the same. I have peered inside thousands upon thousands of arteries. A diseased artery looks as if someone took a brush and scrubbed repeatedly against its wall. Several times a day, every day, the foods we eat create small injuries compounding into more injuries, causing the body to respond continuously and appropriately with inflammation.



While we savor the tantalizing taste of a sweet roll, our bodies respond alarmingly as if a foreign Invader arrived declaring war. Foods loaded with sugars and simple carbohydrates, or processed with omega-6 oils for long shelf life have been the mainstay of the American diet for six decades. These foods have been slowly poisoning everyone.

How does eating a simple sweet roll create a cascade of inflammation to make you sick?

Imagine spilling syrup on your keyboard and you have a visual of what occurs inside the cell. When we consume simple carbohydrates such as sugar, blood sugar rises rapidly. In response, your pancreas secretes insulin whose primary purpose is to drive sugar into each cell where it is stored for energy. If the cell is full and does not need glucose, it is rejected to avoid extra sugar gumming up the works.

When your full cells reject the extra glucose, blood sugar rises producing more insulin and the glucose converts to stored fat.

What does all this have to do with inflammation? Blood sugar is controlled in a very narrow range. Extra sugar molecules attach to a variety of proteins that in turn injure the blood vessel wall. This repeated injury to the blood vessel wall sets off inflammation. When you spike your blood sugar level several times a day, every day, it is exactly like taking sandpaper to the inside of your delicate blood vessels.

While you may not be able to see it, rest assured it is there. I saw it in over 5,000 surgical patients spanning 25 years who all shared one common denominator -- inflammation in their arteries.

Let's get back to the sweet roll. That innocent looking goody not only contains sugars, it is baked in one of many omega-6 oils such as soybean. Chips and fries are soaked in soybean oil; processed foods are manufactured with omega-6 oils for longer shelf life. While omega-6's are essential -they are part of every cell membrane controlling what goes in and out of the cell -- they must be in the correct balance with omega-3's.

If the balance shifts by consuming excessive omega-6, the cell membrane produces chemicals called cytokines that directly cause inflammation.

Today's mainstream American diet has produced an extreme imbalance of these two fats. The ratio of imbalance ranges from 15:1 to as high as 30:1 in favor of omega-6. That's a tremendous amount of cytokines causing inflammation. In today's food environment, a 3:1 ratio would be optimal and healthy.

To make matters worse, the excess weight you are carrying from eating these foods creates over-loaded fat cells that pour out large quantities of pro-inflammatory chemicals that add to the injury caused by having high blood sugar. The process that began with a sweet roll turns into a vicious cycle over time that creates heart disease, high blood pressure, diabetes and finally, Alzheimer's disease, as the inflammatory process continues unabated.

There is no escaping the fact that the more we consume prepared and processed foods, the more we trip the inflammation switch little by little each day. The human body cannot process, nor was it

designed to consume, foods packed with sugars and soaked in omega-6 oils.

There is but one answer to quieting inflammation, and that is returning to foods closer to their natural state. To build muscle, eat more protein. Choose carbohydrates that are very complex such as colorful fruits and vegetables. Cut down on or eliminate inflammation-causing omega-6 fats like corn and soybean oil and the processed foods that are made from them.

One tablespoon of corn oil contains 7,280 mg of omega-6; soybean contains 6,940 mg. Instead, use Olive oil or butter from grass-fed beef.

Animal fats contain less than 20% omega-6 and are much less likely to cause inflammation than the supposedly healthy oils labelled polyunsaturated. Forget the "science" that has been drummed into your head for decades. The science that saturated fat alone causes heart disease is non-existent. The science that saturated fat raises blood cholesterol is also very weak. Since we now know that cholesterol is not the cause of heart disease, the concern about saturated fat is even more absurd today.

The cholesterol theory led to the no-fat, low-fat recommendations that in turn created the very foods now causing an epidemic of inflammation. Mainstream medicine made a terrible mistake when it advised people to avoid saturated fat in favor of foods high in omega-6 fats. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers.

What you can do is choose whole foods your grandmother served and not those your mom turned to. As grocery store aisles filled with manufactured foods. By eliminating inflammatory foods and adding essential nutrients from fresh unprocessed food, you will reverse years of damage in your arteries and throughout your body from consuming the typical American diet.

Like Send 46,057 people like this.

Utube: <http://www.youtube.com/watch?v=wOP3vIZgri4&feature=related>

## **In Home Hypobaric Chamber Or Altitude Chamber**

Hypobaric chambers are also known as altitude or decompression chambers. They are primarily used for training and experimental purposes. They are used during high altitude research or training to simulate the effects of high altitude such as hypoxia i.e. low oxygen and hypobaria i.e. low ambient air pressure on the body. Chambers for temperature and relative humidity control are also available. In home hypobaric chambers can be used by athletes to improve their athletic performance.

### *Need For Altitude Chambers*

For athletes competing above 1500m, acclimatization is an important part of their training and preparation. At these levels, physical activity becomes more difficult and performance is limited. Although air at any level contains about 21 percent of oxygen, the partial pressure of oxygen is progressively lower with increasing elevation. The more the air above any point on the earth, the greater will be the barometric pressure at that point. As we breathe, oxygen from our lungs passes to the blood due to a pressure difference known as pressure gradient. The pressure exerted by oxygen in the lungs is greater than the pressure of oxygen in the blood surrounding the lungs. Any reduction in the pressure of oxygen entering the lungs will cause a change in the pressure gradient and hence a reduction in the amount of oxygen being carried to the lungs. Hypobaric chambers are necessary to acclimatize the body to such conditions which are experienced at high altitudes.

### *What Is A Hypobaric Chamber?*

A hypobaric or altitude chamber is used to simulate the effects of high altitude on the human body without having to visit high altitude training camps. High altitude conditions are simulated by reducing the ambient pressure as would be experienced while ascending to a certain altitude. Hypobaric chambers are also used to enhance physical endurance and gain considerable health benefits. Increased physical endurance leads to an increase in the production of red blood cells. Research has shown that being at a high altitude even for four hours a day, can stimulate a hormone erythropoietin, which causes more red blood cells to be produced. Due to the increase in red blood cells, more oxygen is carried in the blood to the muscles causing them to work at a higher level, thereby increasing your aerobic capacity. After using the hypobaric or altitude chamber, athletic performance is increased as the increase in red blood cell count carries more oxygen and nutrients to the muscles where it is converted into energy for athletic performance. Also these red blood cells transport waste material such as lactic acid away from the muscles.

Sleeping in an altitude chamber also causes an increase in myoglobin, an iron containing protein. This protein is responsible for storing and transporting oxygen from outside the cell to the mitochondria. The increase in mitochondria causes more oxygen to be converted into energy. This results in greater power and endurance. Altitude chambers also cause an increase in oxygen dissociation resulting in more oxygen reaching the working muscles. This increases the overall performance of the body.

At higher altitudes, there is a reduction in the fluid volume in our body. So it is necessary to pay attention to fluid intake at altitudes along with proper rest and sleep. These factors should also be taken into account when using a hypobaric chamber for altitude training.

Hypobaric chambers are also useful for athletes and cyclists who find it difficult to train and remain at

high altitudes. Using a hypobaric chamber at home, one can gain the benefits of high altitude training according to one's convenience and location.

### *How Does A Hypobaric Chamber Work?*

The hypobaric chamber simulates high altitude conditions by using a vacuum pump to evacuate the air out of the airtight chamber at a constant rate. You can also adjust the amount of airflow into the chamber manually using the hand valve provided. The pressure inside the chamber is controlled by the regulated rate of airflow in the altitude chamber. The lower pressure inside the chamber is similar to the conditions experienced during ascent in altitude. This is how a hypobaric chamber simulates the conditions of high altitude.

FYI:

An **aerobic organism** or aerobe is an organism that has an oxygen based metabolism. Aerobes, in a process known as cellular respiration, use oxygen to oxidize substrates (for example sugars and fats) in order to obtain energy.

Almost all animals, most fungi, and several bacteria are obligate aerobes. Most anaerobic organisms are bacteria. Being an obligate aerobe, although being advantageous from the energetical point of view, means also obligatory facing high levels of oxidative stress.

Yeast is an example of a facultative aerobe. Individual human cells are also facultative aerobes: they switch to lactic acid fermentation if oxygen is not available. However, for the whole organism this cannot be sustained for long, and humans are therefore obligate aerobes.

## JAVIER TAMBARE - FROM AUTISTIC TO NORMAL ... A DREAM IN THE MAKING

Javier Tambare was born on September 19, 1992, to Fernando and Patricia Tambare, an immigrant couple from Bolivia, living in Anaheim, California.

During his first year of life, Javier behaved as a normal infant. He walked at 12 months exactly, and said his first words. At about 18 months, having received most of his vaccinations, Javier started acting strangely. He stopped talking, would not respond to parents. This behavior got progressively worse until he was 3 years old, at which time his parents put him in pre-school. Mother had to stay with him most of the time, because Javier was uncooperative, stood up, would not follow orders, yelled and acted like a wild child. His parents were told that he might be autistic, which was a shocker to them.

The Tambare's took the child to the Magnolia School District in Orange County for testing. There, an assessment team determined that Javier was autistic. He was referred to Pediatrician Joseph Carella who confirmed the diagnosis and then was sent to Dr. Ira Lot, who's a well-known autism specialist, who reconfirmed the autism diagnosis.

Javier was enrolled in special ed classes in September'95 at Dr" Salk Elementary School at the Magnolia School District. He had a good year there and his behavior improved, thanks to an excellent teacher who also taught Javier's parents how to help him at home. They became full time coaches and advocates for Javier, attending all workshops and conferences they could regarding autism.

During this period, Javier exhibited the classic symptoms of the autistic child - playing alone, repetitive behavior, little or no speech, pointing at things, getting easily frustrated, throwing tantrums, withdrawing, putting things obsessively in order, etc.

During the second year of school as a kindergartner (1996-97, a new IEP was done of Javier and he was sent to Weaver Elementary in the Los Alamitos School District to a special class for autistic children only. In this new setting there was a great lack of help, there was no participation in the classroom activities, and Javier actually regressed in the behavioral and academic areas that he had made so much progress before. He would not listen or obey the teacher, would throw himself on the floor and cry when he came home.

Javier's parents demanded a new teacher and changes in the program and at last

were able to have Javier moved to another school, Dickerson Elementary, on September '97, also in the Los Alamitos School District, where he started the first grade. He was blessed with a great teacher, Carolyn Guess, who is still his teacher to this day. Javier started to make improvement, learned to ask questions and control his tantrums. He was more happy and more cooperative.

Javier did the second grade (1998-99) at the same school and was mainstreamed for part of the day, continuing to make progress. Nevertheless, he continued to exhibit the typical autistic behavior, such as withdrawing, limited speech, poor motor skills and occasional behavior problems (check account of teachers daily reports to parents that is attached).

### PERSONAL OBSERVATION OF JAVIER TAMBARE'S PROGRESS

My name is Pedro V. Da Costa and I have been a K-12 teacher in California since 1976. My work has been mostly at the primary level, where I have worked also with special education children, namely the autistic. I have also worked with children with mild to severe perceptual-motor disabilities, using alternative physical therapy. The following report is my personal testimony regarding the astonishing progress that I have witnessed take place in the life of seven year old Javier Tambare ever since started using the bath unit.

Javier's parents started using the bath unit every other day as of January 29, 2000. The results were instant. The first bath was given just before he received his daily session of occupational therapy at his house (it used to be 3 hours and is now two hours and going down). Javier was unusually calm and to the therapist's surprise, did every task with one hundred percent accuracy. He was cooperative, cheerful in contrast to his normal erratic, non-compliant, restless behavior.

From that day on, Javier kept progressing with major achievements which I document in the attached report. Currently he is nearly 8 years old and will be entering third grade. He looks and acts like any other normal 8 year old, except for some speech impediments which are being corrected through his therapy and class work. Everyone who sees him, including the parents of other autistic children, cannot believe this is the same autistic child of a few months ago.

Personally, having known Javier prior to January - a restless, stressed out, uncooperative child, I stand in awe of the child he has become - pleasant, bright, talkative, good humored, cooperative and alert. Aside from his speech that still requires improvement, and the fact that he is about one and half grades behind,

Javier is pretty much like any other third grader and should be able to catch up with the rest

of his classmates and live a normal life as a normal child within the next year. That is my humble prognosis as a teacher of 25 years, working with thousands of children in various school districts in California.

My personal belief is that the baths have allowed Javier to calm down and concentrate on his tasks, allowing him to learn properly what he is taught. This has also led to a compounding effect, accelerating his progress in all academic areas as well as those of general-physical, emotional and social and developmental.

Sincerely,

JANUARY 29, 2000  
MACHINE BATHS BEGIN

From the time Javier starts getting the baths the changes in his behavior, academic performance, speech and motor skills development, as well as social skills, is dramatic.

Right after the first bath, Javier received his normal daily three hours of occupations therapy from the specialist who came to his home. She was startled with Javier's overnight change. He was calm, cooperative, cheerful, talkative and did every exercise with absolute accuracy. Normally, he was ail over the place, was argumentative with the therapist, stressed...

This progress continued every day. His concentration increased, he started talking, asking questions, became spontaneous, his obsessive behavior decreased, started participating in games with his sister, would answer and even ask questions.

As can be seen in the attached writing, math and art samples, Javier's skill in this area have changed dramatically. He is writing neatly, can copy down what is dictated to him, recognizes and can write simple Dolch words, excels in addition up to 100, can draw almost at his age level, participates well in class activities, can answer and ask questions and controls his behavior.

Javier hardly ever brought "Good day" notes from his teacher. Since January, that happens almost on a daily basis. Prior to January, Javier had never brought home any awards or prizes for anything. Since then, his walls are being covered with a variety certificates for citizenship, achievement, number books read, etc.

One of Javier's dreams was to join the Boy Scouts and to play Karate. However, due to his

condition, he was always turned down. In February, 2000, Javier joined the Scouts and started his Karate classes. He is doing very well in both.

## OTHER CASES

Javier's parents, as can be expected, are thrilled and extremely happy with the progress that their son has made. However, they deserve great credit, because they have been dedicated and unrelenting in their efforts to help their son. Since they started working with Javier and the bath unit in January, they invited the parents of another four autistic children to their home. The parents were amazed with the immediate results and progress their children made. One of them, Stephen, would scream at any loud noise such as vacuum cleaners, blenders and after one bath, never screamed again. Others reporting increasing concentration and calming down of their children, Unfortunately, these parents lacked the persistence to continue in the treatment and are no longer coming.

## COMMENTS FROM JAVIER'S PARENTS

Javier is an extremely happy and kind child. If someone does not know he is still labeled autistic, they will not notice anything unusual. To us, he is no longer autistic, he is our little boy again, normal, in spite of some speech impediments that will be corrected. He is very bright and persistent and is now insisting that he wants to go on a trip to Sacramento to visit his uncle, something he would have never done before. He is very cooperative and loves to be of service and when someone gives him a candy bar he asks for two, saying that the other one is for his sister. He is curious, creative and takes risks. He reasons quite well and is doing great in Math. He has become disciplined and obedient (especially if he is alone).

## MS. CAROLYN GUESS' DAILY COMMENTS REGARDING BEHAVIOR Note:

From 9-7-99 to 1-28-2000 there were only six times when a 'good day' comment was sent home by his teacher.

2-7-2000 Javier is doing well on his touch doll addition.

He has been happy and talkative lately.

2-8-2000 Good day!

2-9 " "

2-10 " "

2-20 " "

2-24 " counted by 10's to 100's

3-2 " participated very well in 1st grade class today

3-6 "

3-9 "

3-14 "

3-15 " was cute at assembly... marched down and

said



"What are you looking at?"  
 3-16 " had a super field trip today  
 3-21 "asked for help "ah, come on Jane, help me!  
 3-22 Good day, did well with addition  
 3-23 Did special art activity well  
 3-24 Did very well today  
 3-28 Happy and cooperative today  
 3-29 Good day, did well in addition  
 3-30 Good day  
 4-3 doing well in addition  
 4-4 did gardening  
 4-7 played bowling  
 4-10 Good day  
 4-11 Good day  
 4-12 did very well in addition  
 4-17 Good day  
 5-1 good day  
 5-2 good day  
 5-3 Participated well in language circle  
 5-8 Won prize for reading most books  
 5-16 He is beginning to sing more and more  
 5-19 earned bookmark for walking 10 miles for fund  
 raiser (in one week)  
 5-23 good day  
 5-24 happy and cooperative  
 5-25 good day  
 5-26 Javier talked up a storm today  
 5-27 good day  
 6-7 very cooperative  
 6-8 accurate work in math  
 6-14 social and talkative

#### SUMMER

7-1 Wonderful field trip day. Did lots of activities.  
 7-10 We are glad to see Javier. He had a good day  
 and  
 did his work well.  
 7-11 Javier did well on activity on naming ocean animals. He is fascinated  
 with sharks  
 7-18 Had wonderful day at fair. Rode lots of different rides.  
 7-19 Good day at Discovery Center  
 7-24 another great day!  
 7-21 Another great day!

7-25	Great job in speech
8-2	GREAT DAY
8-3	Another great day
8-4	It's been a great summer. Javier has done a wonderful job!

## KEY AREAS OF IMPROVEMENT

### Eating Habits

Prior to January, 2000, Javier always ate the same foods, never tried a hot dog or any other different foods. He now eats just about everything, including hot dogs and requests his favorite foods by name. He eats properly and by himself and enjoys a variety of foods.

### Hygiene

Before, Javier needed assistance to wash himself, brush his teeth, get dressed and undressed. He now can do that all by himself. He asks for his clothes, which he did not do before.

### Relationships

Javier was very withdrawn and prayed alone. He now plays with other kids (he was the star at his recent birthday party which was videotaped). He has become a the inseparable playmate of his sister, whom he treats with great love and kindness.

### Other things Javier can do now

Can write his name legibly and neatly and know the names of his teacher, school and relatives. Knows his phone number and his dad's work number and actually dials them on his own, without assistance. Draws well and colors within the lines (did very large poster on dinosaurs for his room wall). Reads basic books, uses logic and inference, creative with Legos and is building a clock tower (no one knows when he got the idea for the clock), made a car with ice-cream sticks, known when his favorite TV shows are, plays Nintendo games, loves movies, plays baseball and is a pretty good hitter, bowls, knows basic karate moves, has great memory and connects past experience with present ones (looks at Leo constellation in the sky and remembers the Lion King movie, where the stars are seen), requests specific things (I want pizza but I want Pizza Hut), has a great sense of humor and like to tease relatives for fun, learned to swim in one day and can swim under-water. Finally, Javier who does not speak Spanish, surprised his parents recently when he started singing in Spanish a song he heard on the radio.

## What do Health Professionals Think?

“... A lot of disease comes from imbalances in the colon..... Such imbalances can be corrected by means of colon hydrotherapy, herbal supplements, and diet,” says Dr. Paul Flashner. “There is no question about the huge difference a health professional can bring to the patient by utilizing colon hydrotherapy plus other complementary and alternative methods of healing.”

-Paul Flashner, MD, (CAM), of Wellesley, Massachusetts

“From my files, I can offer several hundred case studies where I have found over the years that cancer patients who are not doing well usually are toxic and not being cleansed. They certainly are in need of colon hydrotherapy,”

-Douglas Brodie, MD, of Reno, Nevada, oncologist and homeopath

“... Seriously ill patients tend to be chronically constipated which results in generalized toxemia. It turns out that colon hydrotherapy is the gentlest and most effective treatment for a constipation problem. My recommendation for cancer patients is that they should undergo frequent colon hydrotherapy procedures to make sure the colon's toxic burden is being kept at a minimum while their bodies are trying to heal.”

- Dr. Leonard Smith, Board Certified Gastrointestinal Surgeon

“Without reservation, my wish is to see [colon hydrotherapy] become an established procedure for many kinds of gastrointestinal problems. If medical centers, hospitals, and clinics installed colon hydrotherapy departments, they would find such departments just as efficacious for patients as their present treatment areas which are devoted to physiotherapy,” states Leonard Smith, MD “Such is my belief, and I do endorse this therapeutic program.”

- Dr. Leonard Smith, Board Certified Gastrointestinal Surgeon

“Colon hydrotherapy eliminates from the bowel the accumulated waste material which may get absorbed. If this absorption takes place, it overwhelms the other purification organs such as the liver, the kidneys, the skin, and the lungs. The toxin deposition which becomes lodged throughout the body's tissues and cells becomes capable of triggering a variety of illnesses,”

- Dr. Arthur E. Brawer, Rheumatologist

“Silicone breast implant exposure which results in disease symptoms responds very well to colon hydrotherapy....I use colon hydrotherapy for the treatment of such silicone toxicity, since it does work to chelate silicone out of the body,” states Dr. Brawer. “Of all the treatments for symptoms coming from silicone breast implants, I find colon hydrotherapy to be one of the mainstays that offer relief.”

- Dr. Arthur E. Brawer, Rheumatologist Dr. Brawer has spoken before the

United States Congress on this issue along with advising the Department of Health and Human Services, the FDA, and consultants to the President, the Vice-president, the Director of Women's Health at the White House, and the United Nations.

"I use the services of at least three skilled colon hydrotherapists who practice near to my two offices. I don't know of any patient receiving colon hydrotherapy who has not benefited from it."

- Pamela Whitney, ND. Educational director for the New England Health Institute

"...over 50% of Americans possess diverticulosis colae. When inflamed ...diverticulitis colae can be serious by creating fistulas. Some people then will evacuate through their bladders,"says Dr. Charm. "With patients for whom I perform colonoscopy, about one third of them over the age of fifty who are otherwise cleaned above, still show residual stools sitting in these gut mucosa pockets. Some have held onto the stool pockets for decades. A toxic dumpsite like this is dangerous for them by the elevated concentration of poisons stored in the dumpsite. Cancer can develop. A good cleanout by use of colon hydrotherapy is excellent treatment. I recommend that people undertake colon hydrotherapy for themselves..."

- Dr. Robert Charm, Gastroenterologist

"Colon hydrotherapy is an excellent detoxifier for the overindulgence of alcohol and drug addictions of all kinds. Residues of drugs and other agents in the tissues are eliminated with colon hydrotherapy....Colon hydrotherapy should be part of nearly any addict's therapeutic regimen."

- James P. Carter, MD, DrPH, MS, of Mandeville, Louisiana. Dr. Carter is Professor and Head of the Nutrition Section at Tulane University School of Medicine.

"The basic concepts of the science have not changed much in the last 25 years; however, the colon hydrotherapy equipment has improved immensely. How the equipment works so effectively is nothing short of astounding. Registered with the FDA, current colon hydrotherapy equipment is safe...The benefits of colon hydrotherapy extend all the way from psychiatric improvement to constipationelimination..."

- Dr. Michael Gerber, MD, of Reno, Nevada

<http://www.health2o.net/doctors.htm>

## Are You Clean Inside?

How to beat constipation, IBS, bloating, stomach pain and skin problems while gaining more energy and a flatter stomach at the same time

by Heather Johnstone, Ph.D., R.N., A.P.N., Director and Chief Academic Officer of the Global College of Natural Medicine

The people in the pictures above, as well as thousands of others whose stories you'll find on DrNatura.com, once suffered from constipation, IBS, severe gas and bloating, weight gain, chronic fatigue, acid reflux, parasites, stomach pain, diverticulitis, skin and hair problems and many other common ailments. They put an end to their suffering by becoming clean inside. I'm Dr. Johnstone and as you read every word of this article, I will tell you how they did it – and how you can do it too. If you've been struggling with these problems for some time, chances are you've tried everything to make the pain go away. You've tried laxatives and other OTC and prescription drugs, commercial fiber supplements, maybe even colonoscopy or surgeries. All to no avail as you're still suffering. Why? Because the root cause of the problem was never eliminated.

The Root Cause and The Dirtiest Secret

So what is the root cause of most digestive ailments? Look at the picture below. How would you feel if long pieces of old toxin-filled fecal matter were stuck to the inside of your colon for months or even years? Would you feel constipated, bloated and lethargic? Would your bowels be irritated by this debris day in and day out causing what we call IBS? Just think about what else toxic build-up like this can cause? Stomach pain and constipation? Fatigue, gas and bloating? Headaches and indigestion? Weight gain and a large protruding belly? The list is almost endless.

"Death Begins In The Colon"

You probably never heard about this before as this is literally the dirtiest secret in America today. As the Vegetarian Times so aptly wrote:

"Of all the polite topics of conversation, the state of one's intestines is probably at the bottom of most people's lists. Let's face it: Irritable bowel syndrome, constipation, gas, diverticulitis and colon cancer are simply not things we like to discuss. And yet, as the old expression goes, death begins in the colon. Don't believe it? Ask any coroner. Autopsies often reveal colons that are plugged up to 80 percent with waste material." - Vegetarian Times, March, 1998  
Change Your Life For The Better

You can stop suffering in silence from these painful and often embarrassing health conditions by learning how body pollution and a toxic colon can be the cause of all these ailments. On DrNatura.com you'll find out the truth about colon cleansing and detoxification, as I will be explaining in detail:

Why it is crucial to cleanse and detoxify your body regularly?  
How to properly cleanse your colon and detoxify your organs?  
What benefits you will experience and how your life will change for the better?

What you're about to find out is absolutely amazing, and the information offered on this site may be the answer to your prayers, as so many here will testify.

DrNatura.com is the most visited Colon Cleansing and Body Detox Resource in the world. In the past decade, it has already improved the lives of over 500,000 Americans and Canadians, and many more worldwide.

## What You Must Know About Body Pollution

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply, and through the use of pharmaceutical drugs. In addition, we are eating more sugar and processed foods than ever before in human history and regularly abuse our bodies with various stimulants and sedatives.

If you never wondered or cared much about the pollution around us, it's time to change your views and start paying attention to this problem. For decades, scientists have been studying the pollutants in our air, water, food, and soil. U.S. industries manufacture over 6 trillion pounds of 9,000 different chemicals a year. They dump billions of pounds of industrial chemicals into our air and water year after year. So now scientists have started to examine pollution levels in humans and their findings are deeply disturbing. Research clearly proves that our bodies are not capable of eliminating all the different toxins and chemicals we inhale and ingest every day. They simply accumulate in our cells (especially fat cells), tissues, blood, organs (such as the colon, liver and brain) and remain stored for an indefinite length of time causing all kinds of health problems. I can't show you a picture of what this pollution build-up looks like in the brain or the liver, but I can show you what it looks like in the colon. In fact, we've built an entire picture gallery of these photos.

## What You Must Know About Parasites

All the toxins and 'dead' processed foods lead to poor digestion causing a toxic build-up in the body, including the colon. This toxic waste material in the colon then frequently turns into - in the words of National Geographic - "a sinister world of monstrous creatures that feed on living flesh: parasites".

Discover magazine published a feature article in its August 2000 issue:

"Every living thing has at least one parasite that lives inside or on it, and many, including humans, have far more. ...Scientists...are only just beginning to discover exactly how powerful these hidden inhabitants can be, but their research is pointing to a remarkable possibility: Parasites may rule the world. The notion that tiny creatures we've largely taken for granted are such a dominant force is immensely

disturbing. ...We are collections of cells that work together, kept harmonized by chemical signals. If an organism can control those signals - an organism like a parasite - then it can control us. And therein lies the peculiar and precise horror of parasites."

The combination of environmental toxins, an unhealthy diet and parasites poses a grave danger to humans. "In fact, parasites have killed more humans than all the wars in history", reported National Geographic in its award-winning documentary, *The Body Snatchers*. If you don't believe parasites can exist in people in America, then just read the thousands of true personal stories on this site. You will soon realize that this is a much bigger problem than you ever thought possible. (Here you'll find detailed information and pictures about human parasites.)

### When Do You Need Internal Cleansing?

If this is the first time you've been exposed to this life-changing information, you've probably never considered this simple question: Are you clean inside? Of course you take care of the outside: You shower, brush your teeth and wash your hair on a regular basis, but do you clean yourself inside? In this modern, toxic world it's becoming a simple fact of life that our colon (the 'sewer system' of the body), liver and other organs also require regular cleaning. Just like a car requires an oil change periodically.

How do you know when it's time to free your body of accumulated toxins, parasites and other waste materials? If you experience one or more of the following, then it's time to detoxify:

- Frequent fatigue and low energy
- Flatulence, gas & bloating
- Excess weight
- Food allergies
- Impaired digestion
- Irritability, mood swings
- Bad breath & foul-smelling stools
- Parasites in stool
- Frequent colds
- Recurring headaches
- Chronic constipation
- Irritable Bowel Syndrome (IBS)
- Protruding belly ("pooch")
- Powerful food cravings
- Skin problems, rashes, etc.
- Metallic taste in mouth
- Hemorrhoids
- Candida infection

### So How Do You Properly Detoxify Your Body?

Now that we know why it is crucial to cleanse and detoxify our body regularly, we have to know how to do it properly. Here's a quick overview:

1. First you cleanse your colon with specific herbs to clean out all the toxic plaque, debris and parasites.
2. While cleansing the colon, you have to replenish the good bacteria that protects the flora balance, which in turn protects you as it is part of your immune system.
3. Then as a final step, using detoxifying herbs, amino acids, vitamins and minerals, you detox your liver, blood, brain, tissues, basically your whole body.

You can achieve this through several different methods, but in my experience, the easiest, most effective and safest way is through the use of DrNatura's cleansing and detoxification programs, called Colonix and Toxinout. These have been scientifically formulated to detoxify the whole body using the latest research. The two programs together will give you the most comprehensive, all-natural detoxification system ever created, with a proven track record. There are over 100 natural ingredients in very specific quantities in Colonix and Toxinout that serve one purpose only: The most thorough detoxification of the human body.

The Colonix program is specifically designed to:

Cleanse the colon of accumulated toxic build-up and prevent the formation of new build-up through the use of herbal dietary fiber.

Eliminate harmful parasites, including intestinal worms and their eggs from the colon and other parts of the body

Help restore normal bowel function and promote regularity.

The Toxinout program works synergistically with Colonix to:

Remove heavy metals, including lead and mercury, as well as other toxins

Detoxify the liver, kidneys and other organs

Replenish friendly bacteria with a top-of-the-line probiotic supplement, and

Recharge the immune system through powerful antioxidant support.



# FOODS IN DETAIL - FOR CHART READING

## PROTEINS

**(a) Concentrated**  
meat, eggs, fish,  
cheese, poultry and milk\*\*

**(b) Less Concentrated**  
(Vegetable)  
nuts, beans, peas, lentils

## VEGETABLES

All vegetables  
(except potatoes and  
tomatoes as shown)  
combine with all classes  
- see center of chart

## FRUITS

**(a) Acid**  
grapefruit  
lemons oranges  
cranberries  
tomatoes

**(b) Sub-acid**  
blueberries  
raspberries  
strawberries  
peaches  
apples  
pears  
apricots  
cherries  
pineapple  
prunes

## CARBOHYDRATES

**(a) Starches**  
bananas  
potatoes  
cereals, bread  
pies, cakes  
spaghetti  
(All made with unbleached whole  
grains with NO chemicals added.)

**(b) Sugar**  
honey, maple syrup  
raw & dark brown sugar  
unsulfured molasses  
dried fruits

## HYDROCARBONS

Fats  
cream  
butter  
olive oil  
peanut oil  
soy bean oil  
sesame seed oil  
sunflower seed oil  
lard  
animal fats - sparingly

## AVOID

butter substitutes and  
all prepared hydrogenated fats

### Don't...

1. **Don't** drink **milk** and eat **meat** at the same meal.

\*\*Although milk is a Protein, it requires a different digestive medium than concentrated proteins like meat, fish and poultry. The old Mosaic Law made it a **sin** to eat milk with meat. Avoid building **toxic poisons** of **undigested proteins** when meat and milk are used at the same meal since neither may properly digest. **Use milk as the only protein of the meal, and not as a beverage** with meat.

2. Eliminate from the diet all products made of refined, white or whole wheat bleached and chemically treated flours synthetically fortified. These "empty calorie" products merely take the place of truly nutritious foods. Use products made from unbleached flour which still contains its nutritional value. If your intestinal tract can take it use whole grain flours.

3. **Eliminate all refined sugars** and all products presweetened when purchased. They are usually sweetened with white sugar and/or synthetic glucose, which again merely supply "empty calories." Use only honey, maple syrup, raw or dark brown sugar and unsulphured molasses.

4. **Never cook anything** you can possibly eat **raw**.

5. **Never eat desserts** - except **fruits**.

6. **Avoid all meats** treated with **synthetic hormones** or **chemicals**.

7. **Avoid all fats** that have been "hydrogenated."

### Do...

1. Eat a raw **vegetable salad** daily - eat it before starting the main course.

2. Eat two or more pieces of **fresh fruit daily**.

3. Eat **fruits only** for dessert, preferable raw.

4. Use **concentrated proteins** only once daily - less **concentrated proteins** anytime.

5. **Cook** beef on the rare side, eggs soft, vegetables as raw as possible.

6. **Drink** water heavily between meals - but, not for two hours after or half-hour before.

7. **Melons** are best eaten between meals.

8. Eat a large helping of cooked **leafy vegetable** daily - for laxative purposes.

9. "**Eat nothing unless it will spoil or rot** but eat it before it does." -Dr. McCollum.

10. **Exercise** - even well balanced blood is ineffective unless aerated (oxygenated) so walk, walk, walk!

11. Condition the mind with **positive thinking**.

12. To help provide elements that might be deficient in your diet we recommend supplementing your diet with the **100% natural food concentrate** made of the dried extracted juices of the green **cereal grasses; barley, oats, rye and wheat;** grown on organically treated soil without chemical fertilizers or poisonous sprays, commercially known as (green **Life**®).

V.E. Irons, Inc., Kansas City, MO 64106

*Note: Various nutritional authorities disagree on the best recommended diets. The above suggestions incorporate dietary propositions that have been most successful for a great number of persons in improving their nutrition. Any suggestions are nutritional only, and are not intended for medical treatment of non-nutritional situations.*

# Living Nature's Way... Proper Foods... Properly Combined

As we grow older many of us find we cannot as easily digest or "handle" the vast assortment of conflicting foods that we once did. Why?

Because for too many years we have imposed on our wonderful digestive mechanism in many ways; one of these impositions may have consisted of requiring it to do two opposing operations at the same meal, namely:

**Digest proteins, which require a strong acid medium, and at the same time...**

**Digest concentrated carbohydrates, which require an alkaline medium.**

The CARBOHYDRATES need the alkaline saliva of the mouth and the alkaline juices of the intestine to complete digestion. The PROTEINS activate the pepsin in the stomach needed to split the protein molecule, and bring forth the hydrochloric acid needed for complete protein digestion. Acids and alkalies when brought together can neutralize each other so that neither type of foods are easily or thoroughly digested. Too frequently this results in fermentation of the carbohydrates and undigested acid end products from the proteins. All this

may tend to add toxins and thus the body's vitality is lowered. When one's digestive system has been weakened it should naturally be given every aid in self - recuperation.\*

Many "so-called" authorities disagree with this proposition, but why theorize or enter into a "scientific" discussion. We believe that you can and should prove its nutritional value yourself.

If for 30 days you will rigidly avoid wrong combinations of foods you will undoubtedly be amazed at the friendly, contented feeling in your stomach and at your feeling of renewed strength and well being.

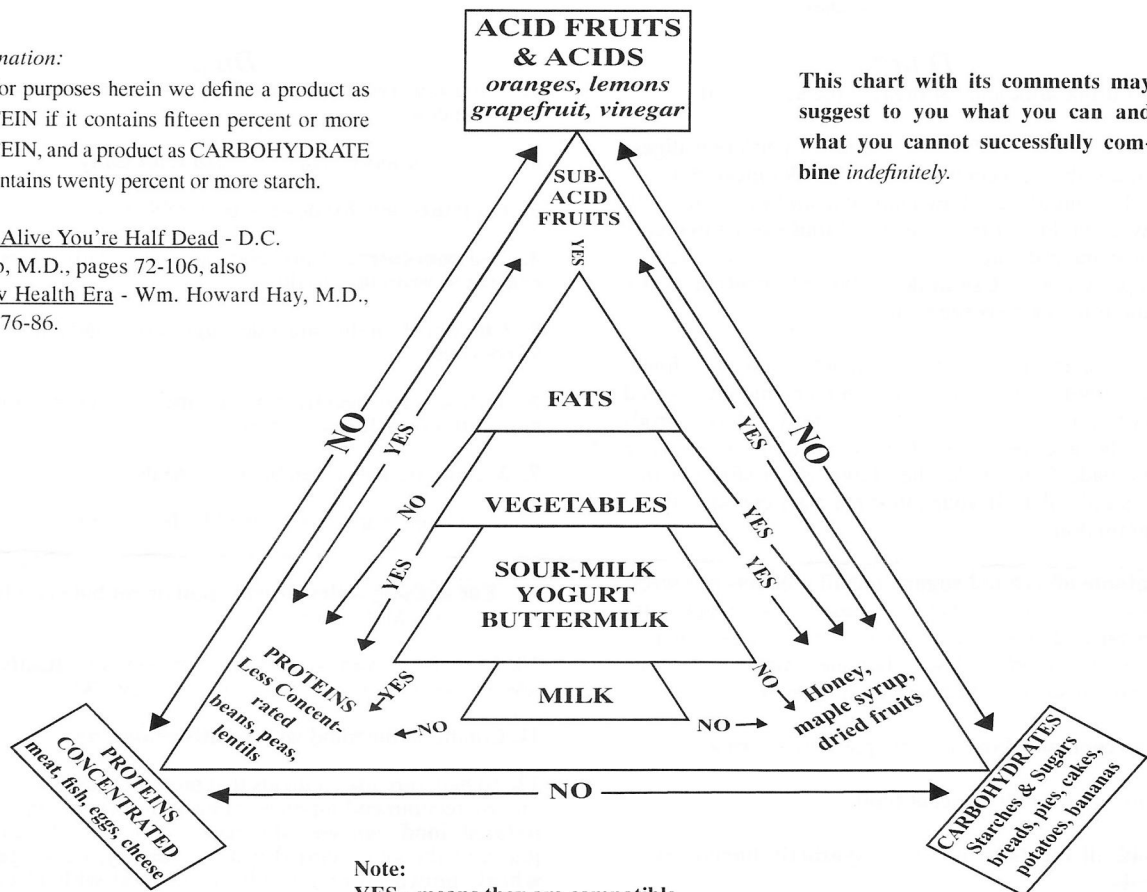
## Explanation:

For purposes herein we define a product as PROTEIN if it contains fifteen percent or more PROTEIN, and a product as CARBOHYDRATE if it contains twenty percent or more starch.

\*Man Alive You're Half Dead - D.C.

Munro, M.D., pages 72-106, also

A New Health Era - Wm. Howard Hay, M.D., pages 76-86.



This chart with its comments may suggest to you what you can and what you cannot successfully combine indefinitely.

## Note:

YES - means they are compatible  
 NO - means they should not be combined if you frequently suffer discomfort after meals

-See other side for more details and comments

# Websites for more information search “BEFE”

About the Q-2. That was the first one I purchased at \$2,500. I still have several. I do use them in my classes to demonstrate other ionizers. The rings wear out and I was told that copper ring can disintegrate and cause environmental hazards according to the EPA (just, ask the EPA if it's okay to discharge copper into the environment).

Here is the first website that came up:

<http://webdeb.com/q-machine/science.htm>

## Quantum Reality Field Science By Mr. T. Skrinjar **Basic Methodology of Quantum Field Science Games and Theory**

Very good material, several graphics that help understand his theory.

<http://webdeb.com/q-machine/research/>

Lots of links and a short history.

<http://www.webdeb.com/q-machine/faq.htm>

It says don't do it on these kind of people. In my experience everyone has benefited. If someone has any resistance of doing the bath, then I agree with them and tell them not to do it. Some people can only take a few minutes, and others can have several ionizers at the same time for an hour or more! It all depends on the person. Each person is different. Let the person decide how long and how often. Find out what works best for you.

<http://webdeb.com/q-machine/pdf/Water%20colour.pdf>

Their idea on why the color changes.

<http://webdeb.com/q-machine/testimonial.htm>

<http://www.drmarco.com/prod/prod-03.htm>

<http://www.gwenwilson.com/tek-befe.htm>

<http://www.dynachimachine.com/>

<http://www.tranquilmoments.ca/BEFE.php>

**Post Script** for those looking to become a practitioner of **REFLEXOLOGY:**  
*A perfect compliment used with the Ionic S.P.A. unit.*

POTENTIAL CLIENTS

Below is the number of U.S. Households suffering from these ailments. Reflexology is very effective in treating these conditions.

ALLERGIES/HAY FEVER	4,593,000
ARTHRITIS/RHEUMATISM	3,194,300
HIGH BLOOD PRESSURE	2,544,500
BACK PAIN	2,498,900
MIGRAINES	1,720,500
ASTHMA	1,671,100
HEARTBURN	1,440,400
ULCER	1,154,300
TOTAL	18,690,000

From: American Medical Information, Inc.