

ABOUT THE AUTHOR...



Photo taken August '96

When John Thomas began his pursuit of agelessness, his calendar age was only 27, while his real age—that is, his bio-electric age—was 39. Today 2006, John is 61 years by the calendar; yet his bio-electric age is only 19 years “young!” Thomas is living proof that aging and aging reversal are matters of “choice.”

John was heavily influenced by the exemplary lives of Paul C. Bragg, and Jack LaLanne.

At age 61, John can personally attest “I’ve been there and done it!” He has reversed all of the signs of aging in his body by following a “model” that is based on the way the body actually works—rather than relying on “experts” and their faulty “medical model” which does NOT deliver the desired results!

Except for emergency procedures and “parts” replacement, Thomas says medical “science” is a mess of confusion and failure. The “alternative” approach is based on a similar faulty model—offering people safer band-aids, but little “meaningful” progress. The “PROOF” says Thomas is “All the sick and dying healers!” *Young Again!* is an indictment of a faulty medical “model”—and the “sick care” system it seeded and perpetuates!

Thomas uncovered the mysteries behind the aging process; then developed and tested the *Young Again Model™*—a model based on thinking and living outside the box! The results are undeniable and available to anyone seeking a better life—free of dependence on the “sick-care” system. *Young Again!* is meaningful because the author has personally lived the subject matter—and is living proof that aging reversal is within people’s reach if they want it. [See author’s photo on back cover.]

Writing a book like *Young Again!* requires “keen” observation skills and a broad background in life-sciences, philosophy, politics, history, nutrition and agriculture. John Thomas thinks “outside the box” and write “low tech”—using a writing style that ensures “communication” with the reader rather than “conversation!” [See Chicken or Duck, Chapter 39.]

Young Again! is a practical “How To!” book that tells exactly what must be done to recapture youth, reverse disease and extend life. The book was NOT written for pretentious “experts” who cannot demonstrate living proof in their lives or in that of their patients. Critics of the *Young Again Protocol™* argue “theory” because they don’t have a viable working model.

Young Again! is a living testimony that encourages everyone to walk the talk through personal responsibility!

THOUGHTS FROM PATRICIA BRAGG

What a masterpiece! *Young Again!* is the best of the best! It will help millions of people.

We are a nation of half-dead people! Cancer, heart trouble, high blood pressure, osteoporosis, etc. The health of our people is slipping fast. The question is why?

Good health is something that cannot be purchased from a doctor or in a bottle of pills. Good health is the product of a healthy lifestyle. America needs to know more about how to achieve health and vitality. Staying youthful, no matter what your age, is central to the health message and to the message of this book.

My father, Dr. Paul C. Bragg N.D., Ph.D., was a teenager dying of tuberculosis when he chose a life of health. Dad was ninety-seven years “young” when he died of a surfboard accident. During his life, he helped thousands of people find the path to agelessness. One of those people was Jack LaLanne.

Jack was a sickly boy. His health was so poor he was forced to drop out of school. Dad’s message changed his life. Today, Jack LaLanne is a legend. He is living proof that the health message really works.

Dad said the world was lacking strong, courageous men and women who were not afraid to buck the trend of commercialism in the food industry and in the healing arts—people who could stand tall.

Here we have a strong crusader who believes in the health message and who lives what he preaches. John Thomas’ wonderful book is his gift of love to the world.

Now, dear reader, it is your turn to experience a life of boundless energy and health. The keys are in your hand. Read and follow this book and it will change your life. *Young Again!* is the most thorough and concise message ever written on the subject of healthy living.

No excuses. You know right from wrong. Remember, what you eat and drink you become. It’s either sickness or it’s health. It’s time to choose. Now! Today!

Young Again! is truly a personal guide to ageless living. I am honored to be a part of it.

AUTHOR'S INTRODUCTORY COMMENTS TO THE 6TH EDITION OF *YOUNG AGAIN!*

The 6th edition marks a major “SHIFT” from earlier editions. Five new chapters have been added; the book has been TOTALLY rewritten to provide a smooth flow of information and thought. Significant content changes have been made and all pertinent information has been retained.

Readers of earlier editions will benefit by “reading” this 6th edition in the “order written”—and in its ENTIRETY. New information is presented on nearly every page of the book.

“Window box” pages following each chapter direct the reader’s attention to specific subjects and protocols for better understanding of “fundamental” concepts—and to provide the reader with ideas that are useful in everyday life.

“Links” have been added to the original “first” 35 chapters—referencing the reader to related subject matter located throughout the book and in “new” chapters.

“New” chapters are: 35, 36, 37, 38 and 39. Topics are discussed in multiple places throughout the book in “context” of related subjects to insure “continuity of thought” and to cause the reader to recognize that body physiology and health issues are “interconnected”—and never “isolated” issues.

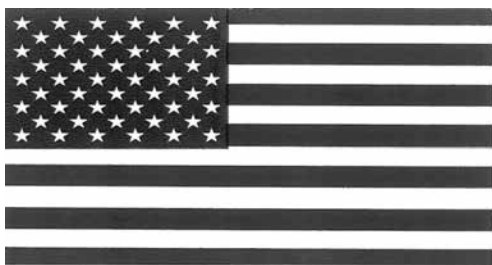
The Glossary and Index have been substantially expanded to accommodate new words and concepts for clarification and understanding by the reader and to assist the reader in locating subjects and points of interest quickly and easily. Also, significant cross-indexing has been added within the body of each chapter for quick reference.

Your author is taking “personal” responsibility for a grammatically correct and hopefully error-free 6th edition. Typographical errors are the territory of the “proof reader!” Context and continuity issues are the author’s responsibility. Clarity of thought is “unique” to the author and cannot be “farmed-out!” The reader should enjoy the improvements.

Writing of the 6th edition of *Young Again!* absorbed thousands of hours due to the volume of new information and the difficulties encountered when “weaving” new information into the fabric of concepts and protocols from earlier editions.

Your author hopes the reader will come to know the wonderful feeling that comes with aging reversal and being “in-control” of one’s life and health.

May “you” dear reader become *Young Again!*



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How To Reverse The Aging Process
By John Thomas

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Aging reversal requires the investment of time, energy, and money by the reader/Citizen desiring the experience, knowing that aging reversal is “personal and unique” to the individual. The “intent of mind” of the author and publisher in making *Young Again!* available in the public domain is limited to the dissemination of health-related information for causing THINKING among Citizens and QUESTIONING of medical modalities and advice. Neither the publisher nor author offer “medical” advice, and the book *Young Again!* is not to be used for medical diagnosis. The author and publisher believe the information provided is complete and accurate, but mistakes both typographical and in content may be discovered after printing; and therefore, the reader should use *Young Again!* as a general guide only and not as the ultimate source of information. Neither author nor publisher have liability or responsibility for any reader/Citizen respecting loss or damage caused or alleged for reliance on information in *Young Again!*

► THE READER IS PERSONALLY RESPONSIBLE FOR SEEKING “PROFESSIONAL” MEDICAL CARE BY THE READER’S OWN CHOICE.

DEDICATED TO...

Robert McLeod—You will meet Bob in Chapter One. He became my mentor, a living example, and a good friend.

Dr. Paul C. Bragg N.D., Ph.D.—Paul Bragg was the point man of the health movement in the United States. Millions of people owe their lives to him. He served his fellow man well, and his Creator to the fullest. Paul Bragg saved my life!

Charles Walters—Charlie is the editor of Acres USA. He taught me to winnow the wheat from the chaff. He helped me establish the link between “live food and live soil.” His editorial pen is the harbinger of TRUTH in matters of agriculture and national economics. He is another Thomas Paine!

Diane DeFelice M.S., R.D.—Diane was my upper level college nutrition instructor. She is unselfish in her effort to help students make the connection between diet, lifestyle and good health. She helped me realize that *Young Again!* simply had to be written in order to set the record straight.

Patricia Bragg N.D., Ph.D.—Patricia challenged me to write this book. She also challenged me to pick up the baton her father handed to her and to Jack LaLanne. Patricia is the daughter of the great Wizard—“Paul Bragg.” Patricia is a mighty force in the health movement worldwide. She is a voice crying in the wilderness!

Jack LaLanne—Beginning in the 1950’s, Jack LaLanne became “Mr. Fitness.” He is a living example of the benefits that accrue from a healthy lifestyle and regular exercise. Jack has been the point man in the fitness industry for over 40 years! He deserves our applause and thanks. Many people have been blessed by his work.

Leonard Ridzon—Of all the people I’ve known in 61 years, this farmer makes me think more than any other. Leonard is a simple man, but he isn’t simple. He sees the Creator’s handiwork and asks questions to whoever will listen. His questions can hold a pack of doctors at bay; they seldom risk an answer. And when Leonard talks, you had best be listening. He says as much between the lines as he does in words. Thank you Leonard for teaching me to observe, think and question!

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INTRODUCTION BY ROBERT B. STEPHAN D.D.S.

Man's ways are the antithesis of Nature's ways. They have little resemblance to the natural healing process. Nature provides the basis of life and the potential to help man correct his tendency towards disease, but drug-based medicine has chosen to increase health care productivity rather than identify the constraints which inhibit good health.

Allopathic medicine seems to be infatuated with technology, powerful drugs, and the suppression of symptoms. It prefers to cut, poison, and burn, when less would do. Medicine's world is physical and chemical.

We are moving away from this physical and chemical-based system of disease care and into the realm of energy and spirit. This is not a new movement, but a rediscovery of ancient wisdom. It is a mix of "proven" wisdom combined with technology.

As we move away from a disease care system and into a health care system, we will need a compass and a road map to navigate by if we hope to find our way through the maze of exploding knowledge and rediscovered tradition that is fast approaching us.

Young Again! serves the dual purpose of a navigation tool and a survival manual. It is easy to read and it is a very complete gathering of information. It will guide you to a healthy, vibrant life; and it will take you where Western Allopathic doctors fear to tread.

It is a divine privilege to be involved in the march to a preferred future, and it is a great pleasure to have John Thomas' wonderful book to use as a fount of information in my position as a Holistic Biological Dentist. Discover in this book the joy and path of good health!

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INTRODUCTION BY DR. JOHN A. BRIGGS

Our body is an incredible work of art. Unfortunately, it does not come with an owner's manual—as does a car—that tells us how to care for our body.

Consider the master mechanic. He has knowledge of the workings of his car. He knows how to protect his investment. His world is a world of regular maintenance and mechanical details. He avoids the pitfalls of ownership through individual responsibility. He knows how to maintain his car's youthfulness and vigor.

The medical world is not like the world of the master mechanic. In my practice, I have seen people with the full range of health-related problems—problems directly related to modern living—problems that could be avoided if people only had an owner's manual.

These people come to me willing to spend their fortunes. They have tasted the bitterness of disease and old age—they cry out for good health. They also DREAM of regaining the health of their youth.

I help them as best I can. I point the way, but my time is limited as is their money. What these people really need is an owner's manual for the care and maintenance of their body. I have wished for such a manual.

My wish was fulfilled when John Thomas wrote *Young Again!* It contains all the information my patients need to maintain their youth and vigor.

Young Again! arms the reader with practical, valuable information. This book is correctly aligned with the concepts of Naturopathic medicine. It will help the reader to stay young no matter what their age.

Thomas' research is exhaustive. He has a thorough working knowledge of the healing arts. Most importantly, he drives home his points with simple examples designed to help the reader understand.

Read this book and follow the information it contains. If you do, you too can achieve the radiant health I observed when John Thomas first introduced himself.

Dr. John A. Briggs
Naturopathic Physician
Clatskanie, Oregon

FOREWORD BY CHARLES WALTERS

“People can be ‘fed’ to live peacefully or fight, to think or dream, to work or sleep, to be virile or pathologic, physically, mentally, and spiritually developed or retarded, and for any possible degree of advance or variation within the mechanical limits of the organism.”

This was the late Albert Carter Savage speaking during the early years of WW II, and Winston Churchill took him seriously. After all, the health of England’s fighting men was all that stood between the freedom of Englishmen and Hitler’s thirst for world domination.

It was realized that food had to carry a fair complement of minerals in order to confer health, and the idea that vitamins could function without minerals was at least as strange as the concept that coal-tar drugs—capable of making a healthy person ill—could make a sick person well.

These few thoughts came to mind when John Thomas’ manual *Young Again!* arrived on my editorial desk.

Individual health is too important to be left in the hands of physicians. How can a person make informed decisions to preserve health and conquer sickness as well? Most books deal with individual problems—single factor analysis, we call it—but leave unanswered the silent killer in our lives, namely shelf life. For it is shelf life in the grocery store that annihilates the quality of life for the consumer.

When most of today’s senior citizens were still youngsters, strange words in type too small to read became an indispensable part of almost every label. First came the emulsifiers and stabilizers—carrageenan in cheese spreads, chocolate products, evaporated milk, ice cream and dairy products. All evidence of mutagenicity, carcinogenicity, and teratogenicity remained neatly tucked away in the scientific literature.

Dioctyl sodium sulfosuccinate became the wetting agent of choice, even though infants suffered gastrointestinal irritation and reduced growth rates as a consequence of its use. There were also dozens of flavorings and colors other than Red Nos. 2 & 4, all inimical to sustained human health. Aspartame (NutraSweet™) is a sweetener with approximately 160 times the sweetness of sugar. The problem is that people with phenylketonuria can’t handle it. It accumulates in the system and causes mental retardation and even death. Cereals, chewing gum, and gelatins are loaded with it.

As shelf life for foods improved, strange anomalies in the population multiplied. The public prints became filled with reports of bizarre crimes (youths dumping gasoline on old ladies and setting them on fire, for instance); and asylums for the insane became a growth industry, finally to emerge with credentialed practitioners and a new nomenclature—mental health!

Did shellac—a food grade version of furniture finish—used as a confectioner’s glaze have anything to do with this? Or xylitol, a sugar substitute that is a diuretic and causes tumors and organ damage in test animals? Or propylene glycol alginate or oxystearin (a modified glyceride) or glycerol ester of wood resin, or guar gum? All annihilate lesser life and whittle away at human health a bit at a time!

John Thomas’ message in his manual on health is clear and to the point. Witless science has worked its mischief, but we are not helpless. We have only to take command of our own health and make sensible judgments without reference to higher approved authority.

Young Again! has little to do with mirror image vanity and everything to do with the “mechanical limits of the organism,” as Albert Carter Savage put it, meaning the human body.

Young Again! has to be read with a box of marker pens handy. It is a matchless narrative and an encyclopedia of health. It covers the secrets of the ancients and projects forward to encompass the range of the electromagnetic spectrum. The advice—page by page, chapter by chapter—may not entirely reverse aging, but it is certain to put the process on hold.

Charles Walters
Editor, Acres USA
Kansas City, Missouri

PREFACE

Aim High!

The “purpose” of this book is to provide the reader with ANSWERS and a REALISTIC “model” for dealing with health issues—and to improve the quality of the reader’s life. Hopefully, these are the reasons you are reading *Young Again!*

Your author’s approach to health and longevity is TOTAL and BASIC! He does NOT believe in band-aids or magic bullets. He wants readers to understand how loss of control over the body’s terrain occurs—and exactly what must be done to reverse the process.

It is not the author’s intent to be absolute or over-zealous. Few people will be able to comply 100% with all of the suggestions contained in these pages. The reader is encouraged to advance in personal knowledge at his/her own pace. Do not feel doomed because you are unable to follow all suggestions at once. Please realize, the material presented represents the BEST you can shoot for—the goal—the ideal!

The ideal world of health is a lifestyle that includes wholesome food, pure water, moderate exercise, adequate rest, low stress, a clean body and a strong mind. These things are worth striving for even though the perfect lifestyle is very difficult to “live” in a world where disease and human suffering are the norm.

Hopefully, this book will help the reader find a middle ground where enjoyment of good health can be realized and perpetually maintained, consistent with one’s circumstances.

We live in an imperfect world and we fall short of the ideal. Sometimes we are subject to events and circumstances beyond our control. Yet, each day, we DO have the opportunity to make “choices” that affect our lives and health—and the lives of those around us—for good and bad. We must strive to make the BEST choices we can each and every day.

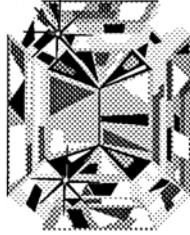
The reader is reminded that health and disease are cumulative states of being, and the alternative to good health is a sorry existence indeed. Poor health cheats people of the opportunity to fully experience “life” at its best. True happiness can only be experienced when we are emotionally, spiritually and physically “healthy!”

Aim high—and do the very best you can. Good health is worth whatever it takes to get it and keep it!

Think About It!

“In the health arena, there are only two classes of people. Those who are young and healthy and those who are old or sick. The former want to hold onto their youth and the latter desperately want to reclaim what they have lost.”

John Thomas



SOMETHING OF VALUE

*"If you want to look and feel as I do when
you are my age, you must begin now!"*

Robert McLeod

It was a strange place for me to meet the person who would become my mentor. Stranger still were the circumstances—a restaurant meeting room in San Bernardino, California in 1971. The event: A district sales meeting for ARCO (Atlantic Richfield Company), formerly Richfield Oil Company.

Having graduated from college the previous September, I stood in awe of the grandeur of it all. The Company, the oil industry and all that.

We had instinctively corralled ourselves into groups based on our position on the corporate ladder. Barnyard pecking order they call it.

And as a few of us were talking, I overheard my immediate superior and his cronies laughing and poking fun in a rather contemptuous way at one of their peers—a man named Bob McLeod.

McLeod was somewhat ostracized by others of his own level. "Status inconsistent" the sociologists call it! His peers mocked him in "ignorance!" As I listened to their gossip, something caught my attention.

"You know," one of them said, "McLeod is a vegetarian. He doesn't eat meat. He's...real strange!" "Yah! He's into health, whatever that is," said another.

It was difficult to compare McLeod to this arrogant, egocentric bunch of executives. I could NOT account for the differences between the group and the stranger, McLeod.

McLeod looked young. His smile, his eyes, his laugh—nothing squared with someone of 49 years. His hair was vibrant! His waistline was trim and slim. I liked what I beheld!

The "other" executives, well, they all looked 20 years older than McLeod.

Paunchy stomachs, grayed hair, bald heads, fat, cigarettes blazing—and booze! Many were ready for their gold watches, but by this time in history gold watches had been replaced by the old glass hand, a slap on the back and the epitaph on the grave stone “He was a good old boy!”

McLeod Knew

McLeod knew something they did not, for he was 49 years “young” and the others who were in their late thirties and early forties were well,...older!

I took my first step into the world of ageless living as I navigated in McLeod’s direction. Life would never again be the same for me. I was destined to be there on that day, at that moment, and Bob McLeod was destined to become my mentor. God works in strange ways!

I introduced myself to this 49 years young enigma, and as we talked it became crystal clear that he was a very special human being. Immediately, my mind was made-up! “When I reach 49 years of age, I am going to LOOK and FEEL like Bob McLeod!” [I was 27 years of age then.]

“It’s a long story and you are going to have to search it out for yourself, but I would consider it a privilege if I can assist you,” he said.

Instant friends we were! Fellow travelers for sure! Our paths only crossed a few times in the months that followed. When they did, he would take me under his wing and talk with me and point the way.

“If you want to understand how I have managed to look and feel 20 years younger than I am, you will have to study. I recommend you begin by reading a book by Dr. Paul C. Bragg entitled The Miracle of Fasting.

“You will not find all the answers there, but this book is a good place to start,” he said.

Six months after meeting Bob, I left the company and lost ALL contact with him until August of 1993. At that time, he still looked young and vibrant! If you saw him on the street you would guess him to be in his late forties. Not too bad for someone 69 years “YOUNG!”

Thirty-one years have passed and now it is my turn. At 61 years of age, I am here to tell you that you CAN stop the clock and you CAN reverse the aging process—that is, if you will follow my lead and stay the course.

Fear

People are reluctant to venture out, to break new ground, to sail uncharted waters—particularly when it involves being different. Perhaps it is social pressure. Perhaps people think they are giving up something of value. Regardless, pride, fear and ignorance are the primary stumbling blocks that keep people from following the path of good health. Instead, people hang onto destructive habits—habits that become the glue by which they seal their coffins.

Most of my peers at that fortuitous meeting are well on their way into old age. All of them were past their anabolic PEAK at that time. Today, most of them suffer from degenerative disease—and many of them are dead. All of them are old beyond their years—each the product of poor choices. There is no room for blame. We are responsible for our CHOICES!

People do not think “they” are going to get old. They know they have to die, but it is the other guy who gets old, never them. One day they wake up and look in the mirror, and their mind says, “Heh! Better enjoy it while you can! Time is short!” As friends grow old and die, the image in the mirror is confirmed—disease and old age have arrived.

It’s important to understand the difference between disease and a “condition!” A disease is a condition that has “officially” been given a name. Diseases and conditions BOTH alter lifestyle and prevent us from enjoying life as we would if we were in a healthy state of being.

We do NOT catch disease! We develop conditions! Disease should be “hyphenated” and spelled “dis-ease”—and I will do so for the remainder of this book to drive home the point. We die of “conditions” NOT dis-ease!

How we define our health issues greatly influences our attitude about aging and our ability or inability to take control of our lives and redirect those energy forces that cause the bio-electric body to grow “OLD!”

It’s Your Decision

Would YOU like to become *Young Again*? All that is required is that you complete this book and apply its lessons in your life. If you want to experience the miracle of reversing the aging process, you MUST visualize the end result in your mind’s eye. The miracle is available to anyone who wants it, but it is NOT free! The reader will become fully acquainted with the price as each chapter unfolds.

Once you understand HOW you “grow” old, you will understand HOW to become *Young Again*!

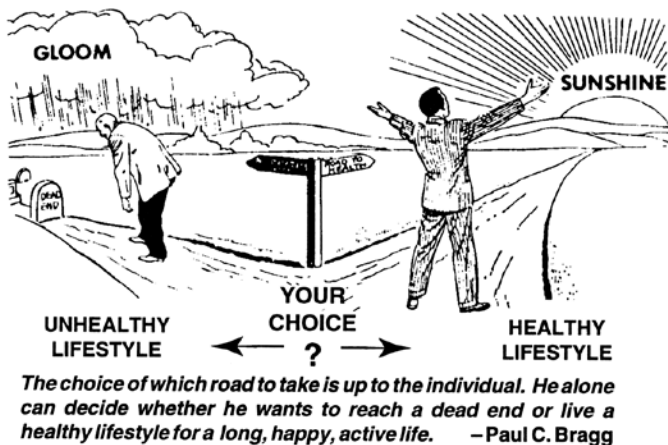
PREVIEW: *In the next chapter, you will discover that you have four different classifications of age. You will also determine your anabolic PEAK and learn of its significance in your life.*

The “Terrain!”

This book is NOT about “curing” anything. It is about altering and restoring the “terrain”—so disease will “disappear!”

Vorago™ SunRise & “Breast” Protection

“Protecting” breast tissue is of primary concern to women. Chapter 35—a new chapter—teaches women how to protect their breasts and keep their breast tissue “healthy”—and how to avoid “trouble!” Read about the Vorago™ Effect and it’s link to female—and male—health and longevity in Vorago™ SunRise.



Reality Self-Check

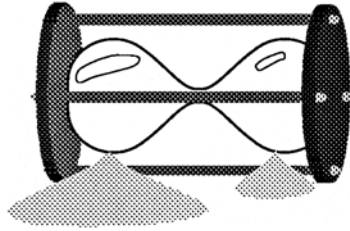
When you look down the street, do you see a STOP sign instead of the horizon? Young people see only the horizon because their entire life is in FRONT of them.

Don’t lose sleep over the doctor’s diagnosis—for it is nothing but a confirmation of yesterday’s poor choices. Instead, focus on today and tomorrow will be yours.

When you look in the mirror and the image looking back at you isn’t the image you remember, you better believe the image looking back at you!

“In this book [Young Again!], the author goes a long way to provide hope that, in a world beset by health-threatening pollution of all kinds, we are afforded some tools with which to build healthier, longer and perhaps happier lives.”

Christopher Bird, *The Secret Life of Plants*



YOUNG AGAIN!

“Youth is a wonderful thing. What a crime to waste it on children.”

George Bernard Shaw

Old age follows days filled with new hopes and new dreams of good times to come—good times that go “unfulfilled” because our body fails to keep up with our mind.

An old body with a young mind is a phenomenon where conflict and misunderstanding abound. It is a condition where the body we once knew becomes lost in TIME and unable to communicate with the mind. Flip sides of the same coin: a young mind, an old body—each expressing itself in a different language with no interpreter to translate.

Aging occurs through ignorance—and by CHOICE! People grow old because they do not know HOW to stay young. They are becoming old much faster than they once did. This is particularly true among the young—and particularly women between ages 25-35. The young now experience ONSET of old age by year 24. Dis-ease that once belonged to the “old” now belongs to the “young!” CHOICE of lifestyle is the single biggest factor controlling “degenerative” transformation.

Despite the statistical claims of the experts, life expectancy is not greater today than it was yesterday. The statistics used to support this claim of greater life expectancy have been skewed by the number of children reaching adulthood. At one time, half the population of the United States died prior to reaching age twenty—holding down “life expectancy!” The statistical rise over the last fifty years has caused a gullible public to buy into the “sick-care” system’s false claim to fame. The public has fallen for a “Kabuchi Dance!” [See Chapter 38.]

We are NOT better off today than yesterday. “Degenerative” conditions

have replaced “infectious” dis-ease. Moreover, contagious conditions are rising and returning with a vengeance. Their resurgence bodes ill for those who are unprepared and unwilling to change their lifestyle “choices!” A long, HEALTHY life is what we were meant to enjoy during our days on Mother Earth. This book focuses on that goal.

Dividing Line

At my initiation into the study of aging in 1971, it was considered difficult to turn the body’s biological clock backward if someone had survived 35 years of NORMAL living. If we made the same statement today, we would have to reduce age “35” down to age “24.” The dividing line between youth and the ONSET of old age has fallen!

When we are young, our health is at its peak and the body is able to repair itself quickly and easily. The word anabolism best describes this “state-of-being.” Anabolism is the “absence” of slowdown and loss of function in body tissues and vital organs. It implies ongoing repair and the ability to restore organ function. Anabolism is a building up process!

As we age, vital organ function slows. When we are under “stress”—we become “fragile” and injuries do not heal as quickly. Catabolism best describes this negative “state-of-being.” Catabolism is the opposite of anabolism. Both conditions are central themes of the *Young Again Protocol*™.

Catabolism is a kind of self-digestion where the body lives off the energy released from the digestion of its own tissues. This “bare-bones” energy helps meet the body’s minimum energy needs. Energy produced through catabolic activity is starvation energy. Catabolic activity can keep us alive—but it should NOT be equated with health and longevity. Death has its roots in catabolism.

When we are young, we are anabolic! When we are old, we are catabolic! Of course, there are degrees within these categories. In this book, anabolism and catabolism refer to the OVERALL condition or trend direction of the bio-electric body—and the implications that go with it.

The age “24” dividing line we spoke of earlier is our anabolic PEAK. [More on this in a few pages!] The “peak” is that point in TIME when young people begin their slide into old age. Some people reach their anabolic peak earlier than age 24; for others, it comes a little later. The point is that “onset” of old age is arriving much too soon!

Once Upon A Time

There was a time when it was uncommon to see the first SIGNS of old age until the fortieth or forty-fifth year—unless one was subject to hardships beyond the norm. Obesity, gray hair, balding, slowing of sexual function, wrinkled skin, diminished vitality, etc. are all classic SIGNS of old age.

Before we can erase the SIGNS of old age, we must come to understand why they occur. We also need to understand how they express themselves. When we become AWARE of the passing of TIME, we also become aware of the invisible forces of aging—forces that cause the young to wake up old.

When we reach our anabolic peak, we are at the crossroads of TIME. We are caught between the wonder of youth and the approach of old age.

Aging occurs quietly and without notice. It is a self-ordained process that speeds the passing of TIME and hastens our date with death.

Change The Script

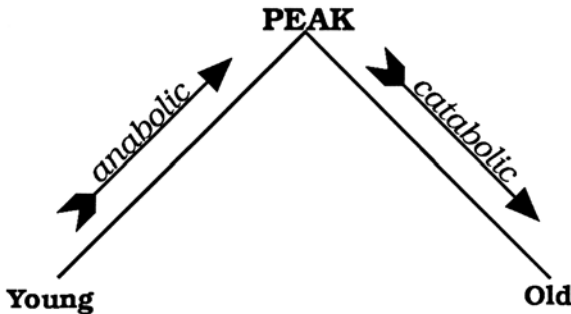
Life Should NOT be miserable and end poorly! We can change the script if we choose—no matter what our age! We can reverse our course if we are willing to learn and act upon new-found knowledge.

It is NOT the idea of growing old that people fear. Rather, it is the idea that old age will cheat them of the enjoyment of the things they once took for granted. For most, the thought of old age gives rise to visions of a dead-end street, loneliness, pain, suffering and finally death.

When your author chose the title for this book, he wrestled between *Forever Young!* and *Young Again!* The former title did not fit those people who are on the anabolic side of the pyramid. They will not read this book because they cannot grasp the meaning of the word old. Their world is young. They are never going to get old—or so they think.

Only those who recognize that they have passed their anabolic peak understand the implications of the word OLD! To them, the idea of becoming *Young Again* is but a dream!

Hosea proclaims, “My people are destroyed for lack of knowledge!” However, it is not knowledge that mankind lacks, but the wisdom to discern the difference between false knowledge and truth. Old age and old are not necessarily synonymous. They do not have to mean the same thing.



Anabolic Peak—That point in TIME when youth is spent and the onset of old age has begun. [Also see pages 22 and 198.]

The Doctor

When we are dying, we hear the pronouncements of medical science, “Nothing can be done!” “Accept that which cannot be changed!”—and other expressions designed to worm their way into our consciousness and numb our wits as our will to live is “excised!” “Oral pacifiers these pronouncements!” Empty words designed to help us accept and rationalize the phenomena we call “life” and “death!”

In the beginning—when poor health first manifests itself—the medical folks talk of recovery. In time, recovery gives way to high-tech jargon and “HOPE!”

For the terminal patient who has cast himself or herself before the altar of science, medical science quickly exhausts its mumbo-jumbo, turning instead to steely words that chisel our name on the tombstone.

The doctor announces death’s call. The patient answers that call with forced preparation and frustration along the nagging questions “Why?” and “How?” The “mystery” of health and happiness, life and death goes unanswered.

The Clergy

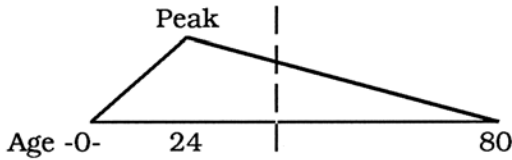
Religious training convinces us that we have an “appointed time” and to “accept what God has foreordained”—soothing words that placate our emotions and numb the reality of the moment. Few people dare to question religion’s pronouncements. There is little quarter for rationality here.

Instead, we elevate to dogma that which we do NOT understand. We blindly follow our beliefs, never pausing to question “Why?” and “How?” as life slips away.

We give up. We grow old. We accept what we have been taught and we die decades ahead of TIME because medical science said “Sorry!” and our religious leaders offered us little consolation—except a “hereafter!”

Society attempts to buffer the “Why?” and “How?” with cynicism set to music in songs like Peggy Lee’s *Is That All There Is!* Because we do not know the answers, we keep dancing—pausing only to “Break out the booze!”

Our inability to winnow truth from falsehood is not totally our fault. We have been schooled to accept the flood of distortions emanating from societal organs—government, newspapers, schools and universities. Together, they are nothing but a “Kabuchi Dance” [See Chapter 38.] wired to the halls of “science”—the god of our civilization. Science has become a national religion—but it fails to answer “Why?” and “How?”



Aging Pyramid—note how far left of the center line the anabolic peak of “age 24” is located.

Pilgrimage

Daily, we voluntarily make the pilgrimage to Science’s cultic altar, paying homage to the idea that cause and effect can be explained using single factor analysis. We accept the theory that there is a bug responsible for every dis-ease, a pill to cure every ailment.

We are told we have a built-in alarm clock that signals our time to die, when longer days—good days—filled with health and happiness are within our reach if we will only act and accept our greatest gift of all—good health!

Medical science blames the bacteria and viruses for our dilemma and health problems—while Christianity blames Eve for bringing the curse of sickness and death upon Adam and his progeny. We need to STOP the “blame-game!”

Instead of taking responsibility for ourselves, we blame events and other people for our shortcomings. We prostrate ourselves before the “altar” of science and pay homage with the fruits of our labor—trading hard earned money for pharmaceuticals that treat symptoms—but leave the causes untouched—and more importantly “unidentified!”

Palliation is a term that comes to mind. It says much about medical science in a few syllables. It means: relief of SIGNS and symptoms “without” addressing underlying cause(s). Drugs alter organ function! Supposedly, they are prescribed to prevent, diagnose or cure dis-ease. “Palliation” is the fourth reason used to justify drug usage and “standard of care” guidelines that hamstring good doctors. Palliation tricks the patient and leads the physician astray!

How different life would be if people possessed a valid medical “model” of dis-ease and aging—and acted upon that knowledge. Sadly, mankind lives in a medically induced stupor where the “Why?” and “How?” of life and death, health and dis-ease goes unanswered.

Make no mistake, 99% of “aging” comes down to the “choices” we make each and every day of our lives. This book was written to answer the “Why?” and “How?”—and to point the way to the path of agelessness!

What Is Your Age?

How we define age makes a big difference in our attitude toward life because attitude dictates the choices we make and “drafts” our physiologic future and our bio-electric age.

Age can be defined on the basis of calendar age (chronological age), mental age, functional age and most importantly, bio-electric age. Please review them, carefully!

Calendar age is how old we are in years upon this earth. We celebrate our calendar age each year with a birthday party. Unfortunately, we celebrate in past tense and in the negative by defining age in years old, instead of years young!

Mental age is defined by the way we “think!” It is our perspective on life. If we “feel” physically OLD, our mental perspective is “old!” We suffer a mental “disconnect” when the physical body breaks-down. If we “feel” physically YOUNG, our mental perspective is “young!” Body and mind are connected. The dividing line between being physically young and physically old is our anabolic peak. RESTORE your body “terrain” and you automatically restore your “mental” terrain as well as your anabolic peak. Old body = old mind; young body = young mind. It behooves us to stay physically and mental young!

Functional age is based on our ability to function. Nursing and bogus holistic medicine define functional health as our ability to experience normal, everyday desired activities. Wellness is defined as the way we “perceive” ourselves. These definitions “allow” for one or more degenerative “conditions!” Plastic definitions like these bother your author because they mislead and dodge the issues and causes of aging and dis-ease! They are dead-end definitions that ignore mental and physical limitations that deprive us of a truly youthful existence.

Bio-electric age is the “real” age of the physical body. Reversing your bio-electric age is “THE” issue. Your bio-electric age is measurable—and it is infinitely malleable! In future chapters, the reader will learn how to “manipulate” and “control” the forces of aging that influence bio-electric TIME.

We experience peak health in the ABSENCE of dis-ease. This book teaches you HOW to achieve that goal .

When you look young, think young and feel young—you truly are *Young Again!*

PREVIEW: *In the next chapter, you will determine your REAL age and identify those things that are causing you to become old before your time. The information you provide will become YOUR foundation for the balance of this book. Are you ready?*

Fast Asleep

If you want to go to sleep and your hands and feet are cold, soak your hands and feet in a basin of hot water, put on some warm wool socks, and you will go to sleep “fast!”

The Stress Cycle

Stress has “physical” consequences! All it takes is a stressful “event” to ruin your day and weaken your “health!” Stress of any kind causes the adrenal glands to go into OVERDRIVE “triggering” a cascade of reactions in the vital organs of the body. Next, stress hits the liver causing “reduced” bile-flow with HUGE implications for female and male hormone levels, the bowels and digestion of food. Ultimately, stress causes the body to turn “acid”—and the more acid your body the poorer your health. “HOW” your emotions and your “physical” body deals with stress is the issue. [More later!]

Congestion & Mucous

Colds and flu, pneumonia and sinus issues, allergies and ear aches involve mucous congestion. Cystic Fibrosis is a worst-case example! Heavy mucous is confirmation of waste overload of both soluble acid waste and structural amyloid plaque. Mucous and amyloid wastes provide a “perfect” breeding ground for viruses, bacteria and yeast. Nano-dosed DNA—called MX™—is used to break up mucous and cause it to “flow”—so the head, chest and ears “clear!” [See pages 121, 127 and 344.] Clear Head™ is used to destroy microbial infection and breeding grounds in the sinus cavities, and to break up congestion with the help an irrigator tool called the Neti Pot.™

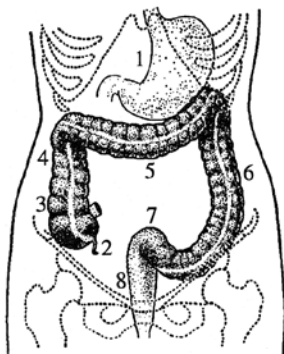
Brown Eyes Green

We are taught that eye color, balding, diabetes, obesity and hormonal problems are “genetic” in origin—but it’s not so. Children are born with bluish eyes before they change to brown or black. Men with hair become bald after they lose it. People become diabetics! Women develop female problems. Blondes become brunettes. People become fat. People grow deaf. The list goes on! Your author had dark brown eyes for 48 years. Now they’re half green. Bald men can regrow hair. Diabetics can become normal. Women can resurrect their “hormone cycle.” Fat people can become thin. “Genetic” problems are solved by restoring the TERRAIN. Genetic problems are symptomatic and “past tense” in nature—never “causative!” Dis-ease manifests in the “terrain” BEFORE it manifests in the genes. Your author regrew his hair, increased his muscle mass and saw his health “blossom” after age 50—and so can you!

Who’s In Control

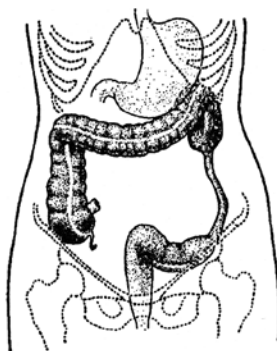
Question medical authority. Get-up off your knees. It’s YOUR body and YOUR life. Take control of YOUR future.

Normal Colon and Sick Colons



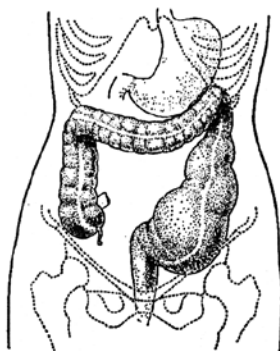
A. The Normal Colon

The normal colon in the proper position in relation to other structures: 1)stomach 2)appendix 3)cecum 4)ascending colon 5) transverse colon 6) descending colon 7) sigmoid flexure 8) rectum



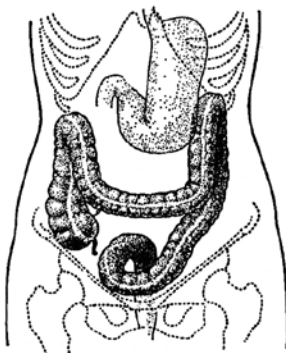
B. The Spastic Colon

The colon in spastic constipation.



C. The Engorged Colon

The colon in engorged constipation.



D. The Sagging Colon

Ptosis, or sagging, of the transverse colon, accompanied by displacement of the stomach.

Programmed To Die

We program ourselves to die by our actions, words and thoughts. And as we prepare, the reaper takes our friends and siblings—a signal that “our” time is approaching. We do our best to make sure we are not left behind!



ANY OLD ROAD

“If you don’t know where you’re going, How will you know when you get there? If you don’t know how you got there, Any old road will NOT take you back.”

John Thomas

Aging is considered to be part of the “normal” life process when it’s really the “abnormal” part of the process. Normal growth takes us from infancy to our anabolic peak at age 24—abnormal aging takes us from that “peak” to our grave.

Aging follows a procession of TIME related events that we identify with SIGNS and symptomatic “descriptions” like gray hair, menopause, balding, diabetes, wrinkles, cold body, loss of energy, low sex drive, dental problems, obesity, etc.—things that serve to “document” the passing of TIME.

The aging process can be slowed, stopped and reversed. But doing so is ONLY possible when we have correct knowledge and understanding—supported by action! Fundamental to getting “results” is personal responsibility.

People speed the aging process and the passing of TIME when they ignore the SIGNS and symptoms! “Tuning-out” causes us to age by default! The *Young Again Protocol™* teaches how to re-cycle TIME itself not by “reliving” old experiences—but by “exchanging” TIME already spent for “new” TIME and “new” experiences. [See Chapter 31.]

Aging and TIME are related—but they are not the same! Aging is the result of TIME poorly lived, whereas TIME is the vehicle of aging. For example, cancer is the product of TIME poorly lived. Cancer causes the passing of TIME to accelerate. When this occurs, the body experiences a slump in its bio-electric balance and we grow OLD—fast! Dis-ease is TIME in motion—and it warps our concept of TIME! Aging is TIME’S trail—a confirmation of biologic deterioration.

Rate Yourself

Shortly, the reader will be asked to “personalize” the types of aging discussed in Chapter 2. This simple project will provide tangible “meaning” to new and different concepts of aging and TIME!

Use an erasable pen or pencil. Estimate and place your age on each line. Leave the last line blank until after you have scored your bio-electric age at the END of this chapter.

Mental Age	0 _____	80 yrs
Calendar Age	0 _____	80 yrs
Functional Age	0 _____	80 yrs
Age You Feel	0 _____	80 yrs
Bio-electric Age	0 _____	80 yrs ++

“SIGNS” & Symptoms

TIME poorly lived produces SIGNS and symptoms of bio-electric aging and dis-ease that results in diminished activity in the vital organs and glands.

Symptoms of dis-ease are subjective changes in body function that are NOT apparent to an outside observer—like nausea, anxiety, low-level pain, dryness of mouth, poor appetite and low sex drive. Symptoms often go unnoticed by the host in the early stages because alterations in the body “terrain” are subtle. Symptoms eventually “morph” into SIGNS ! Aging is a “polite” word for slow-down! Slow-down eventually leads to shut-down! Aging is “falling-apart” one day at a time!

Aging first occurs in the “invisible” realm where the “electric” body resides. Eventually, aging is seen in the mirror and/or confirmed by the doctor’s diagnosis.

TIME Made Visible

SIGNS are different from symptoms. SIGNS are external in nature; they are “observable”—and they can be “measured!” SIGNS support a doctor’s diagnosis of a morbid condition. They also cause the “individual” to become acutely aware of alteration of body function! Hence, SIGNS are confirmation of aging and the passing of TIME. Think of SIGNS as yesterday’s time capsules in “visible” form.

SIGNS speak of an abnormal “condition” in the aging process called dis-ease and pathology! When viewed as “normal and expected,” the impact of SIGNS on our consciousness is greatly lessened—and by “default” their effect on the bio-electric body goes unnoticed until one day we are “OLD!”

Dis-ease is like the unwelcome guest who drops-by “unannounced!” Unlike the guest, however, dis-ease doesn’t go away. Instead, it “steals away”

our very life, and we can no longer do the things we could once do. Eventually, we find ourselves in serious trouble. Only then does dis-ease remove its “cloak” and the passing of TIME “accelerates” before our very eyes! Too soon old, too late smart!

Damage to the vital organs is dis-ease’s shadow. Slow-down and loss of vital organ function should be our cue to change our lifestyles immediately!

Charting Your Bio-electric Age

The remainder of this chapter is your key to managing “your” bio-electric age. The “checklist” is your brush and canvas for determining “How?” and “Why?” your bio-electric age is what it is. The list is your personal road map to ageless living that points the way back in bio-electric TIME—that is, if the reader absorbs and learns the lessons contained in this book. Each “listed” item will be “fleshed-out” as the *Young Again* story unfolds chapter by chapter.

Each item reflects an assigned point value based on its long-term cumulative effect. Most items are unisex and apply to both sexes, while the male/female lists apply to the respective sex only. Contributing factors that accelerate aging are included and carry heavy score values. This list is NOT a diagnosis of a particular dis-ease condition—but it is a list of markers! “Scoring” provides a close approximation of true bio-electric age—providing you are honest with yourself.

Check the boxes that apply. Serious past health conditions should be counted if they have left their mark or are of recent vintage. If under medical care or taking medications, do “count” it. Complete this exercise “NOW” and “AGAIN” after you have completed the book when you better understand the significance of each listed item. Each listed item provides direction and meaning in the quest for agelessness.

Please do not diminish or pass judgment on the items listed. The list is comprised of SIGNS, symptoms and contributing factors that affect your life—for good and for bad.

Let your author assure the reader that “every” item deserves attention! Please think “cumulative!”

Brave New World - 2006

In Huxley’s book, *Brave New World*, everyone “appears” happy and healthy with NO SIGNS of aging or ill health—up until the moment they “drop dead!”

Today 2006, the SIGNS are “visible” everywhere. We are beyond the *Brave New World*! We live in a world totally removed from reality—an Alice in Wonderland world that only “appears” real! We are actors in the “kabuchi dance” called the “health care” system—as described in Chapter 38.

SIGNS & Symptoms Of Bio-Electric Aging

Height: Loss of physical height:	
•1/4" shorter	50 □
•1/2" or more	200 □
Facial: •Crow's feet around eyes/upper lip lines	30 □
•Cheeks sunken, hollow	35 □
•Cheeks sagging/puffy	65 □
•Cheeks/nose have spider capillaries	50 □
•Face losing "tone"	40 □
Skeletal: Muscle deterioration/loss of muscle mass	60 □
•Flabby body; no muscle tone	40 □
•Leg cramps/charley horse	18 □
•Stature mildly hunched-back	80 □
•Stature severely hunched-back	120 □
Belly: •Paunchy/pot	20 □
•Grossly distended	200 □
Eyebrows: thick, bushy	25 □
Nose & Ear hair (external)	25 □
Body Odor: •Needs deodorant	50 □
•Overpowers deodorant	80 □
Bad Breath: Chronic	30 □
Teeth: •Decayed	40 □
•Cleaning required once a year	25 □
•Cleaning every 6 months	40 □
•Mercury amalgam fillings	150 □
•Root canal(s) present in mouth	40 □
•Gingivitis, bleeding gums	70 □
Nails: •Fungus/yeast growth under toe/finger nails	80 □
•Slow growth	30 □
•Thickening of toe nails	40 □
Hearing: Progressively worse with age	60 □
•Tinnitus	60 □
Skin: •Dry, scaly (includes dandruff)	20 □
•Psoriasis/seborrhea/eczema	50 □
•Wrinkled/leathery	40 □
•Fat bumps on upper arms ; back	10 □
•Pimples/acne/skin blemishes	30 □
•Do not sweat easily	20 □
•Brown liver spots on hands/body	40 □
•Bruise easily; painful to touch	60 □
•Heavy oil secretion	15 □
Hair, Mustache, & Beard: •Predominantly gray/white	50 □
•Bald head	50 □
•Loss of body hair (legs, chest, groin)	80 □
•Slow hair growth	30 □
•Head hair (once wavy, now straight)	40 □
•Gray or white pubic, axillary, or leg hair	40 □
Physical Activity: •Inability to perform hard physical work	30 □
•Joint pain/inflammation after hard work	20 □
•1-3 days required to recover from hard work	30 □
Weight: •Easily gain pounds	30 □
•Unexplained large weight loss	40 □

Mental: •Depression	50 □
•Confusion/can't face day	45 □
•Need coffee to get/keep going	30 □
Stools: •Lack of medium dark brown color	30 □
•Formed/hard or dry	50 □
•Defecation requires effort	20 □
•Food transit time over 24 hours	40 □
•Overly foul gas/odor	40 □
•Bright red blood on stool	15 □
•Less than "complete" bowel evacuation	20 □
Illness: •Often feel sick, but no fever	30 □
•Colds more than once a year	25 □
•Succumb to flu most years	30 □
Eyes: •Require reading glasses	20 □
•Sensitive to sunlight	40 □
•Poor night vision (car lights bother)	20 □
•Brown spots in iris (colored portion)	30 □
•Raccoon shadows under eyes	90 □
•Macular degeneration/glaucoma	50 □
•"Floaters" in eyes	30 □
Joints: •Joint pain (general)	40 □
•Osteo arthritis, bursitis	100 □
•Rheumatoid arthritis	200 □
Minor Wounds: •Scab drop-time requires over 1 week	20 □
•Subject to secondary infections	50 □
•Scars form easily	40 □
Capillary Blood: •Does not form a "pearl" when finger is pricked (blood flows instead)	75 □
•Color is dark red; not bright red	60 □
•Non-instant color return when nail beds are squeezed and released	40 □
•Blood full of "debris" (Rouleau effect)	80 □
•Use of blood thinners/aspirin required	50 □
Respiratory (lungs): •Heavy breather/can't catch breath	90 □
•Prone to pneumonia/bronchial trouble	80 □
•Angina-tightness of breath	150 □
•Asthma	80 □
Gut & Bowel/gastro-intestinal: •Constipation (less than 2 BM's/day)	90 □
•Irregular bowel habits	60 □
•Alternating diarrhea/constipation	30 □
•History of appendix problems	50 □
•Appendix removed	60 □
•Colitis /diverticulitis/Crohn's	75 □
•Removal of any part of small intestine	90 □
•Colostomy	90 □
•Untreated for intestinal/organ parasites	90 □
•Gas, indigestion, cramping after meals	30 □
•Acid reflux syndrome	50 □
•Abundant/ongoing foul gas	40 □
•Diagnosed with Leaky-Gut Syndrome	90 □
•Bloated abdomen after meals	50 □
Blood Circulatory System: •Heart Attack	80 □
•Anemia (low "iron")	40 □

•Diagnosed arterio/atherosclerosis	100	□
•Poor circulation	50	□
Lymphatic System: •Lymph nodes swollen/painful groin, armpits, breasts	50	□
•Lymph nodes surgically removed	50	□
•Cancer of lymph system (lymphoma)	200	□
•Spleen surgically removed	60	□
•Tonsils have been removed	70	□
Fat: Body & Dietary: •10-20 lbs overweight	20	□
•30-75 lbs overweight	90	□
•75-200 lbs overweight	200	□
•Fatty tumors beneath skin covering body	50	□
•Dietary fat intake (butter/olive oil) less than 20% of diet	50	□
•Use of ANY type margarine	50	□
•Use of soy/canola oils or products	70	□
•Fat-free diet	100	□
Urinary: •High albumin in urine	50	□
•High urea level in urine	40	□
•A/G ratio 1.6 (need blood test; see page 113)	90	□
•Prone to kidney stones	40	□
•Generally dark urine color	25	□
•Foul urine odor	30	□
•Sweet urine odor	50	□
•Bladder infections (female)	75	□
•Urine volume small (less than 4 oz)	35	□
General Metabolic: •Drink less than 1/2 gal water/day	100	□
•Drink water/liquids with meals	80	□
•Drink chlorinated/fluoridated water	60	□
•Substitute soft drinks/juice for water	95	□
•Failure to drink 1 qt. of mineralized water with fresh lemon immediately upon rising	50	□
•Failure to drink 12-24 oz. of mineralized water per hour in heat, during hard work, when flying	30	□
•Use fluoridated toothpaste	50	□
•Use common deodorants	30	□
•Drinking water comes from city “tap”	80	□
•Regularly drink over-counter store “bottled” water	30	□
•Use any medications for headaches	40	□
•Regularly take Rx drugs	80	□
Liver/Gallbladder: •Diagnosed/prone to gallbladder problems	60	□
•Surgical removal of gallbladder	60	□
•Diagnosed for hepatitis A, B, C, D, E, mononucleosis, Epstein-Barr, malaria, Chronic Fatigue, or “lime” disease	95	□
•Diagnosed with Herpes (genital)	60	□
•Suffer with “shingles” (past/present)	80	□
Saliva: •Dry mouth	30	□
•Require liquids to swallow food	30	□
Body Temperature: •Below normal body temperature	60	□
•Cold hands and feet	60	□
•Sensitive to cold temperatures	30	□
•Suffer in hot weather	30	□
Connective Tissue & General Energy:		
•Diagnosed with lupus, MS, fibromyalgia, peripheral neuropathy,		

restless legs syn.	200 □
•Suffer from gout (use medication for)	80 □
•Stiff joints/loss of flexibility	50 □
•Must eat often to have energy	30 □
•Subject to mood swings/energy drops	30 □
•Knee, shoulder or hip problems (cartilage)	80 □
•Poor energy; energy “drops”	40 □
•Sleepy/listless after lunch meal	35 □
Stress and Headaches: •Inability to function under stress	30 □
•Regularly stressed-out	40 □
•Chronic headaches	70 □
Cancer: •Diagnosis of any type of cancer	200 □
•Received chemo/radiation therapy	300 □
•Cysts or tumors of any kind	50 □
Tobacco: •Smoke or chew	95 □
Tongue: •Coated, pasty white-daytime	40 □
•Coated upon rising in morning	20 □
•Heavily grooved	40 □
Sleep: •Sleep less than 7 hours per night	20 □
•Sleep less than 6 hours per night	80 □
•Sleep broken; usually interrupted	20 □
•Sleep with windows closed	30 □
•Sleep under electric blanket	50 □
•Insomnia (can’t sleep)	70 □
•Hypersomnia (sleep all time)	40 □
•Narcolepsy (involuntary daytime sleep lasting about 15 minutes)	40 □
Dietary: •Use “non-food-based” vitamins/minerals	20 □
•Take calcium supplements	30 □
•Lump in throat (difficulty swallowing)	50 □
•Use insulin for diabetes	80 □
•Vomit after meals (bulimia)	95 □
•Eat when nervous	30 □
•Increased appetite w/o weight gain	30 □
•Acid foods upset stomach	30 □
•Nervous stomach	20 □
•Always hungry	60 □
•Poor appetite	25 □
•Milk causes indigestion/bloating	50 □
•Spicy foods a problem	20 □
•Greasy foods cause indigestion	50 □
•Eat or snack more often than every 4 hrs	55 □
•Devour food...fast eater	30 □
•Salt food	30 □
•Eat alfalfa sprouts	20 □
•Food not “organic” or home grown	80 □
•Eat restaurant food often	90 □
•Eat junk, packaged or preserved foods	100 □
•Prepare food in a microwave oven	200 □
Computer & Cell phone: •Use computer more than 1 hour daily	50 □
•Computer closer than 30 inches	50 □
•Use cell phone daily	100 □
Fluorescent, Mercury, Sodium Vapor lights: •Use for work light	30 □

•Receive under 1 hour sunshine daily	50	□
Exposure to electrical interference devices:		
•Radar (police/military)	40	□
•Electronic Equipment	30	□
•Smoke Detector	20	□
Exercise: Lack of aerobic activity 3 times a week	80	□
Wake-Up: Slow; require hours to get going	40	□
Blood Pressure:		
•Resting pressure above 70/120	50	□
•Working pressure above 90/140	90	□
Emotions:		
•Keyed-up, can't relax	30	□
•Melancholy/unhappy	40	□
•“Snap” personality	50	□
Vegetable Juicing:		
•Failure to drink 1 glass of fresh beet, carrot and ginger juice daily	50	□
Eat according to rules for blood type/food combining	30	□
Colon Therapy:		
•Do not do colon therapy weekly	100	□
•Do not do colon therapy at all	200	□

Females Only

Menstruation & Menopause:		
•Over age 40; & no vitamin B-12 shots	70	□
•Over age 40; WITH vitamin B-12 shots	50	□
•Exposure to mammograms	60	□
•Premenstrual tension (PMS)	50	□
•Painful/difficult menses	40	□
•Depression before menstruation	20	□
•Painful intercourse	60	□
•Vaginal dryness; itching	50	□
•Ovaries/uterus removed	80	□
•Thinning hair	40	□
•Vegetarian/vegan	70	□
•Menses irregular/skip often	40	□
•Acne worse during menses	30	□
•Painful breasts	60	□
•Body painful to touch	60	□
•Ovarian cysts/uterine fibroid tumors	95	□
•Hot flashes	95	□
•Can detect active ovary each month	40	□
•Used birth control pills (ever)	150	□
•Used any form of estrogen replacement	150	□
•Thyroid condition/thyroid medication	90	□
•Yeast/bladder infections; vaginal itching	80	□
•Endometriosis	200	□
•Food binges/cravings before menses	40	□
•Brain fog, poor memory, confusion	90	□
•Lack of sexual interest	90	□
•Cellulite formation (hips or thighs)	100	□
•Vertigo (dizziness)	70	□

Male Only

•Impotence	90 □
•Prostate problems	90 □
•PSA count elevated	60 □
•Painful ejaculation	60 □
•Urination dribble, can't release	90 □
•Frequent night urination	80 □
•Pain inside leg or heels	30 □
•Leg spasms, cramps at night	20 □
•Vegetarian/vegan	50 □
•Over age 40; & no vitamin B-12 shots	50 □
•Lack of sexual interest	100 □

Total Score..... _____

Divide: (men divide by 226; women by 243)

Your bio-electric "reference score" is..... _____

Add points together and divide score by 226 for men or 243 for women to obtain your bio-electric reference score. Example: If you are man and your score is 1790, divide by 226 to obtain a reference score of 7.92, and so on.

Next, use the conversion scale to convert your reference score to your bio-electric age of 70 years. This is your "real" age!

Bio-electric Score Conversion Scale

The number on the left is your reference score. The number on the right is your bio-electric age.

.18 = 18	.22 = 20	30 = 22	33 = 24
.66 = 28	1.10 = 30	2.42 = 35	2.86 = 40
3.30 = 45	3.96 = 50	4.40 = 55	5.28 = 60
6.60 = 65	7.92 = 70	8.81 = 75	11.00 = 80+ etc.

Your bio-electric age should MOTIVATE you to evaluate your life. Please do NOT panic or feel hopeless if your bio-electric age is older than you think it should be. It is only a reference age. Remember, it took your entire life to reach your present bio-electric age. Allow yourself a little time to undo the damage. Circle your bio-electric age and transfer your score to the chart on page 28. Please "re-calculate" your bio-electric age every year to see your progress. Your reference score is a very important number.

Think About It!

If your calendar age is 27 years and your bio-electric age is 39 years—as was your author's age in the old days—you are "losing" the battle! The younger you are, the less effect a few extra years will have. But if you are already "older," those extra years are more "meaningful!" Aging must not be ignored or written-off or casually dismissed just because you don't have any symptoms or see any SIGNS—yet!

The older you are, the faster TIME flies and the faster you become old! You “know” you are in trouble when the SIGNS appear. Aging SIGNS and symptoms appear after age 25, except for acne, cellulite, obesity and dental problems. Later, its menstrual problems, obesity, arthritis, diabetes, connective tissue disorders, digestion and bowel problems, heart attack. The wise person deals with these issues in the formative stages before the doctor is asked to provide a diagnosis. It’s a matter of CHOICE! Don’t waste TIME—looking back! Finish reading this book and apply it! The answers you SEEK are here!

TIME is not on your side if your bio-electric age is equal to or greater than your calendar age.

[Your author’s present calendar age is 61—and his bio-electric age is holding at 19 years young! TIME is standing still for John Thomas—and TIME will “reverse” and “stand-still” for you, too—if you will take responsibility for your life!]

Action Steps For Ageless Living

1. Evaluate your score and review items checked.
2. Complete the reading and study of this book.
3. Recalculate your score at least once a year.
4. Accept responsibility for your life.
5. Implement the truths contained herein.

Each and every step taken to improve health—no matter how small—produces big benefits. The combined effect of several small steps can be astounding!

No one’s situation is hopeless! The bio-electric body has AMAZING resiliency! Follow the lessons contained herein, and your body will heal itself. Let your body prove to you that you can become *Young Again!*

PREVIEW: *In our next chapter, you will meet a few great people of science, get a glimpse of the “behind-the-scenes” maneuvering within medical science—and you will be offered an explanation of mankind’s present environmental dilemma.*

Sauerkraut

Non-pasteurized “raw” sauerkraut is extremely good for the digestive tract and a wonderful help to women with yeast and bladder issues. Sauerkraut is a “must” food for anyone fighting cancer because it improves and restores the “terrain!” It is easy to make—and better, too! Use all of your garden produce to make it—red or green tomatoes, green beans, peppers, broccoli, summer squash, whatever!

Life is simpler when you plow around the stumps!

Shedding “Your” Skin!

Humans and snakes have something in common. Both shed their skin. Snakes shed their skin from the “outside” as often as necessary as they grow. Humans, on the other hand, shed their skin from the “inside” during old-time “cleansing” procedures.

Everyone acquainted with alternative healing has been taught that cleansing of the body can cause it to “shed” a rubber-like mucoid-matter from the colon wall. Victor Irons and Bernard Jensen often referenced the phenomenon in their writings.

Your author has had many discussions with gastro-enterologists, surgeons, etc. about the “mythical” mucoid matter that is supposed to inhabit the bowel and coat the colon wall. They tell me they have NEVER seen it when they look inside someone’s colon during a colonoscopy. They see either healthy or unhealthy tissue—but no mucoid lining. So as far as they are concerned, us “health” folks are “nuts!”

The answer to the riddle goes something like this. When people go on fasts, do major cleansing and drink fresh vegetable juices, the body dumps “acidic” waste from the tissues into the blood and lymphatic systems. The waste is then filtered by the liver and stored in the gallbladder as “bile.” Bile empties into the 15 foot-long small intestine known as the “gut” before traveling through the colon (large intestine) on its way to the toilet. [Bile and waste are easily “re-absorbed” in a sluggish intestinal tract.]

Traditional “fasts and cleanses” allow waste to COLLECT on a “sluggish” colon wall and people often “shed” the “mucoid-matter” lining from the colon wall like a snake sheds its skin. Humans shed their skin from the “inside” via the bowel.

The reason the medical folks never see the mucoid matter is because prior to doing their procedure, they give the patient some rather caustic stuff to drink in order to empty the colon. So who is correct? BOTH parties are correct, they are simply out of time and sequence with each other.

The “stuff” that comprises our intestinal “skin” is best described as “cancer that hasn’t happened yet!”

The *Young Again (Tissue and Liver) Protocol*TM is a full-body “deacidification”—and is one of the MOST valuable processes available to people who want to avoid the medical system and enjoy good health for the balance of their lives.

Dr. Jensen’s colon book contains forty colored slides of people’s “skins!” They aren’t very pretty to look at, but they are real as real can be! Your author has pulled this “stuff” from his body many times in the old days. [The *Young Again Protocol*TM avoids the need for this unpleasant experience because the waste moves out of the system in “liquid” state and does not accumulate!]

So what’s it going to be, dear reader? Rid your body of the horrible burden it is laboring under—or continue to suffer, grow old and die early?

Readers who follow the *Young Again Protocol*TM(s)TM and “deacidify” their “terrains” now—on their own terms—can AVOID the doctor’s terms later. [High Enema TherapyTM is very much a part of the deacidification process—and it is very easy to do!]

It’s more fun to be healthy and young every day of your life, than sick and old—for the rest of your life! You decide!

Yeast

Here are a few of the symptomatic health complaints associated with *Candida Albicans* or “yeast!” Eye floaters, bad breath, depression, constipation, foul and excessive gas, low energy, bloated abdomen, aching joints, arthritis, moodiness, low blood-sugar, acne, skin dryness, hearing problems, ear aches, colic in babies, hair loss, sinus and lung mucous etc. Yeast is associated with all dis-ease, but yeast is NOT the cause. Rather, yeast “feeds” and “lives” in a highly “ACID” body terrain. Non pasteurized sauerkraut eaten 2-3 times daily is a wonderful, old-time remedy for yeast outbreaks—especially in women. [*The Young Again (Tissue & Liver) Protocol*TM deacidifies the “terrain” so the system can restore.]

Vitamin B-12

Common vitamin B-12 related “symptoms” are: memory loss, sleeplessness, nervousness, irritability, spinal problems, constipation, poor motor function, shingles, heart palpitations, ringing in ears, chronic fatigue—the list is “500” long!

Central to the vitamin B-12 molecule is cobalt, hence, cyan-o-cobal-o-min. Oral intake of B-12 from food or oral supplements requires the mucoprotein “intrinsic factor” [Secreted from the stomach wall!]TM—or B-12 is not absorbed. Sublinguals don’t work after about age 30. The only place in the small intestine that B-12 can be absorbed is in the ileum.

Vitamin B-12 injections are commonly given to women after age “40”—but it’s synthetic B-12 and it leaves a lot to be desired. [*The Young Again Protocol*TM calls for Cobo-12TM transdermal B-12 skin creme that is absorbed easily. [Women deplete their B-12 supply about 20 years ahead of men. Menopausal complaints always involve vitamin B-12 issues.]

Osteoporosis

Contrary to popular belief, calcium intake is NOT the issue behind loss of bone density in women over 35 years of age. Osteoporosis has “three” common denominators—and “calcium” is NOT one of them. The denominators are: 1) an acid terrain; 2) poor hormonal activity; 3) inability to lay down collagen. All three issues are discussed in future chapters.

All Played Out

Life is like an old-time record player that plays in three speeds: 33, 45 and 78. At 33 life is great. At 45 you're not so sure. At 78, you're all played out. To avoid being a 78 at 45, all you have to do is "reduce" your bio-electric age to decimal .33! See pages 24 and 28-29 to better understand bio-electric age.

Foaming Urine

In the mid 1950's, Ajax cleanser was a popular household product. The advertisements sang a little song that went like this: "Ajax, the foaming cleanser, baba baba ba ba, sends stains, right down the drain!"

It is a very good SIGN if your urine produces massive amounts of foam. The more waste that is excreted, the more the urine foams! As the aging process reversed itself, your author's urine became more and more foamy! Just thought you might like to know one of the SIGNS!

Medical Grade Ionized Water™ (MGIW™) produces foamy urine in large quantities. Your author drinks this high "ORP" therapeutic water daily!

Diabetes

Diabetes is an "auto-immune" condition. Adult Onset Diabetes, Type-II is "linked" to a leaky-gut. This form of diabetes was once the domain of people over age 40 and overweight, but the age threshold is dropping—especially in females. Diet is an important diabetes management tool. Stress causes the adrenal glands to boost cortisol production, upsetting female hormone balance. Poor bile-flow and a sluggish bowel make matters worse! A "acid" body terrain goes WITH diabetes. Insulin is a "bad" crutch—and certainly not a "cure!" Better to avoid the need to use it!

The *Young Again Protocol*™ for diabetics calls for closing a "leaky gut," High Enema Therapy™ and the Tissue and Liver Protocol.™ CWD™ is very useful—as is R/C™ and MZ.™ Fresh vegetable juices require CAUTION! Green beans—steamed, raw, canned—all you can eat—work wonders! Non-pasteurized sauerkraut is very helpful.

Diabetes is one of the "BIG 4" dis-eases—cancer, arthritis and heart attack/stroke are the other three. All four are "terrain" and "auto-immune" conditions!

Food & Light

After food is digested, circulating blood moves the food energy into the capillaries beds behind the eyes—where "light" activates it. Hence, the phrase "Let there be light!" takes on new meaning. [See Vorago™ SunRise, Chapter 35.]

West Nile Fever

Like malaria and AIDS, West Nile Fever is transmitted by mosquitoes. People with weak "terrains" are "at risk" Terrain issues always involve a "weak" liver. [Use L_sP_cC™, VZ™, PAC™ and OX™ with the High Enema Therapy™ and the *Young Again Protocol*™ to restore and manage your terrain!]

A System Of Experts!

When a system becomes overly complex, a cadre of experts soon appear with their agenda, codes and private vocabulary. And in the people, this spawns resentment followed by skepticism as to the system's fairness.

Most of what we're taught and much of what we believe either isn't true or doesn't work. The experts understand this fact—and so should you! We are in uncharted waters in world history—and the ability to “truly” understand what is going on is absolutely crucial. The Uncle Eric Book Series is perhaps the very best book series to come along in the last hundred years! They are equally useful for adults and children alike. [Call 800-509-5400.] Other good books to read are: *If You Want To be Rich & Happy, Don't Go To School*; *Trust Us, We're Experts* and *The Crazy Makers*. [See Source Page 429.]

“Perception is reality! What counts is the way things are, NOT the way things are perceived!”

Puberty & The “Middle Years” Window

Hormones DRIVE the changes that occur as children enter adulthood. When the hormones kick-in, baby fat turns to lean muscle mass. Boys become as strong as mules; girls become shapely. Physical height manifests on a daily basis.

Most teens enjoy good health—in spite of the abuse they deal themselves. By age 24, the hormone miracle “peaks” and growth levels out. The middle years begin at puberty and end around age 45. The “unraveling” process known as aging begins by age 24, as vital organ function slows and acidification of the “terrain” accelerates. Women age faster and more harshly than do men. There is a lesson here, ladies!

Early SIGNS and symptoms of aging are: cellulite, cold body, thinning hair, fatigue, loss of muscle mass, digestion and bowel issues, teeth and gum problems, overweight, use of drugs and alcohol, depression and diagnosed dis-ease.

Central to these things is the closing of the “puberty window” and acidification of the “terrain.” By age 45, the process is complete and the middle years are over! Use the *Young Again Protocol*™ to reopen your middle-years “window.” [See pages 72, 164, 178, 212, 374 and 378.]

***Young Again Protocol*™**

The *Young Again Protocol*™ deals with restoration of the “terrain” and stimulation of vital organ function over months and years. It takes about 1 year for every 10 years of age to completely awaken the bio-electric body. It's worth the effort!



SEE WHAT YOU LOOK AT

Said Dorothy to the Wizard:

“You’re a very bad man!”

“Oh no!” responded the Wizard.

“I’m just a very bad Wizard!”

It’s difficult to comprehend the human dilemma without some understanding of the forces within science and medicine that blur our vision and confuse our thought processes. Once understood, however, the reader will more fully grasp why he or she is discovering the path of agelessness in the pages of this book versus the media or medical system literature.

The truly GREAT wizards of science and medicine are a breed of their own. They are often light years ahead of their time. They are also a problem for those who want to control and manipulate society. There have been many of these great people in science and medicine. Many of them lived out their lives on the fringe—away from mainstream medicine and science. We hear little about them, but the impact of their vision is all around us—often with another’s name on their discoveries! A few of these hardy souls chose to function within the system. Their insight usually created craters that could neither be denied nor erased by the powers that be.

I refer to these people as WIZARDS. Wizards understand medical science’s loss of direction—and the dilemma of TRUTH vs. THEORY.

Medical science’s tragic loss of direction did NOT occur by accident. Rather, it was foreordained—and it is a tale of manipulation and behind the scene control!

Let us paint the historical landscape of a few great men and women of “REAL” science so we can better understand the politics of “medicine” today—and why we MUST accept responsibility for our own lives by “unplugging” from the medical system. Here’s a brief history of a few medical Wizards.

The Great Wizards

Dr. Carey Reams was a Wizard. Reams had a sixth sense about nature and the energy forces of life at the subatomic level. Most of Ream's focus work was in the agricultural arena. Reams dared to expose the connection between diet, lifestyle and dis-ease. He used simple, inexpensive testing procedures to determine the "state" of people health; procedures that only called for the pH of the urine and saliva plus the mapping of the blood capillaries in the white of the eye.

He suffered professional ridicule and legal abuse for his efforts.

Dr. Linus Pauling was a Wizard! He gave us his monumental discoveries about vitamin C. He also suffered professional ridicule for the TRUTH he heralded. Dr. Pauling was the harbinger of the fantastic DNA molecule discovery in 1954. Your author spoke with Dr. Pauling many times in the years before his death at age 94. At age 92, he was still teaching at Stanford. Pauling was a wonderful scientist and a monument to TRUTH. Truth separates good scientists from poor ones. Pauling won TWO nobel prizes. [See MoonShine, Chapter 37, for the "rest of" the vitamin-C story.]

Dr. Guenther Enderlein was a Wizard. He proved that the blood is NOT a sterile medium. He heralded the pleomorphic nature of microbial life forms that are always present in the blood of healthy people. He explained "why" and "how" life forms—from viruses and bacteria to yeast and fungi—appear in the blood as people lose control of their "terrain." Enderlein was the first person to use body fluid pH to detect the presence of cancer. His final exam question to test his understanding of life before becoming a doctor in 1898 was: "What is the difference between plant and animal?" Enderlein responded, "There is NO difference!" He was correct and his discoveries proved it.

[When your author returned to school at age 45 to become "enlightened" in the ways of science, he took a sound understanding of plant and soil physiology with him. This background provided greater understanding and helped him make "connections" than were NOT "taught" in classroom. Soil and plants became the foundation of the *Young Again Protocol*TM—and the basis of this book.]

Rene M. Caisse, R.N. was a Wizard. Rene was Canada's "cancer nurse." She was a keen observer of nature's ways and understood life at the subtle energy level. She developed "Essiac Tea" and was hounded by health officials unmercifully.

Dr. Max Gerson was a Wizard. His discoveries are of tremendous importance to the aging process. He was an excellent example of "low-tech" medical brilliance. What made Gerson unique was that his therapies worked. He cared about people and he was an astute observer. He cured cancer with simple, inexpensive modalities—and therein was the rub! Gerson was hounded mercilessly by established medical authorities because he

threatened their dogmatic position on the nature of cancer. He died in 1959 tired and overworked.

Rachel Carson was a Wizard. She was the scientist who took on the military-industrial complex by herself. In 1959, she wrote the book *Silent Spring*. Rachel was the beginning of the legitimate environmental movement. Her findings shattered Science's litany of lies and brought the evils of pesticides into focus. She was proclaimed a witch and was verbally burned at the stake before and after she died in 1964. Her epitaph reads: TRUTH!

Theo Colborn is a Wizard. She is the author of *Our Stolen Future* and the woman who took on the entire medical and scientific world in the grand style of Rachel Carson, author of *Silent Spring*. Colborn's book defines the hormonal dilemma we face. [The *Young Again Protocol*TM offers a solution to it.]

Dr. Ignaz Semmelweis was a Wizard. He has particular significance to medical science and our story. He was a physician in Budapest during the middle 1800's. Semmelweis made the mistake of confronting a thoroughly entrenched male-dominated profession that had only recently wrestled away control of the healing arts from female midwife "healers." His contribution to medical science was a simple one, but it involved the use of uncommon good sense—a dangerous commodity in the face of arrogance. Semmelweis said "Doctors, wash your hands between patients!"

[There had been unrelenting outbreaks of childbirth fever (Puerperal Fever) among women and hundreds of deaths in area hospitals. The year was 1840. His detractors laughed good Dr. Semmelweis from the scene. They destroyed his reputation by character assassination—a ploy that leaves neither trail nor record of those in bloody gowns. They also used professional ostracism—a time-tested tool of the trade. Today, they resort to revocation of a physician's license to practice—putting a doctor out of his trade. Ostracism, licenses and belittling are common maneuvers used to this day to CONTROL physicians who dare to step out of line.]

Norman Walker was a Wizard. Walker was a health researcher and reporter who practiced what he preached and lived well past age 100. His primary contribution to the alternative health arena was his ability to piece together seemingly unrelated pieces of medical facts into a cohesive fabric of usable information. His life was a tribute to TRUTH!

Bernard Jensen was a Wizard. Jensen expanded the fields of colon therapy and iridology and helped thousands of people. Jensen served his fellow man well.

Victor Irons was a Wizard. It was Irons who first brought colon hydrotherapy to the fore as a viable, health modality. We owe him our utmost gratitude for his "gift!"

Comments

A doctor's status derives from the State. When the State grants permission, the professional is created by way of a license. The doctor is a "political being" that exists at the whim of the State. Licenses are supposed to protect the public. More often than not, licenses are a mockery—a Kabuchi Dance of sorts—as described in Chapter 38. Behind the scenes, State licensing boards, insurance companies and "peer review" organizations badger and control doctors who discover TRUTH and dare to question scientific and medical "dogma!"

History provides a long list of good Wizards—Galileo and Copernicus, for example, who were hounded and destroyed. "Control" is the name of the game. Control is ALWAYS carefully maintained despite political "staging" provided for its theatrical effect. In history, nothing happens by accident!

The history books tell us nothing of the political maneuvering by Dr. Semmelweis' peers, nor of the women who died, nor of the money siphoned-away from people who prostrated themselves at science's "altar!" Today, some arrogant doctors still "fail" to wash their hands between patients. The more things change, the more they are the same.

How It Happened

To understand how science and medicine lost their way and why mankind is at war with Mother Earth, let us go to the roots of Christianity, for it is there that we will find our clue.

And God said to Adam "Take dominion over the Earth and every living thing thereon."

This one command, credited to Deity, has done more to pillage the Earth and its inhabitants—plant, animal and man—than any words ever put to print. The problem isn't the command, but its interpretation and implementation.

Misunderstood and certainly misapplied, this biblical edict set the course and destiny of history from Christ to Isaac Newton and the present-day order. By blaming sin and the fall in the garden on Eve—instead of acknowledging that BOTH male and female made their own choices—man dogmatized jurisdiction over woman and proclaimed WAR against Nature and the Earth. Done in the "name" of GOD, mankind's present "health" dilemma appears to be the result of misapplied "blame"—instead of respect for life!

Adam & Eve

"Power and dominion over nature" shaped science and its tributary, medicine, into the CULT it is today. Man over God. Man over the Earth. Man over Woman. For it says, "Eve caused Adam to sin!"

Interwoven in this tragic story was the shift from mankind's original primeval state as a matriarchal society to that of a patriarchal one. No longer

would the blood line flow through the woman. Instead it would flow through the man. No more would Woman be exalted and recognized as the giver of life. Instead, she would be looked upon as the “ONE” who caused Adam (man) to sin in the garden.

“And from this day forward, you will experience pain in childbirth as a REMINDER of your transgression.” And so, Woman became the villain. A commodity to be controlled, bought, sold and “blamed” for Adam’s transgression—which was by Adam’s own CHOICE!

It was into this arena that Dr. Semmelweis wandered. Little did he realize that the powers behind the scene did not care about Puerperal Fever. It was profitable business. “So what if some women die as long as WE control access to choice in medical care, access to God—and, of course, control over the creation of a nation’s money supply.”

“Control” is the name of the game! Reader’s who wish to enjoy some semblance of control over their “life” must come to the realization that in matters of health, finance, religion and law—things are NOT what they appear. Thinking and acting outside the box are “crucial” if you wish to avoid the “matrix!”

TRUTH in medicine causes problems—and the greater medical science’s backlash to a Wizard’s message, the greater the probability that TRUTH is on the loose.

In medicine and science, TRUTH prospers outside the mainstream—out on the fringe. The “fringe” is where the reader will learn how to reverse the aging process. Only on the fringe can the reader become *Young Again!*

PREVIEW: *Our next chapter is where you will become acquainted with the “energy forces” that CONTROL the aging process, and you will learn HOW to identify them.*

The *Young Again!* Idea

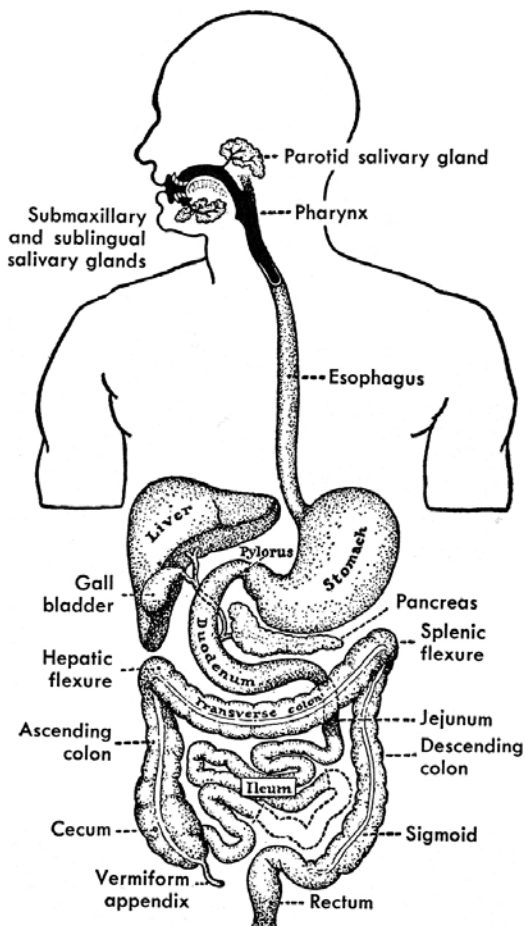
Young Again! is about “why?” and “how?” people age. It is about enjoying and maintaining superb health by living and practicing concepts and habits that produce long-term results for those who are willing to do their part. Implied here is the need for a realistic “model.” Faulty models go nowhere!

Just because you can’t see it and you don’t understand it, doesn’t mean it came from the devil!

Hormones! Lots of Noise! Little Said!

In 2004, Suzanne Sommers—and a few practitioners—talked about “bio-identical” hormones for women. They failed to mention that the liver “orchestrates” women’s hormones—and unless the LIVER and “terrain” are

addressed—“bio-identical” doesn’t mean much! They also failed to mention that “stress” is a HUGE hormonal “wild card” for women. Stress puts the adrenal glands into overdrive—spiking cortisol levels and “skewing” hormonal balance. [See pages 72, 76-7 and 362.]



Visceral Organs Of The Abdominal Cavity

Raccoon Eyes!

Circles under the eyes are a SIGN of “liver” overload, not kidney stress. Under-hydration, lymphatic congestion and bowel issues makes things worse. Follow the *Young Again Protocol™* and you will be a happy camper—without raccoon eyes!



ENERGY & MATTER

“Reason, of course, is weak when measured against its never-ending task. Weak, indeed, compared with the follies and passions of mankind, which, we must admit, almost entirely control our human destinies, in great things and small.”

Albert Einstein

Little in life is seen in concrete terms of black and white. This is particularly true in the healing arts. For example, consider just a few of the differences in the following modalities (therapies) of healing presently in use.

Allopathic medicine (allopathy) attempts to heal using “chemotherapy”—which is “chemically” induced manipulation of SIGNS and symptoms. Included here is surgical intervention, emergency medicine and palliation. Allopathy is the predominant medical modality practiced in the West. It uses “drugs” to OVERPOWER body systems to FORCE change. Allopathy believes that “opposite cures opposite.”

Homeopathic medicine (homeopathy) is the exact opposite of allopathic medicine. It is called the medicine of “similars.” Homeopathy focuses on unfriendly energy fields in the body that vibrate at anti-life frequencies—frequencies that stress the vital organs and create imbalances in the system. Homeopathy uses vibrational remedies instead of chemical drugs. These remedies are potent substances “tuned” to cancel renegade energy forces in the body—as represented by drugs, vaccines, toxins, etc. Remedies erase the footprint of offending energy fields, clears the body of their “signature” and returns the patient to “homeostasis” (homeo-resembling; stasis—a state of equilibrium; balance within the system).

Chiropractic views dis-ease, in general, to be the byproduct of incorrect spinal alignment affecting the nerve plexus issuing therefrom. Poor alignment

negatively influences the vital organs served by the central and peripheral nervous systems. Chiropractic has much in common with other vibrational modalities. Chiropractors often wear several hats at once—and are at best “tolerated” by M.D.’s. The reason: a good chiropractor is trained to be results and patient oriented—and they are generally open to alternative healing modalities.

Network Spinal Analysis (NSA) is a new form of chiropractic that integrates various “levels” of care in such a way as to unfold and awaken spinal energy flow. Healing occurs as a by-product of the freedom of the body-mind to utilize its natural, self-regulatory and self-expressive capabilities. In other words, healing is not the direct product of chiropractic, but of the “forces” of life itself at the “subtle” energy level.

The purpose of NSA is to determine the appropriate timing and application of mechanical forces to the tissues before chiropractic adjustment. NSA enables patients to release non-productive, neurological patterns that block healing. NSA allows the whole person to express and experience their body’s own self-intelligence and vital-energy force.

NSA speeds healing and helps the patient become aware of and “erase” negative energy memory patterns at and below the cellular level. [A “whiplash” is a memory of physical trauma. See Gua Sha below.]

Network Spinal Analysis produces significant improvement in patient self-awareness and ability to make life changes. This promising new healing modality was developed by Donald Epstein, D.C., and is offered to the public by highly trained healers under the trade name Network Chiropractic™.

Yoga & Pilates are not exactly new to the health scene, but they are wonderful and proven modalities for people who practice them. Your author was taught some yoga techniques by his daughter and saw wonderful progress in the sacrum and low back from an injury 25 years earlier. Yoga is very ancient. Classes are taught at local schools, YMCA and on video.

“Pilates” [pronounced pee-lot-ees] was developed by Joseph Pilates about 90 years ago. Pilates rejuvenatory and unique body conditioning “moves” to tone muscles, increase flexibility and lengthen and align the body.

Your author can testify to the wonderful anti-aging effects that yoga and Pilates’ have on “older” women who practice them. “Yoga ladies” are way ahead of their peers! They are “easily” 20 years younger than their girlfriends.

Acupuncture came from Asia and promotes healing and numbs pain using tiny needles to manipulate energy meridians similar to reflexology and High Enema Therapy™.

Gua Sha [pronounced gwa saw] is a 3000 year old modality that is easy to learn and is very effective and is used to relieve pain, promote healing and free bound “chi” energy. [A teaching video and kit are available for “in-home” use. The technique is very effective on whiplash, joint and neck problems. [See page 370.]

Bio-Magnetics uses magnetic energy flowing from therapeutic magnets. This promising modality has broad application for people desiring personal control over their health. It is an effective, inexpensive in-home modality. “Medical grade” mattress pads and pendants are the primary applications.

[Therapeutic magnets are specific in nature and application. They are useful for tissue trauma; they nullify the effects of 110v, 60-cycle alternating electrical current, and they protect and stimulate the immune system. Therapeutic magnets are DC (direct current) energy fields that “awaken” energy meridians and manipulate pain. Healing follows “repolarization” of cellular organelles, increased production of ATP, and increased flow of blood and lymphatic fluids. Therapeutic magnets restore energy “flow” in and around injured or inflamed tissue. Millions of people get drug-free relief and improved health through magnetic therapy. It is widely used in Japan. Allopathic medicine considers magnetic therapy “quackery”—but patients who experience “results” think otherwise. See pages 82, 144 and 233.]

Vibrational Medicine is a composite description that includes dozens of healing modalities that rely on the manipulation of the body’s energy fields to induce healing. Vibrational medicine teaches that health and sickness are “manifestations” of “ERRANT” energy at the subtle energy level. Healing requires establishment of energy “balance” before the body can become “whole.”

Vibrational medicine is a blend of Western and Eastern thought and produces wonderful results. Its roots antedate allopathic medicine by many thousands of years. There is no question that this form of medicine is replacing the Frankenstein called “allopathy.”

[A few examples of vibrational medicine are cold laser, photo-luminescence, aroma therapy, flower essence, High Enema Therapy™, therapeutic magnets, qi gong, tai chi, deep breathing, essential oils, chiropractic, homeopathy, yoga, Pilates, good food and BFRV™ and MGIW™ water(s). These modalities promote energy flow within the bio-electric body.]

Compare The Difference

Allopathic medicine is based on the Newtonian view of reality. Sir Isaac Newton saw the world as an elaborate mechanism. Newton so influenced allopathic medicine that for the past 300 years, the body has been viewed as a grand machine that takes its orders from the brain and central and peripheral nervous systems. This view was replaced by a newer “model” that sees the body as a flesh-and-blood biological computer. Nuts and bolts gave way to circuit boards and DNA. Both approaches fall short of the reality of life at the “subtle” energy level of our existence.

The Newtonian approach fails to account for “Fourth Dimensional” energy forces like spirit, intuition, subconscious mental activity, biofeedback,

dowsing, etc. which are subtle energy manifestations composing the meta-physical “sixth” sense (meta-beyond physical). “Sunlight” is Fourth Dimensional. All things “physical” are nothing but “frozen” sunlight energy. Fourth Dimensional energy CANNOT be measured by length, width and height—the First, Second and Third Dimensions. [See Chapters 31 and 35 for expansion of these ideas.]

Paradigm Shift

Vibrational Medicine (VM) sees the physical body as the signature or footprint of the invisible “electric” body. VM is based on Einstein’s view of matter which says “matter will release energy when taken apart.” For example, the splitting of an atom in an atomic explosion. This is a MAJOR paradigm shift from Western medicine’s archaic approach to healing. The word paradigm means para-beside, digm-an example that serves as a model.

The Einstein model sees the human being as a network of energy fields that co-exist and coalesce; that is, condensed energy resonating at a healthy or sick frequency. [Mother Earth frequency is between 7.8-8.1 Hertz.]

Vibrational healing manipulates energy, where allopathic medicine uses negative energy inputs (drugs, surgery) to over-power and force the body into submission—bypassing the body’s innate intelligence. Homeopathy uses “similar”—but opposite—frequencies to neutralize offending energy force fields. Vibrational medicine does NOT endorse the Germ Theory of Disease—but it does recognize that the “TERRAIN” controls the microbes (bacteria, viruses, yeasts, fungi, parasites, etc.).

Present day drug therapy is a mixture of hoped for therapeutic effects and KNOWN adverse effects—the good hopefully outweighing the bad! A better translation is “Acceptable collateral damage!” or “Acceptable body count!” or “The one for the many!”—as Spock would say!

Drugs are drugs! They alter body function in negative ways. They do violence to the body and to the liver in particular. At best, they ease patient suffering through palliation (relief of signs and symptoms WITHOUT cure of underlying causes)—while “killing” the patient. Collateral damage!

Health Through “Manipulation”

An example of energy manipulation would be running a magnet over a computer disc or a DVD. The magnet neutralizes energy stored on the disc by canceling the “signature” or “footprint” of the energy message. If the energy message on the disc were a dis-ease “condition,” a positive change in health would occur when the “signature” is neutralized! Whenever positive energy gains the upper hand, the body returns to a state of “homeostasis.” Because life is energy and energy is matter, we must conclude that life and energy are manifestations of the same phenomenon. Vibrational medicine’s focus is “energy.”

Magneto Hydro Dynamics (MHD) focus is the field of dentistry at the “consumer” level through prevention of periodontal issues and reduced accumulation of dental plaque. Plaque formation results in cavities and gum problems. MHD utilizes a small counter appliance that produces electromagnetically “CHARGED” water. When hydrogen ions are “freed” from the H_2O [water] molecule, the ions carry a positive (+) charge that causes them to “bond” to bacteria and plaque deposits—neutralizing them! [The device is an inexpensive way to care for teeth and gums. It works on pets, too! [See pages 79, 117-9, 149, 187, 204 (photo), 233 and 329.]

[The *Young Again Protocol*TM calls for Oral AdvantageTM (O/A)—a product that is mixed with a small amount of water and held in the mouth immediately prior to bed. O/A “pulls-out” infection from below the gum line—reducing inflammation and causing loose teeth to “tighten-up!”] Teeth and gum problems are some of the very earliest SIGNS of acidification of the body’s “terrain.”

Radionics is used by some alternative farmers. It involves “broadcasting” beneficial energy frequencies into soil and air to “feed” plants, animals and microbes. Compare this practice to a radio station that transmits a melody that is picked-up by radio for our enjoyment. Properly used, radionics enhances production of highly nutritious food by controlling the “energy” environment—and therefore weeds and insects.

Biodynamics is homeopathic agriculture that uses biodynamic “preparations” and techniques. Books on the subject are Biodynamic I, II, and III +Introduction, A Biodynamic Farm and The Rock Dust Book. This is valuable information for anyone seriously interested in growing vibrantly healthy food.

Your author has a one acre garden and orchard and “practices” these techniques because they work!

Medical Science Challenged

Medical science is threatened by alternative paradigm “shifts” because they conflict with their textbook “model.” Paradigm shifts challenge accepted theories that medical science has elevated to the status of “law” by way of the mumbo-jumbo called the “scientific method!” Misuse of the so-called scientific method has gotten us into a lot of trouble. It should be abandoned because it shackles individual creativity. The “POINT” your author is making is: vision MUST “precede” inquiry rather than the other way around.

Vibrational medicine is gaining popularity because it delivers RESULTS with little risk and no damage to the patient. It behooves us to embrace these newer “models.”

The *Young Again Model* involves the management and manipulation of energy fields by controlling the “terrain” of the bio-electric body.

The *Young Again Protocol*[™] calls for the application of vibrational medicine at the layman's level—where people live out their daily lives. There is NO better return on investment than good health and the ability to work as long as one needs or wishes to work. Good health is the ULTIMATE alternative to forced “retirement!” For many people, retirement is a health disaster. This book provides the framework of knowledge needed to maintain control over one's life and health.

The *Young Again Protocol*[™](s) discussed in this book—and each person's response to them—are unique to the individual and are adjusted as needed.

New View

The universe is composed of but two things: ENERGY and MATTER. Our body is matter in the form of frozen light energy. If this is true, then drugs, which are matter, must also be energy—and they are! However, they are NEGATIVE energy—energy that manipulates illness in the short term at the expense of health and longevity in the long term. No one can deny the advances allopathic medicine has made—especially in the replacement of body parts and in emergency medicine. But there is a negative side also. We must realize that medications and surgical intervention carry substantial “risk” and tradeoffs—and should ONLY be used as last resort.

Aging is a cumulative process. The combined effect of personal neglect, dis-ease and drugs accelerates aging in the youngest of people.

Energy Shifts

When we choose to live an unhealthy lifestyle, energy “shifts” result in dis-ease and accelerated aging. Aging “reversal” is the product of manipulation of negative energy so the body can enjoy and maintain a state of “homeostasis”—indefinitely! When your author talks about having an ageless body, he is talking about a “state” of being where positive energy “dominates”—and the body that does NOT require perpetual jump-starts with drugs and surgery to keep going.

Everything we do, eat and drink involves “energy” and influences the “terrain!” We must learn to “decipher” what is good for us and what is not by identifying those energy forces instead of turning to drugs or invasive surgery.

Dis-ease is the manifestation of negative energy. Vibrational medicine offers the ordinary person more CONTROL over their health and life!

We must recognize that we are more than hunks of flesh and blood, more than biological machines—and more than spiritual beings trapped in bodies during our time on Earth. We are energy—and because we are energy—we are part of the cosmos. And yes, we are created in the likeness of God who is also ENERGY—positive, beautiful energy!

Anions & Cations

Anions and cations are usable forms of “electron” energy that are released when a chemical reaction takes place—as in the gut and liver when we eat and digest food. The release of energy opposites—one (+) the other (-)—produces the electrical activity that grants permission for life.

“Matter” is a combination of (+) and (-) energy forces with a particular “footprint” of anions and cations. For example, the metal “steel.” When the energy “footprint” of matter is altered through fusion, we may get lead or alchemist gold—instead of steel. Break the bonds holding atomic structures together and energy is released—and sometimes with a big “bang.” [The reader will learn more about these concepts in Chapter 18.]

Good & Bad Energy

The terms positive and negative energy mean the same as good and bad energy. Good energy is “right-spin” energy and bad energy is “left-spin” energy. We know good energy from bad energy by their effect on our health and the bio-electric body.

Positive energy has a particular spin of its own—it spins to the right, meaning clockwise. Negative energy spins to the left, meaning counter clockwise. Hurricanes spin left.

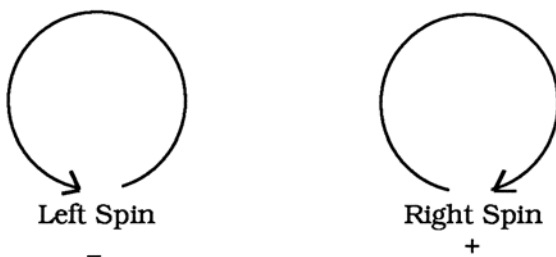
Solar energy is anionic energy. It is life-giving energy. The Earth’s spin is the product of anionic, clockwise, right-spin energy entering the Van Allen Belt (ozone layer). As these energy particles penetrate the ozone layer, they are deflected, bombarding the Earth and causing it to spin. When Van Allen theorized this belt in 1948, he was laughed down by “experts!” Later, he was vindicated when NASA lost contact with astronaut John Glenn as he passed through this belt [ozone layer] on his return to Mother Earth.

Anionic energy passes “through” matter. It is also very comforting and soothing. Have you noticed the difference in the heat produced by a wood fire compared to the heat produced by gas or electricity? Wood heat warms “clear to your bones!”

Wood heat is anionic energy; it comes from the Sun. Its effect is right-spin and it warms us because the anions released by oxidation (burning) of the wood pass through the body, warming the cells. This is similar to how a microwave oven works—with one very important exception. Microwave energy is left-spin—and food cooked with the device is VERY destructive to health—and NOT fit for consumption!

Right-spin positive energy keeps you young. Left-spin negative energy causes you to “grow” old. The former keeps you on the anabolic side of the pyramid as illustrated on pages 21 and 198. The latter puts you on the catabolic side. One spins RIGHT; the other spins LEFT. We are interested in the way these energy forces affect living things and HOW they influence the

aging process. Please check your understanding by reviewing the following drawings.



How To Determine The Spin

There are several ways to determine the spin and/or predict the effect a substance will have on living tissue.

For instance, look at a bottle of vitamin E and you will see that the word tocopherol is preceded by the letter(s) d or dl. “d” indicates that when infra red light is beamed through the tocopherol, the light is bent to the right or clockwise indicating that the vitamin E has life giving energy. “dl” tocopherol has the opposite footprint—an isomer—and provides nothing useful.

Please note, almost all “d” vitamin E is encapsulated in SOY or CANOLA oil—causing the positive energy to go “negative.” Substances that exert a negative influence on the body must be neutralized, disposed of or isolated to minimize their effect on the “terrain!” This includes food and non-food substances like drugs, food additives, colorings, ALL artificial sweeteners, excitotoxin type salts—like “MSG”—and other substances which we will discuss in more depth later.

Neutralize

The word neutral doesn’t mean much to most people. It’s kind of a neutral word. We must be more specific in its use. When we say that the body must “neutralize” toxic or left-spin energy substances, we mean that those substances which exert a negative influence on the body must be de-energized by the body. To de-energize something requires energy. Please recall our magnet and computer disc example. Both are forms of stored energy. The magnet’s energy neutralized the disc’s energy using an opposite energy force and footprint.

The body handles negative energy in similar fashion. Consider a potato—a stable form of food energy. The potato is stored complex carbohydrate energy put there by the plant for future needs. Depending on how the potato was grown, it may produce positive or negative effects in the body. All potatoes or carrots or peaches or apples, etc. are NOT equal!

Negative energy potatoes cause the body to squander “reserve” energy to process and de-energize the potato’s negative energy “signature.” If the body is unable to accomplish the task, the potato’s negative energy circulates and diminishes vital organ function weakening the “terrain!”

Left-spin energy—when turned loose in the body—has momentum like a boulder rolling down a hill. Stopping it requires the body to waste vital force—creating an energy “deficit” that reduces health and vitality. The body is FORCED to try and remove the toxic energy from circulation. Isolating “noxious” energy is a damage-control tactic designed to preserve anabolic activity. Negative energy is catabolic in nature. [Please refer to the aging pyramid on page 198.]

Back to “spin.” When you read “right-spin,” think “good” for my body. When you read “left-spin,” think “bad” for my body.” It is NOT oversimplification! It’s the way things work.

Kinesiology

Kinesiology, as defined here, relates to body response to “energy fields” and their affect on body physiology. In vibrational medicine, kinesiology is concerned with the energy dynamics a substance imposes on the bio-electric body.

Kinesthetics involves “muscle sense.” It is known as Dynamic Reflex Analysis, Applied Kinesiology or plain old “muscle testing.” It involves gain or loss of strength in the digits and limbs, using various testing techniques.

Some practitioners use this procedure to diagnose and prescribe. Your author does NOT consider “muscle testing” to be a viable, trustworthy technique. Muscle testing is a crude form of dowsing that is extremely “SUBJECTIVE” and of questionable value to the practitioner and patient. The same can be said for hair analysis, food combining, and eating for your blood type. All of these are “questionable” yardsticks and temporary management tools—at best! Better to restore the “terrain” and forget about the hocus-pocus!

The problem with “muscle testing” is that good, biologically active substances often produce exactly the same response as “known” bad substances. [For example, racemized™ products are VERY biologically active and produce MAXIMUM body response. That is why the *Young Again Protocol*™ is adjusted for each person.]

Analysis by a “machines” that supposedly analyze the “terrain” is no better than muscle testing because the machine relies on “programmed” inputs based on a “faulty” medical “model.” Testing is GROSSLY influenced by the effects of systemic heavy metals on the “autonomic” nervous system—a “wild card” variable that is NOT accounted for when the machine makes its “determination!” Now for some testing techniques used by some “alternative” practitioners.

How To Test

You will need a helper and the food, drug or supplement to be tested. First, form a ring with the thumb and middle finger of your dominant hand. Next, have your friend attempt to gently, but firmly, pull your fingers apart, while noting the amount of effort required to separate the fingers. Then, place the substance in question in the mouth or opposite hand and repeat the process. Supposedly, if the substance is good for the body, the fingers become STRONGER, and visa versa. Testing by yourself is difficult. This process involves just enough “voodoo” to elevate its status above that of a “warm fuzzie.”

[Sometimes, the body gives false results because it instinctively KNOWS that the “substance” will produce a healing crisis and cause body to “cope, cleanse and heal!” Rejuvenation is “stressful”—and the body seeks to minimize stress, especially when it knows that the “host” does NOT truly desire healing and will be unwilling to “cope!” Your author sees this phenomenon all the time. Sadly, these people never heal.]

The above procedure can also be done by extending the dominant arm so that it is level with the shoulder and have another person gently press down while the person being tested holds the substance in question. Do a before and after test to gauge arm resistance to movement.

Other Examples

People who drink too much alcohol have cirrhotic livers. So do people suffering from hepatitis, mononucleosis, malaria or yellow fever. You can check the condition of their liver—or its response to a product or procedure—using the arm method described above, while at the same time touching the liver area (just below rib cage on right front). Loss of strength implies a messed-up liver!

My friend bought some tomatoes at the super market—the kind that grow mold before you get them home. I tested them with a refractometer, pendulum and vibration chain. All three tested negative in his body, weakening his “aura”—which reflects the body’s life force—and vitality. They were returned. Better to buy organic or from a gardener or a farmer’s market in your area. Forget the grocery store!

Foucault’s Pendulum

A pendulum is one way to measure right and left spin energy. A pendulum is an “antenna”—and it works just like a radio or television antenna except that here, the antenna is “moving.” An antenna can both send and receive energy signals. Trees are antenna growing on the surface of the earth.

All substances emit energy signals—including the body. A HIGH vitality body issues “right spin” signals. The opposite is also true. The body’s

aura “mirrors” its energy “state”—be it right or left, healthy or sick. Rocks, drugs, food, etc. have an aura. Kirlian photography can capture a picture of an “aura.”

Suspend a pendulum over something and it will “spin” left or right. Some pendulums are more sensitive than others—as are individual dowzers. Dowzing is highly subjective, hence, variations in interpretation is a problem.

The strength of the pendulum’s spin reflects the “strength” of the substance being checked. Gut instinct guides the “interrogatories” and “direction” of inquiry—but only if the dowser can negate personal interference. [Remember, the pendulum is the antenna and the dowser is the interpreter!]

Learning to use a pendulum and vibration chain requires practice. The skill must be “developed.” The Pendulum Kit and Vibrations are very good instructional works on the subject. [See pages 50-1, 144, 188, 210 and 283.]

Other Vibrational Therapies

Therapeutic Touch involves the transfer of positive energy to heal or help restore someone’s health. It is used in the fields of nursing and massage therapy. Here, energy from a healthy person is used to transform the sick person’s energy fields. Laying on of hands, a religious practice, and Qi Gong, an ancient Chinese modality, are similar to therapeutic touch—as is Reiki. We will develop these ideas in a future chapter.

Scar Application Technique

While having my mercury amalgam fillings removed, my dentist noticed a one inch scar under my chin and asked when and how it got there. After I told him, he asked me to do the finger exercise we just described, only instead of placing a substance into my left hand, he had me touch the scar with my left hand. BINGO! No strength!

The effect the scar was exerting was strong because it was directly in the path of a major “energy” meridian flowing from my abdominal chakra (energy center) to the top of my head. The scar was blocking the flow of “chi!”

To “temporarily” erase the scar memory, the dentist injected a homeopathic remedy along its length, and instantly full strength returned to my joined fingers.

[Scar tissue is negative energy tissue. Scars and the “trauma” that usually accompanies their formation are recorded in the skin’s “holographic” memory. Scars are like energy footprints on a computer disc—no difference! [Read *The Holographic Universe*. See Source Page 429.]

Physical trauma produces “physical” scars—internally and externally. A body under “stress” at the moment of injury, scars readily. The *Young Again Tissue and Liver Protocol*TM restores the “terrain” so healing can occur. [VZTM and L_sP_cCCTM and SOCTM accelerate the restoration process.]

VZ™ “eats” and “breaks down” both scar tissue and amyloid plaque. SOC™ increases blood flow and nerve activity to traumatized areas of the body.

Functionally “healthy” tissue is composed of parenchyma cells. Non-functional “unhealthy” tissue is composed of stroma cells. “Scarred” vital organs accelerate aging because their “energy profile” is poor—meaning the “vital” organs are unable to do their “vital” work—and as the reader is learning, all life processes are energy-based.

Ours is a world of energy phenomena and knowing how to “dowse” is a huge advantage. Humans dowse when they use “intuition” in making routine daily decisions—so WHY NOT follow your “gut” in medicine, healing and food choices? Learning to understand “energy”—in all its manifestations—will light the path to becoming *Young Again!*

PREVIEW: *Our next chapter is an overview of “high-tech” modern medicine and its “magic bullet” promises. It will help you see the futility of relying on medicine’s quick-fix techniques and to appreciate the value of good health.*

Beautiful Skin

Repair of scarred, damaged and wrinkled skin requires that ALL “terrain” issues be addressed. Deacidification, hormones and digestion of scar tissue using SOC™ caps, VZ II,™ SOC™ Lotion and R/Skin™ Creme—plus High Enema Therapy.™

Causes of Osteoporosis

Osteoporosis has “three” causes and NONE of them have anything to do with “calcium” intake! The reader will learn how to “reverse” this awful condition as the book unfolds.

Telephone “Magic!”

Cellular and cordless phones “use” is dangerous! The brain is an “electrical” grid—and wireless phone devices EMIT powerful “signals” that interfere with brain function. If wireless phones can “transmit” and “receive” voice signals through concrete and steel buildings—penetrating a bit of skull bone is a “no-brainer!” Young people who use these devices “24/7/365”—and whose brains are still “growing”—are facing serious long-term consequences in the FUTURE! “Teeth” are also “grossly” affected by these powerful “transmitters!” “Unprotected” use of wireless phones is “inexcusable” now that a practical solution is available. The device “harmonizes” and “neutralizes” dangerous electrical “signals.” And as for those wireless hands-free “headsets”—they are 3 times MORE

potent than the phone itself. Go to: www.mybiopro.com/heavenlydragon or call 877-224-6422 to “protect” your brain and “avoid” damaging your TEETH!!

Acid Reflux

Medical “experts” talk about acid-reflux as if it is a dis-ease. But, it is not a dis-ease—it is a “condition.”

The questions “thinking” people should be asking are, “Why do people develop this condition?; and Why didn’t they have it earlier in their life?; and Why can’t the “experts” figure WHAT the “real” problem is?; and lastly “Is there a “fix?”

Lots of “Why’s?”—and the experts don’t have a clue—much less ANY answers! Here is your author’s answer!

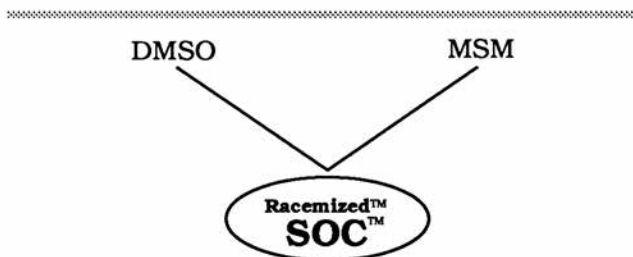
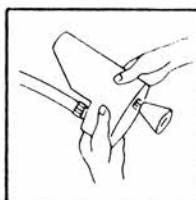
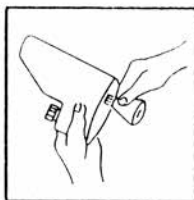
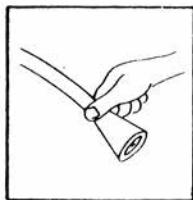
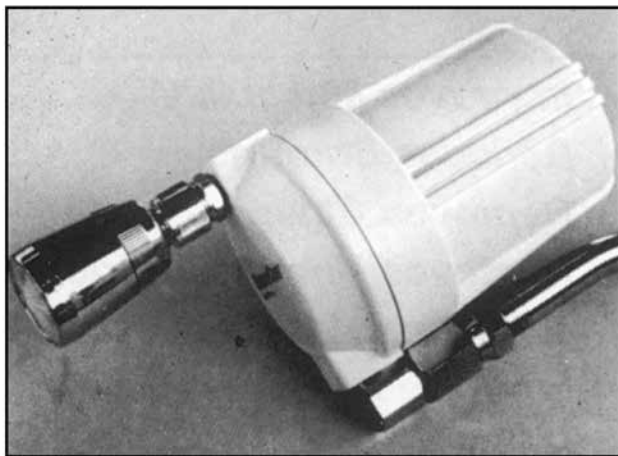
When the flow of bile “slows” digestion problems manifest and the bowels do not move like they should. When the stomach cannot empty its acid-laden contents into the small intestine, food regurgitates up into the esophagus, damaging the delicate mucous membrane lining. When people do not move their bowels 2-5 times per day, the digestive system eventually fails! When people fail to chew their food, digestion suffers! When people drink liquids with meals, they shut down digestion. When people fail to drink enough water throughout the day, they will not secrete enough saliva to digest their food. Stay-away from “experts!”

Scar Tissue & Stiff Joints

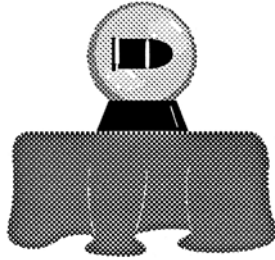
SOC™ helps blood flow and nerve activity which promotes health! SOC™ soften scars, clears acne blemishes, softens wrinkles and eases joint pain, supports hair, promotes bilateral movement of nutrients and waste across cell membranes, and shuttles heavy metals OUT of the body. Limber Life™ helps you feel “limber”—and is used with SOC™. VZ™ “eats” amyloid plaque and scar tissue. L_sP_cCC™ accelerates the lay-down of collagen for restoration of connective tissues like bones, cartilage, muscles, ligaments and skin. [See pages 82, 149, 182, 247, 285, 293, 313 and Chapters 36 and 37.]

“Protect” Your Liver & Skin

“Three” Stage “oxidation/reduction” shower filters are the best filters available! There are no cartridges to change! They last 5-10 years! They are “full-flowing” so you can get “wet!” They are easy to install and your skin and hair—and “colon”—will LOVE the water! [See Pages 212 and 429.]



DMSO (dimethylsulfoxide) has been around for over 50 years, and except for the fact that it “stinks,” it is a very useful product—especially for snake bites! [Buy DMSO in “liquid” at any veterinarian supply and keep it on hand. Use it “generously” on damaged tissue and you will witness a “miracle!”] Then, along came MSM which got rid of the smell! Now we have SOC™—a racemized™ and “enhanced” MSM with increased activity when used with R/A Catalyst™ to activate the SOC.™ Better results, less money and “no” odor. That’s progress! [See pages 64, 82, 152, 162, 177, 184, 247, 293 and 304.]



MAGIC BULLETS

“We know life only by its symptoms.”

Albert Szent-Györgyi
(Discoverer of vitamin C)

Allopathic medicine is no closer to understanding the essence of life today than it was a hundred years ago. It understands little about basic functions like sleep, growth, pain, aging and “healing.” It attempts to manipulate these functions—but it does NOT understand them.

Today 2006, we labor under an endless procession of new drugs and high-tech equipment concocted for the treatment of “degenerative” conditions like heart dis-ease, cancer, diabetes and arthritis. These conditions are technology “driven”—requiring ever more expensive diagnostic equipment and a long line of experts to operate the “gadgets!”

We have substituted “high-tech” medicine for the old “take-the-pill; solve-the-problem” approach of yesterday. We have substituted dis-eases of civilization for the contagious maladies of the past. The problems of dis-ease and aging are still with us—despite medicine’s passion for “technology!”

High-tech medicine has become an extension of our national consciousness. It is the same “magic bullet” approach used in the movies. We wrongly equate medical science’s efforts with “healing!” Magic-bullet technology “blurs” our vision and sedates our mental faculties, causing us to accept life on marginal terms under the assumption that the wonderful body God gave us is incapable of healing itself “naturally!” Technology is NOT the answer. It is only a “tool!”

Yesterday & Today

Yesterday, medicine knew us as people. Today, we are “bodies” in a cattle line—stripped of our human dignity! The difference is the system. The

system has quashed the human being on both ends of the continuum. The doctor is denied training in nutrition and vibrational medicine—and the patient gets neither. Modern medicine and the public have traded dignity for “magic bullets” and technology!

Medical science does NOT understand dis-ease at the subtle energy level. Yet, medicine attempts to diagnose dis-ease symptoms with tests, X-rays, CAT scans and MRI’s. People take refuge in magic bullets and hope—in-stead of addressing the root causes of degenerative dis-ease.

Daily, newspapers gush with glowing reports of a promising new “Flash Gordon” therapy. Just as fast, people fill the stalls—like cattle in slaughter yards—waiting for a magic bullet that will cure their misery. Desperate people doing desperate things—ignorant as to the cause of their plight.

Poor Health • Life of Simplicity

Poor health isn’t a sin, but it’s awfully inconvenient and terribly expensive. There’s a better way.

A life of simplicity allows you to take control of your life and health. It’s the drive for money and things that stands between us and a life of simplicity. We must evaluate what is really important and learn to “walk away” from the rest.

If we lose our health chasing a dollar, we lose. Even if we catch lots of dollars, we still lose. When we fail to take care of our greatest treasure—our health—we give our dollars to the doctors and hospitals. When we become desperately ill, money and things mean little. They are a poor trade for good health.

We partake of magic bullet mentality because it offers us a quick, effortless “fix!” People LIKE smoke-and-mirror technology! But it’s a “past tense” approach and a fancy band-aid to a health event that has already taken place.

We are confounded by high-tech magicians in white coats. We seem unable to differentiate between empty promises and empty “hope!” There is NO difference! Magic bullets are a distraction and a salve for an old body. Just because you enjoy good health today does NOT mean you will enjoy it tomorrow—an erroneous assumption people make over and over again. Your author prefers a simpler, more realistic approach.

“Keeping” your health is a lot easier than getting it back after you lose it!

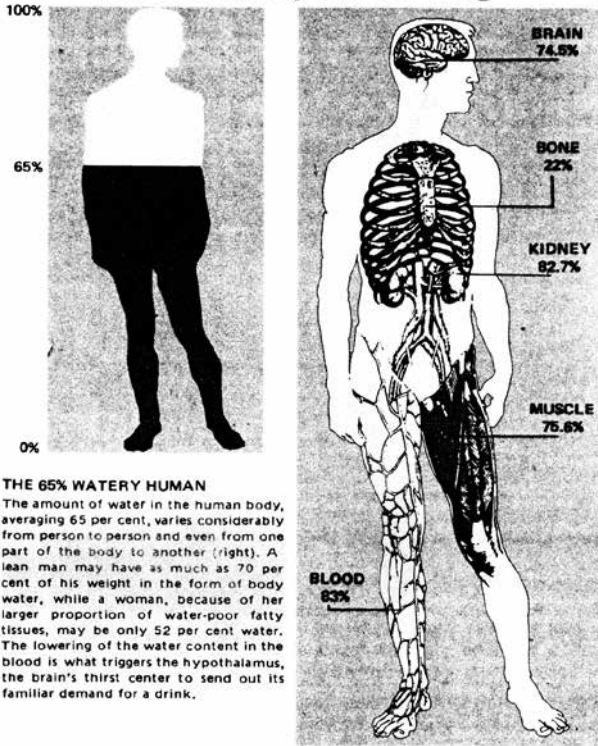
Why experience the hell of old age when you can enjoy perpetual good health? TIME stands still when you are truly healthy. Do “whatever” you need to do to get your bio-electric reference score under “0.33.” When you are *Young Again* YOU are in control and you won’t need medicine’s “magic bullets!”

PREVIEW: *In our next chapter you will learn WHY food—by itself—fails to supply the ENERGY needed to stay young and WHAT you can do to remedy the dilemma.*

The “Amyloid” Connection

Alzheimer’s is a HUGE problem—and the “experts” don’t have a clue what is “driving” it. Alzheimer’s favors women over men 3:1! There is a hormonal “disconnect” going on here! As brain tissue “deteriorates” for lack of hormonal protection, it fills with “amyloid” plaque. [See pages 58, 111, 157, 259, 265, 277, 285, 293, 368-9 and Chapters 36 and 37 to learn more about “Alzheimer’s”—and how to “AVOID” it!]

The 65% Watery Human Being



Multiple Chemical Sensitivity

Environmental illness is a BIG issue for children and adults. Perfumes and building material off-gassing can push one’s “liver” over the edge. The “liver” is the controlling factor.

The “COBALT” Connection

Cobalt is central to vitamin B-12 and formation of hemoglobin, strong connective tissues—and vibrant energy. The simplest and best way to get cobalt into the blood is with Cobo-12™ transdermal skin creme. [Women “deplete” their B-12 levels 20 years before men, due to menstruation.]

Spider Bites • Insect Bites & Stings

Spider and insect bites and stings are “energy” reactions of the body to “foreign” proteins. Some people experience severe reactions; others suffer loss of body parts. We must come to understand the nature of errant “energy fields” that produce these serious, so-called “allergic” reactions.

In front of me is a story of a lady in California who was bitten by a Brown Recluse spider, then slipped into a coma only to awake six-months later missing her arms, legs, nose and ear. The medical folks don’t have any magic bullets for spider bites. Better to learn how to care for yourself. Better yet, “restore” your “terrain” and you won’t have a “crisis” reaction!

Here is “my” story. I awoke at 2 a.m. with my hand throbbing and swollen and in severe pain. My hand looked like a balloon and was “throbbing!” So I shredded a potato, added some Epsom salts, and made a poultice using plastic sandwich wrap to cover and hold the mix in place. The poultice “drew” the venom into two boils. [An improved poultice formula uses crushed charcoal tablets, OX,TM R/C,TM castor oil, racemizedTM clay, SOC,TM liquid DMSO, liquid aloe and water.]

I visited my “biological” dentist. He identified the energy “footprint” of the venom, then located a homeopathic remedy with a “similar” energy footprint, put the remedy in his MORA frequency generator and electronically injected the “invisible” energy into my hand and body—canceling the spider’s venom at the subtle energy level of my being. Instantly, the pain was gone. I regained full use of my hand.

Stop the Pain!

Regardless if it’s a mosquito bite, a honey bee, yellow jacket or hornet sting—or any other bite from an insect of unknown origin—STOP what you are doing and immediately apply EITHER a “drop” of ammonia OR laundry bleach [NEVER MIX THESE—DANGEROUS!] to the sting. These simple chemicals neutralize most foreign proteins by dissolving the peptide-bonds that join amino acids into “proteins.” It’s the “foreign” protein your body is reacting to—just like when a child is “vaccinated!” This procedure eases “itching” that follows insect stings and bites, too! Use extreme caution to avoid eye exposure to both chemicals—and wash everyone’s hands afterwards.

“Acid” Body & Wavy Hair

Cancer chemotherapy causes hair loss because it overloads the skin’s waste processing capability and destroys the liver. When hair regrows, it usually comes in wavy—even where the person previously had straight hair. “Systemic” toxicity and poor liver function are behind wavy hair, as well as blue and green eyes that dull or turn dark with age or illness. Eye color is “symptomatic,” NOT genetic. Vision problems only seem like “eye” problems. The “terrain” controls all of these things.



DEATH BY CHOCOLATE PIE

“Chew your liquids and chew your solids until they are liquid.”

Dr. Paul C. Bragg N. D.

“Death by Chocolate Pie,” read the sign. It reminded me that all food is NOT equal. Some food is alive and promotes health; some food is dead and promotes death. We are concerned with the differences and food’s influence on aging. We are specifically concerned with food’s energy “footprint.”

Water has a similar story to tell, but there is a fundamental difference between food and water. Foods are listed in tables and are rated, one against another based on their nutrients, caloric content, carbohydrates, fats and proteins. Water is NOT classified as a food because it does not contain these things—but water does have an energy “footprint.”

We are told that water is water, but there is MUCH more to the story. Water is more than just “wet.” Water’s signature powerfully influences life and health. Its signature is reflected in its spin and measured by its ORP potential. [See page 104.]

Water is a necessity of life because we cannot live without it. Oddly, the experts tell us to limit food intake. Then in the same breath, they tell us to drink as much water as we desire “without regard” to type of water or its vibrational memory or energy footprint—or ORP potential. Water is food—and like solid food, all water is not equal!

We pick and choose food on the basis of taste, appearance, color and aroma. Yet, we are not concerned about the water we drink because we do NOT consider water as “food.”

Water IS food! It certainly has food-like qualities! Water is THE MOST IMPORTANT food we put into our bodies. Water is not important for the nutrients it contains—it contains none. Water is important for the energy that it should contain. Water with a zero contaminant load, clean vibrational

memory, therapeutic bond structure and high ORP potential is loaded with energy and promotes health and healing of sick bodies.

BFRV™ water is pure FOOD and more. It has right-spin characteristics that people can feel and taste. It is body friendly because it energizes, hydrates and detoxifies. People who drink it will tell you that it is “different!”

Live Food

Traditional food that is biologically active has a right-spin signature and produces right-spin effects in the body because it contains enzymes, charged ionic minerals, vitamins and positive “chi” energy that are absolutely necessary for good health. These components of “live” food are the foundation of life itself. Let’s discuss enzymes.

Enzymes are biochemical proteins. Enzymes are also catalysts. A catalyst accelerates a reaction or causes a reaction to take place that either would not occur at all or would occur at a much slower rate if the enzyme were not present.

Enzymes can be compared to oxygen’s affect on a fire. No oxygen, no fire. Without oxygen, fire can neither start nor continue. “True” catalysts are used over and over. They are neither altered nor destroyed in the reaction. An example is the platinum and palladium used in catalytic converters on cars. These noble metals convert toxic gases like carbon monoxide to carbon dioxide and water. They do it through a series of oxidation and reduction (redox) reactions. [In future chapters, you will learn how to use redox reactions to your benefit.]

In the body, most biochemical catalysts are consumed, altered or destroyed in the reactions they fuel and must be continually manufactured by the body or gotten from food. The liver is our PRIMARY enzyme and catalyst manufacturing organ—and therefore is a MAJOR health concern.

The constant creation of new enzymes requires tremendous amounts of right-spin energy that MUST come from substances that are “live” and “friendly” to the bio-electric body. Dead food and dead water have negative energy signatures and are left-spin energy fields that not only FAIL to contribute to health—but actually BLOCK the benefits of healthy substances with a right-spin energy footprint.

Biocatalysts

Biological catalysts cause reactions to occur millions of times faster than what would occur if they were not present. Without biocatalysts, life as we know it could not exist.

Vitamins do not work unless all needed major and minor (trace) minerals are present in the body in balanced form. In biochemistry, vitamins are called cofactors because they work WITH minerals and enzymes. Synthesized, man-made, vitamin “isomers” are “mirror” images that are useless and

damaging to the vital organs—creating secondary problems. Many mineral supplements are useless because they are in “elemental” form and should be avoided. [This subject will be addressed later in Chapter 28.]

Your BEST source of biologically active vitamins and minerals is garden fresh food and fresh vegetable juices. The ideal juice is fresh raw beet root because of the extreme purple-violet “pigment.” This color belongs to the ultraviolet part of the light spectrum. Other vegetables juices—and their pigments—are also fine, but not nearly as effective. Juice should NOT be taken unless “fully” hydrated—NEVER when “dry!” Juice should be “sipped” and “chewed”—NEVER “gulped” or drunk! Even a whiskey shot-glass of juice can be quite effective. Take juice in the morning, 30 minutes after 2 glasses of water with minerals.

“Excess” waste and acids in the system slow biochemical reactions as well as blood and lymph circulation. They also diminish vital organ function and hormonal balance. Acid waste accumulation speeds “systemic” degeneration and rapid aging. That is why deacidification of the “terrain” is absolutely crucial to good health and longevity.

The *Young Again Protocol*™ provides DAMAGE CONTROL while the body terrain is being restored.

Cooked Food vs. Raw Food

“Cooking” denatures enzymes. Denatured enzymes can’t do their job because they LOSE the characteristics that cause them to work. Improper cooking totally destroys food value and enzymes. “Gently” cooked food is not a problem as long as you eat plenty of fresh, raw—and preferably, home grown—green, leafy vegetables and fresh fruit.

Avoid high heat and cook no longer than necessary. Steam instead of boiling. Use stir-fry methods. Avoid microwave ovens, flavor enhancers like “MSG”—and all synthetic so-called “food.” These substances zap the body’s energy fields and block crucial biochemical pathways. Eating them diminishes health—causing “loss” of vital organ function!

Metabolism

Metabolism is a term that comes to mind. It means “bio-trans-formation” and refers to the way food molecules are transformed into energy molecules in the body’s energy pathways. The term is often used to refer to the speed or slowness, rhythm and responsiveness of the body to both internal and external factors! Metabolism involves fusion reactions that join individual atoms into right-spin energy molecules—the exact opposite of the kind of energy reactions produced by cellular ionizing radiation as used in cancer “therapy!” Fusion reactions are right-spin and anabolic—they build up! Fission reactions are left-spin and catabolic—they tear down!

Metabolites are byproducts of biochemical reactions. Dissected the word means: meta-beyond; bol-transformation; ite-product of. Hence, a substance that is beyond transformation. Metabolic waste is “acid” in nature. Waste is the “baggage” that drives old age. Oddly, chemicals of organic synthesis—like pesticides, herbicides and food additives—end up as “metabolic” waste in body tissues. Worse, many of these molecules are “zeno” estrogen analogs that confuse and grid-lock the body’s hormonal receptor sites and grossly affect the nervous system. “Soluble” metabolic waste that the liver cannot “filter” from the blood is stored in the “fatty” tissues beneath the skin. Liver “filtered” waste is stored in the gallbladder as “bile.” Bile is released when we eat; bile aids digestion and activates bowel activity. [“Safe” release and transportation of highly “acid” tissue waste is the “CORE” issue of the *Young Again (Tissue and Liver) Protocol*.™

Animal Protein

Industrialized man eats high on the hog. He eats too much animal protein and not enough fruits and vegetables. Animal proteins are at the top of the food chain. “Healthy” animal proteins have a right-spin signature and these proteins sustain us. Sick animals store their wastes in the tissues and these proteins negatively influence human health and longevity. [Choose to eat healthy meat and healthy eggs!]

Food energy derived from sick animals brings on dis-ease in man a thousand times faster than does food energy from sick fruits or vegetables.

Animal proteins can be an excellent source of energy and nutrients—but they are a two-edged sword and must be used wisely. The “issue” with animal protein is: quantity eaten, chewing of food, body hydration level, liver efficiency and bowel transit time from the mouth to the toilet. [These points will be developed later.]

In his wonderful book *Fatu Hiva*, Thor Heyerdahl tells how in 1937 he and his wife lived with the last surviving cannibal of the Marquesa islands northwest of Tahiti. The cannibal told them “Human flesh is different from other animal flesh. It is sweet!” Interestingly, both healthy and sick animal flesh can be sweet and tasty. The “terrain” of the animals and their dietary intake and “treatment” determines whether their proteins are acceptable “sustenance” for human consumption.

The Food Chain

Here is an example of what is meant by the statement, “animal protein is at the top of the food chain.” Crops and weeds are treated with poisons. A rabbit comes along and eats the plants, absorbs the poisonous residues and stores them in its flesh and fatty tissues. Thus, the poisons moved UP the food chain, from plant to animal. When we eat unhealthy meat, fish and

fowl—we become the rabbit and the poisons and metabolites concentrate in us. [Eat animal proteins from healthy animals—and that includes eggs. Eat lots of eggs!]

Negative energy food from any source—animal or plant—is sick food. Sick food must be dismantled and neutralized by the liver. Left-spin energy food squanders vital “chi” energy—causing us to lose more than we gain!

Animal Proteins & The Bowel

Animal proteins MUST be eliminated from the intestines within 18 hours “maximum!” If they remain in the gut longer than this, they putrefy and release extremely toxic, organic molecules and metabolites—substances like indoles, skatoles and phenols. These are WHOLE molecules that are absorbed directly into the blood stream through a “leaky” intestinal wall. The condition is called “Leaky Gut Syndrome”—and it affects all people—regardless of age. The sicker, weaker or older you are, the worse the condition of your “gut wall!” Food molecules should be broken down before they are absorbed and sent to the liver for further processing. Molecules that invade the blood via a leaky-gut automatically “trigger” an AUTO IMMUNE response. With very few exceptions, every dis-ease you can name is an auto-immune “condition!” [Think, cancer, arthritis, lupus, fibromyalgia, diabetes, etc. The product R/C™ is used to restore gut-wall integrity.]

Food crops—like potatoes—absorb toxic compounds when grown with raw, non-composted manure. These compounds pass whole and intact into the potatoes. When potatoes are boiled, a sharp nose can identify the kind of manure that was used to grow them—pig, cow or chicken.

A toxic, leaky-gut is the perfect environment for parasitic activity, foul gas, bloating and conditions like colitis, diverticulitis, irritable bowel, appendicitis—and eventually cancer and cardiovascular problems. In the end, everything in the body is “connected”—and a sick liver, leaky-gut and poor bile-flow are fundamental to all of it!

Chewing of food and secretion of saliva are CRITICAL to good health, digestion and “terrain” management. [Use Disorb Aid II,™ Yucca Blend™ and R/BHCl™ to insure “complete” digestion and absorption of food and supplements. Poorly digested food is BOTH a problem and a loss!] When these concepts are applied they produce huge benefits. Readers who practice them are on their way to becoming *Young Again!*

PREVIEW: *Our next chapter illuminates the connection between diet, stress and accelerated aging.*

Fatty Tumors

Fatty tumors under the skin are an early warning SIGN that the body is “loaded” with acid waste and is “pre-cancerous!” Fatty tumors are a TERRAIN issue! Do not ignore them!

Portable Enema Kit

Where small bathrooms do not allow for set-up of High Enema Therapy™ equipment, provision must be made to learn to properly use a “fountain” style enema kit. For similar—but different reasons—people who travel need a practical way to care for themselves so they do not suffer from constipation, sluggish bowel, or allow their body to turn “acid!” The *Young Again!*™ Portable Enema Kit is the perfect answer because it is simple, inexpensive, effective, small and light weight. The process is fast and effective—and no one will “know” unless you tell them! [See pages 106, 123, 163, 203, 262 & 380.]

Kale & Rhubarb

Kale is easy to grow and it thrives most anywhere. You can grow it in pots, flower beds or the garden. Kale is a sweet, tasty green—and it’s a “non” hybrid vegetable. Whether eaten raw in a salad, juiced or served in leaf fashion, kale promotes a healthy colon and stretches the food budget. Kale is loaded with dietary sulphur! Olive oil and a “health” type vinegar dressing or lemon helps digestion of “crucifer” vegetables like kale, cabbage, collards, broccoli and cauliflower. These foods are dynamite against “cancer!” Rhubarb is another good and easy-to-grow food—and it is a good source of bio-flavonoids. To “can” rhubarb, simply wash and cut the stalks, fill jar, cover with good water, seal and store somewhere cool—like the refrigerator, cellar, etc. Cooking is NOT required to preserve rhubarb. P.S. Never eat rhubarb leaves, for the same reason you do NOT eat carrot tops—they are poisonous!

Subclinical “Dis-ease”

Throughout this book, your author refers to health issues as “subclinical” in nature—as opposed to clinical dis-ease which is identified by “SIGNS.” 90% of health issues facing people are subclinical and are not diagnosable—at least not in the early stages! The doctor needs “SIGNS” to diagnose. The *Young Again Protocol*™ focuses on what can be done on a daily basis to maintain the “terrain” BEFORE a dis-ease “state” can manifest itself. By the time “SIGNS” appear, you are in trouble! Remember “a problem avoided is a problem solved!”

► Please Note: The BFRV™ “trademark” replaces the “abandoned” BEV acronym, DUE TO ongoing infringement and “bootlegging” by individual(s) offering water processing equipment under the “pretense” their equipment fulfills the “terrain” management CONCEPTS of the *Young Again Protocol*™.

Water! The Essence Of Life!

Water has memory! It “absorbs” the frequencies of the contaminants it carries—and it continues to vibrate at sick frequencies after the contaminants have been removed—unless their memory is erased. Next to the air we breathe, we consume more water than any other substance. Water is an important dietary issue!

Contaminants are energy fields that leave their footprint on water by causing the molecules to vibrate at frequencies unfriendly to the body.

Conventional approaches to water purification are incomplete. Methods like distillation, reverse osmosis, carbon block and ceramic cartridges work at the mechanical level only. They are good as far as they go, they just don’t go far enough.

The BFRV™ protocol is a Fourth Dimension approach that makes water that tastes good and feels “different” in the body. People like it because it awakens natural harmonic frequencies at the cellular level.

BFRV™ water reprograms the rhythm of the body causing body cells to dance! Its energy frequency is body- friendly. Its electromagnetic signature is complete. BFRV™ water is liquid music!

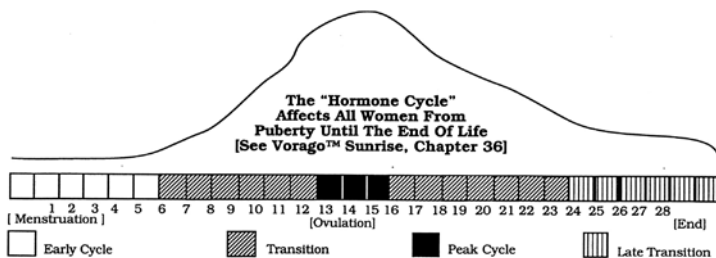
The BFRV™ process “voids” waste energy frequencies in water and alters hydrogen and molecular bond angles so water can “dance” and become liquid music and electronic food for body and spirit.

BFRV™ theory and application transcends Third Dimension testing and comparison methods. It defies Newtonian physics. BFRV™ water must be experienced for its profound significance to human health and longevity. BFRV™ captures the essence of life on planet Earth in liquid form.

The BFRV™ protocol is proprietary. A discussion of the theory and application of BFRV™ and its relationship to aging and dis-ease is available in manuscript form. [See pages 74, 79, 104, 109, 117, 126, 167, 173, 220, 244, 297, 306 and 378.]

BFRV™ water is made from “raw” tap water with BFRV™ equipment. The BFRV™ process produces biologically friendly DRINKING water. Make sure the water you put into your body is spelled BFRV™.

“Water Is MORE Than Wet! Water Is FOOD!”



Use The Female Cycle Tester™ To Measure Your Hormone Cycle!

The hormone cycle is NOT the same as the menstrual cycle, and having a period does NOT mean that you completed your hormone cycle. Management of the hormone cycle is crucially important for female health. Women who learn how to measure and plot their hormone cycle hold the keys to long term health. Women who are menstrual can use the information to regulate PMS, mood swings, conception, as well as effectively deal with conditions like lupus, fibromyalgia, MS and endometriosis. Menopausal women can use the information to deal with conditions like osteoporosis, arthritis, heart stroke, restoration to hair and skin, and high blood pressure. Restoration of the hormone cycle is the key to a life free of the medical system. Racemized™ hormone precursors and the Female Cycle Tester™ allow a woman to reopen the PUBERTY WINDOW. Rebuilding of connective tissues like cartilage, bones, ligaments, muscle, tendon, hair, nails and skin is a hormone driven process. Hormones are a key factor in determining how fast women age. Hormonal health is TOTALLY dependent upon a healthy liver and stress management. Thyroid activity affects the hormone cycle, adrenal, liver and bowel activity. Women of puberty age and older have a hormone cycle that must "complete" each and every month of adult life-with or without a period. The *Young Again Female Protocol™* helps women make their very own hormones and resurrect and complete their hormone cycle so they can avoid premature aging and poor health.

Remember, the menstrual cycle is a "dance" between the ovaries and liver. At menopause, the ovaries cease to participate and the liver is forced to make up for what the ovaries can no longer do. The liver is "the" most crucial organ affecting women's hormones. "Stress" is the ultimate "wild card" in every woman's life because stress hammers the adrenal glands skews the hormones. To further understand the riddle, see pages 46, 75-6, 152, 164, 178, 194, 212, 268, 362, 374, 378 and Chapter 35. Vorago™ Sunrise. © 2006 John Thomas All rights reserved. Reproduction in any form prohibited.



JUNK DIETS & STRESS

“There is no such thing as ‘junk food’, only ‘junk diets’!”

Dr. Helen A. Guthrie

All food contains energy. It is the nature of energy and its electrical footprint that determines what effect—good or bad—food has on the bio-electric body. To understand the aging process, we must concern ourselves with the “spin” or “footprint” of food energy. The direction and intensity of the spin determines food’s ability to satisfy hunger and build and maintain healthy tissues and bones—or destroy health.

Nutritive tables measure nutrients. It is assumed that if we eat food listed on the nutrient tables, we will be nourished. It is also assumed that ALL food energy produces positive results in the body. These assumptions are both wrong and confusing for those seeking a healthy life.

We hear a lot about junk food because we are inundated with it. People identify junk food with quick snacks and fast food. The association is correct. But instead of calling it junk food, let’s call it “bio-junk”—because that’s what it is!

Bio-junk (“BJ”) greatly accelerates the aging process. If the body cannot eliminate it from the system, it entombs this toxic energy in the fat layer beneath the skin.

[In 1972, 6 billion dollars was spent on bio-junk diets. In year 2000, the figure was 110 billion dollars. And that is only one of many negative factors fueling the acceleration of the aging process. Bio-junk is NOT part of a healthy diet!]

Dead Is Not Dead

Bio-junk (“BJ”) alters biochemical reactions because of its left-spin “signature!” It destroys and blocks critical body pathways and cripples cellular activity. “BJ” has the ability to multiply its original sphere of influence by

transferring its vibratory footprint to all of the body's tissues. This "transference" takes place at the subtle energy level of our being. Bio-junk has radiomimetic qualities—qualities that mimic the effect of ionizing radiation on healthy tissue. Eat enough "bio-junk" and you will eventually see the effects in the mirror.

Bio-junk has the ability to CHANGE its footprint after it enters the body. Its presence in the GI tract triggers unnatural reactions that form "free radicals" in the system. Free radicals cause severe damage to the vital organs and especially to the liver and kidneys—and they continue to interfere with normal metabolism UNTIL their presence is "eliminated!" In other words, free radicals have a life of their own!

[It is impossible to keep all toxic substances out of our system because they are ubiquitous in our daily lives. And what about the "stuff" stored in the fat layer beneath the skin? The *Young Again Protocol*TM was developed so the body will release the "stuff" and safely transport it through the blood and lymph to be filtered by the liver and sent down the toilet. "Deacidification" of the tissues is another way of saying "terrain management!" Bio-junk diet causes the body to grow acid—accelerating the onset of old age.]

Kidneys & Liver

The kidneys are crucial to good health—and it behooves us to pay attention to anything that negatively affects them. "BJ" causes tremendous long-term damage to the kidney's nephrons (blood filters). The kidneys are second to the liver in ridding the body of waste.

Restore the LIVER and you automatically lift the load from the kidneys. The kidneys were NEVER meant to do the liver's job! Kidney issues are liver issues!

Water affects the kidneys. Taoism teaches that the urinary system (kidneys and bladder) is related to the Water Element. Taoists believe that Jing—the very essence of life—is contained within water. They believe that careful management of the Water Element is the key to youthfulness.

Digestion & Liquids

If Pavlov's dog is an indication, digestion initiates through smell and visual and mental stimulation BEFORE we actually eat. In other words, the flow of digestive juices in the mouth, stomach and intestines is linked to vision and thought.

Digestion initiates in the mouth when we chew and mix food with saliva. The flow of saliva and digestive juices is dependent on fluid hydration levels in the body. When we drink plenty of water, we secrete plenty of saliva—which begins the breakdown process we call digestion. Saliva also lubricates food so it can be comfortably swallowed.

To maintain perfect fluid volume levels and electrolyte load, drink a cup of water with racemized™ sea minerals every hour of the waking day. Lots of water between meals is the “key” to avoiding the need to drink liquids with meals. Saliva activates and protects food enzymes so they will not be damaged in the stomach and GI tract. Nature designed things such that it takes 5-10 minutes to eat an apple, but only 5 seconds to drink the juice.” Juices are two edged swords because they are very powerful. Chew your juice! Do not gulp!

Drink water throughout the day, avoiding all liquids 1/2 hour before, during and one hour after meals.

If you take supplements at mealtime, minimize water intake and be sure to take digestive enzymes to offset the water and assist with digestion—especially after age “30.”

COLD liquids are very hard on the body—and particularly on the stomach and digestive process. Cold fluids taken with a meal retard and SHUT DOWN digestion. Temperature is a critical “prerequisite” for chemical reactions like those involved in the digestion of food. Cold fluids with meals set the stage for MAJOR long-term degenerative dis-ease!

[Where indigestion, gas or bloating are a problem, DiSorb Aid II,™ R/BHCl™ and Yucca Blend™ are very helpful! R/BHCl™ “cleaves” the peptide bonds between the amino acids that compose proteins—including parasite proteins. DiSorb Aid II™ is totally different than R/BHCl.™ It works in the “gut”—not in the stomach. Yucca Blend™ is an emulsifier that increases bile-flow from the liver and gallbladder.]

Women suffer with “acid reflux” more than do men—and “10” women lose their gallbladder for every man! The *Young Again Protocol*™(s)™ solve the “riddle!”

Digestive juices are powerful “right-spin” energy fields. The liver and pancreas secrete their juices through ducts directly into the intestinal duodenum—just below the stomach. Hydrochloric acid is secreted by cells in the stomach wall as is intrinsic factor which “MUST” be present for absorption of vitamin B-12. After age 30, vitamin B-12 absorption diminishes greatly, which is why “oral” B-12 supplements are useless! [To solve this problem, Cobo-12™ transdermal skin creme was developed.]

[Due to loss of blood from menstruation, vitamin B-12 issues become a female issue after age 30. The problem becomes serious by age 40 and above. The list of vitamin B-12 complaints and symptoms is in the hundreds and generally manifests as “ghost” symptoms no one can identify!]

Hormones & Hydration

The “ductless” glands secrete hormones directly into the blood for distribution in the body. Low hydration (water) levels in the tissues influences

hormonal secretion and response. The blood and lymph are classified as “liquid” tissues!

Hormones dramatically influence aging and vitality. Men and women hormonally “peak” by age 25, causing a slowing in metabolism. By age 30, women begin noticing subtle changes in their cycles and bodies due to their inability to effectively “complete” their hormone cycle. A menstrual period in and of itself is not a valid indicator. [See page 72.]

Hormones “trigger” the changes that occur at puberty—and again at menopause and andropause. Hormones are CENTRAL to aging reversal because they affect all body systems. [The *Young Again (Hormone) Protocol™* is designed to keep the “puberty window” OPEN by providing the raw materials the LIVER needs to make your own “home-made” hormones. [See pages 46, 18, 72, 362, Chapter 35 and index.]

[Humans are “conceived” female. Male differentiation occurs later in development. Growth and development in the womb and beyond is a hormone-driven process.]

Racemized™ Hormone Precursors

A precursor is something that precedes the formation of something else. For example, carrots provide beta carotene, a natural plant food precursor to Vitamin A. The body uses racemized™ hormone precursors to make its very own hormones. Racemized™ hormone precursors do NOT carry the risks associated with conventional, synthetic, female-replacement “hormones” because your liver does the conversion!

The *Young Again Protocol™* gives women a lot more control over their health and lives. Men are concerned with the prostate, sex drive, impotence and balding. Women should be concerned with all things “female” because they are linked to the completion of the female hormone cycle and KEEPING the “puberty window” open. [See page 72.]

In the wonderful book *Our Stolen Future*, Theo Colborn correctly defined the environmental dilemma the human race faces in relation to “zeno” estrogen analogs and their effect on hormone receptor sites in the body. “Zenos” are just SOME of the “excesses” driving aging and cancer in both sexes. And whether you are young or old, female or male, they affect your body systems. [The *Young Again Protocol™* is designed to rid the body of “zeno” estrogens and open the receptor sites.]

Wild yam creams have been available for many years—and most are of questionable value—at best! The only yams worth discussion are grown on supervised farms in New Guinea between 7,000 and 9,000 feet elevation—and even then the “active” molecule in them must be isolated and purified.

“Progesterone” creme [and so-called bio-identical hormones] is useful, but most of the fanfare has to do with “minimizing” the dangerous side

effects of female replacement hormones commonly prescribed by doctors. Progesterone is ONLY one of SIX hormones that need tending by women—and men! The other FIVE hormones are DHEA, testosterone, estrogen, cortisol and thyroid. Avoid over-the-counter DHEA and melatonin; they have been outlawed in many countries for good reason. Anabolic steroids used by athletes and birth control pills used by women—have a lot in common! Better to let your body make your “own” hormones by following the *Young Again Protocol™*. So-called “bio-identical” hormones from compounding pharmacies “FAIL” to factor in the “state” of a woman’s liver, thyroid and stress levels—which are “THE” “controlling” factors. Blood tests are only “snap shots!” Relying on them is akin to chasing your tail!

Stress • Food • Pavlov’s Dog

Stress and unpleasant circumstances grossly affect hormone production and digestion and absorption. Sitting down to a quiet meal and allowing enough time for casual, pleasant conversation is vital to good health. Unfortunately, few people eat this way anymore. Fast-track meals are the rule, and mealtime rarely resembles the ideal setting. People eat too fast—barely chewing—and guzzle cold liquids amidst noise and confusion—giving new meaning to “meals on wheels!”

The effects of “hit and run eating” on health are DEADLY—even if the very best of food is eaten.

Pavlov experimented on dogs. Dogs are known for their ability to gobble their food on the run. Pavlov discovered that the dog’s digestive enzymes flowed the moment he rang the dinner bell. Digestion is “stressful” to the body, so when your dinner bell rings, prepare yourself! A meal should be a celebration. Digestion requires the body to expend energy—hopefully, to get more energy in return. Bio-junk creates an energy “deficit.” Poorly digested food results in gas and bloating, leaky-gut, auto-immune issues, constipation and deadly toxic by-products that give rise to degenerative dis-ease.

Gas & Putrefication

Gas—particularly foul gas—is a GOOD indicator of an out-of-balance condition in the vital organs and digestive tract. The fouler the gas, the more you should be concerned that things are NOT right. Foul and excess gas are SIGNS of systemic overload and trouble to come. [Colon cancer and prostate trouble are two conditions that come to mine. The *Young Again Protocol™* addresses all of these issues.]

Spoiled animal flesh (carrion) is necrotic flesh. Meat is flesh from dead animals, but it is not necrotic—or dead! In a constipated, anaerobic, leaky-gut environment, meat, fish, fowl and cheese become the equivalent of carrion, producing highly toxic by-products and foul gas. Stressful eating environments and bio-junk diets are a made-to-order cancer recipe!

The evening breeze between your knees should NOT smell like cheese!

Otto Warburg, twice Nobel Laureate, was awarded the Nobel Prize in 1931—over 74 years ago—for documenting a vital factor behind the rise of cancer. He said, “Cancer has one prime cause...and that is the replacement of oxygen [aerobic] respiration of body cells by anaerobic cellular respiration.”

Dr. Max Gerson [mentioned earlier] later determined the role of sodium [think “table salt!”] in cancer. Both Warburg and Gerson agreed that the growth of cancer cells initiates in a low-oxygen, lo-potassium, high-sodium, high free-radical, high-stress environment. That’s why fresh vegetable juices are good. That’s why mild aerobic exercise is good. That’s why physical “movement” is good. That is the purpose of the L/CSF™ machine and body rollers. [See pages 38 and 382.]

Table Salt

It is impossible to avoid sodium because it is ubiquitous. Sodium is in 99% of all prepared foods and in municipal water supplies. If you “crave” salt, your adrenal glands are severely stressed! Practical solutions are to add Racemized™ sea minerals to your drinking water and take PU™ for adrenal stress. [See page 120.] A body that “craves” salt suffers from electrolyte “imbalance” and elevated cortisol levels.

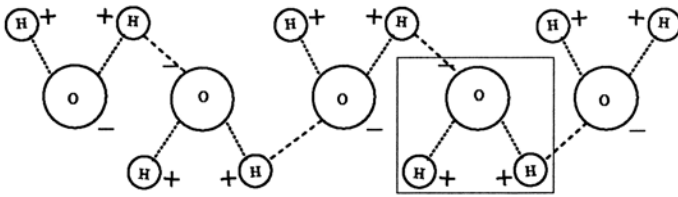
Table salt (sodium chloride) IS an electrolytic substance—but it should not be used in place of electrolytic mineral “salts” like potassium, magnesium, calcium, etc. Excess sodium is deadly to the body’s cells and to the mitochondria that produce our ATP energy molecule. Thirst after meals indicates under hydration, over salted food, and/or adrenal stress. Use only granular salts with high levels of trace mineral electrolytes, such as Celtic™, Redman™ or Real™ salt.

The Water Molecule

Water functions as a solvent and donor of free electrons—as measured by oxidation/reduction potential (ORP). Water carries energy into the cells, and waste out! When we drink distilled, raw “tap,” reverse osmosis, ozonated and common bottled waters—we fail to meet fundamental “terrain” concepts that only BFRV™ water can meet. And failure to use Racemized™ sea minerals in your water of choice only adds insult to injury and leads to conditions of excess—by “default!”

[BFRV™ water is “conception point” foundation water used to create Medical Grade Ionized Water™ (MGIW™). Racemized™ sea minerals provide the “electrons” needed to raise the ORP to therapeutic status. See pages 306 and 429.]

Below is a drawing of water molecules with their respective bonds. Look at the shape of these “bent,” “polar” water molecules—and notice how they “connect!”



Notice that the two hydrogen atoms on each molecule are off to one side, giving each molecule a lopsided appearance. The fine dotted lines indicate a “bond” with (+) and (-) charged atoms. The box contains one water molecule. The oxygen atom has a (-) charge, the two hydrogens have (+) charges. The dotted line going from the hydrogen atom in the box to the oxygen to the right of the box is a hydrogen bond connecting one molecule to the other. The lines inside the box are molecular bonds “within” the water molecule itself.

The strength of bonds holding water molecules together is determined by “free” electrons. The higher the “ORP,” the easier waterborne electrons enter the cells and become available for production of the ATP energy molecule. Bond angle, ORP and pH are what separates BFRV™ water and MGIW™ water(s) from other water(s). pH (alkalinity /acidity) by “itself” is a meaningless number. Drinking “alkaline” water does NOT make you more alkaline! Deacidification and “ORP” are what we are concerned with—not pH. Conventional water testing standards are “moot” in regard to BFRV™ and MGIW™ water(s).

Why BFRV™ Water?

BFRV™ water is biologically friendly drinking water. It’s made at home from common tap water. Equipment efficiency approaches 99.5% for removal of noxious waste and life forms, radioactivity and toxic organic chemicals. Moreover, the process manipulates bond angles while elevating the “ORP” and returning the water to the point of conception—where the egg and sperm were when they joined. [The issue here is “life force”—as diagramed on page 306.]

BFRV™ water is highly “charged” so it can carry waste OUT of the body. It is “different” from other waters—and it is very “reactive” in the body—meaning it acts like a magnet due its strong electrical charge and resonant frequency. People who drink it can “feel” the effect! Wonderful things happen to people who drink this strange and wonderful water. “Detractors” of the *Young Again Protocol*™(s)™ poke fun at your author, but people who drink BFRV™ water “love” its Third and Fourth Dimension qualities. [See pages 104, 109, 126, 167, 220, 306 and 378.]

Real, live food is a gift from God!

Home-grown food is "ideal" and is the most fundamental and least expensive path to good health. If space is limited, grow vegetables in pots, plastic buckets and so on. It is amazing how much fresh food can be grown this way. Consider joining an organic gardening club. Many clubs rent garden space where the soil is rich and mellow from other gardeners before you. Or, hire someone to grow food for you and your family. Many older people have the time and would love to grow food for hire. These people are usually gardening pros. Pay them generously! Gardening is hard work. They deserve the money and you need the food. Drive in older neighborhoods; ask friends; make the effort to locate these people.

Gardening involves load-bearing work and is a good way to keep fit. Hard work is good for the body and the spirit. I suggest a spading fork instead of a tiller. Hand tools are inexpensive, they always start—and they don't burn gas. For people who cannot garden, fresh "live" food can be purchased at health food stores, farmers markets and co-ops. Some organic farmers deliver or have drop points in cities.

Composting • Gardening

If you are going to get into gardening, you will want to learn how to compost organic matter. Proper composting technique controls the break-down process so you end-up with a high-energy product. A "simpler" method is to buy composted "chicken manure" from Lowe's or Home Depot and apply to your soil 1 bag for each 100 square feet along with "flour" gypsum @ 25 lbs for same footage. Gypsum can be found at animal feed supply stores. Dig and loosen the soil 12" deep and mix these amendments into the "top" 6 inches. [If you have heavy "clay" soil, put in—1 yard of sand for above footages.]

Always use some liquefied chicken or cow manure starter to get the pile going. Controlled breakdown of grass clippings, weeds, leaves, animal waste and the like will not generate foul odors unless the pile becomes anaerobic. [An anaerobic condition produces foul odors in a compost pile—and in a sluggish, human intestinal tract, too!]

Compost is MORE than old, dead things that have turned brown. It is a source of "life force" for your garden. Several wonderful books on biodynamic gardening principles are available. [See Source Page 429.]

Gardening will simplify your life and focus your energies on healthful habits. Become "hooked" on gardening and you will be a gardener forever! Besides, common store-bought food is not good for you—and growing food saves money!

Fresh food and biologically friendly water are passports to agelessness! Please do not underestimate them.

Devitalized food is so common in most people's diet that some

supplementation is needed. The following “food” items are used by your author in addition to home-grown food: PAC’s™, Harmonic™ pollen, racemized™ algae, predigested, organic liver capsules and VitaLight™ tablets. These products do NOT tax the liver. Small amounts of fresh vegetable juice provides even greater dimension and health. Beet juice in small amounts is the very best because of the purple pigments. [See Chapter 35, Vorago™ Sunrise.]

To become *Young Again*!

- Eat “healthy” food
- Grow a garden
- Avoid table salt & MSG
- Use racemized™ minerals
- Get some exercise
- Avoid alcohol & soft drinks
- Juice daily (breakfast)
- Eat RAW vegetables
- Avoid all processed food
- Drink BFRV™ water
- Get plenty of sleep
- Avoid liquids with meals
- Avoid soy and canola
- Do High Enema Therapy™

What you do 90% of the time is what counts! Aging reversal requires focus and commitment because the body is OLD and SLOW and you are not young yet! While all this takes “effort,” it is well worth the effort as you will discover—especially when you see friends and loved ones sick and dying. Follow your author’s lead and you will become *Young Again*!

PREVIEW: *Our next chapter explains WHY people snack and WHY they become fat and WHAT happens to the body when you eat too much or too often!*

Energy Spikes!

Light bulbs rated @ 130 v far outlast bulbs rated @ 120 v because they can take the “spike” when turned-on. A healthy body “terrain” handles energy “spikes” the same way, too!

The Big Lie!

Sadly, actor Christopher Reeve wasted-away and died—and now his widow, “Dana” has lung cancer! This, just after newsman, Peter Jennings died of lung cancer. Dana, however, has never smoked! The BIG LIE is that “Smoking causes lung cancer!” The TRUTH is “people need folic acid in their diet—and devitalized food does not contain folic acid!” Smokers—and people who breathe other’s “smoke”—and who supplement with 10 mcg. of folic acid daily will “NEVER” get lung cancer. Cancer is a liver and terrain issue. Cancer is NOT something you “catch.” Ignore the “experts” or you will end up like them!

Angry Tissue!

Angry tissue is “traumatized” tissue—be it from injury or surgery. Angry tissue holds the memory of the trauma—and until the anger is released, the tissues cannot fully heal. Whiplash, broken bones and sprains are good examples. The Chinese call it “bad chi!” [The *Young Again Protocol*™ uses a chi gong machine and Gua Sha to release and heal angry tissue. [To learn more, see “Gua Sha” page 48.]

Harmonic™ Silver Water

Few injuries equal the trauma and pain that burn patients suffer. From a medical viewpoint, the issue is infection. Socially, the issue is scar tissue. Infection and scars are both energy issues and they require an “energy” solution! To ease pain and prevent infection—even in the case of 3rd degree burns—use Harmonic™ Silver Water. It has a body-friendly vibrational signature and energy footprint. When “misted” onto burned tissue, gargled or drunk orally, it complements the healing process. [See photos on page 276.] “Parts per million” (PPM) of silver is NOT the issue! Rather, it’s the “frequency” and “purity” of the silver. Scar tissue is the “end-product” of amyloid fluid that turned “structural.” Digest amyloid plaque and lay down new collagen, and healing occurs much more quickly. [Use VZ II™ and L_sP_cC,™ SOCTM and liquid DMSO on burned, traumatized tissue. See index under various names and topics for a broader understanding.]

Acne, Skin Scars & SOCTM

For post emergency and general skin damage from acne blemishes to burn scars, use SOCTM lotion and Racemized™ Skin Creme. These products help restore damaged tissue. [One man reduced 65 square feet of 20-year-old scar tissue (from burns) to less than 2 square inches.] SOCTM opens-up blood and nerve flow into damaged tissue and speeds restoration. SOCTM transports heavy metals from brain and organ tissues, cleans the arteries, restores cartilage and nerve function and helps reduce blood pressure where the arteries have become hardened. Limber Life™ and R/ATM Catalyst are used with SOCTM to restore “limberness” to an old, stiff body.

The 90/10 Rule Of Health

Strive to live your life doing things 90% correctly, and enjoy your sins [The other 10%!] to the fullest—and without guilt! The 90/10 Rule is easy to follow when your priorities are correct!

“Balance in all things is the foundation of health.”



SATIETY BLUES

"Everything in Moderation."

Diane DeFelice

Fullness beyond desire! A primal drive fulfilled! Who can conjure up a better feeling than a full stomach after a superb meal? Surely, food is one of the true pleasures of life. Aroma! Appearance! Taste! These are the things for which we live! Yet, in our drive to fulfill a basic physiologic need, we sow the seeds of old age and death.

Food requires a certain amount of time for complete digestion. When we eat too much food or too soon after a previous meal, the body suffers overload shock. Shock of any type puts stress on the vital organs (liver, thyroid, adrenals, kidneys, parathyroid, pancreas, pituitary and testes). Dietary SHOCK deserves our attention because it accelerates aging.

Snacks & Food-Related Stress

People love to snack! They snack because either they are hungry or because it is the thing to do—part habit, part social custom. The experts tell us it is good to eat every few hours. They tell us small meals taken more often are less stressful to the system and better for our health. They tell us small meals taken often maintain blood sugar levels and keep us on an even keel. They even tell us that multiple small meals increase productivity. Baloney!

As usual, the experts are WRONG! These things are NOT true. They NEVER were true. Let's stop and analyze what happens to the body when we eat too much or too often, which includes snacking. Snacks are simply small meals!

Food creates stress because it involves digestion. Digestion creates stress by drawing on energy reserves to break down food and transport and

reassemble it into usable energy. Substances that do not promote health must be dumped or stored. The liver is central to ALL of these functions and more.

When we eat, we borrow from our energy reserves to get the process going. If the energy generated from food does not repay the loan, we suffer an energy deficit in the form of loss of health and vitality in the vital organs.

The vital organs have limited capacity and resilience and require rest BETWEEN meals. When denied adequate rest, they become stressed. Eating too often and too much causes the organs and glands to “stress!”

Food “imposed” stress causes organ “burn-out” and diminished function—as the vital organs age “together” in chain reaction style. This scenario can occur even if food is right-spin energy—and nutritious. Quality, quantity and frequency of food intake are some of the controlling factors.

If dietary intake is composed of left-spin energy substances—organ stress is greatly increased—and when combined with meals spaced too close together, the body is left with NO ALTERNATIVE but to go into OVERDRIVE in an attempt to process, utilize, neutralize, dump or store food energy.

Food-imposed stress creates “involuntary” reactions because the body has NO choice but to process what it has been given—even to its own detriment. The body acts as much out of duty as need when fed too much, too often or when forced to process a bio-junk diet. Snacking “STRESSES” the vital organs. It upsets hormone balance by overloading the liver. It reduces vitality because food consumes energy. It creates MAJOR digestion and bowel issues by slowing the flow of waste from the body. Snacking accelerates aging by increasing the production of acid wastes and “rocking” blood-sugar. Dietary stress complies with the Second Law of Thermodynamics which says “energy is never lost; it merely changes “form!”

“Trophy”

Food-related stress brings about trophy in the vital organs. Trophy means change related to nutrition. If we apply the prefix hyper or hypo, we are referring to a change in physiologic activity that is above or below the norm. Both hyper and hypo conditions lead to organ burn-out and dysfunction. The terms hypoglycemia and hypercalcemia are good examples of trophy type blood-sugar related health conditions.

The organs are interdependent—and whatever affects one, affects all of them. A “condition” is always “multiple” in nature. The word “dis-ease” is NEVER singular in nature.

When “symptoms” appear—the condition is in progress; when SIGNS appear—the condition is ADVANCED!

Deficiency Dis-eases & Conditions

We hear a lot about “deficiency” dis-eases and conditions—but there is NO such thing. The entire concept is but a carry-over from the early days of allopathic medicine and the influence of Justus von Liebig’s infamous agricultural theory called The Law of the Minimum.

Justus von Liebig developed his theory around 1830. He is regarded as the father of the synthetic fertilizer industry and the destructive practices of present day agriculture. His law says “The nutrient that is in the minimum controls.” von Liebig viewed soil as nothing but dirt! He believed that plants only needed three elemental “salts”—nitrogen, phosphorous and potassium—commonly referred to as “NPK.”

Pasteur and von Liebig were contemporaries. And like Pasteur’s equally fallacious “Germ Theory of Disease,” medical science also adopted von Liebig’s erroneous theory. Today, clinical nutritionists perpetuate von Liebig’s theory when they propagate the myth that DEFICIENCIES cause dis-ease. The experts are wrong—and so are the alternative folks who perpetuate the fallacy. [See pages 86 and 300.]

“Dis-ease” is the exact OPPOSITE of what is popularly believed and taught. Dis-ease is nothing but the manifestation of conditions of “EXCESS” within the system. Excess always manifests as deficiencies. Excesses are “errant” energy.

[Excess “controls!”] A secular example is the stock market crash of 2001. It was excess liquidity, excess debt and excess capacity that wiped out 7 trillion dollars 2 months after 52 renowned “experts” said everything was just “fine!”]

In the body, “deficiencies” only appear when “excess” EXCEEDS the body’s ability to cope!

Medical science teaches that the diabetic suffers from a “deficiency” of the hormone “insulin.” They classify diabetics as either glucose intolerant or insulin resistant. Actually, the diabetic suffers from excess acid waste in the tissues and fluids—along with a “leaky-gut” and a major shortfall of magnesium IN THE FACE OF “excess” blood CALCIUM levels.

► [Perhaps the reader can now see the “connection” between the dramatic increase in diabetes among women who are OVERLOADING on “calcium” in an effort to head-off osteoporosis. All that “excess” calcium is driving heart attacks and arthritis and cardiovascular problems in females—along with the “insane” idea that women should “reduce” or eliminate dietary fat intake. These are “CRITICAL” issues for women—and women are NOT learning of them from the “experts”—who can’t even save themselves! The problem here is that the experts’ medical “model” is defective!]

The diabetic keeps “carbon” sugars circulating in the blood to BUFFER acid wastes circulating in the system. Sugar is a carbon based molecule ($C_6H_{12}O_6$) that “orchestrates” all life on planet Earth. [To better understand carbon’s role in the life process, see Avogadro’s Number, Chapter 21.]

“Excess” in the diabetic creates hormonal imbalances and “leaky-gut” that makes matters worse! Leaky-gut” means the intestinal wall is overly porous, allowing overly large food and “drug” molecules DIRECT ACCESS to the blood stream—something that should NEVER occur! The result is an immune system in TOTAL REVOLT—and lots of subclinically sick people. Asthma, allergies and sinus problems go with a “leaky-gut”—as does EVERY auto-immune disease known!

Type 1 early childhood diabetes problems are “linked” to super antigen vaccines “laced” with mercury—a “bicephalous” dilemma for parents and children alike! Low blood magnesium levels are a MAJOR issue here! [For further information on vaccinations, contact New Atlantean Books (505) 983-1856 or write P.O. Box 9638, Santa Fe, NM 87504, USA.]

Fact is, 75% of children with diabetes, autism and hearing loss suffer from mutant pathogenic organisms and foreign serum proteins introduced by force into healthy bodies by mad men in white coats with the support of gullible, ignorant parents! Parents should seek “guidance” early on “BEFORE” the damage is done! Parents should “NEVER” fight the system! Better to “play along”—and beat the “devils” at their game with a little help from someone who knows how to “buffer” the damage. NEVER, EVER vaccinate before 2 years of age; 4 years is even better. Avoid doctors to avoid being “pressured!”

There are ways around the vaccination problem if parents think outside the box and ask for guidance!

[Instead of worrying about “bugs” getting your children, keep their “terrain” healthy by keeping their “bile” flowing with Yucca Blend,TM PAC’s,TM non pasteurized sauerkraut, Kombucha Tea, raw apple cider vinegar and enemas—especially when sick! Control of the “terrain” is THE issue. The *Young Again Protocol*TM is about control of the “terrain!”]

Back to diabetes! Fifty million people suffer with clinical and subclinical diabetes. Science’s failure to understand diabetes at the subtle energy level perpetuates needless “suffering.” Independent action—without the blessings of higher authority—is a prerequisite to dis-ease control and return of health.

You have to THINK and ACT for yourself and your child because you are the only one who can.

Let’s review. There is no such thing as deficiency dis-ease—only conditions of “excess” that manifest as deficiencies! Aging is a cumulative condition of “excess.” Death is confirmation of “excess beyond control.”

The vital organs function like gyroscopes on a ship—keeping us even-keeled by dealing with shifts in the body’s “terrain”—that is if we don’t “sabotage” them with snacking, bio-junk diets, under-hydration, stress and poor bile-flow.

How we “feel” is NOT an accurate barometer of our true state of health.

Long before SIGNS of dis-ease become visible, negative energy is building at the subtle energy level. The proof is all the subclinically sick and dying people who “felt just fine”—yesterday! [See Kabuchi Dance, Chapter 38.]

The “lag” between symptoms and the manifestation of the clinical SIGNS of dis-ease is about 20 years!

Mental Hype • Body Abuse

Hype is taking its toll the world over. People have become skilled in the awesome power of mind over body and drug over mind. They use both to drive and whip the bio-electric body. And when asked how they feel, people usually respond “great!” At the same time, over 80% of the US population suffers from subclinical illness; 75% from obesity, etc.

Hype and the unbalanced person go together—as do over-excitable people and a magnesium shortfall. Hype goes with unrealistic mental euphoria—driving the body beyond its ability to physically respond. Coffee, drugs and “whip” type drugs and herb supplements make things much worse!

Hype DRIVES the physical body into a “twilight zone” where aging and the passing of TIME accelerates.

SIGNS of hype-driven dis-ease are easy to spot. The doctor’s diagnosis usually shatters hype’s hold on us—but by then we are in trouble and the damage is done.

Dis-ease is the manifestation of “stress!” Dis-ease is a confirmation of aging. Dis-ease is the manifestation of Fourth Dimension TIME over man’s Third Dimension body. Aging and dis-ease result from failure to “square” our energy account each day. Death is energy bankruptcy while hype is energy inflation. Hype is modern man’s Achilles Heel because it is based on “unrealistic” thinking and “unbalanced” lifestyles.

The simple life is a life where the passing of TIME slows down. Seek simple! Boring is GOOD!

Food Digestion Requirements

Different foods require different amount of time to exit the stomach. The list below is based on the intake of “healthy” food and a “healthy” digestive system—and a meal environment “void” of stress. Note the very small amounts of food used in these examples (1/2 ounce). Large amounts of food take longer to digest. If more food is eaten too soon after a previous meal or snack, or if the bowel is backed-up or bile-flow is poor “acid reflux” and digestion-type problems manifest along with “parasite” problems! Poorly digested food putrefies in the “gut!” An anaerobic environment makes matter worse, as does a “leaky gut!” [Follow the *Young Again Protocol*TM! to solve these problems.]

Foods Requiring One-half To Two Hours Processing: water, wine, tea, milk, coffee, bouillon, beer and soft eggs.

Foods Requiring Two To Three Hours Processing: coffee w/cream, cocoa w/milk, asparagus (steamed), potatoes (mashed), fish (broiled), white bread, oysters (broiled), butter and eggs (scrambled, poached, fried, hard boiled).

Foods Requiring Three To Four Hours Processing: chicken (broiled), bread (whole grain), carrots (steamed), spinach (boiled), cucumber (raw), apple (raw), beef (roasted), salmon (broiled), tuna (broiled), ham, (broiled), lentils and beans (boiled), green beans (steamed) and lettuce (raw).

A Story About Satiety

Dr. Carey Reams told a story that took place during the years he and his wife were raising their large family. As the story goes, the neighbors and their children were over for dinner. When the food bowls were placed on the table, the neighbors made an effort to hide their surprise as their eyes were drawn to the modest size of the various bowls of corn, peas, mashed potatoes, gravy, meat, and desserts.

Expecting just such a response, Reams—in his characteristic style—laughed and predicted that there would be food left over. As you might guess, this is exactly what happened. Everyone had a wonderful meal, a great time, and departed with their belly “plum full!”

Your author tells this story to draw attention to the satiety enjoyed by all with a limited amount of food. What happened at Reams’ home is exactly the OPPOSITE of people starving to death on FULL stomachs—as they are today!

Reams’ food was “alive” and chock-full of enzymes and loaded with bio-active minerals and vitamins. Today, food is DEAD and EMPTY—providing minimal energy for the body and requiring people to “stuff” themselves in order to “feel” full because real nourishment is absent. ALL processed foods are left-spin, negative energy substances. The body cannot use negative energy and must neutralize it—or store it as FAT!

These last four words shed light on the obesity problems plaguing 75% of Americans.

We could surmise that what really took place at the Reams’ dinner table was that everyone was courteous and took only small portions of food and all left the table hungry—faking-it all the way. But Reams was not a liar. He told the story to make the point that good food, bio-active food, food with a right-spin energy footprint is very nourishing! You can believe that everyone left the table full and gratified BEYOND desire which is the correct definition of the word satiety.

Few people experience real satiety these days. Instead, they know only the “other” version. Pseudo satiety is experienced when the stomach is full, but the

body is not nourished. In other words, we quit eating because we run out of space—NOT because we are nutritionally satisfied. America is full of starving people with full bellies! It is impossible to satisfy the body's energy needs with empty calories—and left-spin energy food that is devoid of life-giving nutrients!

The Appetite

Appetite is a combination of physical need and mental desire. It is controlled by the satiety and hunger centers in the hypothalamus of the brain. It has long been established that the hunger center is ALWAYS active unless it is inhibited. The body uses two inhibitory mechanisms to regulate hunger: a physically full stomach and a nutritionally satisfied body.

The hunger center is a cluster of nerve cells that generate sensations that are a combination of physical need and mental desire. Snacking is a combination of both! Most people meet their body's need for nutritional energy—true hunger—with EMPTY calories [physical hype] and cognitive satisfaction [mental hype]—a deadly combination!

Real satiety is nourishment BEYOND desire! False satiety is a FULL stomach without adequate nourishment. When the stomach is “full”—or when nutrient energy needs are met—a message is sent to the hunger center and we lose our desire for food. This is a negative inhibition system because one system shuts down the other. It is a system that works flawlessly UNLESS we “sabotage” it!

I'm Hungry Again

Later—after the stomach partially empties—the “hungry” body DEMANDS more nourishment and the appetite returns with a vengeance as the cycle begins over again.

Hungry people gain weight when they “fail” to nourish their bodies. An “acid” terrain is another reason for weight gain. Hormonal issues are a third reason. Poor digestive capability is a fourth reason. And do NOT forget a stressed liver with poor bile-flow, insufficient saliva secretion and chewing of food, lack of exercise, low water intake, a “leaky-gut,” insufficient load bearing activity, a sluggish thyroid—and bowels that move less than three times a day finishes the list quite nicely!

Weight control and fulfillment of nutritional and hormonal needs goes with “terrain” deacidification.

The nervous system is divided into the central and peripheral systems. The stomach is controlled by the peripheral system which is divided into the sympathetic and parasympathetic systems. We have control over the sympathetic nervous system. We control it with our mental thoughts. We have NO control over the involuntary parasympathetic nervous system. Both systems communicate with the stomach.

Load-Bearing Work

Load-bearing work is just that—load-bearing! People do not do enough of it. Society has come to view physical work as a curse—something to be avoided at all costs! Only poor or uneducated people do “physical” work!

Society is wrong! The body must be “worked!” Since people hate the word “work,” maybe we should call “work” load-bearing exercise—which better fits the sports bent of society. Unfortunately, for many people, load-bearing activity takes place on the couch in front of the boob-tube. So let’s compromise and call physical “work” load-bearing “activity!”

The body responds to load-bearing activity by repairing old tissue, building new tissue by circulation of lymphatic fluids and “stagnant”—but soluble—amyloid fluids. When “worked” on a regular basis, anabolic rejuvenation occurs.

We are supposed to build a “new” body every 7 years. The issues discussed in this book dictate whether your “new” body will be stronger or weaker than the one you traded in—and how long it will take to get it.

As people age, they lose their ability and desire to do physical activity. Part of this phenomenon is the physical inability to perform; part is a lack of desire; and part is a lack of energy. A sedentary lifestyle destroys the body and accelerates loss of bone, muscle and mobility. Circulation of amyloid fluid waste explains why people who exercise and work their bodies enjoy better health than those who do not “work!”

The more sedentary you are, the faster you will age. This is called the “use it or lose it” rule.

The Dowager’s Hump

The dowager’s hump is a classic SIGN of total systemic OSTEOPOROSIS—which is demineralization and degeneration of the bones. The humped-back, bent-over appearance—as seen among older people, particularly in women—is a SIGN that is becoming all too common among younger people, too. Osteoporosis is prevalent in females because of low or unbalanced hormones; low thyroid activity; early acidification of the tissues; the “inability” to lay down more collagen than is being lost; and loss of vitamin B-12 via menstruation.

Osteoporosis is a SERIOUS but reversible condition. Reversing the condition takes lots of work and time. Understanding WHY it occurs is the important thing!

Please turn to page 100 where you will see that the spinal column and related connective tissues of the “osteoporotic” person have shrunk. Notice that the person has lost inches from their maximum height—which was achieved at their anabolic peak! [Also see pages 21, 22 and 198.] Lost inches occur mostly in the spinal column through deterioration of the vertebrae, tendons,

ligaments—and the discs between the vertebrae. Eventually, the rib cage settles and rests on the pelvis (hip). The process takes about 40 years to occur!

Settling of the spine and rib cage distorts the visceral cavity, prolapses the colon, and contributes to “bladder drop”—causing the belly to protrude. Sluggish bowels and the humped appearance goes with the territory!

Osteoporosis begins at about age 25 and greatly accelerates after age 30 and again in the forties with the onset of menopause. This condition is seldom diagnosed before age 45. Bone “density” tests identify the problem but offer women no solution.

By the time “menopause” manifests, osteoporosis is a reality. Please do NOT dismiss osteoporosis. It is a 100% guaranteed “issue” for women—just as prostate is a 100% guaranteed issue for men. These conditions are “fixable!”

[A “dower” is a deceased man’s estate. Dowager is an old English term for the man’s widow who holds property from her deceased husband’s estate. These women had the imposing appearance of a “humped” back and shoulders. Hence—a “dowager’s hump.” The condition was predominately seen among wealthy, older women. The poor usually died too soon in life to get the hump. The wealthy dowager did NOT do load-bearing work because physical work belonged to the domain of the poor. The dowager’s hump is confirmation of advanced osteoporosis—and a VERY acid body “terrain!”]

The story of the dowager provides an IMPORTANT lesson. Here are a few things every woman—and man—can do to STOP and REVERSE osteoporosis and degeneration:

- Reopen the “puberty window” (see pages 72, 164, 212).
- Use B.T. racemized™ thyroid creme.
- Drink fresh beet and carrot juice every day.
- Do High Enema Therapy 2-3 times each week.
- Deacidify the tissues and body fluids.
- Use Cobo-12™ cobalt/vitamin B-12 creme.
- Avoid sugar, soft drinks and artificial sweeteners.
- Make and drink Kombucha Tea.
- Do the *Young Again Tissue & Liver Protocol*™.
- Use VZ™ SOCT™ and L_sP_c™ every day.

“Hanging” s-t-r-e-t-c-h-e-s the spine and joints. Hanging by the ankles and feet is done using an “inversion” table and is extremely helpful for osteoporotic women! Also hang from a trapeze bar, rafter or tree limb. Women must use caution here, as the shoulders are fragile in women after 40 years of age. Hang twice daily. Start slowly. [Those with arthritis, osteoporosis

or back pain should also take SOCTTM, VZTTM and L_SP_CCTM to dissolve scar tissue, open blood and lymph flow, and speed cartilage regeneration. The L/CSFTTM machine circulates amyloid, lymph and cerebral-spinal fluids without the time requirement or risk of “abusive” exercise or extreme sports activity.]

Osteoporosis & Calcium

Women are told to take calcium supplements to put minerals into the bones. Unfortunately, this does NOT solve the problem because “lack of” calcium is NOT the cause. A highly ACID “terrain” is “why” woman—and men—develop the condition—along with hormonal imbalances and the inability to lay-down enough collagen to “offset” collagen loss. [This is a self-cannibalization issue!]

Osteoporosis in women is “typically” diagnosed after age 40—when estrogen levels are diminishing and the body has gone “acid!” But the condition BEGAN 20+ years earlier when estrogen levels were “high!” [The experts just don’t get it!]

Osteoporosis is defined as diminished bone “density.” Acid bodies “mine” minerals like calcium from the bones to “buffer” acids in the tissues and fluids. Osteoporosis occurs by “default!” Medical “experts” and clinical nutritionists don’t have a clue about osteoporosis. Osteoporotic people usually have normal to HIGH calcium levels in their blood (hypocalcaemia). [Calcium’s primary job—both in the body and in the soil—is that of a “buffer” against excess “acids!”]

If your present height is LESS than it was at your peak, you need to take ACTION today! [See page 100.]

Rouleau & Dowager’s Hump Connection

Deterioration of the bones and connective tissues, in general, is serious business—and it plagues millions of people. The dowager’s hump is a SIGN! The “Rouleau effect” in the blood is symptomatic! [See page 136.] Pronounced “roo-low,” the condition is a forerunner of all dis-ease and is seen under the microscope as “sticky” waste filled blood with “clumped” red blood corpuscles. Blood with Rouleau means that less oxygen and nutrients reach the cells—and less carbon dioxide and acidic amyloid wastes exit the tissues and the body. The end-result is “acidification” and “calcification” of the connective tissues, scalp, eyes, ears and nerves. [RacemizedTM liquid sea minerals eliminate the “Rouleau” effect—and the *Young Again Protocol*TM deacidifies the “terrain!”]

Rouleau appears 5-20 years BEFORE the doctor can render a diagnosis of a life-threatening condition.

SUMMARY: Aging reversal is a one-step-at-a-time project—in REVERSE! Apply what you have learned thus far and you will be on your way to becoming—and perpetually staying—*Young Again!*

PREVIEW: *Our next chapter looks at the world of “shadows” and commonly held beliefs. Jesus and the Great Pyramid of Cheops have much in common—as you will see.*

Magnesium

The “experts” push calcium and “IGNORE” magnesium! Calcium taken without a “viable” form of magnesium in “balanced” ratio “seeds” dis-ease. Magnesium affects diabetes [insulin resistance, insulin dependence and glucose intolerance], heart problems, high blood pressure, blood clots, stroke, cortisol and adrenalin production, “stress,” thyroid response, osteoporosis, fat “metabolism” and mitochondrial activity and ATP production in the cells. [Racemized sea minerals supply a full spectrum of all mineral electrolytes to offset the Rouleau effect. Taoist TCM™ provides a balanced ratio of magnesium to calcium in a body friendly and usable molecular form.]

Loss of Vision

Deterioration of vision does NOT “occur” because of poor genes or bad luck! Eye problems have nothing to do with “genetics!” Macular degeneration and glaucoma are “avoidable” and “reversible!” Cataract formation is a “waste” issue! An “acid” terrain and poor blood and lymphatic flow in the capillary beds servicing the back of the eyes is a “waste” issue! Behind each eye is 80 miles of capillaries! Sluggish blood and lymphatic “flow” and amyloid plaque formation in the tissues servicing the eyes eventually conjures a “diagnosis” from the doctor. Problem is, the doctor’s solution is no solution at all! [Follow the *Young Again!* Protocol™ and you won’t develop eye “conditions!” Eye problems are confirmation of a highly ACID “terrain!” Prevention is the best solution! Action is a requirement!]

Popcorn • Oil • Brewers Yeast

Popcorn is a good food—as long as it’s not cooked in soy or canola oil and covered with common table salt and margarine. And for a real treat, liberally sprinkle brewers yeast on “buttered” popcorn for some zest! You will love it!

Healthy Baby Formula

3 1/2 C. “healthy” water™, 1 each: racemized™ liver & algae tabs, 1 Disorb Aid™, 1 tbsp. coconut/olive oil, 1 tsp. each of TRP™, cod liver oil, & “blackstrap” molasses, plus “contents” of 1 SOC™ cap, 1 R/C™ cap and a few drops of L_sP_cC™ Crush/soak/liquefy; thin with water as desired; perforate bottle nipple as needed, keep refrigerated, warm slightly, use within 48 hours. Raw “goat milk” is next best to mother’s milk. [Local “feed” stores can tell you “who” in your area raises goats.]

Fats & Hormones

The body needs dietary “fats” to heal and stay healthy. Fats and oils are the basis of hormone production—as is “cholesterol.” Eat butter, raw virgin coconut oil and olive oil. Use R/EFA™ to provide racemized™ essential fatty acids. Avoid fat-free diets and foods. Fat-free diets are killing women! Eat fats!

Soluble & Structural Waste

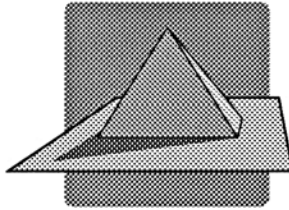
“Soluble” acid waste production is part of body metabolism—and the body has no choice but to deal with it. The liver filters waste from the blood and stores it as bile in the gallbladder. Bile is critical to “digestion!” It also “activates” the bowels. If the liver is unable to remove waste from the blood, it is forced—by default—to store those highly acid wastes in the fat-layer beneath the skin—safely out of the loop! Storage of “soluble” acid waste is a “DEFENSIVE” tactic! The body stores it to keep us alive IF it is unable to send it down the toilet in the bile! Structural” waste is called amyloid plaque! It can ONLY exit the body with the help of VZ™, Yucca Blend™ and L_SP_CC™. Why amyloid plaque forms and what to do about it is a “core” issue—and the subject of SilkWorm Blues, Chapter 36.

Alkalinity vs. Acidity

The “pH” of body tissues and fluids is a huge issue for anyone wishing to enjoy a long and healthy life. The “pH” of “circulating” body fluids tells us “where we are at” while the “pH” of “non-circulating” fluids tells us “where we are going!” The sicker a person is, the more acid is their body “terrain”—and visa versa. After age 25, everyone’s body turns more and more acid until we reach the “change” years of menopause and andropause and life becomes difficult. Aging “symptoms” in women come sooner than for men—beginning around age “30.” Men age more slowly. Officially, dis-ease “knocks” when we “CROSS” the acid waste “threshold” and the body breaks-down. “Terrain” management is about being “less acid”—NOT more alkaline! They are not the same concept. [See pages 109, 117, 126, 171, 219, 258, 306 and 354.]

Racemized™ Asparagus

Racemized™ asparagus (Aspar-Max™) is good for heart arrhythmias, lung, bronchial and sinus issues. Use with MX™ to break-up “mucous!” Aspar-Max™ is also good for bowel and bladder problems and hyper-active children, too! Behind all of these “conditions” is insufficient bile-flow and an “acid” terrain. [The *Young Again (Tissue & Liver) Protocol*™ deals with “terrain” problems that underscore mucous and congestion issues. VZ™ “digests” amyloid waste and denies microbes the mucous “breeding” ground that accompanies illness.



SHADOW LAND

“Most people would rather swallow lies than truth, especially if the liar has authority and the dis-information is soothing, like a fine liqueur.”

Charles Walters

As Pontius Pilate passed by the side of Jesus at His trial, it was reported that he asked the great teacher “What is Truth?” The Roman propounded a timely question that went unanswered—at least from the lips of Jesus. Pilate posed his question to Jesus—not as an interrogatory—but as a statement about “The Christ.”

Socrates maintained that “TRUTH” could neither be proved nor disproved. Rather, it formed the basis of our beliefs by the reality of its existence! The Great Pyramid of Cheops is such a TRUTH. It cannot be denied because it is “THERE!”

Earlier your author posed the questions “Why do people like experts and expert opinions?” “How could anyone trust their most prized asset—their “health”—to the throw of the dice by medical “experts” who can’t even help themselves and suffer and die just like their patients?”

The answer to both questions is that the individual is relieved of personal responsibility when the decision process is given over to “experts.” Forfeiture of responsibility provides an excuse and someone to blame when things go “sour.” Unfortunately, blaming others will NOT keep you young—or alive!

The “Expert” Syndrome

Medical science generally tells us to do exactly the opposite of what we should do. Today, its theories are gospel; tomorrow, it casts them aside for newer versions. In the process, it issues the proclamation “magic bullet!”

An unsuspecting public buys into THEORIES that were never true in the first place—like fluoridation of water and toothpaste; the Cholesterol and Germ Theories of Disease; the idea that estrogen “deficiency” causes osteoporosis; the need for calcium to “prevent” osteoporosis; the “benefits” of soy consumption; the “need” for vaccinations and immunizations—and so much other “hogwash!” We are trained to ACCEPT and NOT TO THINK and to IGNORE our “instincts” and instead rely on “experts” in medicine, government, law, religion and industry—experts who are “expert” at manipulating us. The government school system “trains” us NOT to think!

Mass Delusions

In 1850, Charles MacKay wrote *Extraordinary Mass Delusions and the Madness of Crowds*. In it, he showed how unbelievably gullible we are—and that the more desperate the circumstances, the greater is our propensity to make unsound decisions “in mass”—usually with the help of the experts.

People go crazy in mass, but they return to their senses one at a time. This is why committee mentality manifests itself whenever three or more people get together! “Idiots of 3, they be!”

People seek health care experts because they are ignorant of how to solve their own health issues. They don’t know where to turn; they’re in trouble and they want a fix—now!

If people would learn to “read” their body’s SIGNS and listen to their symptoms, they could prevent health problems and save a lot of pain, suffering—and money!

An ENDLESS supply of money—in the form of medical insurance—allows the “experts” to keep their hooks in us. Few people escape medical science’s tentacles except under three conditions: When we are healthy; when we have no money; or, when we are dead! Medical “decisions” should NEVER be based on “who” is paying the bill. The better your insurance, the worse it is for you. “Experts” get the money and you get a “bone” in exchange—if they don’t destroy you first!

By definition, an expert is someone from more than 50 miles away. Our fascination with EXPERTS convinces me that this is the SAME phenomenon causing the Law of Bureaucracy to work flawlessly—and without exception. It says “Regardless of the intended result, exactly the opposite will result.”

We CANNOT rely on experts. The experts teach us to doubt our intuitions and ignore good sense. Experts practice tunnel vision; that is why they are called “experts!”

We live in a world of shadows—where what we see and hear only “appear” to be the truth; where the more something is believed to be true and the more people who believe it, the greater are the odds that it’s NOT true.

Allopathic medicine is in trouble—and so are people who rely on it.

Medicine's "model" is based on the Germ Theory of Disease and the Scientific Method. Neither is valid!

Consider the difference between conventional medicine's approach and vibrational medicine's approach to solving the hearing problem for the deaf. At the age of 15, Dr. Patrick Flanagan invented the neurophone—a device to help the deaf hear. Flanagan "sensed" that the brain is a hologram with areas capable of performing multiple or duplicate functions. Consequently, Flanagan used the skin as both a pathway to the brain and as an organ with which to "hear!"

Flanagan solved the hearing problem through visualization rather than surgical intervention. The brain is not hard wired as taught in the medical schools. The body can regenerate new brain cells. We do have the ability to grow new limbs, bones, cartilage, nerve fibers, skin and connective tissues. Flanagan had vision. He understood the Creator's handiwork—as all great men and women do.

The problem for people of science and medicine is they forget they are not GOD! So, their "egos" take over!

Cause & Effect

Earlier, your author mentioned something called "single factor analysis" which translates: "for every effect there is single cause; for every disease there is a single pathogen that is responsible." This kind of academic tunnel vision has gotten us into a lot of trouble. It is unrealistic and it is NOT true. Whenever the facts are FORCED to fit a pet theory, TRUTH becomes the victim; legitimate science suffers; and lots of troubles magically appear. So it is with the "scientific method."

Charles Walters summed-up the problems inherent in the scientific method when he stated "Most of what is generally called the scientific system is not science at all, but merely a procedural aspect that calls for setting up experiments that eliminate other possibilities, or it deals with making instruments that enable the investigator to find what he/she is looking for. [Can the reader see the connection here with "statistics?"]

[But].....there is a second scientific method that, although unwritten, has far greater impact on scientists and their findings. This is the reality of project funding, "peer" review and the publishing of scientific papers." Walters went on to say, "The backbone of the scientific system has to do with asking the right questions, and a scientist can only ask the right questions after his or her life has absorbed the experiences that lead to a vision of the Creator's handiwork—hence the right question. [And]...."discovery is accomplished by the mind and soul of the whole person and cannot be reduced to a mechanical scientific (by-the-numbers) procedure. It stands to reason that you can't get the answers if you don't know the questions [to ask].

The Double Helix & The Germ Theory

It was this “second” method that caused James D. Watson—one of the discoverers of the DNA molecule—to rock the scientific world when he disclosed the behind-the-scenes power plays, jealousy and fights for “funding” in his book *The Double Helix*. Watson also offered an antidote—the observation that “[True] scientific” discovery involves human thought and vision more than test tubes, procedures and microscopes.

The Germ Theory of Disease (GTD) is very much part of the aging process because it influences the way we perceive dis-ease. The GTD so completely colors our thought processes that we are blind to the subtleties and cumulative effects of bad living habits and poor diet. The “men of science” do NOT understand that the battle for life and health vs. death and dis-ease is won or lost on a playing field that has absolutely NOTHING to do with the GTD. Blind men, they be!....with fat egos—stumbling in the dark—fearful of the light of TRUTH!

We cannot rely on medical science to solve our problems because “they don’t know what the problem is!” They do not understand life at the subtle energy level—nor the genesis and manifestation of dis-ease.” And here is proof!

Experts suffer from the SAME problems as the rest of the population. They grow old. They succumb to the same dis-eases. Their “magic bullets” do NOT save them!

The GTD is a “theory”—yet medical science treats it as holy writ. It is the cornerstone of the archaic medical model under which medicine labors. It is a stone around science’s neck! The GTD is so “accepted” that 99.99999% of the medical community own “stock” in it and “live” by it. Perhaps the reader does, too! Conventional medical modalities—from diagnosis to treatment—are based on a false, theoretical dis-ease “model.”

The model says “We are nothing but a bundle of chemicals, proteins, fats, water, nucleic acids, flesh and blood—and dis-ease is the product of microbial “invasion!” The model says that “Dis-ease erupts out of nowhere!” These things are not true. Loyalty to the model stands in the way of change.

Regardless of medical science’s bullheadedness, we are moving into an era where the “reality” of the Third Dimension physical body and the Fourth Dimension energy body will be recognized and brought together—so healing can be achieved on a multi-level “total” basis.

The healthy, bio-electric body is a synthesis of energy fields vibrating in concert with Mother Earth and the environment—the internal and external “terrains!”

Things Are Changing

Recognized medical journals now carry alternative articles—a “calculated” move! The press is signaling the BIG “players” to position themselves

for control over of the transition from allopathic to alternative medicine. The driving force behind these moves are the pharmaceutical companies. They are the “forces” behind the GATT, NAFTA and CAFTA “agreements”—as well as CODEX—which limit people’s access and freedom of choice. Hobbling the health industry via “mandatory” prescription of health supplements—with the help of bureaucrats to implement and enforce Big Pharma’s wonderful little scheme—is the game!

[There are ways to fight back—but they require “thinking” outside the box; methods NOT printed in this book, but there just the same. Never try to go through a wall when you can simply “go around it!”]

Alternative medicine is growing at an exponential rate. It’s NO accident that present medical and economic systems are being systematically stifled. Consider that in 1994, 40% of the people in the uSA used some form of alternative medicine. By 2004, the number was 75%. People are “instinctively” moving away from the “medical model.”

Natural healing is “the” thing to be into these days. “Conventional” doctors are authoring books and mailing newsletters “trumpeting” their CHA-RADE! Few physicians can think outside the box. “Few” alternative practitioners escape “schooling” in the medical “model.” Licenses and bloated egos are stumbling blocks to real progress. Sadly, it’s the way it is. Translation! You are on your own! The experts can ignore TRUTH—but they can’t deny it for TRUTH is there like the Great Pyramid—etched in stone and timeless. Recognition of TRUTH over theory is how you become *Young Again!*

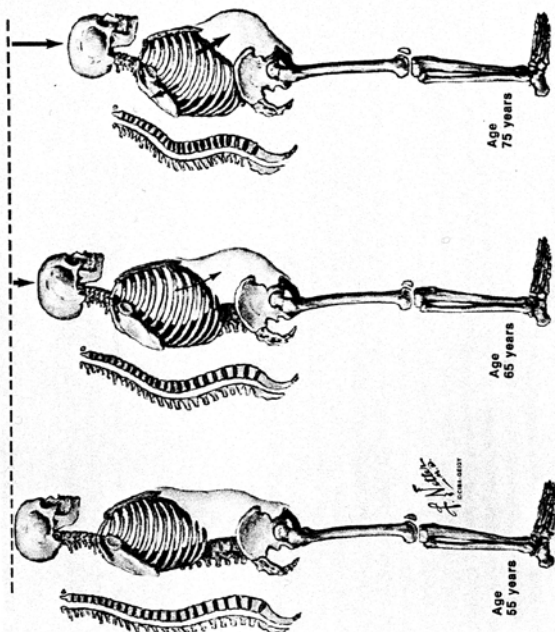
PREVIEW: *Our next chapter looks at HOW water functions in the bio-electric body. It is a foundation chapter. Please study the chapter carefully—and enjoy!*

Food Poisoning

If poisoned, immediately take “charcoal” tablets and fresh lemon juice followed by a colonic or series of coffee enemas. Most drugstores sell charcoal. Never travel without it!

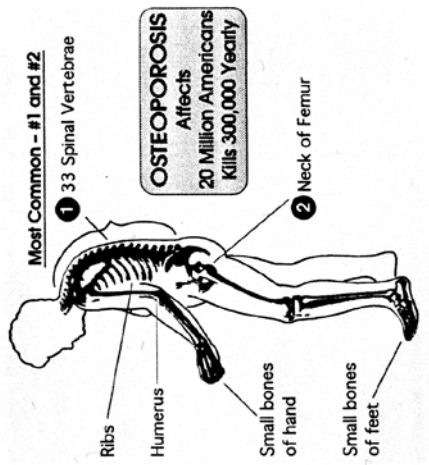
Prostate Inflammation & Pain

Every man will deal with prostate problems—sooner or later! To avoid prostate “misery,” use R/Prostate™ I & II. Pain, inflammation, urination issues, impotence and sexual dysfunction should NOT be ignored! So-called medical “options” are a cruel joke for men! Better to avoid the knife and the laser! Alternative approaches like saw palmetto, zinc and selenium are “good” band-aids—but they do NOT explain “why” men’s prostate “act-up,” and they definitely do NOT restore function and integrity to a prostate that is in “serious” trouble. Avoidance is the issue! [See pages 113, 159, 177-8, 185 and 292.]



Compression fractures of thoracic vertebrae lead to loss of height and progressive thoracic kyphosis (dowager's hump). Lower ribs eventually rest on iliac crests, and downward pressure on viscera causes abdominal distention

Progressive Spinal Deformation In Osteoporosis



LOCATIONS IN THE BODY WHERE PAIN AND MISERY HIT HARDEST



ELIXIR OF THE AGELESS

“In health and in sickness, pure water is one of the choicest blessings. It is the beverage given by God to quench the thirst of man and animal, and to cleanse the poisons from our system.”

Byrne

At birth, the human body is over 90% water. By age 3, average body hydration level should be 75% water. Adult hydration levels often dip to 65% in men and 52% in women. At death, hydration level can be 5-10%. Fat holds 55% water; muscle 75%; and brain tissue up to 85%. Water definitely affects the rate and severity of the way people age.

The bio-electric body requires water to function. When we are water-deficient, it's called neglect! When we drink contaminated water, it's called abuse! Most people's bodies suffer from both abuse and neglect. The bio-electric body can bounce back from abuse and neglect—but it can't do it without the help of biologically friendly water!

Water has many faces: some wet, some dry, some heavy, some structured. Water has different names. There is distilled water, reverse osmosis water, de-ionized water, carbon block and ceramic filtered water, hard water, soft water, tap water, ionized water, Grander water, Ludwig water, Ange water, Pi water, Living water, Miracle water, Willard water, Medical Grade Ionized Water,TM saline water, electrostatic water and BFRVTM water. Some waters are pure, but not healthful, while others are the harbinger of dis-ease and death.

Water is a controlling dietary factor in the aging process. Water underwrites health and vitality.

Water Questions

Some water is so dry, you can hardly get wet, while other water is very wet. Many factors affect water's qualities: ORP (oxidation reduction potential), pH, mineral load, chemical load, bond angle, vibrational memory, smell, feel, hardness, softness, molecular size, hydroxal load, etc.

Why does some water taste good and some not? Why does some water quench your thirst while another water satisfies so poorly that we avoid it? Why do some religions erect shrines around certain waters? Why are certain water holes around the world called health spas? Why is water used in the rite of baptism? Why do plants grow better when it rains than when irrigated? Is all rain water the same? Why is water used as the transport medium for pesticides and herbicides? Why are “poisons”—like fluoride and chlorine—added to drinking water? Why do people camp near lakes and rivers? Lastly, what does water have to do with reversing the aging process?

Water & Body Fluids

There are THREE body fluids: blood, lymph and amyloid. Blood and lymph are “classified” as liquid “tissues”—and water is their “foundation!” Both tissues are “soluble!” They are the body’s primary “protein” communication system as opposed to the endocrine and nervous systems which are electrical and hormone-based systems

The “third” body fluid is called “amyloid” fluid. About 85-90% of this fluid “circulates!” The remaining 10-15% is of IMMENSE importance to the aging process. [Please refer to Chapter 36, SilkWorm Blues for a full discussion.]

All four waste corridors—SKIN, LUNGS, KIDNEYS and BOWELS—rely on water! We need water to sweat, bleed, blow our nose, breathe, menstruate, spit, cough, and defecate. Without water, the mucous membranes lining the air passages and gastrointestinal tract cannot function.

Water is the ONLY dietary substance over which we can exercise complete and total control.

BFRV™ Water

► Please Note: The BFRV™ trademark replaces the “abandoned” BEV acronym DUE TO ongoing infringement and “bootlegging” by individual(s) offering water processing equipment under the “pretense” their equipment fulfills the “terrain” management CONCEPTS of the *Young Again Protocol™*

Water & Conception

Water interfaces with every system in the body at the most fundamental level of human existence. “Choice” in drinking water is of immense importance.

Your author’s choice of drinking water is called BFRV™ water. It has a “conception point”™ ORP (oxidation/reduction potential)—which is where the egg and sperm were when they “joined!” This gives new meaning to the word “water!” [See page 306 for a diagram of core issues surrounding “water!”]

Your authors choice of “therapeutic” water is Medical Grade Ionized Water™ (“MGIW™”)—which is made from BFRV™ water and racemized™ sea minerals. MGIW™ water has an extremely high ORP! [Your author does not care about alkalinity—only the “ORP.”] [Please see and study page 306.]

“Pure” vs. Body-Friendly Water

Experts like to talk about “pure” water, but they can’t agree on exactly what pure water is. Chemists claim distilled water is “pure”—and it is “purer” than raw tap water—but it’s not particularly healthy as a drinking water.

“Pure” water is void of ALL substances except one oxygen and two hydrogen atoms and their respective electrons. Pure water should be “FREE” of sick vibrational memories imposed on it by the contaminants that were part of the water prior to processing.

BFRV™ water is pure and does not carry pollutant “memory!” It is also “restructured”—and has a right-spin energy “footprint” that acts as a liquid magnet for the release of tissue waste—and as a “transport” for shuttling tissue waste out of the system.

Cohesion & Adhesion

Please refer to the water molecule diagram on page 79. Notice the hydrogen bonds connecting the H₂O water molecule inside the box “linking” to molecules outside the box. Hydrogen bonds cause water molecules to stick together. The effect is called “cohesion.” The stronger the hydrogen and molecular bonds, the more cohesive is water. The more cohesive water is, the more ENERGY it contains, the more waste it can transport out of the body, and the better people feel when they drink it. BFRV™ water is VERY “cohesive!”

High-energy water “coats” things. The phenomenon is called “adhesion.” The stronger the hydrogen and molecular bonds, the greater water’s adhesion qualities and its affects on health and longevity. BFRV™ water is VERY “adhesive.”

BFRV™ water is further enhanced by manipulation of the hydrogen and molecular bond angles within and between water molecules. The drawing on page 79 shows a hydrogen atom connected to an oxygen atom at an “angle.” So-called “normal” bonding angle is 104.50 at room temperature and 1090 when frozen. The BFRV™ protocol™ enhances the “life-force” and energy “footprint” and “signature” of water molecules so inter molecular and intra molecular bonding angles within and between molecules can “float” and the water can do its job when taken into the body.

Water containing inorganic minerals, toxic chemicals, viruses, bacteria, radioactivity, etc. has POOR cohesion and adhesion qualities—as well as WEAK hydrogen and molecular bonds. These are a few reasons “why” raw

tap water is unhealthy to drink. “Leaky-gut” is another serious side effect of raw city water. [See pages 69, 85, 94, 135, 180, 237 and 243.]

Pollutants “hitching” a ride on the H₂O (water) molecule weaken water’s magnetic footprint and electrical signature, leaving water with little energy to donate to the body and even less energy for transporting wastes out of the system. [See bent/polar water molecule diagram on page 79.]

[BFRV™ water should NOT be left exposed to air or stored in metal or common plastics because it “attracts” contaminants. BFRV™ water is either stored in its own system, in glass bottles, or in special BFRV™ containers.]

[It is not unusual for people who drink BFRV™ water to experience easing of sinus and lung congestion. Most people feel better and have more energy when they drink more water and add racemized™ mineral electrolytes. Bowel habits also change. Non-water drinkers become water lovers!]

People say “This water feels different in my mouth and body. I feel good when I drink it!”

Rules Of Water • Alkalinity/Acidity

Your author has three “STRICT” rules regarding water. Rule #1: Get people “off” city water! Rule #2: Get people to drink more water. Rule #3: Get people to use racemized™ sea minerals in whatever water they choose to drink. Follow these rules—and the rest is easy!

Distilled and common reverse osmosis waters are NOT particularly good for the body—although they are far better than “raw” city tap water. Still, purity is questionable and their ORP is NOT good. These waters must be “restructured” before the body can “effectively” use them. Instead of energy donors, these waters “rob” your body of vital “chi” energy!

High “ORP” MGIW™ water carries ENERGY in the form of “free” electrons. Oxidized city water is “dead” water. Reduced MGIW™ water is “live” water. [Mitochondria within the cells use MGIW™ water’s extra “electrons” to produce ATP—the body’s energy molecule.]

The “pH” of drinking water is NOT the issue—but the ORP is! Alkaline water does not make the body “alkaline” any more than vinegar, Kombucha tea, sauerkraut and lemon make the body “acid.” High ORP “reduced” water causes the body to “deacidify”—which is NOT the same as being more “alkaline!”

[See pages 94, 109, 117, 126, 171, 219, 258, 306 and 354.]

We want the body to be less acid, NOT more alkaline. They are NOT the same concept.

Skin • Sweat • Lungs

The skin is a mechanical barrier to infection from outside elements and pathogenic organisms. Insufficient water intake and bathing in polluted, highly oxidized city water stresses the skin and ages the vital organs.

Failure to drink enough water denies the body the opportunity to “shed” waste by sweating. Sweat carries toxic waste energy out of our body. The ability to freely sweat is a good SIGN. Otherwise, waste builds up in the subcutaneous tissues, closing waste exit portals and forcing the waste “load” onto the kidneys, lungs, bowels and liver!

Soluble waste that is not “exported” from the tissues is “stored” in fatty tissue beneath the skin. Failure to drink enough water “stifles” waste fluid circulation. Low hydration levels result in low blood and lymph fluid volumes and decreased oxygen levels—raising blood pressure and pulse rate.

Water & The Lungs

The lungs rid the body of waste “energy.” The lungs are VERY dependent on mucous secretions to protect delicate tissues from airborne contaminants. Mucous production is dependent on water intake. Low hydration levels in the tissues cause the mucous membranes lining the mouth, throat, respiratory system, vagina and GI tract to come under severe “stress!” Mucous lubricates the nasal passages, bronchials and lungs, transporting wastes OUT of the body. Mucous coats and protects the lining of the vagina, stomach and intestines. Conditions like colitis, diverticulitis, leaky-gut and irritable-bowel have their roots in “stressed” mucosa lining. Many dis-ease symptoms vanish when water intake increases.

“Cries” For Water

The term hypovolemia comes to mind. It refers to a condition of low fluid [blood and lymph] volume in the body. Sexually “impotent” men and women [yes, women!] often suffer because of insufficient “water” in the blood and lymphatic systems. If hydration levels are low, the pulse rate is usually elevated. Underhydration is a problem of EPIDEMIC proportions for much of the population—particularly among the elderly and sick. Both are notorious for NOT drinking enough water—and their health problems are a direct reflection of it. Low fluid “electrolyte” levels goes with this problem. [These are a few more good reasons “why” everyone should drink plenty of water and use racemized™ sea mineral electrolytes.]

The body responds to fluids containing “water” such as milk, juice, soft drinks and beer as “food.” This is “why” they should be “chewed” and mixed with saliva. All food—even good food—imposes stress on the system. [Eating “healthy” and “chewing” food are fundamental concepts.]

Avoid raw city water for drinking, bathing —and especially for enemas and High Enema Therapy.™

Illness & High Enema Therapy™

“Bile” production and flow are dependent upon water intake—and without enough water, liver and gall stones form and indigestion and kidney problems develop. Other water “related” conditions are arthritis, fibromyalgia, gout, lupus, leaky-gut, sinus issues and asthma—just to mention a few!

One of the VERY best “water” remedies for any health problem—and especially bowel and digestion issues—is High Enema Therapy.™ Some people have “hang-ups” about this simple procedure. They think it’s weird—even “unnatural!” But it’s not a big deal—just a new experience done privately in your own bathroom. Besides, growing old and suffering and losing control of your life is NOT natural, either! So “get used to the idea!” It’s a simple and inexpensive water-based health procedure that is both “preventative” and “therapeutic!”

[Common cleanse programs do NOT cause the body to release soluble waste “stored” in the fat beneath the skin—where it is under “lock and key!” That is the purpose of High Enema Therapy™ and the *Young Again Protocol*™(s).™]

People often say “Oh! I don’t need High Enema Therapy!™ I go every day!” Regularity is NOT the issue here. Moreover, properly done High Enema Therapy™ is NOT about “cleaning” of the colon. The primary purpose is to “stimulate” the nerve plexus feeding from the bowel wall to the vital organs. The second purpose is to increase the flow of “bile.” [This procedure is the MOST “crucial” health maintenance technique your author teaches people. Nothing is more “fundamental!]

Consumption of 14-day old Kombucha tea increases bile-flow and helps to deacidify the “terrain.”

When the most popular cowboy in movie history died, over 70 pounds of mucoid matter was removed from his colon upon autopsy. The odor was beyond description! The great actor’s transverse colon—the part that hangs over men’s belt line—was almost 12” in diameter—but the lumen [opening] through which waste flowed was only one “inch” in diameter! Elvis suffered similarly. The lumen of a “healthy” colon should be fully “open” and the colon should not “sag.” [To tighten-up the waistline, do High Enema Therapy,™ get plenty of exercise, and do lots of load-bearing activity! A “pot belly” on a man is also “linked” to a sluggish thyroid. Use HST™ for this!]

When a man’s belly hangs-over his beltline, or fills a women’s pelvic area, you are seeing a VERY engorged and prolapsed (sagging) colon—full of waste!

Deep Breathing • Aerobic Exercise

Deep breathing provides wonderful benefits—as does aerobic exercise in “moderation!” Both procedures are dependent upon proper hydration and

blood electrolyte levels. These are simple and effective ways to increase oxygen levels in the blood and tissues, stimulate immune activity, and circulate lymphatic fluid movement. Deep breathing also builds mental focus and a sense of well being. Both Yoga and Pilates utilize breathing techniques.

“Use it or lose it!” sums up the problem of insufficient physical activity. Low fluid volume, low oxygen levels and sluggish lymph circulation go with an “acidic” terrain. The L/CSF™ machine solves waste, oxygen and circulation issues with very little effort—especially for the sick, elderly and obese. [See pages 132-3, 160, 195, 261, and drawing on 382!]

Soft Drinks

People “think” soft drinks and alcohol are substitutes for “water”—but they are not! Soft drink consumption is epidemic, and the problems that spring from it are as SERIOUS as heavy alcohol usage—and far more insidious, too! Soft drinks upset the body’s calcium: phosphorous ratio and are highly “acidic”—playing havoc with body chemistry and pH. Sugar in soft drinks “steals” mineral electrolytes and speeds aging. The negative effects of “artificial sweeteners” on the “terrain” is beyond description! [The name “soda pop” derives from the high sodium levels they contain.]

It takes 40 glasses of high ORP Medical Grade Ionized Water™ [with a pH of 10+] to offset the pH plunging effects of one can of soda. [See pages 220 and 306.]

Soft drinks are socially acceptable and are believed to be safe to drink. They are “different” than cigarettes, coffee, drugs and alcohol because their “long-term” effects DO NOT manifest in “real time”—avoiding any “aging” connection!

Soft drinks accelerate aging by “chelating” minerals out of the body—especially in women!

Energy Production & Water

Water supplies oxygen that is used in respiration at the “cellular” level—in addition to the air we breathe. Cellular mitochondria use oxygen to burn [oxidize] glucose sugars during the Krebs Cycle and glycolysis. The Krebs Cycle is a “flameless” catalytic process that “frees” hydrogen ions from the water molecule in the electron transport chain within the mitochondria where “cellular” respiration occurs and where our energy molecule “ATP” is produced. [Sore muscles from overactivity are the product of lactic-acid formation due to oxygen shortfall during strenuous activity.]

BFRV™ water—and especially high ORP Medical Grade Ionized Water™—supply free electrons used in the Krebs Cycle—fueling cellular metabolism. When people drink these waters, they say “WOW!” Purity, ORP, memory and molecular size are the issues here. Water affects the “terrain!”

Ionized “Therapeutic” Water

Therapeutic water is used in special Japanese clinics to restore the health of people suffering from deadly dis-eases. In a “clinical setting,” clinical equipment is used to produce high “ORP” water with “therapeutic” qualities. In the home setting, small-scale laboratory equipment is used to create Medical Grade Ionized Water.TM

To make MGIWTM water, BFRVTM water is ionized with racemizedTM sea minerals to raise electrolyte levels high enough to provide an electron “substrate.” Next, electrical current “frees” mineral electrons and concentrates them, creating MGIWTM water. Processing time is 10 minutes. When done, you have one-half gallon of water; one quart each of oxidized and reduced waters. One is drunk; the other is used for the skin and hair—and for “mist-ing” leaves of ornamental and food plants.

Electrons “stripped” from the racemizedTM acid elements like sulfur and phosphorous are super bonded to alkaline elements like calcium, magnesium and potassium. The process is simple and has nothing to do with “alkalinity.” It is the high “ORP” that we are after—NOT alkalinity. “ORP” potential is a measure of the free electrons water is carrying. “ORP” restores the “terrain”—not alkalinity!

Medical Grade Ionized WaterTM defies all the laws of physics, chemistry and valence. It is “strange” stuff!

[Medical Grade Ionized WaterTM CANNOT be made from raw city water because the electron substrate is insufficient to produce the desired “ORP!” Besides, water-borne contaminants are concentrated and made worse using “raw” city water. These are the “problems” that are encountered when making so-called “alkaline” water from raw or filtered waters.]

pH & ORP

pH is a measure of acidity and alkalinity. ORP is a measure of free electrons in solution. Raise the ORP potential of BFRVTM water, and you drive-up the pH as well. “ORP” provides the benefit associated with so-called “alkaline” water.

Medical grade “reduced” water has a pH of 10-11 and ORP potential around <-> 900. Without a highly elevated “ORP,” pH is meaningless! Water choice based on “pH” is a “moot” issue! We do NOT want the “terrain” to be “alkaline;” we want it be “less acid”—and these are NOT the same concepts. Drinking alkaline water to become “alkaline” is ludicrous! “Bile-flow” and “release” of tissue-bound acid waste is the path.

“Oxidized” acid water is for external use, with a pH between 1.5-2.4 and ORP of (+)1200. Despite the very low pH, the water does NOT burn delicate tissues like the eyes! What it does do is destroy ALL pathogenic organisms like bacteria, viruses, yeast and fungi by stealing their “electrons!”

[High ORP oxidized (acid) water creates beautiful skin, heals wounds and infections, and promotes a youthful appearance. A video showing a Japanese man growing a new “foot” with “water” is available, along with documentation of the water’s effect on pathogenic organisms. See Source Page 429.]

High ORP alkaline water is the exact opposite of high ORP acid water. Acid water is highly oxidized [stripped of its electrons] while high ORP alkaline water is highly reduced [loaded with extra electrons]. “Reduction” is an organic biochemistry concept and term indicating that a substance gained electrons and its positive valence is increased. Electrons are the “key!” With the marriage of BFRV™ and Medical Grade Ionized Water(s),™ many benefits are available in the home!

[MGIW™ water does NOT cure dis-ease! It restores the “terrain!” Controlling the terrain is central to the development of the BFRV™ Protocol™ as documented in the BFRV™ manuscript. [See pages 104, 117, 126 and 306.]

Fatigue & Water

“Underhydration” goes hand-in-hand with fatigue. So does excess acid waste accumulation. Fatigue and muscle soreness generally follow strenuous activity, due to depletion of ATP reserves and slowing of mitochondrial activity. When we “overdo,” we experience muscle soreness because “acid” wastes have overloaded the tissues. Lactate formation occurs when there is a shortfall of available oxygen at the cellular level, leading to incomplete oxidation of glucose sugars. Lactate is the salt of lactic acid which is the waste byproduct of fermentation in the presence of insufficient oxygen within the cells. During the sleep cycle, the body breaks down lactate and other wastes and soreness eases. The healthier you are, the more efficiently your body will burn glucose and the more efficient the vital organs function—and the less “acid” you will be!

Drinking Medical Grade Ionized Water™ helps reverse the aging process.

Urine

Urine is the metabolic waste byproduct of the kidneys. An examination of urine produces clues as to “what” is happening in the body. Blood pH is “critical” and is maintained with extremely narrow ranges. Urine and saliva pH are less critical—but they are excellent “indicators” of “circulating” acid waste that is easy to measure at home without medical oversight. “Structural” tissue waste is a totally DIFFERENT issue and is outside the pH of circulating body “fluids” The pH story as it relates to “structural” acid waste is discussed in Chapter 36.

Most people’s urine pH is below 6.0. According to a nurse friend of mine, 90% of the people she checks have a pH between 5.0 - 5.5. She says this is “normal.” Looks to me like she is prophesying a nation of sick and dying

people. [Your author's urine pH raised from 5.1 over a period of eight years and finally stabilized at pH 6.8. This is ideal!]

Low urine pH is a RED FLAG for cancer and hundreds of other age-related dis-eases. Cancer usually manifests when urine pH drops to 4.5. Saliva pH is usually one point higher.

Low body fluid(s) pH is NOT desirable unless the body is "cleansing." It's common for urine and saliva pH to "go acid" for 5-10 YEARS when following the *Young Again Protocol*^{TM, TM}. It takes YEARS for tissue "acids" to release and exit the body. Eventually "terrain" and fluid pH normalize.

Water pH • Sodium

Most city tap water has a pH of 7-9 and is in a highly oxidized state with no life-force and very toxic! "Drinkability" is not the issue here! Please "study" page 306.]

For each whole number up or down the pH scale, acidity or alkalinity is ten times greater or lesser. At pH of 8, tap water is 10 times more alkaline than at pH 7. But at pH 9, it is 100 times more alkaline. The pH scale is "logarithmic" by a factor of "10!" To raise the pH of water from 7 to 8 requires large amounts of "buffers!" Lime (calcium carbonate), sodium, magnesium, aluminum and potassium all raise pH. Cities use sodium hydroxide (lye) to manipulate pH. Sodium hydroxide (NaOH) is extremely alkaline (pH 12) and sodium is toxic to the cells. People with cancer should NEVER drink "raw" city water—nor should anyone else who wants to stay healthy and live a long life. "Choice" of water has consequences!

Casts & Albumin In Urine

Casts are sometimes found in urine. They are aptly named. Casts are deposits of mineral salts (like the ones in city drinking water), hyaline and plasma proteins (albumin) that have taken on the shape of the kidney's "tubules." The tubules filter urine wastes and form "casts." Casts are a RED FLAG! They're indicative of pH imbalance, high cholesterol, underhydration, excess waste and mineral salt overload.

Albumin is a blood and lymph plasma "protein." Excess albumin in urine says "kidney trouble! [See A/G ratio on page 113.] Carbamide is "lost" in urine—and some folks drink their urine to recover lost carbamide. This ancient practice "SHOCKS" the system and gets GOOD results—but few people are willing to use the procedure unless they are "dying!"

Urine tells a story. If you drink plenty of water, it should be straw colored between meals and bright yellow after meals. The doctor usually wants a urine sample from the first urination of the day. The first urination is usually dark with strong odor and cloudy. Failure to drink enough water will give a similar effect. Too much table salt and a bio-junk diet and poor digestion

compounds the problem. If you sweat heavily and don't offset fluid and electrolyte loss, strong, dark colored urine appears—and urination may even be painful!

[Go on a "strict" three-day, fresh lemon juice, honey/maple syrup and cayenne pepper fast! The first urination on the second day will be extremely dark. Collect it in a small "clear" bottle and set on a shelf and it will form dark brown diamond shaped CRYSTALS of plasma protein waste byproducts—such as uric acid. Read *The Miracle of Fasting and Your Own Perfect Medicine*. See Source Page 429.]

Kidneys & "Heart" Connection

The blood is filtered by the kidney's nephrons at the rate of 250 gallons a day or 1000 quarts every 24 hours. A weak liver is unable to do its job and filter-out blood-borne wastes—greatly burdening the heart and causing kidney "overload!"

Build-up of amyloid tissue waste and a sluggish lymph system is the perfect old age recipe!

When you hear of someone with congestive heart failure, "KNOW" that their heart muscle is growing "weak" and "tissue-bound" amyloid waste is "holding" water. A sluggish lymphatic system and poor kidney overload go with the territory as the lungs "fill" with excess fluid—and eventually the sick person slowly "suffocates!" [Congestive heart failure IS a very nice way to die. In the old days the condition was called "dying of old age!"] Congestive heart failure is NOT a dis-ease. It can be reversed if the body terrain is restored "quickly!" Total cooperation of the individual is needed—along with a very strong will to live. "A horse cannot be made to drink!"

God is more inclined to answer prayers when people take charge of their lives and do their part.

The Bowel

When we are young and healthy, we experience good bowel movements because bile flow is strong, muscle tone is good, and we get lots of exercise. But, as we grow older the story changes—and so does our health! Visit a doctor who thinks "basic" and one of the first questions he will ask is "How often do you move your bowels?" Your answer tells a story.

The word bowel comes from the French and Latin. It means sausage [intestines resemble sausage]. Next time the question is asked, your response should be "I move my sausage," Better yet, stay away from doctors!

Freud said we are obsessed by defecation in our early years of development. He called it the "Anal Stage." Gandhi was once described as a man who had been "over potty trained." Perhaps great people are "anal retentive?"

Even Lawrence Welk had a thing with constipation. He pushed a

laxative on his show. The laxative company had a smart marketing team. They knew that people over age 40 were the “target” audience! Today, the target audience is anyone over five years. Bowel and digestion problems are liver problems! [See pages 46, 69, 150, 178-180, 195, 240, 318, and 234.]

High Enema Therapy™ • Fever • Illness

Water has many uses besides drinking and bathing. It can be used to break fevers, relieve constipation, cleanse the colon, and stimulate flow-bile from the liver. The first thing mom did when we children were sick was to give us an enema and “empty” the lower bowel. It worked well!

[In 1983 your author pushed himself too hard and became very ill with the flu. My temperature reached 106.0 F. I was in serious trouble! At two in the morning all I could think of was to crawl into the bathtub and turn on the cold water. It didn’t help! In desperation, I gave myself a warm water “enema” and emptied my lower bowel. Within 15 minutes the fever dropped to 100.0 F and I recovered quickly!]

Hemorrhoids • Constipation • Prostate • Acid Reflux

Hemorrhoids and appendicitis are first cousins—as are colitis and diverticulitis and acid-reflux! Each sets up house for the other. Constipation [less than 3 bowel movements per day] underwrites these miserable conditions. Poor bile-flow and a messed-up liver are “THE” central issues!

Adequate water intake insures a soft, moist stool—and without it the stool is hard and dry. Dietary fiber holds water—making defecation easier—and acts as an intestinal broom.

A hemorrhoid is an engorged, swollen rectal vein—and people have all kinds of crazy ideas about them. Bottom line, hemorrhoids result from insufficient hydration, poor bile-flow, constipation and “failure” to get into the native “squat” position when defecating on the toilet!

To solve the hydration issue, drink 2 BIG glasses of water with race-mized™ sea minerals immediately upon rising! Then, at each urination, drink water and minerals. Frequent urination “robs” you of bowel activity. A full bladder puts pressure on the colon, stimulates peristalsis, and produces the gas and cramps associated with a bowel movement. Also, eat plenty of raw vegetables, apples and dried prunes, get adequate exercise, drink lots of Kombucha tea, and use Colon Prep Formula™ and Yucca Blend™ to increase bile-flow!

50% of men between 35 and 50 years of age have sub-clinical prostate issues. Eventually every man deals with this “male” issue. Obesity, under-hydration and poor diet are factors as are dysfunctional liver, hormonal imbalance, constipation, and lack of essential fatty acids. [A backed-up bowel

pushes against the prostate allowing bacteria to migrate into the prostate and create inflammation and swelling called prostatitis.]

An enlarged, hardened prostate is the male “equivalent” of thyroid problems in woman. Men who fail to expel semen regularly have far more problems. Older men are known for “dribbling” when urinating. They can’t “make water!”

When a man is young, all he thinks about is making love. In his middle years, all he thinks about is making money. When he becomes OLD, all he thinks about is making water!

Become *Young Again* and you can have it all!

PREVIEW: *In our next chapter you will learn how to take better care of your teeth and gums, and save thousands of dollars in dental bills. You will also learn how to feel good!*

Fix The Problem!

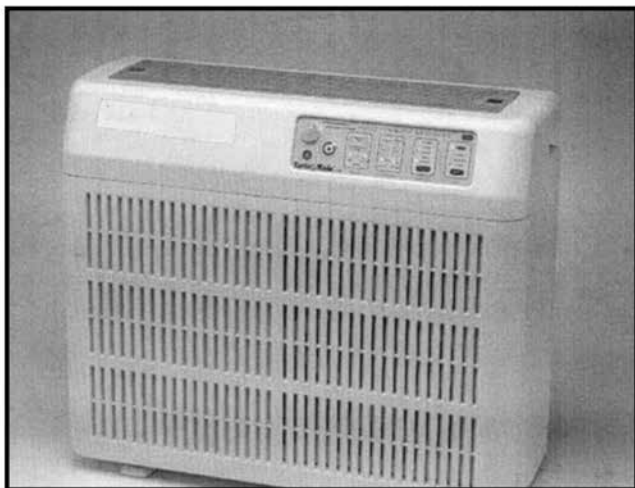
Men who want to “fix” their prostate will cooperate and do High Enema Therapy™ and take R/Prostate I & II. They will also learn how to “milk” their prostate—at home in a hot bath—the same way that you “milk” the gallbladder! These days, young men as early as age 32 are “suffering” and it gets worse the older you get—unless you do something to change the “script!” Surgery—by knife or laser—is a crummy option—and very high risk, too! So what’s it going to be, fellas? Prostate is a “terrain” issue! [See pages 77, 99, 105, 159, 185 and 292.]

Stones & Nails

“Stones” in the gallbladder and “nails” in the liver are “calcified” waste material removed from the blood by the liver—waste that “stagnates” instead of leaving the body every day so the body will not turn overly “acid!” [See pages 245 and 343.]

CRP & A/G Ratio

“C” Reactive Protein (CRP) measures “infection” without “fever”—as in “infected” teeth and prostate. Ideal score: “0.” A/G Ratio measures where you are “at” between birth and death. [Scale: 1.0—2.32; the higher the better!] Most folks are 1.25—1.6. Your author is at 2.32—and it took 8 years to get there! [See pages 179 and 296.]



BFRV™ “Home & Office” Air Processor

There are TWO things that “dominate” daily life. One is the quality of the air we breathe—and the other is our choice of drinking water. Your author considers both air and water to be major “terrain” management “factors” for a healthy life.

The BFRV™ Air Processor fulfills the terrain management concepts of the *Young Again! Protocol™* as outlined in this book. Look what a BFRV™ Air Processor does.

- Stage 1: Filters particulates out of air.
- Stage 2: Absorbs toxic chemical off-gases.
- Stage 3: Hospital-grade HEPA filter removes allergens.
- Stage 4: Oxidizes and absorbs “acidic” ambient air waste.
- Stage 5: Germicidal & ultraviolet destruction of microbes.
- Stage 6: Photo-Catalytic Oxidation for “absolute” air quality.

The BFRV™ Air Processor is absolutely “effective” on circulating in-house air pollutants—and it is very economical to own. Considering how much time people spend “indoors,” “healthy” air has profound “health” implications.

Your author has never before offered an air “processor” with the quality BFRV™ trademark. This extremely high-tech, economical unit is a 21st Century solution to a very old problem affecting people’s lives and “terrains!” Terrain management includes the water we drink AND the air we breathe!

Specifications: Dimensions: 22” x 18” x 8.” Weight: 23 lbs. Air Flow: 400 cfm free; 265 cfm loaded. 110v. Warranty: 2 years.

[See Source Page 429 for your Source Packet!]



I FEEL GOOD

“Stress is like a chicken. It always comes home to roost!”

John Thomas

We describe the way we feel in terms of black and white. “I feel good!” “I’m sick!” People don’t like shades of gray when it comes to the way they feel.

If we substitute the word aerobic for good and anaerobic for sick, our descriptions shift from black and white to gray. Our words no longer appear to carry the same meaning, but they do help us better understand WHY we feel good or sick.

Breathing • Respiration

When we are aerobic, we are “with air.” When we are anaerobic, we are “without air.” Both of these states of being are influenced by the way we breathe.

Shallow breathing encourages the accumulation of wastes in the tissues and accelerates aging, while deep breathing causes the body to shed its wastes and rejuvenate itself.

Shallow breathing creates an oxygen-starved body, windedness, low energy and poor focus. Deep breathing produces an oxygen surplus, endurance, high energy and a steely focus. Breathing is central to the yoga experience.

Exercise and strenuous activity promote deep breathing and endurance. Endurance implies that a person is in an “aerobic” state—mentally and physically.

“Respiration” takes place on two levels: external and internal. External respiration is somewhat of a mechanical process that occurs in the lungs—while internal respiration is more esoteric; it takes place in the cells.

The exchange of carbon dioxide (CO₂) and oxygen (O₂) in the lungs is called external respiration. The exchange of CO₂ and O₂ at the cellular level is called internal respiration. Both processes are of great importance.

Glucose [Blood sugar!] is burned [Oxidized!] at the cellular level within the electron transport chain of the mitochondria. The production of the energy molecule “ATP” is WHY we eat food and drink water. Food should produce energy! 40% of our energy should derive from fats and oils; 40% from proteins, and the balance from carbohydrates. How efficiently these energy “sources” are processed depends on the “terrain!”

Clinical vs. Subclinical

Aging occurs at the cellular level BEFORE it appears in the mirror. We “see” aging on the physical—Third Dimension level—but we need to understand “aging” as an energy “concept” rooted in other “dimensions.” Aging transcends the Third Dimension where we live out our lives.

Doctors use “observable” SIGNS to diagnose dis-ease because they are clinical proof. Symptoms are not observable—but they are subclinical evidence that things are amiss.

When you are clinically ill, you are usually under a doctor’s care, in the bed or perhaps in a hospital. Clinical illness is OFFICIAL! “Clinical” means you are in trouble! The doctor uses SIGNS to conjure a “diagnosis,” moving the patient from “subclinical” to clinical status. [People “THINK” they go to the doctor to find out what is wrong with them—when they really want to know “what” to do to regain control of their lives. There is a “disconnect” in the doctor/patient relationship!]

Subclinical illness is the “occult” or hidden stage of dis-ease—and takes place at the subtle-energy level of our existence. It is a gray state of being—often described as “Feeling a little off!” People tend to ignore these “off” feelings—hoping they will go away. In time, however, symptoms give way to SIGNS—and an official diagnosis from the doctor.

[Most people live out their lives at the subclinical level—in the twilight zone between true health and official dis-ease. At the subclinical level, abnormal is normal and black and white become blurred among shades of gray!]

Aerobic/Anaerobic Microbes

Aerobic and anaerobic “states of being” influence health and dis-ease. The aerobic state is a right-spin condition, while the anaerobic state is a left-spin condition. These energy “states” dictate the type of microbe (bacteria, virus, yeast or fungus) that develops, inhabits and prospers in the “terrain!”

Pathogenic microbes LOVE an anaerobic environment. They are blamed for causing dis-ease, but they are blamed unfairly. The microbes are only actors fulfilling their assigned roles—roles dictated by our chosen lifestyles and the “state” of our terrains.

If we dissect the word pathogenic, we get: path-suffering, disease; gen-producing, giving rise to; ic-pertaining to. When a condition is described

as “pathogenic”—it displays certain “agreed-upon” SIGNS that elevate the situation to “clinical” status. Pathogenic conditions are “morbid” conditions—hence the term morbidity—as used in life insurance company morbidity tables to predict death rates among a population. A pathologist is a specialist in pathology, which is the study of the nature of dis-ease; its causes, processes, effects and alterations of tissue structure and function.

Microbes And The Terrain

Microbes “change” form according to the environment of the host’s terrain. Hence, they are referred to as “poly” or “pleo” morphic because they “adapt” to their environment and only “appear” to be different species of organisms—medical opinion to the contrary notwithstanding!

The bio-electric body depends upon non-pathogenic “aerobes” to maintain peak health. Aerobes are non-pathogenic bacteria that LIKE an oxygen RICH environment. Stressed acid-waste filled terrain environments cause aerobes to “mutate”—and become anaerobic organisms that prefer oxygenless environments, [The prefix an means “without!”] or “facultative” anaerobes that can tolerate oxygen—but don’t require it. A sluggish or constipated bowel is “friendly” to anaerobes—and pathogenic microbes take full advantage of it!

When “aerobes” morph into “anaerobes,” they turn against and ATTACK the host—you and me! Included here are bacteria, viruses, yeast and fungi—all of which live in the blood, which is NOT a sterile medium as believed by “experts!” These organisms are forever PRESENT in the terrain—“waiting” only for a signal to trigger proliferation and take over of the terrain!

From the moment of conception, our blood carries the SEEDS of our own destruction!

Microbes common to the human body include staphylococcus—an aerobe often involved in skin infections; and clostridium—a facultative anaerobe that produces enterotoxins [Enterotoxin: related to toxins of intestinal origin; clostridium is responsible for deadly botulism]; E. coli is a very “good” colon facultative anaerobe—but one that kills when in “pathogenic” form! The job of pathogenic life forms is to “attack” and “remove” weak organisms from the Earth. Circulation of blood and lymphatic fluids is central to waste management. The heart “pumps” blood—but lymphatic fluids only circulate through movement, stretching and exercise. [The L/CSF™ machine circulates body “fluids!” See pages 107, 132-3, 160, 195, 261 and 382.]

Cavities • Dental Plaque

Cavities and periodontal “oral” conditions like gingivitis, pyorrhea and bleeding gums indicate pathogenic activity—and a very acid body terrain! Streptococcus “mutens” bacteria secrete a protective substance to shield

themselves from air [oxygen] while they dissolve tooth enamel. These facultative bacteria create and control their own environment so they can do their dirty work—and they NEED an acid saliva environment to do it! Teeth “become” a MAJOR issue—sooner or later! [Use a Bio-Magnetic™ dental irrigator and Oral Advantage to avoid and treat pathogenic “oral” conditions! [See pages 51, 79, 149, 187, 204, 233 & 329-30 and 351.]

[The *Young Again Protocol*™ deacidifies an acid terrain by dissolving and moving soluble acid wastes out of the body fat beneath the skin and down the toilet. Reduce acid waste levels in the terrain and you eliminate dental problems.]

[When the hygienist removes “plaque” from the teeth, she is “altering” the bacteria’s anaerobic environment. But cleaning does NOT stop new plaque from building-up again. In time, you must return and repeat the process.]

[Some hygienists and dentists coat the teeth with plastic to discourage bacteria from “etching” tooth enamel and creating cavities. If utilized as soon a child gets their adult teeth, 98% of decay issues can be avoided for an entire lifetime! Coating the teeth only works if used early-on!]

Equip your home with a bio-magnetic irrigator and you will save a fortune in dental bills. The irrigator also works on your dog’s teeth—that is with the animal’s own cleaning tip! Veterinarians charge \$150 + to clean an animal’s teeth. [Your author went over 8 years without need of teeth or root “cleanings!” Here’s how the dental irrigator works—and why every family should be own one.

Magneto-Hydro-Dynamics

Dental plaque is the “coating” secreted by bacteria to insulate themselves. Plaque has a negative (-) electrical charge on its surface—as do decay—creating bacteria!

When hydrogen ions are “freed” from the H₂O water molecule, they have a positive (+) “charge” that is the exact “opposite” electrical “charge” of dental plaque and associated bacteria. [Please review the diagram on page 79.]

The Bio-magnetic™ Irrigator uses magneto-hydro-dynamics™ (MHD)™ to keep teeth and gums healthy. MHD produces “free” hydrogen ions (H⁺) that “react” with negatively charged (-) plaque and bacteria as the “(+)” charged hydrogen protons wash against the culprits—oxidizing the bacteria’s and plaque’s negatively charged protective surfaces. It does this by “STEALING” electrons—a process referred to as “oxidation!” When plaque loses its “protective shield” the bacteria disappear! “Pic-type” dental devices are nothing but fancy squirt guns—whereas a Bio-Magnetic™ dental irrigator uses therapeutically “charged” water for a superior dental care!

[The process just described is an electrical event not unlike the rusting of iron or disappearance of aluminum window screens in a salty, ocean air

environment. Transference of electrons is the name of the game. Medical Grade Ionized Water™ also involves the transfer of electrons.]

Magneto-Hydro-Dynamics™ is a blend of vibrational medicine and technology! Do NOT expect your friendly dentist's office to tell you about this device. The industry will lose revenue if people realize they can care for their teeth and gums without them!

The smell of decay between the teeth disappears when you use the dental irrigator daily.

Birds Of A Feather “FLOCK” Together

Dis-ease is the “expression” of negative energy dominance! Contrary to conventional thought, “like” energy attracts “like” energy. The sick body becomes SICKER unless action is taken to change the “terrain” and break the cycle!

Low “vitality” indicates a negative energy “state” of being—and a “negative” energy body terrain “ACTIVATES” pathogenic microbes that “feed” on acidic, tissue-bound waste energy. An acid body CANNOT restore itself until wastes are “purged” from the system. The LIVER is the “door” out of the body for 90% of waste flow. Bile is the “transport” vehicle!

Deacidification of the terrain is AS fundamental to restoration of health as good food and water. Believe it!

The terrain of the bio-electric body dictates the EFFECT that food and water produce. The “terrain”—NOT the microbes—determines when, where and how dis-ease manifests itself. “Tuning-in” to your bio-electric terrain is a “proxy” for resetting your bio-electric clock!

Stress & Attitude

Put a person under mental or physical stress and dis-ease will “take form”—not because of the presence of microbes and “bugs”—but because stress is an energy condition that caters to pathogenic life forms that need an “acid” environment to do their job. Stress IS negative acid energy! Stress always seeks an outlet—and it chooses the course of least resistance to express itself. The healthier the “terrain,” the less affect stress has on the body and the more resistance pathogenic organisms face. The terrain controls!

Stress “attacks” old injury sites and settles into areas where there is weakness! Conditions like hepatitis, chronic fatigue, leaky-gut, asthma, arthritis, lupus, MS, fibromyalgia are antagonized by stress. Dis-ease only “seems” to appear out of nowhere. Dis-ease is a “terrain” issue!

Stress of “any” kind impacts the adrenal glands—causing them to produce EXCESS cortisol. Cortisol puts the body into “overdrive” and devastates women's hormonal balance! Life today in 2006 is so stressful that people live in quasi-permanent “OVERDRIVE!” They are NOT able to

“unwind” at the end of each day—or during the sleep cycle. So they “wake up” in overdrive—tired and stressed-out from yesterday—as they prepare for more stress today! Stress is the ultimate “wild card”—and its affects on woman’s hormones is devastating. STRESS is the absolute worst factor in modern day life! Burn-out and physical collapse are the product of EXCESS stress!

Stress affects conditions like diabetes, lupis, fibromyalgia, Alzheimer’s and MS because all have hormonal “links” to deterioration of the “neurilemma” (myelin “sheath” protecting the nerve fibers). Deterioration of Schwann’s cell activity at the “synapses” along nerve axons is BOTH a terrain and a hormonal issue. Behind the deterioration is an “ACID” terrain! [See synapse drawing on page 248.]

Schwann’s cells are responsible for keeping the receptor sites open for nerve signal Transmission. Maintenance of these specialized cells is crucial to good health—especially in women over age 35.

People “handle” stress when they are “under fire”—but when the heat is “off,” illness erupts and settles the score. Weight gain is very much a stress issue. Thoughts and attitude affect health—but attitude “alone” cannot overcome physical issues rooted in an “acidic” terrain. Excess cortisol levels go with suffering and adrenal “burn-out!” [PU™ de-stresses the system and gets the body “OUT” of overdrive! CWD™ is used to control blood sugar “swings!” “Low enema” therapy done morning and evening keeps the lower bowel empty and gets the “bile” out of the body. Dump the bile and you automatically “de-stress” the system.]

[As an aside, when on the verge of a complete nervous breakdown and collapse, retire to a completely dark room void of all light for 48 hours. Sleep, do enemas, take PU,™ fast and allow the body to “reset” itself before emerging!]

Dark Territory: Fever!

There are two kinds of “clinical” conditions: localized and systemic. A localized condition is specific to one area, while a systemic condition has the WHOLE body under siege. Systemic symptoms are things like vomiting, loose-bowels, rubber-legs, chills, fever, horrid gas and severe cramping.

Fever is the body’s reaction to a major terrain “assault!” Contrary to popular belief, fever serves a useful purpose by killing pathogenic organisms breeding and feeding on mucous congestion and tissue acid waste in the body. Fever is a hyper (elevated) thermogenic (thermo: heat-producing; gen: origin of; ic: pertaining to) condition. Fever is the EFFECT!

Antibiotics are useful against bacterial infections—but worthless against viruses. Even when antibiotic use is justified, there is a short-term/long-term trade-off! Better to use High Enema Therapy™ and deal with illness

BEFORE a high fever occurs or antibiotics are required. “Post” antibiotic use calls for use of R/C™ and MZ™ to repair damage to the gut wall.

[MX™ is the *Young Again™* answer to mucous congestion for ear ache, sinus and lungs. MX™ is modified DNA that causes mucous to “flow” and deny microbes a “breeding ground.” MX™ is not a drug. Mucous is one way the body expels waste. Mucous congestion occurs when acid waste levels overload the terrain. Clear Head™ is used to kill and destroy microbial overgrowth in the sinus cavities for instant relief.]

If fever is not allowed to go above 1060 degrees, it will denature and destroy bacterial and viral “proteins.” [The sick person must be kept fully hydrated and fluid electrolyte levels must be maintained with racemized™ sea minerals.]

[Drop the contents of a raw egg into boiling water and the egg “protein” will change form—becoming firm and solid. This is what a febrile (fever-producing) condition does to proteins of pathogenic organisms. Fever alters protein enzymes and structure—causing pathogenic organisms to die.]

[Historically, society has held strange views about the nature of fever over the years. For example, at the time of the American Revolution, people associated body lice with health. When fever got too high, the lice would leave and the person usually died. People came to associate the presence of lice with health. Lice = life. No lice = death. This is a good example of faulty thinking based on a faulty “model” which perpetuates an endless cycle of misery and dis-ease!]

High Enema Therapy™ is direct, physical intervention for restoring balance to the terrain.

Muscle Tone

When mineral electrolyte levels “collapse”—as in heat stroke or heat exhaustion—the effect is similar to the effects produced by microbial infection. Fever depletes mineral electrolytes responsible for maintaining muscle tone.

“Tone” allows us to maintain position and form. Without tone, we would be like a jellyfish. “Tone” of the connective tissues also affects vital organ function—and the vital organs are “vital!” These organs [heart, brain, lungs, liver, kidneys, pancreas, etc.) receive their orders from the involuntary parasympathetic nervous system and the voluntary central nervous system. Acupuncture, reflexology, chiropractic and High Enema Therapy™ stimulate vital organ activity by stimulating nerve-energy “flow.” “Tone” is very much a terrain issue affecting health and longevity. Exercise and hard physical work help maintain tone—as does terrain deacidification.

Medications

Drug usage is “chemotherapy” without the nuclear word attached! Drugs “alter” vital organ function and accelerate aging. Drugs are NOT safe! All drugs have “known” side effects as detailed in the “fine print” and verbal warnings on TV. Drugs are prescribed and justified on the same basis as chlorination and fluoridation of public water supplies and the spraying of food crops with “known” poisons.

If the “hoped-for” benefit outweighs the “supposed” known risks—drugs will be prescribed based on what the medical folks call “the standard of care.”

What is NEVER talked about is the long-term “toxic” effects of drugs on the vital organs. Contraindications associated with pharmaceutical drugs as listed in drug reference manuals and on product literature is enough to cause any thinking person to “opt out” of the conventional medical approach and go “alternative!” Medical care should be sought when life and death is the issue. Otherwise, why put yourself in harm’s way with drugs that carry “WARNINGS”?

“New” drugs are pushed by the pharmaceutical companies to replace drugs whose patents have expired. New drugs are MORE expensive and generally come with ever increasing RISK! People “differentiate” between prescription drugs and illegal drugs—but there is little difference between them! Drugs devastate liver function by compromising the hepatocytes. They do violence to the kidney nephrons (filters). These “functional” cells and tissues perform thousands of biochemical reactions necessary for maintaining a healthy “terrain!”

The *Young Again Protocol*™ avoids drug use by eliminating the need to resort to them.

Staying Healthy Until You Die!

Good health and longevity dictate that we live our lives in harmony with nature so we will have NO need of “drugs!”

Do you know anyone who has suffered from the side effects of drug therapy, or maybe someone who walked into the hospital or clinic for testing and was carried out—feet first? Apply the lessons in this book and you won’t need the medical system—and you will NOT become a medical statistic, either!

A dis-eased body is under “siege!” A healthy liver is fundamental to health, and any treatment modality—conventional or alternative—that fails to restore LIVER function, increase bile flow and deacidification of the terrain is DOOMED from the start. [Remember, 90% of the waste exiting the body is contained in the “bile”—and if bile-flow is not increased, the body is forced to “store” the waste in the fatty tissues.]

High Enema/Colon Irrigation Therapy

An enema is a “quick”—but incomplete—version of a colonic. A colonic is a DEEP enema. This book will only refer to High Enema Therapy™ (HET) since the bureaucrats seem to think they “own” the word “colon.”

Properly executed High Enema Therapy™ avoids the aging problems associated with sluggish bowels—which is just about every clinical and sub-clinical condition known!

One very interesting bowel issue is when the ileocecal valve becomes “LOCKED” in the “open” position. [The *Young Again (Tissue and Liver) Protocol*™ causes the ileocecal valve to restore itself.]

People with cancer usually have their ileocecal valve “locked” in the OPEN position.

The ileocecal valve CONTROLS fecal movement between the small and large intestine—as well as orchestrating digestion and absorption of food energy. The valve is located inside the cecum which is the fist-sized pouch from which the appendix “dangles,” six feet up from the anus. [See page 46.]

Properly executed HET causes the body to release the “chocolate pudding.” The pudding is the “stuff” of old age and dis-ease; it’s the stuff that feeds cancer! All bowel waste enters the colon by way of the ileocecal valve. The small intestine [“gut!”] ends and the large intestine [“colon!”] begins at the cecum—extending six feet to the anus. [See page 46.]

HET stimulates peristaltic activity and increases bile-flow from the liver and gallbladder while stimulating the nerve complex flowing from the intestinal wall to the vital organs. An enema is NOT a substitute for High Enema Therapy™—but enemas are very useful when traveling or where bathroom space is cramped or when a “quickie” is needed and there is not enough time or energy to do HET. [The *Young Again*™ Enema Kit is the perfect answer. See page 70.]

HET equipment is NOT expensive and it is the ultimate health management tool. Your author has used the same equipment for 30 years! The *Young Again!* Protocol™ calls for HET 2 times a week for life! [Some people consider HET to be “unnatural”—but it’s better and less expensive than losing control of your life!]

Begin today and you will SHOUT “I feel good!”—as you become *Young Again!*

PREVIEW: Our next chapter deals with the HIV virus and the connection between “weeds” and viruses.

Cancer

Cancer is no different than other dis-ease “conditions” in that if you recreate the conditions in your body that caused it to appear the first time, it will come back to haunt you. Cancer is a “terrain” issue. It is NOT something you “catch!” Like malaria, hepatitis and other “liver” conditions, cancer just has a different name. The price that each of us must be willing to pay to avoid major dis-ease is “ETERNAL VIGILANCE!” Give your body the opportunity to show you what it can do!

Body Fluid Circulation

Circulation of body fluids is dependent upon physical movement, exercise, activity and work. Lymph and cerebral spinal fluids must circulate or the body grows “old!” One of the best ways to circulate these fluids without “exercise” is to use the L/CSF™ machine. [See pages 107, 132, 160, 195, 261 and 382.]

The Golden Years!

“The ‘golden years’ have come at last! I cannot see; I cannot pee; I cannot chew; I cannot do; my memory shrinks; my hearing stinks; no sense of smell; I look like hell; my body’s drooping; got trouble pooping. The ‘golden years’ have come at last!” The “golden years” come earlier than they used to—and “They are NOT golden!” Aging is the nice way of describing the ultimate dilemma. Having “control” of one’s health IS as golden as it gets! Apply the lessons in this book and you will realize your wishes and enjoy a golden, healthy future, too!

People & Pets

Dogs and cats are people with “four legs.” They suffer from the same problems that humans do—and their bodies respond and rejuvenate similarly, too! Because pets live shorter lives, they age and respond faster than do humans to simple lifestyle and dietary changes. Hormone issues are part of animal aging and longevity as they are in humans. Acid “excess” destroys animal health—and the animal liver fails just like the human liver. Animals get fat and go down to diabetes, arthritis, heart attack, stroke and cancer—just like humans do! Treat your pets like you would treat yourself with the following items: Pac’s, R/C,™ racemized™ algae, liver, Yucca Blend™—and racemized™ sea minerals in their water. It’s easier to keep pets—and people—“healthy” than it is to restore their “terrain” late in the game. Tip: watch for SIGNS and symptoms. Pets depend on us!

► If your author can practice what’s in this book, so can you! All it takes is some effort!

Statistics & Palliation

It's difficult to discuss "health" with people who have been schooled in the scientific method. It's not that they are anti-health—they are not! Rather, their world is built upon medical statistics and studies. Theirs is a world of numbers—numbers that prove something is or isn't so. The passwords into their world are "statistics show" and "scientific proof."

Medical science sees dis-ease in terms of single issues demanding single answers—based on "findings." Medical science demands that "health-minded" people play their statistical game or suffer ridicule for "No scientific proof!"

Anyone with a lick of sense knows that you must take care of yourself or good health falters and dis-ease results. Health minded people know that nourishing food, drinking plenty of water, getting exercise and rest, entertaining positive thoughts, keeping the bowels open and the "bile" flowing—and doing the things discussed in this book can greatly improve one's quality of life. "Our" PROOF is healthy human beings that don't need a doctor or the 'sick care' system!

Medical science sees "health" as a numbers game. Their game is designed to keep the public confused by dazzling them with skewed studies and statistical gymnastics. "Their" PROOF is millions of subclinically sick people who bear witness to medicine's "findings."

Palliation lends itself to the numbers game called "statistics." Palliation [See page 23.] is a powerful tool of manipulation in the hands of medical science. Palliation allows science to state its case in the short run with little risk that the public will ever discover that they have been "duped!"

Medical science KNOWS the risks that accompany drug usage. However, drugs provide credibility and "scientific proof." Without tools of manipulation—like statistics and studies—medical science cannot maintain its "strangle hold" on the people, and the endless flow of money will CEASE!

Health-minded people do not live in fear of medical science's statistics and studies. Rather, we ignore them—for their game is an exercise in futility. We enjoy health and vitality by living according to nature's way. Nature rewards our efforts with PEAK health instead of statistics and illness.

Health-minded people measure results in years YOUNG. "My" goal is 250 years YOUNG! How about "you?"

Reality!

Food additives and colorings have the same effect as rogue, zeno estrogens found in the environment. Turn these harmful molecules "loose" in the body, crank up the heat and pressure of daily life along with a poor diet, and you have the perfect recipe for dis-ease! Failure to understand the rules of the game means loss of health and the realization that money is NOT enough to recover your health in the "sick care" system!

BFRV™ Water

Please Note: The BFRV™ trademark replaces the “abandoned” BEV acronym, DUE TO ongoing infringement and “bootlegging” by individual(s) offering water processing equipment under the “pretense” their equipment fulfills the “terrain” management CONCEPTS of the *Young Again Protocol™*.

Consider these points about BFRV™ water:

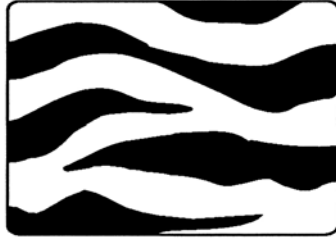
- BFRV™ water promotes cellular metabolism. Its molecules cause the body to “dump” cellular waste and fuels mitochondrial production of the high energy molecule “ATP” within the electron transport chain of the mitochondria.
- BFRV™ water is a naturally potent biological solvent of body wastes and toxins.
- BFRV™ water stops the flow of waste minerals, trihalomethanes, bacteria, viruses, chlorine, chloramines, fluorides and toxic chemical wastes into the body.
- BFRV™ water is very aggressive and acts as a liquid magnetic transport medium to the tissues and cells.
- BFRV™ water effectively hydrates the tissues due to its bonding angles, conception point “ORP” and low resistivity. It’s ORP is very close to where the egg and sperm were when life was conceived [Please study diagram on page 306.]
- BFRV™ water uses the homeopathic principles of resonance and transference to bring “life” into the body.
- BFRV™ water-processing units do not require electricity and there are no elements to clean.
- BFRV™ water helps maintain control of body “terrain”—and its enjoyable to drink, too! Non-water drinkers become water drinkers with their very first glass!
- BFRV™ water is the ultimate biologically friendly drinking water and is the basis of Medical Grade Ionized Water.™ [See Chapter 11 and pages 71, 220, 306 and 429.]

Alzheimer’s!

Alzheimers is “old-age autism!” Alzheimer’s dis-ease should be THE household topic! Sadly, the medical folks don’t have a clue about HOW to “prevent” it. As of 2005, 4 million people in the USA suffer from progressive mental deterioration and memory loss—and three out of four are women! [There IS a hormone “connection” in the Alzheimer’s story.] By 2010, 100 million will succumb. Prevention is the issue! Don’t allow yourself to slip away. [See pages 173, 177, 374 and Chapters 36 and 37.]

Warning!

After age 40, men suffer from depression, loss of muscle mass, impotence, low sex drive, pot belly, loss and thinning of hair and low energy. It’s called “male menopause,” guys—and what you do about it is a very BIG DEAL! [More as we go along.]



VIRUSES & WEEDS

“There is no difference between plant and animal.”

Dr. Guenther Enderlein, 1898

Medical science knows little about viruses. The average person knows almost nothing about them. Most folks think a virus is like a bacterium—a “bug” that you somehow “catch!”

Antibiotics hold NO power against viruses. If you are sick with a viral infection, “they” tell you to stay warm and drink lots of fluids. So much for the experts!

There is a better way to deal with viral infections! The informed person will perform High Enema Therapy™ and take MX™ to break up mucous and cause it to “flow!” The informed person uses Yucca Blend™ to increase bile flow; L_SP_C™ and L_SP_CB™ to achieve “therapeutic” levels of vitamins B and C in the blood stream “without” need of an intravenous needle; and consumes fresh beet, carrot and celery juices [plus other vegetable juices as desired] daily, and eats low stress foods sparingly until recovery begins.

The informed person does NOT wait to be told to clean the bowel, restore bile flow, and flush the lungs, ears and sinuses of mucous waste—waste that provides the PERFECT breeding ground for viral and bacterial infections—and the misery that goes with it!

Colleges and medical schools do not see viruses for what they are. Viruses are poorly understood by the student and by instructors alike. NOTHING is taught about where viruses come from or how and why they proliferate. [Students are taught to “sing!” the party line—and that’s about it!]

Viruses Today

We hear a lot about AIDS, influenza, herpes, hepatitis (A, B, C, D, & E), shingles and mononucleosis. These are here and now viral conditions afflicting millions of people.

Prevention is always the best approach to dis-ease—viral or otherwise. The controlling “factor” before or after infection is the “terrain!” An acid, mucous-filled terrain is perfect for “opportunistic” viral outbreaks. The link between fringe life forms—like viruses—and aging is spelled “terrain.”

The virus is an anomaly, a paradox and a slave master. It is the point man of nature’s garbage crew. Science does NOT classify viruses as life forms—but they are NOT dead either. They are OPPORTUNISTIC organisms—as are bacteria. Create a suitable environment, lose control of the terrain—and viruses will appear, and seize control of cellular machinery as well as life at the subtle energy level.

Viruses are energy fields—and they have an energy footprint. A virus is a strand of either DNA (deoxyribonucleic acid) or RNA (ribonucleic acid) that is protected by a protein “capsule” or shield. Viruses exist in the gray area between living and non-living things—and can neither reproduce nor perform normal life functions on their own. Viruses are entirely dependent on energy generated INSIDE the cells of the host’s body. Viruses are classified based on their composition (DNA or RNA), origin, mode of transportation, reproduction methods, and where they first break out in the host’s body.

[Viruses are so small that “science” needs an electron microscope to view them—but only in a “dead” state. Seeing viruses “live” and “active” was overcome with a Nassens condenser microscope—but mainstream science ignores it!]

Because viruses are ubiquitous, there is NO avoiding them. But in a healthy body, viruses do NOT threaten the host because the “terrain” is unfriendly and they cannot gain access to cellular machinery. [Acid, mucous-filled terrains forfeit control and allow viruses to take over and proliferate.]

Mental and physical “stress” disrupts our energy fields, and the body’s protective systems are “sabotaged!” The immune system is such a system and a waste laden terrain imposes “stress!” The immune system can overcome viral invasion if the “terrain” is restored. Getting rid of mucous and acid waste is KEY! [Plants respond to stress similarly. Healthy, nutritious, bug and disease free crops are the product of a balanced “terrain” environment.]

Viruses—like their cousins bacteria and fungi—have a job to do. Their job is to rid the Earth of weak life forms, be they plant, animal or human!

HIV & AIDS

HIV (human immunodeficiency virus) is the virus associated with the manifestation of AIDS (Auto Immune Deficiency Syndrome). The HIV virus uses an enzyme called reverse transcriptase that allows it to infect the host in reverse. This is why HIV is called a “retrovirus” (retro means after the fact; in reverse). As the HIV virus mutates, it is given other names like HTLV 1, II, or III, etc. HTLV stands for human T-cell lymphotropic virus.

[Disected: lymph-plasma protein fluid scavenged from the tissue spaces by the lymphatic system; troph-a change or a turning; ic-pertaining to.] So a “lymphotrophic” virus causes a change within the lymphatic fluids and in the lymphatic system.

Cancer uses the lymphatic system to travel and to “metastasize” to other parts of the body.

[The lymphatic system is central to aging and dis-ease. Not all tissue fluids return to the blood via the lymphatic system. Fluid left behind is called “amyloid” fluid. In time, amyloid fluid “morphs” into amyloid “plaque” that is “structural” in nature—before morphing into SCAR tissue. The product VZTM “eats” and “digests” amyloid tissue and returns it to a soluble fluid “state” so it can “exit” the body. Amyloid plaque is what “invades” the brain of Alzheimer’s patients. Amyloid is behind loss of hearing and vision, joint deterioration, aging skin and arthritic bodies. L₅P_C^{CTM} works exactly the “opposite” of VZTM by causing the body to lay-down massive amounts of new collagen—the structural foundation of the body’s connective tissues [bones, ligaments, muscles, tendons, cartilage, skin and gums]. Without new collagen formation on a daily basis, the body grows old and “osteoporosis” and arthritis take over.]

The T-Cells

The HIV virus has an affinity for “T helper cells.” These are lymphocytes that originate in the heart of the immune system—the thymus gland. Cyte means cell. So a “T” lymphocyte is a cell circulating in lymph fluid. Viruses wage war in the plasma proteins of the lymphatic system long BEFORE viruses appear in the blood—which explains why blood samples often test negative for the presence of HIV virus. As tissue plasma proteins “stagnate,” the body’s “defense system” shifts from right to left spin—causing the body to “drop” its defenses. [Once the body is in trouble, a bad diet, lack of sleep, insufficient water intake and poor bile-flow impose massive stress upon an already out-of-control “terrain!” The sick person who wants to recover MUST have a strong desire to “live!”]

AIDS Not A Virus

AIDS is not a virus. It is a “syndrome” of secondary “conditions” brought on by a weakened immune system. HIV is an adenovirus (aden—a cavity in the body). This class of viruses is “OPPORTUNISTIC” and takes advantage of a weakened “terrain.” We do not die from AIDS, but from secondary complications like pneumonia. [Actually, we die when the mitochondria within the cells fail to produce sufficient ATP to keep us alive.] As HIV infects the system, a “syndrome” of problems called AIDS develops. Contrary to popular belief, AIDS is not a dis-ease of homosexual origin—though it is

prevalent among gays. [The bureaucrats lie and disseminate disinformation to purposely keep the public confused.]

[People who suffer with viral infections—and other conditions like herpes, strep, STD's, hepatitis, athletes foot, pink eye, ring worm, fever blisters, insect bites, yeast infections, human papilloma virus (HPV), etc. find “relief” with Herpo-Max™, Yucca Blend™, High Enema Therapy™ and Medical Grade Ionized Water.™ All of these are “terrain” issues, and a sick liver and poor bile-flow are behind all of them!]

Sabotage

Retroviruses like “HIV” sabotage the cell’s DNA and RNA genetic information base in order to redirect and siphon away the ATP “energy” molecule produced by the mitochondria. Once in control of the body’s “energy” generating capabilities, viruses “morph” into virulent, pathogenic forms.

The virus’ job is to kill the host and rid the Earth of weak organisms. Viruses are NOT the enemy! They and their cousins—the bacteria, fungi, and yeasts—are “present” the moment the egg and sperm join. They are polymorphic “mutant” life forms that ONLY morph into their “pathogenic form” when the host loses control of the “terrain!”

Viral infection is confirmation things are not right and should cause the THINKING person to recognize that their terrain is “au fait” (favorable) for viral take-over. Viruses only attack people who are acid and toxic; who fail to eat live food; who do not digest well; and who have stressed livers and poor bile-flow and an acid, anaerobic “terrain!”

The *Young Again Protocol*™ is designed to restore the terrain and give back control of your life!

Blood NOT Sterile

Contrary to medical myth, blood is NOT a sterile medium. Medical science has perpetuated this mistruth in the face of irrefutable evidence to the contrary, as proved by Dr. Guenther Enderlein and Gaston Nassens over 100 years ago!

“All life contains the seeds of its own destruction WITHIN its own fluids.”

That is what Dr. Enderlein meant when he said, “There is NO difference between plants and animals.” He discovered that when the energy balance of the terrain is lost, the microbes automatically emerge from their “healthy” 3-stage CLOSED “loop” into a “21 stage” path leading directly to the grave yard.

The pharmaceutical companies and the medical system stand to lose trillions of dollars if the above information was taught in medical schools—something that will never happen!

Recognition that the blood is NOT sterile is tantamount to open refutation of the Germ Theory of Disease—and allopathic medicine knows it!

Pride and greed prevent medical science from “rescinding” its false theories. Millions of people have suffered and died needlessly because medicine labors under the shadow of lies and withheld information. As Christ said in Luke “Woe be unto you lawyers, scribes, hypocrites, Pharisees; you hold the keys of knowledge; you yourself will not enter and you prevent those who would enter from entering.” Life was meant to be a celebration—not a requiem! Hosea said “My people are destroyed for lack of KNOWLEDGE.”

Cellular Energy

Strong, positively charged cells and tissues are NOT affected by viruses. “Acidic” tissues are waste-stressed tissues in an anaerobic, compromised “state.” Under these conditions, viruses take over the cell’s “energy” machinery and replicate themselves for further advances throughout the body.

Rogue viruses steal the body’s production of ATP and use the energy molecule to grow and form “cancer(s).” Cancer tumors and masses are HUGE fields of negative energy controlling all metabolism within their sphere of influence. [Please refer to page 307 for graphic understanding of this concept.]

Cancer viruses proliferate in a body where tissues are anaerobic, acid and loaded with sodium.

An anaerobic body is an old body. Old bodies are unable to rejuvenate for lack of sufficient ATP production and extreme acid-waste overload. Diseases are “energy wars” and the bullets used are negative energy bullets. Conventional medicine’s “magic bullets” are “futile!” The PROOF is all the dead and dying people! [Implementation of the *Young Again Protocol*™ restores the “terrain!”]

Useful Forms of Oxygen

Hydrogen peroxide (H_2O_2) and “medical grade” ozone [triatomic oxygen or O_3] are useful products. Their effectiveness is related to the amount of available oxygen present and their molecular instability. Instability allows them to give up oxygen atoms freely. Oxygen is a highly magnetic element which accounts for the bent shape of the water molecules on page 79.

Oxygen therapy is useful in the treatment of cancer masses and tumors. Skilled healers sometimes inject H_2O_2 or O_3 directly into cancer masses with good results. Given intravenously or by water infusion in the rectum or vagina, ozone therapy can be effective—but requires supervision!

In the home, a “medical grade” ozone generator purifies air and eases respiratory problems. Emphysema patients respond well to whole-house ozone therapy—partly due to ozone’s ability to OXIDIZE toxic “off gassing” of

airborne chemical molecules—and partly due to the elimination of microbial “breeding grounds”—like carpets and drapes!

Medical grade ozone destroys pathogenic molds, fungi, yeasts, dust mites and viruses and oxidizes [burns-up!] food supplies these organisms feed on. Cigarette odor disappears from clothes, house and car. These devices are GOOD protection against winter illness, too! Every home should have one!

Use “medical grade” ozone equipment only. Ozone in the WRONG molecular form irritates the mucous membranes of the sinus cavities and lungs. [See pages 188 and 196. For filtering of air particulates and microbial “spores” in the home, see the BFRV™ Air Processor shown on page 114.]

[As noted earlier, the product MX™—a modified DNA formula—offers wonderful results on mucous congestion in the lungs, ears and sinuses of adults, children and pets. Best of all, it is not a drug! It causes mucous to break-up and “flow.” High Enema Therapy™ is another effective congestion “tool.”]

Exercise & Viruses

Aerobic exercise is crucial to long-term good health. Exercise increases lymph and blood fluid circulation and raises plasma and cellular oxygen levels. Exercise revitalizes the body’s organs by speeding deacidification of the tissues. People who exercise regularly experience less sickness, too!

Much has been written on the benefits of aerobic exercise. Recently, however, the press is parroting the idea that we don’t need aerobic exercise. Equally bad are those who promote hyper aerobic [Think, “abusive!”] exercise. Ignore them all by seeking moderation and balance in your life. Good circulation is a prerequisite to good health. Blood and lymph movement reduces waste build-up in the system and creates an environment that is HOSTILE to pathogens. A “lymph roller” or L/CSF™ machine greatly improves fluid and tissue waste circulation. Extreme “anything” translates: abuse!

Rebounder

A rebounder [See page 382.] is a simple piece of health equipment available from most discount stores. The “correct” way to use a rebounder is to stand flat footed on the mat, gently swing both arms to the front and then the rear “together” as you add a little “flex” to your knees developing a slight “pulse” sensation in the head as you motion “up-and-down.” Your feet should NEVER leave the mat. The “pulsing” sensation is produced by the movement of lymphatic fluids. The body depends on MOVEMENT to circulate lymph fluid—where the blood is “pumped” by the heart. [An L/CSF™ machine is FAR superior in every respect to a “rebounder” and can be used by elderly and bed-ridden patients, too! Simply lie down and relax. [See pages 107, 132-3, 160, 195, 261, 310, and 382.]

Increased lymphatic circulation is pivotal in restoring hair, hearing and eyesight, and improving skin tone. “Movement” prevents stagnation of plasma protein wastes—particularly in the legs. Edema (water retention) is a SIGN of fluid “stagnation.” Do NOT ignore it! Edema is influenced by bowel activity, bile flow, exercise, hormones, diet, a weak heart and acid waste overload. [Puffiness in women prior to a menstrual period is common and is not necessarily a health issue.]

The head receives 40% of waste laden arterial blood leaving the heart each time the heart “pumps!” Over time, the VERY fine capillaries of the scalp, eyes, and ears become clogged with amyloid plaque which brings on balding, gray hair, wrinkles, poor hearing and loss of vision.

[After “rebounding” or an L/CSF™ workout, use the Biogenic™ body roller to stimulate subcutaneous nerves, break-up cellulite and circulate waste so the liver can remove it from the body. A hot bath with a cup of epsom salts is also very good. Kombucha Tea helps deacidify the body and is inexpensive to make at home. Many professional football and hockey players take a gallon of it to their games for increased energy and stamina. Your author drinks 2 gallons a week. It is good stuff if made correctly.]

Viruses • Molds On Food

Have you noticed the vegetables and fruits from the store are growing strange molds and fungi? Molds tell a story. They are the lowest level of parasitic growth and their color indicates the toxicity level. White is the least toxic; red the most toxic; green, gray and black are in between. Fuzzy, smooth, and shiny tell a similar story. [Failure to rot says “irradiation!”]

The experts have been in charge of our food supply for a very long time. They have convinced the farmer to use hard chemical fertilizers, pesticides and herbicides—the latter two contain VERY potent “zeno” estrogen analogs that foul the planet and create “hormonal” complications for adults and children alike! [Read Our Stolen Future; see Source Page 429.]

The experts have upset nature’s balance and—in so doing—have brought marginal health and dis-ease upon us all. People are aging faster and becoming subclinically sick because they eat what the experts “call” food! These are the same experts whom Rachel Carson vilified in her 1959 blockbuster book, *Silent Spring*. The book is must reading if you want to better understand the nature of the dilemma we face. *Silent Spring* is more pertinent today than when it first appeared.

Fruit in grocery stores has little flavor because it contains few minerals and vitamins. Is it any wonder people are sick! The experts tell farmers to use chemicals to ward off bugs and weeds. The more they use, the worse the food quality! Nature will NOT be mocked—and mankind is paying the price!

Weeds & Aging

Look at the weeds! They proliferate in the face of voluminous amounts of herbicides. Each year, the weeds grow bigger. They are mutating! They have a job to do. They are getting ready.

Leonard Ridzon was a very savvy farmer. He was close to the Earth. He was a Wizard and one of the most original thinkers I have known. He authored *The Carbon Cycle* which is must reading. [See Source Page 429.]

Ridzon recorded ragweed over forty feet tall! Weeds are to the soil what pathogenic life forms are to the body. They proliferate and take over when the conditions are “ripe!” Weeds appear to be the problem, but they are only reacting to changes in the “terrain”—the soil and air in this case! Their job is to protect Mother Earth and to reclaim abused soil and air with the help of the microbes. The weed’s job is to absorb toxic energy in the atmosphere and soil and make it “available” so the microbes can break-it-down and return the soil and air to a healthy “state.”

Weeds are not plants out of place. The proliferation of noxious weeds is no more an accident than the molds and fungi on our food or the viruses in our body. They are “SIGNS”—and SIGNS give rise to diagnosis of dis-ease. Dis-ease at the subclinical level means a population of sick people and escalating violence in society—and that is now taking place!

Answers & Overview

Asking a question implies there is an answer. Incorrect questions generate incorrect answers. There are plenty of CORRECT answers to the questions we have raised thus far— but you will not find them in the press, scientific literature or college texts. You will only find pieces—and incomplete answers. Science asks piecemeal questions—usually the wrong questions—and pontificates piecemeal answers.

When we use poisons against the Earth, we wage war! When we poison plants that God put on this earth and foul our air, we wage war! We are at war with every living thing on this planet—including ourselves—and we are paying the price!

Rachel Carson, author of *Silent Spring*, died shortly after her book was released, saving her from immense hatred by “interests” she opposed. She came from within science’s camp and science proclaimed her a witch. They burned her at the stake for the TRUTH she heralded. They are still trying to burn her memory from our consciousness—but TRUTH does not go away. Like the Great Pyramid, it is there!

Anyone with a lick of sense knows that things are not right. The hole in the ozone layer is no accident. The hurricanes are not accidents. The floods, crop circles and crop disasters are not accidents. These things are the direct result of science and money turned to EVIL purposes—and all of the inhabitants of the Earth are paying the price.

Mother Earth Is Vomiting

Mother Earth is deathly sick! She is vomiting her guts out. She is fighting back the only way she knows how—with viruses and bacteria, abnormal weather patterns, floods and weeds. She will overcome the arrogance of our attacks.

The abnormal pressure created by negative energy forces cause the Ozone Layer to periodically open and close. In this way, deadly energy is released into space before every living thing on the planet Earth dies! Industrialization as we know it is incompatible with Earth. Man's toxic energy fields alter life at the subtle-energy level of our existence. These abnormal energies produce mutations in our children.

And Mother Earth and Her inhabitants CRY OUT—"Dear God we are sick!"

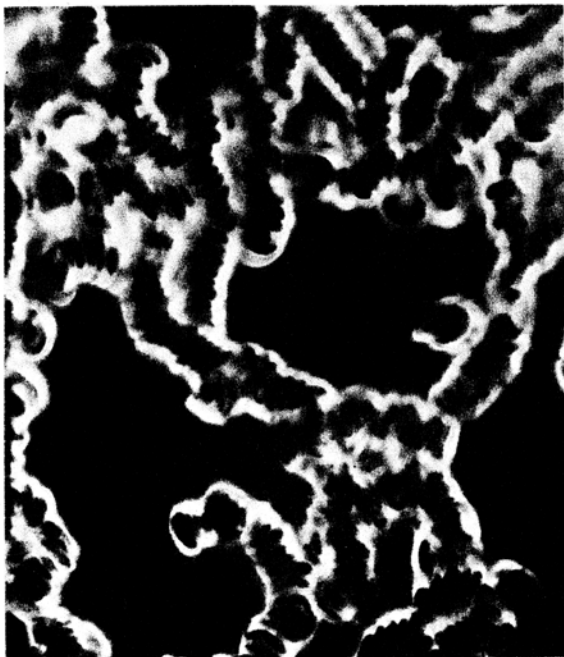
[A Word from the Author. The aging process is so well camouflaged that when we come to understand how and why we age, it appears as oversimplification—but it is not! TRUTH is simple, and straight is the path and narrow is the gate that leads to TRUTH. Few people find the path—especially the "experts"—for they have knowledge without understanding.]

If "you" follow the straight and narrow path to TRUTH, you are likely to get your wish and become *Young Again!*

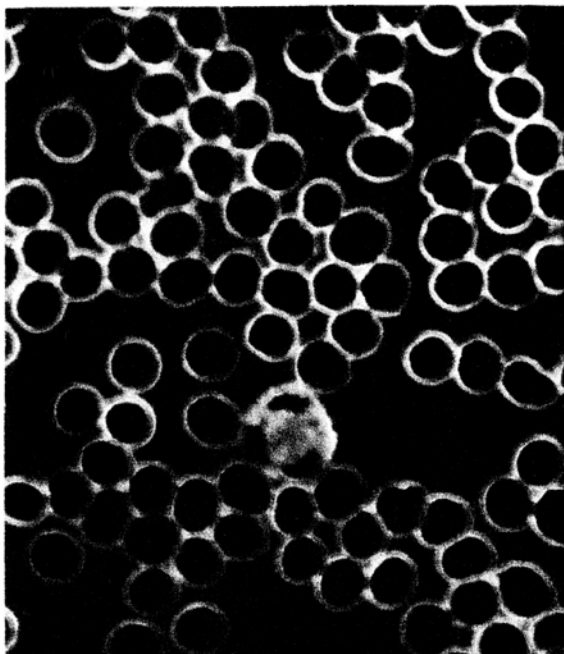
PREVIEW: *The next chapter deals with the transfer of energy: Laying on of hands, cell phones, microwave ovens, Carpal Tunnel Syndrome, radiation and irradiation of food.*

Leaky-Gut

Leaky gut affects 99.9% of the population—from birth to death! All autoimmune dis-eases and "conditions" involve a leaky "gut" wall that allows overly large food molecules to "leak" directly into the blood, causing the immune system to "attack" the host. Leaky gut is behind sinus problems, so-called allergies and asthma! [R/C™ and M/Z™ help close a leaky gut wall. Yucca Blend™ increases bile-flow. Enema therapy speeds the process. [See pages 69, 85, 94, 180, 237, and 243.]



Before



After

Elimination of **Rouleau** from live blood one hour after drinking water with racemized™ Ionic sea minerals. "Sticky" blood looks like rolls of pennies stacked together. The effect is due to negative energy "acid" wastes in the blood. Healthy blood does not stick together and is free to access the fine capillaries of the body delivering oxygen and nutrients and removing toxic wastes. Photos are of "live" red blood corpuscles (red blood cells without a nucleus). Medical grade magnets produce a similar effect on body tissues and fluids accounting for their therapeutic effect. Taken on a Nikon Opithat microscope with a 100 watt lamp and a Naessens condenser at 15,000 magnification.

Water Comparison

►Please Note: The BFRV™ trademark replaces the “abandoned” BEV acronym, DUE TO ongoing infringement and “bootlegging” by individual(s) offering water processing equipment under the “pretense” their equipment fulfills the “terrain” management CONCEPTS of the *Young Again Protocol™*.

Medical Grade Ionized Water™: BFRV™ water acts as the foundation water for this product; ORP potential beyond conception point; oxidized output used for topical skin infections and assists with venereal infections (syphilis, herpes, warts, etc.); reduced output assists with arthritis, diabetes and heart issues; fuels the production of mitochondrial ATP; costly to set up; inexpensive to operate; long-term health implications quite exciting; book and video available; a good investment for forward-thinking people. [See page 306.]

BFRV™ Water: Biologically friendly to body; extremely pure water (up to 99.5% contaminant removal, including parasites, viruses, bacteria, heavy metals, radioactivity, toxic organic chemicals); flushes contaminants as it works; superb flavor; feels “silky” in mouth; conception point ORP; energizes body; uses principle of resonance to boost health aspects and principle of transference to boost body metabolism; hydrogen and molecular bond angle restructuring; cost per gallon about 20¢. No electricity required; works anywhere worldwide.

Distilled Water: Biologically dead water; partial purification; water unfriendly to body; concentrates volatile gases (PCBs, THMs, TCEs, chlorine, chloramines); microbe growth problems; consumes lots of electricity; very slow; requires continuous maintenance; flat taste; negative ORP potential; water structure destroyed; diminishes body vibratory rate; zero carbon exposure time; cost per gallon approximately 50-80 cents; high parts replacement cost.

Reverse Osmosis: Partial purification (75-90%); quality and flavor better than distilled water; incomplete removal of bacteria, viruses, and parasites; does not provide BFRV™ restructuring; okay taste; resonance and transference zero to poor; limited carbon exposure time; cost per gallon 30 cents; no conception point ORP; wide variation in quality of water produced; superior to city “tap” water.

Carbon Block/Ceramic Cartridge: Purification fair; not self-cleaning; microbe & toxic waste build up; cost per gallon about 15-40 cents. Ceramic Cartridge: Marginal purification; fair taste; not self cleaning; cartridge subject to fracture and leakage; expensive; poor ORP. Bottled Water: Questionable purity; expensive to use.

“Water is MORE than wet! Water is FOOD!”

Hormone “Analog”

Radiomimetic substances are everywhere around us. Pesticides, herbicides, plastics, food additives and dyes are good examples. These “zeno” molecules act like the real hormones—but they are NOT the real thing. And once they attach to the “receptor” sites, you become a prisoner unto yourself—unable to monitor and regulate your hormonal system. Radiomimetic chemicals “mimic” nuclear radiation. DDT is a good example. Chemical analogs have serious hormonal overtones. Remove them for your “receptor sites” with FG™ Creme (females) and MG™ Creme (males). [See pages 46, 72-6, 152, 164, 178, 194, 212, 268, 362, 374 and 378.]

Soluble vs. Non-Soluble

Soluble and non-soluble tissue wastes are NOT the same thing. They affect the “terrain” in two different ways. Soluble waste is stored in the body fat beneath the skin—safely out of the loop to keep the body “alive.” Non-soluble waste is residual; it is a stagnant, tissue fluid called “amyloid” fluid. When amyloid fluid “morphs” into “structural” acid waste, it is called amyloid “plaque.” What you do about BOTH of these types of acidic body wastes is central to aging and longevity. Please read “MoonShine” Chapter 37.

1800 Off Course

We are told to stay out of the sun because it causes cancer; that soy and canola are good for us; to take aspirin to thin the blood; that “liquid” foods substitute for water, that science’s version of a balanced diet is good for us; that routine work is as good as aerobic exercise; to not eat butter and avoid eggs; that there is no difference between “synthesized” vitamins and those in real, “live” food; that tobacco and second hand smoke are behind the proliferation of lung cancer; to take calcium supplements to avoid osteoporosis; that red meat is bad for us; that commercial chicken is good for us; to eat fish in lieu of both; that healthy “processed” foods are just as good as real, fresh food; that dis-ease is the product of microbial invasion; that vaccinations are good and genetics controls all. None of these things are true. Follow the experts’ advice and you will grow old fast and die early. All of the above is disinformation and misinformation emanating from the halls of science, medicine and the media. If you want proof that what your author is saying is true and what “they” are saying is false take a good look at the “experts.” They become sickly, grow old and die from the very “conditions” that they purport to “cure!” Ignore the experts and help your body heal itself!



ONE DAY AT A TIME

“The highest [energy] form of hostile organisms are fungi that are always present in the tissues of a corpse, and often in the tissues of sick patients.”

Dr. Guenther Enderlein 1916

We live in a physical world, and we perceive dis-ease to be a “physical” process because we can see and feel and measure dis-ease’s EFFECT on the “physical” body. We know that the bio-electric body is a composite body—part physical, part energy. We know that dis-ease is the manifestation of conflicting energy fields where left-spin energy has dominance.

The “real” conflict between energy fields occurs in the invisible world—a world that we do NOT see even though it is there! The process we call aging occurs in the invisible realm—and it occurs one day at a time!

Laying On Of Hands

An example of positive energy flow between the visible and invisible is the practice of Laying On Of Hands. Most religions have some version of their own.

Laying On Of Hands (LOH) couples the power of prayer with the physical body. It involves the transfer of positive energy from healthy people to the body of the sick person. It is a practice that demands tremendous focus.

Laying On Of Hands can spontaneously heal a sick person and although LOH is not a science, it is a religious healing “modality” involving the transfer of energy!

LOH often fails to produce positive change in the sick person, eliciting skepticism and mockery when the effort should be recognized for what it is—people with good intentions trying to help an ailing fellow traveler. Few participants understand the electrical phenomena taking place, but they devoutly care about their friend or loved one.

The phenomenon called “LOH” is a “manipulation” of electrical “ENERGY!” The principle involved is a version of what occurs when dowsing for water or differentiating between left vs. right-spin foods or measuring energy fields with an aurameter—except that LOH takes place in a religious setting where positive “energy” and “love” are the controlling factors. Positive results of LOH are called miracles!

In the religious arena, people accept healing on its “face”—without explanation—and give God “credit!” Seeking and accepting the benefits that derive from other forms of “alternative” energy manipulation is a worthwhile goal.

If we could heal with a black box that had bells and flashing lights, no one would question it. We need the same openness when considering energy phenomena and para-normal healing where the manipulation of energy, good intent and focus are involved—be it in a church, a hospital or in the presence of a godly, gifted “healer!”

[“Black Magic” is the exact opposite of what we are discussing. That craft uses negative energy for EVIL purposes. Sticking pins in dolls should not be dismissed! It represents the “dark side” of energy manipulation.]

Therapeutic Touch

“Therapeutic touch” is taught in nursing school curriculums—and is very similar to LOH.

“Touch” is our most highly developed sense. A baby’s response to touch is indisputable. Combine touch with loving care and a nurse can “open” congested energy centers in the body and redirect the flow of energy to promote healing. Both parties must “focus” their mental and spiritual energies for healing to occur. Disbelief, negativity or disdain can BLOCK energy flow. [Wise nurses practice this technique “below radar” to avoid criticism by ignorant cohorts and egotistical doctors.]

First, the nurse assesses the person’s energy state using gut instinct and by “reading” energy auras. The nurse then opens the body’s energy meridians so “chi” [pronounced chee] can flow. Chi is what the Chinese call “life force!”

We are talking about energy “manipulation” for the purpose of health and healing. Science pronounces these techniques “quackery”—but vibrational healers and recovered patients think otherwise. Therapeutic touch, dowsing, LOH, pendulum or vibration chain techniques, magnetic therapy and Gua Sha are all energy phenomena.

Manipulation of energy for good purposes is a good thing. Learning when, where and how to use these skills is another. “Gut” instinct is the healer’s compass.

Energy Abuse

The proliferation of negative electrical energy pollution is a serious problem. Electrical pollution is subtle—and it can have disastrous effects on people's health.

Consider the “modern” microwave oven. Froth and excitement accompanied its introduction to a “gullible” public. It was touted as “the” answer for homemakers and for conserving energy—along with its “health” benefits! Where I lived, utility companies assigned an “expert” to help people transition to the “modern” way of cooking. Microwave cooking recipes appeared in the bulletin accompanying the utility bill.

These days—year 2006—it's “cell” and “cordless” phones. And like microwave ovens, there will be a price to pay for using them “unprotected!” The threat is VERY REAL and involves alteration of brain tissue and function along with serious dental consequences—and like microwave ovens, it will be “years” before the public wakes up! By then the damage will have been done. [A practical and inexpensive solution to “microwave” cordless phones is found on page 59.]

Few People Questioned

In those days 30 years ago, few people questioned the idea of the microwave energy cooking—except a few “cranks,” and everyone knew “they” were nuts. “Demurs” were ignored!

Microwave ovens initially made their way into schools and government operations in the name of efficiency. Soon, they appeared in restaurants across the country. Owners and cooks alike loved them because they were so people-friendly! Food and plates were piping hot when served—and preparation became faster and easier!

Today, you belong to the stone age if you do not own and use a microwave oven. These “safe” appliances are now considered a necessity. People love them because they equate nourishment with a hot meal. But microwave cooked food is NEITHER alive nor life supporting. Microwaves destroy “life-force” in healthy food and imposes negative effects on the bio-electric body—accelerating the aging process. Avoiding “microwaved” food is something over which we have TOTAL control—if we choose to exercise it! Avoiding it will improve your chances for good health and longevity.

Effects Of The Microwave

Microwave ovens produce left-spin energy frequencies and are dangerous to adults and children who are in the same room. The energy “ZAPS” people's immune system and destroys food enzymes by altering their molecular “structure.” Microwave energy is anti-life and incompatible with living things. When healthy people are exposed to “freak” energy, they become

subclinically ill—with symptoms the medical folks call “syndromes”—due to the “subtle” effects imposed on natural body rhythms and enzymes. Enzymes make life possible! Enzymes in “healthy” food are right-spin energy—and the body uses them to digest very same food to fuel the process called “anabolism.” When microwaves “ZAP” “living” molecules, life-force is scrambled and lost and biochemical reactions FAIL to occur! The effect is called “catabolism!” [See pages 21, 22 and 198.]

Two Seconds

Food cooked in a microwave oven for as little as two seconds takes on a “skewed” energy footprint. “Freak” microwave generated energy “FORCES” the bio-electric body into a catabolic “state!”

All microwave ovens leak unhealthy, “invisible” energy that “alters” body frequency and function in the “invisible” realm. When you eat microwaved food and water, the homeopathic “principles” of resonance and transference come into play—diminishing life force to such a negative energy “state” that so-called “food” becomes a huge burden on the body.

Microwaved Blood

Microwave ENERGY destroys water’s molecular structure—turning what should be a life-giving substance into something antagonistic to life. Microwaved “water” denatures enzymes in the blood and lymph fluid which should be 90% water by volume. Drinking “microwaved” water imposes stress on the “terrain!” Biologically friendly water is crucial to good health—so why drink water that is long-term lethal?

[In Oklahoma, a nurse used a microwave oven to warm blood. When the blood was given to the patient—he died! As little as two seconds in a microwave is all it takes to “destroy” the life-force in blood. I doubt any “expert” would personally use microwaved blood to prove this statement wrong!]

Police • Carpal Tunnel Syndrome

Policemen using RADAR guns for traffic control are “at risk” for cancer, cataracts and connective tissue degeneration. These disorders are the “predictable” outcome of microwave exposure. Microwave-created degenerative disease has MANY faces—and all of them take form in the “invisible” realm quietly and slowly—making work-related lawsuits “moot!”

[Do not expect the courts to protect people from microwave devices. Doing so means biting the hand of powerful interests. Faceless “experts” with CREDENTIALS will testify that there is “No scientific evidence!”]

Carpal Tunnel Syndrome (CTS) is a big problem for tens of thousands of people. Repetitive activity is often blamed as the controlling factor. Yet where microwave exposure is part of the person’s health history, the problems are

worse—and 100% predictable for those incurring daily exposure. That is why “CTS” is especially prevalent among supermarket checkers and computer operators—people who are exposed to small but continuous amounts of microwave energy.

Microwaves “antagonize” nerve fibers and connective tissues (bones, ligaments, tendons, muscles and cartilage). Some people are affected more than others and develop “syndromes.” We are concerned with the “LONG-TERM” effects of microwave exposure—regardless if it emanates from cooking ovens, cell phones or cordless phones. Short-term effects can’t be measured—providing the experts with a “cover!”

Computer Terminals

Little is said about computer-induced health problems—except for eye strain. But have you noticed how you feel after several hours in front of one? Tired? Drained? Computer operators suffer from Carpal Tunnel Syndrome and immune system problems because of their exposure to errant energies emanating from electrical devices surrounding them.

[A Biogenic™ Super Magnet™ worn over the thymus gland is a very practical way to protect the immune system and vital organs. Super Magnets™ neutralize the effects of 110v, 60 cycle alternating current from fluorescent lighting and computers terminals. They are 12,000 gauss “permanent” open-field magnets.]

Not everyone experiences the same problems from exposure to alternating current energy fields—at least not in the beginning. For most people, the effects are subtle and slow to manifest. When the bio-electric body can’t take any more, “SIGNS” of dis-ease magically appear out of nowhere and the doctor provides a diagnosis.

Symptoms of electromagnetic pollution are generally “subclinical.” Pay attention to stiff body and joints, low energy, sleep disorders, mental lethargy, menstrual irregularities, menopausal complaints and weakened immune function.

[Your author wears a Super Magnet™ pendant suspended over his thymus gland. He also sleeps on a medical-grade magnetic sleep pad. Some women tape Super Magnets™ directly over their ovaries monthly. Cancer patients find them useful. Alzheimer’s patients “settle” and sleep better. Sinus congestion, earaches and headaches also respond.]

FOOD: Radiation & Irradiation

The word “radiation” hints at the idea of energy flowing outward from a central point—like light from a light bulb. The word “radiation” also hints at energy as a “substance.”

Fission energy is “RADIATION” deriving from a “nuclear” source—like

recycled radioactive waste used in the medical arena or in “spent” uranium military ammunition. Fission energy does “violence” to healthy tissue through “ionization!” Ionizing “radiation” destroys healthy tissue—creating “cancer” where none previously existed. A synonym for ionization is “scramble!” Scrambling one’s DNA is a good way to ensure your life will end in “misery!”

Irradiation is a term that describes the “act” of directing nuclear ionizing radiation at living things. By inference, the word “irradiation” implies that radiation has “substance”—a footprint of sorts—and therefore is MORE than just an act of directing “invisible energy” at living tissue. In other words, radiation has “physical consequences.” It kills healthy tissue and plants the seeds of cancer in its wake!

“Irradiation” of food is done with ionizing, nuclear radiation that scrambles and destroys the “life-force” of food molecules—making irradiated food unfit for human or animal consumption. Cooking food in a microwave oven does the exact same thing without the word “nuclear!” Eat irradiated food and you will grow old and die early.

The word “irradiation” is a bastard term that confuses people who are not wise in the ways of crafty wordsmiths. Irradiation is a quasi-scientific term used to “disguise” and “distort” the facts. Irradiation focuses on the act involved, rather than on the effect the act produces. In the public eye, irradiation does NOT mean the same thing as radiation. The word irradiation is a grey word—a mixture of black and white.

People think “nuclear” when they hear the word radiation. When they hear the word irradiation, they don’t know what to think.

Avoid microwave radiation; refuse to consume “freak” food and water—and avoid subjecting your body to the effects of 110 volt, 60 cycle, alternating current energy radiating from computer terminals and fluorescent lighting. In the book *Vibrations*, [See pages 57, 188 & 283-4.] the author offers practical ways to “neutralize” a home at the power panel. Everyone should take a defensive posture on this subject and wear a Super Magnet.™ See pages 49, 81, and 233.]

Genetically “Engineered” Food

The terms “genetically engineered” and “irradiation” are not threatening to the public because they “sound” scientific and do NOT hint of the word “radiation.” In future chapters on hair loss, balding and blindness, the reader will discover that there is “no difference” between radiated and irradiated food because both are poisons!

The “experts” talk of the wonders of food preservation through irradiation. They talk of bacterial contamination of food and water from microbes like *E. coli* 0158.H7 and *Cryptosporidium* and scare us with “bogie-man”

stories. What they intentionally don't mention are the real reasons behind the drive to irradiate America's food. They know chemically grown food grown on sick soil has poor shelf life and must be treated to keep it from spoiling. So they give us the "industry's" version of a forever shelf life. Eat "processed" food and you will experience the graveyard version of forever!

Neglecting to inform people of the consequences of eating microwaved food is a "sin" of omission!

Irradiated food has a "forever" shelf life. Whatever living enzyme molecules the food may have had are destroyed by irradiation. And the "proof" is that bugs and microbes will NOT eat food energy molecules that have been "scrambled!" They can "read" the energy signals given off by left-spin foodstuffs and they follow their "instincts." People do not!

Don't buy or eat irradiated food, microwaved food or processed food. Think, cook and eat simple.

Measuring Energy Fields

It is easy to verify the presence of stray energy fields emanating from electrical appliances and equipment. The following method measures SOME negative energy frequencies—but there are many. For example, connect a radio to a long extension cord and locate a spot on the dial between two stations that is silent. Next, turn-up the volume to maximum, and with the radio held in front of you, approach your computer, monitor, TV or microwave oven. When the radio begins to buzz, you have entered that device's field of electrical influence. Remember, you are only measuring SOME of the errant frequencies. The concern here is the length of time people spend in "negative" energy force fields—as well as the "strength" of the field itself!

When using a computer—stay beyond its "field" and wear a Super Magnet.™ The effects of negative energy force fields is subtle—like eating irradiated and microwaved food or using cell and cordless phones. Short-term effects go unnoticed—but LONG-TERM effects eventually take "form"—FIRST as subclinical illness and LATER as "clinical" dis-ease!

A two-inch thick slab of LEAD blocks nuclear radiation, YET it cannot block 110v alternating current force-fields. Never use an electric blanket! If you are cold, take an epsom salt bath or soak your feet and hands in a basin of hot water or drink a cup of hot herbal tea to warm your tissue "fluids."

Medicine & Radiation

Radiation "therapy" and radioactive "chemotherapy" used in the treatment of cancer are devastating to the body. People believe allopathic medicine's magic-bullet "fairy tales" and line up at the medical clinic for their "opportunity." People are confused and fail to differentiate between diagnostic X-rays and the overkill effect of "radiation" therapy. Radiation is NOT a

“therapy” because it is anti-life! Rather, it is palliative, treating SIGNS and symptoms without cure of the underlying causes. Patients are “TRAINED” to focus on “hope” of cure—instead of being “told” of the violence ionizing radiation inflicts upon their bodies. [It’s nothing but a game!]

The government school system is designed to prevent people from thinking outside the box!

Ask The Experts

If the things we are discussing are true—and they are—then we must learn to live defensively and think independently! “Experts” in science and government are not allowed to study or divulge anything that might quash monopolistic control over energy, medicine, the money system—or the courts and schools.

Ignorance is a “lame” excuse that will NOT keep you healthy or young. Aging is the “total” of all negative forces in your life—so live and think OUTSIDE the box!

You become young the opposite way that you grow old. You become *Young Again*—one day at a time!

PREVIEW: *Our next chapter looks at wrinkled skin—WHY it occurs and WHAT you can do about it. It also discusses body odor as it relates to aging.*

“B” Vitamin Absorption

“B” vitamins are important! Ideally, they should come from healthy food and fresh vegetable juices. Unfortunately, digestion and absorption “issues” STOP them from achieving “therapeutic” levels in the blood—where it counts! The *Young Again*™ solution to this problem is called L_sP_cB.™ The “surprise” is the transport “vehicle” used to shuttle these life-sustaining molecules directly to the liver and blood. In Chapter 37 you will learn the details of this incredible story and what it means for you. [See pages 59, 127, 162, 177 and 205.]

Acne & The Terrain!

Puberty imposes “stress” on the liver that often manifests as acne! Acne is a “liver” and “leaky-gut” issue. The *Young Again Protocol*™ remedies liver and terrain problems like “acne!”

The word death is mostly “eat.”

“Eat your vaccine, dear!”

Government, the medical and pharmaceutical complex and multinational food giants have implemented a devilish plan that will have disastrous effects on the health of people worldwide—and especially in the USA.

The scheme involves using genetically altered fruits and vegetables to shuttle the likes of hepatitis B, polio, measles, mumps, tetanus, swine flu and rubella into YOUR body—via the food you eat—supposedly to “immunize” against dis-ease!

Gene splicing of the food supply will produce millions of sick people. It will render “forced” immunization moot while it keeps the hospital rooms full!

If you want to live a healthy, happy life, you **MUST** plant a garden or grow food in containers on your patio or share a community plot or hire someone to grow “safe” vaccine-free and chemical-free food for you and your family.

Home-grown food—even in small quantities—produces astounding effects on health! The best way to get into gardening is to start today! All it takes is some “dirt,” a bag of chicken manure compost from garden suppliers plus some gypsum, sand and vermiculite. Your author also recommends a product called Bio-Grow™ [See pages 80, 231, 305 and 370.]—along with liquid kelp and fish fertilizer for a foliar mix and spray. This recipe converts dirt into live soil overnight using the foliar-to-root pathway. Create a positive energy environment where microbes and plants prosper and you get “healthy” food. This is a Fourth Dimension ENERGY “concept!”

Sexual Dysfunction & The Terrain

Loss of sex drive is a symptom that indicates deterioration and atrophy of vital organ function. The problem, therefore, is “systemic” and goes beyond just sexual malaise.

Conditions like obesity, skin disorders, thinning hair and balding, thinning and dryness in vagina, yeast infections, bowel disorders, poor digestion, pot belly, acid reflux, sagging facial tissue, low of muscle mass and wrinkles are “first cousins” to loss of sex drive. Impotence in men is a dead give-away of prostate trouble and diabetes in the making. Central to these “conditions” is a poorly functioning liver, poor bile flow and a subclinical thyroid condition.

To restore health and sex drive, the reader should follow the *Young Again Protocol*™(s).™ Liver function absolutely must be restored. Thyroid function in women must be addressed. Finally, the puberty “window” must be re-opened. Deacidification of the terrain and restoration of the female hormone cycle are a must. Old age will fade away—if you are willing to do what must be done! [See pages 72, 164, 212 and 292.]

Understanding Diabetes

Diabetes plagues millions of people in industrial societies. Yet in third-world countries—where people eat traditional diets—the incidence of diabetes is very low.

Medical science blames genetics for the rise in diabetes. They are wrong! The problem is fivefold and genetics is NOT one of them!

Diabetes results from toxic excesses within the system, loss of the gallbladder, hormonal imbalance, IMMUNIZATIONS, a good dose of “leaky-gut”—and low magnesium!

Diabetes is proof of severe vital organ stress and hormonal issues in adults over age “35”—and especially in women as hormone production slows. When excess acid waste reaches crisis levels in the system, the threshold is crossed and dis-ease announces itself!

Type II diabetes is the most common type and is often referred to as old age or sugar diabetes. It typically occurs between ages 35 and 50—the years when women and men “slide into” old age and the “window” that opened at puberty officially CLOSES! The following SIGNS and symptoms shed light on the “auto-immune” nature of Type II diabetes. Hair, energy, sex drive, fat, thyroid problems, nerves issues, wrinkled skin and flabby muscles—are some of the complaints!

Type I “juvenile diabetes” is a severe condition where the child’s immune system “attacks” the pancreas cells responsible for insulin production. Diabetes Type I is DEFINITELY an “auto-immune” condition brought on by vaccination-induced SUPER antigens in “foreign” serum proteins—with a dose of “mercury” that drives the immune system absolutely wild!

DAPT (diphtheria and pertussis + tetanus) and polio vaccines contain SUPER antigens and mercury that turn the body “upside down!” [Racemized™ sea minerals provide magnesium and trece mineral electrolytes in balanced form. It is VERY useful for dealing with all forms of “diabetes!”]

“Attenuated” strains of the polio virus can and do mutate once inside the body! So do hepatitis B and flu vaccines! Flu shots are a total scam because viruses mutate by the minute—rendering vaccinations a “moot” issue! Vaccinations do NOT provide immunity—so why expose yourself?

Loss of the gallbladder is a 99% guarantee of diabetes within 20 years—unless protective measures are taken. Ten women to every man suffers gallbladder surgery. These ladies often have the “same” complaints “after” the surgery! Sadly, 8 out of 10 women did NOT need the surgery in the first place. Gallbladder surgery is BIG business. The *Young Again Protocol*™ avoids the need to subject oneself to surgical abuse. Understanding health in terms of the “terrain” is the issue!

“Always drink upstream from the herd!”

Skin & Body Toner™

Look in the mirror. Do you see sagging skin hanging from your arms and sagging cheeks? Are you sporting “Howdie Doodie” lines from the corners of your mouth to the sides of your chin? Are those tell-tale lines forming on your upper lip? And do you see crows feet around your eyes?

And what about your torso and legs? Do they bear excess fat or cellulite? Has muscle mass turned to flab? Do you have a pot belly or saddle bags on your hips? Drooping, deflated breasts? Do you remember when your body was “younger?”

When you were developing in your mother’s womb, you were fed a steady supply of “antegenic” protein and hormones. Antegenic protein is very special stuff. The body uses antegenic protein to grow “new” tissue and vital organs. Provide your body with racemized™ antegenic protein and the “transformation” into a more youthful body accelerates!

[The combined effects of Skin & Body Toner™ & Biogenic™ hGH are “cumulative” when taken consistently, each night before bed—along with R/J Factors I & II™ and L_sP_cC.™ VZ II™ “digests” amyloid and scar tissues and lays-down new, collagen for “younger” tissue. (See pages 127, 149, 152, 162, 177, 247, 261, 292 and Chapter 37 for more details and further discussion of these interrelated subjects.)]

Prostatitis • Thyroid • Sex

Prostate issues in men are similar to thyroid issues in women—and behind both are “liver” and thyroid issues. Sexual dysfunction, skin and hair, brain fog, depression, loss of muscle mass and coldness are all connected. Don’t let these problems steal your life away. Deal with them! [See pages 99, 113, 147, 152, 160, 178, 185 and 292.]

Smoke-Out™

Do NOT put up with the “effects” of second-hand smoke—at home or the office. Ditto for automotive pollutants when unavoidably stuck in traffic. Remove the “residues” of airborne pollutants and carcinogens from your “tissues” with Smoke-Out.™ For children and adults, alike! Enhance the process with Yucca Blend™ for increased “bile flow.”

Teeth & Gums

Teeth and gums are BIG issues—especially after age 25! Periodontal problems, decay, plaque, root-cleanings—are addressed with the Bio-Magnetic™ Dental Irrigator and Oral Advantage! The irrigator transforms “water” into an effective dental remedy—and when combined with nightly use of Oral Advantage,™ the results are dramatic! Oral Advantage™ “pulls-out” infection, tames inflamed gums and tightens loose teeth—fast! Dental issues are “aging” issues. Don’t ignore them! [See pages 79, 187, 204, 233 and 351.]

Stool Analysis

Gusher—the “ideal” bowel movement! Quick call; no effort; very loose; “un-formed,” similar to diarrhea without characteristic “burn” associated with it. A very “rewarding” experience that “ideally” should occur 3-5 times per day!

Bear Poop—stool should resemble a pile of mush and should pass in 2-3 seconds. Sit down, stand up, its over.

Normal Stool (so called)—formed stool; medium brown color; easy passage; little taper; ends with gas pocket.

Floaters—stools that float in the toilet. Indicative of poor fat metabolism; poor bile flow; poor digestion.

Stringers—stringy stools that are both narrow and fat. Indicative of a spastic and kinked colon, poor muscle tone in colon wall; high-stress personality; negative thinking; poor bile flow.

Pelleted Stool—Indicates slow transit time; poor bile flow; under-hydration; poor diet; inadequate fiber; lack of rhythm in daily life; stress issues.

Pale-Colored Stools—Indicative of liver malfunction, poor bile flow, viral activity (white stools are seen with hepatitis). Stools should be medium brown.

Bloody Stools—Indicative of hemorrhoids, diverticulitis, colitis, irritable bowel and Leaky Gut Syndrome(s); under hydration; stressful life or personality.

Dark Colored Stools—Sluggish gut and bowel; old blood from ulcers and colitis; under-hydration; dietary influence of prunes, beet juice, and greens.

Fat-Headed Stools w/Tapered End—“Pooling” at rectum; under-hydration; ignoring nature’s call; lack of fiber and exercise; incomplete evacuation; poor bile flow.

Complete Stool Evacuation—characteristics of “bear poop” stool with nothing held back. Bowel movement often ends with distinctive pocket of gas.

NOTE: To improve your “poop” characteristics, speed deacidification of the terrain and increase bile-flow: Drink 2 glasses of water with racemized™ sea minerals upon rising and one glass at each urination; take one tablespoon of Yucca Blend™ with each meal; drink fresh vegetable juices daily, preferably with breakfast; eat dried prunes; do High Enema Therapy™ 1-2 times weekly and low enemas daily; eat healthy food and avoid junk and snacks; eat meals on schedule; get “non-abusive” exercise daily; sleep 8+ hours nightly.



GRANDMA’S LYE SOAP

*“Oh, little Herman and brother Therman,
Had an aversion to washing their ears.
Grandma scrubbed them with lye soap,
And they haven’t heard a word in years.”*

Dr. Roger Lent

The “integument” (“skin”) is the largest organ of the body in surface area. Hair and nails are extensions of skin—skin being one of FOUR exit portals for the elimination of toxins and acid wastes. The skin is the FIRST organ to form after “conception”—all of other organs and tissues “derive” from skin by a process called differentiation. To say that skin is important is an “understatement!”

The skin’s has three siblings that also work the “waste” venue: the bowel, kidneys and lungs. This group of four manages acid-waste “storage” and “disposal” within the body’s “terrain!” SOLUBLE waste that fails to exit the body each day is “removed” from circulation and stored in fatty tissue beneath the skin. In some people, stored “soluble” waste manifests as acne, psoriasis, liver spots, discoloration, dryness, wrinkles and boils—just to name a few! Skin is the body’s “first line” of defense against dis-ease and infection.

Skin functions much like the lungs. It breathes, absorbs and releases waste through perspiration and secretion of oils and fats and through the growth of hair and nails. Blood and lymphatic fluids provide moisture given off as sweat. Sebaceous glands secrete “waste-laden” oils and fats. “Soluble” waste that does not exit the body through the skin becomes “trapped” in the tissues “beneath” the skin. [The *Young Again!* Tissue and Liver Protocol™ releases stored soluble waste and provides safety “buffers” while waste is in circulation. Waste exits the body in the “bile” by way of the bowel.

“Soluble” waste that collects in the joints and tissues is called “amyloid” fluid. Amyloid fluid is highly “acid” cellular waste that eventually

“MORPHS” into “structural” waste. Structural waste is called amyloid “PLAQUE.” It is the tissue “equivalent” of brick and mortar! Amyloid plaque also “MORPHS”—by forming “scar” tissue.

Tissue “calcification” is a related concept better known by the name “arthritis!” Stiffness and loss of elasticity are SIGNS of “old age”—as are wrinkled skin, sagging face and breasts and sore feet. “Feet” problems in the elderly are confirmation of a VERY acid “terrain”—plus the effects of gravity, collapsing arches, acid-waste “crystallization” and nerve deterioration. [The connective tissues of the feet repair slowly due to the distance from the heart and waste levels.]

Connective Tissue

Connective tissue comprises 90% of total body tissues, and collagen comprises about 30% of connective tissue. Collagen is the “SUBSTRATE” and “MATRIX” for mineral deposition and bone creation. Collagen is “FOUNDATION” tissue.

“Ongoing” collagen formation is crucial to healing broken and aged bodies. Hormones play a part here—as does deacidification of the “terrain.” Therapeutic “blood” levels of Vitamin-C provides a “spark plug” effect to collagen formation—something that UNTIL NOW could only be achieved intravenously with a “needle!” $L_5P_6C^{TM}$ is the *Young Again*TM solution to avoiding Vitamin-C administration by needle. Oral pills and powder forms of Vitamin-C are a “moot” approach. [These concepts are covered in greater detail in Chapter 38.]

Dissolving “structural” waste tissue and building healthy new tissue is done with SOC^{TM} , $L_5P_6C^{TM}$ and $VZ II^{TM}$.

Osteoarthritis is calcification of the joints. Tuberculosis is calcification of the lungs. Calcification follows “alteration” of healthy tissue. Calcification of “tumors” is the body’s way of “containing” highly concentrated waste energy. Calcification is PROGRESSIVE! [Osteopenia refers to failure to lay down collagen and new bone as fast as old tissue is breaking-down!]

Waste & Hormones

Hormones, sleep, diet and exercise affect the connective tissues because they affect the “terrain!” The inability to dissolve amyloid plaque and move acid wastes OUT of the body “speeds” connective tissue breakdown and “calcification. So does hormonal “stallout!” Hormonal activity keeps the puberty window “open!” Synthesized hormones “skew” the system and stress the liver. A better approach is to use racemizedTM hormonal precursors and make your “own” hormones!

There is “little” difference in the effects of so called “natural” synthesized hormone and pharmaceutical versions. There are thousands of chemicals—from pesticides and plastics to food additives and sweeteners—that

“mimic” real hormones. Crafty chemists move the reactive “-R” group on molecules so they can “patent” them. “Real” molecules cannot be patented!

Avoiding analogous substances that “lock-up” body receptor sites and regulatory centers in the brain is a good idea, considering that “analogs” have a “forever” life and do NOT break down or release from receptors on their own. [“Polishing” receptor sites and flushing chemical analogs from the system is part of the *Young Again!* Protocol.]

Once analogous hormones attach to your receptor sites, you become a “prisoner” in your own body.

Thyroid activity affects the “rate” of connective tissue formation. “Sluggish” thyroid activity affects 99% of younger women—partly due to menstrual/hormone issues—and MOSTLY due to the mercury in women’s teeth. [HST™ Creme is used to “perk up” metabolism in both sexes over age “40.”

After age “40,” thyroid activity in women progressively “slows.” Conventional blood lab tests look for “clinical” thyroid dis-ease while ignoring associated “symptoms” like cold hands and feet, low body temperature, weight-gain, falling and thinning hair, brain-fog and memory complaints, low energy, sagging and wrinkled skin, loss of muscle mass and tone, sore joints and dry skin. [Both BT™ and HST™ Creme are the *Young Again!*™ answer to these complaints.]

Tissues & Remedies

There are two classes of tissue. Healthy, “functional” tissue and non healthy “scar” tissue. Scar tissue is the body’s response to trauma and acid-waste accumulation—and the INABILITY to lay down healthy “new” tissue. Scar tissue can be an internal or external issue. Scars and skin “blemishes” are versions of scar tissue. Scarring of “vital” organ tissue is an internal issue that is “central” to aging and longevity!

SOC™ RJ Factors™ I & II and L_sP_c™ provide needed “materials” for growing healthy tissue. So does Skin and Body Toner™ and racemized™ hGH.

[Vitamin B-12 affects the connective tissues. Exhaustion of vitamin B-12 from the vital organs is a big issue for women beginning in the mid-twenties, due to loss of menstrual blood. Dietary intake of B-12 suffices to about age 30 until “diminished” production of intrinsic factor from the stomach wall and “insufficient” hydrogen chloride production prevents women from absorbing B-12. Vitamin pills, mouth sprays and sublingual tablets are NOT a viable B-12 source, any more than synthetic B-12 shots. The *Young Again Protocol*™ uses Cobo-12™ racemized™ transdermal creme that absorbs directly into the blood. Symptoms associated with a B-12 shortfall number in the “hundreds” and generally manifest after age 35 and worsen after age “40” as menopause gets into full swing.]

Wrinkles bother people who want to look young. The beauty industry uses the “mud-against-the-wall” approach by putting “collagen” in skin and hair products. Applying collagen to skin is similar to taking glucosamine and chondroitin sulfates to build cartilage—which they do not!

[The body “makes” collagen when provided with BOTH the stimulus and the raw materials as noted above. [VZ™ is used to “eat” structural waste and get the digested “sludge” down the toilet.]

Movie Stars • Skin • Hair

As we age, the skin becomes stiff and leathery—indicating cross-linking of the collagen matrix. Sometimes, cracking and bleeding occurs on the chafe points as conditions worsen—especially with the elderly.

Movie stars and the “vain” resort to face-lifts to hide their skin problems. The “stars” understand that a young face “pulls” better at the box office and that the “younger” you look and feel, the more opportunities you will have and the longer you will be a movie star. Movie star or not—people should NOT be resorting to superficial body “makeovers” when they are growing old and dying on the “INSIDE!” [Your author’s vanity secrets are outlined on page 317.]

Face-lifts help appearance, but they are an expensive “cover” for what is “really going on” inside the body—and for what is NOT being addressed!

When SOC™ lotion, R/Skin Creme™ and L_sP_cC™ are used regularly, skin becomes very soft, wrinkles fade and the face takes on a healthy glow! These products are “food” for the skin—both internal and external. They are NOT cosmetics! Your author looks and feels young—as you can tell from the “untouched” photo on the back cover—and his bio-electric age is holding at “19!” [Another personal secret for no gray, full color, thick hair is Kombucha tea and GH3+.]

Society is biased AGAINST the aged. People who look and feel young enjoy a big advantage!

Urine & Your Face • Digestion

The term “acid” is a chemical term. An acid—by definition—is a hydrogen donor; a substance that donates “hydrogen” ions to a chemical reaction. Natural vinegar contains natural, organic acids and tastes “sour.” Natural acids like those in raw vinegar, Kombucha Tea, lemons and sauerkraut rejuvenate the body by increasing “bile-flow” which “deacidifies” the tissues—despite these foods having an acid pH. Naturally acidic foods cause the body to become less acid—NOT more alkaline! [Please do NOT confuse the acid/alkaline concept of “terrain” management with pH chemistry.]

Natural acids heal. Urine contains “acids” that beautify the skin. Some Scandinavian women wash their face in their urine to keep their skin smooth

and young looking. Some people drink their urine daily to rid themselves of cancer and heal their bodies of dis-ease. [High “stomach” acidity is absolutely critical for protein digestion and killing incoming parasites. So-called acid-reflux has “nothing” to do with stomach acidity. This is a classic liver/bile/bowel problem.]

Reduction in hydrogen chloride and enzyme production diminishes rapidly after age 30. Poor digestion affects 95% of the population—young and old alike!

Protein “digestion” begins in a very “acid” stomach where the peptide bonds linking amino acid proteins together are “lysed!” Poor health and “reduced” stomach acidity is central to protein malnourishment issues. Digestion complaints and “acid reflux” are BIG RED FLAGS that things are very out-of-balance! [Disorb Aid II™ and R/BHC™ help hee!]

Carbohydrate digestion occurs in the alkaline environment of the small intestine (the “gut”). Special lymphatic vessels absorb fats and transports them via the “portal vein” to the liver for processing. A “leaky-gut” wall allows overly large food molecules direct access to the blood stream—spawning autoimmune issues and serious dis-ease!

As people age, digestion “collapses” because the stomach wall FAILS to produce enough hydrogen chloride and intrinsic factor, the pancreas FAILS to produce enough pancreatic enzymes, and the liver and gallbladder FAIL to produce—and release—enough “bile.” The digestion “dilemma” underscores both health and dis-ease—and needs tending if “restoration” of health is expected.]

A “healthy diet” alone is NOT sufficient to overcome digestion issues and the poor health it spawns!

As the body grows “older” insufficient intake of quality proteins plus poor protein digestion and assimilation “forces” the body to “cannibalize” itself in an effort to meet its protein needs. Cancer patients—who are literally starving to death—are classic examples of auto-cannibalization in progress.

Vegans and vegetarians—with rare exception—live the slow motion version of “auto-cannibalization”—and in the end “die” meat-eaters—by default!

Gout • Stones • Toxemia

People with poor liver function and poor bile flow CANNOT fully process animal proteins. Poorly digested proteins have an “ACIDIC” effect on the body’s “terrain!” Without hard physical work and fresh vegetable juices, gout rears its ugly head! Historically gout was known as a rich man’s dis-ease. The rich suffered from inflammation of the feet, toes and hands partly because they ate too much animal protein and mostly because they FAILED to eat fruits and vegetables. [Parasites go with “ALL” foods. Sanitation and digestion are the keys here.]

Social pressure makes it difficult for people to maintain a healthy lifestyle—and the wealthier you are, the easier it is to develop bad dietary habits. Alcohol, heavy food and late social engagements sum up the problem. The cliché “Eating high on the hog!” is a carryover expression that hints of “excess!”

When highly “acidic” tissue fluids combine with waste alkaline earth minerals—like calcium, magnesium and sodium—crystalline precipitates “settle” out of solution into the tissues and joints. Poor digestion and leaky-gut issues serve to boost blood protein metabolites like “purines.” Purines are responsible for the formation of uric acid—and uric acid salt “crystals” are responsible for the painful condition called “gout.” Gout medications are “palliative”—and fail to address the causes. Gout medications destroy the liver! [Causes of gout are easily remedied by following the *Young Again!* Tissue and Liver Protocol.]

In the past, gout was not a problem for middle class and poor people who did hard, physical, load-bearing work. A sedentary lifestyle belonged to the domain of the wealthy. Today—with the advent of the “service” society and the computer—sedentary life styles are epidemic! Wealth and opulence no longer dictate who gets gout and who develops a dowager’s hump! The middle class and poor are living longer and are now sharing the misery. The old saying “Misery loves company!” sums up the situation. [Gout, gall and kidney stones and spurs are not normal. They are SIGNS of aging.]

Gout is primarily a “male” condition. The female versions are called “osteoporosis” and “arthritis!”

Gall and kidney stones are “precipitates.” Stones can be mineral or cholesterol-based precipitates—or both! The type of stone determines the doctor’s remedy short of surgery. With gall stones, death occurs with 24 hours if the common duct becomes blocked. Kidney stones damage the kidneys!]

Passing of gall and liver stones is done at home following the *Young Again Tissue and Liver Protocol(s)*.™

Blood poisoning describes a “condition”—not an event. In pregnant women, excess waste accumulation in the blood is called “toxemia” (toxic; emia-of the blood). The pregnant woman’s liver does double duty for mom and baby! Infection causes “sepsis”—which is blood poisoning. The “slow-motion” version of blood poisoning in the average person is called “acidosis”—meaning “acidification” of the terrain. Unchecked accumulation of acid waste in the tissues translates poor health, misery and early death. Movement of waste is “TOTALLY” dependent upon bile-flow from a healthy, functioning liver. Tissue hydration levels play a part here also.

Bad drinking water loads the body with “useless” mineral salts that “precipitate” and clog the tissues!

[Grandma mixed and heated animal fats with lye (sodium hydroxide) and got “lye soap” through the process of saponification. But, when she used her soap in hard mineral tap water—she got soap-scum “precipitates” in the tub. The scum was the product of lye soap and the hard water minerals.]

Dietary oils—like soy and canola—mix with waste mineral salts to form “soap scum” type waste in the body. Clogged and hardened arteries (atherosclerosis and arteriosclerosis) are filled with “plaques”—like the scum in grandma’s tub. Plaque formation is a “symptom” of trouble. Plaque is spelled AMYLOID! Amyloid plaque forms in all sectors of the body—and invades the brain in people going down to Alzheimer’s!

Calcium & Osteoporosis

Medical opinion to the contrary, elemental calcium and magnesium supplements taken for arthritis and osteoporosis are worthless! They do NOT solve the problem and they create new and different issues in the process.

Doctors prescribe “calcium” because they have been “told” by the “experts” that females need it to avoid and treat “osteoporosis”—particularly when menopause “manifests!” They try to FORCE the body to accept elemental minerals that have not gone through the carbon cycle. In the process, they create imbalances that are “driving” heart attack in women—the #1 killer of women!

Elemental minerals precipitate OUT of body fluids and join with other metabolic wastes to form plaques, stones and spurs. When taken with meals, elemental calcium and magnesium interfere with digestion of proteins by neutralizing stomach acids critical to proper digestion.

Diminished bone density is “called” osteoporosis. Insufficient bone-building activity is “called” osteopenia. Both are primarily female issues. Men generally don’t become diagnosable until after age “70”—but the process is well on its way after age “40!” In women, onset of osteoporosis occurs in the “pre” menopause years beginning at age “25”—about the same time the “puberty effect” peaks.

[Osteoporosis occurs earlier in women because of a slow-down in the “hormone” cycle, increased tissue acidity, and inability to lay down new collagen as fast as it is breaking down. Fair or not, females turn acidic about 10 TIMES faster than men. This is “why” your author has emphasized—over-and-over throughout the pages of this book—the never ending need for DEACIDIFICATION of the terrain!]

Deacidification and female health go “together”—as does the “concept” of keeping the middle-years window “perpetually open” for as long as a woman wishes to keep her beauty and youthfulness and remain sexually active. Why should a woman allow menopause to “steal away” her life?

[Regardless of a woman's age, condition of her parts or menstruation issues—the Vorago™ Effect gives women control of their health and longevity. [See Chapter 35, Vorago SunRise]

Body Odor

Body odor (BO) is a symptom of a polluted body! BO is experienced when toxic acid waste FAILS to exit the body via the liver, bile and bowels—and instead builds-up in the fatty tissues below the skin—providing food for the bacteria that live on waste. BO is more than socially offensive. It is the “shadow” of old age. When you smell BO, you are smelling toxic, aromatic waste evaporating from the tissues!

We first become aware of body odor at puberty. It is usually related to hormonal activity and increased STRESS imposed on the liver by puberty-related “changes.” It's the same stress that occurs at menopause and andropause.

In adults, teens and children, BO signals tissue acidification and liver and bowel issues. The stronger the BO, the sicker the person. Strong BO should not be ignored!

[You do NOT have to be old to have foul body odor. If you are old in body and young in years, you will “stink!” If you are old in years and old in body, the odor is “suffocating!” A clean body with an efficient liver has little if any BO because the liver is responsible for processing 90% of body waste.]

Children have a good sense of smell. They can detect toxins escaping from their grandpa's or grandma's body. They can smell old age and sickness—and so can pets! Children smell sweet and fresh because they are YOUNG in years—for sure in body. BO is symptomatic of catabolic activity. People with potent BO can shower five times a day with grandma's lye soap, use the best of deodorants and get zero results. BO “oozes” from the body as fast as it is washed off. The problem of body odor is internal, “NOT” external!

The quickest way to rid a body of BO is by following the steps outlined in this book. The waste we want to dislodge from the body is NOT stored in the liver and colon. It is stored in the “fat layer” under the skin. The *Young Again Tissue and Liver Protocol*™ safely releases and transports tissue wastes out of the system and down the toilet. As the “terrain” of the body improves, body odor goes “bye, bye!”

EVERYTHING in this book relates to control of the “terrain.” Restore the TERRAIN and “you” get out of jail. Maintain the terrain and aging reversal is automatic!

Deodorants & The Puberty Window

Anti-perspirant deodorants should NEVER be used because they “BLOCK” sweat glands and flood the body with heavy metal ions and chemicals. Antiperspirants contain toxic ALUMINUM ions that fuel conditions like Alzheimer’s!

The areas of the body where sweat is heaviest has “meaning.” These areas are very high lymph node concentration—like the groin, arm pits, breasts, neck and head. Inability to freely sweat is NOT a good sign—and cancer loves a congested lymphatic system and an “acid” terrain. Remember, cancer “travels” the lymphatic highway. Lymphatic circulation is an extremely critical issue.

Everything from constipation and health issues to diet and hormones affects “body odor.” Female menstruation and odors associated with it are similar to what happens to men during “their” hormone swings. Men have a monthly “hormone cycle”—as their wives and girl friends will confirm! The male equivalent of menopause is andropause (andro-refers to male hormones; pause-cessation of).

Menopause and andropause are a BIG deal! They are the flip side of puberty—one female, the other male. They represent a major shift and slow-down of body metabolism—particularly in the testicles, ovaries and liver. The phrase “the change” does NOT fully convey what is really going on. Menopause and andropause should be INTERPRETED as “past tense” issues because they begin 15-20 years prior to manifestation. In other words, humans PEAK around age “25!”

The “puberty window” opens at puberty and closes at menopause/andropause. Extending the “puberty window” should be the name of the game for anyone under age “35!” Reopening the puberty window IS the name of the game for anyone over age “35!”

[The reader will find a complete discussion of the “game” in Chapters 35 entitled Vorago™ SunRise. And as the reader might guess, the Vorago™ Effect is very much a hormonal story. It is a story that only “appears” to pertain to women—but it impacts the life of men, also!]

We are supposed to grow a “new” body every 7 years. The body YOU get depends upon YOUR “choices!”

No Sweat

People sweat! Some people sweat profusely. Other people hardly sweat at all. Sweat is a good indicator of how efficiently the skin is functioning as a waste portal. If you sweat heavily, it’s a very good SIGN—provided blood and tissues fluid volume levels are kept fully “hydrated” and saturated with racemized™ sea mineral electrolytes so the waste can “flow!”

Not until his early “50’s” did your author “sweat!” After completing the

Young Again (Tissue and Liver) Protocol™—so he could get “out-of-jail” and discovering how to “properly” do High Enema Therapy™ did his body begin to sweat freely! He is now age 61! Exercise is good—but it is not sufficient to free your body from a “prison” of waste! All acid waste—both soluble and non soluble, liquid and structural—“must” leave the body before it can restore itself to a youthful condition. [Movement of “soluble” tissue-bound acid waste is accelerated with the L/CSF™ Machine. [See pages 133, 195, 261 & 382 regarding waste issues—and pages 107, 310, 381 & 382 for L/CSF.™]

Skin: A Two Way Door

We “absorb” through the skin. Few people realize the amount of chemicals and poisons entering the body through the swinging door called skin. The skin functions bi-directionally—meaning it BOTH expels tissue wastes and absorbs toxic substances from perfumes and bathing and drinking water.

[The *Young Again Protocol™* utilizes the skin’s highly efficient absorption capability to shuttle racemized™ transdermals like SunLight™ Creme [Vorago™ effect]; F/G™ & M/G™ Creams [female and male]; B.T.™ Creme [thyroid]; HST™ [restoration]; and Cobo-12™ [Vitamin B-12 creme.]

The mucous membranes lining the mouth, throat, lungs and GI tract have a combined surface area 600 times greater than our skin—and these membranes absorb far more efficiently, too! They the MOST efficient “absorption” tissues in the body—and they are the MOST “exposed” tissues in the body. “Ask” a beautician or a nail lady how they feel after a few years exposure to hard-core chemicals. “Look” at the general population who drink “raw” city water. Fact is, people in general are growing older at an accelerated rate—and the skin and mucous membranes are part of the story.

If chemical exposure is severe, the body will break out in hives or a rash, experience breathing difficulties—and on occasion, “collapse!” The body was not meant to deal with the barrage of poisons bombarding it daily—particularly, environmental “zeno” estrogens—and food additives that act like “zenos”—locking up hormonal receptors.

“Exposure” to environmental poisons is unavoidable! “Dislodging” dangerous chemical molecules that have accumulated in the tissues over many years is a tall order! First, the body must “choose” to RELEASE toxins and poisons into circulation. Next, “buffers” are needed to SAFELY “shuttle” the waste through the blood and lymph, liver and intestine and finally “OUT” of the body and into the toilet!

Environmental, dietary and cellular-generated poisons MUST exit the body “daily” to avoid “aging.”

► The body has ONLY two options when it comes to dealing with incoming poisons and internally generated cellular waste: “pass” them down the toilet via bile flow from the liver—or “store” them in the tissues. If you FAIL to give your body the means of dealing with “waste,” and it will be forced to “STORE!”

Terrain management is the underlying principle of the *Young Again Protocol*™™

Time Bombs

Unless the *Young Again Protocol*™ is “lived” on a daily basis, sick and old become reality! Your author hopes the reader will opt to follow his lead and enjoy a long and healthy life—instead of facing the “day of reckoning!” When that day arrives, you will notice a lump in your breast or bleeding from the vagina or rectum, etc., and the doctor will say: “YOU HAVE CANCER!”.....or “DIABETES!”.....or.....?

And you will say to yourself “Why me? What did I do to deserve this? I’m not old enough to have ?????! I have taken good care of myself! Surely the diagnosis is wrong.”

BUT! You did have a hand in this story, didn’t you? Save the excuses—they don’t count! Claims of ignorance won’t ease the hell you face! Wouldn’t it have been better to take responsibility sooner—when you could have restored “your” terrain? Imprint these thoughts in your memory—and LIVE by them!

Prevention is better than cure. Neither government nor science can protect you. In matters of health, never blame others. You alone are responsible.

The “sick care” industry is a financially healthy oxymoron that perpetuates itself and protects “its” health and economic interests. Learn to protect YOUR health and economic interests by taking care of yourself—every day!

Be willing to do whatever is called for! Good health and longevity are matters of choice for those people who want to be *Young Again*!

PREVIEW: *Our next chapter is about “wildcats.” It was a favorite of those who reviewed this book prior to publication.*

It is curious how certain lines of thought are off limits to mainstream medicine—so why are we surprised?

Chicken Pox • Herpes • Shingles

Chicken Pox, herpes and shingles are “terrain” conditions that “signal” stressed liver, stressed nerves, an ACID terrain environment—and poor “bile flow!” These “conditions” can appear at any age when the acid waste “tipping point” is exceeded! [Solution: Herpo-Max,™ enemas, L_sP_cB,™ and Cobo-12.™ See Pages 59, 127, 152, 177, 185 & Chapter 37.]

Hair! What To Do About It!

Fourteen-day-old Kombucha tea and GH3+™ are powerful rejuvenators for clearing acid waste from the system, easing aching joints and improving bile-flow. They also help restore natural hair color and regrow hair—especially in conjunction with the use of HST™ Creme.

Loss of hair color, thinning and balding are SIGNS that the body's "terrain" is in trouble! Hair problems are one of the first "visible" aging SIGNS to appear. Hair is an extension of skin, so always think of hair and skin as "one!" [The earliest "non visible" aging "symptoms" are dental problems!]

Fast growing hair is a good SIGN! Loss of "body" hair tells a story. We "gray"—and lose body hair—from the top down. Hair goes gray from the "end" back to the root—NOT the other way around as people believe.

Medical science ignores hair—but hair has a "purpose!" Hair removes toxic energy from the tissues beneath the skin where the most toxic "soluble" body waste is stored.

Hair issues in women always involve female hormones and thyroid issues. Blood tests for subclinical thyroid problems do NOT exist. Clinical tests provide a "label" for the ailing person—but labels don't provide a solution or define the cause(s). Kelp and iodine are NOT viable "thyroid" remedies. Thyroid activity affects connective tissue growth-rate in women—hence thyroid affects hair because hair is an extension of skin and skin is a connective tissue. Brain "fog" is a BIG menopausal-related female complaint involving the thyroid. So is "coldness!" [Men seldom suffer from "clinical" thyroid dis-ease—but all of the symptoms associated with male aging after age "45" screams subclinical thyroid!]

[Solutions to the above problems are B.T.™ Creme, HST™ Creme, L_sP_cB,™ Kombucha Tea, GH3+,™ L_sP_cC™ and VZ™. SOCT™ increases blood flow to the scalp. The *Young Again (Tissue and Liver) Protocol*™ deacidifies the "terrain."]

Kombucha Tea and GH3+™ are part of your author's regimen for natural hair color at calendar age "61!" The tea is inexpensive to make at home, so no one can complain they can't afford it! Approximate cost per gallon: "50 cents!" Kombucha reproduces "perpetually" from certified "starts." Deacidification is the "KEY" to the "terrain." Later comes hair color. Hair "regrowth" takes longer—but it's worth the effort as your author can demonstrate and attest to!

► Please Note: According to Hoy Lee of British Columbia, Canada, the name Kombucha is of Chinese origin. Kom = gold; bu = precious; cha = tea. Hence, "precious golden tea." "Thanks for this valuable insight, Hoy!" J.T.

High Enema Therapy™ Book

Forty color pictures is why this book is included in the *Young Again (High Enema Therapy™) Protocol™* package. Having performed this therapy for 30 years—and incorrectly for 25 of those years—your author discovered the “secret” to this simple, inexpensive therapy. If you want to see the miracle of agelessness manifest in your life—ask for help! [See pages 26, 76, 106, 123, 203, 212, 234, 262-3, 274, 326, 338, 343.]

Ileocecal Valve & Cancer

Six feet up from the anus is the “beginning” of the colon (large intestine)—and the end of the small intestine (ileum). Between the large and small intestines “inside” the cecum is the ileocecal valve that “controls” the rate of waste movement and nutrient absorption in the intestinal tract. People with cancer almost always have an ileocecal valve “locked” in the OPEN position—causing them to “starve to death!”

High Enema Therapy™ “restores” bowel integrity, “stimulates” the colon wall nerve plexus feeding the vital organs—and boosts “bile flow” from the liver/gallbladder.

Babies and children [And dogs and cats, too!] also have bowel and liver issues that need addressing. Mom can help baby with a simple enema—and children learn fast if Mom will “teach” them how to care for themselves. For adults, liver and bile and bowel issues are part of everyone’s “aging” story!

So, dear reader, “Take the leap!” and ask for guidance with this simple health technique. Consultation is available without charge. There is no cost for this one-on-one service—and you will learn plenty, too!

Brain “Fatigue!”

Brain “fatigue” comes with stress, sleep deprivation, emotional issues, hormone “swings” and thyroid problems. Racemized™ Ginkgo, HST™ and B.T.™ cremes are MOST helpful for boosting a “lethargic” mind. [See page 378.]

Enhanced “PAC’s”

Enhanced PAC’s™ are a complement of biologically active proanthrocyanidins—all in racemized™ footprint format. PAC’s™ “buffer” the body from toxic, acid wastes released into circulation during the Tissue and Liver Protocol.™ Without PAC’s™ the body will NOT release its most toxic “soluble” wastes. Taken daily, PAC’s™ restore the liver and arteries, lower blood pressure, “moderate” heart and stroke issues, ease eye problems and ease aches and pains. [These complaints are “symptoms” of a highly toxic, acid “terrain.”] PAC’s™ are fat-and-water soluble and a one-of-a-kind product “without equal,” containing 24,660 activity units per bottle in racemized™ footprint format with a biological activity rating of 10/10! They work for children, pets and adults alike!

Female Issues

1. “Polycystic” (poly: many; cyst: a fluid filled sac.) ovaries are a common diagnosis among women. Unfortunately, the “diagnosis” does not tell the patient why she suffers and what to about the problem. A cyst on the ovary is an INCOMPLETE ovulation [The egg never broke through the ovarian wall for deposition into the fallopian tube.]
2. Whenever women experience female discomfort, rest assured that “yeast” is also involved—but yeast is NOT the cause! Yeast feeds on acid waste in an out-of-balance “terrain.”
3. Adult diabetes Type II goes with polycystic ovaries, as does a “leaky-gut,” sluggish bowels, poor bile flow, congested liver, bad diet—and depletion of vitamin B-12.
4. A vitamin B-12 shortfall affects everything about female metabolism. Women run short of vitamin B-12 due to poor diet, insufficient secretion of “intrinsic factor” from the stomach wall, and blood loss from years of menstruation. Vitamin pills, sprays and sublinguals do NOT solve the B-12 problem. B-12 shots are synthetic band-aids, at best! The *Young Again Protocol™* calls for the use of Cobo-12™ transdermal B-12 creme for quick absorption into the blood. The results can be impressive. When racemized™ algae and liver capsules are taken with Cobo-12,™ their effect on hemoglobin formation, increased oxygen capacity and anemia is “noticeable!”
5. Small amounts of fresh beet juice “daily” accelerates the deacidification process—and helps with both menstrual and menopausal issues. The *Young Again (High Enema™ & Tissue and Liver™) Protocols™* SPEED deacidification of the female “terrain!” [See hormone cycle diagram on page 72.]
6. Thyroid problems are “epidemic” among women. The subclinical “symptoms” are cold body, dry skin, joint-pain, wrinkling skin, thinning hair, loss of muscle mass and tone, low energy, brain fog, memory issues and slow metabolism. Excess body fat can also involve a lethargic thyroid gland.
7. Worrying about the big “C” word is NOT part of the Vorago™ female’s “worry” list. The big “C” is NOT genetic, but it does have EVERYTHING to with lifestyle, hormones—and management of the female “terrain.” Follow the *Young Again (Hormone) Protocol™* and “IT” will not become part of your life or your vocabulary. Remember, avoiding health issues is easier than trying to solve them after they happen! [See Chapter 35 Vorago™ SunRise for an expanded discussion.]

About Those “Cravings!”

If you suffer with “cravings” for processed food, cigarettes, alcohol, drugs or chocolate—and you wish to get things under control—all you have to do is deacidify your body and eat real food, and your carvings will go “bye, bye!”

High Enema Therapy™ is part of the *Young Again Protocol™*. This simple process may “seem” a bit strange, but it works its “magic!” All you have to do is “Do it!”



WILDCATS

“The skin is to the body what the soil is to the Earth.”

John Thomas

The halogens are known as the “wildcats” of the earth’s elements. They are gases—and “chemically” speaking they are extremely reactive! The term “halogen” is dissected: hals-Greek for salt; gen-to produce. The halogens are an important piece of the aging story.

When “acid” halogen gas combines with “alkaline” earth metal ions—like sodium, calcium or magnesium, they form an ALKALINE salt like sodium chloride (table salt)! When a halogen atom combines with a hydrogen atom and a metal ion, an ACID salt is formed—like fluoride—as in tooth paste!

The halogens are part of naturally occurring mineral compounds—as found in sea water or soil and do NOT pose a health threat because they are in equilibrium rather than in toxic, chemically unstable, reactive “forms.”

When man isolates and “frees” the halogens—creating out-of-balance halogen containing waste byproducts—the halogens take on a “life” of their own. Rock salt (halite) is sodium chloride otherwise known as “table salt!” Nature isolates this compound and stores it in the earth. Man comes along, mines it, puts it on the dinner table in defiance of nature’s dietary laws—giving the halogens a part in the aging process.

Chlorine and fluorine are “HALOGENS.” They are also gases. When in “solid” form, halogens are “stable.” But when these “salts” are dissolved in body tissue fluids, the halogens are released into “solution” as “dissolved gas ions” that aggressively seek to “bond” with enzymes and tissue “proteins” in order to STABILIZE! Halogen-altered “protein” structures cause aging of the body’s connective tissues to dramatically “accelerate!” [More information coming later in chapter!]

Chlorine gas in water occurs as a chloride. Fluorine gas in water occurs as fluoride. Chlorides and fluorides in solution have an unbalanced electron

valence—and therefore, try to “bond” with other molecules to “stabilize” their unstable molecular structure.

In tissues fluids of “living” systems, the chemical bonds binding fluorine in solid salt form are broken by hydrolysis (hydro-water; lysis-to cleave or break). Fluorine then bonds to proteins in the blood and lymph, forming unpredictable compounds that are hostile to delicate life processes. Fluoridated water and tooth paste are deadly and the experts know it! [Regardless, “corporate” government forces fluoride upon citizens under the yellow fringed, national “war” flag flying above every court house and public place in the union.]

Chlorine

Stabilized chlorine is a bactericidal that indiscriminately kills bacteria—and is very effective as a disinfectant. [Think laundry bleach!] Chlorine is used to treat public water supplies. Chlorine is VERY toxic to the liver and does major violence to the delicate mucosal tissues lining the “gut!”

Use of chlorine in public water supplies is justified on the basis of what medical science calls the “benefit-to-risk” ratio—meaning if the benefit to the population as a whole outweighs and justifies damage done to the individual, then a chemical or vaccine or whatever is “certified” as safe—usually under authority of “law!” [This type of thinking keeps the hospitals full! It’s the reader’s job to avoid the trap!]

Chlorine’s carcinogenic characteristics are well known and are expressed in the body in many subtle ways. “Subtle” meaning no one dies on-the-spot from drinking chlorinated water. This is called “Make it to the door science!” If people can make it to the door, then it must be safe!

For instance, chloroform is a byproduct of chlorinated drinking water. Chloroform is extremely toxic. It is a broad spectrum poison that indiscriminately kills friendly “gut” bacteria while “oxidizing” delicate “gut” mucosa. It also destroys the liver! Chloroform replaced ether as a general anesthetic in surgery rooms at the turn of the century. Both have been replaced by safe substances, “safe” being a relative term!

There is a strong relationship between chlorine’s introduction and use in public water supplies (1908) and the statistical emergence of heart attacks and cardiovascular dis-ease. The relationship is more than happenstance.

Prior to 1920, coronary heart disease was not a statistically recognized problem in the United States in spite of heavy meat eating, drinking and smoking.

Atherosclerosis (build-up of plaque and deterioration of the arteries) is directly linked to chlorination of public water supplies. Chlorine’s initial use must be understood in the wake of the epidemic of water-borne dis-eases that ravaged the United States between 1910 and 1920—infecting and killing tens of thousands of people. There were few alternatives then; but this is “now”—and there are plenty of truly safe alternatives.

Water contaminated with pathogenic microbes is unacceptable—and so is chemically toxic drinking water. The “personal” answer to both problems is BFRV™ water.

Due to outbreaks of pathogenic *E. coli* and cryptosporidium bacteria in public water supplies, the “Feds” squeeze local “corporate” governments and water districts to use toxic chemicals, chlorine, mercuric acid, etc.

Chloramines are extremely toxic to the liver and are the result of “hard-core” chemical reactions with organic substances in drinking water. [BFRV™ equipment removes chloramines, as well as fluoride, flagellates (amoebas), viruses, bacteria, radioactivity and junk minerals. Once removed, vibrational memory of the contaminants is “erased” and the water “restructured.” BFRV™ is biologically friendly drinking water!]

[Water for bathing and for High Enema Therapy™ is produced with a 3 stage, oxidation/reduction shower filter. These devices typically last for 5-8 years, offer high-volume water flow, and do NOT use or require cartridge replacement.]

Sodium Hypochloride

Chlorine is dissolved into public water supplies from a stable salt block form. The reason chlorine is used in salt form has to do with pH—which we will discuss momentarily.

A salt is a combination of an acid [halogen gas ion] and a base [metal ion]; hence, “sodium fluoride” as found in tooth paste! Municipal water treatment protocol calls for the use of sodium hypo-chlorite—which contains chlorine in salt form. Sodium is a BASE alkaline metal and hypochlorite is an extremely ACID and unstable chlorine compound. When combined, the new compound is called, sodium hypochloride.

When the Jekyll-and-Hyde sodium hypo-chlorite compound is dissolved in water, it separates! Chlorine kills the bacteria and hydroxide raises pH so water will be palatable. The pH of most tap water is between pH 7-9. Biologically friendly drinking water—called BFRV™—is a combination of pH, reactivity and ORP potential “factors” that speed restoration of the “terrain” and return of health. [See pages 71-8, 102-109, 117, 126, 173, 220, 297, 306 (chart), 378 and Chapter 11.]

Terrain Problems

Toxic chemicals enter the body bonded to waste mineral ions. In the body, acidic chlorine and fluorine bond with metabolic wastes and oils [like soy and canola] and form hybrid toxins that ALTER the terrain and manifesting in the “electrical” profile of the blood as “Rouleau.” Rouleau appears as clumped red corpuscles. [A corpuscle is a blood cell without a nucleus.] Rouleau is a “marker” condition of a “terrain” that is under STRESS—and a red flag of dis-ease in the making!

The word “aging” hints at the problem. The word “degeneration” says it better!

Sodium is a player in the aging scenario. High sodium levels in the tissues aggravate “hypertension.” As excess sodium invades tissue fluids, it upsets the sodium : potassium balance in the body—setting the stage for “cancer!”

The body requires a constant supply of organic potassium to maintain its sodium : potassium balance. [Fresh vegetable juice and home-grown, organic green leafy vegetables are the most “effective” source of organic potassium.] The body “offsets” dietary “deficits” of potassium by “stealing” it from inside the cells. The process of “trading sodium for potassium is “invasive” and “cumulative!” Sodium invasion of the cells slows mitochondrial activity—converting an aerobic environment to an anaerobic one. The mitochondria cannot function in a high sodium anaerobic environment. The process sets the stage for CANCER at the “cellular level.”

Chlorinated tap water is “weakening” the entire population. There are better and safer alternatives, but powerful industrial interests—in cahoots with yellow fringed flag “corporate” government—support chlorination. Our situation today is not unlike the outbreaks of Childbirth Fever in Dr. Semmelweis’ time. [See pages 43 and 45.] Chlorine and fluoride are good for business. They keep the cattle lines at the clinics and hospitals “filled” with sick and dying people.

Imagine the economic impact that safe, biologically friendly food and drinking water would have on organized medicine, the legal system and the school system!

“Corporate” government is a BOGUS foreign “state” operating under the “yellow fringed flag” with a vested interest in keeping people sick. Sick and dead people are good for litigation, probate, estate taxes and other legal “mewings!” [See pages 196, 229, 292 and 384.]

Public Mentality

Fluoride is an American “institution”—second only to hot dogs and apple pie! Americans have a love affair going with their sweetheart “halogen”—fluorine. [Fluoride is the salt form.] The question is WHY? This book provides the answers for those who CHOOSE to think outside the box!

Industry, medicine, dentistry and the pharmaceutical companies have done a magnificent job of brainwashing Americans on the benefits of “fluoride.” [Let us not forget the dental industry’s “game” of calling “mercury” dental fillings, “silver” amalgams! Mercury is the most toxic element known!]

Fluorine is THE wildcat of the halogens. It is numero uno—number one—on the list of atomic elements for “reactivity!” God put fluoride under

lock and key by isolating it in underground water and mineral deposits. When man discovered fluoride's industrial uses, he opened a Pandora's Box.

Fluorine is toxic to all living things. Fluoride poisoning—"fluorosis" of the tissues—manifests as HUNDREDS of "symptoms!" Because fluoride is a "systemic" poison that takes YEARS to manifest, it escapes blame—along with the criminals in government, industry and dentistry that promote it! Medical science's challenge of "No scientific proof!" is an effective cover for poisoning of ignorant, but innocent people. Fluoride is a perpetual money machine for the medical system.

Fluoridation of water should be "CRIMINALIZED"—as should putting mercury into people's teeth!

HARD (Teeth-Bones-Skin) HEADS

Fluoride hardens the teeth—and the head. The experts fail to mention fluoride's toxic side effects—effects that grossly outweigh any conjured benefit. Theirs is a "sin" of omission! Fluoride has a subduing effect. It "slows" the brain and makes us docile—and easier to manipulate! Fluoride is easily absorbed through the skin and mucous membranes of the mouth, throat and intestines.

Medical insurance creates the "illusion" of security. Reliance on it causes people to forfeit personal responsibility for their health and rely on the system.

[A certain toothpaste introduced in the late 1950's received the endorsement of the American Dental Association (ADA). It uses fluoride in "stannous" form. Stannous fluoride is a tin-containing compound. Tin is an element and a metal. When you mix acid fluorine gas with the alkaline metal ion of "tin," you get a SALT crystal. Stannous fluoride is a gas in salt form as designated by the -ide on the end of the word "fluoride." The ADA elevated a waste product of the tin industry to the "status" of a medically endorsed "therapy!" The profits to be made in a deal like this are beyond the dreams of avarice. Dentists can make a good living without poisoning people!]

Fluorine is widely used in thousands of industrial processes—and fluoride is the industrial spin-off! Fluorine-containing compounds are VERY powerful left-spin substances that are VERY biologically "active"—and VERY anti-life!

In living systems, fluoride disassociates and becomes EXTREMELY unstable and "binds" with protein enzymes and connective tissues like bone, muscle, tendon, skin etc.

Fluoride "attacks" the collagenous protein matrix that gives connective tissue its flexibility and strength. Wrinkled skin is a good example of the "fluoride effect." Acidification of body tissues only makes things worse. Fluoride is an acid gas!

People are rightly concerned about wrinkled skin, brittle bones and falling hair. Yet they use fluoridated water and toothpaste. They need to connect the dots!”

Place “bone” into muriatic acid and the minerals in it will go into solution, leaving behind, a rubbery-like substance resembling a piece of spaghetti. This “substance” is the collagen protein matrix into which the osteoblasts deposit minerals for the construction of “bone.” Fluoride binds to bone collagen proteins and create the perfect aging “crisis!” Fluoride acts similar to the hormones in birth control pills, estrogen replacements and “zeno” hormones in food and water. Fluoride interferes with the osteoblasts (bone building cells) and the osteoclasts (bone dissolving cells) by slowing repair and reproduction of healthy bone and connective tissue. Fluoride causes them to become hard and brittle. Bone is supposed to be rigid and flexible—like a healthy tree! Fluoridated water and toothpaste causes “brittleness,” builds-up in the tissues, and causes serious degeneration. The experts BLAME osteoporosis, scleroderma, lupus and exposure to the sun. Baloney!

[Connective Tissue Syndrome is the latest “buz” syndrome. Broken bones and weak joints are extremely common among adolescents and older people. Something has changed! One of the “somethings” is fluoridated water, toothpaste—and that not so innocent little cup of poison from the school nurse and the dental hygienist!]

If you wish to enjoy a healthy life, you must learn to live and think outside the box! The *Young Again Protocol*TM reverses the aging effects of fluoride and a host of other “conditions!”

Medical science has endorsed the use of fluoride and is too stubborn and proud to admit its mistake. Please consider what Sir Arthur Edington once said about the scientific mind. “Verily, it is easier for a camel to pass through the eye of a needle than for a scientific man to walk through an open door.”

The public does NOT know that the “famous” fluoride study about natural fluoride in well water and the absence of dental caries (cavities) was bogus! What “experts” fail to mention is that man-made sodium and stannous fluorides are FAR more reactive and hostile to living tissues than is naturally occurring fluoride. “Living” systems are DYNAMIC! People are not sterile, laboratory test tubes. Fluoride “reacts” when heat, pesticides, food additives, soy and canola oils and metabolic wastes are present in the “dynamic” of the body.

Powerful interests in dentistry, medicine and the pharmaceutical houses influence public policy on issues like “fluoridation” of public drinking water supplies. The insidious “grant system” decides WHO gets public money and WHAT projects “science” will study. Money controls!

These same powerful “interests” determine WHAT is taught in medical and dental school curriculums—and they see to it that text books are heavily

“biased!” [Private interests use “corporate” government and the “yellow fringed flag” court system as a “cover”—while foisting their deadly industrial wastes onto a trusting and unsuspecting public.]

Bought-and-paid-for “experts” ply their trade—rubber stamping new “cutting edge” drugs for NEW dis-eases in an ongoing effort to keep the public “confused!” Think about this: “10” years ago, there was no such thing as “acid reflux;” “15” years ago, fibromyalgia and lupus hardly existed. “25” years ago, Alzheimer’s was unknown! The “beat” goes on!

Synthesis, Stress & Acidity

“Synthesis” in chemistry jargon refers to “combining” two or more chemical agents. For example, hydrogen + oxygen = water! Synthesis results in a “product” that is physically different than—and has different characteristics than—the original individual ingredients.

“Synergy” is a closely related term referring to the effects a compound or molecule produces when it interacts with substances in the environment—or in the body environment. In the body, synergism can have positive or negative effects on the terrain!” The word synergism “hints” at the “-R” group location and molecular structure of a compound. The “—R group” defines the “reactive” chemical nature and characteristics of a molecule. For instance: DDT vs. malathion.

A healthy, youthful body is the result of anabolic synthesis. Anabolism is the building-up process. Healthy food, fresh vegetable juices, High Enema Therapy™ and bio-friendly water promote “anabolic synthesis.”

Fluoride, chlorine, vaccines, pesticides, mercury, toxic air, food dyes and additives, soy and canola oils, chloramines and free radicals “trigger” chain reactions in the body. If the body is under “STRESS”—negative synthesis and synergy destroys healthy tissue—causing the body to “go acid” and produce free radical reactions in the “terrain!” When body acid levels “max-out,” sickness and dis-ease “manifest!”

Stress is the ultimate ENERGY “wild card” in everyone’s life. Stress always seeks an outlet and must be “managed.” Energy is NEVER lost, it merely changes form.

Free Radicals • Antioxidants • Organic Food

Toxic substances released in living systems produce “free radicals.” Free radicals trigger uncontrolled oxidation of cells and tissues. There are only two ways for the body to deal with free-radical molecules: STOP their formation or NEUTRALIZE their effect by “altering” their structure through the addition or subtraction of “electrons!” Free radicals cause “uncontrolled” cellular oxidation [catabolism] and the death of healthy cells. [See pages 23, 24 and 198.]

Catabolic, self-cannibalization and aging go hand-in-hand. Catabolism and anabolism are opposites!

A “pesticide” is both an organic poison and a free-radical producing chemical. Pesticides are man-made organic poisons constructed around the “carbon” atom. The public fails to understand the danger of mixing words and concepts like organic, poison and carbon. [“CARBON” is atomic element #12. These subjects will be discussed in detail in Chapter 21.]

Crafty wordsmiths and bogus science scramble terms to create confusion and the impression in the public’s mind that pesticides are “ORGANIC”—and therefore are “friendly” to Earth and Her inhabitants. [Your author encourages the reader to ignore the opinions of “experts” in matters of health because they can’t even save themselves!]

When the term organic is applied to food, the inference is that poisons are not present and the food was grown using natural fertilizers—as opposed to NPK salt fertilizers. Organic food is generally—but not always—better than non-organic food. Home-grown food is the best! [Corporate government—a “pawn” of private interests—took “jurisdiction” over the term “organic” to create the “PERCEPTION” of wholesomeness and to “license” the term “organic” for our “protection!” Perception is reality—and the public swallowed the hook! Real organic is fine! Government organic is fraud! Believe it!

Everyone should grow some fresh vegetables—be it in pots or a section of the yard. Even small amounts of real “live” food has powerful effects on health.

The Establishment

The entrenched scientific, medical, and pharmaceutical establishment is “at odds” with personal health and longevity. They have a vested interest in keeping things status quo—so they can bilk the people of their money, limit their freedoms and control their minds.

Professional people often suffer from professional myopia—along with a good dose of professional ego! They are the product of their training—and few of them venture outside the “box.” [In fairness, professionals are “watched” by their “state” licensing boards. Those who step-out-of-line or carelessly put the patient’s best interest “first”—are at odds with fellow practitioners! Doctors and dentists who act upon TRUTH must be very careful and keep a very low public profile because their “peers” will turn on them like the pack of “devils” they are! Professionals must meet the “standard of care!” Believe it!

It’s a good idea to “cultivate” a relationship with an alternative-minded physician in case you are in trouble and want to avoid falling prey to mainstream medicine.

Conventional practitioners are NOT open to—or free to pursue—alternative healing modalities. They quote chapter and verse from medical literature in their “defense” when they know better! At the same time, they are caught between “ego,” insurance companies, government control, an ignorant, lawsuit-happy public—and watchdog medical review boards. No wonder things are such a mess!

Few medical insurance carriers will insure people working in dental offices because of the high incidence of sickness, dis-ease and suicide! The mercury and fluoride they use are to blame—and these professionals pay with their health and lives—even more than their patients!

Mercury • Fluoride • BFRV™

Heavy metal poisoning is a serious and common issue. Toxic metals interfere with brain and nerve function and must be purged from the tissues. [The *Young Again Protocol™* frees and safely passes heavy metals from the bio-electric body.]

The USA is experiencing huge increases in neurological brain disorders like Alzheimer's, Multiple Sclerosis, Muscular Dystrophy and brain tumors. You can “bet” fluoride, toxic heavy metals and “zeno” estrogens are root causes of these horrible maladies! When fluoride combines with mercury residues, the immune system “takes a hit” and Schwann's cell activity at the nerve “synapses” drops-off! The result is a list of “syndromes” and nerve “disorders.” [See page 248.]

Fluoride is a systemic poison that is “at odds” with good health and the idea of a healthy, happy life. Avoid it if you wish to become *Young Again!*

PREVIEW: *In our next chapter, you will discover WHY sex hormone production collapses as the bio-electric body ages.*

The God Card

Pull the “God card” whenever medical folks get “pushy!” Tell 'em “I will pray about it and let you know!” Repeat as necessary!

What is the hardest task in the world to do? Think!

Ralph Waldo Emerson

Source Information Packet

For information, call (800) 659-1882 or (509) 465-4154 or write: John Thomas P.O. Box 1240 Mead Washington 99021-1240 USA fax (509) 466-8103.

Think!

We suffer and die for “failure” to observe the rules of the game—NOT because of what we do!

Did the cancer patient always have cancer? No! Was the diabetic always a diabetic? No! Did the lady with arthritis always have arthritis? No! These people LOST CONTROL of their body “terrains” due to:

- Failure to observe the “fundamentals.”
- Failure to deacidify the body’s tissues.
- Failure to restore the hormonal system.
- Failure to drink biologically friendly water.
- Failure to eat right-spin, high-energy food.
- Failure to live a disciplined, focused life.

Failure to make correct choices is “THE” issue. Failure is a “self-imposed” choice! If you want God to do you a miracle, you have to do your part. Stop the blame game!

Mind & Body

Never underestimate the power of mind over body. Daily, your author talks with people who cannot be helped because they refuse to control their thoughts—and labor under misconceptions about the causes of their problems.

There are many, good books written about the power of the mind. Let’s summarize a few points:

1. Negative, unhappy, critical, angry, fearful, depressed and misguided thoughts and “words” manifest in physical form—which affects mood, hormones and immune function—and brings on dis-ease. Thoughts and words have consequences!
2. The aura diminishes in size when we “think” negative thoughts. Disease manifests as “thought” in the flesh.
3. A healthy outlook promotes healing; and a poor emotional/mental attitude blocks healing. Guard your thoughts!
4. Bowel and liver function are affected by emotion and thoughts. Good thoughts are better than laxatives!
5. Positive-image “visualization” produces results. What we think, we experience. What we voice, we create.
6. Beliefs about oneself, life and future affects us—and those around us. Refuse to harbor bad thoughts!
7. Exercise is as good for the mind as it is for the body. Exercise daily. Walk, pump iron, do calisthenics and yoga.
8. Good thoughts, kindness to others and self-love “heal!”
9. Forgiveness heals! Do not hold grudges. Forgiveness releases you from the other person’s hate! Karma rules!
10. Create the world you want with your thoughts!
11. Protect yourself and loved ones through positive visualization—and by refusing to “focus” on darkness and evil.
12. Love is light; hate is dark!

Read: Your Body Believes Every Word You Say!



DIAGNOSIS OR POST MORTEM?

“The organs of the body can be likened to towns on a map, each being unto itself while each is connected to the other and ultimately to the composite body.”

Dr. Arnold Lorand

The “golden age” of medicine extended from approximately 1840 to 1930. It was a period that saw an explosion of new knowledge in all fields of science.

“Clinical” observations of the doctors of this period are of particular interest to us—partly because they provide a fundamental view of “aging”—and mostly because they preceded the advent of modern man’s environmental mistakes.

The golden age of medicine was a period of “low-tech,” drugless medicine. Doctors relied on astute observation to guide the patient. They also spent more time with patients, often getting to know them better than they knew themselves.

Uncommon good sense was the guiding rule. There was no place to shift the blame if the chosen modality (therapy) failed to cure the patient. The patient was viewed in camera—as a unit—NOT as “parts,” and the word “syndrome” was not yet in fashion. Cause and effect, diagnosis and prognosis, were anchored in “OBSERVATION”—rather than endless “TESTS!”

Modern Medicine

Present-day medical technology is a mixed blessing. It excels in diagnosis “after the fact,” organ transplants and emergency medicine. Dis-ease “prevention” does NOT exist! Modern medicine has become a never-ending “process” of trial and error, hard-core drugs, sharp-scalpels and “ISOLATED” snap-shots of the “process” called dis-ease. The medical system is “reactive” when it should be “proactive!”

High-tech modern medicine is hopelessly befuddled because doctors and

nurses are NOT trained to identify and diagnose subclinical illness. Yesterday's observations are considered "dated"—even primitive—because the new kids on the block learn it all in "college"—using high-tech smoke and mirrors—and the "model" they learn is DEFECTIVE!

Allopathic medicine has an "unholy" reliance on gadgetry and high-powered drugs—where people are seen as flesh-and-blood machines composed of "replaceable" parts. Medicine does not understand that health and energy are lost in the "invisible" realm—before dis-ease manifests in the "visible" spectrum. Medicine does NOT realize that the body is composed of energy-dynamic forces that dictate vital organ function—and that the "terrain" is "EVERYTHING!"

Diagnosis Or Post Mortems?

If it were possible to examine the vital organs of the body—particularly the ductless glands like the pituitary, thyroid, parathyroid, adrenals, thymus, pancreas, and gonads (testes and ovaries)—the "effects" of our living habits would be plainly evident. But we cannot make such an examination and must, therefore, learn HOW to read and interpret symptoms and solve our problems before they become SIGNS!

Dr. William Albrech, a brilliant professor of soils at the University of Missouri, once commented that we no longer know what healthy animal organs look like because we see only abnormal organs. That's the way it is in medicine today.

There was a time when the physician saw both healthy and pathogenic organs and could compare them. By knowing what "healthy" organs looked like, the doctor could identify dis-ease—and if a good observer—he could identify subclinical symptoms before they became clinical SIGNS.

Today, subclinically sick people are the norm—and medical science's efforts are directed at "naming" the dis-ease. The "label," however, is meaningless because it does NOT explain "HOW" and "WHY" the dis-ease condition developed—and most importantly—what steps must be taken so the body can restore the "terrain!"

"Strange Meanings!"

To compensate for the universality of a subclinically sick population, medical schools have rewritten the STANDARDS by which they define health and dis-ease. This is similar to what is occurring in "government" schools—where today's "A" was yesterday's "C"—and in the financial markets where people rely on "lies" from government statistical bureaus and corporate financial reports based on "pro forma" information. [Think Enron, et al!]

For example, bogus holistic medicine—as taught in "traditional" medical schools—defines "illness" as an abnormal condition where the present level of function has declined compared to a previous level. By this definition, neither

the present level nor the previous level of function meets any defined “STANDARD.” No longer is “illness” defined as the absence of health or “health” as the absence of dis-ease. “Illness” and “health” have lost their meanings.

Today, health and illness are defined in terms of the individual’s personal perception of their state of being. In other words, how one feels about oneself. Trying to make sense of this reminds me of the Chinese journalist who exclaimed, “Explain please, strange words and meanings!”

Reversing the aging process requires that we become enlightened as to “WHY” we age. We cannot assign responsibility for good health to experts and a medical “model” that fails to account for root causes of illness, dis-ease—and aging.

95% of the population suffers with Rouleau in their blood. [See pages 99, 136, 242, 257 and 308.]

Body Communication Systems

The body has six different internal communication systems—and all of them affect the aging process. These systems transmit and coordinate messages to various parts of the body. The names of these systems are the endocrine and exocrine systems, central and peripheral nervous systems, and the blood and lymphatic systems.

[Medical science ignores the lymphatic system which is the body’s primary “protein” communication system affecting circulation and stagnation of tissue plasma proteins. Blood plasma proteins “seep” into the tissue spaces between the cells where the exchange of oxygen and carbon dioxide, waste and nourishment takes place. The tissue spaces are where acidic, amyloid waste accumulates and amyloid plaques “form.” Old age and dis-ease have their roots in the tissues of the “terrain!”]

The nervous, exocrine and endocrine systems are irrevocably linked to each other. The nervous system “transmits” electrical impulses originating in the neuron’s cell body by way of dendritic nerve fibers called “axons.” Signals are transmitted in picoseconds—faster than the speed of light—moving along the axon from synapse to synapse with the help of specialized cells called “Schwann’s” cells. [See page 248!] Schwann’s cells are critical to a healthy nerve tissue—and they play an important part in female [and male!] physiology and health.

As we age, the neurilemma (the myelin sheath covering the nerve fibers) “deteriorates,” paving the way for degenerative nerve conditions like Alzheimer’s, MS, Cerebral Palsy, peripheral neuropathy and lupus. [F/G™ creme, Cobo-12™ creme, VZ II™, L_sP_cC™, L_sP_cB™ and SOC™ help AVOID and MANAGE these ugly conditions by restoring the “terrain!”]

Once a degenerative nerve “condition” displays sufficient SIGNS for the doctor to diagnose it—the patient is in deep water. And yet—given the

opportunity and the means to recover—the body can “regenerate” an entirely new and functional nervous system—but only if “terrain” issues are “addressed!” The body can regenerate limbs, grow hair on bald heads, exchange fat for muscle and grow joint cartilage. These miracles require a healthy and functioning endocrine system, deacidification of the terrain—and lots of PATIENCE!

Endocrine & Exocrine Systems

The endocrine system makes its wishes known using chemical and hormonal messengers! Chemical messengers produce a fast response. Think of an emergency situation where adrenalin is produced to cope with “crisis”—and cortisol for handling the “transition” after the crisis is over. Sexual messengers like estrogen and testosterone are different. They require hours-to-days to produce a response—and their effect can last for days and weeks.

Restoration of nerve and hormonal system pathways is fundamental to health and longevity.

Most exocrine glands secrete into ducts which in turn flow into body cavities like the stomach or intestines. Exocrine glands like the sudoriferous (sweat) and sebaceous (oil) glands secrete to the skin’s surface instead.

The ductless glands of the endocrine system secrete their hormones directly into the tissue spaces around and between “secreting” cells—instead of into ducts. The tissue spaces between the cells are filled with amyloid fluid and blood and lymph “capillary beds.”

Some hormones are transported by the blood to their destination(s)—which is usually another gland. Hence, the ductless glands interact together and in concert with the entire body terrain via the “receptors.” [Receptor sites “lock-up when zeno analogs “attach!” The ENTIRE population suffers from “zeno” estrogen lock-up of critical receptor sites. Lock-up exerts influence over the “terrain” via the vital organs.]

Receptor “lock up” is common in women using—or who have used—birth control pills. HRT (hormone replacement therapy) and steroids—including synthesized DHEA, cortisone and melatonin—cause women to lose control of their “terrains” and become prisoners unto themselves! Synthetic hormones do NOT voluntarily release from the “receptors.” [That is the purpose of the *Young Again Protocol*^{™s}.[™]]

“STRESS” dramatically affects the functions of the ovaries, liver, adrenals and thyroid.

Some endocrine glands are both duct and ductless glands. Examples are the pancreas, ovaries, testes, kidneys, stomach, small intestine, skin, heart, and placenta.

Hormones maintain health and manage metabolic rate. The amount of hormones released into or withdrawn from circulation is based on the body's needs, the secreting gland's ability to produce and/or degrade hormones, and the body's ability to respond to circulating hormones. [The liver "orchestrates" the hormones—and if the liver is in trouble, so is the terrain and the person to whom it belongs.]

Hormonal excess manifests as "deficiencies" when the hormonal system is OUT OF BALANCE!

Some hormones are carried "free form" in the blood; others require blood plasma carrier proteins to bind and transport them. For example, insulin. Carrier proteins are made and managed by the liver—and dysfunctional liver manifest in unexpected ways, diabetes being one of them!

[Diabetes is an autoimmune condition involving a leaky-gut, a stressed liver and pancreas, and poor "bile flow!"]

Back to the receptors. When receptors on "target" cells respond to a hormone, a message is relayed back to the gland that produced the hormone to STOP production. Excess hormones are supposed to be degraded (oxidized) by the target cells themselves or by the liver!

If the LIVER is dysfunctional and cannot do its job—health suffers and dis-ease takes over the terrain.

Old-Age Symptoms In The Young

SIGNS of early senescence (aging) include obesity, hair and skin problems, connective tissue disorders, and gum and teeth problems. ["Aging" begins 20-30 years ahead of manifestation of age-related clinical dis-ease.]

Symptoms that serve as "markers" of poor health are amenorrhea (irregular menstruation), low sex drive, impotence, accelerated pulse, cold in the extremities, a tendency to constipation, edema, brain-fog, depression, excess albumin in urine, a low A/G ratio, and elevated "CRP" levels.

Albumin is a blood "serum protein"—and very little of it should get past the kidney's filters. Excess albumin in urine is a serious condition indicating diminished kidney function and deterioration of the kidney's glomeruli.

Casts are composed of salts, hyalin, protein—and chemical and mineral wastes. These wastes "precipitate," taking the shape of the kidney's tubules. Their presence indicates "catabolic" activity within the body's "terrain."

Cold in the extremities indicates thyroid dysfunction, stressed ovaries, mercury poisoning and hormonal excess. Central to these conditions is a stressed LIVER—the body's "furnace." An accelerated pulse and fever indicates the presence of "infection" somewhere in the system! A "non-febrile" infection—an infection without a fever—can be detected with a blood test that measures "CRP." Infected "teeth" or an infected prostate often produce a non-febrile, low-grade infection that spill toxins and bacteria into the bloodstream.

Constipation is “systemic” aging symptom because it is central to ALL body functions. Constipation is usually defined as not moving the bowels “regularly”—whatever that means. Moving your bowels is NOT the same as a bowel movement that is the result of heavy “bile flow” from the liver and gall bladder.

“Frequency” of bowel activity does NOT tell the whole story. Yes, it is better to have 2 or 3 bowel movements a day—than only one. But the question is “As a result of what?” Water intake? Dietary fiber? Physical activity? Juicing? Nerves? All of these things influence bowel activity—but they do NOT “open” the liver’s biliary ducts and increase bile “flow.”

The MOST critical issue to human health is “bile flow.” Bile flow controls deacidification of the “terrain!”

Herbs and laxatives “make” the bowels “move” without increasing bile flow. Bile carries “acids” and kills parasites, too! Deacidification is the primary issue in maintaining and regaining control of the “terrain.” [The *Young Again (Tissue and Liver) Protocol*TM restores and maintains bile flow.]

So-called “acid stomach” is another aging symptom. Acid stomach is NOT an acid condition. Rather, it is a bile-flow issue that manifests as a digestion problem. Anything involving the bowels or digestion involves bile and the “liver!”

Insufficient production of digestive enzymes in the stomach and intestine is a “given” after age 30—and the older you are, the worse the problem becomes. Hence, the need for racemizedTM DiSorb Aid II,TM R/BHClTM and Yucca Blend.TM

Today, everything related to digestion gets the label “Acid Reflux Disorder”—a ghost-type condition that everybody seems to have, but none of the “experts” seem to be able to explain “why?” Stomach acidity and acid regurgitation into the esophagus are the result, NOT the cause, of the condition.

Acid-reflux, leaky-gut, irritable-bowel, diverticulitis, colitis, Crohn’s, constipation and hemorrhoids are birds of a feather. “Terrain” deacidification solves all of them!

Edema (water retention) is an aging symptom—and the liver and bile flow are central to it! The accumulation of excess amyloid wastes in the tissue spaces draws and holds excess water. Use of diuretics are seldom justified because “water” is NOT the problem—EXCESS “waste” is! Loss of body hair goes hand-in-hand with an acid terrain. Acid waste settling in the legs of older people is common and goes with edema, swelling, fungus under the nails—and deterioration of the feet. [The L/CSFTM machine circulates lymphatic fluids and moves tissue-bound waste out of the legs.]

Stress • Obesity • Sleep

As early as 1903, it was demonstrated that the ductless glands control ALL the processes of oxidation—and that dis-eases of metabolism like diabetes, obesity, gout, arthritis, heart dis-ease, etc. are the direct consequence of alterations in the function of these important glands.

“Oxidation” is another word for aging! Oxidation is the opposite of “reduction.” Tissue oxidation produces free radicals, slows metabolic rate, and diminishes production of our energy molecule “ATP.” Ultimately, the thyroid and liver control metabolic rate—and the “TERRAIN” controls both of them!

Hormones play a key role in glandular metabolism—and are also a driving force in the production of ATP. The pancreas, thyroid, testicles, ovaries and liver “stress out” whenever the body accumulates excess CORTISOL [A non-sexual hormone produced by the adrenal glands that has profound influence over female and male sexual hormones!]

The adrenal glands produce adrenaline and cortisol. Adrenaline is a “fight-or-flight” hormone offering instant response. Cortisol’s effect lasts for many hours.

Due to the nature of modern life—with all its stresses [husband, wife, children, financial, work, etc.]—people are “stressed-out” 24/7/365! Constant stress causes the body to go into “overdrive” and STAY THERE! [Stress has disastrous effects on the vital organs and greatly interferes with management and maintenance of balance within the “terrain!”]

Elevated cortisol levels absolutely DEVASTATE women’s and men’s sexual hormones. That is why people “lose” their appetite for sexual activity when they are “stressed”—and this is now occurring as early as the mid-twenties!

People think they are doing just fine—until they reach their mid-twenties and thirties and their “adrenals” give-out and their lives come unraveled!

Over-stimulate the body with cortisol and you will go into “overdrive!” Stress disrupts normal liver and bowel function—and it totally disrupts the ability to achieve deep, restful sleep! The “stressed” person goes to bed in overdrive—and wakes-up in overdrive—NOT fully rested. Each day piles on more and more stress in an endless cycle. [Stress “hammers” the adrenal glands and drives cortisol production—the single biggest stress-related “wild card” in the aging process.]

[When your author was a child, mom would talk about poor Mrs. Jones who had a “nervous breakdown.” Translation! Mrs. Jones was suffering from adrenal exhaustion with a good “dose” of menopause! The doctor would tell the husband the condition was “mental”—which was a bald-faced lie! These women needed four things: Sound sleep, liver and adrenal support, zero stress, and help with female hormones!]

Sleep is something you CANNOT put into a pill. Without enough “deep” sleep, the body comes unraveled!

[The *Young Again Protocol*™ destresses the “terrain” and puts people in control of their lives. Destressing the system is accomplished with: PU™ and CWD.™ PU™ settles the adrenals and cuts cortisol production. CWD™ is a multi-function approach. “C” is for cortisol; “W” is for weight; “D” is for depression and blood-sugar-related “mood swings!” Food-related stress and cortisol levels affect fat metabolism—and female hormones, too! When you put people under pressure and turn up the heat—their terrains “collapse!” Is it any wonder people are having a difficult time “coping” these days?]

Scar Tissue • Alcohol • Cirrhosis

Functional cells are called parenchyma cells. Dysfunctional cells are called stroma cells. As functional cells die, they are replaced by dysfunctional cells forming “scar” tissue.

Stroma cells “encase” the vital organs—but they do not directly contribute to the organ’s functional purpose. For example, bile production by the liver. The liver’s parenchyma cells are called hepatocytes (hepat-liver; cyte-cell). As the hepatocytes die, stroma cells “invade” along with amyloid plaque. Alzheimer’s dis-ease is a classic example!

Alcohol is a poison and causes scar tissue formation in the liver by “killing” the hepatocytes. The “drunk” is said to be “intoxicated!” Tox—as in toxin—means poison! When you drink alcohol, you are poisoning yourself.

A healthy, functioning liver is needed to reverse aging—so avoid alcohol to see your wish fulfilled.

[If you know someone who drinks regularly, perform this liver test on them. First, have the person lie on their back on the floor and raise their knees to relax their stomach. Then, gently but deeply, push down on the person’s front right side, just below the rib cage. You will feel a firm to hard “mass”—the LIVER! Be careful, it may be tender and massaging harshly can cause the person to become ill—and lose it! The liver should be soft and hidden up-under the ribs. Or have the person stand and extend their right arm. Then, gently pull down at the wrist, while measuring arm “strength” to maintain the horizontal, shoulder-level position. Next, gently pull down on the arm while your other hand touches the “liver region.” People with stressed, toxic livers lose strength and their arm cannot resist! Some people become nauseated and have to lie down because of the surge of electrical energy into their sick liver—and a “surge” type release of bile from the gallbladder.]

Atrophy Of Sex Glands & Obesity

Atrophy (deterioration) of the sex glands goes hand in hand with systemic toxicity, obesity, thyroid, and LIVER problems. Atrophy of the ovaries and

testicles takes “years” to fully manifest. Diminished sex drive is a symptom of growing older and slowing metabolic rate. A youthful body has a “high” metabolic rate and “recovers” and regenerates quickly. [Return of sexual vigor takes time and is related to “thyroid” issues.]

Obesity is a SIGN of metabolic slowdown and hormonal imbalance in both sexes—and particularly in women. Menopausal effects are more pronounced in women than are andropausal effects in men! Sadly, doctors think nothing of removing a woman’s female organs (uterus and ovaries) with “LITTLE” justification! [The female medical “model” is defective. It does NOT teach women how things work and what they need to do to care for themselves.]

Removal of woman’s ovaries is the equivalent of castration for men. How many men have you seen standing in line to be castrated?

Women must learn HOW to stay healthy if they expect to avoid female problems. [See page 72 and the index under “hormones” for a discussion of the “hormone cycle”—which is NOT the same as the menstrual cycle.] Maintaining the “cycle” with or without body parts and monthly periods—regardless of age—is the focus of the Vorago™ effect. Vorago™ women do NOT age! [See Chapter 35 for details!]

Deacidification of the body “terrain” through increased “bile flow” is absolutely fundamental to female health. Women cannot depend on medical “experts” who base their diagnoses and recommendations on a faulty medical model that IGNORES liver “function”—the “KEY” ingredient of female terrain management. When “experts” suffer and die from the very same ailments as their patients, something is wrong!

Female cancer is NOT “genetic”—and it is totally “avoidable” if correct protocols are followed.

Osteoporosis: A “Female” Issue!

Osteoporosis (reduced bone density; honeycombing of the bones) involves vascularization and “invasion!” of bone by blood vessels for the “express” purpose of WITHDRAWING minerals “stored” in bone tissue. “Vascularization” precedes BOTH bone formation and bone dismantling. Osteoporosis is a symptomatic “effect”—NOT the cause of loss of bone density. The condition has NOTHING to do with dietary “calcium” intake or blood calcium levels. Fact is, women with elevated blood calcium levels are “at risk” for a heart attack FAR more than women who do NOT take “calcium” supplements. [The problem here is the skewing of the calcium : magnesium ratio and “precipitation” of excess minerals that clog the arteries.]

Osteoporosis is very closely linked to hormone imbalances—and the accumulation of EXCESS tissue acids in “both” structural and soluble forms. Thyroid is also an osteoporosis “factor”—as is the “inability” to maintain therapeutic levels of Vitamin-C in the “blood!”

Women need therapeutic “blood” levels of Vitamin-C for collagen, bone and connective tissue formation or they CANNOT reverse osteoporosis and restore their beauty. Traditional Vitamin-C forms like pills, powders and even foods will NEVER achieve therapeutic blood levels. Osteoporosis is both preventable and reversible if the individual is patient and willing to walk the line. [The *Young Again!* Protocol™ calls for the use of $L_sP_cC^{TM}$ to achieve the effect women so badly need. See Chapter 37 MoonShine for details!]

First comes damage control. Then comes the rebuilding process. Aging “reversal” is the final step.

Youthful Body & Vanity Issues

The body is composed of connective, epithelial, muscular and nerve tissues in dozens of forms and combinations that are designed to serve a particular purpose.

Connective tissue performs the functions of binding, supporting and interfacing other tissues. Skin is a “connective” tissue and includes outer dermal surfaces and subcutaneous layers that are served by blood and lymph capillary systems.

The basement membranes of the skin—and the fatty tissues beneath them—is where the body stores excess “soluble” acid waste that could have and should exit the body via “bileflow” every day. Storage of cellular waste occurs by “default” when acidic waste fluids in tissue spaces FAILS to be picked-up by the lymphatic system. “Resident” fluid tissue waste is called “amyloid” fluid—and it is very acid and produces “cross-linking” of the skin’s COLLAGEN fibers. Wrinkled leathery skin is the aging “effect!”

[SOC™ lotion softens and breaks cross-linking of the outer skin. SOC™ capsules work from the “inside” by increasing blood and nerve flow into injured, scarred and aged skin which speeds regeneration! VZ II™ “digests” STRUCTURAL “waste” called amyloid plaque and scar tissue. Racemized™ Skin Creme stimulates formation of “new” skin. $L_sP_cC^{TM}$ causes the body to manufacture massive amounts of “new” collagen by delivering Vitamin-C directly into the blood stream AS IF it was administered by an “IV” needle! When you achieve therapeutic blood levels of Vitamin-C, miracles occur!]

Venereal Disease • Sexual Excess • Goiter

Sexually transmitted dis-eases (STD’s) are on the rise! It is estimated that 3 out of 5 people have it. Monday mornings at the doctor’s office provides confirmation of the scale of the problem—a problem that “transcends” the issue of “promiscuity” by what it says about people’s “state” of health.

A healthy body terrain does NOT contract STD’s—or anything else for that matter! Venereal infections occur when the body terrain is “ripe”

for infection—meaning “acid!” From genital herpes and warts to syphilis, gonorrhea, or Chlamydia—the “terrain” CONTROLS—and the liver control the terrain.

Topical application of MGIW™ Water™ is “useful” for infections of the penis, vagina and vulva. Herpo-Max™ is taken orally to assist and control flare-ups!

[Your author had a buddy in the army who visited brothels regularly. When asked how many times he had contracted STD, Cal responded “Never! I always take a fresh lemons and wash down immediately afterwards!” The highly acid lemon juice breaks peptide bonds that form protein structures of pathogenic microorganisms. Fine for men but delicate female mucosa cannot tolerate lemon! Women should use diluted raw “apple cider vinegar” and 3% hydrogen peroxide douches “immediately” following unprotected sex.]

Herpes outbreaks are set-off and made worse by stress, chocolate and peanuts. Lysine—a commonly available amino acid—“moderates” outbreaks if taken quickly at outbreak. Herpo-Max™ also works wonders on this “problem”—but ultimately herpes is a ”TERRAIN” issue!

Sexual excess alters thyroid function as noted by the ancient Hebrews who examined the neck of the newly married bride the morning following the wedding night. A swollen neck was a SIGN of marriage consummation and heavy sexual activity. Young adult women who sexually abuse their bodies lose their youthful appearance early and age faster because of stress imposed on their ovaries and thyroid gland. There is a “link” between thyroid function and female hormonal balance. Mercury amalgam dental fillings severely depress thyroid function in females of any age.]

A man’s inability to get an erection or true frigidity in women is both hormone and terrain driven. Poor blood flow, low hydration levels, prostate, thyroid and bowel issues, diabetes, stressed liver and leaky-gut ALL play a part.

Soy and canola oils also play a part here. A test lab found that canola oil caused sterility in rabbits, and it definitely messes up milk cows. The book *Our Stolen Future EXPOSED* the “zeno” estrogen problem. Soy produces the very same effects in women and children as synthetic hormones—and it “damps” thyroid activity, too!

Too frequent pregnancies and prolonged lactation accompanied by a poor diet can produce “goiter” in women. The female body needs AT LEAST two years of rest and nourishment between each child. Iodine may prevent “goiter”—but it does not meet the need for thyroid. [B.T.™ creme meets that need as does HST™ Creme. Woman notice the difference immediately. See the index for more information.]

Blood Sugar Management

Blood-sugar management is a multi-faceted issue that includes dozens of health, diet and lifestyle choices. Fundamental to blood-sugar management is the *Young Again Protocol*TM because it focuses on the “terrain!” And fundamental to the terrain is the “liver!” CWDTM is useful for complaints associated with low blood-sugar (moodiness, low energy, weight gain and sleep disorders). PUTM, Gluco Factor-XTM, R/CTM and MZTM also play a part here. High Enema TherapyTM is VERY important to “ongoing” management of the “terrain!”

The goal is always the same: deacidification of the “terrain” and restoration of vital organ function.

Let’s Review

The organs burn out when acidification of the terrain occurs. Stress compounds all health and terrain issues. Excess manifests as “deficiencies” and dis-ease. Healing “crises” experienced during so called “cleanses” are a reflection of the person’s toxicity level and their liver’s “INABILITY” to remove acidic, blood-borne wastes and get them out of the system via increased bile flow and bowel activity. Deacidification lays the foundation for healing and aging reversal. Both involve paying for past “choices.” The discomfort is “little” compared to the agony of growing old and suffering! The body is a DYNAMIC system that succumbs to the process we call aging—by default! Escaping death is not an option. Reversing the aging process and enjoying a good life is a matter of choice. Exercise it!

A “post-mortem” is a poor way to discover that your “chosen” lifestyle and belief system were defective.

Assist your body—and you will become *Young Again!*

PREVIEW: *Our next chapter discusses HOW the body “manufactures” what it needs by way of the bacteria—and how energy contained in minerals fuels the life process.*

Nano Scale

At “nano scale” matter is so very small that things heretofore considered impossible—become very possible!

Source Information Packet

For information, call (800) 659-1882 or (509) 465-4154 or write: John Thomas P.O. Box 1240 Mead Washington 99021-1240 USA fax (509) 466-8103.

It's Your Choice!

You don't have to feel and look "old" and lose control of your life—unless you are unwilling to take personal responsibility for yourself! The *Young Again Protocol*™ was developed to help people get control of their lives. The programs are NOT hard to follow. You do NOT have to take time off-work. Suffering and discomfort are NOT a problem, considering the "burden" people labor under most days of their lives. Your author knows of NOTHING that feels as good as NOT having a personal physician and NOT having to swallow red, purple, blue and pink "medications" daily! It is a wonderful feeling to waken each day and know that five years from now you will look and feel better than you did yesterday—and that your tomorrows will be healthy and happy. When you feel "good," you are glad to be alive—and you are a blessing to people around you. So WHAT is holding you back? Money? The *Young Again Protocol*™ can be implemented on a frugal budget! Money is only an excuse—and a bad one at that! Fear? You can only improve the quality of your life by following the *Young Again Protocol*™.™ Fear is just another excuse! An excuse by any other name is still an excuse! Most folks appreciate mentoring and guidance in putting their life back together again. If you would like some one-on-one, call and ask for "Help!"—and you will receive it "without" cost. A consultation is the best way for everybody to find their "comfort" zone and decide if it is possible to implement the ideas and protocols in this book in your life.

Gas-Lady "Gloria"

In March, 1994, in Riverside CA, Gloria R. (age 32) checked into the emergency room—her body a "balloon" and near death. When the doctors and nurses cut her open, her blood turned to white "crystals" as poisonous gas filled the room and some of the medical staff "collapsed"—some in critical condition. Gloria was a customer of my brother. She drank heavily and did drugs. Her body was a "canister" of metallic nitrogen. She could have spontaneously burst into "flames"—literally! Her body was a "extreme" example of ACIDIFICATION!

Alternative DENTAL Care - At Home!

Take care of your teeth and gums with a Bio-Magnetic™ Irrigator and Oral advantage™. The irrigator manipulates hydrogen ions in water so plaque is "oxidized" from the teeth. Oral Advantage™ "neutralizes" oral infections. Do not confuse a vibrating tooth brush or a "pic type" squirt-gun with this device! There is no comparison! Your author's teeth are beautiful and his gums are healthy and his teeth have only been cleaned once in 8 years! No plaque means no decay or gum dis-ease—and few dental bills. [See pages 79 and 204.]

“False” Readings

The effect of positive energy can “stir” the system to the point of illness. This type of reaction is wrongly called a “healing crisis.” It occurs in people who are very toxic—and who fail to provide a means by which acid wastes can EXIT their bodies. The body has innate intelligence. It knows and can anticipate the effect of a positive energy substance and protocol. Hence, the bio-electric body often rejects therapy and supplements that it sorely needs. Sometimes it “rejects” because it “knows” what it is going to have to go through to heal and that the “host” is NOT ready or willing to go there.

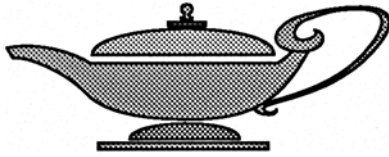
Often, the body “tricks” its owner by giving false muscle tests or false pendulum or vibration chain responses. To be useful, dowsing practices require the novice and professional alike to sharpen their skills and clear their minds so “gut” instinct can override personal influence.

Muscle testing is a “questionable” practice in the presence of heavy metal contamination of the autonomic nervous system—and skewed “readings” are the result. Muscle testing is highly “subjective” and should NOT be relied on for diagnosing or prescribing. Better to look for SIGNS and rely on “symptoms” that are always available if the patient and the practitioner are paying attention and asking enough questions. The information needed is there!

[Racemized™ products do not lend themselves to muscle testing because their energy format is “beyond” the testing dimension.] Initially, people experience a roller-coaster ride on racemized™ products—but as the “terrain” improves, the body settles down and organ function restores itself as the “terrain” improves. First comes damage control. Then comes restoration. Aging reversal is the last step. The reader must think: “Two steps forward; one step backwards!”

The Pendulum

If you would like to learn how to use a pendulum and vibration chain, order The Pendulum Kit and Vibrations. They have proven to be the best—and least expensive method to teach people how to “plug into” the invisible world of “energy” that is everywhere around us. The Pendulum Kit comes complete with a nice bronze pendulum and a beautifully illustrated book, while Vibrations comes with a vibration chain. The tools and techniques learned are unique and useful. Dowsing lets people ACCESS the big “internet in the sky” that has always been there ready and waiting for your inquiry. “Dowsing” is a phenomenon and a GOD-given gift available to anyone desiring to come to grips with the reality of life and energy on planet Earth. [See pages 44-5, 51, 57, 144, 210 and 283.]



BIOLOGICAL ALCHEMY

"Since Einstein, Physics has been relegated to Mathematics, the former having lost all contact with reality. Your magnificent discovery of weak energy transmutations should have marked a scientific turning point, (but instead it) encountered a wall of stupidity."

Ren de Puymorin

...speaking of the work of Professor C. Louis Kervran and his discovery that the motion of life derives from the continuous transformation of one mineral into another or—"transmutation."

"Alchemy! Impossible! This is a good example of just plain old BAD science!" So ended my official inquiry at the college level—but it did NOT end my inquiry!

What sparked the explosive outburst was the trigger word "transmutation"—which means "alchemy." The attacker was a superb chemistry instructor who did not like the "implications" that your author's questions were raising—like..."How do you explain food plants that contain minerals not present in the soil? How does the cow produce milk that contains minerals far in excess of her dietary intake? Where does the hen get the minerals for her egg shells when they are not in her diet? Why does horsetail herb thicken and harden the nails, yet we derive no such benefit from calcium supplements? How can organic manganese produce an increase in blood-serum-iron levels when it's not iron? How is it that a dried prune has more minerals than a fresh one?" How, indeed? Answers to these questions derive from forgotten geniuses called "wizards"—and compromised and ignored knowledge.

Asking these type of questions is like proclaiming the invention of a perpetual motion machine. They can get a person in a lot of trouble—especially when put to the wrong person.

In our world of neatly packaged chemicals and "defined" laws of chemistry and physics, these questions have no answers. But—make no mistake—these ARE valid questions—the kind Professor Kervran liked to ask. The problem isn't the questions posed—but the implications they suggest.

Some people of “science” are intimidated by questions for which they have no answers. Daring to ask them is an assault on “DOGMA”—and enough to get a person branded “Science heretic!”—and instant burning at the stake!

Mineral Energy

The “life work” of Professor C. Louis Kervran (1899-1990) has startling implications for the aging-reversal story.

Kervran surmised that the energy phenomenon we call LIFE is related to the transformation of one mineral into another. He called this process “transmutation.” Science calls it alchemy. We will refer to it as “biological alchemy!”

Alter the energy forces within an element and new and different elements manifest—and energy is released! Kervran believed that the energy “released” fueled metabolic processes and was the “life force” of life itself. Transmutation, as he described it, required a change in elemental molecular “structure” at atomic and subatomic levels and the rearrangement of anions and cations. In other words, COLD fusion!

[Today, nano technology is a reality and is proving that when elements are scaled down in size, they possess very different “properties.” For instance, $L_sP_C C^{TM}$ is nano-scaled Vitamin-C under 200 nanometers in size—or about 10,000 molecules to a strand of hair! See Chapter 38 for details.]

Kervran’s discoveries came from inside Science’s camp. Kervran was a member of both the French and American National Academy of Sciences—the most prestigious watering holes of modern academic science.

Professor Kervran dared to ask the right questions. He sinned against “science”—and dogma—when he offered God’s answer to his fellow man. He broke the rules by failing to submit his findings for “peer” review. Great “wizards” have NO peers! They see visions of God’s handiwork and proclaim the great news—while so-called science curses in “contempt!”

Like Copernicus, Kervran’s peers attacked and ridiculed him—as they have done to so many others before him. They “ignored” Kervran—but they could NOT deny the TRUTH he heralded. When a vessel of “truth” is opened—it can NEVER again be closed. Truth is a Pandora’s Box for those living in ignorance—and especially for individuals who egotistically “haunt” their prestigious degrees and credentials.

Visions

Kervran surmised that minerals contained concentrated energy forces within their bonds—and his vision of the Creator’s handiwork was not unlike that of his contemporary, Dr. Carey Reams. These great men of “science” never met. Each developed his own vision independently. Each spoke of and interpreted the “same” phenomena from their own perspective.

Reams called his vision The Biological Theory of Ionization. Kervran called his The Theory of Biological Transmutation. Both spoke of energy forces that grant permission for life. Both men spoke of energy in terms of a “footprint” or “signature”—the same phenomenon described by Schauburger, Tesla, Vincent and Morell and incorporated into the *Young Again Protocol*^{TM(s)TM} and BFRVTM and MGIWTM water concepts.

Reams spoke of positive energy ions called anions and negative energy ions called cations. Kervran spoke of the rearrangement of energy forces and the rearrangement of these forces at atomic and subatomic levels.

Reams spoke of left and right-spin energy and the release of cosmic energy trapped in mineral bonds—ionic bonds! Kervran spoke of mineral transmutation in the gut of animals—and in the skin and lymph of Earth—soil and water.

The Sun was a central fixture for both men. They saw plants, animals and microbes as “mediators” between Sun and Earth. Both men sought to answer the mystery of life and death, health and illness. God answered both men with “living” examples of the benefits of biologically “live” food and biologically friendly water. He answered Reams in English and Kervran in French. Our version will be a translation of both.

Plants • Animals • Microbes

Plants “link” the Sun and animal world to which man’s body belongs. Plants “convert” solar energy into carbon sugar molecules with the help of the microbe—bringing energy into the Earth—literally! Animals—with the help of microbes—process plant tissue and live off the electron energy released during the digestion process. Animal waste becomes Earth’s “skin”—providing for new life—plant, animal and microbe.

Kervran saw mineral energy in a “living” system as dynamic—shifting and changing from one element into another. For example, in HEALTHY multiple-stomached ruminants like cows, calcium limestone is “transmuted” into other elements by bacteria to meet the animal’s mineral needs. Kervran believed the microbe is the center of the alchemy process we call fusion. Cold fusion involves the transmutation of one energy field into another—and the release of “energy”—without the big “bang” and heat release of a nuclear event. [RacemizedTM sea minerals provide mineral energy.]

Transmutation of mineral energy maintains peak health and provides “life force” in man and animal.

Cows & People

The cow utilizes the transmutation process. She eats plant-life compounds of carbon, hydrogen, sulphur, nitrogen, sugars, fats, proteins, and minerals—and converts them into new and different energy forms—like muscle and bone! [Energy is never lost; it only changes form.]

The cow does this by way of enzymes and microbes in her liver and GI tract. The bacteria sharing her system have a symbiotic relationship with her. She provides them room and board; they provide her energy and vitality. Without microbes and enzymes, the fantastic biochemical reactions Kervran called transmutations CANNOT take place. Without microbes, the cow is unable to nourish herself. Without microbes, man grows old and dies early.

The microbe is man's passport to a continued presence on the Earth. However, man's disobedience is causing the microbe to turn against him.

Sick cows have much in common with sick people. Both are UNABLE to effectively use the transmutation process. Man's state of health or sickness is a reflection of the "terrain" and the processes called transmutation and ionization. [Requirements for a healthy life are nutritious, high-energy food, ionic minerals, biologically friendly water, plenty of "sleep," exercise and low levels of acidic tissue waste.]

Chlorinated water upsets "terrain" balance, causing microbes to "MORPH" into pathogenic life forms—and an energy "SHIFT" accompanied by reduced metabolic activity in the gut and liver. "Raw" tap water with its load of toxic chemicals is one of the primary causes of leaky-gut! Antibiotics cause "MAJOR" intestinal damage by nonselective destruction of friendly bacteria. Poor bile flow is an ongoing terrain issue.

So called "good" bacteria live on right-spin energy. Pathogenic bacteria feed on left-spin energy always present in a toxic terrain. Anaerobic environments are left-spin environments. Aerobic bacteria cannot live in an anaerobic environment—and when given no choice, they forfeit control, "morph" and attack the host. As always, the "terrain" controls!

Fusion & Fission

Energy—and the manipulation of energy—governs body metabolism. Life is an energy tug-of-war between opposing energy forces—as illustrated in the aging pyramid on page 198. Transmutation and ionization are energy "manipulations" that can go either direction, producing positive and negative energy "shifts" depending on the condition of the "terrain"—reactions that mimic fusion and fission energy shifts.

"Fusion" reactions in a healthy body involve "controlled" joining of atoms into larger molecules, tissues and organs. It is the building-up process called "anabolism." "Uncontrolled" tissue growth—as with cancer—is "catabolic" in nature and the exact opposite of anabolism. Anabolic activity occurs in highly acidic environments. Healthy fusion reactions occur in the gut, liver and cells of humans, animals, plants and microbes in "controlled" fashion with "predictable" results. Fusion occurs on the Sun's surface, providing Earth and all of Her inhabitants with life-giving "energy!"

“Abnormal” fusion—uncontrolled fusion—is the result of the following: an acidic body terrain, irradiated food, microwaved food and water, prescription and over-the-counter drugs and hormones, radiation therapy, chemotherapy, food laced with additives and analogous hormones, and use of cordless and cellular phones. [Oxidation and free-radical formation go with uncontrolled fusion reactions and the catabolic process called “aging.”]

The *Young Again Protocol*TM stops uncontrolled fusion reactions and reverses damage to the “terrain!”

“Fission” involves the splitting of atoms and molecules. Healthy, “controlled” biological fission activity is what microbes “orchestrate” in a healthy body with a healthy “terrain!” Fission can also be destructive—as in a nuclear “event!” People with cancer are subjected to nuclear “ionizing” that causes healthy tissue to die and turn cancerous in the process of trying to kill targeted cancerous tissue. Uncontrolled fission and uncontrolled fusion reactions are “birds of a feather.” The key concept here is “control!”

Skin • Dirt • Soil • Lymph

The Earth has skin. Her skin is called soil. Some folks call soil “dirt.” Dirt, however, is dead unless it is energized with microbes, organic matter and carbon. Microbes transform dirt into soil. Soil is biologically “live” dirt. Soil is alive!

Water and carbon are the essence of life. Think of water as the Earth’s lymph fluid—and like our own lymphatic fluids, water is part of the Earth’s “energy” communication system. Water transports massive amounts of energy—both good and bad! Soil is an “energy” medium. The depth of “healthy” top-soil is a function of carbon, water and microbial activity—and Mother Earth’s “aura” is a reflection of these factors.

When Earth becomes stressed, her skin forms boils, her lymph becomes toxic, plants become sick, animals suffer and man experiences dis-ease. The condition of Earth’s skin and lymph dictates the quality of life—and which life forms live or die. Life is a microbial event involving transmutation and ionization of mineral energy.

Synchronization

Synchronization is the end-result of a chemical reaction. Mix vinegar and baking soda—one acid, the other alkaline—and when the reaction runs its course, two things have transpired. Energy is released in the form of “heat” and synchronization occurs between the reactants—meaning the reaction “stops.” This example is a simple inorganic chemical reaction. The dynamics of thousands of reactions in the human body are not quite as simple.

The body’s ability or inability to digest food—potential energy—by breaking molecular bonds containing that energy is elemental to health and

longevity. Food's energy "footprint" and the state of the "terrain" govern the outcome of digestive reactions as much as carbohydrate, protein and fat content.

A dysfunctional liver is the norm in an anaerobic gut and acidic terrain. Healthy food cannot "release" its energy when digestion "stalls." Stalled-out digestion causes food energy to "synchronize" by default. High-stress, adverse meal environments only make matters worse!

"Synchronized" energy is energy "on hold!" It is energy that is NOT available to the body. People in poor health are in energy "gridlock" because their bodies do NOT have the ability to respond to or utilize healthy "food." They are NOT able to neutralize negative energy forces in control of their terrain. Negative energy environments neutralize healthy "food" energy. Sick bodies and "dis-ease" go with the territory.

DeACIDification of the "terrain" and High Enema Therapy™ are the keys to health and longevity.

When the bio-electric body suffers systemic synchronization, life becomes impossible! As we approach total synchronization, we lose our "radiance," and our aura dims and fades away until the physical body dies. "The ghost is gone!" But synchronized energy "remains" in the form of a cadaver which Earth reclaims. Ashes to ashes! Dust to dust!

Energy is never lost, it merely changes form—including the negative energy of "cancer!" Unless the terrain is "changed," cancer always returns, usually in a different costume and at a different location.

Energy Takeover

Energy is released when chemical bonds are broken. Energy released into a predominantly anaerobic environment becomes a negative force—even if the food energy was "positive" in nature. Restated, right-spin energy entering a left-spin "terrain" environment "synchronizes" or it is hijacked and used to fuel dis-ease—and that is exactly what cancer does. Cancer "hijacks" energy for its own use!

Cancer lives on negative energy. Manage your TERRAIN and cancer will never become a threat to you.

"Gut" and bowel disorders diminish ionization and transmutation of food mineral energy. A sick liver automatically goes with poor digestion—creating the perfect environment for "parasites!" Gas and bloating go with poor digestion, a leaky-gut—and a "terrain" that is out of balance!

Cancer FOLLOWS years of abuse and neglect! Cancer "diverts" energy and uses it for evil purposes—like the growth of "tumors" and "masses." People with cancer should NEVER be given large amounts of heavy, high-stress, high-protein food. Moderation is called for and viable digestive "support" is absolutely "critical!" The cancer patient is starving to death and

unable to process food to obtain nourishment. Whatever food is consumed must “count”—and that is why the emphasis is on Taoist Super Foods under these circumstances. TIME is not on the cancer patient’s side. Bile flow and lymphatic drainage are marginal—at best! [High Enema Therapy™ and the L/CSF machine are utilized to regain control of the terrain.]

Cancer Plays By A Different Set Of Rules

The rules of life are different once a person is under cancer’s “pall.” Cancer is a “catabolic” state and the cancerous person is very fragile. Popular alternative approaches to cancer often fail because the doctor and patient FAIL to understand that the rules have changed! Clinical nutrition does NOT work here! Cancer is like a “black hole” drawing in and subverting all available energy. It needs energy to grow and spread, and it uses “biological alchemy” to release “synchronized” energy to fuel its growth. It is self-perpetuating UNLESS the “terrain” is deacidified and vital organ function is restored. There will NEVER be a “magic bullet” cure for cancer! It is a “terrain” issue that defies medical science’s “model.” Cancer has but one purpose: rid the Earth of weak organisms.

Cancer is NOT the enemy, but it IS the perfect double agent. First it kills the host. Then it kills itself.

When you are in control of your terrain, YOU are in control of YOUR life and the magical processes that Kervran and Reams “described” so eloquently. Health and vitality are the “product” of biological alchemy in a healthy terrain environment—and the process is dependent upon our microbial friends that live in our gut and tissues.

Kervran’s and Reams’ discoveries “linking” the microbes to the ebb and flow of “life-force” is vital to understanding the process we call “aging.” Their discoveries point the way to rejuvenation and good health if we understand the rules of the game and are willing to take personal responsibility for ourselves. Only then do we become *Young Again!*

PREVIEW: *Our next chapter is about the gut (small intestine) and E. coli bacteria infections that killed many adults and children during 1993. You will also learn what’s behind Montezuma’s revenge.*

Squat!

Sit or squat? That is the question. “Natives” squat! And they rarely suffer from bowel disorders. Solution! Use a short 8-10” inch foot stool under your feet when moving your bowels!

The Law

Statutory and common law are not the same. Statutory law is “commercial law;” constitutional law is “common law.” Our court system is based on “commercial/maritime” law operating under the UCC (Uniform Commercial Code)—the law of commercial contracts. The “yellow fringed flag” is the flag of “commerce.” It is a “war” flag and NOT the “common law” uS flag of peace. The “peace” flag has not been displayed since before the American civil war when the flag of “war” replaced it. America “officially” went bankrupt in 1933 when Roosevelt called in the gold! At that moment, “people” became commercial “chattel” under a “state of emergency”—void of our common law heritage as embodied in the Constitution. Here’s proof! When you receive an “offer” in the mail, your name is spelled properly in upper and lower case. After you “apply,” your name is in CAPITALS and the fictional “you” is now in “commerce!” Licenses are commercial franchises. Legal process is served upon the FICTIONAL “commercial” person who is forced to defend themselves in a “foreign” court under a “foreign” flag. The Social Security System is a commercial system. The “Government” is a commercial entity—a “corporation.” We have NO constitutional rights—only “contract” rights under the UCC that can only be exercised in a UCC court. The “right to....” exists in the “future”—not the present. “To” is a future tense preposition. [See pages 168, 229, 292 & 384.]

Flying

To avoid jet lag, sickness and constipation, board the plane with 2 quarts of bottled water and some racemized™ sea minerals and drink a glass of water every “30 minutes!”

Healthy Home Environment

Ozone (O₃) has many forms. Medical Grade ozone is useful and beneficial to your health. Use it to rid your home of odors, viruses, molds and pathogenic bacteria in air, carpets and drapes. A medical grade ozone generator is a good way to enjoy a healthy home. Older folks find medical grade ozone very beneficial. Protect your family and pet with medical ozone. Environmentally sensitive people get relief when they clear their home’s “airspace” of chemical pollutants. One ozone unit treats an entire home and works extremely well with the BFRV™ Air Processor pictured on page 114. [See Pages 132 and 188 for more information on medical grade ozone.]

Cancer “Craps!”

Conventional cancer therapy has more than a little resemblance to the game of “craps.” You have stakes—your life. You have rules—house rules. You have the dealer—a house dealer that wears a white smock and who is controlled by the licensing boards and pharmaceutical industry. You have the house support team—they wear uniforms and they have licenses and are trained to do as they have been trained—or as they are told! You have players—who appear to be winning enough to justify your joining the game. You have chips—called insurance, life savings, a farm, a house. You have dice—weighted in the house’s favor. You have liquor—called radiation and chemotherapy. You have the house bouncer—his name is Fear. You have the house preacher—his name is Hope. You have odds—the 75% the house dealer gave you during “consultations” prior to joining the game. Games have an end. When you play cancer craps, the game automatically ends when you run out of money or when you die—whichever comes first. The house always wins when people play their game on their turf by their rules.

Is there a solution? Yes! Don’t play! Instead, clean up your body. LAUGH! Don’t cry “poor me!” Don’t dwell on hate, anger and fear. Use your mind to create a new life. Never entertain negative thoughts. Got it? What you say, your body believes! What you think, you get! It took your author 50 years to get this straight—and I am here to tell you that your mind has the ability to create or to destroy! Use it to create a better life and world! Celebrate! You’re ALIVE and if you do what you need to do, you will continue to celebrate life and see your great, great, grandchildren mature—and you will get to experience the many wonders the future holds for those who love life MORE than those who fear death. The game of “Cancer Craps” is a “crappy” game!

Lap-Top Computers

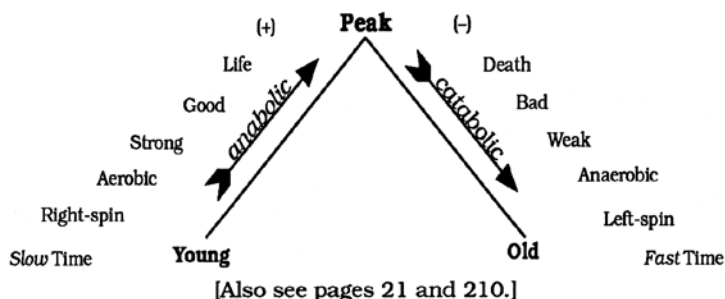
Lap-top computers negatively affect the ovaries, prostate and testicles just like a cordless phone affects the brain—and teeth!

High Enema Therapy™ & Bathing Water

“Raw” tap water is NOT suitable for doing High (or low) Enema Therapy.™ It damages the delicate intestinal mucosa. Instead, use an oxidation/reduction shower filter for “friendly” bathing and therapy water. These filters typically last for 5-8 years. There are no cartridges to change, and they provide full “flow” so you can get “wet!” Your skin and hair will love it, too! [See Pages 163, 203 and 262-3.]

Look at all the sick and dying people!

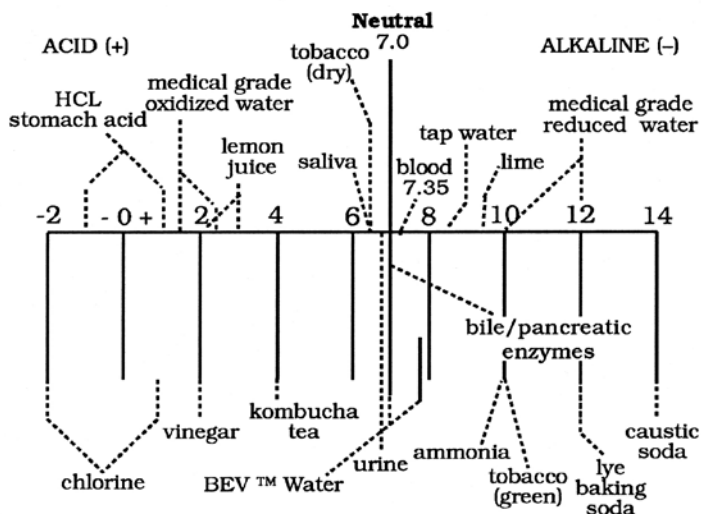
Young Again! Pyramid

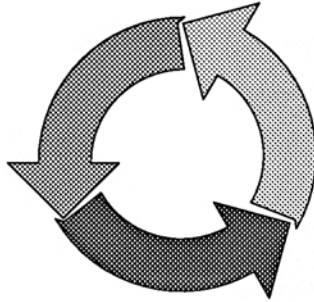


Inflammation & Pain

Pain, inflammation and fever go together. Generally, pain is confirmation of inflammation—but if an infection is brewing you will have fever, too! “Low grade” infections operate “below” radar—like an infected prostate, rotting teeth or inflamed bowel. Pain killing drugs damage the gut lining and should be avoided. The *Young Again*™ solution to these problems is called Inflamm Away I & II.™ They are highly effective and gentle, too!

pH Scale





A TUBE WITHIN A TUBE

Dr. Spot: "There's always scissors!"

[Earlier we described some of the characteristics of the integumentary system (skin) as it relates to health. Now, we will consider our "inner" skin and see what part it plays in the process we call aging.]

Man's body is a TUBE within a TUBE! The skin is our outer tube and the mucous membranes form our inner tube. The mucous membranes are the soft tissues lining the mouth, nasal passages, respiratory tract, stomach, gut, colon and vagina. The "GI" tract (gastro-intestinal tract)—the body's "inner" tube—begins in the mouth and ends at the anus. The vaginal canal and the lungs are not part of the GI tract even though they are lined with mucosal tissue. A healthy mucosa is of immense importance to a healthy "terrain!"

The mucous membranes have tremendous significance for the aging and dis-ease story.

The tissues lining the mouth, nasal passages and respiratory tract are classified as stratified epithelium. Their job is to protect underlying tissues, secrete fluids and transport waste. The lining of the GI tract is composed of simple epithelium whose job it is to ABSORB nutrients, protect underlying tissues, SECRETE mucous and enzymes, and TRANSPORT food and waste.

Our "outer" tube—the skin—has a combined surface area of about 30,000 square inches. The pores (openings) of the skin are called stoma, and there are as many as 3,000 of them per square inch. By comparison, the mucous membranes have an approximate surface area of 18,000,000 (million) square inches or 6,000 times greater than the skin. One inch on the outside equals 6,000 inches on the inside—or a ratio of 1:6,000. THIS IS IMPORTANT!

In the healthy person, eating should result in “digestion,” “absorption” and “elimination”—with each and every meal. Food—in and of itself—does NOT trigger these very basic reactions in the face of a weakened “terrain” an unhealthy “liver” and poor bile-flow. [Intervention using the *Young Again!* Protocol(s) remedies these issues.]

Aging accelerates after age 24—and liver and bile issues create PERFECT conditions for major health problems involving the intestinal mucosa of the “gut!”

All food imposes stress on the body because it must be digested and eliminated. Undigested food putrefies in the gut and fuels parasitic activity, gas and “indigestion” complaints that ALWAYS develop into more serious bowel trouble. Acid Reflux Dis-ease is the symptomatic “side-effect” of liver, bile flow and bowel issues rolled into one. Acid-reflux is NOT a dis-ease—it is a “condition” of the “terrain!”

The longer the transit time from dinner table to toilet, the more health and the “terrain” suffer.

The mucous membranes are a favorite conduit for drug chemotherapy. Medications in the form of suppositories, sublinguals and aerosols are easily absorbed through the mucous membranes of the rectum, vagina and respiratory system. The dosage of “meds” given via the mucosa is always much less than pill or injection dosage. Absorption dynamics and reaction time is much faster, too.

E. coli & The Gut

Nutrient absorption is a function of a healthy mucosal environment in the gut and colon—which is the body’s most “vulnerable” “terrain.” An intestinal infection—as occurs with influenza—causes the natural sloughing action of the mucosa to reach “avalanche” proportions.

Normal “sloughing” of intestinal mucosa cells occurs at the rate of approximately 20 million cells a day. This “sloughing” action is a critically important source of intestinal digestive enzymes. Pathogenic infection increases sloughing to such an extent that digestion and absorption of nutrients and fluids “collapses.” The symptoms are diarrhea, electrolyte imbalance, and malnutrition. [Viruses and bacteria attack the liver and “breed” on wastes in the system. “Rubber-legs” and fever are the “EFFECTS” of a terrain under siege!]

The infamous *E. coli* 0157.H7 bacteria that contaminated hamburger in the USA in early 1993 produced severe sloughing of the intestinal mucosa and “bloody” diarrhea, followed by dehydration, starvation and electrolytic shock in hundreds of children and older people. The young and elderly are vulnerable because of under-developed or fragile immune systems and leaky gut issues.

E. coli 0157.H7 releases an exotoxin (exo-to export, toxin-poison) that destroys the functional cells of the liver and kidneys and causes massive cell death. Dead cellular debris **MUST** be removed or gangrene will develop. These conditions overload the liver—and by default the kidneys—forcing the need for emergency kidney dialysis (artificial filtering of the blood) to avoid “septic” shock and toxemia (blood poisoning).

Elderly & Children

The elderly are vulnerable to “pathogenic” bacterial infection because their organs and glands are weak, metabolism is sluggish and their “terrains” are **ACID**! In addition, “ATP” production and reserves are insufficient to fuel recovery.

Children are at the other end of the continuum. They are highly resilient, but their immune systems are not fully developed, and they are often malnourished and toxic because they eat the usual and customary American diet. Illness in children always involves the **LIVER**—and severe intestinal infections always involves underhydration and electrolytic imbalance which add additional stress to the terrain.

A stressed “terrain” is a made-to-order environment for bacterial infections and viruses, too! Friendly, non-virulent strains of *E. coli* and many other bacteria inhabit the gut and colon. If these “friendly” microbes are eliminated, we die! Overuse of antibiotics reduces their numbers—allowing “non-friendly” life forms to take over. Indiscriminate use of antibiotics, aspirin-type anti-inflammatory drugs—plus “flu” vaccinations creates the “perfect” conditions for “unfriendly,” virulent microbes to proliferate and take over the “terrain.”

The “terrain” dictates body response. The “terrain” controls the proliferation of pathogenic microbes.

Not Everyone Died

Over a million pounds of *E. coli* contaminated beef found its way into fast food restaurants—yet only a few hundred people became sick and only six people died. The question is “Why?” The answer is the “**STATE**” of the “terrain” and the vital organs of the sick and dead people. Pathogenic organisms “feed” on negative energy in a **TOXIC, ANAEROBIC** environment, which explains why—in a family with three children all of whom ate contaminated beef—only one child died. No mystery here! The terrain controls! [Contagious diseases throughout history—like bubonic plague, smallpox and typhoid—did **NOT** kill everyone! Those who died had weak livers and waste-filled, highly acid terrains!]

The “terrain” controls sickness and death—or health and vitality. The “terrain” is everything!

These points should raise serious questions about the “absurdity” of “immunizing” against dis-ease. Remember the “swine flu” fiasco in the late 1970’s? Or the so-called “Spanish” flu epidemic of 1918 that killed 50,000,000 people worldwide? Can the reader say “vaccinations?” It was “government-sponsored” immunizations that created the epidemic and KILLED these people! The history of botched programs by madmen in white smocks with the backing of “government” is something people need to take-note-of and avoid!]

[The panic seen in the movie *Outbreak* IS understandable in light of the general level of ignorance regarding contagious dis-ease. Clean-up your act and Ebola plague, Hanta virus, *Cryptosporidium* bacteria, necrotizing fascitis (flesh eating bug) and their likes will pass you by.]

A clean “terrain” is like the blood on the lintel stone over the doorway of the Israelites. Death passes by!

Lack Of Understanding

People of science have difficulty understanding discussions like this because of their training. Scientific thought embraces the “scientific method” and the “Germ Theory.” Our discussion does NOT fit their “model” or false theories, and conflicts with their arrogant pusillanimous mewings!

[Whenever my phone rings and the caller asks “What are your credentials?”, I know I have an “expert” on my hands, or someone who wants to defend something. Credentials are for the ego and the licensing boards. Modest professionals have their ego in tow and their ears open for new knowledge. Credentials are “proof” of the ability to regurgitate the “party line!” They are NOT indicative of the ability to “think!”]

Vibrational medicine asks square questions and looks for square answers. It sees health-related problems from an ENERGY vantage point. It is NOT hindered by the Germ Theory of Disease and other theoretical artifacts! Remember, healthy bodies are nourished bodies; they are clean bodies; they are bodies in good physical condition; they do not support the development of “pathogenic” dis-ease—and they store massive amounts of the energy molecule “ATP” in reserve.

It’s The Pits

The small intestine is lined with convoluted folds called *plicae circularis*. These folds are lined with villi (little fingers) and microvilli (hair-like structures) that increase the surface area of the intestine to 6,000 times that of the outer skin. The microvilli contain the cells that absorb and transport food nutrient energy. The spaces between the villi are known as the Crypts of Lieberkuhn. The “crypts” are lined with cells that “secrete” digestive enzymes and mucous. But as the “terrain” changes and the body ages, the valleys making up the intestinal “pits” become shallow; the villi and microvilli “atrophy;”

transit time of food from mouth to anus slows; constipation manifests; parasites take-over and the body turns acid. Alterations of the “terrain” take years to fully manifest from subclinical “conditions” to CLINICAL dis-ease.

Anaerobic conditions and leaky-gut issues fuel serious changes in the “chemical” make-up of fecal matter interfacing the colon wall. Over time, rubber-like mucoid material can accumulate and narrow the lumen (opening) of the colon through which fecal waste passes on the way to the toilet. [Sagged and kinked colons only make matters worse!]

Perhaps the reader can UNDERSTAND why colon cancer is #2 on the list—and a viable threat to everyone!

The colon of a very famous Hollywood cowboy grew to almost 12 inches in diameter at the time of death—yet the lumen was only one inch. The rest was waste matter.

The combined effect of limited digestive and absorptive capability, poor liver function and an acid terrain causes the average person to forfeit 75% of their waste-processing capability! The other waste exit portals—lungs, kidneys and skin—were NEVER meant to handle the burden and volume imposed upon them when the liver is unable to do its job.

A clean bowel and a healthy liver are the difference between youth and vitality vs. old age and death.

[The entire population needs to practice High Enema Therapy™ and get their house in order. Of all the things your author teaches, this procedure is the most important, long term “administrative” tool available to the general public—a procedure that is done at home at little cost. The *Young Again™ High Enema Protocol™* is the fast track to good health because it increases bile flow and releases the chocolate pudding holed-up in the cecum. This is the “stuff” that “fuels” cancer and dis-ease. Your author dumped over 1,600 stones in the early stages of the development of these protocols. Misconceptions and half-truths about High Enema Therapy™ cause people to “avoid” this vitally important health management tool. See pages 163, 203 and 262-3.] The *Tissue and Liver Protocol™* package includes a book with “40” full-color pictures of “stuff” that exits people’s bodies. Gross? Perhaps! But better to deal with the waste and parasites now “before” they get their hooks into you—and you lose control of YOUR life!

My Story

By 1977, I had reached a plateau in my personal health. I visited a healer who said that I had a blockage in my colon. Subsequent colon therapy confirmed this as I saw hard, compacted fecal material exit my body. The event caused my health to reach NEW heights as my body immediately surged to a more youthful condition. [“UNPLUG” from the “sick-care” system. Your author did it—and so can you!]

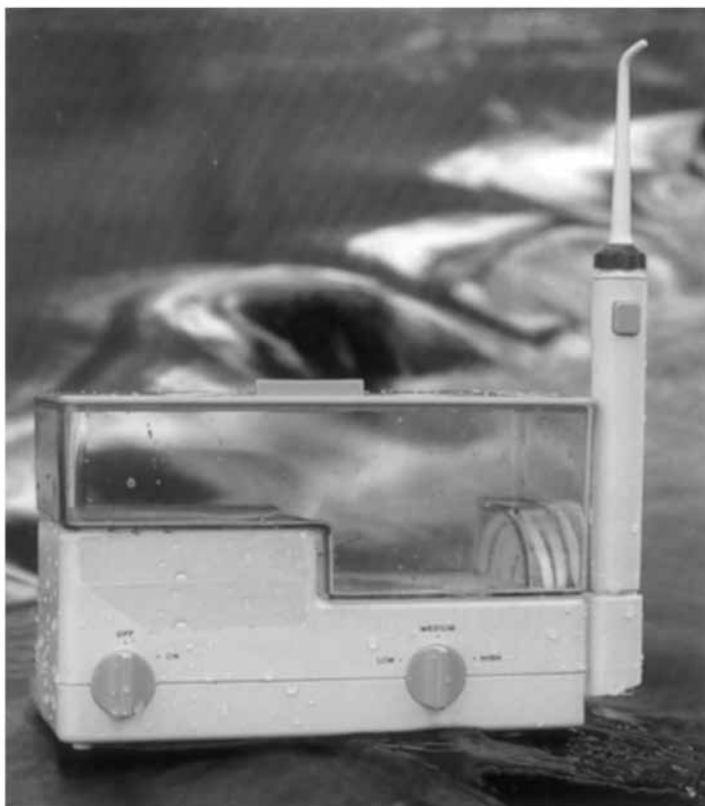
A live testimony from John Thomas—and you can believe it because your author is *Young Again!*

PREVIEW: *Our next chapter is about YOUR aura. Why do people climb rock mountains? HOW could Jesus pass through the wall of the temple?*

The “Fifth” Horseman

Forget about the four horsemen of the “apocalypse!” It’s the “fifth” horseman—called “IGNORANCE”—that sets the stage for the others. Man’s problems will remedy themselves when earth’s population dies because of poor “choices” in lifestyle!

The Bio-Magnetic™ Dental Irrigator



A Highly Effective Dental Appliance

► See Oral-Advantage™ pages 149, 187 & 233.]

Oxidation & Aging

Enhanced PAC's prevent uncontrolled cellular oxidation. Uncontrolled oxidation causes the body to "cannibalize" itself. Oxidation is another word for "aging!" Oxidation, aging and free-radicals have much in common.

We ingest large amounts of free-radicals every day. They come from air, water and food. The body also manufactures them in the process of metabolism. A free-radical scavenger is a molecular compound that neutralizes free radicals. Free radicals are highly reactive molecules that are short or long "electrons"—and set off "chain-style" reactions.

Toxic substances in the body "morph" into unpredictable molecules and reactions. Examples are: food additives, fluoride and chloramines (from tap water), soy and canola oils, pesticides, microwaved food and vaccinations.

As we age, the tissues oxidize faster and faster. Examples are a massive heart attack and cross-linking of the skin's collagen causing wrinkles and "leathery" skin. The word, "aging" sums it up nicely. [SOC™ Lotion and Racemized™ skin creme topically repair damaged skin. SOC™ capsules and VZ™ address wrinkled, scarred and blemished skin—while L_sP_cC™ accelerates the formation of needed "collagen"—the basis of "young," wrinkle-free skin!]

PAC's prevent rapid oxidation and destructive chain reactions from occurring. PAC's are "proanthrocyanidans" with both hydrophilic and hypophilic qualities in a racemized™ footprint format.

PAC's neutralize waste released into circulation during the "deacidification" process of the *Young Again Tissue & Liver Protocol*.™ PAC's minimize acid waste reabsorption as the waste works its way down 20 feet of intestine on the way to the toilet. Together, PAC's and Yucca Blend™ cause the body to "release" stored, "soluble," acid wastes from the tissues.

All dis-ease conditions respond favorably when PAC's are incorporated into the diet. Sickly children and kids with ADD and ADHD show marked improvement when liver function and bile flow gets a boost from PAC's™ and Yucca Blend™. Older folks respond nicely, also.

PAC's are chewable and possess 24,660 activity units per bottle—enough to easily offset the damage done to the liver by drugs and mercury poisoning from those "harmless" amalgam dental fillings. Anyone on medications should use PAC's.

Aging reversal is a very TALL order, and the older and sicker you are, the TALLER it is! Take PAC's for that added edge—and to protect your liver and rid your body of the "stuff" that drives tissue "oxidation," aging and dis-ease!

The easiest way to minimize oxidative aging is to incorporate the *Young Again Protocol*™ into your daily life. Call and ask for the Source Packet and find out how to do it!

"A mind changed against its will is of the same opinion still!"

Unknown

Playing God!

The medical folks and their cronies in the pharmaceutical industry have officially admitted “defeat” in helping women with menstrual difficulties enjoy a normal female life. Their latest answer is to FORCE the body to STOP menstruation altogether. The “pill’s” side effects are bad enough—but imagine the implications of this asinine proposal? Madmen in white smocks fixing what God could not. [“Cessation of menses goes with anorexia and bulimia because of “starvation!”] Helping women with menstrual and menopause problems is not difficult when the “model” is realistic. The *Young Again Protocol*™ is a simpler path because it puts women in control of their body—and at the same time avoids problems associated with dangerous pharmaceutical drugs prescribed on the basis of a defective “model.” The lucky woman doesn’t need the medical folks because she looks and feels great!

Cell And Cordless Phones

The side of the skull is “thin”—especially in young people! And because wireless cell phones are part of daily life, your author STRONGLY suggests users minimize exposure with a special device that “neutralizes” all wireless phones—and “head-sets,” which are 3x more dangerous than the phone! Cordless phones used in the home are equally damaging and should be avoided. A few dollars invested today, is better than a brain tumor or Alzheimer’s or damaged and destroyed teeth [Yes “teeth!”] [Please see pages 59, 233 & Chapter 14.]

Heart, Heavy Metals & Chelation

“Chelation” of the blood is not to be confused with chelation therapy—as in cancer! Chelation employs recognized agents like EDTA that “attach-to” and transport circulating heavy metals out of the body. [The medical folks don’t like this modality because it embarrasses them!] If you have serious heart or heavy-metal issues, chelation provides good, short-term relief of “circulating” heavy metals. Please recognize that metals “bound up” in the tissues are released over many “years!” Follow the *Young Again Protocol*™ “now” and you will never need to do chelation therapy—and you’ll greatly improve the quality of your life at the same time, too!

Where Does All That “Stuff” Come From?

About 80% of stool “bulk” is acid waste, dead bacteria and fiber! The body needs 10 years to release and totally clear the “terrain” of both soluble and structural waste. Maintenance of the “terrain” is an “ongoing” concept—and well worth the effort!



THE AURA EFFECT

“Man’s mind stretched to a new idea never goes back to its original dimension.”

Oliver Wendel Holmes

The injury had occurred the night before, but Jerry was not aware of any specific damage. As Jerry and I walked into the shop and began browsing, the lady who owned the shop approached Jerry and said,

“OOOH! You must be hurting pretty bad!”

He looked at her blankly and asked what she meant.

“Oh! Your aura! You have a very BIG hole in it in your groin area. Did you injure yourself?”

Jerry was hurting. He had torn a hernia in the connective tissues of his pelvic region the night before.

What was so intriguing about the encounter was that this lady was a total stranger! She knew nothing about Jerry, yet she was able to vividly see his “aura”—and the hole in it. We had heard of people like this lady, but neither of us had ever met someone with this “gift”—or witnessed the phenomenon we had just experienced.

The Glow Of Health

The body has a radiation field surrounding it. This is an established fact. Kirlian photography can capture the aura on a photographic plate—its size, shape and color in direct relation to the overall “condition” of the person’s “terrain!”

Jesus was reported to have a glow about Him. Whenever He is pictured, the halo [Aura effect!] is always seen radiating from His head. The halo and aura are right-spin energy. Many people believe the greater your aura, the

more advanced a human being you are. Perhaps. For certain, each of us has an aura—and the greater it is—the healthier we are!

When people suffer with dis-ease, the electrical charge of the bio-electric body shifts from right-spin “healthy” to one that is left-spin “pathogenic.” When we see the sickly pallor of another person, we are taking note of diminished “life force” in their “aura!” And when that same person returns to a “state” of health, we see it in their pallor and their aura. “Gut” instinct plays a very big part in our daily lives. We use it to guide us in dealing with people. The aura is real and has “meaning!”

Energy Drain

Some people are exhausting. I am not speaking of the someone who runs in hyper drive—but someone who “drains” your energy and leaves you feeling very “tired!” These people are energy black holes and their presence is less than refreshing!

Sue operated a massage therapy and iridology clinic for many years. She once commented that certain people drew so much energy from her that she could not work on them. Later, I learned that my wife had ended her friendship with a lady Sue refused to treat. The reason: the lady was exhausting!

Sue was an interesting person. She had the uncanny ability to see and feel things about people who came to her for treatments. They call people like Sue “healer.” Sue definitely was a healer. Sue was also a superb organic gardener. Sue had a green thumb and the plants produced abundantly for her. Her plants and soil were “vibrantly” healthy and never required any form of poison to control bugs or weeds.

One day I asked her “Sue, what is your secret?” She just smiled. As I came to know her, I realized that she knew how to speed up body frequency—through the laying-on of hands. In Sue’s case, it was called massage therapy. Sue could speed-up the electron flow in the body of the patient to such an extent that the person walked out of her clinic totally refreshed and happy to be alive. That is what a “true” body worker does—heals people by manipulating and boosting vital organ energy.

Sue boosted positive energy in the patient by accelerating electron “flow” in the patients “aura”—as she “drew off” negative energy. The effect of this energy manipulation was immediately visible in the patient’s aura and demeanor. Sue had mastered the skill of energy manipulation. She realized that “life” is a battleground of competing energy forces. Sometimes Sue would “shake her hands and arms,” walk “barefoot” in grass or sand—or hug a tree barefooted to dissipate negative energy she had “absorbed” from her sick patients.

Energy & Auras

The world is composed of but one thing: ENERGY! When energy condenses, science calls it “matter.” Matter has three states: gas, liquid and solid.

All substances are a variation of energy density and vibrational molecular “frequency!”

Rocks are hard and solid. Skin has texture and can be stretched. Rocks and skin are not really solids, we just “classify” them as solids. Solids are energy fields joined together in such a way that they take on the shape, feel and smell of something we learn to identify as rock, skin, tomato, etc.

All things—living and non-living—have an aura. A rock’s aura—and the effect it exerts on things near it—can be positive or negative. If the rock’s energy state is positive, it will have a therapeutic effect on plants, and *visa versa*.

Increase electron flow around the nuclei of atoms in a rock—and the rock will change its energy “state!” For example, heat sulphur and it will change from solid to liquid to gas. Water does the same thing when it changes from ice to liquid to steam.

Rocks & Mountains

In the Bible, rocks had significance in matters of health. Rocks have a sacred place in most religions. Rocks are not live in the animal sense—but they possess energy. Rocks are identified by their energy footprint and signature.

People like rocks. [Some people like them so much they have a head full of them.] People who climb rock mountains are often asked “why?” The answer usually given is “Because they are there!” There is a more accurate reason. People climb rocks because the activity is invigorating! Climbers absorb fantastic quantities of ENERGY from rock mineral formations. Rocks radiate ENERGY that “tunes” the climber to Mother Earth’s frequency. Climbing rocks is one way for people to tap into nature’s energy bank. So is swimming in sea water, walking bare foot in sand and grass, hugging a tree barefoot, or eating food grown on healthy soil.

The human body has the ability to “absorb” or to “donate” energy—regardless if it is positive or negative!

Jesus & The Wall

It is recorded in the scriptures that when Jesus was about to be stoned in the Temple, He [passed through the wall and] disappeared, to the frustration of his enemies. As a child, I accepted this story—but I never believed it because anyone with a lick of sense knows you cannot pass through a wall.

Today, the story delivers a different message—one that is both factual and explanatory. The Christ possessed the knowledge and ability to “accelerate” the flow of electrons in His body and pass through the wall of the temple. By “speeding up” His body’s electrons to the point of disintegration—much like ice turning to steam! Jesus was able to squeeze “between” the atoms of the stone wall—and vanish! Neither The Christ body nor the wall were

solids! Both were composed of energy “particles.” Jesus did not violate natural law! Rather, He manipulated it!

Life is a STATEMENT of positive (+) and negative (–) energy forces. Man gives them different names and classifies them in ways that are more easily understood. For example: good and evil, light and dark, right and wrong, left and right, YOUNG and OLD—and so on! Life is a mystery of the phenomena we call ENERGY! [See page 198 and Chapter 31.]

Reflections

The body’s aura is a mirror image of our “inner state” of health. We can measure the aura with a pendulum, vibration chain or aurameter—IF the person doing the dowsing clears his mind so as not to interfere with incoming electrical signals.

The dowsing “trio” teaches the skills of dowsing. [See pages 57, 144, 188, 210 and 283.]

A pendulum is nothing but an antenna that sends and receives electrical energy. The “mind” receives the information and “interprets” it. Measuring your body aura establishes a reference point that can be used to measure change—or determine the effect a substance is likely to have on the body. The “trick” is “clearing” the mind and asking perceptive questions—questions that produce “vibrational” answers that you can be interpret by “gut” instinct!

A pendulum or vibration chain can be used to check food substances, identify left-spin or right-spin apples, carrots, etc. Whatever is being measured is like a radio station transmitting ENERGY signals—and the pendulum is the receiving antenna. [A pendulum can also “transmit” signals.]

Intuition is a kind of sixth sense that sends and receives energy “signals!” We will discuss this Fourth Dimension concept in Chapter 31.

When aging reverses, the aura “expands” and physical VITALITY increases. When “your” aura returns to the energy “state” it was at before you “aged,” you will be at your anabolic peak—as described on pages 21 and 198. In the process, you will discover that the passing of TIME actually “slows” and eventually “stops”—as it has done for your author. When this phenomenon occurs, you have achieved “agelessness” and you are truly *Young Again!*

PREVIEW: *Our next chapter deals with energy and numbers. You will learn that big can mean small and weak can mean strong, and that things are not always as they “appear!”*

Life should be a scrapbook of lessons—not mistakes!

"Gauge" Yourself!

Pricking the finger is one way to gauge overall health. If you prick your finger and the blood fails to stand-up with a very distinct "pearl"—and instead produces a low-profile crown oozing onto the skin—you are in trouble! Blood should be BRILLIANT red, never dark! Blood with a low crown and dark red in color is in a pre-cancer "state." Deacidification of your body "terrain" is how you reverse aging "SIGNS!"



Do YOU Show Signs of PREMATURE Aging?

Is everything you do
a big effort?

Have you started to lose
your skin-tone?
Muscle-tone?

Do small things irritate you?
Are you forgetful?
Confused?

Have voices begun to fade?

Has your vision started to dim?

Do you wobble a little
when you walk?

Do you get out of breath
when you climb stairs?

How limber is your back?

Do your joints creak?

How well do you adjust
to cold and heat?

Ask yourself this important question:
Do I seem to be slipping and
not quite like myself anymore?
If the answer to this question is "Yes"
You had better do something about it.

START TODAY...
It's the first Day
of the Rest of
Your Life!



Terrain & Hormone “RELATED” Conditions

- | | |
|------------------------------|---------------------------------|
| 1. Asthma/emphysema | 26. Loss of muscle mass |
| 2. Excess fat/poor figure | 27. Cellulite (hips/thighs) |
| 3. Thyroid problems | 28. Irregular menstruation |
| 4. Hearing loss | 29. Irritable bowel |
| 5. Menstrual PMS | 30. Fibroid tumors |
| 6. Prostate trouble | 31. “Overly” tender breasts |
| 7. Thinning hair | 32. Endometriosis |
| 8. Gray hair | 33. Depression/gloominess |
| 9. Cold body/feet/hands | 34. Body painful to touch |
| 10. Low energy/drive | 35. Nights sweats/hot flashes |
| 11. Impotence | 36. Loss of muscle tone |
| 12. Bladder/yeast infections | 37. Arthritis/rheumatism |
| 13. Sagging cheeks/neck | 38. Allergies/sinusitis |
| 14. Skin wrinkles | 39. Sleep/rest issues |
| 15. Joint pain/stiff body | 40. Gas/bloating after meals |
| 16. Female/male cancer | 41. Low back pain w/period |
| 17. Osteoporosis/osteopenia | 42. Menstrual crankiness |
| 18. Miscarriage | 43. “Out of control”/anxiety |
| 19. Inability to conceive | 44. Constipation/hemorrhoids |
| 20. Cysts on ovaries | 45. Thinning vaginal walls |
| 21. Loss of physical height | 46. Dowager Hump/stooped over |
| 22. Knee/hip problems | 47. MS/lupis/fibromyalgia |
| 23. Low sex drive | 48. Poor memory/brain fog |
| 24. Painful sex (females) | 49. Degenerative eye problems |
| 25. Edema in legs/hands | 50. Low iron, pernicious anemia |

Common to the above SIGNS and symptoms is “hormones,” grid-locked “receptors” and an “acid terrain.” And central to these is poor “bile flow” and a weak “liver!” By following the suggestions in this book and doing the *Young Again Protocol™(s)™*—you will regain control of your life. Restoration of the “terrain” brings hormonal “issues” into perspective and eases fear and anxiety-related stress. Restoration of the “hormone cycle” and “PATIENCE” allow women to experience the Vorago™ Effect. [To better understand the Vorago™ “riddle” see Chapter 35 Vorago™ Sunrise and pages 72, 162, 164, 274 and 429.]

Water For Bathing & High Enema Therapy™

Bathe in safe, biologically friendly water using an oxidation/reduction shower filter that goes way BEYOND ordinary shower/bath filters. A “redox” shower filter makes your skin and hair feel and look healthier—while protecting your liver from chemicals. These are “full-flow,” long-lasting filters that do NOT require cartridge replacement because there is NO cartridge to replace. Filters are inexpensive and easy to install—and provide water that is “perfectly suited” for High Enema Therapy™ and bathing. [See page 60 and Source Page 429.]

21

Carbon
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C
6

AVOGADRO'S NUMBER

"The health of the people is the foundation upon which their happiness depends."

Benjamin Disraeli

It was a hot August day in 1975—the mercury had reached 950 Fahrenheit. Out of nowhere came what looked to be a “hippie” carrying a clip board. He said, “I’m from the City of Madison and I’m checking all buildings for proper placement of address numbers—and you don’t seem to have any!”

“Do too!” I retorted.

“Well, I looked and I didn’t see any and I want to know what you are going to do about it!” he rattled, as he flashed a copy of the local business ordinance in my face—expecting to cement his authority and intimidate me.

“Do too!” I said again, “And I can prove it!”

As we proceeded to the front of the building, I motioned to Dale to follow my new found acquaintance and me.

There we stood! The three of us facing a 4x4 “blank” post that formed the door frame—and I said;

“Dale, this fine gentlemen is here from city hall and he says that we are not in compliance with city ordinances regarding having our building properly posted with our street address.”

“Right there!” I said. “See! It says, 505 S. Main.”

The man looked at me and said with a strange look on his face, “There is no address there! It’s blank!”

“Hmmm!” I buzzed, as I turned to Dale and said,

“Dale, do you see 505 S. Main posted here on this post?” And Dale fired back, “Sure do! Right there on the post!”

With that, the man looked at me—then, at Dale—shook his head, “gave up” and “walked away”—unsure who was nuts—and very unsure about what had just taken place.

Things Not What They Seem

Things are not always what they seem. Sometimes “nothing” is something. Sometimes something small is really big! Sometimes weak is strong. We cannot always trust our eyes—and sometimes logic does not make sense in the face of conflicting observations and experiences. Sometimes, we must follow our “instincts” or be forced to “walk away!”

The man in our story knew when to walk away. Science does not. Instead, “science” tries to “make” natural energy phenomena comply with its defined “LAWS”—and in the process, science completely misses nature’s lessons.

In homeopathy, weak is strong; something that does not exist, does exist; and something that is nothing becomes something.

These apparent “contradictions” cause science and medicine to “ridicule” instead of inquiring with an open mind. They demand scientific “proof” backed by a body of “literature”—when they should be interested in “RESULTS!” They get caught up in theory and method and forget that their double-blind “studies” are riddled with contradictions. [In the land of the blind, the blind man is king! Desiderius Erasmus]

Phenomena

Here are a few examples of electrical phenomena. Let’s see if they shed light on the aging process.

“Biodynamic” agricultural practices transmute “energy” in raw cow manure into energy that is immensely more potent and of a very different “nature.” Biodynamics calls for a “pinch” of potentized horn manure in twenty gallons of high energy water. The energy from the potentized substance is “transferred” to the water using “convoluted” stirring procedures that “energize” and “concentrate” ENERGY into the “solution.” When applied to acres of dead dirt, the energized solution creates an energy “explosion,” creating “soil” from which life “bursts forth!” Science cannot explain this phenomenon because there is no place for such a phenomenon in its “model.” Science is NOT interested in unscientific results.

Homeopathic medicine uses the principles of dilution, succussion, resonance and transference to create energy solutions called “remedies” that deal with dis-ease at the Fourth Dimension energy level. For example, add one “drop” of black paint to one gallon of white paint and you have a MIXTURE of both colors. The black paint is very “diluted” and exerts very little influence on the “white” paint. As more white paint added to the mixture, the “drop” of black paint exerts less and less influence on the white paint—but it’s still “there!” [This example deals with “physical” dilution and the influence of physical black paint on physical white paint.]

Homeopathic medicine is concerned with the influence of “invisible,” “non physical,” energy forces upon each other and on the patient and how Fourth Dimension energy manifests itself in the physical Third Dimension body.

Potentiation

Homeopathic “remedies” work on the basis of “similars.” Homeopathy starts with a substance that has a similar vibrational frequency as the dis-ease energy field. The substance is then diluted. At each dilution, the remedy is pounded (succussed) so that it will absorb various frequencies (10x, 20x, 50x, 100x, 200x, etc.). This process is called potentization—and the remedy is now “potentized!” The idea is to create multiple dilutions of different vibrational frequencies that when taken into the body will “cancel” the frequency of the targeted [dis-ease or pathogen] energy field. A potentized remedy treats the patient at a level that is beyond the Third Dimension. In homeopathy, dilution and succussion add “energy”—where in our paint example, the black paint became less influential as more white paint was added to the mixture.

Homeopathic remedies are “energetic”—NOT physical mixtures. They are energy solutions that produce energy phenomena in sick bodies. Remedies are CONCENTRATED “energy” derived from the vibrational frequencies of the original “physical” substances. However, the more the remedy is diluted and the more it is succussed—the more energy the remedy contains and the more effective it becomes. Logic says, a remedy should NOT exert any influence because the original substance is weaker—even “non-existent!” Energy transference and succussion pushes the “scientific” mind too far. Logic, however, is faulty here because it is based on Third Dimension physics that does NOT apply to Fourth Dimension energy phenomena. Homeopathy enhances and transfers the electrical “signature” of NON EXISTENT physical substances to sick bodies for the purpose of “healing.” In homeopathy, something which does NOT exist DOES exist.

Science does NOT understand homeopathic “principles” because they do NOT fit its “model”—so science ridicules in contempt, instead of acknowledging results!

“MORA” is a spin-off from homeopathy—just as the word processor is a spin-off from the typewriter. MORA electronically duplicates energy signatures and electronically transfers them to the patient instead of giving the patient the actual, physical solution called a “remedy!” The physical remedy is placed into a scanning “well” where the remedy’s frequency is “duplicated”—much like a computer scanner reads a typed page and converts it to codes and signals so the computer can work with it. The duplicated frequency is then “transferred” to the sick person’s body—and healing takes place. The process can be repeated over and over without “consuming” the actual physical “remedy.” Homeopathy is NOT about “logic!” It is about energy phenomena and results obtained by “altering” energy forces and restoring balance to BOTH Third and Fourth Dimensions of the body’s “terrain!”

Regardless if a healing modality “fits” accepted medical theory, models, dogma or the LAWS of science—it doesn’t matter. The only thing that counts is results!

It’s In The Numbers

Amadeo Avogadro (1776-1856) was the Italian chemist who saw big numbers in small things. He developed a method to estimate the number of atoms that exist in a substance by comparing it to a known reference substance whose number of atoms were known—at least, in theory. This reference number is called Avogadro’s number or [N] in his honor. Like Reams, Pauling, Caisse, Semmelweis, Carson and Gerson, Avogadro was ridiculed by his “peers” for his vision and the TRUTH to which he bore witness.

[Avogadro was a wizard, and wizards don’t have peers! But they are surrounded by “bootleggers” who NEVER have an original thought and who take credit for others’ discoveries.]

[Avogadro’s reference substance was 12 grams of carbon-12. The carbon atom is extremely small! The number of atoms in 12 grams of carbon-12 is extremely large! The number of atoms in 12 grams of carbon-12 is estimated to be approximately 602,000,000,000,000,000,000,000 atoms!]

In homeopathy, the most “powerful” remedy derives from a physical substance that has been diluted and potentized to a point that NONE of the original substance exists. Theoretically and physically speaking—a substance does NOT exist once it goes beyond Avogadro’s number or 22 decimal places. Logic says when a substance ceases to exist—you have reached NOTHING! Yet, homeopathic remedies have enormous energy “footprints”—considering that they don’t exist.

[A 9x remedy equals 1 part per billion (ppb); at 30x it’s beyond Avogadro’s number with 30 zeros, and so on. Homeovitic remedies are combinations of 9x, 20x, 30x, 100x, 200x providing broad spectrum bioresonance needed to meet the changing “terrain” requirements of a sick and healing body.]

Aging & Avogadro’s Number

Avogadro’s number is VERY IMPORTANT to the aging process. If positive energy contained in a highly diluted homeopathic remedy can cause MASSIVE change for “good,” then negative energy transference from a bad lifestyle, food and water should be equally DISASTROUS to health and longevity—and it is! The same reasoning holds true for “negative” actions and thoughts that spawn effects millions of times greater than the actual event. Like ripples created when a rock is tossed into a pond—negative thoughts and actions produce exponential negative “consequences” on health. [Prayer produces similar effects as these concepts.]

Dr. Samuel Hahnemann

Samuel Hahnemann (1755-1843) is considered the father of “modern” homeopathic medicine. He was a brilliant German physician. The electrical phenomenon he discovered is known as the medicine of “similars” or homeopathy.

Let’s compare homeopathic medicine to allopathic medicine and see if a contrast of the concepts involved will help us understand the aging process.

Allopathic medicine—“Western medicine”—treats dis-ease with drugs and chemicals that are antagonistic to the symptoms being treated. Drugs induce a pathologic reaction that “stresses” the system with an opposite-cures-opposite approach. “Pathologic” reactions induce dis-ease in order to confront the targeted dis-ease—just like “chemotherapy!”

“Medications” are prescribed based on the benefit-to-risk ratio discussed earlier. Pharmacology “recognizes” that all drugs carry RISK—and all drugs DAMAGE the vital organs. Allopathic medicine attempts to overpower dis-ease with drugs that SHOCK the body into a condition of subclinical illness. Allopathic medicine uses powerful, left-spin energy drugs as negative energy “bullets” that target the tissues and vital organs to “FORCE” a response! Allopathy is the medicine of “opposites” which sheds light on its dismal track record!

Homeopathy is the exact OPPOSITE of allopathy. Homeopathy uses friendly energy “bullets” with similar frequencies to CANCEL the energy frequencies of the offending condition. Homeopathy is “legitimate” holistic medicine that says “Like cures like!”—without doing damage to the body.

How Homeopathy Was Discovered

Hahnemann was extremely disillusioned with conventional medicine. While treating patients for yellow fever, he discovered that if he gave a healthy person—who did NOT have yellow fever—a tea of cinchona bark which was known to be effective against the fever—intermittent fevers would spontaneously develop as if the person had the “condition.” [The inner white pulp of grapefruit contains “quinine-like” factors and should be eaten during bouts with viral infections.]

Hahnemann further discovered that “diluted” substances were more powerful than concentrated ones. He refined his new method of treatment and eventually included emotional and mental disturbances. Remedies were developed by trial and error based on their ability to produce a “response” similar to the sick person and was then tested on a “sick” individual to see if it would produce “healing”—as evidenced by a RETURN to “health!”

[Present day homeopathic remedies are NOT designed to bring on actual illness or dis-ease in a healthy person. They only cancel offending energy fields existing in the patient.]

Hahnemann experienced much success applying his “remedies”—but noticed their effectiveness increased in direct proportion to dilution and potentization. In other words, the MORE he diluted and succussed the remedy, the MORE effective it was on the patient! His findings were in serious CONFLICT with the orthodox medical dogma of his day. The conflict continues to this day!

[Dosage-related effects—as practiced in modern pharmacokinetics—the study of the dynamics of chemical drugs in the body—looks at the action of drugs on body metabolism with emphasis on time required for absorption, duration of action, means of distribution and excretion from the body. These “factors” determine “activity level”—meaning “saturation level” of the drug in the blood and tissues. Allopathic medicine is acutely AWARE of the problems related to drug usage. It walks a tight-rope between short-term “benefits” and short-term “damage” to the vital organs. Long-term damage is SELDOM an issue because it is very hard to prove! New names for strange, new “symptoms” and “dis-eases” are constantly being “conjured up” as a “cover” for long-term damage!]

Hahnemann got wonderful results using remedies that “exceeded” Avogadro’s number. His findings conflict with Newtonian physics which states “Where there is an action, there is an equal and opposite reaction!” Accepted “laws” are the basis of our modern-day chemotherapy mentality. Pharmacology and medical science rely on “saturation effect” to produce a “measurable” level of drug “activity!” Medical science uses a “sledge hammer” approach based on “opposites,” whereas homeopathy uses gentle remedies based on “similars!” [Much acrimony exists between these competing medical approaches. It’s easy to see WHY mainstream doctors “Just don’t get it!”]

Allopathic medicine burdens the body with drugs to a point BEYOND what the kidneys, liver, lungs and skin can “excrete”—forcing the body “by default” to respond to “drugs” while the “terrain” weakens! The damage done to the bio-electric body varies by type and quantity of drugs used and duration of use. [The “effects” of long-term drug use enhances the “warnings and contra indications” described in the “fine print” of drug literature and television “warnings!”]

Homeopathy is the modality of “preference” for patients and physicians interested in “healing.” Remedies address the subtle-energy level where disease has its “roots!”

Homeopathy & Agriculture

Modern agriculture uses SUPER-POTENTIZED poisons to try to stop insects and weeds. Until recently, large amounts of poison was used. Now very “small” amounts of poison are mixed with large amounts of water. Agricultural and pharmaceutical companies have “cloned” Hahnemann’s principles of dilution, potentiation and transference and turned them to EVIL purposes. The “ungodly” do the devil’s dirty work!

[Your author encourages the reader to plant a garden. Home-grown food makes up for a plethora of poor choices and mistakes in personal lifestyle. Live, fresh food is a gift from God. It causes the cells to resonate “healthy!”]

Think Small

Americans think “BIG!” Big cars, big houses, big meals, big surgeries—and big bottles of medications! People complain and feel cheated when they pay a lot of money for a small bottle of pills that they would be better off without!

In health-related matters, we must learn to think “small” in terms of the HUGE side-effects created by tiny amounts of “medications” taken in pursuit of a “fix!” We must come to understand that the “terrain” is altered by BOTH positive and negative energy forces—and that “tiny” amounts of toxic substances produce BIG responses with LONG-TERM effects on health and longevity.

We are surrounded by “toxic” substances. The prudent person who thinks in terms of the effects of Avogadro’s number, stands the best chance of becoming *Young Again!*

PREVIEW: *Our next chapter looks at our multi-dimensional body. It looks at the “terrain” of the bio-electric body and reconsiders Pasteur’s obsession with “bugs” and the Germ Theory of Dis-ease.*

Only Two Choices!

Each day of our lives, the body has only two choices for dealing with “waste!” Either send “soluble” acid wastes down the toilet in the “bile” produced by the liver—or store those “soluble” acid wastes in body fat beneath the skin. If the liver is “sick” and can’t do its job—or the biliary ducts and gallbladder are “gummed up”—the body will STORE the waste “by default!” Removal of “soluble” acid wastes is the purpose of the *Young Again (Tissue and Liver) Protocol™*. Removal of “structural” acid waste is a very different matter—and a totally NEW concept, as you will discover in Chapter 36 SilkWorm Blues]

Please Note: The BFRV™ trademark replaces the “abandoned” BEV acronym, DUE TO ongoing infringement and “bootlegging” by individual(s) offering water processing equipment under the “pretense” their equipment fulfills the “terrain” management CONCEPTS of the *Young Again Protocol*™.™

Medical Grade Ionized Water™

Medical Grade Ionized Water™ is a special class of therapeutic water used in special Japanese clinics to treat a complete list of serious medical disorders. In Japan, expensive clinical equipment is used to make this water. [A scaled-down, unit is used to make this water in the home—with all of the relevant qualities and benefits to go with it.]

Medical Grade Ionized Water™ is NOT about making “high-alkaline” water. MGIW™ is made from BFRV™ water and racemized™ sea minerals that supply needed electrons for energy “transference!” Raw tap water and common filtered waters are NEVER used to create MGIW™ water.

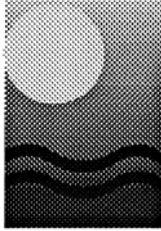
Water pH (acidity/alkalinity)—by itself—has nothing to do with the healing qualities of MGIW™ water. Rather, it’s the “ORP” (oxidation/reduction potential) that does the “magic!”

Dis-ease has its roots at the cellular level where MGIW™ water™ does its magic. The benefits of high ORP water derive from a combination of purity, ORP and resistivity. Highly reduced acid water and highly oxidized alkaline waters have pH values of 1.5-2.4 and 10.5-12, respectively—and ORP potentials of -900 and +1200, respectively. “Tiny” highly-charged water molecules easily cross cell membranes for delivery of electrons to the mitochondria that make the body’s high-energy molecule. “ATP!” [See chart on page 306.]

Oxidized water is used for infections, douches, oral and genital herpes and warts—and for beautiful facial skin. Reduced water is drunk and deacidifies the “terrain!”

MGIW™ water offers major health advantages not available by other means. The fundamental “rules” of water call for avoidance of raw tap water, and drinking enough “body- friendly” water and racemized sea mineral electrolytes daily. MGIW™ water is used where added benefit is desired or needed and should be considered “frosting” on the cake. MGIW™ water does NOT replace the fundamental rules of water previously mentioned. MGIW™ is recommended where TERRAIN management fundamentals have been addressed or where “Time is of essence!” [The *Young Again (Tissue & Liver and High Enema Therapy*™) *Protocols*™ restore the “terrain!”]

► See pages 107-110 and diagram on page 306.



CHANGE THE TERRAIN

“No tree has branches foolish enough to fight among themselves.”
“Watashi Wa”

The great French bacteriologist, Pasteur, said “Le microbe c’est tout! The microbe is everything!” A contemporary, Claude Bernard retorted, “Le microbe c’est rien. Le terrain c’est tout! The microbe, that’s nothing! It is the terrain that’s everything!”

When we look beyond the microbe, we see that they are only participants in a grand scheme. Microbes take their cues from the body’s “terrain.” Microbes cannot prosper unless the “terrain” is conducive to their growth. The word “microbe” includes bacteria, virus, fungi, yeast and parasites.

The terrain **MUST** concern us—because the terrain is everything! It is the doorway through which dis-ease appears and old age expresses itself. The terrain is multi-dimensional and goes **BEYOND** our Third Dimension world.

Multi-Dimensional Body

Humans are multi-dimensional creatures that experience life on mental, physical and spiritual planes—but life “extends” beyond these. We learn early to perceive and interpret our world in physical terms and geometric concepts we call length, width and height—the First, Second and Third Dimensions. But there are other dimensions—higher dimensions—we experience from time-to-time like intuition, telepathy, dowsing and maybe even the ability to see holes in another person’s aura as discussed in Chapter 20—things that belong to the 4th Dimension and beyond.

Aging & The Fourth Dimension

The higher dimensions are “invisible” to all but a few souls. Aging occurs in the “higher” realms before it is experienced and seen in the Third

Dimension world of the “mirror!” Vitality and health are controlled by the energy forces of BOTH the Third and Fourth Dimensions. Anything that impacts the Fourth Dimension electric body affects the Third Dimension physical body and visa-versa.

Health and dis-ease are expressions of the ongoing “energy” tug-of-war raging between the invisible Fourth Dimension world and Third Dimension physical reality!

When we die, the tug-of-war is over. The negative energy forces won! Simultaneous with death, vital force (spirit) leaves the body. We “give up the ghost!” The spirit returns from whence it came. It returns to a higher energy level, perhaps the Fourth Dimension. Maybe higher. No one knows for sure. Call it heaven, hell, hereafter. Suit yourself!

The Fourth Dimension body goes by different names like—subtle energy, soul, astral, spirit, invisible, bio-electric, etheric, Chi, Qi and Prana. All of these names refer to the same thing based on different belief systems.

Our Fourth Dimension “existence” is invisible. Some folks try to deny its existence—but doing so does NOT change the reality of it or alter its influence on our earthly journey.

When we attempt to heal the physical body, but ignore the spirit body—healing “fails!” If we allow the electric body to become old, the physical body follows suit. If we experience death in the physical realm, but maintain our hold on our spirit, we are NOT really dead—and we return to our physical world with tales of after death experiences.

When we cannot hold onto “life” on Earth—or when we have served our purpose for being here—“physical” death of the body takes place.

Vantage Point

The “electric” body is an extension of the physical body—and the physical body is the expression of the electric body. Our multi-dimensional bodies interface dis-ease, health, life and death. Try and become comfortable with these concepts. Understanding them will help the reader better understand our earthly experience. [To get a wonderful overview for this area of thought, read *The Holographic Universe*.]

Long before dis-ease manifests itself in the physical realm, the bio-electric body is undergoing vibrational changes that set the course for the physical manifestation of illness. This is what Bernard meant when he said “The terrain is everything!”

Understanding our earthly dilemma demands that we adopt a vibrational view of health and dis-ease.

In order to understand the forces of aging, one must understand the idea of an “invisible” world of “antagonistic” energy forces. We feel the influence of these invisible forces when they appear in our physical, visible world in the form of SIGNS confirmed by the doctor’s diagnosis.

The “invisible” world is poorly understood—but it is the arena where the war between health and dis-ease is fought. The Third Dimension “visible” world “mirrors” with SIGNS and symptoms the energy war being continually fought in the Fourth Dimension “invisible” realm.

Food Plants & Insects

Chinese Taoism teaches that humans are a reflection of the universe and that all life in the physical realm is part of the spirit of the Creator. Man has much in common with plants and insects because they also have a “dual” existence.

Plants have many functions. Two functions are the production of food energy and the infusion of solar energy into the soil. In the process of synthesizing food molecules, plants take CARBON from the atmosphere and “infuse” it into Mother Earth’s epidermal and dermal skin layers—top soil and sub top soil—through their roots and foliage.

Plants are “mediators” of solar energy. They “capture” and use it to construct complex energy molecules. Organic food molecules contain carbon, oxygen, nitrogen, hydrogen, sulphur and “ionic” minerals. Food molecules are biologically active—driving “anabolic” activities called growth and repair. But when forced to undergo negative circumstances using NPK fertilizers and poisons, food energy molecules destroy and weaken whatever is eating it. [See pages 21, 198 and 306.]

The body needs sulphur and carbon in sulphhydryl form to build healthy connective tissue and restore the body. SOC™ capsules supply sulphhydryl molecules.

Energy Mediation & Stress

Plants “convert” solar and cosmic energy into new and different “energy” forms like food crops, wood and high-carbon soil. Insects and microbes are the “middlemen!” Plants need the trillions of unpaid workers in the soil—the microbes—to perform the miracle of “photosynthesis.” Animals eat plants—converting plant solar energy into animal proteins.

Energy is never lost; it merely changes form! This is Second Law of Thermodynamics—and it is true!

Plant is a “living” antennae! Plants receive energy by day from the Sun and by night from the cosmos. By day, they convert solar energy into hydrocarbon sugars (hydro-water, carbon-atomic element #12) with mineral ions and enzymes supplied by soil bacteria. At night, plants use sugar molecules and earth minerals for growth. The “dew point” is the PEAK in plant “growth” when daytime-produced sugars are burned and heat is “given-off”—causing condensation and “dew” on plant leaves. [Early Viking adventurers who landed in New England reported “sweet” early morning dew on the blades of grass.]

All life forms—plant, animal and man—require the help of microbes for their continued existence.

Microbes function as “middlemen” between plants and animals. They use carbon sugars produced by plants for sustenance and as an energy source for breaking soil “ionic” mineral bonds and “covalent” bonds in organic matter. Ionic mineral energy in turn fuels plant growth and the production of healthy food that can sustain animals and man.

Plants submit their order for needed “growth” energy at the root level. The bacteria receive and fill the order if they and the soil are both in a POSITIVE energy “state.” Unfilled orders put plants under “stress”—causing an energy shift to the “left.” Stress reduces plants vibrational frequency. Stressed plants “TRANSMIT” negative energy signals to nature’s garbage crew—the insects, fungi, bacteria and viruses—who oblige and “attack” stressed plant life. [Stress has tremendous influence over the “terrain” of humans, animals and plants.]

[Good food and bio-friendly water are stress management tools. So is yoga, deep breathing, prayer, Qi Gong, Tai Chi, walking barefoot in sand or grass, prayer, sleeping under the stars, exercise, laughing, meditation and positive thoughts. The *Young Again Protocol*™ indirectly deals with “stress” through deacidification and restoration of the “terrain” and by neutralization of the “cortisol effect” that occurs whenever the adrenal glands come under “load.”]

Stress seeks a “release”—just as electricity seeks ground. Stress management is central to “terrain” management which is central to health and longevity.

The Carbon Connection

Tissue protein like muscle, bone, cartilage, etc. is composed of amino acids “linked” together by peptide bonds. Sulfonyls are amino acid protein molecules that contain sulphur in their structure. Carbon is #12 on the periodic table of elements. Carbon is “UNIQUE” because it “bonds” with many different elements and participates in millions of different reactions—all of them unique unto themselves. The carbon atom provides the “skeleton” for the synthesis of pesticides and poisons that the experts just “love” to call “organic!” Compounds of organic synthesis are “organic” by definition—but your author would remind the reader they are also “poisons!”

Look at a chemical’s molecular “diagram” and you will see the “-R” group [stands for “reactive” group]. This molecular group determines whether a chemical is DDT, or malathion, or dioxin or some so-called “harmless” organic molecule.

Toxic organic compounds are potent, left-spin energy substances that alter the plant’s “terrain” and diminishes plant “life-force.” Sick, unhealthy

crops should never gain entrance to the food chain. Animals and humans that eat poisoned food “suffer!” Sadly, in only a few decades, man-made organic poisons have spoiled life on Earth.

[Poisons are one of the agendas of the yellow fringed flag “interests” and the “corporate” state—an agenda that says “Cheap food at politically popular prices is desirable.” The implied threat here says “Cheap food is better than no food!”]

Plants are living miracles. The “experts” tell us plants only need NPK (nitrogen, phosphorous and potassium) to produce “food.” There is a BIG difference between food that fills the belly and food capable of producing healthy people.

Food is the ultimate tool for people “control.” A gut full of poisoned, empty calories CANNOT produce or maintain a healthy human being—or a happy nation. Left-spin energy food feeds violent crime! Violent people suffer from conditions of “EXCESS!” Excess is another way of saying “out of balance!” Excess is easy to confirm upon post-mortem examination—but by then it’s too late! Sick people make for a sick society!

Too soon old, too late smart is a sorry excuse for loss of your most important treasure—your health!

Explosions

Carey Reams did most of his life’s work in the agricultural arena. He believed that plants and animals live on the energy “released” when mineral bonds are broken. He referred to these chemical reactions as “explosions!”

Explosions occur when “rain” water chemically “reacts” with soil minerals and acids releasing growth energy! Rain water releases far more energy than does irrigation water. When it rains, grass grows and corn jumps! Rain water is biologically “active” water. Rain water has a slightly acid pH.

Plants extract carbon from the “air” and secrete carbonic acid (hydrogen+carbon) from their roots to dissolve ionic mineral bonds and free mineral “ions” from soil and rock—with the help of water. Soil bacteria absorb mineral “ions” into their bodies, digest them and release them in a “solution” mixed with carbon sugars as a chemically stable “glue-like” substance that gives healthy, high-carbon “organic” soil its crumbly texture—causing it to flocculate, hold water and not “leach!”

Carbon-rich soil is healthy, active soil with “anabolic” characteristics. It’s “live” because it is high in what Leonard Ridzon called “biogenic” carbon in his book *The Carbon Cycle*. Soil rich in biogenic carbon yields food that is “nourishing!” When plants call for nourishment, healthy soil supplies needed nutrients from nature’s pantry in the soil.

The yardstick of measurement for soil fertility is “cation exchange capacity” (CEC). “CEC” is a measure of “available” mineral ions bonded to

soil “colloids.” Ionic mineral ions are held “on” the soil colloid until the plant needs them. If the plant asks for ions different from what is available, the bacteria use the transmutation process described in Chapter 18 to “transmute” mineral ions to fit the plant “needs!” Transmutation involves “cold” fusion—orchestrated by soil bacteria.

Carbon acts as a “bridge” in cold fusion reactions, in the soil, or in the gut and liver of man and animal. Carbon underwrites health and aging. The body needs biogenic carbon from healthy food—grown on healthy soil—not from useless carbon in white, table sugar (C₆H₁₂O₆).

Transmitters & Receivers

Crops grown on biologically “live” soil as nature intended have a healthy “aura”—and radiate “healthy” energy signals. Plants grown with commercial fertilizers and poison sprays radiate signals in the “I’m sick, come and eat me!” wave band. Phil Callahan discovered how insects use their antennae to “intercept” distress signals and navigate by them—like a war plane homing in on its target by following the radar beam to the source. Insects eat “sick” plants—but they do NOT wage war against “healthy” plants. Insects and microbes comply with nature’s mandate to remove the weak from the Earth. In the human arena, acid waste “build-up” stresses the bio-electric body and weakens vital organ function. The microbes “identify” conditions of stress in the human “terrain”—and attack! Microbes know how to read “code” signals that say “I’m sick; come and do away with me!”

Insects have antennae on their heads and cilia (tiny hairlike projections) on their body. These structures are “tuned” to pick-up “signals” emanating from stressed crops. Insects know “exactly” which plants represent a meal and which ones do not. Different insects are tuned to different frequencies. You won’t find Colorado Potato Beetles eating sweet corn. Nature tunes each insect’s antenna to its own “I’m sick, come and eat me!” frequency. Plant stress signals transmit in the near and far infrared spectrums of “lightwave” frequency that are neither audible nor visible to humans. [Identifying SIGNS and symptoms of “stress” and “excess” in plants is similar to reading the signals in human beings. We are discussing energy phenomena here!]

[Sunlight light contains all “visible” color frequencies and is part of our Third Dimension experience and world. Light is “electrical” in nature—meaning anything electrical is related to sunlight. Color therapy, cold laser therapy and chi gong therapy are applications and variations of therapeutic lightwave energy used to promote healing. Microwave ovens, radar, x-rays and energy from “wireless” phones are anti-life, electrical energy in “frequencies” that destroy health.]

Dis-ease belongs to the world of invisible electrical energy, be it in plants, animals or humans!

Observations

Insects “gorge” on sick, weak crops. Crops requiring insecticides to fend off insects are unhealthy. The soil is the “terrain” that controls the health of food crops. People who eat poor quality “food” become unhealthy. Unhealthy food energy is “freak” energy that cannot be utilized by the bio-electric body. Organic poisons are potent negative energy fields. They work like homeopathic “remedies”—but in REVERSE—and their effect on people’s health is beyond comprehension.

If sick plants attract predatory insects, viruses, bacteria and molds, can we assume that healthy plants repel them? The answer is a big YES! A positive energy terrain repels dis-ease—and negative energy attracts the same unless the cycle is broken by exercising “correct” choices.

[The use of organic poisons on food crops is similar to medical science’s insistence on immunization of the population. Sadly, immunizations do NOT produce immunity. See pages 86, 228-9 and 249.]

Brix • Vitality • Pigments

Dr. Carey Reams pioneered the use of the refractometer—aka: “brixmeter”—for measuring the vitality of food crops. This simple, hand-held device is used to measure “sucrose” levels in “solution” in the juices of plants. Sucrose is simple sugar. The more sucrose in plant juices, the MORE mineral ions present in the food crop. A full array of mineral ions translate as flavor, vitamins, enzymes, keeping quality, health and vitality. Without these qualities “food” is NOT really food and results in degenerative dis-ease and a sick people.

Healthy food could remedy the health care crisis—but it would shut down the sick care industry.

A re-fract-o-meter “refracts” sunlight through plant juices placed on a glass slide for this purpose. The “scale” is 0-32 brix; “0” is the bottom and 32 is the top of the scale. The lower the number, the higher the level of insect infestation and dis-ease in food crops and ornamentals. In the case of sweet corn, nature’s garbage crew will devour corn at 10 brix. At 18 brix, the insects will back-off. At 24 brix, they will cease to be a problem. But at 32 brix, corn will grow 16 feet tall and have 3-4 ears per plant. High brix readings means NO dis-ease and healthy crops that don’t need insecticide poisons.

Plants grown in highly mineralized, high-carbon soil are “live” and have high brix readings. “Brix” is a unit of measurement. It is also a “marker.” The higher the brix reading, the MORE nutritious the food and the greater its “life force.”

When sugar and mineral ion levels are high, plants do NOT “transmit” negative energy “distress” signals to insects and microbes in the “I’m sick; come and eat me!” frequency. And when insects stop for a bite, they die

because insects are not equipped to handle high sucrose levels that turn to alcohol in the insects stomach—killing the bug! Natural pest control!

[Alcohol is a toxin (poison). Yet, when a person is sick, it is helpful to take a hot bath with 1 cup of Epsom salt, 1 qt. of 3% hydrogen peroxide and a pulverized ginger root after drinking a “shot glass” of whiskey. The alcohol KILLS multiplying pathogenic microbes in the “terrain” and SHOCKS the system. Perform High Enema Therapy™ before the bath. Then, go to bed! In countries where sanitation is a major issue, alcohol is taken with meals as a way to “control” incoming dis-ease organisms.]

The Rainbow

Sunlight contains all of the colors of the rainbow. Plants “display” the colors of the rainbow in the “PIGMENTS” of their leaves and tissues. Pigments are “frozen sunlight.™” Pigments are frozen sunlight “energy!” Frozen sunlight is the basis of racemized™ SunLight™ creme—a transdermal skin creme with “health” benefits for people in general—and women in particular! Women who use it on their breasts daily can stop worrying about going down to a breast condition that begins with the letter “C”. SunLight™ Creme is part of the *Young Again (Female) Protocol.™* It is used to create the wonderful Vorago™ effect in women. See Chapter 35 Vorago™ SunRise.]

Insect infestation & Crops

Protein content is another way of gauging “life-force!” Unfortunately, all proteins are not the same. Some proteins are “freak” proteins! Protein content by itself does NOT qualify a food crop’s energy footprint and signature as “healthy!” Soy protein, for example, is a very unhealthy protein. [More later!]

99% of food grown in the uSA is of low brix and low vitality. “Funny” protein food spoils easily and breeds violence in children and adults!

[The “experts” and the chemical companies—along with their “yellow fringed flag” friends—don’t like the implications of a healthy population. Sick food, weak minds and violence are part of our obsession with sports. Rome took a similar path AFTER desecrating its “standards”—the equivalent of our flag and flag poles—with “adornments” like the yellow fringe, the ball, the eagle, the spear—adornments seen EVERYWHERE in the uSA—adornments that take precedence over the flag of peace by creating a BOGUS “jurisdiction” and meaning; adornments that effectively impose “foreign” corporate “state” jurisdiction over Citizens. Please recall these words from the uS Constitution—which is a “common law” organic document—NOT a statutory document. “No State shall create another “state” from within a state or from a combination of states.” The “state” referred to

by this “prohibition” is a foreign “condition” that is repugnant to the Constitution and the rights of its citizens. The US Flag of War is the ONLY flag displayed worldwide, which explains “why” we are in a perpetual “state” of emergency and “state” of war. “Their” courts say it is illegal to burn “their” flag! Our politicians have the “Roman Dis-ease” and they catch it from each other! Legacy, ego and “corporate” national interest take precedence over the good of the people. An artificial foreign government “condition”—like the U. S. Government—is NOT the same as the united State of America or its people. The movie “The Last Samurai” hinted at corruption of “national interest” by the yellow fringed flag forces. Those “interests” control the food supply and the sick-care industry. Poor-quality food is “perfect” for perpetuating a militaristic society that does as it is told. The Supreme Court—a “maritime” court over the “District of Columbia”—operates under the same “flag” and only pretends to “rule” on constitutional issues just like federal courts and lower petit courts. [For a better understanding of these issues, see pages 168,196, 361 and 384.]

The U S flag of “WAR” has an aspect ratio of 1:1.7 as opposed to the US Flag of Peace on the front cover of this book whose ratio is 1:1.9.

Civilizations deteriorate because nature’s dietary laws are ignored. Sick food and water spawns social excess. Birth defects are part of the “terrain” story and are linked to poisoned food and water. The pregnant woman’s liver—and her unborn baby—labor under dietary and environmental imposed stress.

“In a nation whose legions once commanded the known world, the people cry but for two things: bread and more games.” -Pliny

Eat Your Vaccinations, Dear!

Inferior food with short shelf life is behind the drive to “irradiate” the food supply and genetically manipulate food crops. Madmen scientists are now gene-splicing dis-ease pathogens into plant DNA in an effort to produce “immunity!”

[If historical myth has any substance, your author would remind the reader that Atlantis and its people were destroyed for genetic cruelties and cross breeding of life forms. Genesis says “Kind begets kind.” Prior to the Israelites taking of the “promised land,” they cleansed that land of genetically cross bred “giants”—the descendants of the “nephelim.” Your author “predicts” that eating genetically manipulated food will weaken the population and that our offspring will experience gross pathologies with no hope of cure. Darwin’s “survival of the fittest” will take on new meaning.]

We are breaking the rules when we cross species lines. Cross breeding of species produces offspring whose vibrational signatures and DNA are “freak!”

[We are making another mistake by classifying animal fats and plant-derived “liquid” oils together—as “lipids”—just because they have similar characteristics. The difference between them is immense and “central” to health and longevity. Fats are “solid” at room temperature, oils are not. Fats are the basis of our hormones. Butter and lard are fats, oils are not. Animal fat from healthy animals is important to good health.]

Parenteral Nutrition

Food energy is metabolized into the glucose sugar molecule in the “LIVER!” Glucose fuels ATP production via the Krebs Cycle in the electron transport chain of the mitochondria that live in our cells. ATP is our energy molecule—and the end product of the food we eat. Glucose is stored in the liver and muscles as “glycogen.” Lactic acid accumulation—and sore muscles from strenuous activity—are byproducts of poor liver function and incomplete burning of the glucose sugar molecule in the absence of cellular oxygen.

It is standard medical procedure to add minerals and vitamins to glucose solutions for people on any form of “parenteral” nutrition—nutrition administered by any method other than by mouth—such as intravenously or using a feed tube inserted directly into the stomach or small intestine.

Parenteral nutrition is a “pathetic” way to keep someone alive. It’s a glimpse of the FUTURE for those who “think” they can IGNORE nature’s laws—or who think they can “buy” good health via the sick-care system. The *Young Again! Protocol(s)*TM return “control” of the terrain to the individual.

The Terrain Of Weeds

Weeds are a yardstick of soil fertility and health. They tell a story—and their presence holds meaning. The popular definition of a weed is “something growing out of place”—but the definition is based on ignorance. Weeds grow where they choose because they have a job to do. Their job is to absorb negative energy and restore soil energy and balance.

Weeds—like bacteria and viruses—only grow where the “TERRAIN” is to their liking!

[We bought a home with a large yard infested with quack grass. The neighbors laughed when we said we would get rid of the quack grass and have a nice garden. They stopped laughing when we shared beautiful vegetables with them. Change the soils TERRAIN—and no more quack grass! Quack grass grows on soil that is low in organic matter with a high pH, an unbalanced decay system, and an excess of aluminum. So we “hand” dug, shook and piled the quack grass. We then built four or five compost piles around the garden site using organic matter of all types—including quack grass, leaves, grass clippings—plus chicken manure as a “starter,” granite

dust, gypsum, soft rock phosphate, and red wigglers (worms). We turned the piles biweekly. After two months, we spread the finished compost and dug it into the top four inches of soil. After this process, we could NOT get quack grass to grow. The reason? We changed the TERRAIN of the soil. We helped Mother Earth energize her “skin.” Every weed has a place and a time. Change the soil environment and weeds will cease to be a problem. Some weeds grow where crops can’t grow; some weeds grow with food crops. Weeds provide balance.]

Your author remembers a story an acquaintance told how the pioneers abused the soil as they came west. They found virgin soils high in life-giving energy and nutrients. They would move on as soon as the soil had “burned itself out.” Later—after the deserted farm had sat for 8 or 10 years—Tex’s father would buy the farm for next to nothing and presto, the soil produced crops! Tex’s father understood that weeds play a very important part in life on this planet. Weeds ONLY proliferate when the terrain dictates their presence. Sick soils produce “sick” food and noxious weeds. We should not be surprised when people who eat “sick” food grown on “sick” soil become “sick” people! [The “terrain” controls!]

Weeds, insects, bacteria and viruses are our friends. Understand them and you will enjoy a better life.

Hybrid Food

The advent of the hybrid seed has particular significance for the health-minded person. The hybrid was heralded as a wonderful thing. Bigger crops, sweeter corn, better germination and more control at harvest. Some of these things are true, but there are serious trade-offs—like unbalanced enzymes and vitamins, “freak” proteins and poor mineral uptake.

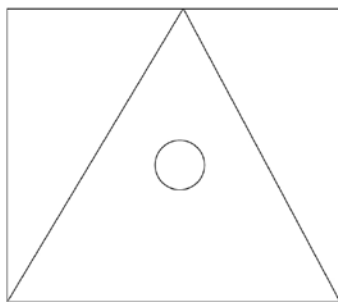
[“Hybrid” crops withstand NPK salt fertilizers and poisons used to “force” food crops to produce on sick soils. Hybrid seeds came into “fashion” because seed companies could “patent” them. The farmer—ever dependent on bank loans—was “persuaded” to use these new seeds. In the words of one farmer, “We traded open-pollinated seed left over from the past harvest—which was a FREE gift from God—for these damnable hybrids that we have to buy every year!”]

Powerful commercial interests operating behind the “yellow fringed flag” took control of the people’s food supply. High-vitality food from healthy soil was traded for empty calories and poisoned crops from sick soil. The Earth and her inhabitants are now paying the price.

The “ag” schools and government “experts” said “Hybrids are the wave of the future!” And a poor future it has turned out to be.

Native Wisdom

We live in a world beset with conflict. The four corners of the square are at odds with each other. Philosophy, science, law and religion have lost their moorings. The people gyrate from pole to pole—confused, mad, frustrated, depressed, violent—at odds with their world and themselves. They need wisdom and guidance. My friend comes from the Lakota nation of American Indians. His native name is Watashi Wa which translates “I am here!” I am glad he is. Watashi Wa offered some Lakota wisdom that health-minded people need to incorporate into their lives. “No tree has branches that fight among themselves.” We cannot enjoy good health or fulfill our destinies when we are at odds with ourselves and the world. [The symbol shown here reflects the dilemma mankind faces.



Hybrid Inferiority

When we eat food grown from hybrid seeds, we are eating food that is genetically weak. Hybrids do NOT reproduce true to their own kind. They defy the ultimate test of viability for any living thing: offspring that duplicate the parents. Hybrid seeds are “freak” offspring of controlled breeding techniques and they are inferior. Their energy “signature” is left-spin! Hybrid food is INFERIOR food and should be avoided. Food crops grown from hybrid seed play into the hands of the yellow fringed flag “devils” who CONTROL commodity prices and markets—and the food supply of the whole world. Remember these points when experts in the “media” HYPE the wonders of genetically engineered crops and irradiated food. Behind the rhetoric, you will find sick food, human suffering and sick “violence” prone societies.

Food is a gift from God. It is NOT a plaything!

Eat nutritious, healthy, food and drink biologically friendly water. Do these things and you will enjoy health and vitality as you become *Young Again!*

PREVIEW: *Our next chapter is about “OBESITY.” Learn the “real” reason for obesity. Whether you are thin or not, the chapter contains VALUABLE information that you will need to understand the remainder of this book.*

Learn At Home

Would “you” like to “learn” human anatomy, physiology and microbiology? These subjects are easily learned by “coloring” by the numbers using illustrated “plates” supported by clear, concise text—done at your own speed! [See pages 274 & 429.]

Gums & Teeth

Bleeding and infected gums are NO small matter—and neither are cavities and loose and dying teeth. If you wish to deal with these issues and save yourself a lot of misery and expense, use the BioMagnetic Dental Irrigator™ and Oral Advantage™. [See pages 51, 93, 118, 149, 187 and 204.]

Magnetic Health

Depolarization of body tissues and the “terrain” is an “ongoing” issue. It occurs daily, when people are exposed to extraneous microwave signals, 110 v. electrical “energy” grids, fluorescent lights and computers—all of which are present everywhere in the world in which we live.

Wireless phones account for MASSIVE amounts of extreme low-frequency radiation that interferes with cellular balance, body physiology, teeth and brain function.

To protect yourself, consider the following:

Super Magnets™ speed cellular activity by stimulating mitochondrial activity and nerve flow while BOOSTING immune function. Super Magnets™ are helpful for carpal tunnel issues, sleep irregularities, and help with major or minor injuries—like a bad fall, a mashed finger, broken bones, head injuries, etc. When used immediately after an injury, pain and swelling are lessened, blood and lymph flow in and around traumatized tissue increases, and healing occurs faster.

There are ONLY a few magnetic products that are worth bothering with—most are useless. The Super Magnet™ pendant is suspended from the neck directly over the thymus area (breast cleavage area). Medical grade mattress pads “repolarize” the entire body during the sleep cycle. To be effective, pads MUST possess six characteristics: quantity of magnets, gauss rating, placement, thickness, surface area and polarity direction. Biogenic™ Super Mattress Pads meet ALL six requirements and are “made to order” according to bed size.

Modern medicine classifies magnetics as witchcraft, but users of Biogenic™ magnetic products know better! All energy has [+ -] “polarity!” We are surrounded by a sea of energy. Energy management is part of “terrain” management. [See pages 49, 81 and 144.]

Source Information Packet

For information, call (800) 659-1882 or (509) 465-4154 or write: John Thomas P.O. Box 1240 Mead Washington 99021-1240 USA fax (509) 466-8103.

High Enema Therapy™

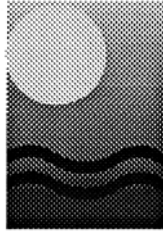
High Enema Therapy™ speeds deacidification of the tissues, blood and lymph. This wonderfully simple and low-cost procedure is a “given” in the battle to get well, stay well and stop the aging clock. Terrain management does NOT get more basic than this. Many people are unjustifiably squeamish on this subject. Your author has taught thousands of people the correct procedures. People who practice the protocol “see” their lives transformed. The *Young Again (High Enema Therapy™) Protocol™* only sounds like a “pain-in-the-butt!” It is very easy to do. The wise person practices “prevention” and heads off trouble before dis-ease announces itself. Why wait for the doctor’s diagnosis when you can AVOID your “day of reckoning” for as long as you wish to live a healthy life?

Parasites & Food Poisoning

Parasites are a monumental problem—but parasites are NOT the enemy! Rather, they reflect loss of control over the body’s “terrain.” Let me assure the reader that everyone has parasites. How does your author know? Because every time food or water enters your mouth, parasite eggs and adults come along for the ride. Parasites are part of life! But IF the digestive system is working “correctly”—and few are—the peptide bonds joining the amino acids comprising protein “life forms” called “parasites” are broken—killing parasites and their eggs. Digestion of parasitic life forms is one good reason to use Yucca Blend,™ DiSorb Aid II™ and R/BHCl™ after meals. Digestion of food, avoiding a toxic bowel, indigestion, acid-reflux and increased flow of “bile” are a few more reasons. These products work wonders for travelers to India and Mexico, etc. No sickness or diarrhea. If you want to be super safe—in or out of the country—wash your hands, keep the nails short—and have the “waiter” bring a bowl of lemon wedges and eat the “pulp” from 3 wedges each—BEFORE, DURING and AFTER meals. [Chew charcoal tablets for food poisoning or “violent” illness following meals. See page 64.]

If friends ask what you are doing, don’t spoil their meal with parasite stories. Just tell them “Lemons help digestion and weight control” —and play dumb!

Parasite Purge™ I & II—plus Yucca Blend™—deal with parasites in the brain, heart, lungs, spleen and other “vital” organs while driving intestinal parasites out of the body. It takes 60 days to “clear” the vital organs of parasites and to dismantle and shed the debris that was once “creatures” feeding on acid waste in YOUR body. [See pages 69, 156, 180, 316 and 318.]



FAT FALSTAFF

*Shakespeare's Prince Hal to grossly overweight Falstaff:
 "Leave gormandizing; know the grave doth gape?
 For thee thrice wider than four other men!"*

*"If you don't want to be obese, change the rules of
 the game by changing your "terrain!"*

John Thomas

Obesity is the "curse" of the industrialized world! We eat the wrong things instead of the right things. We live to eat, when we should eat to live. We eat much, when we could eat little. We dig our grave with our "teeth!"

Obesity is the "effect"—not the cause! It has "NOTHING" to do with genetic inheritance—and everything to do with incorrect choices. We are concerned with the "factors" that DRIVE obesity—and obesity's influence on aging. Pounds and inches "mirror" the internal condition of the "terrain!"

Obesity is dis-ease "in the making" and the harbinger of serious health issues to come. Lifestyle and dietary choices CONTROL the obesity story—but insufficient physical activity and "stress" also play major roles. "Stress" whips the adrenal glands and increases cortisol production. "Excess" cortisol upsets hormonal balance and increases the production of "estrogen" by "fat cells" in BOTH men and women. "Excess" estrogen unbalances the system and increases the production of body fat in a never-ending cycle. [Strangely, when raw virgin coconut oil is added to the diet, people lose weight! Healthy fat does NOT make people fat!]

Experience teaches that it is easier to take fat off fat people than it is to fatten-up skinny people.

Lack of physical work and load-bearing activity contribute to connective tissue degeneration by stifling circulation of lymphatic fluids. Exercise is a "tool"—not a goal!

[At age “61,” your author is down to a “33” inch waist. Before age 55, he had never weighed over 160 pounds—even when in the army! Today [2006] my weight is 175 pounds and muscle mass has increased by two coat sizes while my waistline dropped by “5” inches. The “strange” part of my story is that 40% of my dietary caloric intake is fats and oils. I have boundless energy and I do hard physical work with a shovel and wheel barrow in my 1 acre “garden”—and I am rarely tired even though I work “14-hour” days. [These facts are SIGNS and symptoms of aging reversal! When you restore your “terrain,” obesity and other health issues seem to go “Bye, bye!”]

The “Condition” Called Obesity

Obesity is a “condition” that operates by its own set of rules—like cancer! Usual and customary dietary approaches to obesity FAIL because they ignore liver function, stress, leaky-gut, cortisol production, digestion, deacidification, hormonal issues, thyroid function, bile flow—and bowel activity. Ignore these “terrain” factors—and you will either become obese or you will FAIL to lose weight and FAIL to maintain critical muscle mass. Obesity is the “symptom”—not the cause!

When you deacidify the “terrain,” restore liver function, boost bile flow and address fundamental issues raised in this book—your body will “MORPH” and become a “burner” of dietary and excess body fat instead of cannibalizing muscle mass in search of needed protein.

The obese body CRAVES nourishment and will “cannibalize” muscle tissue to obtain needed protein “before” it will burn stored body fat.

It takes “TIME” and “PATIENCE” to restore the terrain and “train” the body to become a “fat burner.” If correct food ratios are followed and the “terrain” is restored—fat will turn into muscle mass. Muscle is a SIGN of health—and youth!

Obesity is a “symptomatic” confirmation of metabolic “slow down” and loss of control of the “terrain.” Obesity is the most obvious SIGN of aging because “The fat is there!” Obesity doesn’t just “happen!” It is a self-imposed condition underwritten by ignorance, lack of self-love, poor dietary and lifestyle choices—and most importantly, “terrain” issues.

Obesity self-perpetuates through ignorance, reliance on a FAULTY thinking—and social myths.

Bio-junk diets “sabotage” efforts to avoid or control obesity. The obesity “curse” cannot be blamed on “genes!” Genes “mirror” dis-ease conditions AFTER they occur—and automatically “SELF-CORRECT” when the “terrain” is restored. We have the “same” genes as our ancestors. Continued human “existence” proves genetics does NOT drive obesity or other health issues. “Entropy” ONLY haunts the human condition when control over the “terrain” is forfeited! [See page 306.] Obesity is at “epidemic” levels because

of poor choices and plain old ignorance! As body fat increases, vitality and organ function diminishes. Excess body fat is “confirmation” of metabolic slowdown and loss of vital organ function. The doctor’s diagnosis of “dis-ease” is OFFICIAL notice that the “terrain” has reached the “tipping point.” Let’s discuss the genesis of diabetes, as an example.

Diabetes (Type II) & Auto-Immune Issues

Obesity does NOT cause diabetes, but it usually accompanies it—and given enough “TIME” most overweight people become Type II diabetics. That is the pattern!

“Leaky-gut” heavily influences the terrain and is a HUGE contributing factor in both obesity and diabetes. Behind a leaky-gut, you will ALWAYS find a poorly functioning liver, weak bile-flow and acidification of the “terrain!”

“Leaky gut” is behind virtually every auto-immune condition known—and with very few exceptions all major dis-ease conditions are “autoimmune” in nature. Old-time healers and health crusaders suspected that the colon was the source of major dis-ease. They were not far off the mark. Liver, bile-flow and leaky gut are “ground zero” of dis-ease!

[You author believes that the liver and bile flow are at the core of acidification and terrain issues, and that leaky-gut and colon issues follow in the wake of liver and bile flow issues!]

Autoimmune conditions cause the immune system to ATTACK the “host!” Leaky gut allows oversized food and drug molecules ACCESS to the blood stream via a “porous” gut wall—something that should NEVER occur!

Properly digested food energy goes to the liver for conversion to glucose before distribution to the tissues.

Indiscriminate use of antibiotics and non-steroidal anti-inflammatory drugs—like aspirin and pain killers—destroy the lining of the “gut.” [The gut wall must be repaired for the terrain to heal, and that is the purpose of R/C™ and MZ.™]

Wide-spread consumption of “high fructose corn syrup”—especially in the aftermath of antibiotic use—causes intestinal and bowel disorders to grow “exponentially!” Yeast infections in women are “symptomatic” of a very ACID terrain and a gut that is in horrible shape. [Women who eat “raw,” non pasteurized sauerkraut two times a day find wonderful relief!]

It should NOT surprise anyone that the SAME 75% of the “population” that is obese also suffers from leaky-gut issues and auto-immune “conditions”—and they will statistically succumb to diabetes, too! Diabetes is a leaky gut, auto-immune-driven condition—but not everyone with a leaky gut becomes a diabetic. Diabetes will reach “EPIDEMIC” levels among the baby boomers who refuse to exercise “choice!”

Insulin does NOT cure diabetes—but it eventually kills the diabetic while “managing” the symptoms.

Better you NEVER reach the point where you have to use insulin in any form! Diabetes is reversible—BUT it is a tricky and difficult condition to address when someone is already using insulin. Of the four major dis-ease conditions that accelerate aging and early death [heart attack/stroke, cancer, arthritis and diabetes], diabetes is by far the most difficult to reverse because there are so many conflicting “terrain” issues. However, diabetes is totally “AVOIDABLE!”

Dietary choice—and the ability or inability to fully digest food—exerts huge influence over the diabetic’s “terrain.”

Leaky-gut issues play an equally important part in the acidification of the “terrain!” Acid waste that cannot be removed from the system because of a faulty liver and poor bile flow are stored in the body fat beneath the skin.

Production and accumulation of acid wastes goes with excess body fat. Everyone who is fat is “acid”—but everyone who is “acid” is not necessarily fat.

The fat body is “burdened” and has LIMITED ability to restore itself. When body fat levels rise, metabolic rate “slows” and there is less energy available to do the job. Hence, the fat person gets fatter and recovery becomes ever more difficult.

For many people, obesity CONTROLS every aspect of their daily life—as well as their self esteem. Obese people are picked-on from kindergarten forward. Children and people are cruel! Obesity precipitates the development of a “defensive” attitude—the fat person’s version of “short man” syndrome. Obese and short people understandably tend to OVER compensate with a very noticeable “chip” on their shoulder. As Mick Jaeger sang, “I can’t get no satisfaction!”

There is one acceptable solution for the obese person: change the “terrain” and change the rules!

Get Out Of Jail • Permanent Parole

Obesity is a vicious cycle. The obese person knows that things are “different” for them. Both the game and the rules are not the same as for “regular” people. The obese person MUST learn to think in terms of “jail!” Self-imposed “jail” as a result of plain old ignorance reinforced by medical and social “myth” about obesity and its causes. Central to obesity is a highly acid, waste filled “terrain;” out-of-balance hormones; “starvation” on a full-belly; and a body that needs a “jump start!”

The purpose of the *Young Again!* (Tissue and Liver) Protocol™ is to get the obese person’s metabolism “out of jail!” And once “free,” the fat person is placed on “permanent” parole with the practice of High [and low] Enema Therapy™ for the remainder of their life. Those who “backslide” go back to jail—and lose their \$200 as in the game of Monopoly!

Deacidification of the fat person's body creates a roller coaster effect which should be both expected and welcomed! Healing occurs when toxic waste energy is released from the fatty subcutaneous tissues into the blood and lymphatic systems—and again when waste-laden bile flows into the intestines. The “mission” of terrain restoration CANNOT occur unless bile wastes “physically” reach the toilet bowl!

The gallbladder is a “RESERVOIR” for bile which it “dumps” into the small intestine two inches below the stomach—or about 20 feet UP from the anus. Sluggish bowels set the stage of bile “reabsorption” through a leaky-gut wall. Bowel activity is a multi faceted issue! [See page 150.]

Eat Less • Live Longer

Little food is required to maintain good health IF the food is of high vitality and digestion goes to completion. Ultimately food heals the body and restores health—but only if the “terrain” can respond. So-called “organic” food—by itself—is NOT enough to restore the terrain because the “rules” change when puberty “peaks” at age “25”—and again after age “40” when menopause and andropause manifest. [Obesity issues “compound” the aging story outlined so far.]

Fresh beet and carrot juices are very helpful for the obese person IF used in “moderation!” These juices are the “blood” of plants. They are the plants’ “life-force”—and are an “ABSOLUTELY” essential source of potassium. Potassium drives sodium OUT of the cells. [Fresh vegetable juices increase bile flow. Fresh, raw, organic vegetables, healthy proteins and dietary fats go with good health. A raw egg blended in juice is a wonderful source of protein. Eat lots of “free range” eggs in any form!]

Avoid over-cooked food. Eat one third of your food RAW! “Chew” your food—and avoid liquids with meals. Drink plenty of water between meals and you will secrete enough saliva to begin the digestion process in the mouth.

It has been demonstrated over and over again that animals live longer when food intake is reduced to 75% of “optimum” intake level. To reduce food intake and not feel hungry, nourishment and fat intake are “critical.” When food intake is reduced, the choice of food had better be nourishing!

Sabotage & Body Instinct

The body has innate intelligence. It is intuitively smart. It knows what to do to keep itself alive. It can withstand horrendous abuse—and survive—but it can’t do it forever. Eventually, the system “overloads” and the body dies!

Turning on the body’s fat-burning “pathways” requires ENERGY—and effort! The body cannot heal or rejuvenate without sufficient food energy. “Digestion” of food must go to completion or food and supplements revert to “liability” status. [DisorbAid II™ and R/BHCl™ solve digestion issues.]

In the “obese” body, the most nutritious food can become a liability unless “terrain” issues are addressed and liver and bile-flow functions are restored! The obese person must truly desire healing or there will be a mind-body tug of war! Obesity is always accompanied by “bowel” issues. So-called “regular” bowel activity doesn’t mean “bile” is flowing sufficiently heavy enough to keep the terrain from going into acid-waste overload. Bowel issues and colon cancer are a problem for everyone—sooner or later—and obesity definitely makes matters worse!

Fat bodies are sick bodies—and sick bodies often REJECT nourishing food because they can’t process it!

Kindling Wood & Fat

Once the *Young Again Protocol*™ is begun, the body will accept high-quality proteins, complex carbohydrates, healthy fats and fresh vegetable juices. These foods can sustain a person for many hours. [Fresh beet and carrot juice and a few SUPER FOODS sustain your author all day. The “pigments” in the juice are the plant’s “blood!”]

People confuse complex carbohydrates with worthless starches and sugars found in processed foods. They are NOT the same! The body needs complex carbohydrates to oxidize fat.

Complex carbohydrates are to fat-burning what kindling wood is to a wood log.

In other words, the body can’t “burn” fat without something to “kindle” it—and keep it going. Healthy bodies obtain up to “40%” of energy needs from the burning of fat. The LAST energy source the unhealthy body will “tap” is “stored” body fat. The fat body draws on muscle-tissue protein BEFORE it taps fat reserves. The body will NOT release “toxic” waste stored in body fat unless it is certain the “waste” can be safely moved OUT of the body. [The purpose of the *Young Again Protocol*™ is to “create” the conditions for waste release and transport—and to MINIMIZE stress on the vital organs.

Oxidation Of Fat

Aerobic exercise activates fat-burning enzymes. Exercise should demand 60—80% of the maximum heart rate (MHR) for a minimum of twelve minutes—causing the liver to produce enzymes that oxidize small amounts of fat during exercise and LARGE amounts throughout the day. Exercise and fat-burning go together—NOT because exercise burns fat but because exercise increases metabolic activity and circulation of blood and lymphatic fluids that transport acidic, waste-laden, amyloid fluid from the tissues.

Exercise should NEVER be used to “offset” poor choices in food, water and lifestyle.

Basal Metabolism

Basal metabolism refers to the minimum energy requirements necessary to maintain “life.” Basal metabolic rate is usually measured upon waking from sleep, before pulse and temperature rise or the emotions become stirred. Nutritional needs—as reflected in charts and graphs dealing with height, weight and activity—are based on basal metabolic rate.

Total “caloric” intake can be misleading. For example, your author is 5’ 11” tall with a 33” waist at 175 pounds. According to the “experts,” my body needs approximately 2200 (K)calories a day based on my activity level. This is my total daily energy requirement. [Caloric intake is always based on carbohydrate, protein and fat intake.]

Of the 2,200 (K)calories needed, 80% is used to meet “minimum” physiologic needs like heart, temperature, breathing, peristalsis, mental processes, etc. If 12 minutes of “brisk” aerobic exercise is added to my daily routine, my energy needs only increase by 300 (K)calories. And if those (K)calories are not added to my dietary intake, my body will “WITHDRAW” them from my fat “reserves” by burning excess fat—PROVIDING my diet is sound and my “terrain” can respond.

Acid waste management is CENTRAL to weight control and aging reversal. Waste management is the key to a long and healthy life.

One reason fat people “stay” fat is that their bodies are “programmed” NOT to lose weight. Terrain management requires patience because weight-reduction and health restoration are one-day-at-a-time projects. The fat person needs the same type of focus—and patience—as cancer patients. Deacidification precedes fat reduction!

Deacidification is basic to losing weight—and so is “training” the body to function as a “fat burner!”

Thermogenic Supplements

Thermogenic supplements (thermo-heat; gen-production of, ic-pertaining to) help the body to burn fat. Certain herbs like Guarana, when “complexed” with a full array of other ingredients, work well. Cayenne pepper is a superb thermogenic supplement with “many” benefits and no downside issues. Most thermogenics work best when taken shortly before food. Enhanced PAC’s™ assist thermogenic supplementation by boosting liver function. So does “14 day” Kombucha tea and Yucca Herbal Blend.™ Flushing sludge and stones from the liver and gall bladder dramatically affects metabolic rate and “terrain” response. Hydration is crucial to waste movement. [Men should try to drink 1 gallon of healthy water daily; women, 3/4 gallon daily. Put racemized™ sea minerals in “every” glass of water—regardless of the type of water drunk—to maintain body fluid “electrolyte” levels at peak levels.]

Oxygen • Exercise • Salt

Fat will NOT “burn” [Think, “oxidize!”] unless oxygen is present. Insufficient tissue oxygen means no oxidation. High ORP, Medical Grade Ionized Water™ and aerobic exercise supply oxygen to the mitochondria in the cells for the production of ATP. Fat is oxidized in the LIVER if fat-burning enzymes are present in sufficient quantity.

Obese people find it difficult to get their bodies moving—especially aerobically!

Use exercise equipment that does not jar the joints. Start slow. Each day increase time. Exercise to circulate waste, NOT burn fat. Follow the *Young Again™ Protocol*.™ Follow a daily routine! Get OFF “salt” and all prepared foods. Avoid restaurant food. Avoid “MSG” (monosodium glutamate) also called “hydrolyzed vegetable protein.” MSG is an—“excitotoxin! [The best choices of granular table salt is Celtic™ salt, Redmond™ salt, and Real™ salt. Find them on the net.]

Common table salt and so-called “sea salt” contain 98% sodium. Health type salts contain only 35% sodium and 65% trace minerals. [Racemized™ liquid sea minerals are 99.5% trace mineral ions with very little sodium. They are used in drinking water to boost nerve activity and blood flow.]

Racemized™ sea minerals reduce the Rouleau effect and increase waste movement. [See pages 136 & 177.]

Obesity, high blood pressure and elevated sodium levels often go together. Low blood fluid volume from insufficient water intake is OFTEN the cause of elevated blood pressure. Stagnant amyloid waste in the tissues accumulates excess water—which is why obese people are often “edematous!” Exercise increases fluid movement and removal of blood borne waste by the liver. Liver waste is called “bile” and is stored in the gallbladder. Increased bile flow is “CRITICAL” to fat metabolism aid digestion. Bile activates the bowels. [Yucca Herbal Blend™ works as a “solvent” by increasing bile flow for faster removal of waste from the “terrain.”]

Address the fundamentals and obesity goes away. Obesity “mirrors” the condition of the “terrain.”

Excess sodium does not accumulate in the cells—“providing” plenty of organic potassium is made available to the body on a daily basis. To repeat, fresh vegetable juice is the BEST source of potassium. Potassium pills are useless—and explain why people who take diuretics and potassium pills generally go “downhill!” Potassium is NOT “stored” and must be resupplied each and every day! When the “terrain” is unbalanced and dietary intake of potassium is insufficient, the body is forced to withdraw potassium ions from “inside” the cells in exchange for sodium ions. Elevated sodium ion levels “inside” the cells is spelled “DEATH!” Cellular mitochondria multiply and produce the ATP energy molecule in a potassium-“rich”

environment. ATP production has huge implications for fat metabolism by liver cells called “hepatocytes.”

The obese body needs ATP to POWER the transformation to a slim, muscular and healthy body.

Fats • Proteins • Allergies

Fats and “essential” fatty acids are central to healthy body metabolism. In fact, life—and hormonal production—is impossible without essential fatty acids. Fats [and oils] should comprise about “40%” of dietary “caloric” intake. Do NOT be afraid of naturally saturated fats like coconut oil and animal fats—they are very good for you. Butter and olive oil are fine. Avoid margarine, soy and canola oils. Avoid flax oil; it is EXTREMELY unstable; grinding causes rancidity. [See page 270.] Rancid oils are EXTREMELY toxic [Essential fatty acid supplementation is accomplished using R/EFA™.]

Cholesterol is essential for sexual hormone production and healthy cellular metabolism.

[In John Noble’s classic *I was A Slave In Russia*, Noble told how when he was in the Soviet gulag prison system (1945-1954), human slaves were given a thimble full of sunflower oil each day. Without it, the prisoners would die!]

Without sufficient intake of dietary fats, energy pathways shut down and life becomes difficult. Fat-free diets are DESTROYING women’s health.

[Proteins should be carefully scrutinized as to quality, quantity and source. Healthy dietary “proteins” are critical to healing. Eat only “free-range” beef and chicken. Lamb can only be raised “free range!” Avoid cheese. NEVER eat “junk” proteins—like TVP (textured vegetable protein). [When you get to the “hereafter” and you look in God’s recipe book for healthy living, you will NOT find recipes calling for TVP, tofu or soy and canola oils!] Egg protein—from “healthy” chickens—is the most complete, least expensive and readily available dietary protein. Soy protein is bad news! [R/HCI™ insures that proteins are broken down in the “stomach;” DiSorb Aid II™ works in the “gut!”]

Poor protein digestion and leaky-gut issues result in mucous congestion and auto-immune-type dis-eases.

Food allergies, asthma, earache and sinus troubles are “red flags” that the body is TOXIC and overloaded with mucous and serious terrain clean-up is needed. [MX™ is a modified DNA used to break up mucous and cause it to “flow!” High Enema Therapy™ is of pivotal importance in dislodging mucous congestion throughout the entire body. “Wet-hot” and “wet-cold” therapy also works wonders!

Healthy food is a powerful gift from God. Prepared foods are a good way to experience “hell” on earth!

[Super foods are powerful, right-spin energy foods. Racemized™ Algae enhances fat metabolism, boosts energy and remedies anemia/low blood iron when used with racemized™ liver capsules and Cobo-12™ creme. Harmonic™ Pollen and Harmonic™ Royal Jelly from northern British Columbia are pure, raw “low-stress” foods with huge energy footprints for easy “digestion.” Your author uses both these “super” foods for maximum nourishment and for hormonal benefits.]

Water & Obesity

Water is “central” to the obesity story because water is central to all metabolic functions. The three variables of water consumption are: quantity, frequency and the “nature” of the water. Because the obese body is more heavily “burdened,” all systems work “overtime” at a reduced metabolic rate for lack of available energy; joints are strained; liver function is marginal; bile-flow is insufficient; the heart is overworked; and lymphatic drainage is poor. “I rest my case!”

[The path to youth and vitality is difficult even for “normal” body types. For the obese person, it is better to go slow for reasons of safety—and compassion! The *Young Again Protocol*™ is adjusted to meet individual needs.]

Magnetic Sponge

BFRV™ and Medical Grade high ORP waters function like magnetic sponges in “liquid” form. These waters bond to toxic wastes and carry them OUT of the system. In the process, the water “excites” cell chemistry and stimulates metabolic activity and increased production of the ATP energy molecule—all of which boost fat metabolism and terrain restoration.

[BFRV™ is a proprietary water concept that fulfills the requirements of the *Young Again Protocol*™.™ BFRV™ is the “foundation” water for the creation of Medical Grade Ionized Water™ (MGIW™), which has therapeutic qualities that dwarf and defy conventional viewpoints about “water!” Detractors “attack” these esoteric concepts and your author because they do NOT understand the concepts under discussion. They “think” in Third Dimension terms and fail to realize that there is more to “water” than hardware and filters. Water is a “living” substance! People who drink BFRV™ and MGIW™ water know it and benefit accordingly.]

► Please Note: The BFRV™ trademark replaces the “abandoned” BEV acronym, DUE TO ongoing infringement and “bootlegging” by individual(s) offering water processing equipment under the “pretense” their equipment fulfills the “terrain” management CONCEPTS of the *Young Again Protocol*™.™

Fat & Chain Reactions

Metabolism is a “process” involving the vital organs and a continuous series of biochemical reactions that “stall out” when the body is missing needed raw materials to function—or if under stress and systemic “excess.”

When metabolism slows, aging accelerates. The body has only “3” choices when dealing with TOXIC substances—regardless of their source. It can try to dismantle (oxidize) them; it can try to expel them from the system; or—by default—it will store them in body fat made for this purpose.

“Bio-junk” diets and “raw” tap water contain radiomimetic chemicals that “mimic” hormones. These chemicals are potent and the body isolates and stores them in the fat to protect itself. Weak livers and poor bile-flow are typical of a sick “terrain” that has no choice but to store “freak” molecules instead of excreting them. [The *Young Again (Tissue and Liver) Protocol™* moves toxic substances out of the body in the bile.]

[It is common for the liver and gallbladder to be “loaded” with pellets and stones, sludge and scar-tissue that limit bile flow. This is what your author means when he speaks of clogged and congested biliary ducts in the liver that results in poor bile flow! A healthy liver processes 90% of the body’s waste. Bile that FAILS to exit the system turns the terrain into a very acidic environment and severely burdens the kidneys.]

The body uses fatty tissue to store its metabolic waste. Body fat level should be about 20%.

Feel Worse First!

During the early stages of the deacidification process, expect to feel worse BEFORE feeling better. It’s two steps forward; one step backwards! A response of any type indicates “action!” High [and low] Enema Therapy™ speeds the flow of waste from the body. The *Young Again (Tissue & Liver) Protocol™* gets the process going—but it is NOT like typical “cleanses” because it causes the body to release “soluble” acid wastes locked up in the body fat so it cannot “circulate!” Getting the body to let go of highly toxic waste is a very TALL order—and the only way the body will cooperate is to make provision for “safe” processing of the waste. During the two months the protocol is followed, you lead a normal life and eat a normal diet. Purges are done one week apart. First come green stones followed by brown, black and red. The *Young Again Protocol™* definitely works! It offers obese, sick and dying people an opportunity to “change” the direction of their lives—NOT by addressing dis-ease—but by changing the “terrain!”

Diuretics & Weight Control

AVOID pharmaceutical diuretics (water pills) to reduce weight! Diuretics destroy cellular potassium levels. Potassium pills do NOT replenish lost potassium! Potassium loss promotes sodium invasion of the cells and shuts down mitochondria production of ATP. Potassium from fresh vegetable juices drives OUT intercellular sodium from inside the cells. Edema is confirmation of excess sodium and amyloid waste. [Water-Out™ is a safe, short term answer for serious edema, if fresh vegetable juice is taken at the same time.]

Obese people get to play by the same rules as everyone else—AFTER they restore their “terrains!”

When the obese person becomes “thin,” no one needs to tell him or her that they ARE *Young Again!*

PREVIEW: *Our next chapter deals with the relationship between lightning, energy, vitality and BROWN FAT!*

“Nothing transforms a person as much as changing from a negative to a positive attitude.” Paul C. Bragg

Are You Feeling Overwhelmed?

Making the transition from the “normal” good old American diet to a healthy one can be challenging. New ways to healthfully prepare food and new types of strange foods are challenging for conventional cooks. The person eating these “strange” new foods often does not appreciate “tampering!” Go slow. Think simple. Good food is easy to prepare because you don’t have to do much to prepare it. Invest in a good cook book like *Nourishing Traditions*. Visit health food stores or food co-ops and buy a supply of basic food staples. Mix them among your regular food dishes on the dinner table. AVOID soy, canola oil and tofu. Do NOT buy prepared foods; they are a guaranteed ticket to the grave. Convert your family one step at a time using mainstay dishes. Make your changes slowly! [Food is one of the four “joys” of the human experience. [Sex, family and friends and having a good “bowel movement” are the other three joys of life. Make them count!]

“If we eat wrongly, no doctor can cure us. If we eat rightly, no doctor is needed.” Victor Rocine

Iron & Disease

Dietary iron is NOT the same as “heme” iron—the latter being the type of iron found in the blood. Heme iron is central to a healthy condition and a high metabolic rate. Heme iron is the oxygen-carrying protein molecule in blood called “hemeoglobin.” Elemental iron—as in iron compounds—is an oxidizer—and plays havoc in the body by fueling the production of “free radicals.” Iron supplements are bad because they supply pathogenic bacteria with iron metabolites! Pathogenic organisms “feed on” iron metabolites, producing toxins that weaken the body and hammer the immune system. Iron compounds serve as a breeding ground and fuel for pathogenic microbes and parasites. The healthy body does NOT need “iron” supplements—and the unhealthy body becomes ever more sick by taking them.

The best way to increase the production of “heme” iron is by using racemized™ algae and racemized,™ predigested, liver capsules along with Cobo-12™ creme. Racemized™ R/C™ and PAC’s neutralize elemental iron “free radical” oxidation of healthy tissue and blood. Avoid iron pills!

Breast Implants: Silicone or Soy?

Thousands of women suffer from the toxic side effects of silicone breast implants because they trusted the “experts” who told them they are “safe.”

Implants leak! There are NO exceptions! Silicone is “thixotropic”—meaning it bonds to blood and lymphatic plasma proteins and “migrates”—putting severe stress on the immune system. Restoration of the “terrain” is critically important for women with implants. [SunLight™ Creme protects breast tissue and keeps it “healthy!”]

The latest in “safe” breast implants is “soy oil.” Soy oil is an industrial oil. Avoid it in your food—and don’t be foolish enough to implant it into your breasts.

The silicone problem can be safely managed—but women must learn to think and act “outside the box” to avoid the problems associated with it. [SOC™ scavenges stray silicone and heavy metals and carries them OUT of the body. VZ II™ “eats” amyloid plaque and scar tissue. L_sP_cC™ speeds formation of healthy, new collagen. [See pages 60, 127, 149, 152, 162, 177, 205, and Chapters 36 and 37.]

Acne!

Problem: bowels, liver, hormones, leaky-gut and diet. Acne is acne whether in a teenager or an adult. Solution: change the terrain by following the *Young Again Protocol*™(s).™ Specifically, use Yucca Blend,™ Inflammation Away II,™ DiSorb Aid II,™ and simple 1-bag enemas am and pm. [Acne is the SIGN—it is NOT the cause—nor it is NOT a skin infection issue either!]

Old Body.....New Body?

We are “supposed” to regenerate a NEW body every 7 years. But as we age the process “slows,” taking up to 15 years to get a “new body.” The problem is that your “new” body can take so long to develop that it is “worn out” and in worse shape than was your present body when you began the process years earlier. The difference between the two is called “aging!”

If you want to speed the aging reversal process and have a younger, stronger and better body than the one you traded in, implement the ideas in this book—along with some GH3+ and Kombucha tea while you are at it. GH3+™ has a rejuvenatory effect on all body tissues.

And so does L₅P_C™ and Skin And Body Toner™. They cause the skin to take on a youthful appearance. Liver spots fade away. Hair color slowly returns. [At 61 years of age, your author’s hair is jet black—and he does NOT use shoe polish to color it, either! He regrew a full head of his own hair, too!]

Facial blemishes from acne call for R/Skin Creme™ and SOCTM Lotion. “Terrain” issues dictate how fast each person’s body responds to different health challenges.

A youthful appearance is PRICELESS! It translates into a good job, respect and high self esteem.

R/EFA’s—The Rest Of The Story!

Essential fatty acids (EFA) are fundamental to good health—that’s why they are called “essential.” Formulation and rancidity are critical issues. Freshness, light-proof encapsulation, a “black” bottle and racemization™ of the formula’s footprint are also part of the story. 75% of brain tissue is composed of fatty acids. Alzheimer’s is a “brain” deterioration issue—and it takes three women for every man. Children with learning problems respond nicely to R/EFA™ and PAC.™

Nerve Synapses & Schwann’s Cells

A “dashed” line resembles a nerve axon. Schwann’s cells heavily populate the “synapses” [“gaps!”] controlling nerve signal transmission along the axon. Aging and hormone “issues” cripple Schwann’s cell activity, causing the neurilemma [myelin sheath] to deteriorate. Nerve-related conditions like MS, Lupus, Fibromyalgia, Peripheral Neuropathy and Shingles are preventable and can be corrected with direct “personal” intervention by the individual who follows the *Young Again Protocol*™. Start now and avoid the misery later!

“The difference between an old man and an old gentleman is the way he dresses and looks.”

Vaccinations & Agents!

Vaccinations are part of “life.” They are so pervasive that health-minded people had best “tune in” to the Jekyll-and-Hyde nature of vaccines if they hope to enjoy a long and healthy life—and avoid seeing innocent children harmed!

Vaccines “supposedly” cause antibody formation against “future” exposure to contagious “agents!” Introduction by needle of pathogenic “agents” in a serum of foreign protein is the methodology used.

Immunity and antibodies are desirable, but the long-term effects of vaccinations are not! Immune system response to artificial exposure to foreign “agents” via vaccination forces the body to react out of self-preservation to the “invading” organisms and carrier proteins. [An “agent” represents a foreign entity that does NOT have you or your child’s best interest in mind. That entity is the medical system!]

Natural, cell-mediated immunity is different from vaccination induced attempts to force antibody formation and immunity. Vaccinations set up “resident” enemy troops throughout the body. Later, when we are weak or old, the foreign troops bring about insurrection from “within!”

Vaccines create electrical static because their signature is foreign to the body. Their vibrational frequency interferes with health and longevity by creating “disharmony” at the subtle-energy level of our being.

If you have been vaccinated, it’s VERY important that you REVERSE the process and eliminate foreign protein energy fields from your system. If these substances are not neutralized and driven from the body, they will eventually manifest as chronic, degenerative dis-ease.

The best way to deal with vaccination-induced foreign “agents” is to “erase” their signatures using full spectrum, homeovitic remedies. [See page 250, next.]

“Immunizations” sound great—but the side effects can be “heart breaking”—especially in children whose immune systems are under developed. Always buffer vaccinations to avoid DEATH, autism, hearing loss and Type 1 (childhood) diabetes in your child. Parents MUST think outside the box. NEVER attempt to “inform” bureaucrats and medical lackeys about the dangers of vaccinations. These people are “agents” of foreign “interests!” Do not cast your pearls before swine!

“Ask” for guidance “before” your child is vaccinated. Parents should avoid vaccinations before age 2 and preferably NOT until “4” years of age. For documentation on the dangers of immunizations, contact the National Vaccine Information center, 512 Maple Ave. West #206, Vienna, VA 22180, and New Atlantean Press, Box 9638, Santa Fe NM 87504.

Knowledge dispels ignorance and fear, so learn what you need to know before you need to know it.

Adam blamed Eve; Eve blamed the Serpent; etc!

Homeopathy & Homeovitics

“Homeopathy is wholly capable of satisfying the therapeutic demands of this age better than any other system or school of medicine.”

Charles F. Menninger, M.D.

Homeovitic detoxification is a crucial step in the treatment of dis-ease and chronic health conditions.

Homeopathy teaches that symptoms of disease are a natural part of the healing process and that their expression should be encouraged rather than suppressed!

Homeovitic remedies restore the body’s vibratory frequency. They are NOT drugs. Some remedies are very specific; others are very general. Some treat substance problems, while others treat emotional problems. Homeovitic remedies are NOT available in health stores—and are SUPERIOR to common homeopathics.

Homeovitic remedies have an energy footprint that is similar to that of the offending substance. If the body is sick, a healthy systemic frequency must be reestablished. Homeovitic remedies provide complementary biogenic and nutritional support—and are vitalized to 9x, 20x, 30x, 100x, and 200x mixed, multiple frequencies so they can “adjust” as the terrain shifts as healing progresses.

Potentiation (elevation of potential energy) makes a substance more powerful than normal. Succussion (pounding of a substance to elevate frequency) and dilution (thinning of the remedy) are employed to bring about resonance and transference—processes that involve the manipulation of Hertz rate, making homeovitics SUPERIOR to common remedies.

Vitalization enhances the energy footprint of a substance by a stepwise series of dilutions + succussions designed to increase resonance (vibrational frequency) so energy can be transferred from the “vitalized” substance to a less active substance—as in a sick body! [See Chapter 21 Avogadro’s Number.]

Transfer of resonance to toxins occurs when the vitalized substance (vitic) is similar (homeo) to the lesser active substance. Thus, all vitalized substances obey the law of similars (homeovitic) which says “Like is cured by like!”

“The cause is the cure!” is even more specific. For instance, the use of the mercury “footprint” in its vitalized form removes mercury energies from the body through resonance and transference. Transference of energy from the vitalized substance to offending substance speeds healing and eases stress on the body’s vital energy reserves.

Homeovitic remedies are “mixed” multiple potency solutions providing biogenic support and cellular rejuvenation by dealing with underlying health issues at the subtle energy level.

Homeovitic remedies are very effective and generally used LATE in the *Young Again Protocol™*—where they will render the maximum benefit to the user.

Ask for the homeovitic information available through the Source Packet. See Chapter 21 *Avogadro’s Number* for a fuller discussion of these “esoteric” concepts.

Your Electrical “grid!”

Loss of potassium from the cells and invasion of sodium into the cells causes your electrical “grid” to shut down! Your only defense is to juice vegetables daily!



BROWN FAT

“Where I am, death is not. Where death is, I am not.”

Epicurus

In 1976, Peking, China, (now Beijing) suffered a massive man-made earthquake that killed 650,000 people. The events prior to its occurrence were exactly in line with the predictions of the electrical wizard, Nicola Tesla (1865-1942). Tesla said earthquakes could be created by manipulating massive amounts of electrical ENERGY!

Tesla predicted a highly charged ionic atmosphere would be exhibited. Buildings and objects may have an iridescent blue-green glow surrounding them. Multi-colored lightning—red, blue, and gold—may be seen in the early morning sky around the epicenter for hours prior to the event. The earthquake would be the EFFECT of a massive electrical energy discharge, not the cause. [Some of effects were demonstrated in the movie Under Siege Two! Dark Territory!]

Lightning seen in the sky and the electrical phenomenon of the bio-electric body are expressions of electrical phenomena. There is no essential difference between them! [In 1898 Dr. Enderlein said there is NO difference between plants and animals—and he was correct!. See page 139, Chapter 14.]

The physical body is “condensed” energy that we can see and touch. The “physical” body belongs to the Third Dimension world where “condensed” sunlight energy takes physical form. The bio-electric body, however, belongs to the “invisible” world of the Fourth Dimension—as does our “aura” which is a “generated” electrical field radiating from the physical body. Energy that is “generated” must have a source—meaning, something has to generate it. We are interested in the body’s source of “generated” energy because production and use of biological energy defines the process called “aging!”

The body’s bio-electric energy field—the aura—is only one version of bio-electric lightning!

Bio-electric Lightning!

Animals produce electrical discharges similar to lightning. For example, electric eels and electric rays—creatures of the ocean—release enough electricity to light the dark at night and even kill a man. The Portuguese Man o' War—a jelly fish and a mass of mere transparent protoplasm—can kill any living thing coming within the grasp of its umbrella of tentacles. It kills with a MASSIVE discharge of bio-electric lightning.

Consider the electrical spectacular that occurs when human sperm enters the ovum at fertilization, releasing over 480,000 volts of electricity. [Yes! 480,000 volts!]

The electrical “discharge” coagulates the ovum's outer surface, preventing penetration by other sperm. This massive electrical event is the beginning of a new “life!” Death is a similar—but opposite—electrical event where “spirit” energy exits the body and returns from whence it came. Think of death as metabolic “synchronicity.”

[While we are on this earth, it behooves us to understand the SOURCE of the bio-electric lightning that keeps us alive. Understanding it is the key to becoming *Young Again!*]

The Body “Electric”

The body is a flesh-and-blood electrical storage battery and power generation system in one. Peak health depends on the bio-electric body's ability to generate and store electrical ENERGY! We are dependent on fuel source and a storage and transmission system to distribute our energy—and a method to control its ebb and flow. Every aspect of daily life “mirrors” the electrical nature of our “terrain!”

We “draw” on our energy reserves as needed—and we recharge and replenish them by eating food and through sleep and “terrain” deacidification. Failure to restore electrical balance causes partial or total energy “synchronization.” A completely decomposed corpse is an example of energy synchronization. Aging is the abbreviated version—the crock-pot version—and is confirmation of diminished electrical “vitality.” Aging is slow death.

“Terrain” issues, diminished vital organ function and subnormal ATP production are key aging factors!

The Mitochondria

The mitochondria are “bacteria” inhabiting the cells of all mammals. In humans, there are about 10,000 mitochondria in every cell. They were first observed through the microscope around the year 1800. However, they were not officially identified as “living” organisms—capable of independent existence and given a name—until approximately 1935.

The mitochondria derive their name from the Greek mitos—a thread,

and chondros—a grain. These root words describe their shape—“not” their function. Originally, the mitochondria were “thought” to be artifacts (waste) or organelles (tiny bodies) within the cells. Later, it was discovered that they are our SOURCE of bio-electric lightning!

Life is impossible without the mitochondria. They process our glucose sugars and produce the life-force energy molecule “adenosine triphosphate” (ATP). Glucose is our energy “fuel!” It is stored in the liver and muscles as glycogen. When energy is needed, the cells convert glycogen to glucose and the mitochondria “burn” the sugars—by way of the Krebs Cycle and glycolysis—and create the “ATP” molecule.

Conversion of carbohydrates, fats and proteins into glucose energy takes place in the liver. Aerobic exercise [external respiration] utilizes the lungs to supply oxygen to the liver’s functional cells—the hepatocytes—for production of enzymes necessary for food energy conversion into glucose. “Internal” cellular respiration is accomplished with the help of our bacterial friends—the mitochondria.

Mitochondria Control Aging

The mitochondria are both power generators and storage batteries and are referred to as the power house of the cell because they convert energy into metabolic “electricity.”

The mitochondria replicate (reproduce) on their own. This is important! They are NOT dependent on the host even though they reside in our cells and are influenced by the body terrain environment. They have their own DNA code. [Please think of DNA as cellular programming software, genetic instructions and a road map all in one.]

Mitochondrial activity drives “anabolism”—the growth and repair process. Anabolism is a youthful condition and the opposite of “catabolism.”

As we age, anabolism gives way to catabolism. When we reach our anabolic peak, growth and repair of body tissue slows. Energy production slows. Hormone production slows. Health and vitality diminishes—and aging begins!

Mitochondrial ATP is the right-spin, positive energy that keeps us “alive!” Diminished mitochondrial activity is what is seen in the mirror. When ATP energy production levels fall short of our minimum requirements—we die!

Growth Plates

Medical science’s dividing line between youth and old age is based on long-bone extension. When the growth plates—between the diaphysis (shank of the long bones) and the epiphysis (end of the long bones) “close,” science says we cross the threshold into that twilight zone between youth and old age known as the “middle years.” Whatever growth—or the lack thereof—“occurring” prior to growth plate closure is considered to be a “done deal”

because we have “officially” stopped growing. This event occurs between ages “18” and “22.”

[Your author’s right knee was operated on 25 years ago at age “36”—and it gave him fits until age 52 when it began to “regenerate!” At age “61” there is no trace of surgical intervention and I have no limitations. How regeneration was accomplished is the theme and basis of this book—and the development of the *Young Again Protocol*^{TM(s)}.TM]

[Science’s definition of aging focuses on the extension of long bones. Our definition focuses on the body’s shift from anabolism to catabolism—which can be accelerated or reversed, at will! Our focus is on perpetual growth and repair of body tissues—instead of long-bone extension. We are concerned with those “factors” that control aging and reversal!]

When the mitochondria fail to produce adequate ATP to meet the body’s needs for growth and repair, we age! Aging is the passing of bio-electric TIME. Our friends, the mitochondria, control TIME. [See Chapter 31 Time & Space.]

We must learn HOW to assist the mitochondria if we want to reverse aging and stop the passing of TIME.

The Sweat Zones

The sweat zones of the body are areas of heat production and waste energy release. Concentrations of mitochondria in the sweat zones confirm the relationship between mitochondrial activity and ENERGY management. These zones also reflect heavy lymphatic fluid activity.

The lymphatic system is cancer’s electrical highway. The lymph nodes are power stations and they are heavily concentrated in the sweat zones of the body.

The lymphatic system’s job is multiple in nature. It includes tissue and cellular waste management and circulation of tissue and amyloid fluids and serum plasma proteins to the blood stream. The lymphatic system is the body’s PRIMARY protein “communication” system. Lymph nodes retain toxic energy and releases it later, when the body can handle it. [Swollen tonsils are a good example. Body hair is found in areas of high lymphatic activity and toxicity—like the groin, arm pits, chest and head.]

The purpose of body hair is to siphon off and release toxic energy stored in the fat layer below the skin.

Hair Analysis

Hair analysis measures “excess” waste in the body—but it is a “past tense” measure and should NOT be relied upon or used as a basis for diagnosis of a dis-ease “condition!” Hair analysis is NOT a measure of deficiencies as commonly believed. We do NOT suffer from deficiencies—only from conditions of “EXCESS” that produce SIGNS and symptoms that we think

of as “deficiencies.” For example, hair is analyzed and found to contain mercury which may be coming from the amalgam fillings in the teeth or from the diet. Whatever the source, the person is “excreting” mercury ions—via the hair. That’s good! [The body is releasing a highly toxic metal whose presence in any amount is “excess!”] Now, let’s say hair analysis shows “no” mercury even though there are mercury fillings in the teeth? What does this mean? It means the person’s skin and hair [hair being an extension of skin] either isn’t working as it should or the person’s body will NOT release the mercury from storage for fear of doing serious damage. We should assume dangerous levels of mercury are building up in the body tissues—instead of exiting through the bile, urine, bowel and hair/skin. To repeat, there is NO SUCH THING as a deficiency dis-ease!

Using hair analysis and live blood cell microscopy to “diagnose” and “prescribe” is questionable, considering the nature of SIGNS and symptoms of “excess!” These approaches are tools of “observation” only. [The basis of the problem here is a defective medical model and failure to “think!”]

Hair and live blood cell analysis are tools of observation that hint at conditions within the “terrain!”

Dr. Guenther Enderlein’s ground breaking microscopic work a century ago proved there is no such thing as deficiency dis-ease—only conditions of excess! Thinking in terms of deficiencies is as backward as believing in the germ theory of disease—and vaccination-induced “immunity.”

Healthy, fast-growing, naturally colored hair is good whether it be leg, arm pit, groin, full body (not women) or on top of the head! Hairy men have a “hairy edge” over “smoothies!” Male body hair is an “advantage!” The liver controls all issues of hair, “terrain” and skin. Hair is an “extension” of the skin and loss of hair is a “SIGN” of aging and “thyroid” issues.

Healthy hair is affected by BROWN fat levels, mitochondrial activity and deacidification of the terrain!

Insects • Birds • Sperm

Insects and birds have heavy concentrations of mitochondria in the muscles responsible for flight because that is where the ATP energy molecule is needed, stored and used.

Human sperm makes the long trip into the woman’s fallopian tubes to fertilize the ovum with power generated by the mitochondria. The base of the sperm’s tail is heavily laden with mitochondria. When sperm fertilizes the egg (ovum), the electrical discharge of 480,000 volts of electricity comes from both the sperm and the ovum. Both are “energy” bodies—one is HUGE the other is miniscule.

The electrical discharge the ovum generates is only 0.19 volts. The discharge by the sperm is 25,263,157 times GREATER than that of the ovum—a

huge difference! There is a massive difference in physical size between the sperm and ovum. The volume of the ovum is 1,760,000 microns; and the sperm 213 microns. When we divide the size of the ovum by the size of the sperm, we find that the egg is 83,809 times GREATER! These differences in physical size and electrical potential generates the release of the 480,000 volts called bio-electric lightning!

At Birth

Mitochondrial count—and their activity level at birth—is very high, as is the level of BROWN FAT which we will discuss shortly. Brown fat is one reason why children and “young” people are warm blooded and older people—whose metabolism is slowing—are cold! [In women, “coldness” is one of “8” symptoms indicating a sluggish thyroid condition. The other “7” symptoms are: dry, wrinkled skin, thin/falling hair, sore joints, low energy, diminished muscle mass, excess fat, and “brain fog” and memory complaints.

The mitochondria produce the huge amounts of energy children require to grow to adulthood in a few short years. The ability of children and teens to stay warm—even when subjected to cold conditions—says a lot about “brown fat” levels.

As we grow, we experience the ebb and flow of energy called health and dis-ease. By the time we reach adulthood, the growth plates in the long-bones have closed and we reach our maximum physical height. Once we cross the “threshold” of our anabolic peak, we experience an energy shift as we begin the descent into old age. [See diagrams on pages 21 and 198.]

If we are willing to take responsibility for our lives, we can recapture our anabolic peak, reopen the puberty window, and watch aging reverse itself!

As the bio-electric body becomes “acid” and hormonally unbalanced, mitochondrial production of ATP falls. Next, mitochondrial replication falls. Then, ATP reserves fall as BROWN FAT levels “shrink,” dis-ease manifests—and the doctor gets to provide a “diagnosis!”

Sleep • Detoxification • Illness

Sleep is a “critical” aspect of the aging reversal process. Rest gives the bio-electric body a chance to recover and heal. During the “sleep cycle,” ATP energy must be AVAILABLE or healing and regeneration will stall out! Sleep doesn’t come in a bottle—and lack of it is worse than eating “sugar! Illness like flu, hepatitis, and cancer—means there is insufficient “available” ATP and too much acid waste to allow NORMAL activities of growth and repair.

Infants and sick people need additional sleep because their bodies are growing and in need of repair.

When we FORCE the body to work under conditions of high “stress”—we “squander” BOTH production and use of mitochondrial ATP that should

be used for detoxification and healing. Mitochondrial activity requires sleep and lifting the burden of excess waste from the “terrain!” The best way to “lift” the waste burden is through HET (High Enema Therapy™). HET, sleep and fresh vegetable juices are the “perfect” combination to increase mitochondrial activity and numbers for increase ATP production and build ATP reserves.

[Mitochondrial replication means the doubling of DNA and genetic material—so two bacteria are created out of one. This process is called mitosis.]

When mitochondrial activity is unable to return to peak levels, we break through a TIME “barrier” and experience an aging “plateau.” [All of us have seen parents and friends jerk-and-slide their way “down” the catabolic side of the aging pyramid shown on pages 21 and 198.]

Aging accelerates in direct relationship to mitochondrial slowdown, build-up of acid wastes in the tissues, hormonal shortfalls and loss of liver function.

Sodium & Waste

Aging, toxicity and catabolism are “peas in a pod.” Toxic substances come in many forms and EXCESS sodium chloride (table salt) is one of them. Sodium is of particular importance to our discussion of the mitochondria. Even “moderate” levels of sodium have the characteristics of a poison and a preservative because it SHUTS DOWN” the mitochondrial-orchestrated electrical ”GRID!” Sodium ions must not be allowed to overrun and unbalance the blood and lymph “tissue fluids!”

[Blood “circulates” because we have a heart to pump it! Blood fluid volume is composed of water, plasma proteins, mineral electrolytes and cellular waste. Lymphatic fluids circulates by way of the lymphatic system—which does NOT have a heart and depends on physical movement and exercise. Blood and lymphatic “tissues” are NOT sterile as taught in medical schools—and the ONLY way these tissues are cleared of waste and debris is by liver “filtration” [90%] and the kidney “filtration” [10%]. They are dynamic, organism-bearing tissues that are easily altered by diet and stress. [Elimination of “Rouleau” from blood as shown on page 136] is accomplished by manipulating the electrical “charge” on red blood corpuscles so they will not “clump.” [Racemized™ sea mineral ions in drinking water is the very best tool for this task.]

It is impossible to get too little sodium in the diet. And yet most people suffer from symptoms of blood electrolyte “imbalance.” Heart attack, heat stroke and heat exhaustion are good examples of the problem. Conventional medical thought calls for increased sodium intake in hot weather—but this approach ignores electrolytic “balance” and mitochondrial slow-down in production of the energy molecule “ATP!”

The bio-electric body needs a broad-based dietary intake of “electrolytes” each and every day!

Sometimes sodium can save a life when faced with heat stroke or heat exhaustion [They are not the same thing!]¹—but sodium will NOT stop a heart attack. Racemized™ sea minerals can both stop and prevent “electrolyte-driven” heart attack—and if introduced into the person’s system at the time of the event or immediately thereafter, they minimize the damage!

Under “normal” conditions, all but a very tiny “fraction” of sodium ions are “OUTSIDE” cell membranes in the amyloid fluid between the cells. Potassium lines the “INSIDE” of cell membranes. A healthy body maintains a balanced RATIO of sodium to potassium. When we eat devitalized and processed foods, we ingest excess sodium in the face of INSUFFICIENT potassium and upset ratio balance.

Potassium must be supplied “DAILY!” It cannot be “stored.” The more sodium consumed and the more acid waste that accumulates, the greater the “out flow” of potassium ions from the cells. Loss of potassium fuels the aging process.

The BIG Shift!

With the exception of one electron in the outer valence shell, potassium and sodium are “twins!” Under normal conditions, few sodium ions (Na^+) are allowed inside the cells. Excess sodium ions gain entrance to the cells as potassium ions (K^+) are given-up by the cells for use elsewhere in the body. This “one-for-one” exchange occurs in the face of EXCESS sodium and a potassium shortfall! [Fresh vegetable juices are the very best source of “usable” potassium!]

Sodium and potassium ions BOTH carry a (+) charge and are very close in size—so it is easy for sodium to go into the cell as the potassium comes out when the body “steals” potassium from the cells to meet its needs. The problem is that the “reverse” exchange requires more time and effort to turn around. [Normally, the body makes use of the process called biological alchemy [See Chapter 18.] to meet its mineral ion needs—but this process “collapses” in a highly acid environment that by definition is in a condition of “excess!”]

When Na^+ ions invade the cells, mitochondrial activity slows, vitality wanes and dis-ease follows as acidification accelerates and the “ATP-driven” electrical grid shuts down! It is under these conditions that “cannibalization” of muscle mass occurs as the body attempts to meet its protein needs. This process of “debilitation” is obvious in very sick and older people. It is less obvious in people who—for the moment—are doing fine, but who FAIL to understand the aging “process” and how to care for themselves before crisis strikes!

[Older people—and people suffering from degenerative disease—build-up MASSIVE amounts of acid waste in their tissues. Edema manifests when turgor is lost. Turgor is resistance of the skin to “deformation.” Edema is a waterlogged condition of the extremities (hands, legs, ankles, and feet)].

Serious health “conditions” develop over many years and few people see ‘em coming—or act to prevent it!

Edema • Salt • Hair

Edema is more than water retention. It is a SIGN of excess amyloid fluid in the tissues, excess sodium levels, a weak heart and kidney problems. [Obesity is another dynamic that only makes matters worse. Interestingly, when obese people “dump” tissue-bound acid waste, they drop weight, too!]

Allopathic medicine relies on diuretics to force excess fluids from the tissues. In the process, potassium loss increases and the body is forced to cannibalize muscle protein and deplete fat stores. When the body runs out of reserves, the person’s weight evaporates overnight—leaving skin and bones! [Avoid using pharmaceutical “diuretics” (aka “water pills!”)] It is better and safer to drink “fresh” vegetable juices. [Aspar-Max™ and Water Out™ are both safe and useful adjuncts here.]

[As waste and acidity levels “increase”—body hair disappears as seen in elderly and dying people. Hairless legs, fungus under the toe nails, and feet irregularities are SIGNS of high toxicity, sodium overload and potassium depletion.]

Hair is crucial to deacidification of the “terrain!” Lost hair regrows if the *Young Again Protocol*™ is followed—and lots of patience is exercised.

“Stop” using “common” table salt at the dinner table to avoid sodium overload. Use less salt than recipes call for by dissolving a “pinch” in a bit of water and add to the recipe. Better still, use home-grown food. It doesn’t need salt because it is loaded with “mineral ions!” Salt’s effects are “insidious”—and cancer LOVES high-sodium environments. They “surround” themselves in sodium-saturated tissue. [Sodium doesn’t cause cancer, but it does go with the territory!]

Cancers are strong, sodium-saturated energy fields. Cancer TUMORS “import” and “condense” toxic energy. Cancer MASSES export negative energy. [See page 307.]

Sodium invasion of the cells is the equivalent of shutting down power in “Jurassic Park!” When the power goes off, nature’s dinosaurs—the cancer viruses—“ACTIVATE” and pirate your very own energy to take control of DNA and RNA cellular “software” and multiply exponentially (2, 4, 8, 16, 32, 64, 128, 256, etc.). [Never forget, cancer’s job is to eliminate the weak from the Earth. We “go down” because we are “weak!”]

Viruses gain entrance and proliferate in our cells when our electrical defenses have been “sabotaged!”

[BFRV™ and Medical Grade Ionized Water(s)™ with racemized™ sea mineral ions speed deacidification. They are PERFECT carrier solvents due to their ORP potential and ability to “transport” excess sodium OUT of the cells and body.]

Sodium must be DRIVEN OUT of the cells in the presence of HIGH potassium ion levels.

[As cellular sodium is replaced by potassium, the mitochondria come back to life, multiply and produce ATP! A balanced sodium : potassium ratio allows the cells to reestablish membrane “polarity.” Repolarization must occur before mitochondrial ATP production can significantly “elevate.”]

Brown Fat & The Mitochondria

Brown fat has a great deal to do with vitality and rejuvenation—and it explains why some people are fat, skinny, sick, energetic, long lived, etc.

Officially, brown fat is called brown adipose tissue (BAT). BAT was only recently discovered—and it is “brown” because of the extremely heavy concentrations of mitochondria. BAT is extremely biologically active tissue. Except for the word “fat,” BAT has NO resemblance in appearance or function to its shirt-tale relative white adipose tissue (WAT) that is thought of when we hear the words “fat” and “obesity!”

Officially, BAT is responsible for “non-shivering thermogenesis”—the generation of heat in the absence of shivering. Shivering is a normal body response and part of the “heat-production process” under cold and high stress conditions—as occurs after a serious automobile accident.

BAT has a massive blood supply compared to WAT, but WAT should not be thought of as “stagnant” tissue. It also is heavily vascularized and subject to constant remodeling. [“Cellulite” is very stagnant and highly toxic waste tissue that is hard to break-down without the body roller. See index.]

Babies have higher concentrations of BAT than do adults. People who live and work in cold climates have more BAT than people in warm climates. Japanese women skin divers have very high concentrations of BAT and are able to bear frigid ocean water for hours at a time. [The more BAT, the higher the production of the ATP energy molecule.]

Healthy people have more BAT than do sick people. Thin people have more BAT than fat people. The more BAT you have, the more muscle mass and energy you will have. BAT and WAT are “terrain” issues of the opposite type.

To better understand BAT, let’s review the physiological process called thermogenic hyperphagia (thermo-heat; genic-pertaining to the production

of; hyper-above normal; phagia—that which eats. People who are subclinically sick or who suffer with degenerative disease have low concentrations of BAT! Obese people do not have enough BAT. As WAT increases in a person's body, BAT decreases. When we reach our anabolic peak, BAT loss accelerates, obesity becomes an issue, vitality wanes—and aging accelerates. This downward spiral BEGINS around age 24—and is very obvious in young people today!

In industrial societies, BAT loss among women is epidemic—and accelerates the onset of menopause! Premenopausal “symptoms” are now appearing “20” years before official onset of menopause and are now “rampant” in women who are only in their late twenties and early thirties.

SIGNS and symptoms of aging develop in direct relationship to loss of BAT, hormonal imbalance and acidification of the “terrain!”

[Racemized™ hormone precursors encourage BAT formation and help reverse menopausal and andropausal complaints by reopening the puberty window. The *Young Again Protocol*™(s)™ help the body restore a youthful metabolism. Use of the L/CSF™ machine and the Lymphatic Body Roller™—for breaking down cellulite—are also part of the BAT story.]

Subjecting the body to cold is VERY beneficial. Swim regularly in a cold pool, ocean, or lake—preferably after steam-bathing or hot-tubbing. Never “plunge” into cold water as this can cause drowning due to the “gasp” reflex! Do yard work and take walks during the cold months dressed “lightly” to encourage BAT formation and strengthen the immune system. Finish a hot bath or shower with a “quick” ice cold shower!

Your author's favorite cold therapy is a work out on a Nordic Trac™ aerobic exerciser OUTSIDE in boxer shorts! “COLD” stimulates mental focus, breaks up congestion, and increases blood and lymph flow.

[Glucos Factor-X™ and CWD™ stimulate BAT activity, as does B.T. Thyroid™ Creme, Skin & Body Toner,™ HST™ Creme and racemized™ hGH precursor.]

Increase your brown fat levels in your body to restore yourself to your former anabolic peak. [See pages 21 and 198.] When you reach that peak, you are *Young Again!*

PREVIEW: *Our next chapter is going to SHOCK you! You are going to learn WHY men and women are going bald—and what can be done about it! You are also going to discover the relationship between certain cooking oils and the HIV/AIDS virus.*

High Enema Therapy™ “Myths”

People have misconceptions and hang-ups about High Enema Therapy™ (HET). Your author decided to challenge “health” experts about all their crazy ideas. Here is what your author discovered about HET. An enema is not a colonic—and neither is 5 gallons of water! HET does not cause dependency. HET does not steal friendly flora from the colon. HET does not cause loss of electrolytes. HET does not cause constipation. Lastly, the purpose of High Enema Therapy™ is not to clean the colon. The reader will find the pieces of the HET “riddle” sewn into the fabric of this book. And if the reader would like to know “why” everybody’s future had BETTER include High (and low) Enema Therapy,™ your author will be happy to field your questions and help you connect the dots outlined in the book. When your life is on the line, you will do whatever it takes to restore your terrain and regain control of your “terrain”—or you will die! It is a matter of choice—and far too many people choose “NOT” to “live!”

Sandra says “It’s time to stop hanging onto your crap!”

Medical Studies & “Your” Life

People rely on the advice of their practitioner. Practitioners, in turn, foolishly rely on the credibility of medical studies to guide them. Most medical studies are flawed. For the patient, bogus medical studies mean the difference between life and death at worst—or pain and suffering at best. For the patient, flawed studies are a “disaster!” Before me is a news article captioned “Fraud Mars Breast Cancer Research.” Investigators found more than a DECADE of fraudulent breast cancer research—including the use of mammograms that damages women’s breast tissue and “spreads” cancer! These reports are frightening, but the “message” is clear. Your MUST learn to think for yourself because you cannot rely on scientific “studies” and “experts” to save you. Hopefully, that is why you are reading this book. And please, don’t fall into the trap of conjuring reasons why the *Young Again!* Protocol(s) will not work for you. If you want your “life back” be willing to do what needs to be done! Excuses don’t wash! Health and longevity are gifts we experience in the “wake” of personal responsibility and informed action. So get to work and experience the miracle of “rejuvenation” in your life—as your author did in his life. It feels wonderful to be age “19” at age “61!”

P.S. Readers are best served if they “consult” before deciding on a course of action. There are “no” fees of any kind—and what you will learn from your author will astound you!



BALD HEADS & OILS

“Hair on my legs, hair on my chest, but no hair on my head?”

Uncle Ross

Balding is a SIGN of premature aging—and so is thinning hair! Balding is loathed by men, yet it is accepted as inevitable if it “runs” in the family. The “experts” tell us balding is a genetic trait—but they are wrong! Balding is neither inevitable, nor genetic, nor is it permanent. Balding “mirrors” liver function, bile flow, systemic “excess,” digestive issues, hormones, thyroid, electrolyte levels—and poor diet.

Hair follicles go dormant in a toxic scalp—and they come back to life if stimulated and given the opportunity!

Scalp toxicity and hair follicle dormancy are also linked to consumption of certain dietary oils. Eat the oils the experts recommend and you will likely go bald or develop thin hair—as well as succumb to degenerative “conditions” like arthritis, gout, heart problems, stroke, cancer and prostate trouble.

Almost everything the public has been taught about dietary oils and fats—*isn’t* so! We have been manipulated and lied to. It’s time to wake up!

A Short History Of Oils

Beginning in the 1930’s, cotton seed oil became the primary “liquid” dietary oil substitute for fats like butter and lard. During WW II, cotton seed oil was hydrogenated to create a butter substitute that was SOLID at room temperature. They called it oleomargarine; margarine or oleo for short. War mentality caused the public to “accept” oleo and by the 50’s—when your author was growing up—margarine was considered an acceptable butter substitute. By the early 1960’s, Americans experienced another fundamental “shift” in the “type” of dietary oils and fats they were eating. But this time, the move was even further away from “solid” fats like butter, lard and coconut—to so-called “healthy” oils and “lighter” margarines.

While the media and the experts vilified butter and lard, the Cholesterol “THEORY” of Cardiovascular Dis-ease became the new scientific “buzz” within the halls of academia. The spill-over effect engulfed the populace with fear and almost total rejection of butter, lard and eggs. Later, new clichés and buzz words were added to the American vocabulary—like “unsaturated” and “poly unsaturated.” Corn and safflower oils replaced cotton seed oil for those with finer tastes and fatter wallets. Oleo was history and margarine was coming into its hey-day. Few people ate butter. Lard was only for the poor.

By the late 1960’s, SOY BEAN oil began to appear on supermarket shelves and in thousands of processed foods. Cotton seed, corn and safflower oils were still in wide use, but there was a new focus—health! Soy bean oil became SYNONYMOUS with “health” and the health food “movement!”

The shift away from natural fats—like butter, lard and coconut oil—to liquid and hydrogenated margarines, coupled with chlorination and fluoridation of public water supplies, sparked a dramatic increase in heart dis-ease.

The experts “blamed” saturated fats and cholesterol for the rise in cardiovascular problems and the increase in degenerative dis-ease—while they “ignored” the dietary problems inherent in “processed” foods as they repeatedly uttered the mantra “Balding is a genetic problem!” [In the process, they indicted God for constructing a faulty human model.]

[The experts like to razzle dazzle us with scientific hocus pocus. They control the flow of information in schools and the media so the “folks” never make the connection between cause and effect on hundreds of health issues. Balding is just one of these issues. LOOK at all the (young) folks with balding heads and thinning hair. IGNORE the experts!]

With the advent of the “new, healthier” healthier oils and soft margarines, balding and thinning hair increased in both sexes, young and old. The only person who noticed that something was WRONG was an agronomist named Dr. Carey Reams. His was a voice “crying in the wilderness.”

Please acquaint yourself with the following terms so we may continue our story with better understanding.

Arteriosclerosis—abnormal hardening of the walls of the arterioles (small arteries) due to fibrous thickening of the connective tissues of the artery wall, plus hyalinization and infiltration of lipids (fats) into the intima (innermost wall).

Atherosclerosis—a form of simple intimal arteriosclerosis with atheromatous deposits within and beneath the intima (inner wall) of the arteries.

Atheromatous deposits—the fatty degeneration of the artery walls with infiltration by lipids (fats)—as in arteriosclerosis. Cellular debris, waste and “excess” calcium deposits are usually involved in the deposition process.

Intima—the innermost layer of the three layers composing the artery

wall. [The “media” is the middle wall and the third outer wall is made of connective tissue.]

Hyalin—a glassy, clear, “abnormal” substance in body tissues; degenerative in “excess;” forerunner to formation of scar tissue; major component of amyloid plaque that forms when amyloid fluid “morphs” into structural amyloid plaque.

Amyloid plaque and amyloid fluid—excess tissue waste that “drives” aging and the pathological “dis-ease!” Amyloid plaque is “STRUCTURAL,” “non soluble” waste tissue formed when amyloid fluid “morphs” from fluid to structural “state.” Amyloid fluid is acid-laden tissue fluid that was NOT picked-up by the lymphatic capillaries and circulated to the blood and OUT of the body by way of the liver, bile, gallbladder and bowels. Amyloid fluid is “soluble” acidic waste in “liquid” state—and provides the perfect “substrate” [Think breeding ground!] for viruses, bacteria, fungi and yeast. Amyloid “defines” the aging and is always part of degenerative pathological dis-ease regardless of an individual’s age.

Hyalinization—the “transitory” process by which tissues age; involves stagnant, semi-fluid tissue waste composed of albumin, hyaluronic acid, minerals and waste in a “gelatinous” state preceding metamorphosis into “structural” amyloid plaque; process of invasion of soft and connective tissue cellular spaces; a degenerative process.

Plaque—cholesterol containing material deposited into the intima and/or media of the arteries; atheromatous deposits of hyalin; degenerative in nature; hyalinization.

The Soy Connection

Dr. Carey Reams often commented on the rise in “balding”—but it was my friend, Tom Mahoney, who provided the clue that solved the puzzle. It was an “agricultural” clue.

Tom talked of a strange family of plants called “Fabales.” He observed that if cattle or sheep were allowed to graze on soy for a sufficient length of time, their health would suffer and their hair would thin and fall out.

Tom’s observations were the “clue” your author needed to solve Dr. Carey Reams’ 30-year-old observation. Reams was sure there was a “link” between the dietary ingestion of soy, balding, degenerative dis-ease and aging.

Soy & PHG

Soybean oil and soybean curd (tofu) contain a toxic biochemical called phyto-hema-glutinin or PHG for short. Dissected, the word looks like this: phyt(e)-that which comes from plants), hem(e)-blood, glutinin-a vegetable protein “glue.”

PHG is a large protein molecule that has proven to be specific in its ability to agglutinate human blood.

[Agglutination means to “glue;” to cause to “adhere;” to “clot!” The Rouleau Effect pictured on page 136 shows red blood corpuscles “clinging” to each other—slowing blood flow and waste removal. Soy is rich in PHG and promotes “Rouleau!”]

PHG causes blood to thicken and circulation to slow and take on “clotting” qualities. It combines with blood-borne impurities forming “plaques” in the very fine capillaries of the posterior eye, ears—and scalp! PHG “MAGNIFIES,” Rouleau affects 95% of the population—and PHG magnifies the effect. PHG “numbs” the immune system’s T cells and negatively impacts the central and peripheral nervous systems.

PHG kills rats, DEAD! It is poisonous to all living things. As with any systemic poison, quantity consumed, length of exposure and individual predisposition dictate why some people’s bodies tolerate soy oil and proteins even though both are bad for you and “cumulative” in their effects!

Soy has hormonal overtones that “mimic” SYNTHETIC estrogens! Soy ingestion is a MAJOR problem for children and women. Soy causes MAJOR thyroid problems in females—and particularly in females burdened by “MERCURY” poisoning leaching from so-called “silver” amalgam dental fillings that their “CULPABLE” dentist kindly forgot to mention! Soy’s hormonal influence on developing children is downright “scary!” Soy alters vital organ function!

Soy products are promoted as “THE” answer to the problems of world hunger by the “cartels!” Unfortunately, those “touting” soy falsehoods are as ignorant as their target audience—or just maybe they are bought and paid for stooges of “industry” and yellow-fringed flag “corporate” government. [Inability to think “outside the box,” the desire for peer “acceptance” and “inflated” egos are very effective social “girdles!”]

Remember this rule: If the media touts it, and the government supports it, and industry pushes it and everyone nags you to do it, IGNORE IT!

Soy & Digestion

Soy interferes with digestion! Soy beans produce gas and upset body chemistry. Peanuts are another famous member of the Fabale family of plants—and many people cannot digest peanut products. Peanuts contain very little PHG in comparison to soy. Other Fabale family foods are garbanzo beans (chic peas), fava beans, lentils, and mung beans, but these contain almost no PHG. Two Fabale legumes that cause serious long-term problems for grazing animals are clover and alfalfa. In the field, they can be deadly toxic and cause bloating in ruminants. Cows, horses and sheep thrive on grasses which contain “growth” energy proteins, mineral ions and balanced

sugars. Grasses have a different “spin” on their nutrient molecules than do legumes like alfalfa, clover and soy.

Soy PHG “reacts” with circulating minerals and dissolved blood gases like chlorine and fluorine—forming “sludge” in the blood circulatory system that oddly resembles bath tub scum—similar to the scum and bath tub ring when using Grandma’s lye soap in hard water. [See Chapter 15.]

[Municipalities use chemicals like sodium hypo-chlorite (sodium hydroxide + chlorine) to treat public water supplies. Sodium hydroxide (lye) is what Grandma used to make her lye soap. It is extremely alkaline (pH 12). Chlorine is extremely acidic (-2 and +2 pH) and is used to kill bacteria. Hydroxide is used to raise pH so the acidic water will not kill you. Halogenated (chlorinated and fluoridated) tap water “reacts” with dietary oils and other circulating wastes and forms “plagues.” [Plaques can be “digested” and removed from the body by using VZ™ and following the *Young Again Protocol*™.]

Anatomy & Physiology 101

Lipids [oils and fats] are absorbed by a different mechanism and pathway than are carbohydrates and proteins. Lipids are absorbed through the gut wall by “special” lymphatic capillaries that feed into the portal vein that feeds directly into the “LIVER!” This is very IMPORTANT!

[Portal vein blood feeding the liver is 50% venus (non- oxygenated) and 50% arterial (“oxygenated”) blood—where hepatic artery blood feeding the liver is 100% oxygenated blood. Blood returning to the heart is oxygen-poor and circulates through the lungs before returning to the left side of the heart for distribution to the body. Venus blood is dark red; arterial blood is bright red!]

[The lymphatic system drains the tissues of highly “acid” amyloid fluid. Lymph fluids join the blood supply at the left subclavian vein which flows into the superior vena cava vein returning venus blood to the right side of the heart. Returning “venus blood”—rich in acid wastes from the tissues—combines with PHG and inorganic minerals and forms “atherosclerotic plaques” in the artery walls. The mechanics of the process provide the reader a “clue” about “clogged” heart muscle arteries and “by-pass” surgery. Readers who would like to learn more can do it by “coloring!” See pages 233 and 274.]

[The heart pumps deoxygenated blood to the lungs for “oxygenation” AND “transference” of waste energy through “respiration” before it is returned to the left side of the heart for distribution to the body. Only AFTER “oxygenated” blood returns to the heart is it sent to the liver for cleaning by way of the portal vein—the same vein that transports dietary lipids to the liver from the intestine. [“Clogged” heart muscle arteries occlude because

blood “feeding” the heart muscle is loaded with toxic, acid waste. Portal blood is a 50/50 mixture of waste-laden oxygenated blood and deoxygenated blood.]

Approximately, “40%” of blood leaving the heart feeds the head [ears, eyes and brain] via the carotid arteries—and in frigid conditions, approximately 40% of body heat is “lost” through the head! These are the arteries on both sides of the esophagus that are usually involved in “stroke.”

Electrically charged waste “precipitates” called “plaque” collect on arterial walls similarly to minerals in water pipes! Plaque slows blood flow, raises blood pressure—and hinders oxygen delivery. Plaque causes the lining of the arteries to harden, deteriorate—and form “clots!” When plaque “breaks loose,” it migrates into the neck or the brain, blocking blood and oxygen flow. The event is called “stroke.” If the oxygen supply to the heart becomes severely limited due to plaque formation, it is called “heart attack.” However, heart attack is more often an “electrolyte” event from a shortfall of “magnesium” ions! [The *Young Again* solution is called racemized™ sea minerals and are used in every glass of water every day!]

[Thick, waste-laden blood clogs the VERY FINE blood capillaries feeding the posterior eye, ears and scalp. Conditions like macular degeneration, retinitis, glaucoma, tinnitus, balding and thinning hair and deafness are all “terrain” issues involving “heavy” blood and a waste-filled body. The *Young Again Protocol*™(s) were developed for these “conditions!” Yucca Blend,™ VZ II™ and L_sP_cC™ work well is patience is exercised.]

Deterioration of the eyes and ears—along with snoring and sinus congestion—are terrain issues.

Alfalfa Sprouts

Alfalfa is a legume of the family “fabale.” Alfalfa sprouts are a popular vegetarian delight—but there is a caveat that comes with them. Alfalfa sprouts contain powerful phytotoxins and are detrimental to people with weak immune systems. In dry leaf form, as used in food supplements, alfalfa does not pose a problem. But “fresh” alfalfa sprouts should be avoided like the plague! Cancer patients should NEVER eat alfalfa “sprouts” because the phytotoxins in them depress immune function and create “EXCESS” that fuels cancer. Clover and mustard sprouts should also be avoided. Other popular sprouts are fine.

Occasional sickness means your immune system is functioning and your body KNOWS when things are out of balance. Occasional illness is a good sign.

The Hormone Connection

Soy has hormonal “overtones!” Growth and “regeneration” is hormone-driven and hormonal “confusion” skews the process. Recall how children “bolt” into adulthood in just a few years. We are talking male and female sexual hormones—as well as thyroid, adrenal and growth hormone. These hormones influence aging and regeneration—and all of them are “orchestrated” by the “LIVER”—which also controls “bile flow” and the bowels.

Aging is only given the title of “dis-ease” after the doctor provides a “label” based on SIGNS!

Hair and nails are extensions of “skin.” Hair follicles are heavy energy feeders. They have their roots in the fatty tissues beneath the skin. Hair requires a plentiful blood supply and good lymph circulation—and the condition of one’s “hair” is a direct reflection of “stored” acid waste in the subcutaneous tissues. Poor, slow-growing hair—along with balding and graying—is really “one” issue! Hair mirrors the internal health of the body from the “outside!” Teeth and gums provide the “EARLIEST” of “clues” about acidification of the “terrain!” [Joint problems, Alzheimer’s, sexual dysfunction, bowel problems, and sleep disorders tell their own “stories!”]

More Information On Soy

Soy beans are unlike other beans. Soy is a toxic plant! It is one of two toxic seed-oil plants grown for their “industrial” oils. Insects seldom touch soy. Soybean plants—and canola, too—thrive on toxic soil and air. Soy proteins have a powerful left-spin and should never be consumed. Soybean plants absorb and store toxic energy in their “oil!”

Few people know that soybeans were genetically altered in the middle 1950’s with that “harmless” process called “irradiation!” This was done to INCREASE soy-bean oil content and to create a plant that would prosper on toxic soils.

Powerful “interests” made sure “corporate” government funded soy research. These same “interests” promote vaccinations and tout the Cholesterol and Germ Theories. Industry needed an industrial oil crop that would prosper on “negative” energy soils treated with synthetic salt fertilizers and poisonous sprays. [The soy cartel is NOT concerned about the long-term effects of soy on people.]

Soy oil is an “industrial” oil that is being peddled as a food oil. Soy protein is the waste spin-off.

Soy Baby Formula • State of Israel

The toxic nature of soy has been known for a long time—and yet soy oil is added to THOUSANDS of processed foods. Soy is now substituted for dairy products which have their own share of problems. Soy infant formulas

are VERY BAD for baby! Soy's "hormonal" influence on sexual hormones and thyroid development—especially in females regardless of age—is well documented. In August, 2005, Israel "WARNED" its citizens to AVOID soy products! [Breast milk is #1; goat milk is #2—or "make" your own formula using the recipe on page 382.]

[Flax oil is good but "very" UNSTABLE! Grinding turns oil "rancid!" Instead, buy "fresh" seed; put one teaspoon of seed in a glass of water; cover with saran; refrigerate overnight; warm and drink in morning. Do NOT use after 12 hours! See page 243.]

Soy and Canola oil make excellent substrates for synthetic diesel fuel—but they are NOT food oils!

[Peanut oil is an interesting oil. Edgar Cayce said it was a good massage oil for the skin—and it is! But when ingested it causes problems. Epsom salts is another example. They are great in bath water—but are extremely TOXIC if taken orally as misguided health gurus recommend for so-called "cleanses!"]

The best liquid dietary "oil" to use is OLIVE OIL! Oils are liquid at room temperature. Fats—like butter, lard and coconut are solid. Olive oil is the product of a fruit—as is coconut oil. If olive oil was good enough for Jesus, it's good enough for you and me! Nut oils and sesame oil are fine, too. Flax oil is highly unstable and is best AVOIDED, due to issues of rancidity. Avoid corn, safflower, and cotton seed oils, too.

Tofu is a very popular food among vegetarians. Tofu is the protein and fat curd of the soybean. It is rich in PHG and is therefore toxic. If you make Tofu a regular part of your diet, long-term health will suffer and you will grow OLD and see your connective tissues breakdown! Tofu should NEVER be eaten by recovering cancer patients! [Please note: 99% of vitamin E capsules use soy oil as the carrier.]

People ask "But what about soy protein?" My answer is "avoid it" like the plague! Soy protein has a left spin; it's the wrong "kind" of protein. Scientists tell us "Protein is protein!"—but they also tell us "Sugar is sugar!" So why differentiate their chemical structure with names like maltose, fructose, sucrose, lactose and invert? They say "The body doesn't know the difference!"—but it does! As for the latest, "popular" granulated artificial sweetener that is "Made from xxxxx so it tastes [and cooks] like xxxxx!" and is supposedly "better" and "safer" than xxxxx —AVOID IT! Figure it out! Chlorine—a "halogen" gas—is used to alter the molecular structure of sugar—creating a Frankenstein! Want proof? Go to Dr. Mercola.com and check it out for yourself! [See Chapter 16.]

All substances have an energy "signature"—including proteins. Soy protein is extremely difficult to digest because it contains large quantities of trypsin, a harmful substance that inhibits digestion and enlarges the pancreas.

Foods high in trypsin fuel cancer, too! Soy is also high in phytates, which are salts of phytic acid. Phytates cause widespread mineral imbalances, and soy has the highest phytate content of any food plant EVER studied! Vegetarians who consume soy and tofu eventually experience degeneration of the connective tissues and the build-up of excesses in the system. Phytates deprive the body of zinc which the body uses to ward off diabetes—and strengthens the immune system. Soy produces connective tissue disorders in laboratory mice and in children—affecting bones, cartilage, muscles, tendons, ligaments, skin and the myelin sheath protecting nerve fibers.

Soy is an “antigen” and is extremely antagonistic to the “terrain.” Food “allergies” go with acid-waste overload, poor liver function, leaky gut, use of antibiotics and non steroidal anti-inflammatory drugs like aspirin. Allergies are “terrain” issues. Allergenic foods—like soy—are “antigens!”

Debating The Issues!

Your author is fully aware that his views are totally contrary to what the experts have to say about just about everything! A week doesn't pass that some new “study” or MLM marketing scheme lands on my desk with a note asking me to debate the issues regarding soy. Sorry! There is nothing to debate! Believe the experts if you wish! In the end, I can assure you the scoffers will be “dead” right!

Rotenone • Fish • Insects • Soy

Rotenone is used by organic gardeners as a “natural” organic pesticide. It is also used for poisoning unwanted fish species in lakes throughout North America. Rotenone comes from the soybean! Roten is Japanese for derris. It means to destroy, to tear apart. “Derris” is the specie name for the soybean within the family Fabale. Home gardeners have been told by the “experts” that rotenone is great stuff. However, if you read the label, you will be warned against breathing the dust.

When inhaled, rotenone is absorbed through the mucous membranes. These membranes are a direct conduit into the blood and lymph and provide easy access to the body's IMMUNE system. A breath of rotenone dust is a direct shot at the central and peripheral nervous systems. It is the glycosides in the rotenone that brings on paralysis of the muscles.

[We can LEARN from watching an insect that has been dusted with rotenone. Insects react to rotenone in a matter of seconds with TOTAL paralysis! This harmless (?) stuff from SOYBEANS shuts down the insect's nervous system and breathing muscles. Soy does the same thing to people—but it does it a day at a time over many years!]

In lakes, rotenone causes a complex series of metabolic reactions that “prevent” fish from extracting ENERGY from nutrients! Rotenone can kill

ALL the fish in a lake with an application as small as 1 part per million (ppm)! One-half pound of rotenone is equivalent to 60,000 ppm. One-half pound equals 8 ounces or 7,500 ppm per ounce. The experts tell us that it would take 1 ounce of rotenone to kill a 150 pound man. If 1 ppm can kill all the fish in a lake, do you think it would require a concentration that is 7,499 times greater to kill a human being? It “appears” that the expert’s calculations as to what is a “safe” amount of this poison the human body can handle is “off” a bit. Mind you, the experts don’t know or care what is a safe amount. These are the same “experts” Rachel Carson struggled against in her effort to warn mankind of the inherent danger of pesticides. Read *Silent Spring* and *Our Stolen Future*. [When you ingest soy, you are ingesting PHG—which “gums” your blood and puts your IMMUNE and NERVOUS systems under severe stress. Avoid all soy!]

Sweet Proteins

Glycine is an amino acid. It is one of approximately 23 amino acids that form larger molecules called “proteins.” Sow peas (soy beans) are extremely rich in glycine containing proteins because they were irradiated and genetically engineered to produce high-glycine proteins for the production of “glycerol!” Industry isolates glycine through a process called “hydrolysis.” The product is a glycoside concentrate called glycine-max! Liquid glycerol is extremely sweet and syrupy. [“Organic” soy comes from irradiated seed, also!]

The “-ol” on a chemical name means the molecule is an “alcohol.” Alcohols are excellent “non-polar” solvents. Glycerol dissolves fatty substances like our cellular membranes and attacks the myelin sheath on nerve fibers. [Nitroglycerine—as in “TNT” (dynamite)—is made from glycerol!]

Glycine-max glycerol is used as a solvent and as a plasticizer in the manufacture of hundreds of plastics.

Subject soy oil to “heat” in the presence of organic compounds like those in our blood and “sticky” resins form. Sticky blood slows capillary blood flow. The body stores these resins in the soft tissues and fat under the skin. Blood-vessel degeneration and plaque formation are part of this scenario.

Glycosides • Opium • Morphine • Atropine

Glycosides—like rotenone from soybeans—cause physiologic reactions in humans and animals. Morphine and atropine are examples of drugs that contain high concentrations of glycosides. Morphine comes from opium and alters the central nervous system affecting muscle control, pupil dilation—and is extremely reactive in the body. Atropine comes from the belladonna family of plants. It alters response to electrical signals and

causes paralysis of the “parasympathetic” nervous system—the part of our nervous system over which we have NO direct control—like the heart, breathing muscles and intestinal peristalsis. Digitalis is a glycoside that comes from Foxglove. Plant-produced morphine, atropine, and digitalis are very effective and have few side effects. “Synthetic” glycosides have been “substituted” for the real thing with serious side effects for patients. And the experts say there is no difference between real and synthesized compounds. Really?

Soy & Dog Food

In front of me is a label from a can of a well-known brand of dog food. From 1993-1998, you could find it on supermarket shelves. It says “Soy FREE • Highly Digestible.”

The implications of the words on the label and those on TV ads (January 6, 1994) indicate that there is a serious problem with soy protein in dog food. Some dog food manufactures tout digestibility because they REMOVED soy from their products. Manufacturers are “close-mouthed” about the long-term degenerative effects of soy on dogs. They are afraid of retaliation by the soy cartel and their bureaucratic thugs.

The dog-food and grazing-animal connection confirms the problem of soy oil and soy protein in HUMAN metabolism. Soy causes serious degenerative problems in humans—but it is NOT being taken out of our food. Instead, the experts “tout” soy as a “perfect” food—and “wonder stories” accompany the introduction of some new soy “miracle” product!

[If soy is toxic to dogs (carnivores) and grazing animals (herbivores), what do you think it does to human beings (omnivores) who are a little of both? Maybe people should decide what pedigree they would like to be so they can qualify for soy-free, highly digestible food—arf, arf!]

Conclusion

We know the cumulative effects of soybean oil, canola oil, tofu, and alfalfa sprouts on humans and animals—and on blood, the central and peripheral nervous systems, the immune system—and how they “block” hormone receptors.

Please do not call your author and demand “documentation!” There is plenty of valid information available for those who can “think” without the blessings of higher authority.

Ignore the experts and you stand a much better chance of becoming *Young Again!*

PREVIEW: *In our next chapter, you will learn about the connection between blindness, glaucoma, and canola oil.*

Home Smart vs. School Smart

The very best way to learn anatomy/physiology and microbiology is by “coloring!” You can learn these difficult subjects easily at home! [See Pages 233, 267 and Source Page 429.]

The Misery Index

Joint and back pain “limit” one’s life! Here are some helpful hints to ease the misery: $L_5P_6C_7^{TM}$ VZTM R/J Factors I & IITM and Skin & Body Toner.TM Add High (and low) Enema TherapyTM and deacidification of the terrain using the *Young Again! (Tissue and Liver) Protocol*TM and you have the recipe!

The VoragoTM Effect

“Lucky” is the woman who can “freeze” the magic of youth as described in the Vorago Effect.TM See Chapter 35 and pages 72, 164, and 212 to learn more!

Bone Density

Bone-density tests don’t offer any solutions—except the usual misguided advice to take “calcium”—so why bother with them? Better to read and “understand” this book and know “why” and “how” osteoporosis develops. Then the reader can ignore and escape the experts in the “sick-care” system!

War Games

Gulf War veterans were “ordered” to take a drug called Pyridostigmine Bromide (PB) every day. This drug interferes with acetylcholinesterase—an enzyme that is critical to nerve synapse function (nerve signal transmission). The side effects were known and predictable! PB produces the symptoms being experienced by Gulf War veterans. The question is, who ordered its use and why? The answer is: “the experts!” When will these same experts tell the public about the terminal side effects our—Iraq War—soldiers will experience from spent uranium ammunition? Uranium “atomizes” as bullets leave the gun barrel. Spent uranium dust is extremely HEAVY and radioactive, too! Can you guess what happens when it is inhaled into the lungs? NEVER trust the experts and their cronies because they all work for and are paid by the yellow fringed flag folks who foment wars, manipulate our money, control information flow and “Kill us, unforgiven!” [See Chapter 40.] IF the body is given the opportunity, and provided protection, it will release toxic substances from the organs and tissues. Otherwise, the body WILL NOT release the stuff for fear of harm! Opportunity and protection is what the *Young Again Protocol*^{TM(s)}TM are about. If toxic materials are not flushed from the body, aging and dis-ease result. It is a matter of choice! Hopefully, the reader will make good choices!

Hair Growth

“B” vitamins and thyroid function are CRITICAL to maintaining a full heal of hair. Hair is an extension of “skin”—and skin is a reflection of the “terrain”—so “hair” is a “HEALTH” issue! Typically, 95% of B-vitamins are lost and destroyed in the GI tract—so a different “mechanism” and “pathway” has been discovered that avoids destruction and loss of the “B’s. Now, up to 100% “absorption” is possible by encapsulating the “B’s” in phosphatidyl-choline [a “fatty” acid jelly] at nanoscale. The jelly delivers the “B’s” directly to the blood stream with equal benefits to an “IV” needle! The benefits for the scalp and hairplus increased ENERGY is “awesome!” [HST™ creme provides direct stimulation to “dormant” hair follicles—offering a totally novel approach to hair regrowth and hair maintenance!]

War In The Marketplace

People resist “change”—especially on “volatile” issues like war! But if an enemy can be “created,” resistance “vanishes” quickly! And so it is with issues of “health!” After 20 years of mental “softening,” the memory fades—as does people’s “resistance,” making the metamorphosis complete! The soy and canola oil cartels “created” hostility towards butter, coconut oil and lard—while simultaneously creating demand for “industrial” oils—like soy and canola—marketed as “healthy” food oils, making the metamorphosis complete! [Your author refers the reader to Sun Tzu’s 6th century B.C. book *The Art Of War*, summarized as follows: Outline an agenda, disseminate disinformation and misinformation, create confusion and dissension, raise an army of experts, use subversion, quote statistics, and finally create fear. Fear leads to panic, and panic to victory.] Sun Tzu was correct! The game is called divide and conquer! It’s simple. It works. His book was the official training manual during the rise of the Soviet empire. Notice what the experts preach. See which way the masses are moving. Tune into what the media is pushing. Now! Go the other way as you spread the word! Few things are what they appear!

The “250” Club

The “250” Club is open to anyone who would like to live 250 vibrant, healthy years. The club will serve as a role model for society and a tool for teaching children to live in harmony with God and nature. Think of the suffering and strife that could be eliminated through the transfer of “knowledge” to our great grand children. Life on Earth might even become a joy. The club has no meetings or dues. We lead by example!



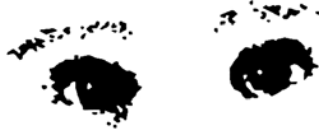
Before



After

Glen Roundtree is living proof of the effectiveness of Harmonic™ Silver Water on severe bums. His face healed “scar free,” but his hands and arms are scarred where he was treated by allopathic doctors using conventional therapy.

Harmonic™ Silver Water is “tuned” to hertz frequencies that complement the bio-electric body. It goes beyond common colloidal silvers that are based on PPM (parts per million). This Fourth Dimension product uses the homeopathic principles of resonance and transference to promote healing. Everyone should have a bottle on hand. Great for colds and flu and dozens of other uses.



BLINDNESS & OILS

“Since the days of revelation, the same four corrupting errors have been made over and over again: submission to faulty and unworthy authority; submission to what was customary to believe; submission to prejudices of the mob; and worst of all, concealment of ignorance by a false show of unheld knowledge, for no other reason than pride.”

Roger Bacon

Each year, millions of people lose their vision to “conditions” like glaucoma and macular degeneration—conditions the “experts” call dis-ease! Atrophy (deterioration) of the optic nerve and macula always involve inflammation and deterioration—and both of them have a common cause, too!

For years, the experts have told the public that glaucoma results from fluid pressure build-up in the eye. By definition, macular degeneration means deterioration of the “macula” which is the “yellow spot” in the back of the eye where visual images are received and sent to the brain for recognition. Retinitis means inflammation of the retina. [Supposedly, these conditions have different causes, but the experts can’t tell you what the causes are—only the “symptoms!” Their theories about the etiology (causes) of eye degeneration are based on a faulty medical model.]

[These days “enlightened” experts admit they were wrong about glaucoma—and to save face, they have birthed a “new” theory that says glaucoma is the result of a deficiency of oxygen to the eye! This is true! But their explanation does NOT explain why there is an oxygen problem. Sadly, they don’t know what to do about it, either! They just don’t get it!]

Causes of Eye Deterioration

Eye deterioration results from insufficient blood flow INTO the posterior eye and insufficient waste and lymph flow OUT of the posterior eye. Build up of cellular waste “marginalizes” nerve” activity. Loss of vision is the result!

Stagnant acid waste forms amyloid tissue, then scar tissue—and eventually blindness results.

Dietary habits play a big role in development of all dis-ease—including vision problems. By the time the problem manifests, all the doctor can do is

look for “SIGNS”—so he can conjure a “diagnosis” and design a “treatment” plan to deal with the symptoms—while “ignoring” the cause(s).

Eye problems are summed up in a two words. “TERRAIN” and “LIVER.” Hormones, leaky gut, stress and dietary “oils” also have a part in eye “dis-ease.” Oils like canola and soy affect blood agglutination. Agglutination (clumping) of red blood corpuscles affects eye health. Behind EACH eye is “80” MILES of blood capillaries that “service” the posterior eye. Agglutinated blood cannot freely circulate in the extremely fine capillaries of the posterior eye causing an oxygen and nutrient “deficit” that shuts down mitochondrial production of ATP.

Waste buildup in the tissues of the eye creates the perfect environment for diminished vision and cataracts.

Invasion of the body’s terrain—by yeast—is a major health issue. Yeast is NOT the cause of dis-ease—but it is a “symptom!” Yeast overgrowth goes with eye, ear and sinus problems by feeding on stagnant waste lodged in the tissues of the head. Congestion is the “effect” of microbial OVERGROWTH in the “stagnant” fluid wastes of the head and chest. Stagnant fluid waste eventually “MORPHS” into “STRUCTURAL” matter called “amyloid plaque!” The body has “no mechanism” to rid itself of “non-soluble,” “structural” waste—and that is the reason people “age!” [The *Young Again*TM solution is to “EAT” structural amyloid plaque and scar tissue and return it to “liquid” state for removal from the body by the lymphatic system. Racemized VZTM does the job!]

Eye “floaters” are symptomatic of YEAST overgrowth—and an acid, waste-filled terrain!

Canola of Rape?

Loss of vision is a known characteristic side effect of rape oil—but deterioration takes years to manifest. Rape oil antagonizes the central and peripheral nervous systems.

The name “canola” masked the introduction of rape oil to America. Canola is a “coined” word that appeared out of nowhere! The flip side of the canola coin reads “RAPE!” Of course, canola sounds much nicer than “rape!” Canola oil comes from rape seed—which is part of the Mustard family of plants. Rape is the MOST toxic of all so-called food oils. Rape is a toxic plant and insects don’t like rape because it is poisonous to all but a few of them.

Rape seed oil is a hundred times more toxic than soy oil. Rape oil is an industrial oil—NOT a food oil.

Canola oil is a semi-drying oil that is used as a lubricant, fuel, soap and synthetic rubber base—and as an illuminant for the slick color pages you see in magazines. Canola is an industrial oil. It does NOT belong in

the body! Canola oil—like soy oil and soy protein—has some interesting characteristics and effects on living systems. For example, it forms latex-like substances that “clog” the system and agglutinate red blood corpuscles just like soy—only much worse!

Rape oil stresses the terrain and contributes to development of dis-ease in ANIMALS—and humans!

Rape oil was in widespread use in animal feeds in England and Europe between 1986 and 1991 when it was thrown out. Do you remember reading about the cows, pigs and sheep that went “blind” and crazy and attacked people?

[Not long after the first edition of this book appeared, a woman called from Chicago to say that she was in England when Mad Cow Disease was at its peak. She told me she witnessed a news report on television that told people not to panic if they had been using rape oil in their diet and were over 65 years of age because the effects take at least ten years to manifest—and in all likelihood most of these people would be dead by then anyway. Interesting!]

“Experts” blamed erratic animal behavior on a viral dis-ease called scrapie. However, when rape oil was removed from animal feed, scrapie disappeared. A thoughtful reader sent your author an in depth study of the affects of Canola on dairy cattle in Canada. The results were NOT good! Today, Americans are using rape (canola) oil. Now, canola oil is our problem! Canola is widely used in thousands of processed foods—with the blessings of government “watchdog” agencies, of course.

Officially, canola oil is known as “LEAR” oil. The acronym stands for low erucic acid rape. Experts in industry like to tell the story of how canola was developed in Canada—and that it is safe to eat. They admit it was developed from the rape seed, but through “genetic engineering” [Think, irradiation!] it is no longer rape—but instead, “canola!” Experts love to talk about canola’s “qualities”—like its unsaturated structure, and wonderful digestibility, and fatty acid makeup. They malign naturally saturated oils and fats like coconut and butter—and come to the rescue with canola oil. They even tell us how Asia has warmly embraced canola due to its distinctive flavor. [Isn’t it wonderful how multinational oil cartels “help” third world people? Doesn’t this story remind you of the introduction of microwave ovens and margarine and...?]

An “earthy” old west expression sums up industry flim-flam accompanying the “smoke and mirror” introduction of rape oil into the diets of unsuspecting people world-wide. That expression is “Horse Shit & Gun Smoke!” The word canola provided a perfect “warm fuzzy” marketing “cover” for food cartel “interests” at work behind the scenes!

Chemical Warfare

The chemical warfare agent “MUSTARD GAS” is derived from rape oil. This is the chemical agent responsible for blistering the lungs and skin of hundreds of thousands of soldiers and civilians during WW I. Reports from the French indicate mustard gas was used during the Gulf War.

Between 1950 and 1953, white mustard seed (rape seed) was irradiated in Sweden to increase seed production and oil content. Irradiation is the same process the experts are using to make “our” food “safe” to eat. Today 2006, genetically engineered fruits and vegetables have innocent things like hepatitis-B spliced into their DNA. This is a good example of misuse of technology and abuse of public trust by powerful interests and “watchdog” bureaucratic agencies.

[Canola oil contains large amounts of iso-thio-cyanates which are “cyanide-containing” compounds. Cyanide INHIBITS mitochondrial production of ATP—the energy molecule fueling body metabolism and “life!”]

Canola Oil & Body Metabolism

In biochemistry, substances that bind metabolic enzymes and block their activity in the body are called “inhibitors.” Throughout this book, your author has used terms like “bio-junk diet,” “toxic and acid waste,” “negative, left-spin energy,” “drugs,” etc. to describe unfriendly energy fields.

Unfriendly substances in canola and soy oils fuel the formation of covalent bonds. Generally, covalent bonds are irreversible and—once formed—CANNOT be broken by normal metabolic reactions. This is particularly true of hormone analogs contained in birth control pills, estrogen replacements and anabolic steroids. Zeno estrogen analogs are ubiquitous and unavoidable because they are everywhere in the environment. The question is “What do we do about them?”

The *Young Again Protocol*TM reverses systemic damage from hormone analogs and restores the terrain.

Consider the pesticide “malathion.” It binds to the active site of the enzyme acetylcholinesterase and stops this enzyme from doing what it is supposed to do—which is to split acetylcholine into choline and acetate. Malathion is the so-called “harmless” pesticide used on the Med Fly and every living thing in California in 1991 and again in 1994 and in Texas in 1995. Malathion is an “organophosphate.”

Nerve Function & Organophosphates

Acetylcholine is critical to NERVE impulse transmission. When inhibited, nerve synapses do not function normally and the muscles do not respond. For example, think of a garage door opener. If no signal is sent, the door does not open. In the case of the body, the hand or leg does not respond. Perhaps

you have noticed the tremendous increase in disorders like Systemic Lupus, Multiple Sclerosis, Cerebral Palsy, Restless Legs Syndrome and Peripheral Neuropathy in recent years. Soy and canola oils are “players” in the development of these “conditions”—as are organophosphate insecticides and zeno estrogen hormone analogs.

Acetylcholinesterase inhibitors cause paralysis of the striated (skeletal) muscles—and spasms of the muscles of the respiratory system.

That is “why” malathion and its derivatives are the pesticides of choice by the “experts!” They kill insects by causing muscle paralysis—just like rotenone from soybeans. [See Chapter 25!] If malathion inhibits insect metabolism, do you think it might also inhibit human metabolism, too?

Agents orange and blue were the herbicides used in Vietnam to defoliate jungle cover. Both are organophosphate compounds. Vietnam vets and the Vietnamese people “know” first-hand about them! Government “experts” who okayed their use and chemical companies that manufactured them “later” admitted to their toxic effects on PEOPLE and the environment! Present-day “stooges” in academia and government continue to “abba dabba” the public with stories of “safe” science and “cheap” food through the use of poisons.

Canola oil is rich in glycosides. Glycosides cause serious problems in the human body by blocking enzyme function and locking up nerve and hormone receptors.

Glycosides interfere with body biochemistry of humans and animals. Consider the effects of a rattlesnake bite. Glycosides in the venom inhibit muscle enzymes and cause instant immobilization and tissue necrosis. Insect and animal venom are unfriendly “proteins.” How the body responds to foreign proteins determines life, death, dis-ease—whether it be a vaccination, snake bite, insect or spider bite. The response is determined by the condition of the LIVER and the TERRAIN!

Canola Oil • HIV & AIDS

Canola glycosides depress the immune system, causing the white blood cell defense system—the T-cells—to go into a stupor! Glycosides ALTER the body’s “terrain.” Alcohol and glycoside “-R” groups in Canola alter immune system response. [Fluoride, immunizations, antibiotics, artificial sweeteners, food additives and bio-junk diets play complementary roles in immune system malfunction and collapse!]

[An “alcohol” is a chemistry term referring to a molecule with an alcohol “reactive” group attached to the organic molecule. The “-R” group is what gives organic compounds their individual “personality”—good and bad! Canola alcohol and glycoside molecules have personalities that are “unfriendly” as well as “unpredictable” when turned loose in “living” systems. The same thing can be said of organophosphate molecules in pesticides and herbicides.]

When medical experts check your blood for the presence of the HIV virus, they are NOT seeing what is really going on in the body's "terrain." If the white blood cell count is normal, they will tell you that you do NOT have "HIV." What they don't see is that the T-cells are in a stupor and unable to respond and defend the "terrain"—creating an opportunistic situation that allows microbial life forms in blood and lymph to go "undetected" and "MORPH"—bypassing immune system "T" cell defenses—and get a foothold. As Claude Barnard said "The terrain is everything!" —and it is!

The microbe is NOT the cause of dis-ease, but the microbe does take advantage of a toxic "terrain!"

Once inside the cells, viruses like HIV take over RNA and DNA and "hijack" production of mitochondrial ATP "energy" for their own use. Quietly, viruses "replicate" and one day—BANG!—you wake up and you are dying of AIDS. [In actuality, you don't die from AIDS—but from conditions like pneumonia, hepatitis, etc. that manifest in a weakened and defenseless "terrain!" The acronym "AIDS" stands for Acquired Immune Deficiency Syndrome.]

AIDS & Green Monkeys

In his earth-shaking book, *AIDS The End of Civilization*, Dr. William Campbell Douglass asked "Do you really think some Green Monkey all of a sudden bit some guy in the ass and presto AIDS was all over the world?"

Dr. Douglass was commenting on the "hype" that the Centers for Disease Control in Atlanta was "peddling" to the public about the AIDS virus—"HIV." Douglass' book tells the "whole" story of the development of HIV at the Ft. Detrick, Maryland, military installation. His story is well documented and confirms the theme of the futuristic movies *Outbreak* and *The Twelve Monkeys* which your author recommends! [In 2006, the big scare is "bird flu!" If an epidemic does "erupt," you can bet it will be because of the "vaccinations" that preceded it—just like the so-called Spanish influenza epidemic in 1918.]

Lorenzo's Oil

The movie, *Lorenzo's Oil*, offers another good example of how far off course medical science has strayed and how muddled is the scientific mind. Early on in the movie, the experts said the problem with the dying child was not in the math (body pH). They were wrong. The dying boy had an extremely ACID terrain! He was so "acid" that the myelin sheath covering his nerve fibers was "dissolving"—causing his system to collapse. He was given OLIVE oil to cause massive "bile flow!" The oil shocked his body into a LESS acid condition. Lorenzo's oil was not rape oil—as the "experts" claimed!

The situation today regarding degenerative nerve disorders is exactly the same issue! An ACID terrain!

Connect The Dots.....

By now, it should be obvious to the reader that an acid terrain, marginal liver function and poor bile flow are major health issues—and that there is a direct link between dis-ease and processed foods containing substances that “CONFUSE” the body and weaken the immune system. Each of us **MUST** take control of our life and personal responsibility for our health if we hope to avert or remedy serious dis-ease and early death. We are “on our own!” So why allow yourself to become entangled in the “sick care” system?

The “health care” industry is an oxymoron. It protects its health and economic interests—not yours!

When you understand the rules of the game—health, aging reversal and longevity take on a different connotation. Replace ignorance with knowledge based on a realistic “model,” and you will be on your way to becoming *Young Again!*

PREVIEW: *Our next chapter looks at the connection between onions, the liver and aging.*

Overdrive!

“Stress” of any type puts the adrenal glands into “overdrive” through increased cortisol production. Elevated cortisol levels ravage health and hormones—especially in women. PU™ gets you OUT of “overdrive” so the body can settle, repair and heal.

Hang & Stretch

It’s important to hang and “s-t-r-e-t-c-h” every day. Hang by your ankles using a floatation table—and by your hands using a simple trapeze or chin-up bar. Hanging by your hands allows lymph nodes in the under-arm and breast/chest area to “drain!” Lymphatic drainage in the chest area is extremely important and a good way to avoid breast cancer! The shoulders are a problem area for women, so go easy, ladies!

Vibrations!

Learn to use a vibration chain for determining energy “spin,” drawing away pain from points of injury or inflammation—and to locate and eliminate noxious electrical energy fields in your home. Vibrations is a book worth owning and the perfect member of a trilogy that includes the Pendulum Kit and Map Dowsing. (See Pages 57, 144, 188 and 210.)

Comfrey Greens

In the good old days—before the Feds decided to save us from the evils of comfrey—it could be found in health stores. Today if you want comfrey, you have to grow it yourself or have someone grow it for you. And if you are smart that is exactly what you will do! Comfrey “pops up” in early Spring. Eaten like spinach, the leaves and blossoms are at their very best! Steam until wilted, yet bright green in color. Add a little olive oil and lemon, apple cider or wine vinegar—and you’ve got a highly nutritious meal. [Something “acidic” is a MUST!] The “Feds” say comfrey is dangerous. If that’s true, my family and I should all be dead! Plant comfrey once and you will have “free” food forever—food outside the reach of faceless bureaucrats! Maybe that’s “why” special “interests” had the Feds ban it?

Talk!

Not everyone who reads *Young Again!* is ready for its message. Many people read this book and decide to “Think about it!” —and that is as far as they will ever go! Others cut and run or conjure a flimsy excuse why the *Young Again™* message does not apply to them. It is said that “Talk is cheap!” Car dealers use the expression “tire kicker” to describe a “talker” instead of a buyer. A cruder version is “money talks and BS walks!” And don’t forget “An empty wagon rattles the most!” To summarize and make my point, remember this: “When all is said and done more is said than done!” Talk solves nothing!

“Moody” Water!

A Japanese scientist with IBM in the 1960’s demonstrated that water could be “programmed” to create radical mood swings of anger, joy, laughter, depression etc. Water is a “living” substance that can be “programmed!” This idea captures the essence of BFRV.™ [See Wall Street Journal 3/10/06]

What Is A “Precursor”?

A precursor is a molecular substance that precedes the formation of something else—as in making your “own” hormones. A racemized™ precursor is the accelerated version of the same—providing greater value and better body response. Body response is the name of the game—and the *Young Again Protocol™* is how you make it happen!

Pesticide Free?

“Think” about this! It was a huge canola oil display . The sign said, “Pesticide Free.” What they didn’t mention was that canola oil is a “systemic” poison! If insects won’t eat it “Why should you?” “Pesticide Free!” Right! Give me a break!



LIVER & ONIONS

“As goes the liver, so goes the terrain!” John Thomas

The liver is “THE” most used, abused and important organ in the human body—and in animals, too! It is the body’s primary waste removal organ that, in conjunction with the bowel, processes fully 90% of all body-generated waste. Obviously, a healthy liver is essential to good health—and it is CENTRAL to the aging-reversal process.

The liver is a phenomenal chemical factory, and it is responsible for thousands of biochemical reactions. The liver is the second largest organ in the body—and the ONLY organ that can “regenerate itself by its own volition” with only 25% of its functional cells intact. The liver’s regenerative ability is an indication of its importance!

The liver’s “functional” cells are called “hepatocytes” (hepat-liver; cyte-cell)—and they are classified as “parenchyma” cells. They are the “functional” cells that perform the “magic!”

The liver metabolizes food, drugs, pesticides, wastes and alcohol. These substances are transported to the liver via the portal vein—and they impose heavy stress on the liver. How efficient incoming substances are processed depends on the “terrain” in general, stomach and intestinal digestive capability and the health and vitality of the vital organs and glands. The liver is absolutely “CENTRAL” to good health!

All food—even good food—exerts stress on the liver. Eat junk, and violate the simple rules of the *Young Again Protocol*™ and your liver will fail—and so will you!

Nails & Pellets • Scarred Liver

When the liver becomes overly toxic, the hepatocytes die. The spaces left behind fill with amyloid tissue which eventually “morphs” into scar tissue. “Scar” tissue is comprised of “stroma” cells that normally cover the “outside” of the liver. Stroma cells CANNOT “double” for the parenchyma cells. Loss of stroma cells means loss of liver function!

As the liver “filters” wastes from the blood, debris and bile salts can “solidify” into “pellets” and “nails.” Liver “pellets” are supposed to flow into the gall bladder in semi-soft form—and eventually into the gut, bowel and toilet. Pellets that “settle” in the gall bladder and “calcify” into STONES are called gallstones! Waste that “settle,” in the “biliary” ducts of the liver itself and “calcify” become rock-hard “nails” and can sometimes be heard “clinking” in the toilet bowel during and after the *Young Again!* (Tissue and Liver) Protocol™.

Cirrhosis of the liver is a “condition” of EXCESS masking as a deficiency dis-ease—which it is NOT! Cirrhosis of the liver causes it to “yellow” and “harden” and become “fibrous” due to amyloid plaque and scar tissue formation. [You do NOT have to drink or be an alcoholic to suffer or succumb to cirrhosis! It is a “terrain” issue and can occur at any age!]

Cirrhosis comes with aging! Sooner or later everyone becomes “cirrhotic”—a condition that is reversible if the liver is given the opportunity to “restore” itself!

Blood & Filter Issues

The liver is heavily vascularized with blood vessels. It receives a DOUBLE supply of blood. Oxygenated blood from the heart is supplied via the hepatic artery and nutrient laden, partially deoxygenated blood feeds from the intestines via the hepatic portal vein. When amyloid plaque collects in the portal vein, blood pressure rises. This is called portal hypertension.

The Kupffer’s cells lining the blood vessels of the liver are of “IM-MENSE” importance to health and vitality. Kupffer’s cells are BOTH hepatocytes and phagocytes (phag-to eat, cyte-cell.) Phagocytes are specialized cells that remove microbes, foreign matter and worn out red and white blood cells from circulation. Kupffer’s cells are “parenchyma” cells.

Liver-filtered waste from the blood and lymphatic systems is deposited into the gallbladder in the form of “bile.” Bile emulsifies dietary fats. Poor bile flow is “THE” issue when it comes to any kind of digestive or bowel disorder. Proper digestion is very dependent upon adequate bile flow. [So-called Acid Reflux Dis-ease is “nothing” more than a messed-up liver and a sluggish bowel.]

Fats provide needed “cholesterol” for the production of corticosteroid hormones made by the adrenal gland and for creation of sex hormones like estrogen, testosterone, progesterone and DHEA. Insufficient intake of fats and oils spells trouble—especially for women!

Cellulite—as seen on women’s butts and thighs—is “abnormal” fat and it is confirmation of an “acid” terrain! Cellulite is “aging-in-progress!” Women wanting to rid their bodies of this awful “stuff” should follow the *Young Again Protocol*™(s).™ Those who stay with the program and use the

Biogenic™ Body Roller will see the cellulite “disappear!” [Cellulite is NOT an “exercise” issue! It is toxic, waste fatty tissue!]

[The liver consumes massive amounts of energy which is provided by the mitochondria. This area of the body is sometimes called the “solar plexus” because of the heat associated with liver function.]

Acidification of the blood, lymph, joints and soft tissues of the body ALWAYS involves a sick liver. The doctor CANNOT test for this because an acid terrain is “SUBclinical”—and precedes diagnosis of a dis-ease condition by 5-50 years! Please read this statement again!

Hepatitis (hepat-liver; itis-inflammation of) is a liver, “condition”—NOT a dis-ease. So is mononucleosis, Epstein-Barr, Lyme, Malaria, Nile Fever and Chronic Fatigue. Practitioners blame nature’s garbage crew—the viruses—for damage inflicted upon the liver—but they are wrong! [Terrain and liver issues are not difficult to reverse if the individual is willing follow the *Young Again (Tissue and Liver) Protocol*.™]

Impose mental and physical stress on an already toxic body “terrain”—along with insufficient sleep—and the liver will succumb and illness will follow!

[Thanks to Dr. Guenther Enderlein, we know the exact progression of microbial “metamorphosis” that occurs along the path called degenerative dis-ease. Restoration of the “terrain” so dis-ease cannot manifest itself is a very “proactive” and “defensive” approach! See Chapters 13 and 14!]

Personalities

As people age, their personalities change. One personality type—the choleric—reflects the condition of a person’s liver. The choleric has a bitter personality that is vile and difficult. The word “choleric” comes from chole which means “bile” in Greek. Chole refers to the liver’s digestive juice and waste product “bile.” A “bilious” person has a foul personality. Alcoholics and some older folks are notorious for being bilious. [The Greeks believed there were four basic personality types: choleric, melancholy, sanguine and phlegmatic.]

Western medicine’s disastrous history was the result of the theories of Greek physician and medical writer Claudius Galen (circa A.D. 130-200). He was personal physician to Roman Emperor, Marcus Aurelius. Galen enlarged the personality “idea.” He spoke of four personality types based on “humors.” A humor is a body fluid that was believed to influence people’s personality. “Bleeding” sick patients at the time of the American colonies was a version of humor “letting!” Galen’s “MODEL” was faulty and so is medical science’s “model” today! Just because we know how to successfully replace worn out body parts, fails to answer “WHY” they wore out! Galen’s ideas are still in vogue, but under different “personality” names like type-A,

type-B, etc. Children in the “fifties” remember the “good humor” ice cream man who plied the streets daily.]

“Humoral” immunity is taught in current medical science curriculums—and refers to “circulating” antibodies and antigens in the blood and lymphatic fluids.

Bile • Digestion • Hiatal Hernia

Poor bile flow and leaky-gut limits our ability to digest food. Leaky gut “floods” the blood stream with an endless procession of over-sized food molecules each time we eat. Insufficient production of hydrogen chloride by cells in the stomach wall “LIMITS” protein digestion and absorption—and allows parasites and their eggs to take up residence in the gut and blood stream. Incompletely digested proteins “putrefy” in the gut, causing heart burn, mucous congestion and acid reflux type issues. “Excess” stomach acid is the “TV” version of indigestion when exactly the “OPPOSITE” is the case.

Indigestion—like so many other problems—is a terrain issue. Increased bileflow—and High Enema Therapy™—are the ultimate keys! Thoroughly chewing food helps. Avoiding liquids—especially “cold” liquids—helps considerably. High Enema Therapy™ relieves “hiatal” hernia complaints by relieving abdominal “pressure” on a “deteriorating” diaphragm—a common complaint associated with “acid reflux.” [As the body turns “acid,” the connective tissues break down—and the diaphragm is nothing but connective tissue “wall” separating the pleural cavity (lungs) from the peritoneal cavity (belly). Solving the digestion “riddle” is rather easy if your “model” is realistic—and you learn to think outside the box!]

Stomach Acid & Vitamin B-12

Stomach acid has a pH as low as 0.80. It is so “acidic” that a drop of it on the skin will eat a hole in it. Healthy mucous membranes “protect” the stomach wall from powerful acids secreted by cells within the stomach wall. Stomach “peptic” ulcers are the product of *H. pylori* bacteria that “survived” due to low stomach acid production and “bored” into and set up house in the stomach wall—causing bleeding and pain! Duodenal ulcers occur in the wall of the small intestine immediately below the stomach. [The “duodenum” is followed by the jejunum and the ileum.]

Vitamin B-12 “assimilation” is a “stomach” issue and is dependent on the secretion of “intrinsic factor”—which is also “secreted” from cells in the stomach wall. Dietary B-12 must be “encapsulated” by intrinsic factor for “safe transport” to the blood stream or B-12 is “lost!” Sublingual B-12 tablets and B-12 oral supplements fail to solve the “absorption” problem for the reasons given above.

Vitamin B-12 is a HUGE female issue because women deplete their

stores of this vital substance 20-30 years ahead of men, due to the loss of menstrual blood. The “odd” thing about Vitamin B-12 is that it is NOT specific for anything—and yet B-12 affects virtually everything—especially in women “30” years and older. [Racemized™ Cobo-12™ transdermal creme remedies the absorption issue by using a proprietary “transport” for absorption by the blood capillary beds beneath the skin. Cobo-12™ is useful for anemia issues, too!]

Healthy livers produce about 1 quart of bile a day. “Bile” is a yellowish-brown and olive-green “juice” of the liver. Bile contains mineral ions, cholesterol and bilirubin from worn-out red blood corpuscles. “Excess” bilirubin in the blood is responsible for “jaundice” in babies and sickly adults. People with liver “conditions” often have a jaundiced appearance.

[Gall stones are confirmation of liver problems and are “10” TIMES more prevalent in women than in men because women grow “acidie” earlier and faster than men. Gallstones are LIVER pellets that “settled” in the gallbladder and “calcified.” Gallstones range in size from lentils to golf balls.]

[Partially digested food called “chyme” enters the intestinal duodenum, it mixes with pancreatic secretions and bile from the liver which are HIGHLY alkaline and designed to elevate chyme pH so carbohydrate bonds can be broken and sugars digested.]

Micelles & Heme Iron

Bile works like dish soap—and so does Yucca Blend.™ They break up and emulsify large fat globules into pin-head sized droplets called micelles. Micelles have more surface area, making it easier for the body to process and absorb fats. Micelle formation is central to the absorption of the fat soluble vitamins like A,D,E and K. [Fat-free diets and foods are not a good idea—especially for women!]

Poor absorption and assimilation of dietary fats spells trouble because 40% of energy production should come from the burning of “fat!”

The gallbladder “stores” bile secreted from the liver. Eating “triggers” the release of bile into the gut. Insufficient bile release robs the body of nourishment and energy from assimilation of fats and oils and “oxidation” of them by the liver.

Bile contains “heme” iron from worn out red blood corpuscles. Heme iron is NOT something you “eat!” It is something your body “MAKES”—and it makes a lot more heme iron when Cobo-12™ transdermal creme, racemized,™ predigested organic liver and algae are taken on a daily basis. [Women respond very well to this approach.]

Ideally, heme iron should be “reabsorbed” in the gut, but it is often “lost.” Heme iron is not the same as dietary iron. A shortage of heme iron will reflect a corresponding shortfall in mitochondrial oxidation of glucose

into “ATP”—our energy molecule—and diminished blood oxygen levels. Elevated “blood sugar” levels are closely “linked” to low heme iron levels, hormone issues and leaky gut. That is why Type II diabetes (aka adult onset/sugar diabetes) is so prevalent during pregnancy and in females over “35” years of age. [Gluco Factor X™ helps.]

[Iron supplements are bad news! Iron is an “oxidizer” and participates in the production of free radicals by providing the perfect “substrate” for pathogenic bacteria overgrowth. Pregnant women should NOT take so called “iron pills!”]

Acne, boils, constipation, appendicitis, psoriasis and “learning” issues—in children and teens—are symptomatic of liver problems—and an acid terrain.

Lecithin is the fat “emulsifier” in bile responsible for keeping cholesterol in “solution.” When cholesterol, mineral salts and drugs settle “out of” solution—arteries “clog” and gallstones develop and grow in size. If gallstones BLOCK the duct(s) connecting the gallbladder to the small intestine, “gangrene” will develop. A gangrenous gallbladder must be removed immediately to prevent septic shock and death from blood poisoning (toxemia).

Loss of the gallbladder usually results in diabetes within 20 years unless action is taken to “prevent” it.

Modern medicine has made quick work of gallbladder removal. However, people need to understand the CAUSES behind gallstone formation and NOT rely on “magic bullet” technology and invasive surgery to save them from death’s pall. Gallbladder issues cause 8,000 deaths and 50,000 surgeries and 1 BILLION dollars in medical costs in the USA every year.

Gallstones are a confirmation that the aging process is accelerating—no matter what your calendar age!

People and animals can live without a gallbladder or an appendix, spleen, tonsils, testicles and ovaries—but health and vitality suffer. It is better to keep these “parts” because they are NOT “vestigial” organs! The health minded individual should try and AVOID organ loss and make the effort to “offset” metabolic slow down where these organs are removed or have “atrophied” and are no longer “functional.”

Without a gallbladder, the liver “drips” bile directly into the intestine—denying the digestive system a “volume” release at mealtime. Insufficient and untimely bile secretion means marginal health and DICTATES use of the racemized™ digestive enzymes like DiSorb Aid II,™ R/BHCl™ and Yucca Blend.™

Liver & Cancer

People with cancer should temporarily abstain from eating meat, cheese and fish to provide their body “rest.” Heavy, high-stress proteins “DRAIN” the system unless heavy digestive supplementation is used. “Healthy” eggs and nutritious SUPER FOODS work well. The more energy that can be directed to healing—rather than processing of food—the better and quicker healing occurs. [There is a “healer” in Los Angeles with a wonderful track record for reversing cancer. His patients eat “RAW” organic beef 3 times a day. Don’t over cook beef!]

Dr. Max Gerson used fresh, organic calf liver “juice” to treat cancer patients. It is LOADED with biologically active nutrients and enzymes—but horrible to ingest. In the USA, fresh liver is NOT an option due to the sick condition of the animals. The same goes for “desiccated” liver. A better alternative is predigested, racemized™ organic liver capsules! They allow everyone—and especially vegetarians and vegans—to add some balance to their lives. [See page 383.] Fresh, organic “beet” and “carrot” juices—are VERY therapeutic to the liver. [One “raw” egg blended in juice is a great source of good protein. “Raw” milk and products like “kefir” are healing. Kombucha tea and unpasteurized sauerkraut are superb!]

Location Of The Liver • Pot Bellies

The liver is located directly under the anterior, right rib cage, above the ascending colon, below the right lung, next to the stomach and opposite the spleen. [See page 46!]

A distended abdomen—as in a “pot belly”—is a classic SIGN of a compromised liver and acid terrain, and goes hand-in-hand with colitis, irritable bowel, leaky gut, diverticulitis, prostate issues, gout, arthritis, heart problems—and cancer! [Dis-ease and illness is spelled “liver!”]

[Intestinal parasites reach the liver via the portal vein and by “traversing” the common bile duct. It is not uncommon to find E. coli “colon” bacteria in the liver and prostate!]

Liver Breath

Foods like raw onion and garlic cause “liver breath.” These foods are potent detoxifiers—and so are fresh vegetable juices and many Super Foods.™ People with “stressed” livers are the ones who suffer with psoriasis, dandruff, ringworm, impetigo, athlete’s foot, dry skin, poor nails, cancer, periodontal gum issues, constipation, diverticulitis, colitis, Crohn’s and celiac “conditions,” acne, irritable bowel, leaky gut, parasites, Alzheimer’s, and more. Fully, “98%” of the population have “marginal” livers. The need to deacidify the terrain and restore liver function is an “ONGOING” project. The “terrain” controls!

By age 45, your author was “aging”—but he “got it all back” and more after developing the *Young Again Protocol*™—and following it!

Mineral Baths & The Liver

Throughout history, mineral springs, hot pools and mud holes have attracted health-minded people. Epsom salt in a “hot” bath is a good “remedy” if water and racemized™ minerals are drunk “beforehand!” Racemized™ clay and charcoal are very useful for absorbing intestinal toxins and rendering them harmless. [See Hot & Cold Therapy on page 428.] The liver is the “KEY” to becoming *Young Again!*

PREVIEW: *Our next chapter deals with energy flow, limitless vitality, and the body’s toll road system.*

Health & sickness are matters of choice!

High Fructose Corn Syrup

High fructose corn syrup is MUCH harder on the body than is sugar because it is a “freak” molecule—and one of the MAJOR driving forces behind obesity and diabetes! Avoid it!

Prostate Issues

Sooner or later men develop “prostate” trouble. Most men choose NOT to deal with their prostate and hide from it until they are in “trouble!” Others swallow the “bait” and go for the cut, burn and poison approach. “Smart” men realize that once upon a time, they did NOT have the problem and that “something” has changed! The smart men choose to deal with the prostate BEFORE serious trouble erupts. [The *Young Again!* (Tissue and Liver) Protocol™, High Enema Therapy™ and R/Prostate™ I & II solve the dilemma. The point here is if you do like everyone else, you will end up just like “them!”]

Racemized™ SUPER FOODS

Here is the list of basic and advanced racemized™ SUPER FOODS used in the *Young Again Protocol*™(s).™ Use them to nourish your body and restore your “terrain.”

BASIC Super Foods:

Racemized™ L_sP_cC
 Racemized™ Liver
 Racemized™ Algae
 VitaLight™ Tablets
 Harmonic™ Pollen
 Harmonic™ Royal Jelly

ADVANCED Super Foods:

H/E™ Powder
 TRP Powder™
 5 Elements™
 High Performance™

SPECIAL Super Foods: Skin & Body Toner™; R/J Factors I & II™ and Biogenic™ hGH. [See page 149 and Chapters 36-37.]

Heavy Metal Poisoning

Aluminum is a heavy metal and is extremely toxic to the body. It—along with mercury, cadmium and lead—accumulate in brain tissue, short-circuiting neuron function and eventually becoming contributors to “Alzheimer’s.”

Aluminum alloys contain fluoride, and the “paste” part of common tooth paste comes from the aluminum industry. Put fluoride and aluminum together and you have a very potent recipe! Cities use aluminum to “treat” water. In the presence of the halogen gas “fluorine,” aluminum becomes aggressive and biologically active. In the body, sodium fluoride—a fluoride “salt”—disassociates releasing fluorine gas. [See Chapter 16.]

Aluminum cookware “leaches” into food. The “pits” in cookware are proof! Non-stick resin coatings on aluminum cookware kept at reasonable cooking temperatures are not an issue—unless the coating deteriorates—exposing the aluminum surface. Stainless steel and cast iron have their share of metal leaching issues. Use discretion and don’t over cook.

Some of the least suspected MAJOR sources of aluminum ions are common baking powder and dill pickles. Look at the ingredient list on a can of baking powder and you will find “alum” listed. AVOID all commercially baked goods that use baking powder as the leavening agent. [Non aluminum baking powder is available from health food stores.]

Alum is an “approved” food additive and is listed on the FDA’s “GRAS” list (“generally recognized as safe”). Obviously, government watchdog agencies don’t have the public’s interest in mind or they would not approve alum and thousands of other additives and colorings for dietary consumption. In the body, aluminum reacts with acid wastes and attacks the nervous system—accelerating onset of degenerative diseases like MS, Peripheral Neuropathy, Cerebral Palsy and Alzheimer’s.

The human body needs “all” of the elements listed on the periodic table of elements. The deciding factors are FORM and SOURCE. Molecular “form” determines toxicity! Ideally, metal ions should derive from home-grown and so-called organic foods. [A dependable source is racemized™ sea mineral ions that have “traversed” the carbon cycle as discussed in Chapter 28. Colloidal mineral products—and products from “ancient sea bed and plant deposits” are loaded with heavy metals and are in the WRONG MOLECULAR FORM.

[SOC™ and racemized™ algae are chelating substances that shuttle heavy metals across the blood/brain barrier and out of body. VZ II™ “digests” amyloid and scar tissues—freeing “bound” heavy metals ions for elimination. L₅P_C™ and PAC’s function as “buffers.” High Enema Therapy™ speeds the process. Vegetable juice “pigments” help greatly!]

“Racemization”™

“Racemized™ formulas are exoteric combinations of circular, overlapping energy fields unified to deliver maximum viability and biological activity in the dynamic environment of a living system.”

Racemized™ products “work” because they are extremely biologically active esoteric “energy” formulations that provide maximum benefit and effect in the body’s “terrain.”

The word viability best describes the “effect” racemization™ has on FOOD nutrient molecules. Viability refers to biological usefulness and activity rather than potency. Racemization™ “enhances” food nutrient energy profiles by expanding the esoteric aspects of their “footprints.”

Racemized™ products carry a dual rating: “biological activity” and “energy footprint.” These indicate potential available energy and expected biological response. Ratings are NOT a measure of carbohydrates, fats, proteins or calories; they are a measure of life force activity in living systems.

The racemization™ scale is 0-10. All right-spin substances receive a static reference score of “0” keyed to their energy profiles. The reference score is then elevated by a factor of “10x.” This four-step proprietary process unifies, boosts, stabilizes and locks energy frequency(s) so esoteric aspects of their energy profiles can be stabilized and utilized.

[Energy is never lost; it merely changes form! The benefits of racemized™ formulations are Fourth Dimensional in nature, and their esoteric aspects are not contained in “physical” form; therefore, they are not contained in physical shipment format. “Transfer” of energy is the issue here!]

Racemization™ does not involve the use of magnetics, homeopathy or other processes. Racemization™ has NO historical analog. It is NOT a physical process!

Racemized™ products carry a 10/10 reference score, giving them far more viability in the body than the same formulation in a non-racemized™ energy state. Racemized™ products offer good value and results to the user despite their cost. Racemized™ products have NO equal in the marketplace and are ONLY made available directly to the end user and NEVER through distribution channels. People who follow the *Young Again Protocol™(s)*™ know the value of these concepts.

[The “hallmark” of the *Young Again Protocol™(s)*™ is personal “mentoring” made available to everyone without fee regardless of individual status. People “like” being treated as human beings, and John Thomas makes himself available to anyone desiring help from “The guy who wrote the book!”]

“Everything In Excess Is Opposed By Nature.”

Hippocrates



SOIL TO SEA

"Man does not die; he kills himself."

Seneca

People love the seaside because the "ionized" air and water makes them feel good! It buzzes with electricity! "Ionized" air and water invigorates them! Walking barefoot in the sand siphons away toxic energy from the reflex points in the feet. "Charged" mineral ions gives the sea's air, water and sand "healing" qualities! [Charged ions are (+) or (-) electrons.]

The sea is nature's storage battery of right-spin ENERGY! It is a phenomenon of tremendous importance. Understanding the source of the sea's energy is central to good health and the aging reversal process.

Mineral ions in solution are called electrolytes. Ions are atoms that have gained or lost electrons—signified by the + or - sign and a number in raised position next to the atomic element symbol such as Na-1. The + or - indicates the atom is long or short on electrons and that the atom is looking for a way to complete the "valence" of its outer electrical shell so it can "stabilize." Ionic stability occurs when competing atoms "share" electrons. For example, sodium + chlorine = sodium chloride. Table salt is "stable." ["Oxidized" (+) and "reduced" (-) are chemistry terms describing the electrical "charge" of atoms in regard to extra or missing electrons.]

Ionic "compounds" are composed of two or more atoms that "bond" by "SHARING" electrons. Usually one is an acid "gas"—like chlorine—and the other is an alkaline earth mineral—like sodium. Ionic compounds are crystalline "salts." "Salts" has an "s" because thousands of such compounds are salts. Salts are "chemically" STABLE until "hydrolyzed" in water or body fluids—causing them to "disassociate" and take on a "charged" condition. [Mineral ions that have not gone through the carbon cycle—like table salt or calcium carbonate—have an unhealthy affect on the "terrain" of the bio-electric body. Racemized™ sea mineral ions have all the desirable characteristics needed for a healthy "terrain"]

Some mineral ions "conduct" electricity in "solution." Others do not!

Electrolytes that are capable of conducting electrical current are always “metal” ions like sodium, calcium, potassium and magnesium that “SHARE” electrons with other elements in order to “stabilize.” [The only exception is nitrogen gas in its “metallic” form.] Sodium, for example, is highly unstable in elemental form—and must be stored in oil to avoid exposure to air and moisture to avoid VIOLENT reactions in an attempt to “bond.” [Race-mized™ sea minerals are broad-spectrum electrolytes that “conduct” electricity. They are so active that they can STOP an electrolytic heart attack if given at the time of or immediately after the event. They work similarly for heat stroke or heat exhaustion.]

Death by “electrocution” is dependent upon mineral electrolyte conductors, a power source and a ground!

Blood and lymphatic fluids carry electrolytes. The nervous system cannot function without them. Electrolytes “conduct” electrical energy and “transfer” electrical signals from one end of the body to the other via the nerve fibers. [Insufficient fluid electrolytes or a sodium-dominated “terrain” environment produce pathological dis-ease.]

The sodium “ion” is the most common electrolyte—but that not mean sodium should serve as the body’s “primary” electrolyte.

We need sodium in VERY small amounts. Too much sodium upsets the sodium : potassium ratio—setting the stage for cancer. Given “no choice,” the body will use sodium ions in lieu of a balance of many electrolytes. [Electrolytes derived from sea water “balance” the electrical terrain of the body. Unfortunately, they are lacking in the food supply. Plants cannot absorb mineral electrolytes from soil if they do NOT exist or if “terrain” conditions in the soil make them “unavailable” or prevent biological “transmutation.” See Chapter 18.]

The best way to insure sufficient electrolytic balance is to use race-mized™ sea minerals in each glass of drinking water. Body electrolytes MUST be supplied all day every day to avoid premature aging.

Toll Road

It is helpful to think of the nervous system as a toll road where a price must be paid BEFORE each nerve signal is allowed to cross a synapse on its way to its destination—perhaps a finger or leg. Think of synapses as “toll booths” along the nerve axon. Schwann’s cells keep the gate open by producing hormones that polish the receptors at the synapses. Mineral ions supply the energy that BOOSTS nerve impulses so the signal can “jump the gap” and continue to its destination. [See axon diagram on page 248.]

The body conducts its affairs using “electrical” currency. A unit of electrical currency is called a mineral ion. As nerve impulses jump the synapses, mineral ions “give up” electrons that supply the energy to fuel the process.

The body needs a constant supply of biologically active mineral ions. Minerals not in ionic form—like colloidal minerals and so-called “mined” ancient earth deposits—do NOT suffice. [The word “colloid” refers to a state of “suspension” and particle size. “Ionic” refers to a state of electrical “conductivity!”]

Disrupted electrical signals produce “spastic” motions, making it difficult to move smoothly and function normally. Nerve disorders are classic examples of sporadic, uncontrolled electrical impulses. Shingles and Peripheral Neuropathy involve deterioration of the neurolemma (myelin sheath), a vitamin B-12 shortfall, and diminished Schwann’s cell activity at the synapses. [SOCTM Cobo-12TM creme and FG creme (women) and MGTM creme (men) help restore nerve function and synapse activity.]

Athletes & Sports Drinks

Athletes associate performance, strength and vitality with “electrolytes!” They know their bodies will NOT perform or hold up to heavy physical stress without enough electrolytes. They drink “sports drinks” to get by—and in the end shoot themselves in the foot because of the imbalances and “excess” they create in their bodies. [Smart athletes make their own sports drinks using racemizedTM sea water ions and water—and they make and drink Kombucha Tea, too! See pages 106, 133, 162, 340 and Chapter 38.]

[Non-athletes also need balanced electrolytes—but unlike athletes who burn out in a few short years, non-athletes burn out over many years in slow motion—a day at a time!]

[All mineral ions are NOT equal. Those that have gone through the carbon cycle—like racemizedTM sea minerals ions—provide indisputable results! Synchronized earth-mineral deposits dug out of the ground and hydrolyzed into a liquid—and minerals in colloidal form, are poor choices because their signature is unfriendly—and they are LOADED with heavy metals like lead and cadmium in the wrong molecular forms.]

[Children need mineral electrolytes for their brains to “function”—and for their bodies to grow. Teach them to make their own sports drink and avoid sugar and bio-junk! My children voluntarily lugged their ionized BFRVTM water to school each day in their special BFRVTM bottles. They loved it and did better in the classroom and in sports. They called it “power water!” All their friends bummed water from them so they could benefit, too! Instead of being “weird,” they turned a simple idea into an advantage—socially speaking!]

As for drinking water, BFRVTM water has a “conception point” ORP potential. [See page 306!] The water’s high-energy footprint comes from the restructuring of the water molecule and erasing of the memory of the contaminants the water contained “before” it was transformed into BFRVTM water.

BFRV™ water resonates a “healthy” frequency—and when racemized™ sea minerals are added it truly is “power water” because of its electrical affects on the terrain.

[“Wanna be” water competitors can’t get past Third Dimension mentality that says “water is water”—so they ride your author’s coattails and the “terrain” concepts of the *Young Again Protocol*™s.™ They just don’t get it!]

Electrical “current” is the movement of energy along a conductor—like a copper wire. In blood and lymph, ionic mineral ions ARE the wire!

\$10,000 For A Bag Of Salt

Ions in solution cause electricity to “flow!” No flow means no conductors (electrolytes) are in “solution!”

Dr. Carry Reams was once paid \$10,000 for solving a electroplating problem at a chrome “plating” shop involving electrolytes in “solution” and “electrolysis!” No one—including the manufacturer of the equipment—could get electricity to “flow” and electrolysis to occur. Reams poured a few pounds of common table salt into the solution and bingo, the plating process went to completion! Sodium chloride solved the electrolysis problem because sodium is an electrolyte.

The human body requires a “balanced” and “constant” supply of electrolytic mineral ions for optimum health. Substitution of table salt—with its “unbalanced” mineral ion load of sodium—creates “terrain” conditions that “mask” fundamental health issues and set the stage for dis-ease and the doctor’s diagnosis. [The poor patient never sees it coming!]

Excess sodium accelerates aging and makes things “seem” fine—until cellular potassium levels are depleted! Excess sodium is a poison and a preservative!

Sugar

Sucrose (table sugar) is a “crystal”—but sucrose CANNOT conduct electrical current when dissolved in water. Sucrose is NOT a conductor because it contains NO electrolytes. Sugar is a “concentrated” left-spin energy substance in crystalline form that lowers the body’s vibratory frequency and dims the aura by depleting the terrain of “electrolytes!” [Sugar consumption causes hair to turn “gray” by withdrawing electrolytes from the hair itself!]

Sucrose sabotages energy flow, causing the bio-electric body to eventually “collapse!” It does it by “bonding” with trace mineral electrolytes whose job it is to “conduct” electrical impulses at the nerve synapses along the nerve fibers. When mineral ions “bond” with sugar, their energy potential is NEUTRALIZED! When the supply of trace mineral electrolytes is low enough, a health crisis occurs—and aging accelerates!

If you choose to eat food laced with table sugar, you will lose your vitality and grow old.

[People live their lives on the edge of starvation; their diets are totally inadequate and loaded with enough sodium ions for them to “exist” between subsistence and dis-ease.]

[Earlier, we discussed Kombucha tea. It is important that the reader understand that the Kombucha organism has the ability to convert the most powerful left-spin substance—white sugar—into an equally powerful right-spin energy substance that is loaded with enzymes and healthful “organic acids.” The organism uses biological alchemy—as discussed in Chapter 16—to flip-flop the energy footprint of the “solution.” The sugar is “gone”—and healthy energy remains!]

The Second Law of Thermodynamics states “energy is never lost; it merely changes form!” Believe it!

“Experts” tell us sugar is sugar. They tell us there is NO difference between sucrose, maltose, invert, dextrose and lactose—except in their molecular structures. They tell us that mannitol, sorbitol and “aspartame” are harmless! They tell us “The body does not care because in the end, sugar is sugar!” They tell us the “sugar blues” haunting millions of people are “imagined!” The experts are wrong!

The body differentiates between sugars as it does with oils based on their energy footprints.

Some sugars accelerate aging by neutralizing the body’s supply of mineral ions. Table sugar and artificial sweeteners destroy food energy by stealing electrons from food molecules through “ionization.” [Translation: food molecules are altered through gain or loss of mineral electrons.] Purified sugars like table sugar, fructose, high fructose corn syrup and inverted sugar are a biological “disaster” and MUST be avoided!

Artificial sugars—like aspartame which is better known by the red, white, and blue “swirl” and the latest “xxxx from sugar” artificial sweetener have radiomimetic qualities that “alter” cellular DNA. Food additives and coloring agents do the same thing! These poisons “zap” body energy and are no different than eating irradiated, microwaved food. All of them bring on gray hair, aged skin, diminished glandular activity and hormone imbalances by stealing mineral ions and “locking up” body receptors—while DEVASTATING the “terrain!” Their effects are characteristic of “zeno” estrogen analogous molecules found in drugs and in the environment.

Foods processed with large amounts of sugar and salt do not spoil because their enzymes have been scrambled and deactivated. Bugs do NOT eat white sugar and sodium chloride-laden food. They are NOT stupid—but humans are “dumb!”

If you MUST choose between table sugar and artificial sweeteners—choose sugar! VitaLight™ tablets and racemized mineral ions buffer the effects of sugar by “loading” your system with active trace mineral ions.

Major & Minor Minerals

The body needs both major minerals and minor (trace) minerals to function. Science has known about the major minerals like calcium, potassium, sulphur, and phosphorous for a very long time. Trace minerals—like manganese, boron, iodine, molybdenum, and 60 or so others—have only recently been recognized to be of any importance in human nutrition. [Science is reluctant to acknowledge man's mineral dependence, yet it “rubber stamps” the use of soy, canola, aspartame and genetically altered “stuff!”]

We KNOW minerals are crucial to maintaining good health and longevity. What is NOT widely known is that the “form” of the mineral is as important as the mineral itself. Molecular “form” determines a mineral's effect on health.

Elemental mineral compounds are of no use to the body. Calcium carbonate is an elemental compound used to supplement so-called calcium “deficiency”—but instead it creates a condition of “EXCESS!” Supposedly, lack of calcium is responsible for osteoporosis—but calcium “deficiency” has “NOTHING” to do with it—and everything to do with why women are dropping like flies with heart attack. [See pages 38, 58, 85, 91-4, 152, 157-8, 170, 274, 300, 338 and 373.]

Elemental mineral compounds do NOT belong in the body. They foul our nest and create secondary health problems because the body cannot use them.

The “-ate” at the tail-end of the word “carbonate” tells says the compound is in “salt” form—meaning a crystal! Taking calcium carbonate to get more “calcium” is the equivalent of a postpartum woman drinking milk so she can produce more breast milk for her baby—or taking chondroitin sulfate and glucosamine sulfate to make “cartilage,” which they do not!

Synthetically “chelated” minerals cause problems. “Chelated” means elemental mineral are “bonded” to amino acid “transports” to get them into the blood. This is NOT desirable! Tricking or forcing the body to accept that which it otherwise would NOT accept creates conditions of “excess” which leads to dis-ease and aging! Elemental mineral compounds have NOT gone through the carbon chain. Do NOT use them.

Biologically active mineral ions should derive from vegetable juices, “unprocessed” food, healthy animal tissues, racemized™ sea mineral ions, and SUPER foods like racemized™ algae, predigested, racemized™ liver capsules, Harmonic™ pollen and Royal Jelly.

Enzymes • Minerals • Nitrogen

Enzymes are nitrogen-containing protein “molecules” that function as ENGINEERS in charge of the “toll gates” that control the flow of “energy!” Enzymes are mineral ion dependent—and they create energy “hot spots” that “throw the switch” so blood and lymph fluids can transport energy and waste.

[Biologically active “soil” and healthy plants function on the same basis using the bacteria as the “mediators!”]

Nitrogen plays a KEY role in the life process. All body tissues are made of amino acid “proteins” containing “nitrogen” in their molecular structure. Nitrogen is NOT a “metallic” mineral ion in the “physical” sense of a metal. Nitrogen is a “gas” that occurs in several “states.” In its “metallic” gaseous state, nitrogen conducts electricity [Think of “lightening” in the sky!] and functions just like a metal ion “electrolyte!”

Nitrogen—atomic symbol “N”—is an important factor in building healthy connective tissue and in the health and longevity story. Life cannot exist without nitrogen. The atmosphere is composed of 78% nitrogen. Plants and animals require nitrogen to grow. The experts use synthesized nitrogen “salts” to FORCE crop production on the premise that “Food is food!” But nature does not produce high-vitality food in an unbalanced environment. Nature responds with “left-spin” energy food that is high in “funny proteins.”

Funny Proteins

“Funny proteins” are “unavailable” proteins—that is, proteins that confuse the body—and soy is a “classic” example. Food protein is measured by its nitrogen content. When you hear nutritionists and farmers talk about food and crop protein percentages, their “yardstick” is calibrated in “%” of nitrogen content. In other words, they are using a “proxy!”

Nitrogen is a gas. Unbuffered, it is an acid gas with a pH of “1-2!” When proteins are fully digested and broken down into their constituent parts, nitrogen gas is released. [Think of a rotting carcass that is off-gassing foul-smelling nitrogen gas!]

Imagine the “acidic” effect on the “terrain” that occurs when nitrogen containing dietary proteins fail to “digest” for lack of sufficient stomach acid or when body tissue dies and breaks down—as when someone is very sick or dying and they are consuming their own “muscle mass.” [Body odor and the smell of death have much in common!]

When the vegetarian body consumes its own tissues, it becomes a meat eater! Think about that!

“Funny” proteins contain nitrogen in the wrong form. When eaten, their nitrogens creates a condition of “EXCESS” that requires large amounts of calcium to be “withdrawn” from the bones to buffer the acidic effects.

Environmental deterioration from high-powered, synthetic salt fertilizers and poisonous sprays used in agriculture is one reason more and more “funny protein” is entering the food chain—and as “freak” protein levels rise, so does the occurrence of degenerative dis-ease.

Look at a bag of dog or cat food. It lists total protein and crude (unavailable) protein. If you subtract one from the other, you get available protein.

Not so many years ago, the amount of unavailable protein was under 1/2%. Today, it is as high as 2%—and more! The rise reflects the amount of “funny” protein in the food supply. [Undigested proteins “rot” in the gut if insufficient stomach acid is secreted. Poor protein assimilation translates as a weak, emaciated, low muscle-mass body. Use R/BHCl to remedy this problem.]

As the level of funny protein doubles—for example from 1/2% to 1%—the amount of calcium needed to stabilize blood pH increases by 200 times! And where does the body get the calcium? From the bones, ladies! And it’s called osteoporosis when the condition finally becomes diagnosable about 20+ years AFTER the process began.

Your author has stated repeatedly that there is NO such thing as a “deficiency” condition or dis-ease. So-called deficiencies result from conditions of EXCESS! For example, osteoporosis ONLY occurs in a highly “acid” body terrain. Medical science shouts “deficiency” of calcium—when the problem is acidic “excess!” [The body stores excess acidic waste in the fatty tissues beneath the skin.]

Millions of cells die each day—and if the break-down products are not promptly removed, nitrogen-based acid wastes “FLOOD” the system and force the body to withdraw mineral from the bones to “buffer” the acids. Aging is really nothing more than progressive “acidification” of the terrain.

[The best way to reverse acidification is by following the *Young Again (Tissue and Liver) Protocol(s)*.™ Drinking small amounts of fresh beet and carrot juice along with Kombucha Tea and unpasteurized sauerkraut help greatly. High Enema Therapy™ is an absolute “must!”]

Nitrogen & Plants

Nitrogen is the unit of electrical currency that opens the plant’s “toll gates” so energy and mineral ions can travel to enzyme-created “hot spots” in the plant’s tissues.

Chemical agriculture has learned how to trick and force plants into “up-taking” unwanted minerals and poisons into their tissues. [This is the same idea of using “chelated” elemental mineral compounds in supplement form.] “Forcing” crops to grow on hard-core chemicals in soil water “solution” is based on the assumption that God, Nature, plants and the body are stupid—but the experts are smart! Chelation of minerals smacks of the same mentality that says “Genetically engineered and hydroponically raised food is no different than food grown on healthy soils.” These bogus practices supposedly render “moot” the need for healthy soil—and the same can be said for microwaved vs. conventionally cooked food!

Nature designed things so the elements would have to “pass through” the carbon cycle before gaining legitimacy and a ticket into plant, animal and human tissue.

The Carbon Cycle

The “carbon cycle” explains how earth minerals are ionized and assimilated into food molecules—and how mineral ions become part of sea water. The carbon cycle transforms biologically inactive earth minerals into active, right-spin energy fields that people can use to maintain or regain their health. Here is the formula.

CARBON CYCLE = rain + soil + sun + microbe + plant + animal = biologically “enlivened” mineral ions.

Bacteria in the soil are the bankers for earth mineral ions. Ions are “made available” when elemental earth mineral compounds react with weak organic acids—like carbonic acid—secreted from plant roots. [Atmospheric carbon + hydrogen = carbonic acid!] Bacteria “retain” and “modify” mineral ions—and live on their electrical energy until the plant withdraws the mineral “ions” from its “account.” Enzymes are the tellers overseeing the exchange of mineral ion “currency.”

Plants use solar energy to make proteins, fats, carbohydrates, vitamins and enzymes that contain biologically active mineral ions supplied by the microbes.

Animals eat plants and deposit their waste on the soil for the microbes to consume. Plants grow, die and leave their residues on the soil for bacteria, yeast, and fungi to consume. In time, nutrient ions find their way to the sea where they become a “solution” of biologically active ionic minerals. Mineral ions give sea water its characteristic salty flavor and “energy”—and they are responsible for the “energy” associated with the seaside. [Racemized™ sea mineral ions provide the body with electrical “currency” for maintenance of health and vitality. Their beneficial affect on body physiology is “confirmation” of their electrical “valence!”]

Vitamins

Vitamins cannot perform their job unless needed mineral ions are available in BOTH balanced and active molecular form. Vitamins are NOT well understood—but we do know they are mineral “dependent.” Science has had to shadow box with vitamins, learning of their importance through so-called deficiency conditions.

The word vitamin derives from “vital”—meaning necessary, and “amine”—which is the chemical name for a nitrogen bearing “—R group” molecule. [See Chapter 33!]

The word amino—as in amino acid—also derives from the word, amine. Aminos “join” and form molecules called proteins—and proteins contain nitrogen! Also common to protein structures is “carbon” and “sulphur!” [SOC™ supplies racemized™ carbon and sulfur for building sulphydryl bonds that are critical to healthy tissues.]

SOCTM capsules and SOCTM lotion boost blood and nerve activity in congested and traumatized tissues. VZTM DIGESTS amyloid plaque and scar tissue. L_SP_CCTM stimulates the body to lay down additional “new” collagen.

Amino acids, fats and carbohydrates are organic molecules resulting from “anabolic” activity in living things. [See pages 21 and 198!] Organic molecules contain oxygen, nitrogen, sulfur and carbon. The presence of carbon in a molecule qualifies it as “organic!” Carbonaceous matter (leaves, grass, wood, etc.) contains carbon. Carbohydrates contain carbon. Life is impossible without carbon. A vitamin is a nitrogen containing substance containing a carbon amine “—R” group.

[Earlier, we talked about a family of toxic chemical molecules found in “chlorinated” municipal drinking water called “chloramines.” The chemicals cities use to treat public drinking water produces “chloramines!” Chlorine gas molecules in “solution” bond to carbon-containing organic substances in water-forming “chloramines.” Organic means anything that is carbon based. Toxic chemicals and chloramines in bathing water “penetrate” the skin and damage the “liver!” They DEVASTATE the gut wall, causing a leaky-gut condition in people of ALL ages—including children.]

Man-made vitamins stress the liver and are toxic—and do NOT build healthy tissue. Real, live food and vegetable juices are the best vitamin source! Your author prefers food- based vitamin supplements. In biochemistry, vitamins are referred to as cofactors or coenzymes. Vitamins and mineral ions need each other to work. Please ENGRAVE the following statement into your consciousness—and never forget it!

Man DOES NOT live on vitamins, minerals and enzymes—but from the energy released by the chemical reactions they fuel! Believe it!

The Carbon Connection

In his timeless book *The Carbon Cycle*, my friend, Leonard Ridzon defined carbon as “The governing element that determines the vitality of food crops [and life on Earth].”

Carbon is extremely important to the aging process. It is THE common denominator in high-vitality food and healthy soils. Carbon is the barometer of the soil’s aura and magnetic field. It is the basis of all life.

Carbon can combine in millions of combinations because of its unique molecular form. Bogus science uses carbon to create organic poisons—like pesticides and herbicides.

Highly magnetic soil is called, “paramagnetic” (para-beyond). Paramagnetic soil grows right-spin, high-energy food with a “healthy” energy signature.

Devitalized soil has NO “paramagnetism”—and food grown on it does

NOT sustain human beings, barnyard animals or plants. Sick soil is LOW in carbon and microbial activity. Sick food translates “sick people!”

The fastest and best way to convert sick dirt into vibrant soil is through biodynamic principles as described in Biodynamic Farm, Biodynamics I & II and Introduction to Biodynamics.

Avail yourself of biodynamic principles and turn polluted soil into a nice garden the first year with the product “BioGrow.” [See page 147.]

The ideal food is fresh, home-grown fruits and vegetables that are packed with life-giving nutrients and right-spin energy. Next comes store-bought “organic” food. [Racemized™ supplements boost both.]

[Your author wants to stay YOUNG—and biologically active mineral ions are the electrical currency he uses to “trigger” biochemical processes, stabilize the heart, boost energy and endurance and prevent Rouleau in the blood!"]

Tend to the “basics” and you won’t grow old and die prematurely. Tend to the basics and you will NOT need doctors OR the “sick care” system. Implement the information in this book and you, too, will become *Young Again!*

PREVIEW: *Our next chapter is about the immune system and cancer and how to avoid dis-ease.*

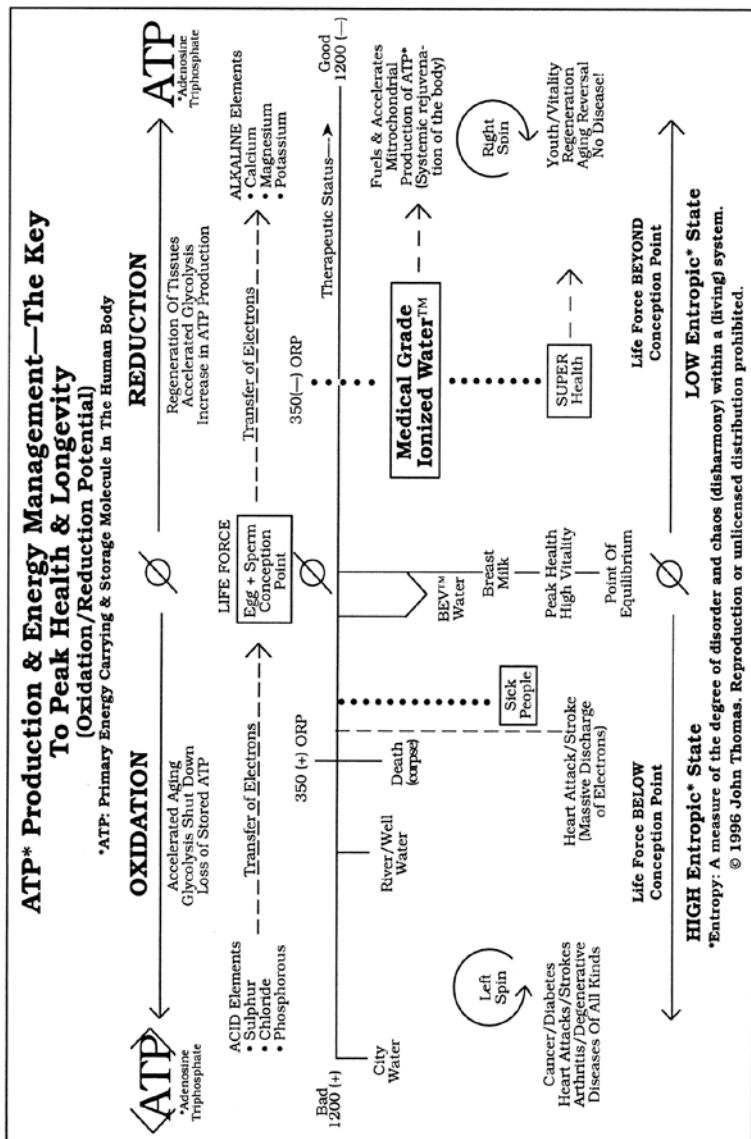
Beatings!

“The beatings shall continue until the morale improves!” This approach does NOT get good results—at work, in your personal life or in matters of health. Stop the blame game and make meaningful changes in your life and your “moral” will improve!

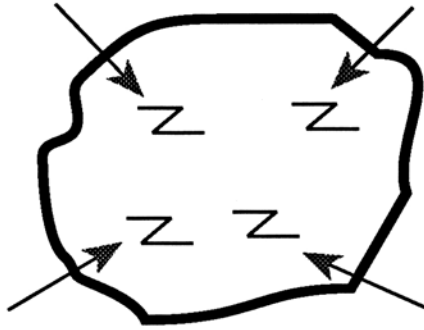
Hard Wired!

The reflex points in the feet are hard wired to the “vital” organs—and so are the nerves flowing from the colon wall. High Enema Therapy™ stimulates nerve-flow and increases bile-flow from the liver. Acupuncture and reflexology work on the same principal. Does the reader “see” the connection?

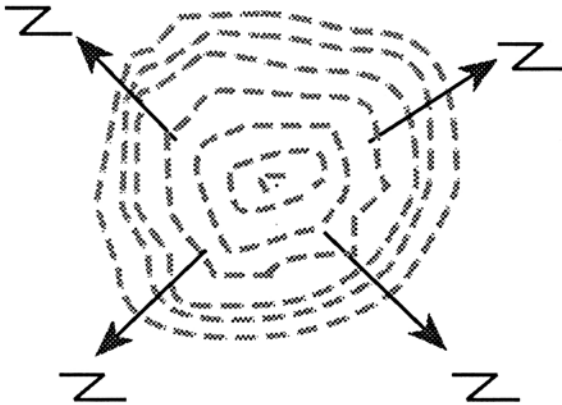
ATP Production



Cancer Tumors vs. Cancer Masses
They are NOT the same!



Cancer Tumors
Import & Condense Energy
Tumors calcify; appear on
X-rays, CAT Scans, & MRI's;
can be felt with hand; do not
have an "occult" phase.



Cancer Masses Export And Disperse Energy
True masses do **not** calcify or
appear on X-rays, CAT Scans or MRI's;
they are soft to touch; and they
are invisible during occult phase.

High Blood Pressure

Hypertension is NOT a good thing—and neither is the hard core drugs used to control it. The *Young Again™* answer to these problems is called NTV.™ It's effective and there are no side effects like "drugs!" [See pages 315 and 316.]

The Rouleau Effect

The battle for health and longevity is a “terrain” issue that is won or lost at the “cellular level” where the very fine blood capillary beds “interface” the cells.

Blood corpuscles “tumble” through the very fine blood capillaries one at a time! A corpuscle is a denucleated blood cell, that is, a blood cell without a nucleus. [A cell and nucleus looks like a chicken’s egg without a yoke. An egg is a single cell.]

As cells and tissue spaces overload with amyloid acid wastes, the body’s energy footprint shifts to the left—and blood assumes a “sticky” appearance. Sticky blood is the EFFECT of a condition called Rouleau. When Rouleau occurs, free movement of blood corpuscles servicing the cells “stalls”—causing the tissue “stress” due to insufficient oxygen, carbon dioxide, waste and nutrient movement. Eventually the condition manifests as a “not-so-nice” dis-ease.

Racemized™ sea minerals break up the Rouleau Effect in blood. A short squirt of these ions in every glass of water you drink—regardless of the type of water it is—does the job! The “ionic” effect is an energy response that translates as good health and high vitality. [See pages 136 and 294 for a better understanding of these issues.]

SLOWDOWN in the bilateral movement of oxygen, nutrients, carbon dioxide and waste in the tissues leads to aging! Aging is another word for “self-inflicted” fouling of our own nest—and the fouler we become, the faster we age!

“Stagnation” of intracellular fluids “within” the tissue spaces causes the cells to die. Conditions like cancer, arthritis, fibromyalgia and hundreds of other so-called “dis-eases” have their roots in stagnant AMYLOID fluid and unbalanced intracellular (inside the cell) fluids, which are an invitation for sodium to invade the cells as potassium is withdrawn to meet the body’s needs. [The body does NOT “store” potassium. Removal of cellular potassium is shuts-down the cell!]

[SOC™ “triggers” increased blood flow and nerve activity in scarred and traumatized tissue. VZ™ “eats” amyloid plaque and scar tissue. In time, aches and pains go away and the body becomes more “limber” and free moving. SOC™ provides the raw materials the body needs to build sulfonyl bearing connective tissue proteins that replace damaged and “digested” amyloid and scar tissues.]

If you wish to regain your health—or hold onto what you have—it’s VERY important to provide your body with a constant flow of racemized™ sea mineral ions. These inexpensive ions provide the benefits of free-flowing blood without the dangers associated with pharmaceutical “blood thinners.” They also assist in getting sound sleep—and leg cramps and charley horses go “bye” “bye” when a liberal dose of these ions are taken immediately before going to bed. Elimination of the Rouleau Effect has profound implications for health and longevity. In the end, good health is a matter of choice! Rouleau is a TERRAIN issue! Don’t forget it.



BODY FLUID DYNAMICS

“When science falters, it is because no one is asking the right questions.”

Charles Walters

Blood is central to all body metabolism. Blood carries oxygen and nutrients to the cells by way of the arteries and capillary beds “imbedded” in the tissue spaces. Blood hemoglobin transports oxygen into the tissue spaces and carbon dioxide (CO_2) from “cellular” respiration OUT of the tissues spaces and OUT of the body by “external” respiration in the lungs. [Low “hemoglobin” and blood-iron levels equate to low energy and EXCESS accumulation of highly acidic CO_2 .]

“Tissue” waste is NOT removed by the blood—but by the lymphatic system which deposits the waste into the blood. The waste is filtered from the blood by the liver and deposited as “bile” in the gall bladder. The kidneys process about 10% of body waste—while liver-produced bile transports 90% of the body’s waste via the bowel. [Poor liver function and low bile flow cause the body to turn “ACID” and age very rapidly!]

Blood is systemic because it “interfaces” all body systems. It is an excellent “test” medium and a “clinical” barometer of present or pending disease. Blood is the primary fluid “tissue” for determining “state” of health. Urine and cerebral/spinal fluid tell their own stories. [Lymphatic fluids are “ignored” and considered “moot” by the medical system.]

The blood system’s fraternal twin—the lymphatic system—complements the blood circulatory system and “interfaces” with all body tissues, organs and systems. [Think of the lymphatic system as the “other half” of the body’s plasma protein communication network—the MOST important half.]

The lymphatic system does NOT have a “heart” to pump its fluids. Lymph fluid is straw-to-clear in color—not red—and unlike blood, no one will buy lymph fluid from you. And, if there is an emergency, no one will ask you to donate lymph fluid.

It is impossible to reverse the SIGNS and symptoms of aging and disease if the lymphatic system is ignored.

“Lymph” circulation occurs when we walk, run, swim or exercise—and when we breathe deeply or do load-bearing work. We do more of these activities when we are young and healthy—and “avoid” them as we grow “older!” [We must perform load-bearing physical work if we expect to stay young. [Women are trained to “avoid” hard work. These days—2006—men are “choosing” to do the same. Both sexes are paying the price!]

The lymphatic system is a network of capillaries and vessels similar to the blood system, but with some notable differences. Lymph capillaries begin as blind alleys while blood capillaries “transition” from oxygenated arterial blood capillaries to deoxygenated venous blood capillaries that are “continuous.” The lymphatic system has “nodes;” the blood system has none. Lymph vessels are “valved” for one way movement of fluids; the blood system has no valves. Lymphatic capillary walls are more “permeable” than blood capillary walls.

The lymphatic system is a plasma protein “communication” system responsible for returning acidic, waste-laden, tissue fluids to the blood for filtering by the liver. Tissue fluid entering lymph capillaries cannot escape until deposited into “returning” blood at the subclavian vein just “prior” to the where returning deoxygenated blood enters the heart.

It is IMPORTANT to recognize that lymph “nodes” are energy storage sites where TOXIC energy is “held” for safekeeping until the liver can deal with it. That is why lymph nodes in the armpits, under and outside the breasts or in the groin swell and become hard. They are holding “condensed” energy. [The tonsils are lymph nodes that swell and become inflamed during illness.]

[The “rebounder” and Biogenic™ Lymph Roller are used to circulate lymphatic fluids. The best way to improve lymph drainage and cerebral spinal fluid circulation is with the L/CSF™ machine. People who are physically limited or who hate to exercise can benefit greatly from using the L/CSF.™ See Pages 107, 160, 381 and 382.]

The 10% Leak

The blood circulatory system has 10% “leakage” built into the system! Blood is pumped into the arteries under pressure from the heart muscle—but only 90% of blood “volume” exiting the heart returns as “blood!” The 10% leakage is through the blood capillary walls INTO the tissue spaces as “plasma” proteins. These fluid proteins “service” the cells with oxygen and nutrients and become the “medium” for removal of intercellular (inside the cell) fluid waste.

The lymphatic system performs critical functions the cardiovascular system is NOT designed to perform.

Tissue fluid picked up by the lymph capillaries is called “lymph” fluid. Tissue fluid not picked up by the lymph system is called “AMYLOID” fluid.

About 10-15% of tissue fluid is “NOT” absorbed by the lymph capillaries. Fluid left behind is “soluble,” “stagnant” amyloid fluid. In time, STAGNANT amyloid fluid morphs into “non-soluble” amyloid “plaque”—and eventually “scar” tissue! Amyloid plaque is STRUCTURAL “brick and mortar” that “cannot” circulate because it is no longer in a fluid “state!” [VZ™ “digests” amyloid plaque, returning it to a “fluid state” so the lymphatic system can transport it to the liver for removal in “bile.” Yucca Blend™ acts like dish soap by emulsifying tissue wastes so they will “FLOW!”]

Lymphatics & Aging

The lymphatic system is the MOST IMPORTANT system in the body because failure to circulate highly acid waste causes the body OVERLOAD and “collapse!” A functional lymphatic system and heavy bile flow translate as good health.

Aging and dis-ease are “confirmation” of an acid “terrain” and sluggish lymphatic system. “90%” of routine blood-waste removal falls upon the liver. And if the liver fails to do its job, the body’s “ONLY” option is to “STORE” circulating, “soluble” waste in the fatty tissues beneath the skin. [These wastes are in “soluble” form; they are not in structural form like amyloid plaque and scar tissue.] Waste is taken “out” of circulation and stored to get it as far “away” from the vital organs as the body can “park” the stuff! [Ideally, these soluble wastes leave the body each day in “bile!”]

Waste “congested” tissues “PREVENT” the body from “cleansing” itself while denying needed oxygen and nutrients. Waste accumulation “RAISES” tissue “pH,” speeds break-down of connective tissue, and skews the sodium : potassium ratio in BOTH circulating and non-circulating “tissue” fluids. [Blood and lymph fluids are “liquid” tissues!]

[The lymphatic organs are the lymph nodes, thymus gland, tonsils, spleen and red bone marrow. Lymphocytes and macrophages are also part of the lymphatic system.]

Cancer BEGINS in the lymphatic system and metastasizes (spreads) by way of the body’s plasma protein highway—the lymphatic system.

Fats & The Immune System

lymphocytes and macrophages in the blood and lymph fluids protect the body from invading microbes and foreign substances entering the blood stream because of a “leaky” gut!

Lymphocytes include T-cells and B-cells. B-cells originate in the bone marrow, and some become plasma cells that secrete “antibodies.” Antibodies conduct warfare against invading antigens in body fluids. [Nail fungus and skin “conditions” are external SIGNS of acid waste overload—and trouble to come. SIGNS and symptoms always give way to dis-ease.]

Edema is confirmation of systemic OVERLOAD and stagnation of amyloid fluid and waste in the tissues.

Exercise & Lymphatics

The “primary” purpose of exercise is to circulate lymphatic fluid. Exercise enhances “lymph flow” through body movement and muscle contraction. Brisk “walking” is one of the very best exercises. Women who “exaggerate” arm movement when walking would be smarter to allow their arms to swing naturally. Naturally swinging arms are “FAR” more effective than the ridiculous antics prescribed by the “experts!”

[Let’s demonstrate the dynamics of lymph movement and “electrolyte” activity. First, have the person stand erect and extend one arm straight out to the side of the body level with the shoulder. Next, attempt to gently but forcefully pull down on the arm and note the amount of “resistance” generated. Then have the person run in place for about 10 seconds. Now, repeat step one and note the loss of resistance and strength. We are demonstrating lymph displacement and loss of “charged” mineral ions as discussed in Chapter 28.]

Lymph • Red Bone Marrow • Fluoride

Red bone marrow is that part of the lymphatic system responsible for red blood cell production. Red bone marrow is located in the “flat” bones of the body [chest, hip and back] and in the “epiphyses” (ends) of the long bones. Between the epiphyses and diaphyses is where the growth plates are located. The growth plates give us our physical height when hormones “elevate” at puberty—which is also the beginning of our “middle” years. [The diaphysis is the “shank” of the long bones. Do you remember William The Longshanks—the enemy king of William Wallace in the movie Braveheart?]

Fluoride interferes with production of red blood cells, “blocks” enzyme activity, and “hardens” bone collagen matrix—causing the entire body to become “stiff and “brittle!” Collagen matrix is the basis of strong, flexible bones. Fluoridated toothpaste and drinking water suppress red blood cell production and promotes anemia in females as well as limiting blood’s ability to carry oxygen. Anemic people have poor vitality and tire easily. [Fluoride’s affect on health and energy is similar to taking chemotherapy for cancer—except fluoride poisoning occurs in SLOW MOTION one day at a time!]

The lymphatic system services the colon—which begins at the cecum. [See drawing on page 46.] The cecum is the “juncture” of the lower small intestine (ileum) and the beginning of the large intestine (colon). The appendix “dangles” from the cecum—the MOST TOXIC SITE in the body

and the site where the “chocolate pudding” is housed! [Chocolate pudding is the “stuff” of CANCER—and the reason the colon is the “cancer alley!”] The appendix is heavily surrounded with lymph nodes called “Peyer’s patch.” These lymph nodes isolate and manage toxic-waste “overload” to prevent “death!” An “appendectomy” removes the appendix to prevent “bursting”—but FAILS to deal with the causes. [High Enema Therapy™ avoids ever having to deal with “appendicitis!” Surgical intervention is too little, too late! A word to the wise!]

Appendicitis is confirmation of toxic waste overload that ONLY occurs in a highly acid “terrain!”

A sluggish bowel and lymphatic system is symptomatic of poor bile flow. People who experience appendicitis, diverticulitis, colitis or irritable bowel are under “indictment” for more serious health problems to come—unless remedial action is taken to restore their “terrain” and change-lifestyle.

Acne & Scars

Acne is also indicative of a leaky gut, a stressed liver, poor bile flow and a sluggish bowel! Scars and skin blemishes go with a congested lymphatic system and acid waste accumulation in the tissues beneath the skin. [An acid environment prevents the parenchyma cells from “restoring” damaged tissue. Parenchyma cells are the active, functional cells of healthy organ tissue!]

[Scars and skin blemishes are repaired using VZ™, L_sP_cC™ and SOC™ capsules “internally” and racemized™ Skin Creme™ and SOC™ Lotion “topically.” Deacidification of the “terrain” is addressed with High Enema Therapy™ and the *Young Again (Tissue and Liver) Protocol™*. Contrary to “myth,” skin bacteria do NOT cause acne—but bacteria DO feed on acid waste “oozing” from the membranes beneath the skin.]

An astute surgeon can tell the physical age of his patient by the amount of “scarring” in the tissues.

[Your author underwent hernia repair in 1981. The surgeon was amazed at the good “condition” of my vital organs, but was puzzled by the “break-down” in the connective tissues of my “belly” that made the surgery necessary. Twenty-five years “later”—age 61—your author is “physiologically” younger. Gone are the dietary issues that led to hernia and knee surgery! Complete “regeneration” has restored these tissues!]

[Vegetarian, fruitarian and macrobiotic diets lead to “systemic break-down” of the connective tissues. A diet VOID of eggs and meat is “INCAPABLE” of sustaining a strong body! Your author is younger and stronger at age “61” than at age “36” because he eats “healthy” meats and eggs!]

Burns • Scars • New Limbs

The body can regenerate itself—limbs, nerve tissue, bones—and brain! We are talking total limb regeneration and restoration of function with no evidence of trauma or scarring. These possibilities were amply demonstrated by Dr. Robert Becker and Dr. Melvin Saunders 20 years ago—and recently by the Japanese who helped a diabetic “grow” a missing foot using Medical Grade Ionized Water™! The Japanese CD is available and is best understood with the help of the “water book.” [See Source Pages 39, 108, 184, 220 and 306.]

[In 1983 your author suffered a severe burn in a welding accident. The skin and underlying tissues of the inside of my right elbow were burned and destroyed by a hunk of red hot 50000 F steel that fell and landed in the crook of my arm. I should have scarred “horribly”—but instead healed without ANY scar formation. I did not see a doctor and I did not scar because I performed High Enema Therapy™ daily and “juiced” to move “bile” and keep from going “acid!” I also made SURE that I consumed plenty of high quality “protein!”]

The miracle of “regeneration” was personally experienced by Mitchell May who made medical history by growing new skin, bone, and nerve tissue after suffering over 40 breaks to his femur (thigh bone).

[Medical miracles are closely parallel the principles of vibrational medicine and the manipulation of subtle energy forces in the bio-electric body.]

Clogged Arteries & Lymph

Atherosclerosis—“clogging” of the arteries—is a major problem in the USA. Yet nothing is mentioned of the interrelationship between the liver, bile flow, the lymphatic system, amyloid waste build-up, hormones—and their effects on the heart and blood circulatory system. Before we discuss the interrelationship, a little anatomy and physiology is in order.

[“Waste-laden” lymphatic fluid join the blood just prior to where returning blood enters the heart. The heart then pumps blood to the lungs where TWO things occur: blood is reoxygenated ; carbon dioxide waste and waste energy is RELEASED into the atmosphere. The blood then returns to the left side of the heart for distribution to the body. As the blood leaves the heart, the left and right “coronary” arteries branch off and supply the heart muscle itself. These are the arteries that become “blocked” requiring coronary bypass surgery in critical situations. Bypass surgery is a short term “fix!”]

Waste and toxic substances in the blood COMBINE with chlorine, fluorine, chloramines and amyloid waste from the tissues forming atherosclerotic plaques that “clog” the arteries feeding the heart and body. Cardiovascular problems, therefore, are a “confirmation” of an acid terrain, a sick liver and the cumulative effects of poor choices in lifestyle.

Somebody “terrains” age so rapidly that people simply “drop dead” from a massive heart attack. Angina pectoris chest pain results from poor blood flow in the chest, low ATP production—and a magnesium “electrolyte” shortfall. “Ischemia” (ischein-to hold back. hemia-pertaining to blood) is specific to an “oxygen starved” heart muscle. When heart attack occurs, heart muscle tissue dies or becomes non functional. This is called myocardial infarction. If a blood clot is involved, it’s called coronary thrombosis. A clot is a thrombus. A stroke involves a “clot” in the brain.

[Medical experts “wrongly” blame and cut out dietary Vitamin-K to stop blood clots. Vitamin-K is known as “clot factor.” Without Vitamin-K, blood will not clot and you will bleed to death—like a hemophiliac! Instead of using aspirin and ending up in the Alzheimer’s ward—or so-called “blood thinners”—use Racemized™ Sea Minerals and NTV™ and VZ.™ Never use Nattokinase if Vitamin-K2 has been removed! Blood clots are confirmation of a terrain that is “out of control!” Clot factor does NOT cause blood clots—but “EXCESS” waste accumulation and poor bile flow sure does!]

People & Plants

Human beings and plants have MUCH in common except for issues of mobility and fluid movement. Humans [and animals] rely on physical activity to move lymphatic fluid—and we have a heart to pump blood. Plants have no heart and depend on capillary action, osmosis, enzymes and mineral ion energy to overcome gravity for moving energy, water and nutrients into their tissues and back to their roots. Humans depend on the mitochondria in the cells to produce the ATP energy molecule to fuel metabolism. Plants rely on mineral ions, photosynthesis and solar energy to fuel their metabolic processes. Humans rely on red blood corpuscles and hemoglobin to supply oxygen. Plants rely on chlorophyll and chloroplasts. Human body fluids are called “blood” and “lymph.” Plant fluids are called chlorophyll and sap. Humans have total control over their environment. Plants are dependent on available sunlight, soil, water and food.]

Movement and activity are critical to good health and longevity. Failure to “move” accelerates aging.

The lymphatic system “CONTROLS” the “terrain”—and dis-ease develops in lymphatic system “before” it appears in blood. Instead of “limping” into old age, “lymph” your way back to your anabolic “peak” where you become *Young Again!*

PREVIEW: *Our next chapter is the “cancer” chapter! Learn HOW to avoid becoming a cancer statistic.*

Ring! Ring! Goes The Bell!

And so it does—sometimes 150+ times a day. Will it be “conversation” or “communication?” Do we have a “chicken” or do we have a “duck?” To solve the riddle, see Chapter 39!

Protein Digestion

Protein “digestion” occurs in a highly “acid” stomach. Racemized™ R/BHCl™ is extremely helpful for protein utilization, good health and longevity; DiSorb II™ works in the “gut!”. Proper digestion kills “parasites,” too! [See pages 69, 156, 180, 234 and 318.]

Stroke & Heart Attack

To minimize “stroke” and heart muscle damage, a smart doctor will give the patient 50 drops of racemized™ sea minerals in a glass of WARM water immediately following the “event!” To minimize brain damage, a smart doctor will place the victim in a tub of tepid water and lower the temperature to 860 F for 12 hours before slowly raising the temperature to 98.60 F. [SOC™ capsules, NVT,™ VZ,™ L_sP_c™ and TCM™ help, too!]

A Dual Perspective!

Deacidification of the body requires a dual perspective to be effective. For example, we grow old in the invisible realm of the Fourth Dimension BEFORE we see and experience aging in the world of the visible Third Dimension—where we live out our lives. Why we become acidic and what to do about it is the thesis of the “terrain” management concept. High Enema Therapy™ accelerates the release of acid wastes on the physical level—while Enhanced Homeovitic™ remedies clear the tissues in the “invisible” realm. When we “ERASE” toxic energy signatures in the Fourth Dimension, we deal with “underlying” health issues and promote healing in the Third Dimension! Good health and rejuvenation demands a dual perspective! Aging is the manifestation of opposing energy forces at “odds” with each other. The “terrain” controls!

Howdy Doody Facial Lines

You did not have those “Howdy Doody” lines from the corners of your mouth to the sides of your chin when you were “younger”—so WHY do you have them now? The answer is that your “terrain” is acidic and out of balance—and you are FULL of parasites! So what’s it going to be, dear reader? Deal with the problem now or lose control of your life later? The solution to these problems is the *Young Again Protocol*™(s).™ [See pages 163, 203, 234, 262 and 318.]

A Typical Day!

1. Wake-up at the same time each day and immediately drink a two glasses of water with a short squirt of racemized™ sea minerals plus lemon

- if desired. If using VZ,TM L_sP_cC,TM Pu,TM SOCTM caps, R/CTM and CWDTM (for weight)—take them now.
2. Do a one-bag enema—time needed: 3-5 minutes (important)!
 3. Use L/CSFTM machine for 5-10 minutes (stay near toilet).
 4. Stretch and do calisthenics followed by lymphatic “rolldown.” (If low back problems, take “hot” tub or shower “before” doing stretching or exercises; no cold water after!) Then “hang” by feet for 5 minutes using an inversion table.
 5. Drink a glass of Kombucha tea; 1 cup of organic coffee is fine!
 6. Do pull-ups (both over and under hand); get on an impact-free aerobic exerciser to raise heart beat and HOLD it there for 10 minutes in cold, fresh air with a minimum of clothing. Use some type of “low” impact equipment.
 7. Maybe drink another glass of water on way to the shower.
 8. Take a hot shower/bath followed by an ice cold shower. Shave, make-up and dress, etc.
 9. First food: Take 1/2 cup of fresh, raw “beet” and carrot juice plus other juice(s) you like—plus one “raw” egg. [Whip mix with a hand-held blender. Take food supplements and Super FoodsTM (page 292) you are using. Eat “physical” food that is good for you—like eggs, meat, oatmeal or multi grain cereal (with prunes). No junk! Proteins are extremely important.
 10. Each time you urinate throughout the day, drink a cup of water with the racemized sea minerals in it.
 11. Lunch: Eat something that is good for you—no junk—and avoid “heavy” food! Super FoodsTM are an ideal “quick” lunch, along with some fruit. Take CWDTM and/or Gluco Factor-XTM before food to control blood sugar/lose weight. Take a walk, read, enjoy music, meditate, pray or “whatever!” P.S. Avoid other people’s problems! [Early/mid afternoon—take more PUTM to keep from going into adrenal “overdrive!”]
 12. “Hold” bladder throughout day to improve bowel activity. Use Colon PrepTM and Yucca Blend each evening before bed.
 13. Do some load-bearing activity [Move boxes; Lift things; do garden work, yoga or Pilates; walk to the store and “carry” your groceries home; pump some iron.] Hang and stretch twice daily, preferably by the feet. [If hanging by the arms go easy!]
 14. Evening Meal: Take CWDTM before meal for “weight!” Eat a healthy meal. Take supplements and digestive supports.
 15. Do a one-bag “enema” 30-60 minutes before bed!
 16. Retire at same time each evening. Sleep in a well-ventilated cold room. Pray and give thanks for being alive.
 17. Bedtime: Take VZTM, L_sP_cCTM, PUTM, SOCTM, R/CTM Skin & Body TonerTM and racemizedTM hGH with shot of racemizedTM sea minerals in water. Use FG/MG/BT/HST creme(s)

18. “Get a life!” and people will notice! Share a free copy of this book; offer NO advice; let them do some homework!
19. Never forget, poor health is a matter of “CHOICE!”
20. Try and develop daily discipline. The “return” is huge!

Parasites!

Parasitic infestation is at “epidemic” levels—but it is a “silent” epidemic! People can’t see parasites, so they don’t think about them. “Parasites” are something that happens to “the other guy”—but they are everybody’s problem! Common symptoms of parasites are: foul gas, bloating, body odor, bowel disorders, joint and muscle ache, allergies, skin conditions, nervousness and Howdy Doody lines.

“Intestinal” parasites are a problem. But it’s the “microscopic” parasites that “leak” into the blood through a “leaky” gut wall—and set up shop in the heart, brain, lungs, pancreas, spleen, liver, ovaries, testicles and thyroid—and anywhere they find a happy home. [Intestinal parasites are easy to kill. The microscopic “critters” require ParaPurge I & II™ and Yucca Blend.™]

EVERYONE has parasites and some people are overrun by them. The question is: “Why do you have them?” and “What can be done about these unwelcome guests?”

The number one parasite issue is “terrain” management. Once you get your terrain in order, managing the parasites is easy. Parasites “love” a toxic environment! They need a “friendly” environment with food, warmth and safety—like all other life forms. Provide the environment—and parasites will be there!

Hand-to-mouth “transmission” is responsible for 99% of all parasite and pathogenic infections. Sanitation is the best offense—meaning short nails and clean hands immediately before eating. [Supplemental use of racemized™ R/BHCl™ and DiSorb Aid II™ are CRUCIAL to “protein” digestion. All life forms are “proteins”—and protein digestion occurs in a highly “acidic” stomach!]

Deacidification of the “terrain” creates an environment hostile to parasitic infestation. Sanitation and digestive support manages the balance of the problem here. [Kill parasites, dismantle them and dispose of the debris via High Enema Therapy™ and the *Young Again (Tissue and Liver) Protocol*.™]

Did You “Go” THREE Times Today?

Laxatives “FORCE” bowel activity—but there is a BIG difference between artificial bowel activity and “bile-induced” activity! The flow of “bile” from the liver and gallbladder transports acid wastes which causes the bowels to “move!” Without HEAVY bile flow, the body grows acid and old. Deacidification of the “terrain” is the issue here! After the “terrain” is cleared of “excess” and bile-flow issues are addressed, then comes body restoration and aging “reversal!”

P. S. Three bowel movements a day is “desirable!”



CANCER & SALT

"Well organized ignorance, unfortunately, often passes for wisdom."
anon.

Salt—"sodium chloride"—is a paradox. It is part of life, yet it is involved in death. A little salt will hurt you a little bit. More than a little will eventually kill you.

History can be written according to salt. In ancient China, two big tablespoons of salt was a socially acceptable mode of suicide. Salt has served as money, an item of barter and a cathartic (laxative). For over 100 years, medicine's focus has centered on salt's "supposed" relationship to high blood pressure. We will focus on salt's EFFECTS on the "terrain."

Mankind has chosen to upset Nature's balance. We use salt to hype food and hasten old age in so doing. Healthy food does NOT need salt because it has plenty of mineral ions in it that give it flavor! Unhealthy food requires salt to create the "illusion" of taste—and to keep it from spoiling! Look at any can or package of processed food and you will find that it is loaded with sodium or sugar—as preserving agents!

"Canned" foods became fashionable in 1859 when H. J. Heinz Company produced the first of its Heinz 57 varieties. Salt was used to create a "brine" environment hostile to "clostridium" bacteria. Clostridium is a facultative anaerobe that can live with or without oxygen. Clostridium endotoxins cause systemic "shock!" The deadly "condition" is called botulism!

Sailors of old suffered miserably from salt-preserved beef and pork—so did civilian populations. When meat is preserved with salt, it loses its energy force and nutritive qualities. Excess sodium chloride (table salt) in the diet upsets the potassium : sodium ratio—creating cellular and terrain imbalance that eventually transfers your money to the medical cartel or to the mortician—or both!

“Healthy” food is naturally high in potassium and low in sodium, while bio-junk and processed foods are exactly the opposite. [Synthesized “salt” fertilizers create conditions of excess in the soil—just as table salt creates conditions of excess in the body. Arthritis is a condition of “excess!”]

A little flour, salt and water mixed together makes wonderful play dough for children—and when it dries, it turns as hard as concrete!

Natural Preservatives

Dr. Carey Reams taught that quality produce will dehydrate before it will rot. He proved his point by entering a watermelon he had grown in the local county fair for three years in a row! Your author at this moment (February 2006) has two home-grown potatoes that have been in the refrigerator for over 2 years! Quality food is high in natural sugars and earth mineral ions—and has a right-spin energy “signature.”

Acres USA once carried a story about a salesman who carted around three cabbages in his car for nine months without spoilage. On the weekends, he would roll them under a shade tree until Monday morning when he would peel away a leaf and hit the road again. When the salesman was challenged, the nine-month-old cabbages were cut and eaten raw!

Vegetables and fruits high in natural sucrose and earth mineral ions “keep”—and sustain life, too!

Homemade ice cream made with too much white sugar will NOT “set-up” regardless of how much salt is applied to the ice to “raise” the freeze point. Oranges high in natural sugars wither and shrink rather than rot. Home-grown greens stay crisp and tasty in the refrigerator for over a month with no spoilage! Healthy crops—like healthy people—can withstand more stress and not succumb to dis-ease as easily as people who eat bio-junk diets.

Trace minerals and humic acids sprayed on plant foliage raises sucrose and mineral ion levels in plant juices—and protects crops from frost damage. In humans, blood electrolyte and glucose levels are important “markers” of health and the ability to handle “stress!”

[In the old days, a bushel of fresh green beans weighed 32 lbs. Today, a bushel of beans weighs only 24 lbs. The difference is the lack of earth mineral ions and lower concentration of sugar energy in crop tissues. The more concentrated the energy footprint of a crop, the more food will weigh. Crops grown with salt fertilizers and poisons produce sick, weak populations of human beings.]

SALT: Paul Bragg vs. The Athletes

Here is a true story about how salt affects health and vitality. In the early 1960’s, Dr. Paul C. Bragg, a famous health crusader—and one of my

mentors—challenged a group of college athletes to a 30-mile hike across Death Valley. The temperature in August was 1300 Fahrenheit.

The experts advised the athletes to take “salt tablets!” The athletes were given all the “cold” water and food they wanted. Bragg drank only warm distilled water, [In those days, BFRV™ water was not available!] took no salt, and fasted—taking no food. Bragg was the only one to finish the hike. The athletes—every last one of them—were carried off for medical care. They suffered from heat exhaustion and heat stroke. Bragg finished the hike in 10 1/2 hours, camped overnight, and repeated the return hike the following day. He was in his mid sixties! He was YOUNG and active. He avoided all salt!

Rommel’s German-African Corps used no salt in their diets, yet they fought tremendous desert battles. When they were finally captured, they were in peak condition and unaffected by intense desert heat. [The Americans used salt tablets and salted their food and ate “heavy” food.]

Native peoples consume little salt. When civilized man introduces salt into their diet, their health deteriorates. Salt is always a factor in the development of subclinical illness that eventually leads to SIGNS and diagnosis of “dis-ease.”

Cells • Sodium • Mitochondria

High sodium levels in the tissues impose stress on the system. High sodium intake upsets the sodium : potassium ratio—speeding the LOSS of potassium from the cells. Because the body is totally dependent on daily dietary intake of potassium to meet its needs, the body will steal potassium from the cells and replace it with sodium when faced with a potassium shortfall. Potassium and sodium ions have a positive (+) valence “charge”—and both are electrolytes. But sodium spins left while potassium spins right. Potassium is the predominant ion inside cell membranes. Sodium is the predominant ion outside of cell membranes in the “amyloid” fluid.

Edema (fluid retention) is a SIGN of excess sodium and excess amyloid waste in the tissues.

[Once inside the cell, sodium short-circuits cellular machinery, sedates the mitochondria and eventually kills the cell. Dead cells release waste “acids” that must be removed from the terrain. Weak cells produce little ATP and put a drag on the system—“squandering” vital energy that should be used for growth and repair. The mitochondria “cannot” function or replicate in a high sodium environment! ATP production is hard to restore once cellular balance is lost.]

Energy • Free Radicals

Throughout this book, much space has been devoted to discussing and describing “energy”—using terms like: left-spin, right-spin, negative, positive, aerobic, and anaerobic—in an effort to help the reader understand the nature of energy and its relationship to aging and dis-ease.

The term “free radical” is a term that comes to mind in regard to energy and cancer. A free radical is a molecule that contains an odd number of electrons, which makes free radicals highly REACTIVE and extremely UNSTABLE!

Free radicals are part of everyone’s life. Poor choices in lifestyle, diet and water are compounded by environmental free radicals bombarding the bio-electric body from every direction. For example, healthy reactions occur continuously and look like this: $O_2 + O_2 + H_2 \rightleftharpoons H_2 O_2 + O_2$. The double arrow indicates the reaction can reverse! In a stressed body, reverse chain reactions cause electron “theft” to go out of control. The product of such reactions is accelerated aging!

Free-radical production greatly influences aging and the formation of cancer in the body’s “terrain.” Please understand, these “wild” reactions drive the production of “non-differentiated” tissue and systemic excess. Cancer tissue—by definition—is NON-DIFFERENTIATED TISSUE!

Timely hormonal influence causes non-differentiated tissue to “differentiate” and form organs and glands to become cartilage instead of muscle, bones instead of brain, etc. Cancer is “OUTLAW” tissue “without identity.” Tissue insurrection best describes a cancer situation. Free radical reactions cause a steady loss of control over the “terrain.”

Uncontrolled free radical oxidation of healthy tissue produces EXCESS in the system, eventually manifesting as so-called deficiency dis-ease.

Cancer uses cellular ATP to proliferate. In compliance with the Second Law of Thermodynamics, energy is NEVER lost, it merely changes form. When excess toxic energy EXCEEDS the body’s ability to cope, tumor or mass “formation” begins. We will discuss their individual characteristics shortly.

[Uncontrolled free-radical oxidation can be prevented through deacidification of the terrain and the use of various racemized™ products and protocols outlined thus far. Consumption of Medical Grade Ionized Water™ is perhaps the ultimate tool for terrain control. “Health” is a “cumulative” state of being—as are all “states” of dis-ease!]

Health and dis-ease are “cumulative” reflection of the choices we make.

Cancer’s Energy Footprint

Cancer is a manifestation of a negative energy condition. Cancer tumors surround themselves in a zone of SODIUM. They concentrate energy by acting as anaerobic “black holes”—stealing away and concentrating the host’s “life force.”

[Tumors are NOT the “enemy.” Rather, they is a statement that all is not well. Tumor formation is a self-defensive measure by the body to preserve itself through the condensation and isolation of deadly, toxic energy. We are talking about toxic energy that the body is unable to neutralize or dispose of through healthy bile flow produced by the liver.]

Tumors are warning SIGNS and should NOT be ignored, even when they are “benign!”

In the early stage, a cancer tumor goes unnoticed. As it concentrates more energy, it becomes more “dense.” It can now be seen by X-ray, CAT scan and MRI. It can be felt with the fingers if it is not too deep in the body. Cancer tumors are NOT the same as cancer masses. Tumors are energy importers. They “form” in order to take toxic energy OUT of circulation.

Tumors are “nationalistic!” They stay within their territory and import needed energy by hijacking it from other parts of the body. Tumors multiply as the body terrain weakens—but tumors do NOT “spread”—unless they are “messed with!” Removal of a cancerous tumor is NOT NECESSARILY a good idea. Surgical intervention often makes matters worse—and the trauma of surgery definitely “weakens” the patient! [The word “tumor” is NOT a synonym for the word “death!”]

Sometimes the body chooses to dissolve a tumor. In most cases, however, it chooses to calcify the tumor by depositing calcium into the sick tissue to petrify it in an effort to “synchronize” the toxic energy on a permanent basis. [The tumor is an effort by the body to preserve itself!]

Serious healing requires focused effort and total reprogramming of the way people think and perceive their “situation.” Perception is reality! There is no room for negative thinking because “time” is FINITE when you have “cancer!” “Thought” is a creative force! The mind is 90% of the battle.

A positive thinking, happy and loving person can outlast the worst of cancers—but only “if” they choose to exercise correct choices on the “physical” level. Death of the physical body is a “physical” issue! [God performs miracles for people who make correct “choices!” Choice is the issue!]

When a malignant tumor (or mass) is discovered, it is time to get serious! Radiation and chemotherapy are NEVER wise choices. Why pay someone to “torture” and “cheat” you of what time you have left? [If the patient is disciplined and willing to take responsibility for their life—live or die—and is will follow the *Young Again Protocol*TM—they can face down death!]

People with cancer must take a laid-back, happy-go-lucky attitude and outlook—and live one day at a time! There is NO room for doubt, fear, worry, hate, blame or anger—only love! ► The desire to live must be greater than the fear of death. [Two highly recommend the books, *Your Body Believes Every Word You Say* and *Holographic Universe*. [See Source Page.]

The ONLY thing cancer tumors and cancer masses have in common is that they both are virus havens and both like left-spin, anaerobic, high sodium environments.

Cancer Masses

A “mass” is not a “tumor,” and these terms should NOT be used interchangeably. A mass is NOT dense like a tumor. It cannot be felt because it has no definitive boundaries. A mass is “soft” tissue—never hard—and difficult to detect!

As a mass takes “form,” it grows and establishes outposts quietly. Masses exist in the “twilight zone” between life and death. They rarely appear on X-rays, CAT scans, ultra sound, or MRI’s until the late stages—and it is difficult to tell where sick and healthy tissue begin and end. Masses are invisible because they have “low density” and are usually hidden behind other tissue structures.

Masses are “offensive” in nature! Think of them in terms of outposts for colonial expansionism in a third-world country—in this case “your” body!” Masses “colonize” during a seven year period referred to in medical circles as the “occult” period. [Occult means hidden!] Long before a cancer mass announces itself to the host—it is “there” growing and spreading! Masses use the lymphatic highway to spread while sabotaging the host’s immune system. During this time, the host notices nothing—and usually feels “good!” By the time a mass announces itself, the individual is in DEEP trouble!

Cloaking Period & Sodium

During the occult period, cancer masses are concealed, invisible and non-detectable by the host. In other words, a mass employs a “cloaking” technique so as to go “undetected!” The years preceding the end of the occult period are often some of the very best years in terms of “OUTWARD” appearance of good health. On the inside, however, confirmation of the person’s lifestyle, thought patterns and choices are coming home to roost—and aging is in full swing.

Masses often cause the body to gain weight with little or no increase in body measurements because water is heavier than fat on a volume basis. Therefore, weight gain without increased inches is reason to question “What is “going on?”

A person who is waste-and-sodium “toxic” generally suffers from edema (water retention of the tissues) partly due the sodium and MOSTLY due to the accumulation of “amyloid” waste which attract and hold water in the soft tissues.

Edema is a SIGN! Edema is abnormal! Chronic edema is the equivalent to a quiet proclamation of WAR—and must not be ignored. Edema is a “red

flag!” Look for puffy, water-filled skin that “dents” easily when pressed and does not spring back quickly. Be alert to swelling in the legs, ankles, feet and hands. Look for an increase in clothes size.

Edema goes part and parcel with congestive heart failure—a condition affecting the elderly.

People in the early stages of cancer “mass” formation often experience substantial weight gain for no particular reason—usually WITHOUT noticeable change in dietary habits. Near the end of the occult period, they get the “I just don’t feel up to par!” syndrome. Then—out of nowhere—the person becomes skin and bones as their body evaporates!

When “mass type” cancers remove their cloaks, the occult period is over and the final struggle begins.

► Edema is cancer’s cloaking device! People do NOT recognize edema for what it is! They think everything is okay—“Just a little old age!” During the cloaking period, the cancerous body literally “cannibalizes” itself—by digesting its own protein-rich muscle mass. [Eventually everyone’s body becomes a “meat-eating” cannibal!]

[Free-radical oxidation accelerates simultaneous to the “cannibal effect”—as the body digests its own tissues—a process called auto digestion. Here, the body “lives on” stored energy. The body is now in a catabolic, high-acid “state.” Once the body exhausts its energy reserves—BANG—the game is over! Because of the invisible nature of cancer masses, unsuspecting patients fall for “exploratory” surgery by “mad” experts in white smocks! Exploratory surgery “sabotages” remaining energy reserves—further weakening the patient.]

[The word “cancer” devastates the psyche of the sick person. Conventional cancer therapy steals what is left of the patient’s life, body weight and energy! When intracellular sodium levels and intercellular amyloid waste levels reach the “tipping point,” cancer turns “off” its cloaking device—and announces itself!]

A positive “confirmation” of CANCER is NOT a blessing! LUCKY is the person who is sent home to “die” because then they are free to do what needs to be done!

It’s Your Life

► There are NO tests to determine sodium toxicity at the cellular level—but there are SIGNS! There are NO tests for amyloid invasion of the tissues or to determine the extent of acidification of your “terrain”—but there are SIGNS!

Learn to pay attention to the SIGNS! When you see adults and children gaining weight—take notice! Be alert to gyrating blood sugar levels manifesting as mood swings and depression. Pay attention if your menstrual

cycle is “off”—or you don’t feel “right!” Acne, boils, balding, “subclinical” illness, low energy, bladder infection, prostate issues, bowel problems and hair—all tell a story!

If you are in trouble, seek help. But be forewarned! If you are diagnosed with cancer, you will be bullied into conventional cut, burn and poison therapy.

People feel “relieved” when the “enemy” [Cancer!] has been identified. They want to “believe” their physician. FORGET IT! Identifying the enemy means you are focusing on what you don’t want. Ignore medical “fairy tales” they are a “trap!” Realize, the “health-care/sick-care” system is a complete “fraud!” Ignore the “wonderful” and “promising” new treatments and drugs tendered under the pretense that they will “cure” you. Better to take responsibility for yourself, get away from these people—and GET A LIFE! You do NOT cure dis-ease, rather you change the “terrain!”

Forget about dying. You could have died any day of your life—but you did not die. If you want the MIRACLE, you have to do your part. “Stop the games!” The body does the healing. Your job is to provide a healthy terrain “environment” where healing can occur. Follow through is “CRITICAL!”

High Enema Therapy™, juicing and tissue deacidification are mandatory terrain protocols.

Use of Super Foods—mandatory! Juicing—mandatory! Restoration of liver function—mandatory! Electrolyte management—mandatory! Lymphatic drainage—mandatory! Yes, hormone issues need to be addressed! Yes, biological- friendly water is crucial. You get the idea!

Walking is very beneficial. Positive thinking and visualization are crucial. Use of the L/CSF™ machine has no substitute. Laughter and fun are basic prerequisites. Worry and fear are not allowed. GUARD your thoughts or you will become a self-fulfilling prophecy. Remember the power of prayer—for yourself and for others. Meditation and deep breathing are powerful tools. Time spent “barefoot” in the garden growing food and flowers and enjoying Nature is as close to heaven as you get on planet Earth! Take time to focus on and help others. The more you give, the more you receive. Get plenty of rest at night and naps during the day. Get rid of “stress”! Sleep on a Biogenic™ Medical Grade Mattress Pad. Be happy and thankful you are “alive!”

Rules Of Personal Responsibility

There are three rules of personal responsibility.

Rule 1. Keep your mouth shut and stay away from doctors! They will confuse you; cause you to doubt your instincts—and make you fearful! They are not your friends!

Rule 2. Keep your mouth shut and avoid well-meaning family and friends who will pressure you to “go conventional!”

Rule 3. Keep your mouth shut! And if the “pressure” from medical “bullies” becomes intolerable, don’t hesitate to pull the “God” card! Tell them you are going home to pray about it and you will let them know when God gives you your answer! Repeat it as necessary until they “get it!”

[It is not easy to drive sodium from the tissues when cancer is involved. Organic potassium should come from fresh vegetable juices (cabbage, celery, beet, carrot, etc.) Sip and chew your juices. Do NOT gorge! Juices are like jet fuel! Use moderation and be certain to take some Yucca Herbal Blend™, DiSorb Aid II™ and R/BHCl™ for digestive support.]

Fresh vegetable juice is a VERY powerful detoxifier—and can flood the body with wastes to the point that the liver becomes exhausted and the kidneys overload. High Enema Therapy™ EASES the waste burden on these organs. High Enema Therapy™ and plenty of sleep are 50% of the prerequisites for healing. Better to stay home and recover instead of chasing a guru master in the mountains of India or Peru.

Liver is good food—if you can stand it! Better to use racemized™ pre-digested organic beef liver capsules. Cancer therapy should always include liver. Domestic liver is bad news—avoid it! If a vegetarian or vegan or heavy meat eater, you “MUST” change your dietary habits—and address the things in your lifestyle that led to the “diagnosis!” [Kombucha tea is a good tonic. Lymphatic drainage using the L/CSF™ machine and body roller are very helpful! Raw sauerkraut is a “superb” food! Keeping “regular” hours! Get “8-10” hours sleep nightly.

Expect To Feel Crummy

“EXPECT” to feel crummy as you deacidify! You are paying for your sins! Do NOT forget the power of prayer and positive thinking. Try to find strength within yourself to finish what you have begun. Prayer is a direct phone line to God—ring it often! Find a “strong” person to help you through the transition back to the world of the healthy. Do your part!

[Once potassium begins exchanging places with the sodium ions “inside” the cells, the mitochondria will come alive and replicate themselves. The more of them that come alive—the more ENERGY there will be available for your body to rebuild itself. At first, you will feel worse. In time, you will feel better. Think, two steps forward, one step backwards!]

Talk To & Reassure Your Body

Deacidification can be tough. It’s a kind of “mind game.” The body will shout, “I feel crummy!”—but you must ignore the complaint and reassure the body that things are under control and that you “want” the body to “heal itself!” Talk out loud and tell your body what you expect and what you desire. Never “freak” at the first SIGN or symptom of a metabolic slump! Guard

your energy reserves at all cost! Good days are followed by bad days. In time, you will enjoy more good and fewer bad days. If you “panic or cut and run,” you will NEVER be healed and you can kiss your life “good-bye!”

God does miracles, but they are usually dependent upon you doing your part!

Chemotherapy • Not Approved

Chemotherapy is defined as the prevention or treatment of infectious disease by chemicals which act to promote “antisepsis” in the body while avoiding serious side effects in the patient. If we dissect the word antisepsis, we get anti-against’ sepsis—a general fever-producing condition caused by bacteria or their toxic by-products. In light of this dictionary definition, do you think that chemotherapy as used on cancer patients meets this description? Did you know that you must “Sign a little form!” before you get your magic-bullet cancer therapy? [See Chapter 6.]

Cancer drugs and radiation/chemotherapy are “magic bullets!” They are NOT safe—but they are “Approved!” under the PRETENSE that they work. They don’t!

Drugs of “death” are administered to unsuspecting people by egotistical, well-meaning “mad men” in white smocks. Medicine and the pharmaceutical companies side-step the “liability” problem by having people sign away their rights beforehand—so patients cannot bring suit later! Those “forms” are unilateral [one-sided] contracts giving you “NOTICE!”

When people sign “standard” forms, they are giving the legal and medical systems jurisdiction over them. The name of the game in our legal system is jurisdiction! Either medicine and the courts have jurisdiction or the person does—but NOT both at the same time.

[“Standard” forms are no different than entering a courtroom where the judge has committed constructive treason, perjury of oath and contempt for the constitution by placing a “yellow fringe” on a Title 4 U.S.C. 1 flag of “peace” of the united [note small “u”] States of America or displaying the flag inferior to a ball, eagle or spear on the pole, or placing it on the right as you face the judges bench, or placing it inferior to any other flag, or substituting a flag of “different” dimensions. Judges “knowingly” do these things to “create” a foreign “state” in order to deny citizens their constitutional rights. JURISDICTION is everything! [from the Constitution: No STATE shall create another “state” within a STATE or from a combination of “states”...]

When the medical system has jurisdiction, the patient does not. When the patient grants jurisdiction over their body, medical “science” is free to maneuver with impunity. Parents must give “permission” for children in non-emergency procedures to grant “jurisdiction!” Believe it!

For the cancer patient, the options “within” the medical system are nil.

Sign the form or be refused treatment because jurisdiction was not granted—a limited liability, unilateral contract where ONE side shares the benefits and the patient assumes ALL the risk! The medical system needs jurisdiction because they are using EXPERIMENTAL drugs in the treatment of cancer and destruction of YOUR body—with the blessings of “so-called” watchdog agencies, of course!

[Everyone MUST understand something known in legal AND medical circles as the “Rule of Probable Cause.” It states: “...experimental drugs may be used IF the side effect of the drug is NO worse than the end effect of the untreated disease.”]

“For Experimental Use Only”

Regardless of the specie of cancer drug, it will be stamped with the tell-tale sign of a “magic bullet” medicine—“For Experimental Use Only.” Once a drug is “approved,” they don’t bother to tell you that it is still “experimental!” How do you like that? How does it make you feel to know that the MAXIMUM risk to the poor patient is no worse than if treatment were not rendered at all. What an alternative, “Sign on the dotted line and let us milk you of your life and savings—or go home and die!”

“For Experimental Use Only” is a fact that should be sufficient SHOCK THERAPY to motivate every thinking person to immediately begin the aging reversal process. No matter how you figure it, “You are on your own!” So go home and get a life! “Magic bullets” don’t work! Self-treatment is less risky and the odds of recovery far greater—with a fraction of the suffering!

Health and life are worth more than all the money you can throw at the medical system in the futile effort to buy back your life! Good health isn’t for sale! But it requires commitment, discipline, responsibility and choice. AVOID the horror of cancer and degenerative dis-ease by implementing what you have learned throughout the pages of this book!

Cancer & Root Canals

The terrain is “THE” issue when it comes to teeth and gums! As people age, teeth and gums spawn MAJOR health problems! The mouth “mirrors” the “terrain” and the rest of the body. Dental “issues” are the earliest of warning signals!

ROOT CANAL QUESTIONS: Why did the tooth die? Is it safe to have a dead body part in the body? What effect will a decaying, dead body part impose on the immune system? Will the spread of decay into adjoining bone tissue cause further loss of other “healthy” teeth? [Don’t expect a candid answer!] Root canals are bad news!! They are “stop-gap” measures that lead to “cancer!” Unfortunately, dentures, bridges and implants have shortcomings, too! Now that CERAMIC bridges and caps are available, bridges are the best option to real teeth.

According to Dr. Issels, a German doctor, “Only 20% of the population has root canals, yet 90% of cancer victims have root canals in their mouth!” [The COMMON DENOMINATOR behind dental issues is an “acid” terrain. Major dental problems generally appear after age 25 when body acidity levels accelerates.]

As “dead” root-canalled teeth decay, they flood the body with highly toxic poisons, causing an antigen/antibody response within the immune system and a rise in “CRP” (C-reactive protein)! CRP is a “marker” of subclinical non-febrile “infection” within the body’s terrain! The scale is 0-.50. If your “CRP” numbers are elevated for “no obvious” reason and you have root-canalled teeth, find a holistic dentist and get those dead teeth OUT of your mouth! Please call and learn how to “prepare” your body. What you do BEFORE major dental work is vitally important!

The “terrain” CONTROLS! Dental procedures are an after the fact “fix!” Take care of your teeth and gums!

Control the TERRAIN and you control the aging process. Terrain control is how you become *Young Again!*

PREVIEW: *Our next chapter deals with the world of Time and Space and its relationship to the Fourth Dimension, ageless living and the vast UNKNOWN!*

The Basics!

Drink plenty of quality water with sea mineral ions; make fresh juice with one raw egg; eat healthy; do enemas; avoid sugar; get plenty of sleep and exercise; avoid salt; keep your life simple!

It’s Your Life!

Some things are worse than “death”—and becoming a victim of conventional cancer treatment is one of them. Never rejoice because insurance is paying the bills. Do be concerned about what “they” are doing to you. Do be independent; keep your dignity! Do keep control of your life. Do stay away from doctors. Do these things and you will not leave your loved ones with the ugly memory of the “torture” that preceded your death! And just maybe God will NOTICE that you are doing your part and grant you your “wish!” And if it is “time to go,” perhaps you will be able to leave worthy family members or a worthy friend an inheritance! Naked we come—and naked we leave!

CHOOSE to live and die on your own terms!



TIME & SPACE

"Time and Space are the shadows by which man defines his existence."
 Sepio

TIME is duration. SPACE is extension. We do not think of Time and Space as entities, but we do consider the bodies and events that occupy them as entities. If we acknowledge the existence of material bodies because they occupy space, then what is an event? An event is a group of circumstances that occupy TIME. Therefore, material objects are also events, and both are entities.

Mankind attempts to define those intangibles we call "time and space" using words and concepts. We have NO physical sense organs for TIME and SPACE. We interpret them through "intuition." Intuition, then, must be a sixth sense—a projection of the physical body—something we invoke to comprehend TIME and SPACE.

Philosophy tells us that TIME and SPACE consist of relations between entities—that there is co-existence and succession of entities or events. Metaphysics (meta: beyond) tells us that TIME and SPACE are indistinguishable as long as neither is excluded. Yet, we are aware of the passage of Time.

Plato stated "Time and space is the "substance" which contains identity and diversity in one." If we think of SPACE as something that is created, then something must create it. What? Metaphysics answers "Time." Okay. If there is creation, then motion must also exist. If there is motion, then there must be a mover or source of motion. Metaphysics tells us TIME is the source of motion. If so, then Time is ENERGY.

Is TIME "energy," or is energy created in the passing of time? If energy is created, the results are perpetual motion which is not a straight line, but a curved line that returns to itself—like a circle. Therefore, SPACE becomes Time's "trail." But a trail does not move, so SPACE cannot move either, since it was TIME that generated "energy" in its expansion—creating

SPACE! TIME and SPACE can be demonstrated to be static, indistinguishable or non-existent. Let me illustrate.

Suppose we are in an airplane that is traveling at the same speed as the Earth's rotation or approximately 1,080 miles per hour, and we are heading West following the sun at its own speed. We begin our three-hour trip in New York City at exactly twelve o'clock noon, and, when we arrive at Los Angeles, it is still exactly twelve o'clock noon.

What has taken place here? TIME became a motion of SPACE—and SPACE the relaxation of TIME. We moved from one point to another point on the surface of the earth, but Time did not change. We are in a quandary—caught between TIME and SPACE—a kind of cosmic cul-de-sac. The mathematician working on our dilemma would have difficulty making his calculations respond to our problem—so he would give the unknown condition a name: “fourth variable,” and reestablish his equilibrium by imposing the ingredient “TIME”—so his calculations could continue as if TIME were a fixed point.

When we ponder the situation, we must conclude that TIME is “not” a fixed point to which we can anchor our lives, but a mirage on a phantom's shroud. Once we admit that TIME is not a fixed point, we lose our center and our reference point—yet, intuition tells us there should be such a center.

To compensate, man divides TIME into three parts: present, past, and future. However, this does not solve the problem, because present is but the transition from past into future—a transition that lacks both dimensionality, and duration. The present is the future before we think of it, and the moment we think of it, it is the past. Under these circumstances, self examination of our thought processes and sensory experiences becomes impossible. Is “present” but the “living fringe” of memory tinted by expectation? And if it is, what of our dilemma between the poles of eternity—past and future?

These extremes—past and future—have delivered us into the enigma we call the Fourth Dimension—the “unknowable.” Because man seems capable of comprehending only three dimensions related to his physical world—that of length, width, and height—the idea of the existence of another dimension that is totally invisible only compounds his dilemma. Yet, the existence of the Fourth Dimension cannot be denied. Intuition is real. It is more than an intangible tool by which we interpret Time and Space. It is an extension of our mind.

Perhaps the Fourth Dimension is not unknowable, but simply misunderstood. If so, there is no reason for man to have to die and emerge from his terrestrial envelope before he can come to know this Unknowable Dimension.

Knowledge of the existence of this other dimension is quite different from understanding it. Consider Jesus, who passed through the wall in the

Temple. He was a Third Dimensional being with a physical body, yet He passed through that wall! Since both He and the wall were solid matter, shall we chalk up this event to Deity? Did He violate some Natural Law? Or did He invoke knowledge of the Fourth Dimension?

When we enter the arena of the Fourth Dimension, necessity demands that we visualize a hyper-space that is measured with metageometry (meta-beyond). Our three-dimensional world of length, width, and height becomes but a section of hyper SPACE. Let us examine this in more detail.

The length of a procession of events is not contained in three-dimensional space. Extension in TIME is a projection into unknown space—or the Fourth Dimension. Because TIME and SPACE are interchangeable at specific points, TIME becomes a dimension of SPACE—therefore, TIME “is” SPACE in motion—becoming the future or the past. Therefore, SPACE is time projected—“horizontal” TIME that persists; TIME that moves. And since SPACE can only be measured by TIME and TIME is defined by the speed of light, we must conclude that there is “no” difference between TIME and SPACE except that “consciousness” is defined in “TIME!”

Therefore, we are forced to acknowledge that “present” is eternal—that TIME per se does not exist; that it is “relative” to the person with the notion of “TIME!” Events do not ebb and flow’ it is we who pass them by! The more we attempt to understand, the deeper we sink into the vast unknown.

The creature we call man “exists” in two different worlds: visible and invisible. The invisible world is the realm of negative and positive “energy” forces that ultimately determine our perception of reality in the visible world in which we find our existence. The visible world and the physical body, in turn, act as our compass and bridge into the sphere of the unknown—where the electric body exists and functions.

People who become OLD say “Time seems to fly, and the older I get the faster it flies!” Their day seems to disappear before it has hardly begun. Is this a figment of their imagination or is it reality? And if it is reality, by what measure do we scale this phenomenon?

We cannot measure the phenomenon of “TIME” of “SPACE” in Third Dimension terms for it does not exist—leaving us, once again, wrestling in the shadows of the unknown of the Fourth Dimension world where we are totally dependent on “intuition”—our SIXTH sense!

We must invoke intuition to measure the passing of TIME because it passes at the sub-atomic level of our existence—where the invisible “electric” body resides. Therefore, “TIME” does move faster for those who are “catabolic” and who have passed their “anabolic” peak! Their “terrain” is aging at an accelerated rate. Terrain management is the key here!

TIME passes slowly when we are young—when we are climbing on the anabolic side of the pyramid where we experience “slow” TIME. After we

pass our anabolic peak, we experience “fast” TIME—as we slide down the catabolic side of the aging pyramid [See page 198.]

We have “arrived” at the answer we have been seeking. It is the *Young Again* “thesis”—summarized as follows: The “terrain” CONTROLS aging and the passing of TIME!

Slowing the aging process slows the passing of Time and transcends the physical world. The physical body is “defined” in TIME and SPACE, but the electric body is an extension of self and a fixture of the unknown Fourth Dimension where mind and emotion are “windows” of the soul. The electric body is spirit!

Buying Time! By “stopping” our bio-electric clock, we buy “TIME”—providing us the opportunity to exchange an old body for a young body. The process is the “equivalent” of recycling the sand in an hour glass. This recycling process does NOT mean that we “relive” our earlier experiences. Rather, it means that we recycle TIME itself. This is what is meant when your author speaks of becoming *Young Again!*

PREVIEW: *Our next chapter deals with rejuvenation of the bio-electric body through rest, fasting, and avoidance of self-imposed physiologic stress.*

Hair, Skin & Thyroid

Hair is as an “extension” of skin! Balding and thinning are SIGNS of “dormancy” of the hair follicles—and confirmation of “rising” ACID waste levels in the tissues beneath the skin. “Thyroid” is a “factor” in the hair story—as is “terrain” management. Direct intervention is accomplished with HST™ creme and by following the *Young Again Protocol*™(s).™

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

Ralph Waldo Emerson

Bran Muffin Recipe: 1/4 C honey, 1/3 C blackstrap molasses, 1 tbsp. non aluminum baking powder, 1 egg, 2 C “unbleached” white flour, 1/2—1 C water, 1 C bran, 2 tbsp. olive oil, 1/4 C sesame seed, 1 C raisins, 1/4 C wheat germ, 1/2 C chopped walnuts, perhaps a little pumpkin pie spice. Recipe makes six muffins. Bake @ 400° until medium brown. Mix ingredients lightly. Do not knead. Enjoy! [Whole wheat flour is too heavy!]

Taoism & Taoist™ Super Foods

Ancient Chinese Taoists (pronounced Dowists) saw man as a “reflection” of the universe. They perceived that cyclic change governs all living things. They laid down principles and correlations describing Nature’s effect on man—and man’s response to Nature. These principles are called Yin and Yang.

Taoist Masters believed that Five Elements describe the natural cycle of life—and that man follows Nature’s cyclical patterns through the “universe within.”

Taoist herbals were formulated to help man adapt to Nature. Taoist Masters strove for balance and harmony while promoting self-cultivation, enhancement of thought and Yin clearing and Jing building by manipulation of Five Elements. Taoist discoveries are now confirmed by advanced physics.

The Wood Element represents the liver and gallbladder which control emotional harmony—and the smooth flow of Chi (energy) necessary for a strong nervous system and the clearing of toxins from the body. The Fire Element is represented by the heart and small intestine—and addresses blood, lymph, and cerebral-spinal fluid systems, plus physical and mental health and growth. The Earth Element represents the stomach and spleen addressing extraction and separation of good and bad “chi.” The Metal Element represents the lung and colon—and is said to dominate respiration and maintain defensive Chi (the immune system). The Water Element represents the kidney and bladder systems. Taoists believed that Jing (the very essence of life) is “within” body “humors” as expressed by the hormonal and reproductive systems responsible for maintaining youthfulness and glandular function.

Taoist philosophy teaches that the body has the power to “regenerate” if physical and mental STRESS are “managed!” Taoists believe that the body is designed to function on the basis of “whole” food—and that “accountability” underwrites good health as reflected from the “universe within.” Taoists discovered “truth” and “enlightenment” through balanced lifestyle and expression of the person “within”—which leads to “understanding!”

Taoism captures the essence of man’s “physical” dilemma on planet Earth. Taoism is NOT a religious concept, but it does seek to explain man’s sojourn on Earth. Consumption of Taoist™ SUPER foods; doing High Enema Therapy™—and use of fresh, “live” vegetable juices are simple ways to enjoy Taoist Principles. See Page 292.]

Taoist™ SUPER foods derive from “3500” year old formulations.

Especially For You!

Young Again! was written to help people understand the forces in their lives that CHEAT them of health and happiness and CONTROL them and LURE them to an early grave. The author has endeavored to use examples that are meaningful. Every effort has been made to help the reader develop a foundation in conventional science plus in the parasciences. The reader is reminded that knowledge must be “applied,” and that the return of health and rejuvenation requires much time, focus and patience! Sometimes rejuvenation isn’t fun, but the rewards are worth the effort. Each day brings new opportunities to make “healthy” choices. Each step in the right direction brings improved health and slows physical degeneration. Each day is the first day of the rest of your life! *Young Again!* is a testimony, an offer and a template all in one. It is the product of the author’s personal life experiences, observations, philosophy and lifestyle. It was NOT written to satisfy pretentious “experts!” The author is NOT an “expert!” Experts claim to have answers, but they can’t demonstrate proof in their own lives. They suffer from disease despite their knowledge. Their magic bullets do NOT save them. They “talk” a good story, but they can’t walk it because their model is “defective!” Medical science will NOT be fond of this book. They will quote chapter and verse from “their” literature in defense of themselves. They will scorn and belittle—and even accuse the author of oversimplification. They will demand “scientific proof!” Their demands will be ignored! This book was written for people who seek results rather than endless debate. It was written for people hungry for TRUTH and who will implement *Young Again Protocol*^{TM(s)}TM and principles in their lives. Old age is not fun; it is not a joyous process. People age through ignorance. Ignorance is a lousy excuse. You can do better!

Brush Your “Teeth,” NOT Your Gums!

Dental hygienists advise about “proper” brushing—but they “NEVER” say “Do not brush your gums; brushing causes the gums to recede!” And receding gums cause bone anchoring the teeth to “withdraw”—and the teeth to loosen! Gum grafts are useless because the ligaments anchoring the teeth are part of gum tissue, NOT tissue from the roof of your mouth!

Autoimmune

An autoimmune condition “means” the immune system “attacks” the host—which is “you!” Behind all autoimmune conditions and so-called “diseases” is a “leaky gut!” And behind both is a messed up weak liver and an acid “terrain!” The solution is called the *Young Again! Protocol*TM. It was developed to “address” issues of health and longevity.



REST & FASTING

“Dine with little, sup with less; do better still: sleep supperless.”

Benjamin Franklin

We dig our grave with our teeth! Powerful words—and true! Do we eat too much? Do we eat too often? Is the problem what we eat? Or is it all of the above? The deleterious effects derived from eating the WRONG things have already been discussed. Now let’s look at degenerative problems that spring from other dietary habits.

Food a ‘Plenty

In America, food is plentiful and inexpensive—and we have become accustomed to treating our dietary “habits” with total indifference! As children, we are encouraged to eat as much as we want, to gorge ourselves where less would do, to snack between meals—and at bed time. We are taught that food is food and to eat whatever we like. We “think” hunger means it’s “Time to eat!” We seek a “full” belly—or at least the feeling of one. We carry our beliefs and habits into adulthood—and eventually to the grave.

[Bio-junk diets have become the norm—and they are killing us. But it is our FAILURE to develop discipline as to what, when and how much to eat that “COMPOUNDS” the discipline issue many times over.]

Food-Induced Stress

When we are physically tired, mentally fatigued or spiritually depressed, we are advised to get extra sleep because sleep “heals!” But when we sleep on a full belly, we deny ourselves quality sleep and actually do ourselves damage.

The vital organs are called “VITAL” because they are! They need rest and they don’t get it when we sleep on a full belly. Over eating also stresses the vital organs because digestion is NOT a voluntary activity. We eat and the vital organs “react!” If we eat too much or too often, they go into OVER-DRIVE and become “hyper” stimulated which leads to organ “burn out!”

[The digestive tables shown on page 88 indicate that the body requires a certain amount of “time” to digest food.]

Digestion is influenced by stress, exercise, fatigue, quantity of food eaten, hydration levels, time of day, how often food is eaten, enzyme and saliva production, chewing of food, liver function and bile “flow,” and the condition of the body terrain as a whole.

Avoid exercise for one hour after eating a meal because the body needs time to get the digestion process going before the blood supply is diverted from the abdominal area. Food imposes stress on the body—and the energy “drain” following a meal is a confirmation of this fact. The “heavier” the meal, the bigger the “effect!” If food is loaded with “additives,” high in carbohydrates or laced with sugar, the “drag” on the system can be very noticeable. Snacking imposes “stress” on body organs—partly due to the junk nature of snack foods—and partly due to the digestive burden imposed. [The vital organs need “rest!” Without dietary rest, the vital organs burn out!]

Pot Belly/Distended Belly

A distended belly hanging over a man’s belt line or filling a woman’s pelvic area tells a story. People refer to abdominal excess as “fat,” when the condition really reflects much more! Distension (stretching) of the connective tissues that anchor the visceral organs in place is part of the “belly” story—as is a constipated, sluggish colon and poor bile flow!

In older people and women over 40 years of age, spinal compression and forward extension of the abdominal “visceral” organs is due to settling of the spinal column from osteoporosis, as illustrated in the skeletal depiction of the dowager’s hump on page 100. [The visceral organs include the liver, large and small intestines, spleen, pancreas, ovaries, uterus, prostate and bladder!]

The small intestine (“gut”) and the large intestine (“colon”) are held in place by connective tissue called mesentery—which means “apron!” As the body ages and turns “acid,” the mesentery loses integrity and allows the intestines to “sag!” [Engorged bowels and gravity contribute to “belly sag”—as does a distended bladder after a hysterectomy.]

Understanding the causes of “belly sag” provides some clues and answers as to what to do about it—meaning deacidification of the “terrain!” At the TOP of the list is High Enema Therapy™ for dealing with engorged bowel. Next comes the *Young Again (Tissue & Liver) Protocol* to increase bile “flow” issues and deacidification of the “terrain!” [The more acid the terrain, the faster the connective tissues break down!]

[Loss of physical height is part of the distended belly story because of the relationship of height to osteoporosis in the spinal column. If you are SHORTER than you once were, your body is very “acid” and you are well into the osteoporosis dilemma that stalks every woman.]

Hanging by your “feet” using an “inversion” table is an EXTREMELY effective procedure for stretching the spinal column and taking pressure off aged “discs” so blood can access these tissues. [Think of an inversion table as a floating “slant board!” They are inexpensive and available.]

Hanging by your hands from a chin-up or trapeze bar drains lymph nodes and vessels in the breast and arm pit areas. [Start slowly if you are female or older because the shoulders are a weak area and easily strained. Hang for “15” seconds at first and SLOWLY increase your time.]

“S-t-r-e-t-c-h-i-n-g” the ligaments, tendons and muscles increases blood and lymph flow so the connective tissues can “regenerate.” In other words, get oxygen and nutrients in, fluids and waste out. Yoga and Pilates are very effective activities! [VZ™ is used to digest amyloid plaque and scar tissue; SOCTM and Limber Life™ boost blood and nerve flow, eases pain and inflammation and restores limberness; L_sP_cCTM causes the body to manufacture “collagen” for regeneration.]

Gluttony

“Gluttony” is an old word. As a child, your author was taught that gluttony was a sin against the Sixth Commandment. Whether it is a sin or not is NOT my concern—but premature aging and death resulting from gluttony should be everyone’s concern. [These days gluttony is spelled “obesity!”]

When we eat beyond minimum satiety [See Chapter 9.], we overload the system with excess and free radicals and we “squander” vital energy! Drinking liquids with meals and failure to completely chew food makes matters worse!

Gluttony IS “driven” by genuine hunger due to dietary starvation. In other words, the body’s nourishment needs are going unfulfilled! The way avoid the need to snack and “pig out” is to eat “nourishing” food with plenty of healthy “fats” and proteins to meets the body’s energy needs. Good food automatically “limits” overeating. Poor dietary choices and the inability to digest food is why 75% of the population is “obese.” [Racemized™ DiSorb Aid II,™ R/HCl™ and Yucca Blend™ boost digestion and ease the burden food imposes.]

Sleep

An overly full belly interferes with quality sleep—and lack of quality sleep interferes with all “EVERY” aspect of good health and longevity. [Deep sleep is when the body grows and repairs damaged tissue. Without it, we grow old!]

[Plants have a cycle too. They manufacture food during the day—and they grow and repair at night. Visit your garden in the wee hours of the morning to “hear” corn growing. It crackles and pops! [During the day the Earth

exhales. At night it inhales. The “dew point” is when plant and microbial activity are at their PEAK! Everything has rhythm and purpose!]

Lactate • Detoxification • Glycolysis

The body feels refreshed after a “good” sleep because its wastes have been processed and “isolated.” Neutralization of lactic acid occurs during the sleep cycle. Anyone who has experienced muscle soreness and fatigue from over exertion has experienced the effects of lactate formation in the muscles. “Lactate” formation occurs during “glycolysis”—because of insufficient oxygen levels in the cells and, therefore, incomplete burning of glucose sugars. Lactate is a “transitional” waste product that is converted into the ATP “energy” molecule during the “sleep cycle!” The “-ate” in lactate tells us it is the salt of lactic acid. Salts are bound energy. [To prevent lactate formation and fatigue, drink plenty of water with racemized™ sea minerals every 30 minutes during heavy work or exercise along with SOC™ capsules and Kombucha Tea. Lactate is a byproduct of anaerobic fermentation and the incomplete conversion of glucose to the ATP energy molecule.]

Kombucha Tea uses “aerobic” fermentation to produce a product that fuels glycolysis and prevents lactate formation in athletes who drink it during a game to have more energy and endurance and less muscle soreness.

Cellular oxygen deficiency prevents full conversion of glucose sugars into the ATP energy molecule. The energy “conversion” from glucose to “ATP” occurs “inside” the cells, “inside” the mitochondria and “inside” the Electron Transport Chain of the Krebs Cycle. Lack of oxygen sabotages energy production and healing. Potassium loss from the cells and sodium invasion of the cells greatly “COMPOUNDS” loss of energy production.

Get Enough Sleep

You can’t put “sleep” in a pill! Fatigue and sleep go together, and sleeping on a full stomach causes anaerobic fermentation—and foul gas! Anaerobic conditions produce “putrefaction” of undigested food—and the formation and release of very toxic molecules like indoles, skatoles and phenols—in the gut and bowel. Get “at least” eight hours or MORE of good sleep every night—even if you can “get by” on less. Failing to get enough rest is no different than failing to recharge your golf cart, with one notable difference. Human beings are not golf carts! Just because you can “whip” your body and keep it going is NOT justification for doing so. Mental “hype” is Fourth Dimension power imposed upon the Third Dimension body! Using “hype” is a “dangerous” skill that comes with a very high price tag called “aging!”

Food Discipline

Avoidance of overeating requires discipline! Spacing meals requires discipline! Adding rhythm and routine to daily life requires discipline! Health and longevity are the products of discipline! The body responds to “DISCIPLINE!”

[Your author went from 3-4 meals a day to someone who juices and takes some SUPER FOODS in the am and only eats one regular meal in the evening. He is rarely hungry—and looks and feels better than at anytime in his 61 years!]

Allow 4 hours between meals—including so-called “snacks!” Eat wholesome food and the need to snack will end. Children are growing and require highly nourishing food if they are to avoid the urge or need to snack. Obesity in children says they are “starving” to death on full bellies! Healthy water and racemized™ sea minerals fulfill another need of both adults and children. Bowel activity should be 3-5 times per day—and water intake very much affects bowel activity. [Children with sluggish bowels should take Yucca Blend™ and do a simple “one bag” enema morning and night. Soft drinks are “OUT”—and artificial sweeteners are “dangerous!” Their long-term effects are WORSE than “alcohol!” Believe it!]

Do NOT encourage children to develop bad habits that will later “morph” into unhealthy lifestyles and lives of misery. Healthy children don’t need the “doctor!”

Nourishment and deacidification strengthen willpower! The more active the bowels, the more “bile” that is exiting the body. Willpower is the PRODUCT of a healthy “terrain!” Smoking, drinking, drugs, gluttony, obesity, etc.—in children and adults—have their roots in malnourishment and loss of control over the body “terrain.”

[Hungry people snack and eat their way into old age and hasten their appointed destiny with the grave—decades ahead of schedule. They are early birds in the truest sense!]

Rhythmicity

One secret of health and longevity is daily rhythm. Rhythmicity is the ebb and flow of energy in our daily life. Up each morning at the same time, meals taken within 1/2 hour of the appointed times, plenty of water, exercise, bed at the same time, a full 8 hours of sleep. Practice rhythmicity, and the lessons in this book will become “patterned habit.”

Health and vitality flow on the wires of rhythmicity. The lifestyle of Dr. Paul Bragg and his daughter, Patricia Bragg speaks for itself—as you will see in the following story.

The Miracle of Fasting

This is a true story, told exactly as it happened. Your author hopes you will enjoy it.

It was May 1, 1993. The place: Santa Barbara, California. Your author was attending a dinner party following a publishing seminar when a cute lady approached him and said “Did you get one of my apple cider books?”

I answered in the negative. And as she proceeded to hand a book to me, I got a square look at her face and said “Who are you?”

“I’m Patricia Bragg!” she answered.

At that moment, I knew that the path upon which Bob McLeod—who you met in Chapter 1—had started me on 22 years before had reached its destination. I was standing before the daughter of the Great Wizard, Paul Bragg!

“Please come sit down,” I said. “We must talk!”

I began, “Your father saved my life. I cannot tell you how thrilled I am to meet you! You look exactly like your picture in your father’s book on fasting.”

So we talked and laughed. The following day, I was able to sneak away long enough to visit the Bragg Worldwide Headquarters in Santa Barbara, where I stood in awe of a 20-foot-high painting of the wonderful Wizard, Paul Bragg.

“How did your father die?” I asked. “I have heard several rumors and I am anxious to know the truth.”

“He died in a surfboard accident in Hawaii. He drowned. They could not revive him!”

“Please tell me, what was his age?”

“My father was 97 years YOUNG!—and if he had not died when he did, I have no doubt he would have lived to be 125 years young!” she snapped.

“What is your age, Patricia?” I asked with a lump in my throat.

“I am like my father. I AM AGELESS!”

And so she was. Sweet! Cute! And very much a senior citizen by the calendar, but you would never, ever guess! Patricia looked to be in her late forties, but had the energy of a teenager—and the figure to go with it, too!

Paul and Patricia are PROOF positive that each of us can experience agelessness. Your author is forever thankful for having met this wonderful human being—the daughter of the Great Wizard himself. Like her father, she has helped millions of people. I am proud to continue in their footsteps.

Many readers will be too young to remember Paul Bragg. If the reader elects to read his wonderful book *The Miracle of Fasting*, be sure you are wide awake! Bragg speaks simple TRUTHS—and in simple terms, too! He was a man among men who will be read and remembered for the TRUTH he spoke and for the lifestyle he promoted.

Thanks to Paul Bragg and Patricia Bragg—to whom this book is dedicated—your author was inspired to create a realistic “model” so everyone who desires to experience “agelessness” can become *Young Again!*

PREVIEW: *Our next chapter deals with the world's MOST toxic element, and it's in YOUR body and drinking water. You will also learn what you can do about it.*

Purpose!

We have to live with the consequences of the choices we make in every area of our lives! Yesterday is “gone”—but tomorrow is available—so why not get started “today?”

Stones & Nails

“Stones” in the gallbladder and “nails” in the liver are “calcified” waste material removed from the blood by the liver. These anomalies take many years to form and are major impediments to restoration of health because they block the flow of “bile” from the liver and gall bladder. Gall stones are liver “pellets” that settled in the gallbladder and calcified. They range in size from B-B’s to golf balls. “Nails” take their characteristic shape from the biliary ducts within the liver itself and only appear in very sick people. Nails “clink” against the toilet bowl when doing High Enema Therapy.TM

Failure of the liver to remove blood borne wastes, forces the body to store this “soluble” material in the fatty tissues beneath the skin—out of circulation and under lock-and-key. [Release and disposal of stored wastes is why the *Young Again Tissue and Liver Protocol*TM was developed] “Soluble” acid waste in the joints and connective tissues is called “amyloid” fluid—and if allowed to stagnate it will “morph” into STRUCTURAL waste along with pain, stiffness, deterioration—and a doctor’s diagnosis. Acne, wrinkles, psoriasis and graying hair are also symptoms of acid waste overload of the body’s “terrain!”

[Detailed instructions come with the Tissue and Liver Protocol.TM Adults follow the program over a two-month period. A “normal” life is followed during the process. Epsom salts are toxic and are not used. OXTM controls cleansing “reactions!” R/CTM restores the integrity of the “gut” wall and enhances immunity to protect the body from highly toxic waste “released” into circulation during the process. Systemic overload is avoided by doing High Enema TherapyTM—as needed!]

Meat Eating vs. Vegetarianism

Turn to page 367 for a discussion of a volatile health issue. As for your author, “I’ve been there! I’ve done both!”

Ear Problems!

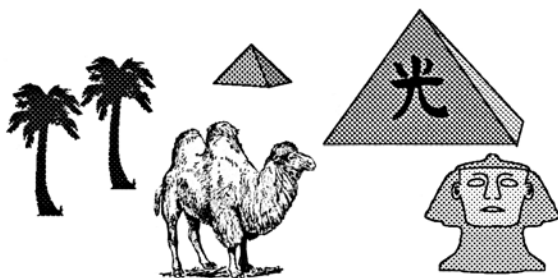
From ancient times to the present, people have had trouble with their ears—things like: ear wax, infections, water in the ear, pain, poor hearing, tinnitus (ringing) and so on. Over 600,000 adenoidectomies and tonsillectomies [Think, ear and tonsil surgery!] are performed each year as a result of ear infections. 50% of all children’s surgeries and 25% of children “admissions” are due to ear-related complications. [If outer ear wax is the issue, put one drop of Taoist™ Ear Oil in each ear before bed. Upon rising, use a baby syringe to flush out wax. For adults, the Bio-Magnetic™ Dental Irrigator doubles as an ear cleaning tool by simply turning-down the down the pressure. Use hydrogen peroxide to fill the outer ear canal to “boil” and dislodge wax and “infection!” If the problem is INSIDE the ear and you have pain, ringing, fever and pressure—take Yucca Blend,™ MX,™ OX™ & R/C™—and perform High Enema Therapy™ [adults] and simple enemas [children] until things ease. Use MX™ for congestion and void medications where possible. MX™ causes mucous to break up and “flow”—denying bacteria, yeast, fungus and viruses a “medium” in which to breed. MX™ is microdosed DNA at “nano scale”—and it works extremely well on congested sinuses, lungs, bronchioles and ears in waste-filled bodies. Clear Head™ is used to irrigate the sinus cavities and destroy microbial overgrowth.]

Israel “Warns” Against Soy

The State of Israel issued a health warning [August 2005] to its people to avoid consumption of soy products. The Israeli government said the list of disorders associated with soy are: digestive problems; thyroid dysfunction; ADD and ADHD disorders; dementia; reproductive disorders; and cancer. Perhaps the most “telling” thing here is all the “flim-flam” and hype given soy in the uSA. Your author “broke” the soy story in this book in 1994—and caught “hell” for it, too—especially from upset vegetarians who did NOT want to hear that their darling “soy” was bad news! I rest my case!

Acres USA

This publication has had profound influence on my life—and on this book! If I could only receive one publication, this is the one. Order a trial subscription, and see what I mean. Call (800) 355-5313. I accept your thanks in advance.



THE CAMEL OR THE PALM TREE?

“Truth will come to light; murder cannot be hid.”

Shakespeare

“Kibyo” is Japanese for strange disease. Kibyo described the series of strange conditions that appeared during the 1950’s in the small fishing village of Minamata on the southwest coast of Kyushu, Japan.

The conditions came to be known as “Minamata Disease.” In 1957 mercury was discovered to be the toxic “agent” behind the strange symptomatic conditions and SIGNS.

Cats went crazy. Crows fell from the sky. People experienced dizziness and tunnel vision; their nervous systems failed; numbness was experienced in their extremities; and their legs burned! ALL life forms in the area suffered from the high mercury levels in the air, water and soil. The mercury came from an industrial plant up the coast from Minamata.

Mercury & Aging

Mercury is the MOST toxic “element” known to man! It’s also the only elemental metal that occurs naturally in the “liquid” state. Sometimes it is referred to as quicksilver due to its elusive nature. A broken thermometer allows mercury to splatter and run. It evaporates like water!

Mercury is a BIG part of the “aging” story because of its toxic nature and ubiquitous presence in the environment—and in peoples “dental” fillings! It has been used in industry for hundreds of years. The fur industry used mercury to process animal furs in the “1700’s.” Mercury poisoning was first diagnosed in 1865—but mercury continued to be used by the fur industry into the “1950’s!” The expression “mad as a hatter” refers to the tremors and insanity that plagued hat and garment workers. Ignorance and making

a living “snared” workers because mercury came with the territory in many industries. Doctors who DARED to create a fuss quickly found themselves without a “license!” [Can the reader say the word “control”...for the good of the “public?” of course!] In those days, a hat worker’s widow was given a “gold watch” and a wreath on the casket. No longer!

Mercury is a BIG part of life in “2006!” But these days, medical “science” assigns new names to mysterious dis-eases—usually with the word “syndrome” attached. The English equivalent of “kibyō” is “syndrome!” Today, everyone is a victim of mercury poisoning because there is no escaping it! The only practical answer is to keep it from building up in body tissues and to remove existing residues—a process that takes “YEARS” to do! [Mercury, sodium and carbon monoxide are easily absorbed, but VERY DIFFICULT to remove from the body.]

It took 8 years for your author’s body to release and dispose of “tissue-bound” mercury! SOC™ shuttles mercury and heavy metals out of the tissues.

About Mercury

Mercury crosses the placental barrier and deforms the unborn. It lodges in the vital organs and short circuits their activity. It causes disintegration of the central and peripheral nervous systems and damages the kidney’s nephrons (blood filters). [People who die of heart attack have MASSIVE mercury levels [from their “teeth”] in the heart muscle!]

Acute mercury poisoning causes vomiting, bloody diarrhea, tremors in the extremities, eyelids and tongue. Moderate mercury poisoning has a “ghost type” profile with symptoms like fatigue, insomnia, headaches, anxiety and loss of appetite. Erythrim (redness or blushing) is also a characteristic symptom, as is nighttime leg pain.

Dietary sources of mercury include tuna fish, shell fish, the air we breathe, and the water we drink. Mercury is a component of military munitions and fire works explosives—hence, it’s in the air! Other sources are house paint, insecticides, fungicides, “pressed” and plywood building materials, wall sizing, and thousands of products people use everyday.

[Growing a garden is one way around mercury. The bacteria in healthy soils denature toxic substances; they are the “mediators” between Earth and sky. See Chapter 18.]

The *Young Again!* Tissue and Liver Protocol™ “shuttles” heavy metals OUT of the body through increased “bile flow” and systemic buffers!

The most “OVERLOOKED” source of mercury poisoning is amalgam dental fillings. These so-called “silver” fillings are a death sentence—and there is absolutely NO EXCUSE for any dentist to EVER use mercury amalgam in the mouths of innocent children and ignorant adults.

As far as your author is concerned, dentists who put mercury into innocent people's teeth should be indicted for "murder!" And that is precisely the reason the American Dental Association will NEVER admit the truth about mercury and fluoride!

The next most common source of mercury in the United States comes from tap water. Mercury—in the form of mercuric acid salt—is widely used to treat public water supplies in an effort to control the spread of dis-ease. During the fall of 1993, hundreds of innocent people became sick and some DIED from drinking tap water contaminated with pathogenic bacteria and laced with "mercury!" The cities were Milwaukee, Washington, D.C. and Chicago. The worthless authorities blamed bacteria— but the real problem was "mercury!"

Here is the problem. Cities treat water with "mercuric acid" to kill bacteria. This is done "without" public knowledge and is vehemently denied by authorities. Mercuric acid is used during the "warm months" when demand outruns water processing capability. Cities don't have time to treat water before distribution, so they use mercuric acid to control the spread of "in-line" pathogens!

Cities use the dirty sand filters over and over—seldom changing them! Instead, they use mercuric acid to kill the bacteria and viruses that breed in the filters and send the water to the gullible public to drink! In the Fall when the hot season is over, cities stop using mercuric acid. If cities "miscalculate," the result is sick and dead people from an explosion of pathogenic bacteria. [Safer treatment methods are available—but yellow fringed flag "corporate" government isn't interested.]

Without mercury, public water supplies are a potential source of pathogenic dis-ease. With mercury, people "drink" their way to systemic dis-ease and old age without ever realizing the problem. Mercury keeps the hospital lines full of sick people demanding a magic bullet! Sick people are good business. All toxic chemical agents in public water supplies are "time bombs" waiting to manifest as dis-ease in the bodies of people who are ignorant enough to drink it.

[Do NOT drink "raw" tap water! Either make your own biologically friendly water with a BFRV™ home unit or, buy expensive bottled water, or fill your own bottles at the store and haul it home. Raw tap water is at the "ROOT" of "leaky gut" which is behind all "auto immune" conditions and dis-eases.]

Municipal water is "potable"—but it is not good for your health! Drink biologically friendly water instead!

Deregulated Death • Bombs And Munitions

The U.S. Department of Agriculture has established a "ZERO" tolerance for mercury. Yet, the FDA established a "safe" level for mercury. The word "safe" implies a safety and watch-dog function—so people will "feel"

protected! Regulatory agencies are supposed to “protect” the public. But powerful “interests” make sure mercury’s use in industry goes unrestricted. Mercury is a \$6,000,000,000 (billion) dollar industry!

Mercury occurs in three forms: Elemental vapor (mercury evaporates like water); mercurous/mercuric salt solutions and mercuric acid; [“Mercurochrome” was used on cuts and scratches in the 1930’s, 40’s and 50’s—before it was “removed”]; and a third form called methyl mercury that “binds” to “proteins.” [Body chemistry requires protein enzymes. Mercury blocks vital biochemical reactions and lodges in protein-based collagenous tissues.]

Corporate yellow fringed flag “government” is “OWNED” by certain unseen “interests!”

“Corporate” government—by way of the Atomic Energy Commission—supplies mercury to industry. After WWII, government held HUGE stockpiles of mercury—and policy “shifts” ushered this “silver death” element into the marketplace.

[Bombing of the Oklahoma City Federal building probably involved large amounts of mercury to accelerate the explosion. Pictures show that the explosion GAINED velocity as the force went up the face of the building—instead of dissipating as in non-mercury-related explosions.]

Agriculture uses massive amounts of mercury in the production of FOOD! In 1914, chemists discovered that mercury was an effective fungicide. Over six million pounds of mercury have been used in FOOD PRODUCTION in the past 40 years and over 200 million pounds total use since 1900. These numbers do NOT account for the disastrous “effects” mercury imposes on people’s health when it is put into their “teeth” by dentists who should know better! The air we breathe is a MAJOR source of “mercury!” [Please see the BFRV™ Air Processor on page 114.]

Mercury is used to treat agricultural “food” seeds and in the paper industry as a slimicide. AEROBIC bacteria convert industrial mercury into highly toxic methyl mercury. Methyl mercury is difficult to remove from protein-bound body tissues. [The *Young Again (Tissue and Liver) Protocol*™ was developed to get the mercury out of “your” body! Homeovitic™ remedies are then used to “reprogram” tissue vibratory “frequency!”]

Mercury Fillings In Teeth

Dentistry has used mercury amalgam “silver” fillings for over 100 years. In the mouth, bacteria convert elemental mercury into methyl mercury “which bleeds” into the tissues and is “inhaled” and absorbed in the lungs.

Amalgam fillings are BIG business! Young, dumb, unsuspecting, starry-eyed dental students are “taught” that mercury amalgam fillings are

“stable” and “non-toxic!” The ignorant patient is told the only difference between gold and amalgam is the cost and appearance. Dentistry avoids using the word “mercury”—preferring to call these fillings amalgam or “SILVER.” It is CRIMINAL to fill teeth with the most toxic element on Earth. Like the “fur” industry, mercury fillings bring on dis-ease and S-L-O-W death. [Dentists who install amalgams claim ignorance and lack of “scientific proof”—while their patients lose their health and their lives. Dentists have the HIGHEST suicide rate. They reap what they sow!]

Dentistry likes mercury amalgams because they are a fast and profitable “drill and putty” procedure!

Gold also creates problems—but of a different sort. Gold fillings, bridges and crowns are composites of dozens of different “metals.” Elemental metals are toxic to the body, and their energy “footprints” are measured in milli-volts that interfere with brain signals and body metabolism. These are extreme low voltage electrical signals similar to what spews from cell phones. If you need a crown or bridge, insist on pure CERAMIC crowns and bridges! Never metals!

If you have mercury in “your mouth”—do NOT remove it until you have prepared your system as outlined in this book! Please, call for guidance before you remove them! Mercury amalgam “removal” is FAR MORE DANGEROUS than when they were placed into your mouth. Age, poor immune system integrity, weak thyroid and compromised liver function come to the fore when mercury are “removed!”

Removal of mercury amalgams is EXTREMELY dangerous! The patient MUST prepare beforehand and take protective measures afterwards! Too little is too late!

NEVER, EVER go to ordinary dentists for amalgam removal. They are antagonistic to the idea and careless in their technique. Be very careful to AVOID “johnny-come-lately” dentists who are NOT certified, biological dentists and ACTIVE members of the American Biological Dental Association [Locate them on the web!] Dentists who also do amalgam fillings—on any pretense—are total phonies! Avoid them!

The Camel Or The Palm Trees?

Today, more than ever, people are faced with the dilemma of choosing between conventional medicine and holistic therapies. Making the right choice is easy. Let me emphasize “false” alternatives with a childhood story.

When we were children, one of our favorite pranks involved finding an empty Camel cigarette package and showing it to whomever we could get to listen.

“Assume you are in this picture, and it is raining cats and dogs and you

must run for cover. Would you get under the palm trees or would you get under the camel?" [On the face of the package is pictured a camel, some palm trees and several pyramids.] Some people answered they would "Take cover under the palm trees!" while others said they would "Take their chances under the camel!" Regardless of the answer, the person was wrong! We kids did what conventional medicine and dentistry does to ignorant and desperate people. We only offered two alternatives—and BOTH of them were bad choices! [The correct answer was to go around the corner of the package and take lodging in the hotel!]

In the world of conventional medicine and expert opinions, you are constantly faced with "camel or palm tree" decisions. Do not allow yourself to fall for false alternatives in matters of health—or you will grow old and suffer miserably along the way. Heavy metal poisoning—be it from tap water, food, colloidal minerals or dental fillings—is serious business.

Would you rather drink water that is contaminated with pathogenic microbes, mercury, sodium, chloramines and fluoride, or water that is "safe" according to industry standards?

The answer to this camel or palm tree question is, "NEITHER!" The world's second biggest manufacturer of mercury amalgam filling material has agreed to post ALL dental offices in California with signs WARNING patients about the carcinogenic, mutagenic and teratogenic effects of mercury—especially in children—and the unborn! [Good luck finding those signs!] Scandinavian countries and Germany BANNED mercury "amalgam" fillings. The American Dental Association—and its "lackey" dentists—are too damned proud and greedy to admit their mistakes, so the beatings shall continue until the people's moral improves!]

Putting "mercury" amalgam fillings into innocent people's teeth is a crime against humanity!

Dental Alternatives

Mercury removal requires that special protocols be followed for your safety—and the safety of the dental staff. "Composite" plastic is the replacement material of choice. These fillings require more skill and time than "drill and putty" mercury fillings. If composites are done correctly, they have a long life. Your author's composites are "intact" after 15 years!

Do not accept porcelain fillings. A dentist that tells you that composites don't hold up isn't doing them correctly. Cost is not the issue here—but your health is! Call your author for guidance and help BEFORE amalgam removal. Do NOT remove your amalgams if you are female, older or in poor health. You must become "personally" knowledgeable about the issues involved in mercury removal BEFORE you begin!

One final comment. Dental problems—be they decay, periodontal, root

canals, implants or “cavitations” [infection pockets in the gum or bone from improperly extracted teeth and root canals]—cause illness and early death. Infection in the mouth destroys the heart muscle—as does mercury! [Do NOT underestimate the severity and long term consequences surrounding the “teeth!”]

Your “terrain” controls dental health—but once infected the teeth control your terrain! Don’t put yourself in harms way by visiting the typical dental “quack!” Locate a biological dentist. Spread the word to everyone you care about! Dental health goes with being *Young Again!*

PREVIEW: *In our next chapter, you will learn about tobacco and how it relates to health and vitality. The American Indians knew the answer!*

Teeth

Terrain “acidity” controls tooth decay, gum dis-ease and early “death” of the teeth. Acidity manifests as early as “age 6!”

Sins of omission; and sins of comission. “Candor” avoids both of these human shortcomings!

Red Flags

Show me a lady with a cold body, memory complaints, excess fat, thinning/graying hair, yeast/bladder infections, PMS, fibroid tumors, aching joints, receding gums and low energy, and I’ll show you a woman whose “terrain” is out of control. Show me a man who is fat, impotent, lost his sex drive, has prostate troubles, low energy and gray or missing hair, and I’ll show you a man who is NOT in control of his body’s terrain. [Pay attention to your body’s “signals”—they are called SIGNS and symptoms; the same ones that lead to a miserable life!]

Take Time For 12 Things

Work. It is the price of success. Think. It is the source of power. Play. It is the secret of youth. Read. It is the foundation of knowledge. Worship. It is washes the dust of earth from our eyes. Help & Enjoy Friends. It is a source of happiness. Love. It is the one sacrament of life. Dream. It hitches the soul to the stars. Laugh. It is laughing that lightens life’s loads. Beauty. It is everywhere in nature. Health. It is the true wealth and treasure of life. Plan. It is the key to the first 11!

The Romans knew the power of table salt. When they defeated Hannibal’s Carthage, they made sure Carthage would NEVER rise again by salting her soil!

Hello there!

Few people comprehend the “true” state of their health. And only 1 out of 1,000 are willing to take responsibility for their lives and STOP the whining! Some folks rationalize their circumstance; others utter excuses and post blame; others simply give up and await the grim reaper! Be willing to do your part. Prevention is easier and less expensive than restoring someone after their “terrain” has crashed!

What is done to AVOID serious medical problems is EXACTLY what is done to REVERSE them. Everything is a “terrain” issue! In “my” younger years before age 43, health food, vitamins, herbs, juice, yoga and exercise were enough to keep the reaper away from my door. But these things alone will NOT keep the reaper away from your door after age “35” because the rules are different! “Fundamental” issues control the body’s “terrain.” Traditional “health” fads don’t “cut it” once the terrain is in trouble—or when you are over 35 years of age. High-profile, big-shot practitioners make lots of noise, but they have the same health problems as their followers. The reaper waits at their door, too! Results count, and the *Young Again Protocol*™ definitely produces results for anyone who is short on excuses and long on responsibility. If you need help, “Ask for it!” And please be willing to do your part. Aging- reversal requires much patience—and lots of work, too!

Feed a cold; starve a fever!

*Things fall apart; the liver cannot hold;
Confusion and anarchy seize the terrain;
The dimmed tide is loosed upon the moment,
As hell descends upon the ignorant soul!*

Sore Feet, Back & Joints

When your author was in his teens, he had triple-A width feet. When the US Army was finished with me, they were B-width. By September 2000, they were C-width and I was in trouble. [Due to a freak injury to the ligaments in his feet, I was limping and in severe pain by Thanksgiving, 2000. “Plantar facitis” was the diagnosis; fallen arches was the issue! So I paid a visit to Nick’s Boots—a local specialty boot maker who made a pair of boots designed specifically for my feet—triple-A width! The results were astounding! These boots realigned the bones in my feet and changed my life, overnight! “I love them and so will you!” You haven’t lived until you wear a pair of Frank Petrilli’s Swedish boots in either work and dress styles.

[P. S. If you wear tennis shoes, you will pay the price in “misery” in the years to come. Get rid of them or at least insert a “good” pair of orthodic inserts before you totally ruin your feet!]

Call (800) 824-2685 or (509) 483-1246



THE “SACRED” THREE SISTERS

“First, the Creator gave us tobacco.”

[“Kanonsionni-Kayeneren-Kowa”]

The Iroquois

When the white man came to the Americas, he discovered that the main staples of the Indian diet were corn, beans and squash. The Indians called these foods the “sacred three sisters.” They understood the importance of these food crops in their diet. They also understood the importance of another FOOD—a food which they held in the utmost esteem. That food was TOBACCO!

The Indians considered tobacco sacred because they had discovered tobacco’s NUTRITIONAL characteristics. Their discovery was incorporated into their religious beliefs. The Indians told the white man “The Creator gave us the sacred three sisters. But before the Creator gave us corn, beans and squash, He gave us TOBACCO!”

Tobacco’s status in the Indian psyche was based on DIETARY need, but it was respected on a religious level. Smoking was the extension of the dietary status tobacco held in the culture of the natives of the Americas.

When native peoples elevate certain foods and events to religious status, there is a reason. Unfortunately for millions of people, the white man failed to take his cues from Indian dietary habits and religious beliefs. The white man did NOT make the connection between diet and health until 498 years later (1990). The connection was made by a lone individual named Tom Mahoney.

Tobacco

Despite its negative social image, tobacco has significance to the aging process—and to health and longevity. Tobacco is terribly misunderstood by the American public. They know NOTHING of its therapeutic or dietary value because they can’t see through the “smoke” the government and pharmaceutical companies have “created” to hide the truth! People are told of the

negative aspects of smoking—but they know nothing of the real tobacco story. The public’s “ignorance” is NOT an accident; it is by design!

Prior to the discovery of the Americas, Europeans did NOT grow or eat corn, beans or squash. These important foods were absent from European diets; dietary imbalances were the norm; dis-ease—as a result of excess acid waste build-up—“plagued” the white man and his “civilization.”

The Sacred Three Sisters were taken to Europe, and for a time people’s nutritional status improved. Corn was easy to grow and became the “dominant” food staple of the poor. By the 1700’s, corn gained dietary dominance and resulted in “excess” and the occurrence of dis-ease—particularly in Mediterranean Italy, Spain, Greece and Portugal. The condition of EXCESS had no name—yet!

Casal’s Necklace

In 1735, the Spanish physician Casal described a dis-ease condition by one of its key “SIGNS!” He called it *mal de la rosa* or “red sickness.” People on farms who ate too much corn suffered the most. Typically, they had a red “ring” around their neck which came to be called “Casal’s necklace.” [In the American South, corn’s dominance among farmers and the poor caused the phrase “red neck” to come into usage.]

In 1771, an Italian doctor described the SIGNS of an unknown dietary condition of excess when he wrote of “rough, painful skin.” Pellagra is the English corruption of Italian and summed up the condition nicely. Until the 1900’s, however, no connection was made between corn intake and the condition of excess that had come to be called pellagra.

[Like most conditions, pellagra operates behind a “cloak” in the early stages. It includes loss of energy, weight loss and poor appetite. The four ‘D’s’-dizziness, depression, dementia and delusion-best describe pellagra’s SIGNS! Today, there are tens of thousands of people suffering from these SIGNS, but you will not hear the term pellagra.]

In the 1850’s, a new “condition” appeared in the uSA—with symptoms and SIGNS similar to those of Mediterranean peoples. The “condition” paralleled H. J. Heinz’ introduction of his famous Heinz 57 “canned” foods in 1859.

Canned food contains copious amounts of salt to keep down botulism. In addition, heat processing destroys and denatures food enzymes and proteins.

The Civil War wrought massive upheaval in people’s dietary habits—especially farm people in the South. Conditions of EXCESS became prevalent due to lack of dietary variety and insufficient availability of food proteins. Economic conditions were blamed, but pellagra had its roots in the shift from an unbalanced agricultural society to an unbalanced industrial one. The poor suffered the most; they ate too much corn and not enough greens and

proteins. [Excess corn creates an acid condition in the body’s terrain—just as excess intake of “meat” contributes to an acid condition.]

By the turn of the century, the dis-eases of pellagra and beriberi became widespread. Poor people were eating too much hominy, corn meal, grits, and corn meal mush—especially in the South where this practice continues to this day! Worse, the corn being consumed was “bolted!” Bolted corn does not contain the “germ!” The germ is what causes seeds to “germinate!” It is the seed’s “LIFE FORCE” and contains all of the important B-vitamins and mineral ions.

Food “processing” companies discovered that BOLTED, “devitalized” (degermed) corn meal keeps better. Bolted corn was one of the first “natural” bio-junk foods. “White” bread was second. An ignorant public perceived these new foods to be “status foods.” [Perception is reality!”]

[Processed food became “value added” food and commanded higher prices and profits. People didn’t realize that they had been “taken!” They are STILL being “taken” every time they spend their hard-earned money on “processed” foods!]

[Pellagra became “endemic” to certain geographic areas and diets. Thousands of people suffered from pellagra and beriberi. In dogs, pellagra is called “black tongue!” These dis-eases could have easily been prevented if the white man had paid attention to the Indian diet—including tobacco! Tobacco contains the “entire” vitamin B-12 complex in natural molecular form. Tobacco is very valuable as a FOOD!]

Back to corn. Non-hybrid, non-bolted corn is good food! But too much of anything creates imbalance and conditions of EXCESS that eventually manifest as dis-ease! [The diet should include fresh, green leafy alkaloid vegetables, fresh vegetable juices [beet, carrot, celery], and high-quality proteins. [VARIETY avoids conditions of “excess!”]

[The Mexican custom of soaking corn in lime water and the inclusion of fresh, green leafy vegetables, offsets corn’s acidity and prevents the incidence of pellagra in Mexican populations. The custom was adopted from the native Indians; so was the combining of corn and beans for dietary balance.]

How the body responds to food is a function of the liver and the “terrain.” The terrain controls!

The B-vitamin Story

The B-vitamins (B’s) offset dietary excess and rid the body of conditions like pellagra and beriberi by restoring “balance” to the system. B-vitamins are found in “healthy,” fresh, green, leafy vegetables—which also contain Vitamin-C along with bioflavonoids, rutin and hesperidan complexes. “Niacin” has been credited as the “active” pellagra curative agent, which is no more true than the “misconception” that Vitamin-C cures scurvy! [Isn’t it

“strange” how half-truths and mistruths find their way into government school books?]

[A vitamin is a vital amine. Vitamins are vital because they act as cofactors with bio-active mineral ions to create and sustain life. An amine is the active “—R” group on food molecules, giving them certain biological and chemical qualities.]

Niacin is “called” Vitamin B-3. “Supposedly” niacin is involved in ALL critical metabolic pathways. These pathways are a very complex series of reactions that keep us alive, healthy and happy. Good health is a reflection of strong activity in these very critical biochemical pathways.

Real Vitamin B-3 contains two very important molecules: NAD (nicotineamideadenine dinucleotide) and NADP (nicotine adenine dinucleotide phosphate). These substances are required in the Krebs Cycle (aka: Citric Acid Cycle) within the mitochondrial “electron transport chain” where our energy molecule “ATP” is created, burned and converted into cellular “lightning” as discussed in Chapter 24. [The reader can gain a fuller understanding of things “medical and science” by study and “coloring” at home!] [See pages 233 and 240.]

All of the REAL “B” vitamins are involved in FUSION reactions of the gut and liver. The body and the mitochondria need the B’s to make energy, build/repair tissue and keep the immune system strong. Isomeric Vitamin B-3 (niacin) does NOT have the same characteristics as food-derived molecules. [B-vitamins that don’t derive from real food are useless!]

B Vitamins • pH • Soft Drinks

The Indians knew about tobacco’s life-giving properties. Tobacco is the richest natural source of natural B’s in the world! Concentrations of real B-vitamins run as high as 30%! We get the B’s when we add “small” amounts of green or dried tobacco to stews, beans and salads. [Please note, care must be taken in the choice of tobacco variety. Most importantly, fresh lemon juice or apple cider vinegar MUST be used to bring “green” tobacco leaf into the “range” of digestion.]

[The pH of edible tobacco is pH 10-11. Lemon juice and vinegar have a pH of 2. Stomach acid (HCL) is pH -1 to +1. For each # up or down the scale, pH changes by a factor of “ten.” pH of 10 is 1,000 times more alkaline than pH 7. [pH neutral is 7.0. Anything above “7” is alkaline; below is acid.]

Terrain “pH” is grossly affected by “soft drinks” which FORCE the body to “withdraw” bone calcium to “buffer” the acidic effects soft drinks cause in the “blood stream.” Soft drinks “upset” the calcium : phosphorous ratio and grossly alter body physiology—“stealing” minerals from the “terrain” and color from the hair as noted in Chapters 28, 29 and 30.

Synthetic vs. Natural B’s

Real “B” vitamins are potent, right-spin substances—even in small amounts. “Synthetic” B-vitamins are not good; natural Vitamin E in “soy” oil is a joke; cod liver oil beats synthesized vitamin-A; common Vitamin-C [as used by thousands of people] is next to useless as are the B-vitamins of which 95% are lost down the drain!

The real stories of vitamins “B” and “C”—and how to achieve therapeutic blood levels of BOTH—will be discussed in detail in Chapter 37 coming up shortly.

The body is unable to build healthy tissue with synthetic vitamins—which is why your author stresses the importance of juicing and eating fresh, whole, “live” food and avoiding bio-junk diets. [Raise blood levels of real B-vitamins to “therapeutic” levels, and energy levels and pernicious anemia (chronic shortage of oxygen-carrying hemoglobin and red blood corpuscles) disappears and immune activity takes off!]

When we are sick, white blood cell count should go “up!” Failure of the immune system to “respond” to a threatening condition is called “aging!” Without plenty of “B’s,” the body CANNOT defend itself. [Excellent food sources for building blood serum hemoglobin and so-called “iron” levels are racemized,TM predigested liver capsules, Cobo-12TM and racemizedTM algae. [Cobo-12TM is a racemized “transdermal” vitamin B-12 creme developed especially for women!]

After age 30, vitamin B-12 absorption via the mouth and stomach “collapses!” Cobo-12TM absorbs through the skin into the blood capillary beds for instant effect!

Green tobacco is loaded with complex, natural B-vitamins. Green tobacco juice also contains nicotine in natural “alkaloid” form. Dried tobacco contains “real” so-called nicotinic acid. Bottled forms of nicotinic acid, niacin, and nicotinamide are “synthesized” and not the same as from “tobacco!”

Niacin is “promoted” as the “heart” vitamin, which is true if derived from a food source and fully “complexed!” The “B’s” improve blood circulation and prevent blood clots—which has “NOTHING” to do with Vitamin-K as the “experts” would have you believe. The “experts” also tell us the “flush” that accompanies synthetic niacin ingestion is due to its “activity”—but it’s not so! The “flush” effect is a mild reaction to synthetic niacin molecules and binders. Better to get so-called “niacin” from fresh vegetable juices and healthy food. [Digestion and leaky-gut issues prevent full absorption of the B-vitamins—a problem that has now been overcome as noted in Chapter 37.]

Fresh “greens” are one of the best sources of the B’s. Meat has limited amounts of tryptophan which the liver converts to so-called “niacin” (60 mg of tryptophan = 1 mg of niacin). [Isn’t it interesting that government outlawed tryptophan under the “pretense” that it was “protecting” the public.]

Predigested, organic liver capsules from healthy, free-range animals off the grasslands of South America and racemized™ algae and Cobo-12™ are loaded with B-vitamins and lots of other “factors” that promote health.

Food “alkaloids” can be poisonous if overdone! Alkaloids are highly active nitrogen-containing compounds with “marker” physiologic properties. Alkaloids make things happen in the body because they are extremely biologically active!

By definition, “alkaloids” have an alkaline pH. Common alkaline vegetables are spinach and swiss chard—which explains why many people have difficulty digesting them. These “potentially” nutritious vegetables **MUST** be eaten or prepared with lemon or vinegar to bring them within digestion range.

[Some well-known plant-derived alkaloid drugs are digitalis (foxglove), belladonna (nightshade), and marijuana. When real is “synthesized,” drug side-effects multiply! Pharmaceutical drugs are isomers and should be avoided!]

The Niacin Story

Nicotine was named for Jean Nicot—the French ambassador to Portugal who sent tobacco seeds to Paris in 1550. By 1571, crude nicotine had been isolated. In 1828, purified nicotine was isolated. In 1867, nicotine was demonstrated to “cure” black tongue and pellagra—but this fact was “hidden!”

[Nicotine in “PURIFIED” or “SYNTHESIZED” form is extremely poisonous. Natural nicotine is different—and that is the point here. The reader must learn to “differentiate!” The Indians used it judiciously, and the white man should, too!]

Nicotine in dried tobacco is **NOT** toxic, as the public has been led to believe! If it were, people who smoke and chew would react and die on the spot. I would remind the reader that the mucous membranes of the respiratory tract are the avenue of choice where fast absorption is desired. Cigarettes are “bad news” because of what is in them—and we are **NOT** talking about the “tobacco!” [Cigars do not share the dangers of cigarettes. You can tell the difference by the smell! Inhale a “cigar” and you will turn “GREEN” and get sick from too much liver “stimulation!” Regular cigar smokers seldom get sick; old time cigar smokers like George Burns live very long lives!]

Lung cancer is proliferating in people who have **NEVER** smoked or been subjected to ongoing secondary cigarette “smoke!” Christopher Reeve’s widow, Dana [who died in March of 2006] is a good example! The government is “lying!” The **REAL** cause of lung cancer [and many birth defects] is people’s “DIET!” Specifically, the total lack of folic acid—a component of the B-vitamin complex. [Without healthy, fresh juices and vegetables, people are “toast!” Natural folic acid is inexpensive and available. Take 10 mcg. daily whether you smoke or not!]

People who take “folic acid” and smoke will NEVER get lung cancer—and neither will others who breathe the smoke! The government and the bureaucrats are “liars!”

History of Vitamin P-P

From the turn of the century, nicotinic acid was known by the disguised name of “P-P factor”—short for Pellagra Preventive. “P-P” factor was used until the generation of people then alive had died. Later—in the 1930’s the words vital and amine merged into the hybrid word “vitamin.” P-P factor then became known as “Vitamin P-P.”

In 1899, Dr. Joseph Goldberger of the United States Public Health Service launched a study into the effects of P-P factor and its relationship to pellagra. He dragged his feet for 16 years before he penned his study regarding the relationship between P-P factor and pellagra—something that had been “KNOWN” since 1867! The foot-dragging was NO accident. There was a “commercial” reason for the delay!

In the meantime, pharmaceutical and oil industry interests went to work developing “synthetic” P-P factor. They did NOT want people to know they could treat pellagra and beriberi—and spin-off dis-ease conditions that resulted from them—by “growing” their “cure” in the form of tobacco. They did NOT want people to make the association between P-P factor, nicotine and tobacco.

Pharmaceutical interests figured out a way to manufacture synthetic “P-P” cheaply and easily using pyridine carbon rings from inexpensive charcoal and petroleum. Synthetic P-P factor is NOT the same molecule. It is an “isomer!” Real vitamin P-P spins “right” and supports health. The fake one spins “left.”

The pharmaceutical companies could NOT “patent” tobacco—but they could patent “synthesized” man-made molecules. They are doing the same thing to women with their damnable, synthetic hormone analogs as contained in female replacement “hormones” and birth control pills.

Keep The People Confused!

“Niacin” is a bogus term. It is a coined word—like “canola!” It was “popularized” by the medical establishment and pharmaceutical interests in the 1950’s to hide the fact that real “nicotinic acid”—the acid form of nicotine in dried tobacco—is the active “factor” in tobacco that causes pellagra and beriberi to go “Bye, bye!” when added to the diet.

Certain “corporate” interests wanted control over America’s health. There was a massive effort to VILIFY tobacco. That effort continues to this very moment.

To create “confusion” and cover their tracks, the “experts” DIVIDED the

B-12 vitamin “complex” into separate “vitamins” known as vitamin B-1 through B-12 and offered the public a “fix” using synthetic molecules and formulations. The entire operation was a massive “fix!”

[After age 30, Vitamin B-12 absorption drops dramatically because intrinsic factor secretion from the stomach wall “collapses!” Women lose their B-12 reserves from their “vital” organs 20 years before men, due to loss of blood from the menstrual cycle. Cobalt is central to hemoglobin formation. Anemia issues reflect loss of cobalt. The introduction of Cobo-12™ skin creme answered the need for cobalt. Sublingual B-12 tablets and oral sprays do NOT solve the problem because both are dependent on intrinsic factor production. B-12 is a HUGE issue for women because it affects virtually everything about female body physiology—and yet it is not specific for any “single” condition. B-12 shots are a synthetic “band aid!”

Cobalt & Health

Cobalt 60 is known as “cobalt blue” and is a naturally occurring radioactive substance that must be present in order for life to exist. It is a crucial element in mitochondrial fusion reactions in man and animal. It is “central” to production of the massive amounts of energy needed to keep us alive each day. Tobacco is loaded with cobalt blue and full of the B-vitamin complex. When we eat whole, natural foods—like fresh green leafy vegetables—and tobacco—we provide the body with natural NAD and NADP, cobalt 60 and all of the B-vitamins needed to assist the mitochondria in the production of the ATP.

Everyone should grow and eat tobacco. It is legal to grow. It can be frozen or dried. The tobacco of which I am speaking is a beautiful plant, standing 6-10 feet tall and 3 feet wide. The bugs will NOT eat tobacco—it’s too potent!

The Dilemma • Lies & More Lies

The public is told that tobacco and nicotine are bad for them. Then they are told that niacin and the B’s are good for them. We are NOT being told the whole truth! A long-term campaign was begun in the 20th century to get people to stop using tobacco in all forms. Today, the effort is “massive”—and the public is being WHIPPED into a frenzy! The occurrence of major dis-ease is being unfairly “blamed” on tobacco to keep people ignorant—and to “fatten” pharmaceutical interests!” Don’t believe me? Can the reader say Vioxx™? The TRUTH of the matter is that people have been smoking “toxic” tobacco “substitutes” instead of the real thing! [If you want to smoke, buy real cigarettes or get a cigar and go outside.]

We have been lied to at a time when our food supply is deteriorating at a fantastic rate! At the same time that tobacco is being vilified, the U. S.

Government is “the” biggest grower of hybridized tobacco in the world! The implications are scary, but tobacco isn’t to blame!

[The issue here is parallel “corporate” government in the form of the “U”nited States Government—which is NOT the same as the “united” States of America. The “government” operates under the yellow fringed flag—a war flag! America was “formed” under the Title 4 USC, Section 1 American Flag of Peace. The people are NOT the same as the “government!”]

Tobacco—like the “War on Terror!”—is a perfect “COVER!” The pharmaceutical companies and “corporate” government are the problem here!

The more something is believed to be true and the greater the number of people who believe it to be so, the greater the odds that it is NOT true!

Old-time farmers from Tennessee fed their horses TOBACCO! Tobacco was the American Indian’s gift to the white man. He accepted the Sacred Three Sisters, but he ignored the greatest gift of all. Pellagra’s “disappearance” in 1935 had NOTHING to do with “enrichment” of the food supply as “claimed.” Pellagra disappeared when dietary variety and quality proteins found their way onto people’s dinner plates.

When health is lost, medical science says “syndrome.” The Japanese say “Kibyo.” Your author says “old age!”

PREVIEW: *For the first time in 12 years, five “new” chapters have been added to Young Again! Enjoy what follows!*

*When you control the dietary health of a nation, you control the people.
And when you control a nation’s money supply, you have the perfect
monopoly.*

The Appendix—Not A Vestigial Organ

The appendix “dangles” from the cecum in the most toxic area of the body. [See page 46.] It was put there to draw away “excess” toxic energy from the cecum. The appendix is surrounded by clusters of lymph nodes called “Peyer’s patch.” The cecum is the end of the small intestine (gut) and the beginning of the large intestine (colon). It’s where parasites “hang out”—and it’s the MOST toxic spot in the body! The cecum is 6 feet “up” from the anus and the end of the road when doing High Enema Therapy.TM The medical folks consider the appendix a vestigial organ—but God put it there quite “on purpose!”

Making It Happen In Your Life!

Good health is a one-step-at-a-time process—in reverse! Here are some basic steps to health and vitality. Drink biologically-friendly water—and enough of it. Complete the *Young Again (Tissue & Liver) protocol*.TM Eat “good” food. Juice beets, carrots and celery daily. Avoid extremes. Seek balance in ALL areas of your life. Get into the *Young AgainTM High Enema TherapyTM Protocol*.TM Add racemizedTM super foods to your diet. Restore and balance your hormones and clear your receptors.

Avoid processed foods. Get some aerobic exercise daily. Learn yoga and Pilates. Use racemizedTM hormone precursors! Stay away from doctors. Get control of your mind. Laugh! Love! Help others! Reject hate, anger, greed, envy, blame, etc. Avoid medications, recreational drugs and alcohol. Follow your instincts. Visualize good health and the life you desire. Refuse to buy into negative thinking—but be realistic. Erase “vaccine” energy fields from your body. Remove mercury fillings from your teeth and get the residues out of your tissues. Develop a healthy, regular prayer and meditation life. Use a rebounder or L/CSFTM machine daily. Use a BiogenicTM lymph roller on your body 2x a day. Use CWDTM for energy and leveling of blood sugar and burning of fat. Live today. Forget yesterday. Leave tomorrow alone. Drink Kombucha tea & use GH3+ and HSTTM Creme to grow & darken hair and improve general health. Do load-bearing work. Simplify your life in every way possible. Use racemizedTM sea minerals in your water. Grow a garden! Grow a garden! Grow a garden! Learn to use a pendulum and vibration chain. Use TaoistTM SUPER foods for superb health. Eat only healthy food. Don’t buy food in grocery stores. Never consume soy or canola oils or soy products. Give thanks each day to be alive. Be patient with yourself; good health takes time to manifest. Experience the miracle of rejuvenation by living life 90% correct—don’t worry about the 10%. Do whatever it takes to have a healthy life. STAY AWAY from doctors! Good health is a matter of CHOICE!

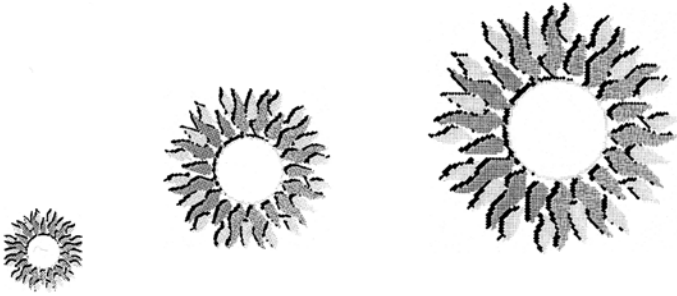
Buffalo Girls

“Buffalo girls won’t you come-out tonight, come-out tonight, come-out tonight; buffalo girls won’t you come-out tonight and dance by the light of the moon!”

The moon has profound influence on women’s hormone cycles—as well as their menstrual cycles—as does “diet,” bile flow and the “condition” of the woman’s “liver!”

Hormones & Stress

“Stress,” regardless of the source has dramatic effects on women’s hormone levels. Stress is the ultimate hormonal “wild card!” Reduce the “effects” of stress with PU.TM [See page 46.]



VORAGO™ SUNRISE

"There is value in reading widely and trying to remember seemingly unrelated facts [and] sometimes, the mind will come up with links to memories that will prove useful." Dr. Linus Pauling

"Something's happening here! What it is ain't exactly clear!"

Unknown

"Let there be light!" In Genesis, the rainbow was given by God to Noah and his progeny as a "SIGN" when they emerged from the ark after the great flood. Hidden in the rainbow, however, is another story of importance with meaning for people who wish to experience superb health and longevity.

The rainbow is the "display" of the visible light spectrum, ranging from violet-blue at 425 nanometers of lightwave frequency to red at 750 nanometers of lightwave frequency.

Plants "capture" and "freeze" the colors of the rainbow in their pigments as "frozen light.™" Plants comply with the command to "Be fruitful and multiply!" —and in the process bring "light" into the soil of Earth for the benefit of all creatures—man, animal, plant and microbe.

Food is "THE" most central issue confronting all life on planet Earth! Real food—"healthy" food—is a gift from God for those who choose to partake of it. [Exercise choice!]

Fresh fruits and vegetables are "stabilized" energy in the broadest sense and nourishment in the dietary sense as measured by their carbohydrate, fat and protein content. But there is a bigger message hidden in the "food" story!

When we eat "healthy" fruits and vegetables, it is their "pigments" that produce the beneficial effects we associate with health and longevity. The colors of the rainbow are sunlight "energy" in the form of lightwave frequency that is "frozen" and "concentrated" as individual color pigments. What we think of as nourishment is actually frozen light™—and the "pigments" contain the "MAGIC!"

Sunlight As Food

Fruitarians and vegetarians generally avoid animal proteins in the belief that they are somehow better off without them. But the *Young Again Model™* provides a more realistic explanation for the health benefits these folks temporarily enjoy. The answer to the “riddle” is hidden in the “pigments” contained in live, fresh food.

Vegetarians, vegans and meat eaters all seem to think they have “the” formula for a healthy life. And in a way all of them are correct—but only “partly” correct! “Believing” something is true does NOT make it so—and people who only consume only fruits and vegetables suffer the exact same consequences as the meat eaters who refuse to eat fruit and vegetables. Balance is the issue and the “pigments” are the key!

The odd part of the “pigment” story is that only a tiny percentage of pigments survive gastrointestinal “passage” functionally intact! But those that do survive the GI tract intact have a BIG effect, as told in the following story of “Aunt Bertrena.”

Vorago™ Women & Men

At 84 years of age, Aunt Bertrena was very, very active! She was a prolific gardener and a voracious consumer of the wonderful foods she grew on her little “parcel” of land.

When her niece, Catherine, came to visit Bertrena after many years away—Catherine found her climbing in fruit trees, picking and eating fruit. Bertrena had no signs of arthritis; she was flexible; her body was that of a young woman: toned, full-breasted, trim, plenty of muscle mass, a full head of natural color hair; boundless energy—and gorgeous at age 84!

Bertrena was a true vorago™ woman. It is estimated that only one in 10,000 women are vorago™ females. These women have a different physiology than “normal” women. The BIG difference is that vorago™ women do NOT age!

At puberty, Bertrena was absolutely beautiful! In her late teens, she “glowed” all the time—like a woman seven months pregnant! Her body was that of a Greek goddess—and she did not lose it as she grew older. Bertrena married young and bore many children.

Your author knows of another vorago™ female who bore 14 children in 20 years—and was absolutely beautiful at age 48 and beyond.

[A less obvious characteristic of vorago™-type women is that they are “loaded” with female hormones—and unlike “normal” women, menses and “ovulation” carry into their 80’s and beyond! Some vorago™ women “NEVER” experience a menstrual period in their entire life! These women are extremely fertile—and as you might expect—they usually have a very healthy sex drive to go with it! True vorago™ females consume copious amounts of “healthy” fruits and vegetables!]

[Back to Aunt Bertrena.] From early childhood, until age 84—when Catherine found Bertrena climbing in her fruit trees—Bertrena ate nothing but fresh fruits and vegetables and home-grown eggs and meats. Bertrena was a creature of the Sun—and the food she consumed was a gift of the Sun. [All food is condensed sunlight energy.]

Bertrena started out as a vorago™ female—and she REMAINED a vorago™ because of the “magical” effects of the “pigments” in the food she grew and consumed.

Hollywood Voragos™

Shades of “true” vorago™ women appear from time to time. Some [Hollywood] examples would be Sophia Loren, Loretta Young and Rachel Welch—all breathlessly beautiful women by any measure! And yet as beautiful as these women are and were, they are NOT true voragos.™

The vorago™ story has its roots in the pigments of healthy, live, home-grown food! You cannot buy this kind of food because it is NOT for sale. You MUST grow your own food or seek it out. [Your author grows his own food on a one-acre parcel of land—and because he does not age and has managed to “rewind” his biological clock to age 19, he qualifies as a vorago™ male. The rules apply to both sexes!]

Voragos™ of either sex can be “created” regardless of age. Controlling factors are diet, liver and “terrain!”

Pigments & The Skin Window

So what about 99.9% of the people who will never be able to grow their own fruits and vegetables on a grand scale? How can the rest of the world enjoy the benefits of being a vorago™-type woman? The “answer” to the dilemma is to be found in SunLight™ Creme—a racemized,™ pigment-based, transdermal skin creme that promotes the vorago™ “effect.”

[Each jar of SunLight™ Creme contains 32,000 racemized™ activity units of “frozen sunlight”™ for “uploading” the rainbow through the skin. SunLight™ Creme “bypasses” the GI tract—using the skin as a PROXY! It can be used as a face creme along with SOCT™ lotion and racemized™ Skin Creme. SunLight™ creme has “magical” qualities!]

SunLight™ Creme is a SUPERB “breast” creme, and women who use it can remove the big “C” word from their vocabularies and STOP worrying and fretting!

SunLight™ Creme is NOT a “hormonal”—but it helps normalize hormonal “swings” with rainbow-based plant pigments that mimic the Vorago™ effect. [SunLight™ creme is part of the *Young Again (Female and Male) Protocol(s)*.™]

Vorago™ females are “insulated” from many aging issues—as they reverse the aging process! Lucky is the woman who never needs to see a doctor!

It's The Food!

It is assumed that a woman must experience “menses” or she is not fertile and cannot “conceive”—but this is not so! True Voragos™ NEVER have periods—but they are very fertile. [The exact “opposite” of a Vorago™ woman is an anorexic or bulimic female that STOPS her menses because she is “starving” herself to death. These women cannibalize their body by digesting their muscle mass—becoming “prison-camp” frail. This is also what happen to men and women in the years before they die. In the end, everyone becomes a meat eater, so better to choose and eat carefully to avoid becoming a “cannibal!”]

Aunt Bertrena, Today!

Sadly, Bertrena had financial troubles and fell prey to her well-meaning children who made her give up her little parcel of land and move into an “apartment” where meals—delivered on wheels—became her way of life. No more food “pigments,” no more physical work; no more nature—and no more vorago™ Bertrena. Within six months, Bertrena became a “broken” old woman: arthritic, wrinkled and sad! Her beauty “Gone with the wind!”

[Aunt Bertrena’s story inspired the creation of SunLight™ Creme. And all of the bits and pieces of information collected over these many years made it possible for your author to write about the possibilities of duplicating the vorago™ effect in regular people. As Linus Pauling said in the opening quote “There is value in reading widely and trying to remember seemingly unrelated facts [and] sometimes, the mind will come up with links to memories that will prove useful.”]

If you would like to wake up to a vorago™ sunrise, all the reader has to do is “Make the choice!”

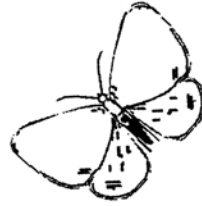
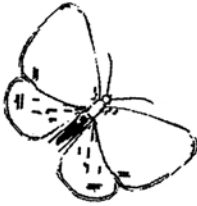
Vorago™ women—and men—can be “created!” They enjoy “health” beyond most people’s wildest dreams for as long as they are willing to practice the principles outlined in this book. The “pigments” are nature’s way of adding an extra “edge” in the pursuit of becoming *Young Again!*

PREVIEW: *In our next chapter, you will learn of a most unique discovery that “reverses” aging and restores the body “terrain” in a way never before attainable!*

“The capacity to blunder slightly is the real marvel of DNA. Without this special attribute, we would still be anaerobic bacteria and there would be no music!”

Lewis Thomas

CATCHEXIA: Wasting away—as in “self cannibalization.”



SILKWORM BLUES

*The worms crawl in; the worms crawl out;
The worms play pinochle on my snout!*

Unknown

[The above quote is a “clue” as to what this chapter is about. The quote hints at issues that are at the very “core” of the aging process—and what must be done to reverse the process!]

In the body, what goes around does NOT necessarily come around—unless you have a little help from a “friend!”

[The reader will soon discover “who” that friend is because your author is going to tell a “wormy” story of profound significance that has “never” been told by anyone before!]

The human heart “pumps” the body’s primary “liquid” tissue—blood—throughout the body each time it beats. However, only 90% of the blood leaving the heart returns as “blood”—meaning we have a 10% leak in the system!

The “leakage” is the “liquid” serum/plasma proteins that “seep” through blood capillary walls into the tissues spaces—where the “EXCHANGE” of oxygen and carbon dioxide, nutrients and waste takes place. [The tissues is where the “real” story of aging is to be discovered—and defined!]

After the “exchange” takes place in the tissues, liquid, cellular “acid waste” from the cells is removed by the lymphatic capillaries. This waste is called “lymph fluid!” But the lymphatic system only uptakes 85-90% of “soluble” fluid waste. “Stagnant” fluid waste left behind in the tissues is called “amyloid” fluid. “Stagnant” tissue fluids are highly “ACIDIC!”

[When oxygen (O_2) is exchanged for carbon dioxide (CO_2), the CO_2 is “supposed” to be removed by the blood for delivery to the “lungs” and disposal by the normal breathing process. But if blood hemoglobin levels are

low and insufficient oxygen is delivered to the tissues, “excess” CO₂ accumulates in the amyloid tissue fluids. CO₂ is highly “acidic!”]

Collection and circulation of waste-laden lymphatic fluids is TOTALLY dependent upon body movement—as in walking, exercise, work and activity—and without sufficient body movement, acidic tissue wastes do NOT “circulate!” Instead, they “STAGNATE!”

[The lymphatic system deposits its payload of fluid waste into the blood just prior to the blood entering the heart. The blood then goes to the lungs for “reoxygenation” before returning to the left side of the heart for distribution to the body. Blood-borne waste is REMOVED and concentrated as “bile” by the liver. Bile is “stored” in the gallbladder. If the liver is UNABLE to remove blood-borne acid waste or if the liver’s biliary ducts are “clogged,” the body is forced—by default—to “store” excess acid waste in fatty tissues beneath the skin.]

90% of tissue and cellular waste MUST exit the body by way of the liver and bowel or it does NOT leave!

Now that the reader knows where the body stores its “soluble” acid wastes, it should not come as a surprise that “skin cancer” generally occurs in skin that is not usually exposed to the sun! Sun does NOT cause skin cancer! The sun merely serves to “trigger” the acid wastes stored in the tissues “beneath” the skin in a grossly ACID body “terrain!” [Read Sunlight and Healing Sun. See Source Page 429.]

The conventional medical “model” of health, dis-ease and aging is NOT valid! Do NOT rely on it!

Connecting The Dots

We “grow” miserable and we die for what we FAIL to do, NOT for what we overtly do! In financial, medical and legal matters, that which goes “unsaid” is often MORE important than what “is said!” And so it goes with the “experts!” Reliance upon “experts” causes people to “assume” that all pertinent information they need to know has been “given” to them. Consider the following: It’s what the doctor or attorney or accountant failed to tell you that is the surprise! It’s the questions “you” failed to ask that ups the ante! What people “think” is important is often not the “core” issues. Failure to understand the “nature” of the problem and failure to “know” what questions to “ask” only makes matters worse!

The “Terrain” Again!

“Aging” is about the “terrain!” Tissue fluid that fails to EXIT the tissues via the lymphatic system is called “amyloid fluid!” Amyloid “fluid” is “soluble,” acid waste. In time, amyloid fluid “morphs” into amyloid “plaque!” Amyloid plaque is “STRUCTURAL” waste. It cannot “circulate” and EXIT

the body by normal means because it is NOT a “fluid!” It has become STAGNANT, STRUCTURAL, ACIDIC waste!

Amyloid “plaque” causes people to grow old, go deaf, develop heart problems, lose eyesight, become arthritic—and learn first-hand the nature of dis-ease!

► NO AMOUNT of ordinary “cleansing” can remove amyloid plaque—because plaque is “brick and mortar!” It is “structural waste”—NOT fluid tissue waste. Amyloid waste is WHY health “gurus” age! Its WHY high-profile, well-known health “EXPERTS” grow old and drop dead! These folks “go-down” just like everyone else because their “model” is DEFECTIVE! [See page “1” to capture the point being made here!]

► Over “TIME,” amyloid plaque “morphs” into “scar tissue!” Following surgery and physical trauma—amyloid fluid and plaque form “scar tissue” on an accelerated basis. Scar tissue is “nonfunctional” tissue! Amyloid plaque and scar tissue are “ACIDIC” in nature! ► That is why deacidification of the “terrain” is the CENTRAL point of this book!

Aging is defined as acid waste accumulation in the body’s tissues and diminished organ function.

Silk Worm Magic!

The silkworm moth dissolves its cocoon of “silk”—the strongest fiber known to man—with an enzyme made by bacteria in the moth’s gut and secreted by the moth so it can emerge from its cocoon and repeat its life cycle.

► [Humans have a life cycle, too—and it’s called “birth to death!” Your author is concerned with the “in-between” part of man’s cycle called “life on planet Earth”—for it is “here” on terra firma that people struggle in ignorance and suffer.]

Aging reversal is “central” to the *Young Again Protocol*™—and so is the silk worm’s secret!

Intestinal bacteria in the silkworm moth’s gut serves as a “proxy” for the laboratory production of the “magical” enzyme. But the enzyme is “USELESS” for humans unless properly “formulated!” The enzyme has “NOTHING” to do with food digestion. Its purpose is to “eat” structural amyloid plaque and scar tissue and return it to “liquid” state so it can EXIT the body! The health implications are VERY “impressive!” Formulation and racemization of the energy footprint are “key!”

[The product is called VZ II™—and it is taken without food, twice daily, before bed and upon rising. Its effects on the entire body are cumulative and occur over a “24-month” period. Some folks experience sticky, sludge-like waste that “clings” to the toilet bowl! The “sludge” is the “stuff” of dis-ease and old age! It takes about “2 years” for the body to “digest” and pass the “liquefied” amyloid waste from the system.]

Old Tissue • The Flu • Whiplash

Amyloid plaque and scar tissues are “old” tissues! They are also sick, unhealthy tissues that “fuel” aging and dis-ease! When people “catch” the flu and become sick, they have crossed the acid-waste “threshold” and their bodies “revolt” because tissue waste provides the PERFECT “breeding” ground for pathogenic overgrowth! [The “terrain” crashes when the body exceeds the “tipping point”—NOT because of something people “catch!”]

[“Angry” tissue is traumatized tissue! A “whip lash” results in “angry” tissue. It’s angry because it is holding onto the “memory” of the TRAUMA! Angry, damaged tissue cannot and does not heal until old blood and old amyloid waste is removed from the trauma site and nerve memory is “erased!” The process is called “GUA SHA.”]

Gua Sha is a 3,000 year-old Chinese modality done “at home” with a water buffalo horn and releasing balm. The kit comes with a complete demonstration video.

A Realistic Model

90% of the “physical” body is composed of connective tissue in the form of bones, cartilage, muscle, tendon, ligament, skin and gums. Acidification of these tissues is “THE” single BIGGEST issue driving the aging process. Deacidification is the obvious answer. When you have a “realistic model” of how the body actually works—and you are willing to do your part—you are on your way to becoming *Young Again!*

PREVIEW: *Our next chapter tells of another secret that has not been told before—a secret that is very important to everyone!*

Metabolism

“Blood-sugar management” is a BIG problem for millions of people—affecting mood, weight, hypertension, hypoglycemia and diabetes. Sugar “blues” come with poor carbohydrate metabolism and a messed-up liver and terrain. The solution is called Gluco Factor X.™ [See pages 186 and 290]

“Real” Food & Good Health

Food is a “gift” from God—and as Socrates said, “Let your food be your medicine and your medicine be your food!” The mandate for those wishing to enjoy good health and a long life is to eat “real” food. You can grow “food” in pots on your patio deck or in your back yard, or you can buy “food” from a friend or neighbor who gardens. Real food is worth the effort! Home-grown food is “free” of poisons and is nourishing. Good health means you don’t “have” or “need” a doctor—or the services of the “sick-care” system! Starving to death on a full belly is what everyone else is doing. You can—and must—do better!



MOONSHINE

"I feel sorry for all those health food people. Someday, they will be lying in a hospital bed, dying of nothing!"

Redd Foxx

SOMETHING is going to kill all of us! A fall, a dis-ease, an accident—or maybe some “moonshine!” If we could be sure of dying “quick and easy” and know that we will enjoy a good life until we give up the “ghost”—all the fuss made over staying “healthy” would be “laughable!” But “We don’t know!”

Lying in a hospital bed or being trapped in some “facility”—“dying of nothing”—affords little dignity. Better to choose to “Go-out with your boots on!” The problem is that when you are old—or very sick—you can’t get your boots on because you are weak and stiff. Weak from a collapsed immune system; stiff from connective tissue breakdown. But life does not have to have a miserable ending. God gave man a wonderful body—and if provided the means and opportunity—the body is very capable of “growing” younger!

Flim-Flam & Moonshine

The word “moonshine” has many connotations. The meaning your author wishes to impart is something illegitimate! Not illegal—just less-than the real McCoy—like a defective “medical-model” based on bogus “medical facts”—presented to the public in such a way as to “appear” legitimate by credentialed “experts” who can’t even save themselves!

Flim-flam men! Hocus-pocus! Abracadabra! Add some cut, burn and poison and “presto”—you are “cured,” or so they would have us believe. Pride and arrogance are at the root of it! Avoiding “experts” and ignoring their “opinions” is the only defense available to us! Exercise it!

“Knowledge”—if valid and applied—takes us off “defense” so we don’t need the services of the medical mafia. Better we learn to think outside the box. Better that we have a realistic “model” in our heads to guide us in

matters of health and longevity. Better that we follow our “gut” instincts! Moonshine is not acceptable!

The “Real” Story of Vitamin-C

The real story of “Vitamin-C” has profound implications in matters of health and longevity. Until now, the only “reported” benefits of Vitamin-C the public is aware of has more in common with “moonshine” than reality. Let’s have a look!

Albert Szent-Györgyi [pronounced “saint georgie!”] was the Hungarian biochemist who discovered Vitamin-C. He received the Nobel Prize for his work in 1937. Thirty-two years later, another biochemist named Linus Pauling received the Nobel Prize for his work with, you guessed it—“Vitamin-C.”

For the past “37 years,” the public has taken Vitamin-C for colds and flu and to boost the immune system—and that is as far as the story went! Grade-school kids are taught that scurvy was a horrible curse to sailors of old and that lemons and fresh vegetables—containing Vitamin-C “cures” scurvy.

The problem here is that Vitamin-C does NOT cure scurvy because scurvy is NOT a dis-ease! Scurvy is a “condition” of “excess”—and excess always manifests as symptoms of deficiency! Stated differently, REMOVE the excess and the symptoms of the so-called “dis-ease”—disappear!

When people eat “real” food containing natural Vitamin-C, it is the rutin, hesperidan and bioflavonoid complexes—NOT THE VITAMIN-C—that provide relief and benefit. These “other” factors cause EXCESS body acids to “flow” by way of increased “bile” production—and EXIT the system so the body can rebalance and restore itself.

The Vitamin-C “molecule” is too large to be absorbed through the gut wall; 95% of it is “lost!”

Linus Pauling knew that “therapeutic” blood levels of Vitamin-C cannot be achieved by oral dosage. He figured a way around the problem so effectively that he was teaching school at Stanford into his 90’s—sharp as a tack—and well preserved, too! [Your author knew Pauling and had many interesting discussions with him in his later years. That’s how your author learned of his health and longevity “secret!”]

Pauling said “The only way to experience the profound therapeutic benefits of Vitamin-C is to get it directly into the blood “intravenously!”

Pauling’s peers attacked him unmercilessly because they were educated “idiots!” He outlived his critics in grand style and died ...with his boots on!

Now for the first time in history, everyone can obtain “therapeutic” blood levels of Vitamin-C without having to resort to an “IV” needle! [The product is called $L_5P_C^{CTM}$! It is taken “orally” 2x a day and provides potentially 100% absorption directly to the blood stream by using a proprietary “transport” technology beyond Linus Pauling’s wildest dreams!

The Vitamin-C & Osteoporosis Connection

Vitamin-C has another “aspect” that never reached the public’s consciousness because the experts “Just don’t get it!”—and the health folks are “stuck” on colds and immunity!

If “therapeutic” blood levels of Vitamin-C can be achieved and maintained, the body automatically builds massive amounts of new “collagen!” Collagen is the foundational “matrix” for new SKIN, new BONE, new CARTILAGE, new MUSCLE, new TENDONS and new GUMS!

Lay down lots of new collagen and unbelievable things happen throughout the body’s “terrain!”

► [Collagen is the “third leg” of the osteoporosis story. The other legs are tissue acidification and hormones. Deal with all THREE factors and aging “reversal” becomes “reality!” Failure to address ALL THREE of these factors driving osteoporosis and you will grow “old” by default!]

Commonly available “varieties” of over-the-counter Vitamin-C are next to useless because they CANNOT achieve therapeutic levels in the blood stream. Health experts have been peddling vitamin-C “moonshine” stories to the public for over 37 years! It is time to remedy this situation!

Now everyone can do exactly what Linus Pauling spoke of WITHOUT the need of a needle!

The Rest Of The Vitamin-C Story

Racemized™ $L_sP_C^{CTM}$ is “nanoscaled”—meaning the Vitamin-C “molecule” is reduced in physical size to about 180 nanometers before “encapsulation” in its “transport” (“phosphatidylcholine”). The $L_sP_C^{CTM}$ “transport” is absorbed wholly intact through the “jejunum” wall (the “middle” portion of the small intestines where fats are “absorbed”) creating a new pathway for efficient and meaningful Vitamin-C absorption.

The minus size of the metric system “scale” goes milli, micro, nano, pico. [Each level being 10 times smaller than the previous one.] At “180” nanometers, you are “sub-atomic” in size—and very close to 1,000,000,000 of a meter—making it possible to achieve up to 100% absorption and bioavailability of Vitamin-C to the blood—and “bypassing” the absorption problems associated with Vitamin-C in ALL other forms.

To grasp the significance of how small a “180” nanometer “molecule” is, please realize that each $L_sP_C^{CTM}$ molecule is about 10,000 times “smaller” than the diameter of a strand of human hair! Restated, it takes about 10,000 molecules to equal about a strand of human hair. “Tiny!”

Add $L_sP_C^{CTM}$ “jelly” to water or juice and drink morning and evening—preferably with VZ.™ [Please see Chapter 36 for the VZ™ story and why it is so very important that these “twin” products be used together!]

When Vitamin-C is “encapsulated” in phosphatidylcholine, the body

identifies and absorbs the “transport” as a “fat”—not as Vitamin-C. The fat goes to the liver where it is processed and the “Vitamin-C is “released into” the blood as if given by “IV” needle! The body uses the “transport” material for repairing cellular membranes and rebuilding “brain” tissue! The entire story is an absolute MIRACLE!

The same “miracle” has now been duplicated with “real” B-Vitamins. It is called $L_5P_C B$.™

Alzheimer’s, Hormones & Vitamin-C

Alzheimer’s Dis-ease is characterized by brain tissue “atrophy” and “invasion” by amyloid plaque. “Homemade” hormones provide women protection for brain tissue! But hormone activity drops off starting as early as age “35!”

The incidence of women with Alzheimer’s compared to men is “3 to 1”—so it’s obvious that there is a hormonal connection here. The great part of this story is that women now have a way to “remedy” these issues. Another point to remember is that after age “25,” the female anatomy turns “acidic” 10x FASTER than does the male anatomy. [Use of non-steroidal anti-inflammatory-type over-the-counter drugs—like aspirin etc.—is the “fast-track” to the Alzheimer’s ward! Avoid them!]

An acid “terrain” is filled with soluble and non-soluble amyloid waste that can ONLY exit the body by means of increased “bile flow” from the liver!

A woman’s LIVER is responsible for “making” and “orchestrating” her hormones when the ovaries slow or cease their activity—or are lost through surgery. The *Young Again Protocol*™ provides women with the means to prevent and REVERSE terrain acidification and “hormone-related” aging issues like “osteoporosis.” Osteoporosis MUST NOT be ignored! Changing the “terrain” is a “HUGE” issue for women—and linked to it is hormonal activity and bile flow. [The entire aging-reversal process just became a whole lot easier with $L_5P_C B$!™ Achieving therapeutic blood levels of Vitamin-C is the final missing piece of the osteoporosis puzzle. [► And isn’t it interesting that you did NOT learn about it from the “experts!”]

When you learn to tell the difference between “moonshine” and the “real” thing, you can forget about “dying of nothing” because you have learned to think outside the box and you are free to become *Young Again!*

PREVIEW: *Our next chapter sheds some light on the meaning of the expression “Smoke and mirrors!”*



KABUCHI DANCE

“In the land of the blind, the one-eyed man is king!”

Desiderius Erasmus

A “Kabuchi Dance” is an “illusionary” portrayal using costumes and trickery that is performed without any pretence of a “reality” of the situation. In other words—a mockery!

The “health care” system is a kind of Kabuchi Dance— an oxymoron in name and a mockery without question! Health-care is really “sick care” in an Alice in Wonderland game where little is real and everything you are taught to believe in is a guarantee that you will end up exactly like everyone else—sick, old, bitter and broken—and just maybe if you are lucky, you will get to die—but only “after” you are dead “broke!”

The best way to avoid the “sick-care” TRAP is to change the rules of the game! That is what your author has said a hundred different ways throughout this book. Changing the “rules of the game” is not difficult. All you need is a realistic “model” followed by action and guidance. That’s what the *Young Again Protocol*™ provides. Here are a few examples of what can be accomplished.

Regeneration

Worn-out bodies can be “rebuilt!” Regeneration occurs during the sleep cycle—and to make the process work, you need raw materials and a stimulus. If all of the necessary ingredients are present—and you maintain your course—you will grow younger each day—and watch the miracle unfold.

[At “conception”—when the egg and sperm “join”—a period of tremendous growth occurs within the womb as our bodies are formed from “antegenic” protein. Antegenic protein is “construction” material in the form of Skin & Body Toner™! The stimulus is racemized™ growth hormone “precursor”—so you can make your own hormone! These things “trigger” the regeneration process! Your author did it and become a “young” man with bio-electric age of 61/19!]

Life: 24/7/365!

Excess body fat, moodiness, elevated cortisol levels, stress and blood-sugar swings go together. Each of these “factors” feeds the others. But “STRESS” is the ultimate wild card affecting the “rate” of aging of the terrain! “Terrain” management is “THE” issue when it comes to enjoying a healthy life and staying away from the “sick-care” system. Manage “stress” and the rest is easy. [CWD™ and PU™ manage “stress” by “settling” the effects of adrenal overload so people can GET OUT of OVERDRIVE and return to “normal!”]

Being in constant adrenal “overdrive” day after day is probably the WORSE possible element of modern life that causes people to lose control of their lives!

High Enema Therapy,™ a good diet, exercise, and good drinking water and deep sleep are extremely important “factors” in the aging story. Deacidification of the “terrain” is the health equivalent of “getting out of jail,” and it underwrites everything—including “stress” management!

Male & Female Issues

Sooner or later, every “man” must deal with his “prostate.” Men who ignore and hide from this issue suffer and die early. Men who follow the *Young Again Protocol*™ and use R/Prostate™ I & II don’t have to deal with these issues. Instead, they get to say “good bye” to them. “Band-aid” approaches like saw palmetto, zinc and selenium sound nice, but they will NOT stop “male” aging and CANNOT restore the male “terrain” once it is “over the hill!” [See pages 149 and 162.]

Women who follow a realistic “model” don’t have to suffer and age like their female friends. Women who “keep” the puberty window “OPEN” and become voragos™ enjoy a very different kind of life—and they live a lot longer, too!

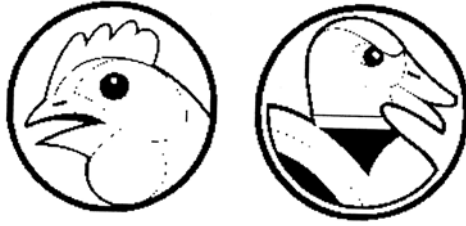
If you live your life like everyone else, you are in a “Kabuchi Dance” by your own choice!

Avoid the “Kabuchi” lifestyle and you will enjoy good health and a long life that says you “are *Young Again!*”

PREVIEW: *Before you read the next chapter, read the title and see if you can guess “where” your author is going to take you. You are going to be surprised!*

Silent Suffering

Growing “older” doesn’t have to be a miserable experience! Instead of suffering, why not change your life for the better by implementing the ideas in this book. It’s not hard to do!



CHICKEN OR DUCK?

“And those who were dancing were thought to be insane by those who could not hear the music.”

Frederich Nietzsche

Her name is “Patience” and she lives in Singapore. Patience is Chinese and is both a friend and a customer. Patience taught your author a very important lesson.

Upon receiving fax instructions from Patience, I read them and did what Patience asked me to do. Two days later I received another fax from Patience “...concerned about a big “mix-up!” and to please call her. So I called Patience and this is what she said to me.

“In the Chinese culture, we call this ‘a chicken or a duck!’ Did we have ‘conversation’ or did we have ‘communication?’” [speaking of the fax message.]

There was “no question” that we had “not” communicated with each other! In your author’s field of work, “chicken or duck!” conversations cause misunderstandings!

That is “WHY” personal “one-on-one” mentoring is provided to everyone at “no cost” BEFORE the *Young Again Protocol*™ is begun. It’s better to “root-out” issues and “air” histories and “voice” expectations FIRST! “Practical” goals and timelines dictate that everybody puts their cards on the table! No games! No surprises! No unrealistic expectations!

And remember Patience’ lesson, because “A chicken is not a duck!”

PREVIEW: *The next chapter is a “farewell” from your author with a hidden message enclosed. See if you can figure it out!*

Information Collectors

“Ever learning, and never able to come to the knowledge of the truth!”
Information collectors go nowhere!

“El aur guyazah!” Hindu saying meaning “1+1=11.”

What is BFRV™?

BFRV™ is a terrain management “concept” that is part of the *Young Again! Protocol(s)*.™ BFRV™ is also a “trademark” developed by your author to differentiate the *Young Again! Model*™ from the very confusing world of “alternative!”

Because BFRV™ is a “trademark,” please take notice that anyone “posting” or “using” it except for John Thomas—is doing so “ILLEGALLY” and “WITHOUT” permission from your author and should NEVER be trusted! At “present”—and over the past 13 years—dozens of “bootleggers” have hijacked your author’s ideas, concepts and trademarks—and some of these characters have “attacked” your author because they have NOTHING ORIGINAL TO SAY! It is impossible to police the entire marketplace against infringements, snipping and bootlegging. Your author offers this book as his answer and defense. What more need to be said?

Old Body, Young Body?

Women experience menopause; men experience andropause. BOTH sexes must tend to hormonal issues if they want to “stay” young. Sexual hormones fuel the restoration process, and they provide protection from the mental condition known as Alzheimer’s! B.T.™ thyroid creme helps restore brain function, hair, body temperature, skin and energy. L_sP_cC™ boosts collagen formation and VZ™ “digests” amyloid brain and scar tissue. All aging issues are linked to acidification of the “terrain!” [See pages 72, 164 and 212.]

Deadly “Word” Games

Hydrolyzed vegetable protein is used in hundreds of foods—including health foods—and is a trade name for MSG (monosodium glutamate). MSG contains glutamate + aspartame + cytoic acid—known “poisons.” Aspartame is the chemical name for a popular sweetener with the red, white and blue swirl. These soy-derived “excitotoxins” destroy nerve/brain cells. Public outrage ended the use of “MSG” in baby food in 1972 because it was causing “retardation” by preventing brain development in babies. So “they” changed the name and added a pretty little swirl! Cute! [A baby’s brain begins forming in the 7th month and is well developed by age “two”—if adequate nutrition is provided—but it continues to grow until about age 30 and beyond. Hopefully the reader now understands “why” early vaccinations are so dangerous to infants with “undeveloped” brain tissue and undeveloped immune systems. Seems like your author remembers a king named “Herod” who killed children under 2 years old in the effort to kill “The Christ!”]



UNFORGIVEN

*"Most wonderful; with its own hands it ties
And gags itself—gives itself death and war
For pence doled out by kings from its own store.
Its own are all things between earth and heaven;
But this it knows not; and if one arise
To tell this truth, it kills him unforgiven."*

Tomasso Campanella, *The People*

Reversing the aging process is a one-step-at-a-time process that occurs one-day-at-a-time—in reverse!

Ask yourself these questions. "Am I willing to take responsibility for my future and create the miracle of agelessness in my life? Am I willing to do whatever it takes to keep my youth and/or gain back the years I have lost? Am I willing to act in my own best interest today? Right now?"

Everything in life comes at a price. Pain! Suffering! Money! I hope you will join me by picking up your yoke—no matter how difficult it may be. Never scream "Uncle!" Health and vitality belong to the person who is willing to take personal responsibility for his or her life.

May you become *Young Again!*

Sincerely,
John Thomas

*"Old age is like everything else in life. To make a success of it, you
have to start when you are young!"*

John Thomas

Healthy Progress

“What can I do to speed the aging reversal process?” is the question most often asked.

Answer: “Drink biologically friendly water; make fresh vegetable juices; get lots of sleep and do High Enema Therapy.™ Next, restore liver function; deacidify your terrain and remove soluble and structural acid waste from the tissues. Then, clear the liver’s biliary ducts and dump those stones and nails; “digest” amyloid plaque and scar tissue from your terrain; rebuild the collagen matrix comprising your connective tissues; and finally, restore hormonal activity so your body can regenerate. The body can’t return to a youthful condition when the tissues and organs are sick and old!

“You” are responsible for your condition. How long does it takes to turn things around and look and feel “good?” The answer depends on many factors—and “you” are responsible for putting up with “whatever” for as long as it takes! That is why guidance and mentoring are provided along the way. Please be willing to do your part. After all, it is “your” life!

Pain In The Butt!

Okay! Your author will admit that High Enema Therapy™ is a “pain” in the butt! So what? It’s better than losing your health and being miserable and living out the balance of your life in a “facility!” The best way to minimize heart problems, restore mental faculties and reduce that “belly” is with an enema morning and evening. You will sleep better—and snore less, too! The process only takes about 5 minutes. You decide! [See pages 70, 106, 123, 262 and 428.]

Energy Transfer

Energy is never lost; it merely changes form! The benefits of racemized™ formulations are Fourth Dimensional in nature and their esoteric aspects are not contained in “physical” form; therefore, they are not contained in physical shipment format. “Transfer” of energy is the issue here!

Inflammation & Pain

Pain is confirmation of “inflammation!” Sometimes fever accompanies pain, but not always—as with a sprained ankle, infected prostate, rotting teeth or touchy bowel. Use Inflammation Away I & II™ for effective relief without drugs!

Anal itching often accompanies deACIDification!

L/CSFTM

Exercise improves health. The question is why?

People who exercise are healthier than those who do not exercise because you have a heart to PUMP and circulate blood—but your lymphatic system “depends” on body movement, work, exercise and activity to circulate. Lymphatic fluids must “CIRCULATE!” When the lymphatic system is inefficient, waste plasma proteins do NOT get picked up for removal from the tissues—which leads to “aging” of the terrain.

People who cannot exercise or who hate to exercise can use the L/CSFTM Machine to “effectively” circulate their tissue and lymphatic “fluids” WITHOUT the need for harsh exercise or driving yourself to do something you despise!

Use the L/CSFTM Machine to “run” five miles morning and night while lying on your back watching the news. The device is a wonderful invention that “works!” Your author uses the machine morning and evening because he “sits” at a desk all day long talking with people. He wants to stay young and he must circulate his body fluids or old wage will “knock!”

Regardless of your “state” of health, if you fail to circulate your body fluids—your days are numbered. You must either use it or lose it! [See diagram of L/CSFTM on page 382.]

Perception

“The difference between an optimist and a pessimist is that an optimist thinks things are going to get better; a pessimist knows things are going to get a hell of a lot worse!”

Bosnian proverb

R/VXTM

Not all iron is the same! Blood “iron” is called “heme” iron as in hemoglobin. “Elemental” iron is different. Iron is an oxidizer—meaning it loses electrons when exposed to “oxygen.” Rust is oxidized iron. In the body, elemental iron provides a “substrate” that pathogenic bacteria need to multiply. Deprive them of elemental iron and they can’t do much damage.

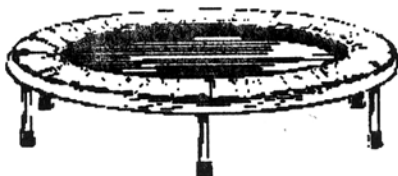
R/VXTM is an elemental iron “scavenger!” It helps prevent the outbreak of iron-based infections by “binding” elemental iron and removing it from the body. Iron removal boosts immune system function and keeps the terrain healthy.

The body “makes” heme iron! Heme iron is not something you eat. Hemoglobin transports oxygen to the cells and carries carbon dioxide out of the body via the lungs. [People who are “anemic” benefit from taking racemized™ liver and algae plus Cobo-12 creme. See pages 291 and 383.]



Biogenic™ Lymph Roller

- Breaks-up “cellulite” on hips and thighs •
- Tones the skin for a youthful look •



Rebounder or Mini Trampoline

Available from most discount stores.



The L/CSF™ Machine

(See page 381 and Source Page 429)

The Way It Is! Meat Eater vs. Vegetarian/Vegan

*“The savvy person is neither a heavy meat eater nor radical vegetarian.
Balance is the key!”*

Deep within the heart of the health movement is the dogma that “vegetarians” are smarter and healthier than meat eaters, and that “vegans” are smarter than BOTH! When sick, aging, meat eaters go “vegetarian” their health improves and they soon look and feel better—for awhile!

Question: Why do meat eaters enjoy improved health when they include fresh vegetables in their diet? Answer” Because they lacked “balance” in their diet. They suffer for what they fail to eat, NOT for the meat they do eat!

Having been on both sides of the fence, first a heavy meat eater and then a radical vegetarian, your author returned to his senses many years ago, mellowed and smarter. Here is what I learned first hand!

Food imposes stress on the body—and it’s the “terrain” that dictates how we digest the food we eat and how the body deals with acid waste left behind.

Bacteria are living “creatures” just like animals—and you cannot eat food without eating them, period! Plants have eyes and ears and blood and parasites just like animals and people. They are every bit as much alive as flesh and blood “animals!” Harvesting a plant or cutting its branches and leaves is NO different than slaughtering an animal!

If you have “spiritual” or “religious” hang-ups about eating meat, remember this: Every living thing eats other living things. It’s the way it is; use it to your advantage!

The “terrain” and the liver control health and longevity. Health is NOT a meat vs. vegetarian issue. In fact, the less food we eat, the longer we live! Fresh “live” food and vegetable juices produce miracles because of the “pigments” they contain. [See Chapter 35.]

Vegetarians generally enjoy better health and maintain their appearance longer than heavy meat eaters. But, vegetarians do experience secondary health problems with their connective tissues because of their diet. “Vegans” and macrobiotic folks deteriorate worst of all! A few tips: Eat only “healthy” meat. Red meat is better than chicken. Fish is in between. Racemized™ liver is a ZERO stress, super healthy food that is predigested. It is your author’s “meat” of choice. R/BHCl™ and DiSorb Aid II™ should always accompany meals with animal or egg proteins to get good absorption.

The body cannibalizes itself every day of our lives—so everyone is a “meat eater!” Self-digestion of body proteins is unavoidable and the process accelerates as we grow older!

The U.C.C. Connection

Throughout this book your author has alluded to and pointed out that our legal system is in serious trouble. The problem is that we have two “parallel” systems operating side by side—one constitutional, the other unconstitutional—the latter being the source of most of the troubles we labor under every day of our lives—as well as the social injustice emanating from the attorney-controlled courts of “corporate” America.

Perhaps you are wondering why your author would raise this subject in a book about health and aging reversal? Because when TRUTH is cast aside, societies become corrupt and the people suffer “unnecessarily”—and in vain!

Citizens labor under layers of mistruths and half truths relating to law, health, medicine and politics—and the fastest way to expose a lie is to tell the truth!

If you would like to learn how the system “really” works and how your life is subservient to the Uniform Commercial Code, order the “UCC” Connection and the Yellow Fringed Flag 12-hour cassette series. The only way to dispel ignorance is with knowledge. The story will astound you and settle the confusion going on all around you! [See Source Page 429.]

P.S. Why do Americans salute the “flag” when they recite the pledge of allegiance? Want to better understand the events of September 11, 2001? Do you wonder why the “flag of peace” is on the cover of this book instead of the “flag” you know?

Chocolat

One of the best movies of year “2000” was *Chocolat*. The movie dealt with the human obsession for chocolate! Women have a particular obsession for chocolate, especially prior to the onset of their menstrual period. Chocolate is also considered to be a “love” food. What is overlooked in the chocolate story is the fact that good chocolate is very high in fat—and fat is “critical” to hormone production—especially in females. Women need lots of dietary fat to make their hormones. That is why “low fat” diets are so harmful to women.

Good fats [not to be confused with all the HDL and LDL and VLDL baloney] are loaded with essential fatty acids. Fats do NOT make you fat, but they sure improve body physiology and function. Use olive oil, butter and virgin coconut oil. R/EFA's™ are racemized™ essential fatty acids in capsule form that insure proper intake of “essential” fats! The reader might be surprised to know that ADD and ADHD children need “fat to “nourish” their brain! That is why they are called “essential” [See page 84, 94, 124, 161, 182, 267 and 311.]

Germ, Disease & Aging

Your author totally rejects the Germ Theory of Disease—but he is in total agreement with the medical folks about germs, pathogenic microbes and parasites waging war against us. The real question is “Why do they wage war against us?”

When the body’s “terrain” is burdened with acid waste, pathogenic microbes proliferate and cause us to suffer and die. So is it the “germs” or is it the “terrain” that dictates who wins and who loses this silent war going on in our bodies? The TERRAIN “controls!” But germs and parasites know how to “read” their environment. They communicate with each other—and when conditions are just right, they “explode” onto the scene with devastating consequences! In small numbers, germs can’t accomplish much and they don’t try. But create the right conditions, and their numbers exponentially multiply—and the war is on!

Modern medicine since the time of Pasteur, and especially since Lister and the advent of antibiotics, has attempted to kill the microbes when the real war has always been the “terrain.” When you clear the body of acid waste, you change the terrain and deny the microbes a comfortable environment in which to live. Always remember that you don’t catch dis-ease! You develop SIGNS and symptoms that manifest as dis-ease because of conditions of EXCESS in your body’s “terrain!”

“Excess” stresses the system and diminishes vital organ function. Excess provides the perfect environment for illness and dis-ease to manifest. Excess causes loss of control of our lives—and it causes us to suffer. Excess cause us to age, grow old and die. We lose control of our “terrain” because of conditions of “EXCESS”—NOT because of “deficiencies!”

Human beings have free will. God gave us the right of choice. When we choose the path of ignorance or bullheadedness, we must pay the price. When we make correct choices, we “change” the outcome and the direction of our lives. We have CHOICE! Learn to exercise it!

10 Year Window

It has been your author’s experience and personal observation that between ages 35-45, everyone enters a 10 year “test” and “training” period of crises like divorce, death, health, finance and career. These things “seem” to descend upon us out of nowhere. The test period lasts about 10 years. When it is over, we get our “wisdom” and life becomes rosy again. It is during this “test” period that we “grow” and “find” ourselves.

Ignorance is temporary. Stupidity is forever!

GLOSSARY

ATP-body's primary energy molecule; product of Krebs Cycle and burning of glucose in mitochondria.

Acetylcholine-a nerve impulse transmission chemical.

Acetylcholinase-an enzyme that splits acetylcholine.

Acid-any substance that liberates hydrogen ions; ion donor.

Acid reflux-regurgitation of stomach acids into esophagus; a bowel, liver & gut disorder.

Acid stomach-describes upset stomach/poor digestion; related to HCl, poor bowel & liver activity.

Acne-confirmation of poorly functioning liver and highly acid condition of body terrain.

Acupuncture-alternative manipulation of body energy fields with pins or their electrical equivalent.

Adenovirus-a virus associated with upper respiratory infections, associated with AIDS/HIV.

Adhesion-water's tendency to coat the surface of things.

Adrenals-glands located on each kidney; make cortisol and adrenaline; key to stress management.

Aerobes-bacteria that require an oxygen rich environment.

Aerobic-with air.

Aerobic exercise-exercise that produces a high oxygen state.

Aging process-begins at anabolic peak and ends with death; a cumulative and reversible process.

A/G ratio-ratio between albumin & globulins in blood, range 1.0-2.4; the higher the number the better.

Agglutination-clumping of the red blood corpuscles.

AIDS-Acquired Immune Deficiency Syndrome.

Albumin-a blood protein; elevated urine levels mean kidney trouble and catabolic tissue activity.

Alcohol-end product of fermentation; anaerobic process

Algae-lowest of plants; some edible (klamath, spirulina, chlorella)

Alkaline-above pH 7.0.

Alkaloid-physiologically active chemical compounds in plants.

Allopathic medicine-conventional cut, burn, and drug medicine.

Alum-double sulfate of aluminum; toxic; food additive; pickles.

Aluminum-a metal that releases toxic ions into food and water; involved in Alzheimer's.

Alzheimer's -atrophy of brain tissue; invasion of brain by amyloid plaques; dementia, violence.

Amalgam-toxic metals used to fill teeth; up to 40% mercury; erroneously referred to as "silver" fillings.

Amenorrhea-absence or suppression of menstruation.

American Dental Association-mouthpiece of conventional dentistry; pharmaceutical surrogate.

Amyloid fluid-acidic, soluble, intracellular tissue waste not picked-up by lymphatic system; stagnant.

Amyloid plaque- non-soluble amyloid structural waste; forms scar tissue; cannot circulate.

Anabolic, anabolism-generation/regeneration of tissues; growth; repair; youth side of anabolic peak.

Anabolic Peak-high point of anabolism, growth and repair; opposite of catabolism/catabolic peak.

Anaerobes-bacteria that can live in the absence of oxygen.

Anaerobic-without air; oxygen deficient.

Analog-a molecule that is similar to another in its reactive and/or functional characteristics; a synthetic molecule; "-R" group location dictates analogous personality profile.

Andropause-male menopause; end of middle years; reversal of puberty; decline of sex drive; aging.

Angina pectoris-chest pain due to lack of oxygen in muscles.

Anemia-low number of circulating red blood corpuscles; low blood hemoglobin levels.

Anion-the smallest form of (+) energy released during a reaction; opposite of cation.

Antegenic Protein-protein with regenerative qualities; needed for regrowth of aged/damaged tissue.

Antibiotic-drug; useful for life threatening infections; major side effects on terrain and gut wall.

Appendix-organ distended from cecum; surrounded by Peyer's Patch; toxic energy release organ.

Arthritis-deterioration/inflammation of the connective tissues and joints.

Arteriosclerosis-hardening of arteries; see atherosclerosis

Antenna-device that receives a radio (energy) signal.

Antibody-immunity related blood immunoglobulin; product of a previous infection.

Applied kinesiology-hocus-pocus version of muscle testing; see muscle testing.

Aspartate-salt form of aspartic acid; aspartame; artificial sweetener; toxic.

Atherosclerosis-plaque formation/deterioration of arteries.

ATP-(adenosine triphosphate)-energy carrying molecule of body; product of mitochondrial oxidation of glucose; produced with and without oxygen; Krebs Cycle and glycolysis (lactic acid conversion to ATP).

Atrophy-deterioration and death of body tissue/gland/organ; loss of function.

Avogadro's Number-number of atoms in 12 grams of carbon-12; noted as [N].

Autonomic Nervous System-involuntary system controlling vital organs and activities.

Autodigestion-cannibalization of body's own tissues to meet its needs; autoimmune; aging/illness.

Aura-mirrow of bio-electric body; invisible body; life force; Fourth Dimension concept.

Axon-nerve fiber; includes synapses; involved in nerve signal transfer; Schwanns Cell activity.

Bacteria-microorganisms; microbes; may be aerobic, anaerobic or facultative.

Bactericidal-a non-selective killer of bacteria, antiseptic.

Balding-loss of hair; hair follicle dormancy; not genetic; thyroid, liver, terrain and sex hormone issue.

Basal metabolism-minimum requirement for maintenance of vital body functions when at rest.

- Basement membrane(s)**-support tissue structure beneath the skin; soluble waste storage.
- B-12** (vitamin B-12)-critical to body metabolism; female issue after age 35; aging related; cobalt.
- BAT**-brown adipose tissue high concentrations of mitochondria; seen in healthy, younger people.
- Bent molecule**-the water molecule; a polar molecule; hydrophilic substance.
- B-vitamins**-vitamins B-1 through B-17 vitamin complex; critical for good health; mineral cofactors.
- BFRV™**-Biologically Friendly Racemized™ Vincent; trademark for *Young Again Protocol™* water.
- Bile**-liver waste product; fat emulsifier; digestive related; primary waste product; controls bowels.
- Biogenic**-stimulation of body to produce new, healthy tissue and heal self.
- Bio-dynamic**-agricultural manipulation of energy for production of biologically live food.
- Bio-electric age**-true age based on health of the vital organs.
- Bio-electric body**-the physical and energy body's combined.
- Bio-junk diet**-dietary filler; unhealthy; unable to support life; causes accelerated aging.
- Biological alchemy**-transformation of the elements in liver, gut and soil via bacteria; fusion reactions.
- Biologically friendly water**-two hydrogens and one oxygen only; all contaminants (mineral or chemical) removed; erasure of memory of contaminants; bond angle adjustment.
- Biological Theory of Ionization**-release of ion energy by breaking of ionic mineral bonds.
- Bio-magnetics**-the use of therapeutic magnets for promotion health of bio-electric body.
- Bio-magnetic Irrigator**-dental hygiene appliance for oral hygiene and healthy teeth/gums.
- Bladder**-the urine storage organ in mammals; urinary system; down line from kidneys.
- Blood**-one of three "fluid" body fluids; protein communication system; lymphatic and cerebral spinal fluids are other two systems.

Body odor (BO)-odoriferous product of microbial oxidizing of skin waste; tissue waste exit portal.

Bond-energy “link” between elemental atoms and within molecules; energy release site when broken.

Bone spur-abnormal mineral deposit in/on joints and bones.

Bowel-colon or large intestine; final six feet of intestine; toxicity and cancer zone; controlled by bile flow.

Brain fog- inability to think clearly or to recall information; related to thyroid and hormonal issues.

Brix-a unit of measure of the sucrose sugars in plant juices; measured with a brix meter.

Brown fat-see BAT.

Bulimia-mental condition; forced vomiting of food after meals; related to anorexia.

Calcification-soft tissue invasion by alkaline mineral salts; precipitation of mineral salts.

Calcium-elemental alkaline metal; salt crystal when bonded with halogen gas; 229 known forms of.

Calculus-dental plaque; tartar.

Cancer-systemic collapse of terrain; 1 of 4 major diseases; other 3 are: arthritis, heart/stroke, diabetes..

Cannibalism (auto-digestion)-self consumption of one’s own body tissues and muscle mass when body’s needs not met; especially prevalent after age 35, and particularly in female vegetarians and vegans; occurs in all elderly people who are wasting away for lack of ability to regenerate due to loss of control of their terrain.

Canola oil-rape oil; toxic; mustard family; industrial oil; unfit for human consumption.

Capillaries-smallest blood vessels; can be venous or arterial; also lymphatic.

Carbohydrate-sugars, starches, dextrins; 1 of 3 classes of foods; other are protein and fats.

Carbon-essential element to all living things; atomic element #12; basis of “organic” poisons.

Carbon cycle-path of carbon: atmosphere through bacteria, soil, plant, animal, ocean and return.

Carbon dioxide-atmospheric gas; cellular waste; CO₂; exchanged for oxygen by hemoglobin.

Carcinogenic-poisonous.

Cardiovascular disease-dis-eases of the blood circulatory system and brain.

Carpal Tunnel Syndrome-occlusion/deterioration of nerve & nerve path in bones of wrist; aging.

Carrion-spoiled animal flesh.

Cartilage-one of seven connective tissues (bone, muscle, tendon, ligament, skin and gums).

Casts-albumin/amyloid proteins and mineral salts deposited in kidney's tubules; aging.

Catalyst-substance causing a chemical reaction that would not occur if substance not present.

Cataract-clouding of lens of the eye; waste accumulation; poor blood/lymph flow; amyloid waste.

Cation-smallest form of (–) energy ion released during a reaction; opposite of anion.

Catabolic, catabolism-degeneration of body; aging of tissues and organs; opposite of anabolism.

Cavities-rotting away of teeth; decay; confirmation of an acidic terrain; degenerative; aging.

Cecum-junction of small/large intestine; gut/colon (bowel).

Cellulite-abnormal, waste filled, body fat; hips and thighs on females; aging issue; acid terrain.

Chemotherapy-treatment of dis-ease w/negative energy drugs; cancer treatment modality.

Chi energy-life force energy of the invisible, Fourth Dimension bio-electric body.

Chloroform-toxic substance from reaction of chlorinated water with organic molecules (chloramine).

Chlorine-a halogen gas; used to chlorinate drinking water; chemically unstable; terrain toxic.

Chloride-a salt form of chlorine i.e. sodium/pot./alum chlorides.

Chiropractic-modality for correction of spinal alignment and improvement of nerve/ vital organ function.

Chiropractic (Network)-multi-dimensional form of chiropractic.

Chloramine-highly toxic organic molecule; product of chlorinated water with organic molecules.

Chlorinated water-water treated with chlorine; toxic' source of leaky gut.

Chocolate pudding-highly acid wasted released during colon hydrotherapy; stored in cecum.

Cholesterol-chole=bile; sterol=chemically active fat; made by liver; not cause of cardiovascular disease.

Cilia-hair like projections in small intestine/respiratory tract; move waste; produce enzymes.

Cirrhosis-hardening/yellowing of liver; inflammation of liver; aging sign, not cause of disease.

Clinical Disease-a "diagnosed" medical condition based on recognized signs.

Cloak(ed)-under cover; hidden; non-detectable; subclinical condition; occult stage.

Cobalt-mineral element; intrinsic factor needed for absorption; critical to hemoglobin production (blood iron) and high metabolic rate; a very big female health issue; anemia.

Co-enzyme-necessary for the function of another enzyme.

Cohesion-water's tendency to stick together; hydrogen bond and electrical charge issue.

Colloid-a substance in suspension; refers to particle size not activity level; non-ionic mineral form.

Colon-large intestine; bowel; bottom 6 feet of intestine; begins at cecum.

Colonic (colon hydrotherapy)-water stimulation of colon nerves feeding vital organs from colon wall; accelerates bile flow and acid waste release; washing of colon; controls terrain; High Enema Therapy.

Collagen-basis of connective tissue (bone, cartilage/muscle/tendon/ligament/gums).

Comfrey-garden plant grown for spinach like leaves; a food; requires use of vinegar or lemon.

Congestive Heart Failure-heart overload; poor circulation; excess tissue fluid; edema; drowning.

Constipation-less than 2-3 bowel movements per day; byproduct of insufficient bile flow and water.

Cortisol-hormone produced by adrenal glands; produced when under stress; puts body in overdrive.

Cravings-desire for foods; sign of hunger and nutritional insufficiency; toxic terrain; poor bile flow.

Crowns (dental)-cap overlay on teeth; never use metal; always use ceramic materials.

Crypts of Lieberkuhn-where food nutrients are absorbed in gut; located between intestinal villi.

Crystal-a salt; combination of halogen gas and a metal ion.

Currency, electrical-energy money; mineral ions.

Cyanide-active component in rape seed and rape oil; from which canola oil is derived.

Cyanocobalamin-cobalt atom combined with an amine; Vitamin B-12 component.

Cytoplasm-intercellular fluid.

DMSO-dimethylsulfoxide; effective carrier solvent; stinks; promotes healing; basis of SOC.™

DNA-genetic code; deoxyribonucleic acid; defective genes product of terrain; genes don't cause disease.

Deacidification-removal of environmental and metabolic wastes from body tissues and fluids.

Defecate-a bowel movement; should have 3-5/day; controlled by bile flow; squat position best.

Deficiencies-imaginary, causative factors behind disease; invalid theory; result of excess in system.

Degenerative dis-ease-systemic acidification of the terrain; confirmed loss of control of the terrain.

Denature-alteration in form, function and/or shape of food enzymes/proteins.

Holistic dentistry-biologically friendly dentistry; no use of mercury amalgams, implants or root canals.

De-energize-neutralization of energy footprint; synchronization of chemical energy reaction.

Deodorant-a cover used to mask BO; confirmation of acidification of the terrain; toxic body.

Dermis-the true skin; beneath the epidermis (outer skin).

Detoxify-removal of waste from the body; deacidification of tissues.

Devitalized food-so-called food without life force and vitality; bio-junk diets.

Diabetes-dis-ease of pancreas; related to blood serum levels of insulin; loss of organ function; closely related to liver, adrenal and thyroid function; adult onset diabetes called Type-II; Type-I id childhood diabetes; Type-I linked to vaccinations; often occurs during puberty related stress.

Digestion-breakdown/conversion of food nutrients into energy (ATP) by mitochondria in Krebs cycle.

Dilution-technique and concept used in creation of homeopathic remedies.

Dirt-unproductive, dead, no or poor bacterial activity; unbalanced growth media for plants.

Dis-ease-lack of health; a left-spin condition; aging condition; loss of vital organ function; liver issue.

Diuretic-agent that forces excretion of body's extra cellular fluids.

Dogma-established authoritative opinion.

Dowager's hump-hunchback condition; loss of bone density and discs; degenerative; very acid terrain.

Dowsing-tool for measuring/interpreting energy, choice of direction or sourcing answers to questions.

Drugs-chemical substances that cause a physiologic effect; toxic anti-life chemical molecules.

Ductless glands-glands that do not secrete into a lumen or duct.

Dynamic Reflex Analysis-kinesthetics; muscle testing; subjective testing methodology.

E. coli-un/friendly bacteria of the gut; critical for health; deadly in pathogenic form.

Eczema-inflammation of the cutaneous layers of the skin (dermis); dermatitis; toxicity related.

Edema-excess fluid retention; waste overload/poor lymph activity; potassium loss; acidic condition.

Enema-a swallow, partial cleansing of the lower colon; stimulates bile flow; deacidification of terrain.

Electrolytes-mineral ions capable of electrical conductivity; necessary for nerve signal transmission along nerve axon; minimize Rouleau effect in blood; critical for preventing/addressing heart attack.

- Electron flow**-movement of electrons along nerve fibers, metal wires or through a solution.
- Endocrine system**-system for production and distribution of hormones/messages via the blood.
- Energy**-electrical phenomenon.
- Energy field**-a field of electrical influence; signature may be left/right spin; signature; footprint.
- Energy imbalance**-bio-electric stress; dis-ease.
- Energy manipulation**-alteration of signature and frequency of an energy field.
- Energy meridian**-an energy highway or path in body; chakra; energy flow.
- Energy** (scrambled)-destructive, unpredictable skew of healthy energy; radiation/irradiation/food additives/halogens/; free radical production; enzyme destructive; skewing of proteins.
- Enzymes**-biological catalysts; all body functions require them; see catalyst.
- Esoteric**-unseen,; mysterious; beyond Third Dimension; Fourth Dimensional.
- Estrogens**-group of female hormones (estrone, estradiol, estratriol, etc.); also part of male physiology.
- Exit portal**-waste removal avenue(s) in bio-electric body.
- Excesses**-causative condition behind manifestation of all diseases; opposite of deficiencies.
- Exocrine glands**-glands which secrete enzymes into lumens or hollow organs like the stomach or gut.
- Extra cellular fluid**-fluid between (outside) cells; interstitial.
- Exercise**-physical activity for aerobic effect and circulation of body/lymphatic fluids; deacidification.
- Fabale**-a family of plants; parent family of the soy bean.
- Facultative anaerobes**-bacteria that can function with or without the presence of oxygen.
- Fats (lipids)**-dietary food category; critical for good health; source of 40% of energy production when terrain in balance; solid at room temperature; butter, lard and coconut oils; healthful.
- Fat**-body tissue; ideally 20% of total weight; adipose tissue; brown fat; excess=obesity.

Fatty acids-critical for health; essential; brain matter=80%; energy source for 40% of ATP production.

Fever (febrile reaction)-elevated body temperature due to infection/toxins/sepsis.

Floaters-yeast and waste debris in the eye; poor blood and lymphatic activity; acidic terrain.

Fission-splitting of atoms/molecules; catabolic; nuclear; metabolic process in a healthy terrain.

Fluorine-a halogen gas; toxic; a wildcat.

Fluoride-a salt form of fluorine gas combined with a metal ion.

Fluorosis-fluoride toxicity in teeth and bones.

Food-nutrient energy in form of fat, protein and carbohydrates; energy footprint may be left/right.

Footprint-descriptive term indicating spin direction, intensity and depth.

Fourth Dimension-invisible/intangible energy dimension beyond the Third Dimension; esoteric.

Free radical-negative electron scavenger, very reactive; acceleration of aging; catabolic.

Functional cells-healthy cells of the vital organs; parenchyma cells; vitality producing; anabolic.

Fusion-transmutation/formation of molecules; anabolism; goes with a healthy terrain.

Gallbladder-holding vessel for liver produced bile; dumps into gut; gallstones; critical to food digestion.

Gall stones-precipitates from liver/bile; mineral/cholesterol based; called nails in liver's biliary ducts.

Gas-a state of energy; foul byproduct of incomplete digestion in an acid/anaerobic GI tract.

Gastric-related to stomach.

Genetically engineered-manipulated life forms; synthetic.

Germ Theory of Disease-allopathic medical theory; invalid; ignores terrain; single factor analysis.

GI tract-gastrointestinal tract; begins in mouth and goes to anus.

Glaucoma-eye dis-ease; atrophy of retina; supposedly due to eye pressure; blood, lymph, terrain issue.

Glycogen-form in which glucose is stored in muscle and in liver.

Glucose-blood sugar; product of liver and digestion; stored in liver and muscles as glycogen; fuel for production of ATP by mitochondria in the electron transport chain of the Krebs Cycle; glycololysis.

Glycerol-glycerin with alcohol(s) attached; present in fats.

Glycine-a nonessential amino acid; sweet; glycine max.

Glycocide-inhibit muscle enzymes; soy/canola contain them.

Glycolysis-splitting & oxidation of glucose; Krebs cycle; formation of ATP by mitochondria; health.

Glands-body organs with special functions and purpose; specialized cells and tissues.

Goiter-swollen thyroid gland; linked to stressed ovaries, pancreas, liver and adrenals; trophy; inability of thyroid gland to produce hormone; not related to iodine insufficiency.

Gout-uric acid toxicity in blood and joints; degenerative; acid terrain; degenerative if ignored.

Gua Sha-acupuncture without needles; manipulation of trauma memory via blood and lymph technique.

Greens-collards, broccoli leaves, spinach, cabbage, chard, etc.

Gut-small intestine (includes duodenum, jejunum, ileum; stomach to cecum; source of leaky gut.

HCL-(hydrochloric acid); stomach acid; breaks peptide bonds joining amino acids; critical for health and protein metabolism; kills incoming parasites and eggs by digesting their proteins.

hGh™-human growth hormone precursor in racemized™ form; use with Skin & Body Toner.

HIV-Human immunodeficiency virus; precursor virus to AIDS.

Halogen-an chemically unstable, acidic gas; a wildcat; toxic; combines with alkaline earth mineral ions.

Harmonic-a healthy frequency; causes body to resonate health/vitality.

Heart attack-insufficient oxygen to heart muscle; also result of skewing of calcium : magnesium ratio; insufficient mineral ion electrolytes in blood; sodium overload; potassium shortfall.

Heat stroke (exhaustion)-lack of circulating blood electrolytes; can occur when fully hydrated.

Herbicides-man made organic plant poisons.

Hemorrhoids-swollen, congested, displaced veins in the anus; bile, liver and water issue; constipation.

Hepatitis-inflammation of the liver (hepatocytes); invasion of liver by viruses; serious terrain issue.

Hepatocytes-functional cells of the liver; critical for good health; death of translates as aging.

Herpes-group of viral conditions; sexual/non- sexual; fever blister, genital blisters; liver terrain issue.

Hiatal hernia-deterioration in diaphragm near esophagus allowing stomach to infringe on lung cavity.

High blood pressure-hypertension; sign of systemic cardiovascular issues; amyloid plaque; acid terrain.

High Enema Therapy™-manipulation and management protocol of colon; stimulation of bile flow and stimulation of nerve plexus from colon wall to vital organs; deacidification; critical to long term health.

Hologram-a multidimensional energy message; illusionary 3-D effect; beyond Third Dimension.

Homeopathic medicine-the medicine of similars; uses remedies; exact opposite of allopathic medicine.

Homeovitic-extension of homeopathy remedies; mixed multiple frequencies; esoteric.

Hormone-chemical messenger; powerful energy field; product of vital organs and glands.

Hormone Cycle-female cycle; not same as menstrual cycle; occurs monthly from puberty until death in all females; can be resurrected, measured and mapped; critical to all women.

Howdy Doody Lines-Facial lines from corners of mouth to sides of chin; sign of aging, toxicity, parasites.

Hyaline-albuminoid, involved in amyloid plaque formation; in healthy form part of hyaluronic acid.

Hyalinization-infusion of hyaline into cells or tissue; formation of amyloid plaque.

Hybrid food-food produced from genetically weak seed.

Hydration-the water level in tissues of the body.

Hydrochloric acid-produced by stomach wall; breaks peptide bonds linking amino acids into proteins.

Hydrogen-an element; high energy; bonds easily; bioactive; acidic.

Hydrogen peroxide-H₂O₂; therapeutic; antiseptic; oxidizer; kills all pathogenic organisms.

Hype-unrealistic thinking; mind over matter; bio-junk diet induced stress.

Hyperspace-Fourth Dimension energy space; beyond Third Dimension.

Hypertrophy-increased/abnormal change in organ function and size; i.e. goiter, prostate.

Hyper-exaggerated; enlarged

Hypo-diminished; smaller

Hypoglycemia-low blood sugar.

Hypotrophy-decline; abnormal change in organ function; diminished organ size; atrophy.

Hypovolemia-low blood fluid volume (also lymph0; low water levels in body/tissues.

Ileum-final section of small intestine; joins colon at cecum.

Ileocecal valve-gatekeeper of gut/colon flow rate; between small intestine and cecum.

Immune system-auto defense system; also offensive functions.

Immunization-bogus introduction of foreign microbial proteins into body; does not produce immunity.

Impotence-inability of male to get an erection; female clitoris non responsive, impotent.

In-camera-consideration of all body systems as a whole; not isolated.

Inflammation-redness; swelling; generates pain; body response to immobilize limb, part.

Indols-toxic whole molecules produced/absorbed via a leaky gut wall.

Insulin-blood protein, shuttles glucose transfer across cell membrane; diabetes related; magnesium and and leaky gut origin; autoimmune condition; one of four major disease of aging.

Integument-the skin (subcutaneous, dermis, epidermis); one of seven body connective tissues.

Intercellular substance-fluids, waste, protein matrix between cells; amyloid.

Interstitial fluid-fluid between the cells; extracellular fluid.

Intestine-small intestine (gut); large intestines (colon); approx. 20 feet long.

Intima-innermost layer of the artery blood vessel wall interfacing blood.

Intoxication-alcohol saturation of tissues beyond liver's ability to degrade and kidneys to excrete.

Intracellular fluid-fluid inside the cells.

Intrinsic factor-secreted by stomach; a Vitamin B-12 shuttle; production diminishes after age 30.

Intuition-instinct; Fourth Dimensional concept; esoteric; gut instinct.

Invisible-not seen; ; Fourth Dimensional; esoteric; positive/negative thought; prayer; magic.

Iodine-an element; needed for health; related to thyroid goiter formation; toxic in wrong form or quantity.

Ion-an atom that has gained or lost electrons.

Ionic bond-bond between two mineral ions.

Ionic minerals-minerals that have gained/lost electrons; unstable; seeing to bond; sea water.

Ionization-exchange of energy and electrons; anions/cations.

Irradiation-destruction/scrambling of food molecules; negative energy manipulation; anti-life.

Iridology-reading/interpretation of body health using iris of the eye.

Irritable Bowel Syndrome-collection of bowel disorders; leaky gut/liver related; stress/nervous effect.

Ischemia-reduced oxygen supply to heart muscle.

Isotope-an atom with same number of protons, but different number of neutrons.

Jaundice-effect of toxic liver; bilirubin buildup in blood; yellowing of eye sclera; toxic.

Juice/juicing-extraction of food plant juices for drinking; vegetable juices best; deacidification.

Kombucha tea-dynamic home preparation used for rejuvenation.

Kidney-primary excretory organ of the body; exit portal.

Kidney stones-mineral/fat/waste precipitates in the kidneys.

Kinesiology-study of body movement.

Kinesthetics-muscle sense testing; kinesiology.

Krebs Cycle-cycle for production of energy molecule ATP; glycolysis part of; includes electron transport chain; mitochondria controlled process; anabolic; aka citric acid cycle.

Leaky gut-porous wall of small intestine; liver issue; drives all autoimmune disease; not age related.

Lactate-salt form of lactic acid.

Lactic acid-product of anaerobic fermentation; incomplete oxidation of glucose; acid waste; produces muscle soreness; liver recycles and clears body of.

Laying on of hands-healing through energy transfer; similar to chi gong and therapeutic touch.

L/CSF™-device for increased circulation of lymphatic and cerebral spinal fluids; very effective.

Lecithin-emulsifier and component of oils/fats/bile; soy derived but not a health issue when isolated.

Left-spin-negative energy; catabolic; anti life;

Lice-creatures that live on filth and negative energy in body hair; head, axillary and pubic unique.

Life expectancy-length of time one can expect to live.

Lightning, cellular-energy produced by the mitochondria in form of ATP.

Limb regeneration-regrowth of bone, nerve, tissues and limbs.

Live blood cell analysis-dark field microscopy used for diagnostic purposes; interesting but not reliable.

Liver-primary chemical/fusion/detox organ of the body; can regenerate; central to all body functions.

Liver breath-bad breath resulting from stress liver; smells like onions and/or metallic.

Liver stones (nails)-waste precipitation from bile; clogs biliary ducts; slows bile flow; accelerates aging.

Load-bearing work-work involving movement and weight; improves circulation; builds muscle.

Localized condition-a condition that is not systemic.

Lungs-organs of external breathing.

Lye soap-saponification of fats/oils with lye (sodium hydroxide).

Lymph-lymphatic fluids in lymph vessels; intracellular plasma protein drained by lymphatic system.

Lymphocyte-immune system cell; B-cell; part of lymphatic system.

Lymphotropic-change in lymph fluid; T-cell.

Lymph roller-mechanical device for degrading cellulite; moving toxic tissue waste; crushing of blood capillaries in tissues beneath the skin; detoxification.

Lyse-to split, cleave or break apart; to divide.

Macrophage-non circulating immune system 'attack' cell; T killer cell; defensive.

Macular degeneration-deterioration of macula of eye and loss of vision; aging issue for women; amyloid waste, oxygen and hormone driven condition; closely related to loss of hearing & osteoporosis.

Magic bullets-medical science's hype; false hope; drugs; cut, burn and poison.

Magnesium-an element; alkaline earth mineral; critical for heart muscle; must be in ratio to calcium.

Magnetism-the effect of a magnetic field; polarity; (+) (-) fields; therapeutic side of magnet is (-) side.

Magneto hydro dynamics-dental appliance modality for dental plaque management and gum health.

Malnutrition-insufficient absorption of right-spin food energy; digestion; inability to digest food; bile.

Manganese- trace mineral; builds serum iron via bioalchemy.

Mastication-chewing of food; critical to saliva secretion; beginning of digestion process.

Mass-energy exporting tissue growth; generally cancerous; opposite of a tumor; offensive in nature.

Matter-condensed energy.

Matriarchal society-blood line follows the woman.

Matrix-collagen framework for deposition of minerals/formation of bone; basis of all connective tissue.

Meat-animal tissue; may be right/left spin energy.

Menopause-negative shift in hormonal cycle and flow; the change; opposite of puberty.

Menstruation-monthly shedding of endometrial lining of uterus in women from puberty until meno pause; not same as female “hormone cycle”; but should parallel menstrual cycle; female health.

Mental age-how old a person thinks.

Mercury-most toxic element on earth; quicksilver; evaporates; composes 40% of amalgam fillings.

Mercuric acid-extremely toxic heavy metal agent for treatment of water during warm months.

Metabolic rate-rate of metabolic activity in a living system; thyroid, waste, liver and hemoglobin related..

Metabolism-summary of all body functions and rate of operation; slow, sluggish, fast, hyper, etc.

Metabolite-end product of metabolism; synchronization.

Metaphysics-beyond normal physics of length, width, height; Fourth Dimension; esoteric.

Microbe-microscopic life forms; bacteria, viruses, molds and fungus; parasites.

Microwave oven-a negative energy cooking device.

Medical Grade Ionized Water™-reduced/oxidized water with very high ORP pH in both acid and alkaline forms; therapeutic water; made from BFRV™ water and racemized™ liquid mineral ions to supply needed electrons; used in Japan to address issues like diabetes, cancer, arthritis and cardiovascular disease; acid form destroys viruses, bacteria, fungi and yeast; water BEYOND conception point.

Mitochondria-bacteria within all cells that produce the ATP energy molecule; 10,000/cell; Krebs Cycle.

Modality-a methodology of therapy.

Molds-lowest life forms; toxic in most forms.

Molecular (intermolecular) bond-bond between molecules; not same as ionic bonds, hydrogen bonds.

Mononucleosis-viral condition of liver; inflamed lymph nodes/liver; severe immune system stress.

Monosodium glutamate (MSG)-a salt of sodium, glutamine and cytoic acid.

Morbid-related to dis-ease, death; life insurance morbidity tables.

Multiple sclerosis-inflammation of central nervous system; myelin sheath deterioration of nerve fibers.

Muscle tone-resistance of muscles to elongation or stretch; healthy musculature; buffed.

Mustard gas-chemical agent of war; made from rape seed oil.

Muscle testing-subjective/unreliable form of dowsing; not for diagnosis or treatment of disease.

Myocardial infarction-see heart attack.

Myelin-protective nerve fiber sheath; neurilemma; pH affected; progesterone related; important.

Myelinoma-deterioration of the nerve sheath/neurilemma.

Myxedema-low thyroid function/metabolic rate; thyroid atrophy; low BMR; hypothyroid.

Nano scale-one between 1 billionth and 1 trillionth of a meter; highly absorbable and active.

Nattokinase-product of correct fermentation of soy; must contain Vitamin-K2 or unsafe.

Naturopathic-alternative methodology to allopathic medicine; uses multiple healing modalities.

Necrotic flesh-dead, non-gangrenous tissue.

Negative energy-left-spin energy; catabolic; toxic; acidic.

Nephron-kidney blood filter; critical to detoxification.

Nerve gas-toxic agent of war; blocks enzyme function.

Neti pot™-device used with Clear Head™ to purge sinus cavities of infection and mucous.

Neurolema-the outer sheath of nerve fibers; includes Schwann's cells; myelin sheath; synapse.

Neuropathy-nerve fiber deterioration in extremities; pH and hormone related; highly acid terrain.

Neutralize-denature; detoxify; prevent damage by toxic energy, substance or condition.

Niacin/niacinamide-names for synthetic vitamin B-3.

Nicotine-an alkaloid; not toxic in small amounts in natural form; synthesized form extremely toxic.

Nicotinic acid-acid form of nicotine; natural source is dry tobacco.

Nitrogen-elemental gas; critical for formation of protein in food molecules; 3 forms: ammonia, nitrate (metallic) and urea.

Node-part of lymphatic system; toxic energy storage sites; critical to healthy fluid, tissue protein communication system; tonsils.

Nonfunctional cells-cell that do not perform critical functions; covering of vital organs.

Nonshivering thermogenesis-heat produced w/o shivering.

Nourishment-positive food energy that fuels anabolism.

Obesity-slowdown in metabolic & vital organ function; excess weight; huge aging factor.

Old age-dis-ease; loss of vitality; acidification/breakdown of connective tissues; atrophy of vital organs.

Open pollinated seed-seeds that produce true to type; non hybrid; non freak; not genetically engineered.

Opportunistic-condition where microbes proliferate; low tissue vitality; catabolic; acidic.

Organic-a term used in reference to food that is supposed to be healthier than food produced by normal commercial agricultural practices; any molecule containing carbon; bogus, government hijacked term.

Organic poisons-poisons built on a carbon skeleton.

ORP-Oxidation/reduction potential; measure of life force (electrons) in Medical Grade Ionized Water™; symbol (+) means water is in oxidized state and electron positive; and exact opposite (-) for reduced water; high pH plus high ORP; rejuvenatory to body; electrons fuel mitochondrial production of ATP.

Osteoarthritis-calcification of joints and connective tissues; opposite of rheumatoid arthritis where the joints dissolve and eventually kill the sufferer; both reversible conditions; very acid terrains.

Osteopenia- the rate of bone building as opposed to the rate of degradation.

Osteoporosis-loss of bone density; acidification of tissues and fluids; aging; driven by acidity, low hormonal activity and inability to lay down collagen faster than it is being destroyed.

Ovaries-glands that produce female reproductive cells called ova (eggs); female equivalent of testicles.

Oxidation-aging factor; health building process; can be either negative or positive; involved in free radical production; Krebs Cycle and glycolysis; conversion of glucose (sugars) molecule to ATP; chemistry term indicating loss of electrons (in need of electrons) as indicated by symbol (+).

Oxygen-a gas element; oxidizer; aerobic; anabolism.

Ozone-O₃; therapeutic if in medical grade form; kills pathogenic organisms of all types.

PACs-racemized™ formulation of proanthocyanidins; very useful for free radical management and minimization of damage to healthy tissues during *Young Again Tissue & Liver Protocol*™.

pH-measure of acidity or alkalinity of a substance based on hydrogen donor ability; 7.0 is neutral.

PHG-phytohemagglutinin; a vegetable protein glue; heavy in soybeans.

P-P Factor-pellagra preventive agent; known as vitamin B-3 (niacin); commercial sources are synthetic.

Palliation-relief of signs/symptoms without cure of cause.

Pallor-skin color; abnormal or healthy pallor.

Pancreas-vital digestive organ; both duct and ductless; stress linked to liver; diabetes related.

Paradigm-a new model along side an older model.

Paralysis-loss of muscle function and tone; degenerative.

Parasite(s)-foreign life forms in the body living on toxic waste; burden/destroy vital organ function.

Parasympathetic nervous system-involuntary nervous; no control; part of autonomic system.

Parathyroid-four tiny glands on both sides of the thyroid; ductless glands.

Parenchyma cells-functional cells of a gland or organ.

Pathogenic-pertaining to dis-ease; dis-ease causing; degenerative condition of the terrain.

Patriarchal society-blood line follows the male.

Peer review-submission to review by conventional thinking; following the protocols of "legitimate" medical science; control of independent thought; public display of intimate details of discovery.

Pellagra-dis-ease related to unbalanced dietary intake; B-vitamin related; known by other names today.

Pellets-small waste vehicles produced by the liver from waste filtered from blood; if lodged in liver and calcified called nails; if in gall bladder called stones; body normally produces dozens of them each day.

Pendulum-an antenna; a tuning device; a transmitter; a tool.

Peristalsis-intestinal wave-like motions that move food/waste.

Pesticide-organic poison; man-made; attached to carbon atom.

Peyer's Patch-area surrounding appendix that is densely populated by lymph nodes designed to detoxify/neutralize waste energy; appendicitis is confirmation of waste energy overload and toxicity.

pH scale-normally from 1-14; 7 is neutral; ea. # increases 10x.

Phagocyte-a cell that eats invading cells/life forms/antigens.

Phenols-toxic whole molecules produced/absorbed via a leaky gut wall.

Phosphorous-mineral element; alkaline metal; critical to bone formation; calcium : phosphorous ratio.

Phytates-substance that interferes with digestion; heaviest in soy.

Phytohemagglutinin-see PHG.

Plants-nature's antennas; mediate cosmic energy; build soil; produce solar based food energy.

Pituitary-important ductless gland; linked to all other glands.

Plaque-waste deposits in vital organs, tissues and fluid vessels of body.

Plicae circularis-undulating folds in the walls of the small intestine (gut).

Plasma protein-fluid serum proteins; seep into cell spaces for delivery of oxygen and nutrients; approx. 10% loss of blood fluid volume seep into tissues; recirculates via lymphatic system (85-90% drainage); stagnant, residual tissue fluids left in tissues called amyloid fluid; highly acidic.

Polar molecule-a bent molecule like water; highly magnetic electrical charge.

Pollen-reproductive male sperm equivalent in plants.

Polycystic ovary-cysts on ovary(s); "incomplete" ovulation (non emergence of egg from wall of ovary).

Poly/pleo morphic-bacteria capable of morphing into a different specie according to the terrain.

Polluted-toxic; loaded with poisonous waste; raw city water.

Positive energy-right-spin; anabolic.

Positive thinking-mind over matter; helpful if realistic and without hype.

Post mortem-after death; examination after death.

Potassium-alkaline metallic element; (+) charge; sodium's twin; lines inside of cell membranes.

Precipitate-formation of a solid by settling out of solution.

Precursor-a substance that precedes another; i.e. beta carotene/vitamin A.

Proof-something medical science demands, but can't deliver; a demand to cover lack of knowledge.

Prostate-sperm production and storage site; male ejaculatory organ; surrounds urinary tube.

Portal-an exit point or avenue or system for waste disposal from body

Portal hypertension-high blood pressure in the portal vein.

Portal vein-nutrient laden venous blood vein from gut to liver; 50% of blood is arterial; carries food molecules to liver; pathway to liver for all lipids.

Protein-one of three food nutrient forms; also fats and carbohydrates.

Proanthocyanidins (PAC)-plant derived, extremely active antioxidants; free radical scavengers.

Puberty-onset of reproductive ability; secondary sex characteristics (breasts/body hair/body odor).

Pulmonary system-blood circulation from heart to lungs and return.

Pulse-beats per minute by heart muscle.

Pure (biologically friendly) water-two hydrogens and one oxygen only; all contaminants (mineral or chemical) removed; erasure of memory of contaminants; bond angle adjustment.

Purine-a nitrogenous protein waste from incomplete digestion of animal tissue or self digestion of body muscle mass; catabolic; adenine, guanine; nucleic acid end product; gout factor.

Pyridine ring-a synthetic organic molecule used to make artificial B-vitamins; left-spin; will not support life; toxic to body; synthetic B vitamin molecule.

“-R”-group-a chemical group that gives an organic molecule its characteristic(s).

- RNA**-Ribonucleic acid; nucleic acid; genetic template material.
- RacemizeTM**-process that increases spin rate and energy field to boost biological availability and usefulness to body by a factor of 10x.
- Radiation**-energy radiating from a source (nuclear/solar); left/right spin)
- Radionics**-broadcasting of energy frequencies in agriculture.
- Radiomimetic**-ability of a substance alter body frequency to left/toxic state.
- Rape oil**-canola oil; toxic; not a food; radiomimetic.
- Rebounder**-a mini trampoline used to circulate lymphatic fluid.
- Reduced**-opposite of oxidized, oxidation. A high energy state.
- Refractometer**-brix meter; measures sugars in plant juices as an indicator of mineral load/plant health.
- Rejuvenate**-to rebuild; start anew; anabolism; opposite of aging; health.
- Remedies**-homeovitic, homeopathic substances for neutralizing negative energy and restoring health.
- Replication**-multiplication; reproduction.
- Repolarization**-stimulation and restoration of cellular matrix and organelles (mitochondria) to normalize cellular function; healing through increased production of ATP.
- Resiliency**-return to previous condition; ability to bounce back.
- Respiration, external**-O₂/CO₂ exchange in the lungs.
- Respiration, internal**-O₂/CO₂ exchange in the cells.
- Retrovirus**-a virus capable of using a reverse enzyme to access the host; HIV virus is a retrovirus.
- Right-spin energy**-anabolic; positive; aerobic; health giving.
- Royal Jelly**-hormonal food fed to a bee to create a queen capable of living 5 years vs. 28 days; highly hormonal effects on humans; restoration of sexual peak; good for both sexes,
- Rouleau effect**-blood borne waste that produces clumping of blood corpuscles slowing movement of waste through blood capillary beds slowing production of bile by liver; goes with toxic terrain; aging.
- Root canal**-removal of nerve tissue in inflamed tooth; retention of dead tooth; cavitation; antigen antibody response; C Reactive Protein factor associated with non febrile terrain response; involved in degeneration of the heart muscle; alternative is to pull tooth; burr out tooth socket

and bridge using ceramic material; cannot be checked by x-ray once crowned; requires “cavatat” for determination of decay in months and years following canal; avoid.

Rotenone-a toxic poison derived from the soybean.

Roten-Japanese for derris: plant family to which the soybean belongs.

Rhythm (rhymicity)-scheduled, rhythmic, regular habits and lifestyle.

Saliva-secretion of the salivary glands; digestive juice; pH sensitive; beginning of the digestive system.

Salt-combination of halogen and metal ions.

Satiety-fullness beyond desire; nutritionally full.

Saponification-soap making; the hydrolysis or splitting of fat by an alkali; hydrolysis of an ester; (sapo- soap; facere-to make).

Sauerkraut-controlled fermentation of vegetables; nutritious; loaded with friendly microbes; avoid pasteurized forms; easy to make at home with cabbage, green beans and tomatoes (red or green), etc.

Scar tissue-non functional tissue; end product of formation of structural amyloid plaque; negative energy field; negative memory of tissue trauma, non soluble waste tissue; must be digested and circulated out of body via the lymphatic system; collagen formation critical to replacement of scar tissue.

Scientific Method-medical sciences official system of information gathering; anecdotal facts gathered to prove a pet theory rather than observation of the creator’s handiwork; no vision involved.

Schwann’s Cells-cells residing at the synapses of nerve axons; necessary for nerve signal transmission.

Sea water-naturally balanced mineral ion water; right-spin.

Sedentary lifestyle-lack of exercise and load bearing work.

Self digestion (cannibalism; auto-digestion)-consumption of one’s own body tissues and muscle mass when body’s needs not met; especially prevalent after age 35, and particularly in female vegetarians and vegans; occurs in all elderly people who are wasting away for lack of ability to regenerate due to loss of control of their terrain.

Senility-loss of mental faculties; Alzheimer’s; invasion of brain by amyloid plaque; greatly affected by loss of hormonal production in female after age 40; occurs in highly acid terrains.

Sepsis-infection of tissue or blood; usually fever producing; blood poisoning; pathogenic state

Signature (energy)-energy footprint; related to spin and intensity; Fourth Dimension energy factor.

Signs-visible and measurable conditions that support diagnosis and disease.

Silica-mineral element; body transmutes to calcium; of critical importance in soil.

Silicone-thixotropic substance used in breast implants; highly toxic; destroys immune system.

Similar(s)-homeopathic principle; cancellation of one energy field by another of similar frequency.

Single factor analysis-a form of scientific myopia; head in the sand; one cause for each disease.

Silver dental fillings-not silver; mercury; dental misnomer to hide truth from public; deadly.

Sixth sense-intuition; Fourth Dimension; extension of mind.

Skatols-toxic whole molecules produced/absorbed via the gut.

Skin-our outer tube; a connective tissue; halographic; an organ and an exit portal; very first organ to form upon conception; organ from which tissue differentiation into other organs and tissues follows.

Sleep cycle-period of rest, detoxification and rejuvenation; ATP utilization; repair; deacidification.

Smoking-oxidation of dried tobacco via flame; cigars not a problem; cigarettes very bad.

Sodium-an element; a metal; alkaline; always involved in cancer; displaces potassium.

Soft drink-acid forming; electrolyte robbing; accelerates aging; toxic; heavy metals; avoid.

Soil-biologically live dirt; product of healthy practices, microbial activity, and balancing of medium.

Solar energy-anionic energy; right spin; anabolic; life giving.

Soluble waste-waste that is not in structural form; waste that will flow if given the opportunity; waste body stores in fatty tissue beneath the skin; opposite of structural waste.

Solvent-a substance that dissolves solids creating a solution; Yucca Blend,TM DMOS, alcohol,

Soybean-toxic plant of Derris family.

Soybean oil-degenerative left spinning energy from soybeans; industrial oil; avoid as food.

Space-extension of the mind; related to Time.

Sperm-male reproductive cells.

Spin-direction of energy flow of a substance or thought.

Spinach-an alkaloid; Goosefoot family; eat with vinegar/lemon.

Spirulina-a complete algae protein; good nutrient energy.

Sprouts-sprouted seeds eaten as food.

Spur-mineral/body waste deposits in joints/on bones.

Squat position-correct position for defecation; native position; use short stool or box; squat on toilet.

Stagnant waste-soluble waste that cannot or will not flow; amyloid fluid; intracellular tissue fluids.

Standard-a defined reference point; a known yardstick, measure by which all other things are compared.

Stannous-a tin containing compound.

Stannous fluoride-a toxic fluoride/tin containing compound used in tooth paste and rinses.

Static-standing still; not changing; no motion; synchronized.

Steroids-broad class of hormonal compounds including bile, vitamins and glucosides.

Stomach-digestive organ of GI tract prior to small intestine; holding/mixing reservoir.

Stones-waste vehicles produced by liver from waste filtered from blood; if lodged in liver and calcified called nails; if in gall bladder called stones; abnormal; slow bile flow; unhealthy.

Stool-forms bowel movement; should be very soft or loose; hard=constipation; should have 3-5/day.

Stress-bad energy; antagonistic to adrenal; increases cortisol levels; disrupts female hormonal balance.

Stroma cells-nonfunctional structural cells of the organs and glands; outer covering of vital organs.

Subatomic-below atom size; fusion; transmutation; alchemy; nano scale.

Subclinical-not diagnosable; symptoms only, conditions prior to appearance of clinical signs.

Subcutaneous-below the dermis or dermal layer of skin; shallow or deep facia; basement membranes; fatty tissue layer beneath skin.

Sugar-carbon containing sweet molecule; glucose in blood sugar; may be right/left-spin; glycolysis; conversion to ATP energy molecule by mitochondria in electron transport chain of Kerbs Cycle..

Sun-source of anionic energy; life giver; causes Earth to spin.

Supplement-vitamin, mineral, misc. factors added to routine, daily diet for improved health.

Sweat-a waste product; transport for water abased toxic molecules; good sigh; heat regulator.

Swiss chard-an alkaloid; Goosefoot family; eat with vinegar/lemon.

Symbiotic-one life form helping the other; buddy system; mutual beneficial relationship.

Sympathetic nervous system-under our conscious control; voluntary.

Symptoms-subclinical; undiagnosable; early stages of dis-ease; Fourth Dimensional; energy related.

Synapse-juncture points along nerve fibers where nerve signal is bolstered and transferred from one side of gap to the next; where Schwann's cells are located; receptor sites along nerve axon.

Synchronization-temporary neutralization of energy (electron) transference or reaction; energy stall.

Synergy-the coming together of two or more energy forces that produce outcome different than inputs.

Systemic-affecting the entire body; i.e. fever or infection or constipation or poor bile flow.

Synthesis-energy forces coming together to form a new substance.

Synthetic-artificially prepared; man-made analogous molecule; not real thing; isomer; mirror image.

T-cells-killer cells; defense cells of the immune/lymphatic systems.

Tartar-calculus; dental plaque; product of oral bacteria in an acid terrain.

Terrain-the TOTAL energy state of the bio-electric body physically and esoterically; both Third and Fourth Dimensional state of being; affected by and affects spiritual/mental state.

Testes-glands that produce male reproductive cells (sperm) and female cells (ova).

Testicles-male equivalent of ovaries; reproductive generating organs.

Therapeutic-having healing qualities; promoting health; not derived from cut, burn and poison tactics.

Therapeutic touch-healing through energy transfer or management; chi gong; laying on of hands.

Thermodynamics-study of energy creation and movement; three laws of.

Thermogenic hyperphagia-production of heat by metabolic conversion of food energy or body WAT (fat) and through oxidation of glucose by mitochondrial brown fat.

Thixotropic-substance that when disturbed turns to liquid state and then reverts to a gel state when left undisturbed; silicone (breast implants).

Thymus-gland of the immune system systems; above heart; critical to good health.

Thyroid-controls metabolic rate; serious female issue; goiter/iodine; critical to good health.

Time-extension of mind; related to Space; Fourth Dimension.

Time & aging-passing of Time defines speed of aging; aging mirrors passing of Time.

Time made visible-signs of aging in the mirror or noted by the doctor for diagnosis of clinical condition.

Tin-mineral element; stannous; component of stannous fluoride as used in toothpaste.

Tissue-cells of the body; grouped by type, function, and organ; physical; palpable; or liquid.

Tobacco-richest source of natural, complete B-vitamin complex in the world; up to 30%; alkaloid when green; acid when dry; a good food; must be food grade tobacco; must be eaten with lemon or vinegar.

Tofu-soybean curd; unhealthy; loaded with phytohemagglutinins; damps thyroid function; influences and skews hormonal activity in male and females and children and the unborn.

Tone-resistance of muscles to elongation or stretch; that state in which body functions/parts are healthy and normal; retention of muscular shape, strength.

Tonsils-lymphatic nodes in the upper throat; swell when infection; toxic energy holding site.

Toxemia-blood poisoning; sepsis; waste overload; fever producing condition; febrile.

Toxic-poisonous; acidic; causes tissues to age; poor health.

Toxins-poisonous; negative energy fields; acidic; product of infection or waste accumulation; acids.

Trace minerals-mineral ions needed in minute amounts; electrolytes.

Transmutation-conversion of one mineral ion (energy field) into another in the gut or liver of animals, or in soil by bacteria.

Trophy-abnormal change in tissue structure or function; driven by conditions of excess in the terrain.

TRUTH-something that can be ignored, but not denied; something that is.

Tumor-abnormal, condensed, energy importing tissue field in the body; cancerous or benign; body either calcifies and walls-off tumors or dissolves them; not same as a mass.

TVP-textured vegetable protein; avoid; usually soy derived.

Ulcer-open sore on skin or mucous membranes of throat, intestine or lungs; degenerative; serious.

Unopposed estrogen dominance-female condition where progesterone is lacking or receptor sites are “blocked” by hormone analogs; estrogens lack opposing/offsetting hormonal influence; symptoms associated with menstrual troubles or menopausal complaints.

Uric acid-a waste product of nitrogen tissue breakdown; gout factor.

Urine-waste product of the body; therapeutic if drank fresh AM daily; contains carbamide; important.

Vaccine-live or attenuated microbes in animal protein serum; toxic; does not produce immunity.

Valence-property of an atom or group of atoms causing them to combine in definite proportion with other atoms or groups of atoms; valence may be as high as 8 and is determined by the number of electrons in the outer orbital shell of each atom; electrical charge; energy state.

Vascularization-blood vessel invasion into tissue or bone for purpose of building or degradation.

Vibrational medicine-manipulation of energy for healing; body friendly; opposite of allopathic medicine.

Villi-finger-like projections of the gut wall.

Vinegar-acidic substance of natural fermentation; good for body; causes bile and tissue acids wastes to flow; does NOT cause body to become acidic; causes body terrain to less acid not more alkaline.

Virulent-disease producing; pathogenic.

Virus-a non-life form; parasitic; steals/converts body's energy; proliferate when terrain is supportive; opportunistic; has ability to take control of DNA and cellular production of ATP; pathogenic.

Viscera-abdominal organs (stomach, pancreas, liver, intestine, ovaries, uterus; spleen and gallbladder).

Visible-tangible; Third Dimensional (length, width, and height); condensed energy.

Vital organs-ductless glands: necessary for survival and health.

Vital force-production of ATP energy; effect generated by vital organ activity; reflection of overall condition of energy state of body, mind and spirit.

Vitamins-co-factors; important to health and vitality; use only food derived.

Vorago™ Effect-condition of non aging and regeneration in females or males as a result of intake of massive amounts of plant pigments via diet or transdermally by the skin.

Waste-acid byproducts of metabolism; may be soluble or nonsoluble, structural or non structural; acidic; drives aging and loss of control of the body terrain, disease and early death.

Water-2 hydrogens + 1 oxygen; food; energy source; primary solvent in body; polar; bent molecule.

Water substitutes-soft drinks, beer, milk, etc.; not acceptable.

Weeds-negative energy antenna; detoxify the air/soil; part of natures garbage crew.

White blood cells-part of the immune defense system; defensive in nature; elevated=infection.

Wildcats-name given to the halogen gases (fluorine, chlorine, bromine, etc.).

Wrinkles-confirmation of the passing of Time; sign of aging in the vital organs; toxicity buildup in the dermal/subcutaneous tissues of the skin; acidification of the shallow fascia; poor thyroid function; sign of inability to lay down collagen faster than it is breaking down; cross linking of collagen.

Yucca Herbal Blend™-biological solvent for removing acid wastes from tissues and boosting bile flow.

Young Again Protocol™- program designed to restore good health and take control of the body terrain.

Yellow Fringed Flag-any flag of government where a yellow fringe, ball or spear is used to subordinate a flag of peace of any nation for the purpose of establishing a foreign “state” or condition repugnant to the constitution and vested rights of a nation’s people; bogus; criminal; contempt for the constitution, perjury of oath, constructive treason; may also involve overt substitution of a nation’s war flag to trick or obscure the state or condition of the hearing or court ritual under the pretense that the preceding is constitutional, fair, and designed to seek truth; a condition before the “bar,” activity by the bar association and attorneys, barristers, court officers and judges to subvert un-alien-able, constitutional rights of free citizens of a nation/state; a sham; a mockery; a Kabuchi dance!

Zeno (estrogen)-hormone analog; not real; synthetic/similar molecular structure; capable of grid- locking receptor sites in body; confuses body; stresses liver; skews hormonal balance; causes body to become a prisoner unto itself; loss of control over the terrain; aging issues.

“You want the truth? You can’t handle the truth!”

Jack Nicholson (from *A Few Good Men*)

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Hot & Cold Therapy For Chest & Head Congestion

1. Cover chest area (above breasts) with two double folded towels (four layers of toweling over chest area).
2. Bring large pan of water to a boil; remove pan and place near area where you will do procedure.
3. Fill another small pan with cold water and ice cubes and place near pan with hot water.
4. Using tongs, dip one double folded towel into hot water; lift out; drain excess water; and place towel over the four layers of toweling covering chest. Note: “open” hot wet towel so it covers entire chest area protected by four layers of dry towels.
5. Use two additional dry towels to cover the hot towel. Leave the entire “bunch” of towels on chest UNTIL it becomes too “hot” for person being treated. When that time comes, FLIP “all” towels over onto belly area to “uncover” chest.
6. QUICKLY take wet, ice-cold hand towel from ice water and slop it onto the chest area; rub down chest.
7. Begin again by FLIPPING all towels onto the chest. Re-dip the HOT towel in the hot water and REPEAT procedure.
8. Do HOT, cold, HOT, cold; always ending with “HOT!”
9. If possible, place person’s feet in a plastic foot basin of HOT water during procedure; refill as needed.
10. Also, place cold, wet wash cloth filled with ice cubes over person’s nose and forehead (breaks up head congestion).
11. Procedure is very effective for “breaking up” mucous congestion and “grid-locked” areas by speeding and slowing blood and lymphatic flow into and out of congestion zone(s).
12. If available, lightly rub down chest with Hysoppus Balm before procedure. Balm causes chest to “release!” AVOID eyes!

NOTE: Be very careful with pan of hot water. Be very careful to NOT “drip” hot water onto person when applying the wet, hot towel. Do procedure 2-3 times/day until congestion and breathing eases. The above procedure involves MECHANICAL intervention to dislodge chest and head congestion. Procedure works equally well on babies and seniors. When finished, see that the person gets into a warm bed to avoid “drafts!” Make sure the person has plenty of water and sea minerals in them before doing procedure or waste cannot flow and congestion is denied a “transport” vehicle. Keep bowels open with enemas 1-2 times a day. [Use High Enema Therapy™ for adults only!]

“They pretend they are telling us the truth and we pretend that we believe it!”
Russian proverb

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Books Make Great Gifts!

FIR™ Saunas & FIR™ Energy

The Earth is bombarded with energy rays in the far infra red (FIR™) band of the light spectrum. Humans can't see "fir" energy, but it's there, nevertheless. Soldiers use special equipment and infra red light to see at night. The Japanese have DISCOVERED how to use "fir" energy to promote health and longevity.

"FIR™" energy is right-spin energy and is both safe and good for the body and the organs. The most practicable "fir" technology available is the FIR™ Sauna that for a few cents converts regular electricity into "fir" energy.

FIR™ Saunas have captured your author's attention because they fit into most any home or apartment, are easy and safe to use, and beam "fir" energy into the tissues without the need for steam or heat or lights.

"FIR™" energy is sometimes referred to as "soft heat." It breaks down toxic acids in the skin and sub cutaneous tissues. Translated, that means an end to aching joints, arthritis, deteriorating skin, winter time blues, old age complaints and body odor.

People THINK "infra red" is the same as a far infra red sauna, but it is NOT the same! Almost all saunas use infra-red technology. Infra-red energy has a 750-920 nanometer wave length, while the far infra-red spectrum is 920-1020 nanometers. FIR™ technology uses a specific proprietary wave length to provide health benefits. Use the wrong frequency and you don't get the benefits. Medical "cold" lasers with the wrong frequency produce no mitochondrial activity and no healing.

Acid waste produces inflammation, swelling and pain if allowed to build up in the tissues. Excess waste brings on degenerative dis-eases like cancer, arthritis, and diabetes, just to name a few. Older people move more freely and their temperament "sweetens" when they incorporate the use a FIR™ sauna into their daily regimen.

"FIR™" energy stimulates basal metabolic rate for people with degenerative disorders like arthritis, fibromyalgia, lupus. The therapeutic effects of "fir" energy is real. Heart and stroke patients can safely enjoy a FIR™ sauna, too! FIR™ saunas are well engineered, modular in design, easy to set up and move around, carry a 5 year warranty and have a beautiful cedar interior and beautiful, furniture grade oak exterior (see page 60).

FIR™ saunas come fully equipped with stereo speakers, and reading lamp and offer excellent value and improved health.

"Unplug" from the medical system by "plugging-In" to a FIR™ sauna from *Young Again!*

Dr. Bronner's castile soap (almond/peppermint) is a superb, and healthy, body soap that is available in health stores nationwide. Just don't use it on your hair, ladies, as it takes out perms and color.

FIR™ Sauna

A FIR™ Sauna is NOT the same as an infra-red sauna and does NOT rely on lights, steam or heat for its rejuvenatory effect on old, sick tissues. FIR™ technology leaves you refreshed, never tired. People love FIR™ saunas!

- No Water Or Plumbing Required
- Dissolves Acid Wastes in Skin & Tissues
- Improves Blood & Lymph Circulation
- Burns Calories & Reduces Weight
- Eases Aches & Pains Associated With Disease
- Very Inexpensive To Operate (pennies/day)
- Portable • No Tools Needed • Beautiful

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SNAP SHOTS

Dis-ease is a cibunatuib if aging, toxicity, and loss of control over the “terrain” of the bioelectric body.

Consider these options for aging reversal. They are used in stages and require discipline. Home grown food is the best medicine, but the following products and practices are indispensable in speeding rejuvenation. Guidance is strongly suggested.

Code: BEV=water, MT=mind training, ETVC=fat, muscle, energy, blood sugar, RT=Rene’s tea, PAC=rejuvenator/antioxidant, SDTX=systemic detoxification, HP=hormone precursors, YB=Yucca Herbal Blend™, TF=therapeutic fasting, BL=Bogenic™ liver, BP=Harmonic™ pollen, CP=colon therapy, FS=female support, BS=Biogenic™ silver, BRJ=Harmonic™royal jelly, RC=racemic clay, CL=change of lifestyle, EV=erase vaccines, KA=Klammath™ algae, VL=VitaLight™ supplement, AE=aerobic exercise, RBLM=rebound+lymph massage, TT=Taoist herbs RSM=Racemic™ sea minerals, KT=Kombucha Tea, GSC=glycolic skin creme, MT=mind training, SOCT™-metals, joints, skin, liver.

Gout: SDTX, TF, CL, CT, PAC, YE, RC, LSM, KT, MT

Thyroid: HP, SDTX, BL, BP, KA, PACS, EVE, BEV, MT

Edema: SDTX, AE, RBLM, BEV, YE, RT, PAC, LSM, THT, RSS, TF, MT, THT, KA,

Fibromyalgia/myasthenia gravis/systemic lupis : BEV, BC, RBLM, TF, HP, THT, YE, PAC, BP, RT, LSM, CT, SDTX, ETVC, THT, RSS, MT, KT, AE, KA, JC

PMS: SDTX, HP, RBLM, BEV, YE, RT, PAC, FS, CT, HC, MT, AE

Menopause: Same as PMS + KT, TFT, LSM, BP, BL, TVC, KA

Head Colds: Feet in hot water, iced cloth on forehead, TF, RT, YE, CT, BEV, THT Chest Congestion: Same, alternate hot packs and ice cold cloth on chest for 15 minutes.

Psoriasis: YE, PAC, BEV, CT, KT, BL, BP, BEV, STDX, MT, AE, KA

Diabetes: CT, ETVC, PAC, BEV, HP, YE, TF, RT, EVE, LSM, RSS, THT, MT, AE, KA, JC

Wrinkles: GSC, RC, HC, CT, YE, BEV, PAC, STDX, KT, LSM, MT

Bald Head/Thin Hair: STDX, PAC, YE, CT, RC, TSO, RSS, BP, BL, BRJ, RBLM, BEV, CL, THT, MT, AE, KA

Osteoporosis: BEV, BC, ETVC, YE, CT, HP, CL, BP, BL, TF, AE, STDX, RBLM, EVEF, TSO, LSM, THT, RSS, MT, PAC, KA, JC

Arthritis: DTX, EVE, BEV, YE, TF, CT, PAC, LSM, THT, MT, RSS, KT, JC

Obesity: ETVC, BEV, LSM, BP, BL, CT, THT, HP, STDX, YE, EVEF, CL, RSS, MT, PAC, KT, AE, KA, JC

Hypertension: YE, PAC, ETVC, BP, BL, BEV, LSM, STDX, TF, CT, THT, RBLM, MT, KT, EVE, HP, AE, KA, JC

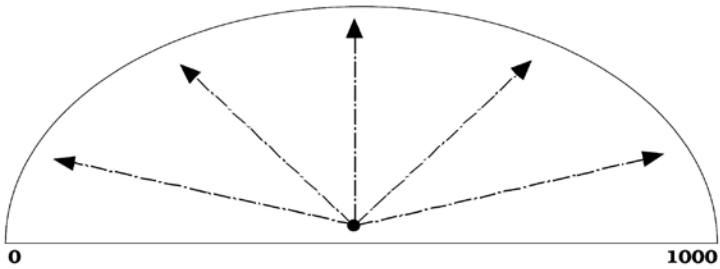
Skin Infections/Burns: RC, BS, BRJ, YE, RT, PAC, ETVC, KA

Hair Color: PAC, LSM, BEV, KT, CT, STDX, MT, HP RSS, AE, KA

Yeast Infections: STDX, ETVC, PAC, RT, LSM, THT, RSS, HP, CT, BEV, MT, EVE, TF, AE, KA

Energy: ETVC, STDX, PAC, YE, THT, EVE, MT, RBLM, AE, KA

Eyes: Same as bald head/thin hair, but w/o TSO.



A dowser's 'speedometer' scale can be used to measure the body's anticipated response to anything from food to life circumstances.

Establish a reference number by placing your left index finger on the pivot point of the arrows. Start your vibration chain or pendulum swinging in a vertical to and fro direction from six to twelve o'clock over the scale. Now ask, "On a scale of 0 to 1000, where is my health?"

The device will begin moving up or down scale. When it stabilizes, note the reading (say 750). This is your reference number. All additional responses indicate better or worse, weaker or stronger by repeating the same process. It is NOT uncommon to go off scale in either direction when something is VERY good or bad for your body or your life circumstance.

Accurate responses involve a 'cleared' mind where you are NOT—consciously or unconsciously—influencing the direction or intensity of chain's response. To fully develop this and many other skills, read *The Pendulum Kit, Vibrations, and Map Dowsing* (see Source Page). *Aurameter* and *aurameter* video also available.

