

**International Academy of Lymphology
Presents:**

**Introduction to the
Science of Lymphology
& the Art of Lymphasizing**

(a.k.a. "The Special Document")

**Written by Dr. C. Samuel West DN, ND,
Chemist & Lymphologist**

Edited, & Updated by IAL Staff Members

Page 1

Our Mission:

It is the purpose of the international Academy of Lymphology (I.A.L) to promote widespread understanding of the intimate relationship between the bloodstream and the lymphatic system and the significance of this relationship to the life and healing process. Incorporated into the teachings are the pure laws and principles of health, friendship, and peace. We seek to qualify as many people as possible to teach these Pure Laws and Principles and to speak on the subject of Lymphology, "The Art of Lymphasizing," various Self-Help Pain Relief Techniques, and the process by which the body heals itself according to the intelligence of nature's design.

Introduction:

After about 15 years (1967-1982) of intensive research and experience, the founder of the I.A.L., Dr. C. Samuel West, developed the basis for the "Speed-Healing Applied Lymphology Course." The course is presented in a simplified format from which, with minor assistance, even the most uneducated individual may learn to use for the benefit of him/herself and for that of their family, friends, and world-wide community.

The information contained in the science and art of Lymphology can very well be considered as a "Modern Noah's Ark" to those who learn to properly apply it. Additionally, both from a practical and informational perspective, it is important for those of you with access to this information to share it with others. It is a highly documented fact that sharing information more firmly reinforces the information in the mind of the "teacher."

At the present rate, the destruction to our society by cancer and other diseases is coming like a flood. With this art and science, we have the ability to stop this onslaught of disease dead in its tracks.

Page 2

WHAT YOU WILL LEARN
by studying Dr. C. Samuel West's program called,
Speed-Healing & Applied Lymphology

The information we offer is:

- The process by which degenerative disease occurs
- What people are doing that speeds up this process to cause pain, suffering, and death by disease!
- How to conquer disease & relieve pain without medication!
- Learn the non-secular science called “The Art of Lymphasizing.”

With the “Art of Lymphasizing” techniques, you can:

- Put your own neck in place – and heal it
- Put your own lower back in place – and heal it
- Take the pain out of smashed fingers, broken bones, etc. within minutes or hours (instead of weeks or months) (with this science, we have the X-rays to prove that people have set broken legs in 6 hours, without pins and surgery)
- Take pain and swelling out of burns, resulting in “speed-healing”
- Relieve pain from sore arms, legs, and joints
- Increase energy
- Reverse degenerative disease
- Improve an individual's health, and life, in general

As you go through this information, you will learn that the science of Lymphology, referred to as “The Art of Lymphasizing,” should be taught by all the healing arts. Why? Because:

*“The Art of Lymphasizing” includes the proper and effective utilization of every natural healing art presently known. In our opinion, without the knowledge that is given to you here (**through the Academy**), other healing arts are incomplete. The people who learn “The Science and Art of Lymphasizing” to the degree of becoming certified should then understand what a healing art has to do in order to work. By properly applying the training they receive within the Applied Lymphology Course people can greatly increase the effectiveness of any other specific healing art.”*

For many health problems, we feel that the applications of the self-help Speed-Healing techniques that are taught in “The Art of Lymphasizing” are the most effective, most efficient, and the least expensive in the world! They are also the easiest to use. This is what the book ***The Golden Seven Plus One*** and this “health education program” is all about. Without these “Golden Discoveries,” it would have been impossible to write these equations – and without these equations, it would be impossible for us to teach this research in a manner that you could understand.

Background

Dr. C. Samuel West, the founder of the I.A.L., determined that “to teach people how to take care of themselves” was the goal he wanted to attain during his lifetime. In 1976, he turned away from the security of teaching Chemistry, with a Masters degree in Public School Administration, to become a “Health Missionary” and meet this goal. He literally put his heart and soul into this “Health Missionary Movement.” For over 17 years he lectured in about 200 cities each year throughout the United States, Canada, and New Zealand.

The International Academy of Lymphology was created in 1982 as a non-denominational U.S.C. Title 26 501(c)(3) organization; under a 508(c)(I) (A) mandatory exception; to perpetuate the information Dr. West taught over all those years. For over 2 decades the I.A.L. has been funded by donations and charitable contributions from thousands of people around the world who received this information and discovered how valuable its application was in their own lives. Those with a similar vision to Dr. West's can join us as Health Missionaries and assist us in presenting this knowledge to the nations of the earth. The fundamental research and discoveries in this course, is not, to our knowledge, being taught by any other organization today.

We not only care why people are suffering and dying, we are able to do something constructive about it through use of our programs.

Page 4

The Problem

In 1979, Dr. West obtained research and conclusive evidence that more

than one million people a year were dying with heart disease and approximately 460,000 were dying with cancer during the same period. Dividing those figures by 365 days, we come up with 4,000 people a day, or 120,000 people a month, which are dying from heart disease and cancer, in the United States alone. These figures are actually very low. Cancer is now the number one killer of children. There is a war going on with disease, and the destruction that is taking place is greater than any war we have ever fought. By 1993, in the United States alone, this figure reached more than 4,700 people a day, 140,000 a month, or 280,000 people every 2 months who were suffering and dying with heart disease and cancer alone. To help you visualize the extent of this destruction: 4,700 people is the equivalent of 50 planes with 94 people in every plane being shot out of every sky every day. Try to picture 10 sets of 5 planes up in the sky. If you watched these planes burst into flames and the total 4,700 people destroyed right in front of you, how would it affect you?

As a further example: when the atom bomb was dropped on Hiroshima it took approximately 70,000 lives. Our example is the equivalent to the destruction of a similar atomic bomb being exploded over a city every 2 weeks, killing 70,000 people per bomb! That is 24 atomic bombs per year.

We have never had a war that has killed more people than are now being destroyed by heart disease and cancer in the United States, not taking into account the rest of the world. When you add all of the many other diseases man has to deal with, it is even worse!

We can now put information into your hands that will make it possible, if used properly, to keep your family and loved ones from becoming a part of that destruction. We also ask that you share this information with others, as Noah attempted when he was in the process of building the Ark.

Page 5

WHY DON'T MOST MEDICAL DOCTORS KNOW ABOUT THIS SCIENCE?

(Or if they do, why aren't they teaching it to their patients?)

America Has Been In The "Medical Dark Ages!"

Few people in the world understand the extent of the destruction that has been/is coming upon us in the form disease. We know that in 1980, the Television news

media reported that by 1982, 1 out of 5 would have a serious disease; by 1986 it would go to 1 out of 3; by 1990 it would be 1 out of 2; and by the year 2000, 9.8 out of 10 of those who are living will have a serious degenerative disease before they die. In 1982, 1 out of 5 was getting cancer. In 1986, cancer went to 1 out of 3. Since it was getting so bad, after 1986, the news media stopped quoting the true national cancer statistics. They still quote the 1986 figure 1 out of 3, however, it's been going straight up ever since.

Because we have been told by the A.M.A. And the drug companies that the cause of disease is unknown, one could say that we are still in a "Medical Dark Ages!"

In the December 1964 edition of "Today's Health," the A.M.A's official journal, they published the fact that Dr. H. S. Mayerson tagged the blood proteins with radioactive iodine and proved they come out of the bloodstream; and that if the lymphatic system did not accomplish its job of removing them, disease and death would take place. Yet in 1989, the A.M.A denies this entire process.

With 70,000 people being killed every 2 weeks from heart disease and cancer alone, we're not only being presented with false information, Dr. West believed that this will prove to be the "medical cover-up" that will make Nixon's "Watergate" appear microscopic! Why? Because our blood proteins, which are capable of altering the "Dry State" (producing a lack of oxygen), are also the carriers of pharmaceutical and other drugs. We know that in order for a prescribed drug to have a "side reaction," it would have to cause lack of oxygen or "trapped" blood proteins somewhere in the body!

Page 6

Is this why drugs have the ability to harm or even kill those who take them? Is this why this medically documented research has been kept away from the consumer? Is this why medical doctors has specifically stated to Dr. West that if they were to teach the blood protein research, their licenses would be taken away? Is this why medical texts and literature have so little to offer on this vital subject?

In March of 1998, Dr. Joseph J. Lanthier investigated the available information on Lymphology and the Lymphatic System at one of America's largest Universities; BYU in Provo, Utah; and discovered exactly zero references to Lymphology! (He did locate 3 references to lymphocytes in the BYU library catalog, however.)

Since 1976, in lectures all over the country, Dr. West has repeated what A.M.A registered physicians have told him about having their licenses taken away should they attempt to teach this research. Medical doctors have stood up in his audiences and told people ***"listen to what he is saying, because he is telling the truth!"***

Our Applied Lymphology Course will assist you in understanding the depth of this great cover-up; research completed between 1930 and 1963, which revealed how the life process of the cell really works.

Government charts show that graphs reflecting “Rising Health Care Costs” are now going up at almost a 90 degree angle! So is the rising death rate by cancer! Take a look at what is happening to insurance rates. Are they going up or down? What is happening to hospital costs? Were you aware that hospitals all over the country have laid off nurses and other medical workers because of these escalating costs? The rising health care costs match the rising death rates.

Page 7

If one out of a thousand people in the United States was diagnosed with cancer – that would be an epidemic. If 1 out of 500 had cancer – that would be double epidemic. If it got down to one 1 out of 50 – that would be a plague. If it reached the point that 1 out of 5 was diagnosed with some form of cancer – we'd be in very serious trouble! Guess what folks...We're in very serious trouble!

So, what was the “Medical Cover-Up?” Why did it happen? The research before 1930 stated that the blood proteins were “too big” to get out of the bloodstream through the tiny pores of the capillary membranes to cause serious problems. Medical research published between 1930 and 1963 at the Harvard Medical School, the Tulane School of Medicine, and the Mississippi School of Medicine, reveals that the blood proteins do seep through the tiny pores of the capillary membranes into the spaces around the cells all the time, and that they must be removed by the lymphatic vessels. Because this research has been totally ignored by (or kept out of) the medical schools; most medical doctors still believe the old theories! In fact, “*The American Medical Association Home Encyclopedia*,” published in 1989, includes the following statement about the albumin: “*The large size of the protein molecules prevents them from escaping from the blood into the tissues.*” This is a blatant falsehood! They have continued to publish false information like this in place of the truth. This is why medical science has not made a single breakthrough that will impact the rate of destruction by degenerative disease since 1961. Once again, we're in the “Medical Dark Ages.” They have no answer to natural death or loss of energy, pain, and death by disease!

People can spend years and thousands of dollars going to colleges, universities, and medical schools, yet they do not learn how to relieve pain in a way that encourages the body to heal itself. The vast majority of people rely entirely upon the use of pain killers or drugs which merely helps them to ignore the actual problem. With “The Art of Lymphasizing,” you not only learn how to relieve your own pain, all the other natural healing arts are enhanced as well.

Page 8

The International Society of Lymphology

In 1997, there were approximately 400 medical research scientists and Lymphologists throughout the world who had been doing research that pertained to the new science of Lymphology. Most of them were members of the I.S.L (International Society of Lymphology). There were approximately 65 of these scientists in the United States. The majority of the members of the I.S.L. are medical doctors, and department heads of universities and medical schools.

In 1979, Dr. West went to Italy to meet the doctors who were supplying the basic research for his programs. This valuable research made possible the new science called “The Art of Lymphasizing.” Because he had produced such fine results verifying their research, Dr. West was accepted as a member of their society. Dr. West was awarded membership in the I.S.L as the only N.D. (Naturopathic Physician or doctor of the natural healing arts). This course of Lymphasizing reveals the secret to self-healing processes at the cell level and is not available in this form anywhere else in the world.

In 1981, 2 years after Dr. West was accepted as a member of the I.S.L, some of their top medical doctors encouraged him to start the I.A.L. (International Academy of Lymphology). This was due to the fact that it might take years before these new discoveries could get into any of the medical journals, and it was important to teach this research to the lay public as quickly as possible.

He had written a 31-step equation, and derived “The One Basic Formula for Life and Death” [equation]. (This 31-step equation is now reproduced on pages 10-13 in The Golden Seven Plus One.) Dr. Raymond W. Belanger, M.D. invited Dr. West to present this 31-step equation at the 8th International Congress of Lymphology in Montreal, Canada. When Dr. Zelikovski saw “The Basic Formula for Death,” he confirmed it as correct. Dr. West reversed that formula and came up with “The Basic Formula for Life.” In turn, when Dr. Zelikovski was presented with that equation, he said to Dr. West, *“If you teach these equations, you will be able to close hospitals!”* (We interpreted that for being able to conquer disease.)

Page 9

In November of 1983, John R. Casley-Smith, M.D., a past president of the International Society of Lymphology, told us that millions will continue to suffer with degenerative disease without this research. He gave Dr. West a “Proposed Lymphatic Manifesto” which, it is hoped, will be published in medical journals worldwide. In this manifesto, of the “...many millions...” who will suffer. Dr. Casley-Smith said, “Some will lose their lives; some will lose their limbs; many will suffer needless pain and incapacity; many research workers will get incorrect results. All of this through simple ignorance of the importance of the lymphatics!” This helps to explain why the I.S.L. encouraged Dr. West to assist getting this research to the lay public. Until Dr. Casley-Smith and those who are working in harmony with him get

this research published in the medical journals, most medical practitioners throughout the nations of the world will be kept in complete darkness concerning the cause of loss of energy, pain, and death by degenerative disease, which can be dealt with by simply activating the body's natural immune system – the lymphatics.

**WE ARE EITHER GOING TO LEARN HOW TO CONQUER
DISEASE OR BE DESTROYED BY IT.**

Part 10

The International Academy of Lymphology (I.A.L.)

The I.A.L. was started by Dr. C. Samuel West in Orem, Utah, on January 4, 1982 for the purpose of creating a process for qualifying Health Missionaries, Ambassadors for Health & Peace and Certified Lymphologists to spread the knowledge pertaining to the pure laws and principles of health eventually to every corner of the world. This process begins with the Applied Lymphology Course. With this information, everyone who has a desire may become a “Certified Lymphologist” and speak as an expert on the subject of the bodies own healing process.

Those of us who teach and practice “The Art of Lymphasizing,” are engaged in charitable, health educational, and even non-denominational religious activities that are permitted in every state because these activities are protected by the First Amendment to the United States Constitution.

It is our sincere belief that we have a solemn obligation to use our agency and intelligence to do all in our power – Mentally, Nutritionally, and Physically to work for the relief of the ills and suffering of humanity - in other words of Dr. West: “...that we might raise up a people who will conquer disease and live in peace with no poor among them!” It is an “Inalienable Right” for our Certified Lymphologists – Health Missionaries and Ambassadors for Health and Peace or however they chose to refer to themselves, to exercise their beliefs by engaging in this non-secular science called “The Art of Lymphasizing.”

THE GOLDEN SEVEN PLUS ONE

The title of our main textbook, *The Golden Seven Plus One*, authorized by Dr. C. Samuel West, stands for 7 Major Discoveries dealing with the life and death processes at the cell level, and the **“One Basic Formula”** which reveals the cause of loss of energy, pain, and all diseases. These 7 discoveries and this One Basic Formula reveal what must be done to prevent, and in many cases, reverse loss of energy, pain, and degenerative disease from the body.

GOLDEN DISCOVERY NUMBER 1:

EVERY CELL GENERATES AN ELECTRICAL FIELD

Golden Discovery Number One: “Every cell generates an electrical field. It is an actual electrical generator.” Thought waves are electrical. The energy coming from the eyes, as an example, is electrical. Muscles work by electrical impulses from the brain transmitted through our Central Nervous System using power generated from our autonomic nervous system. (More on the actual power sources, later.) In essence, the human body is powered by magnetic electrical energy and our health, strength, and endurance depend on the energy currents that run through the body.

Now, let's learn another important concept. The life processes generate electric what? (*Energy*). So if we were to define health in 1 word, we could say that “health” is what? (*Energy*). In fact, every disease is associated with a loss of what? (*Energy*). This is exciting! The more you learn, the simpler things become.

Some people may say, “Oh, this is simple, there is nothing to it.” Like Dr. West said, “It is simple, because God made it simple!” (Dr. West's personal belief system – yours may differ).

Now, let's get a step deeper into this simplicity, and find out how the natural processes in every cell generate electricity: In 1976, during his 7th year of teaching chemistry. Dr. West presented a special film to his students. This film showed a person with electrodes going from the brain to a little electric train. When the individual magnified the thought wave, they could stop, start, and speed up the train – just by thinking about it! After watching this film 5 times in a row. Dr. West was prompted to engage in a comprehensive personal study on the subject of human energy generation. He engaged in hundreds of hours of research during which he gleaned everything he could find on energy and electricity.

Page 12

One of the articles he came across was called, “*Electricity in Plants*,” published in

Scientific American, in 1962. In this article he found the statement. “The life process has been found to generate electrical fields in every organism that has been examined.” Dr. West felt that this statement was of significant value. He knew that this was one of the most important discoveries concerning the life and death processes at the cell level. Not only did he learn that the life process (which takes place in the cell) has been found to generate electric energy in every organism that has been examined, but equally as important was that : “*The delicately balanced distribution of inorganic salts [minerals] in and around a living cell, whether plant or animal, accounts for its electrical properties.*”

In the “One Basic Formula for Life and Death,” *EE* stands for “The Electric Energy produced by the life process of the cell.” This is one of the most important discoveries that has ever been made known relating to our bodies! Did you know that your body is electrical? Do you know specifically where this electricity is generated? What are the “electric generators” called? How do they work?

The thought wave is electrical. As mentioned, the energy going into and coming out of the eyes is electrical. Muscles work by electrical impulses from the brain. In essence, the human body is electrical being, and our health, strength and endurance depend upon the energy currents that run through the body.

Page 13

GOLDEN DISCOVERY NUMBER 2:

INTERNAL ELECTRICAL GENERATORS

This discovery reveals that there are 2 specific minerals involved in the delicate balance which accounts for the electrical properties of the cell, working together with oxygen. Once Dr. West understood this “delicate mineral balance” he was able to understand how the “Electric Energy” is produced in and from every single cell within the body (which fuels the nervous system, as well).

“To keep *the* “electric generators” going:

(1) the cells must have **oxygen** to convert **glucose** into energy, [ATP] and

(2) the **potassium** (K⁺) inside the cells must remain high and the **sodium** (Na⁺) inside the cells must remain low.”

Inside the cells, the potassium must remain what? (*High*). And the sodium must remain what? (*Low*). This, then is the delicate mineral balance that accounts for the electrical properties of the cell! If that “delicate mineral balance” gets upset anywhere in our body, the life process will be altered in those cells and those cells will become diseased and/or dead.

This knowledge is what *The Golden Seven Plus One* is based upon and what makes this new science called, “The Art of Lymphasizing” one of the most important sciences on the face of the earth today. With this knowledge, the “veil of darkness” over the cause of all loss of energy, pain, and death by degenerative disease is taken away.

Examine the chart at the end of this document. Can you see the cell in the diagram with the K^+ and the Na^+ on the far left? The life process in every cell, whether plant or animal, must generate electric energy. The atom consists of electrons, protons, and neutrons. The atom is electrical in nature. The cells of plants or animals are made up of atoms. Therefore, the cells have to work electrically. The plant or the animal is made up of cells, so the plant or animal has to work electrically and that charge is generated from the energy produced in the cell.

Page 14

We have already learned that inside the cell the potassium concentration must remain what? (*High*). And the sodium concentration must remain what? (*Low*). OK! Now, outside of the cell that concentration is totally reversed, to make an “electric generator” in every cell. Outside of the cell, the potassium concentration needs to be low and the sodium concentration high.

There is an equal relationship between calcium and magnesium and where one is high the other is usually low. The proper concentrations of calcium in the surrounding fluid causes membranes to repair in a few seconds due to reactions between calcium ions and the cytoplasm.

As a chemist, Dr. West was aware that these mineral electrolytes seek balance due to electromagnetic forces as a law of nature, which is a source of free energy. These elements go from high to low concentration in a tendency to find balance. As the potassium continually seeps out of the cell going from high to low concentration, the sodium seeps into the cell in precisely the same manner; in a tendency to find balance. Therefore, life is a constant struggle to maintain opposing concentrations of these minerals in solution because if something was not put into the cell to stop the potassium from “forever escaping” the cell, and the sodium from “inundating” that it would be impossible to keep the delicate mineral balance in and around the cells.

In order to keep the potassium from seeping out of the cell and the sodium from seeping into the cell, a Sodium-Potassium Pump was put in every cell of our body. What kind of a pump? (*A Sodium-Potassium Pump.*) *This requires ATP or fuel for the cell!*

Now, what does that pump do? The answer to this question reveals how the “life process of the cell” generates “electric energy!” As the potassium seeps out, the pump immediately pulls it back to maintain the high concentration inside the cell.

When the sodium seeps in, the pump immediately pulls it out to maintain the low concentration of sodium inside the cell. This constant rotation of minerals in and out of the cell is what generates [EE] the “Electric Energy” that every organ, every muscle, and every other part of the body needs to have to function properly.

Page 15

In other words, *every* part of the body – the whole body – operates electrically from the energy produced by the action of these Sodium-Potassium Pumps. The answer to how the cell generates electricity also gives the answer to the healing process! These pumps have been credited for active transport and cellular respiration. They also bring in many other “groceries” for the cell. Yet like Einstein was obsessed with light we will obsess about the electromagnetic properties of living tissues and circulation, etc., because we know that as long as cellular environments are properly renewed life and healing processes are enabled. Since these pumps work hydro-electrically, healthy cells have the ability to contribute greatly to the circulation, to the power of the whole organism and in negating free radicals or decay.

GOLDEN DISCOVERY NUMBER 3:

“To have healthy cells, the body must be able to maintain a negative sub-atmospheric pressure condition, or what is called a “Dry State”; where there is no excess fluid – only enough fluid to fill the crevices around the cells.”

THE “DRY STATE”

In 1961, Dr. Arthur C. Guyton published the second edition of his medical text called, *The Textbook of Medical Physiology*. Several major discoveries were offered in that publication. These discoveries revealed that all chronic pain and suffering; as well as all loss of energy death by disease, is caused from lack of oxygen at the cell level; that in order for the cells to get oxygen from the bloodstream, they have to be in what is called, “The Dry State.” In this state, there is “no excess fluid around the cells” - once again, only enough fluid to fill the crevices (interstitial spaces) around the cells.

Page 16

Dr. Guyton also proved that the blood proteins in the bloodstream (mostly the albumin) that “hold in the water content of the blood to maintain blood volume” do escape from the blood into the tissues, with the water, to alter this “Dry State.”

When the albumin escapes, it may become “trapped” in the tissue spaces around the cells – or, when the energy fields are reduced the albumin clusters. With the excess water that this albumin brings from the bloodstream, it will alter the “Dry State” and produce lack of oxygen. This deactivates the white blood cells...

***This is the common denominator to the natural death process
and even every disease known to man!***

If this lack of oxygen takes place in the joints, it will alter the electrical fields produced by the cells which in turn will cause minerals to fall out of solution. The result of this is called arthritis, cataracts, and hardening of the arteries, among other ailments known to modern man. (Please do not curtail the water that you drink. Cells actually dehydrate due to extra-cellular blockages)

To illustrate the sub-atmospheric pressure condition or the “Dry State,” let's use a balloon. When you blow up a balloon, you create a positive pressure inside the balloon. When you let the air out of the balloon, there is a neutral pressure in the balloon. Now, instead of blowing it up, we suck on it. Now we create a negative sub-atmospheric pressure inside the balloon. The 2 layers of rubber are held very close together. In a negative sub-atmospheric pressure condition, the cells are held very tight and close to the blood capillaries and the lymphatic vessels.

Removal of trapped blood proteins from the interstitial spaces (a small crevice in between the cells) by our lymphatic system is an absolutely essential function, without which we would die in about 24-hours.

Page 17

“Trapped albumin and water” in the muscles will alter the electrical fields going from the brain to the muscles. This is the cause of M.S., polio, cerebral palsy, and muscular dystrophy.

These discoveries also reveal that “Trapped” Blood Proteins around the cells must be removed by our lymphatic system – or they will pull water out of the bloodstream (which is about 91% water), and alter the “Dry State” and cause a lack of oxygen. This lack of oxygen at the cell level is what causes the natural death process! When you speed this process up, it causes (chronic) pain, suffering, and disease. These discoveries go on to say that blood proteins that get “trapped” around our cells could cause death “within 24 hours” and that death could result in “just a few hours.”

These blood proteins differ from the proteins that we eat. We eat proteins to get amino acids. The body manufactures many proteins from these amino acids. The proteins, which become a part of our bloodstream are **Albumin**, **Globulin**, and **Fibrinogen**. (*Repeating them to yourself out loud makes it easier for you to remember them.*)

If the blood proteins get out of the bloodstream, they must be removed by our lymphatic system or they will pull water out of our bloodstream and alter what state? - (*Dry State*). And this will cause a lack of what? - (*Oxygen*). Therefore, these “Trapped” Blood Proteins can cause our death within how many hours? - (24). And the research says that it can happen in “just a few hours.”

The “Dry State” diagram at the end shows cells in the (A) healthy state or the “Dry State,” where cells can get oxygen from the blood. It also shows cells in the (B) unhealthy state, where there is a lack of oxygen. (It is magnified about 2,000 times).

Page 18

Blood flows through thousands of miles of capillaries and in a complete circle at the rate of about 3 quarts per minute! Now, when we explain that every minute all 3 quarts diffuse from arterial to venous $80 \times 3 \text{ qts} = 240 \text{ qts}$. Or 60 gal./min., you will more fully understand why the cells have to be in the “Dry State” to get oxygen from the bloodstream. One reason is simply because of a “distance problem.”

To understand this “distance problem” is a secret to the “Dry State,” and why and how “Trapped” Blood Proteins cause lack of oxygen and natural death and/or death by disease. Remember, the blood is almost all water, and the water contains the dissolved minerals, nutrients, and oxygen that the cells need to be healthy. At the capillary level, 3 quarts of blood travel through the blood capillaries every minute, or every 60 seconds. While those 3 quarts of blood go through the capillaries every 60 seconds, the water in those 3 quarts diffuses back and forth in and out of the tiny pores of the capillaries to give the cells minerals, nutrients, and oxygen – 80 times – within those same 60 seconds. This means that nearly 3 quarts of water in the bloodstream diffuses back and forth faster than 1 time per second. 1 thousand 1 – They just did it! That is fast! The pressure in the bloodstream forces the water out and the powerful magnetic attraction that the blood proteins have for water pulls the water back, to “keep the water in the bloodstream.”

In the healthy state, or the “Dry State,” the cells are held very tight and close to the blood capillaries. The water in the bloodstream travels back and forth so fast that the research states there is a very small distance that the water can go to give the cells minerals, nutrients, and oxygen, before it is pulled back into the bloodstream by the blood proteins. Therefore, in order for the cells to get oxygen from the blood, they have to be in the “Dry State” - which means that the cells must be held tight and close to the blood capillaries because of what kind of a problem? (*A distance problem.*)

Page 19

You can now begin to understand the “One Basic Formula for Life and Death” at the cell level. The 1st part of this formula is” “The Basic Formula for Life”:

NO TPP = NO EX. FL.

NO TPP means “No Trapped Plasma [blood] Proteins” around the cells! Since plasma is the same as blood, we read this by saying, “No Trapped Blood Proteins” around the cells!

NO EX. FL. Means “No Excess Fluid” around the cells, only enough fluid to fill the crevices around the cells!

This formula describes the “Dry State” - which is the environment that cells have to be in to receive the dissolved minerals, nutrients, and oxygen from the blood and be in a “healthy state.” The second part of this formula: ***“The Basic Formula for Death”***:

$$\text{TPP} = \text{EX. FL.}, \text{EX. NA}^+$$

TPP means “Trapped Plasma/Blood Proteins” around the cells [=] will produce “Excess Fluid” and “Excess Sodium” around the cells. This “Formula” describes the “unhealthy state.” In this condition, the cells cannot receive the necessary minerals, nutrients, and oxygen from the bloodstream. Wherever this takes place in the body, the cells in that area will be “damaged or dead.”

This information reveals this fact: “*The **name** of the problem the **name** of the disease – means **nothing** anymore!*” The scientists are naming the problem or the disease according to where the blood proteins get trapped around the cells, how it affects that part of the body, or maybe who discovered it! This is powerful research.

To confirm the above, let's discuss one more fact! The blood proteins not only pull water out of the bloodstream to alter the “Dry-State” and produce a lack of oxygen, minerals, and nutrients – which the cells of our body must have to survive; they also attract the Sodium Single Positive Ions (Na⁺) to them “in abundance.”

It has been medically documented for years that Excess Sodium (Ex. Na⁺) outside the cell, would "alter the delicate mineral balance in and around the cell," and that this would "damage or kill the cell," thus causing aging and/or disease.

Blood proteins have a negative charge, and they pull the sodium's positive ions to them. Therefore, Trapped Blood Proteins around the cells will produce Excess Fluid and Excess Sodium around the cells; which will alter (▲) "the life process produced by the cells" (the EE), and it will "damage or kill the cells ☒!"

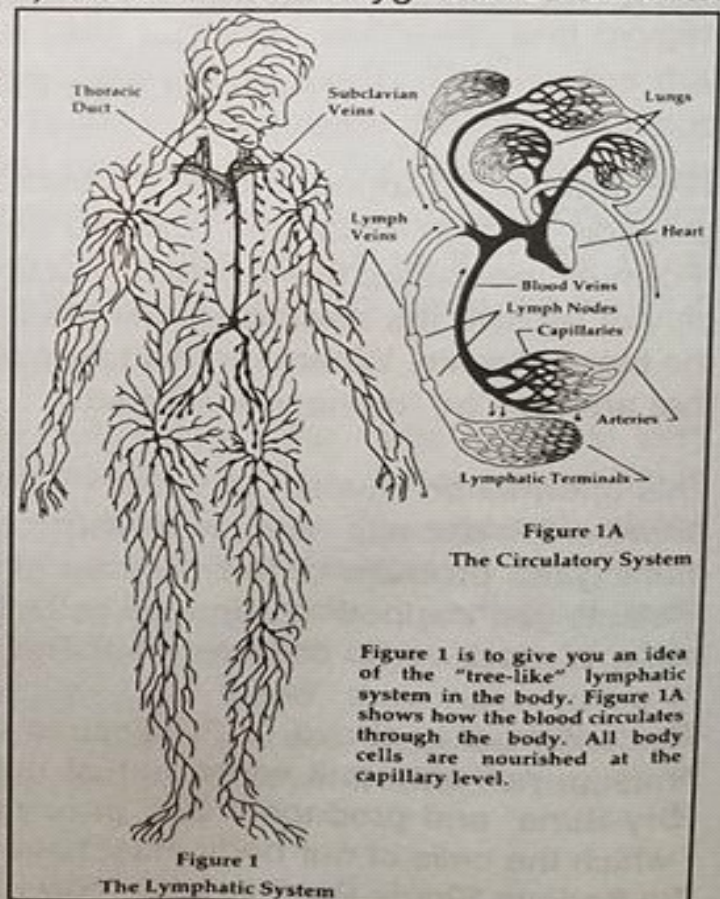
$$TPP = \text{Ex. FI, Ex. Na}^+ = \blacktriangle \text{EE} = \boxtimes$$

Referring to the chart on the back cover, number (1) represents a blood capillary. In the body, we have arteries, veins, and capillaries. It is at the capillary level where the water in the interstitial spaces diffuses back and forth through the tiny pores of the capillary membrane to irrigate (bathe) the cells with oxygen and nutrients. Number (4) in the chart represents the lymphatic capillaries. The cells of our body lie between the lymphatic vessels and the blood capillaries.

THE LYMPHATIC SYSTEM

The lymphatic system is like a tree in the body. The branches go up into the head, the roots go down into the feet, and the tree trunk is in the chest. The name of the "tree trunk" is the thoracic duct.

When the blood proteins are removed by this lymphatic



system, they are brought up through this tree system, up the tree trunk, or the Thoracic Duct in the chest, and they're dumped back into the bloodstream at the subclavian vein, at the base of the neck.

GOLDEN DISCOVERY NUMBER 4:

“TPP's attract excess sodium (Na^+) and will pull water out of the bloodstream to produce (1) excess fluids and (2) excess sodium (Na^+) around the cells which are the conditions that will cause a lack of oxygen and will upset the delicate Sodium-Potassium balance in and around the cells which will cause loss of energy, disease, and death at the cell level.”

What you have now learned concerning the cause of all loss of energy, pain, suffering, and death by disease surpasses what is now being taught in any college, university, or medical school in the United States.

Let's take cancer first! The body may create cancer cells any time there is a lack of oxygen; however, in the “Dry State,” the white blood cells and lymphocytes can eat up the cancer cells. We have the live footage of the lymphocytes (especially T-cells) eating up the cancer cells. But the research states that in order for white blood cells and lymphocytes to destroy cancer cells, they have to have the close contact of the cells. And the research states that if there is excess fluid and lack of oxygen around the cells, then the white blood cells and lymphocytes can't work. What causes excess fluid and a lack of oxygen around the cells? (Trapped blood proteins.) So cancer is caused by what? (Trapped blood proteins.)

This is what doctors are talking about when they say, “Your **immune system** is not working right.” All they are saying is that you have “Trapped” Blood Proteins around your cells and the white blood cells and lymphocytes can't work. [Refer to the chart, “The Basic Formula for Life” and the “Basic Formula for Death.”] **Glucose plus oxygen yields ATP** (Adenosine Tri-Phosphate). ATP is “Pure Energy for The Life Process of The Cell.” No oxygen, No ATP – no life process and we die!

Page 22

Dr. Otto Warburg in Germany discovered that in lack of oxygen the glucose ferments and the cancer cell lives off of the fermentation of Glucose due to lack of oxygen. Dr. Otto Warburg got a “**Nobel Prize**” for this! The research has all been done! Although, no one has ever taught what produced the lack of oxygen, except the I.A.L.!

Refer to the “Dry State” chart *[on page 18 and in the back.]* In the diseased state, where there are “Trapped” Blood Proteins and a lack of oxygen, the white blood cells cannot work. The cell malfunctions and turns cancerous in the absence of oxygen. In

the “Dry State” cancer can't exist – it is just that simple.

Now, let's learn the **cause** of **viral infections**, **bacterial infections**, and **allergies**. In the 'Dry State’ anaerobic material is caused to decay rapidly in the presence of oxygen and the white blood cells and lymphocytes have the energy to function properly, even in the absence of antibodies. If the cells are even close to the “Dry State,” symptoms of infections and allergies will not be manifest because like shock, stress, poison, and injury these things change the “Dry State” to a swampy un-oxygenated condition most rapidly.

GOLDEN DISCOVERY NUMBER 5

“The complete Art of Lymphasizing is a new science that reveals the mental, nutritional, and physical laws of health [and/or natural law] which man must obey to keep the blood proteins circulating via the lymphatic system.” Breaking these laws are what speeds up the death process to cause disease.

“*The Pure Laws and Principles*” and other non-secular teachings are:

1. Don't fight, argue, quarrel, ridicule, criticize, condemn, find fault, or cast blame. “To Love Is To Be A Friend.” (The Language of Friendship And Peace – No RCCFFCB)

Page 23

Our research confirms that stress reduction is helpful in curtailing disease. This is information which members of the medical community have been attempting to promote, as well. To have anger, loss of temper, holding grudges, or resentment is “potential suicide” to the human body, and to ridicule, criticize, condemn, find fault, or cast blame is “potential murder.” Your body reacts very strongly, in a self-destructive manner to negative emotions or thoughts.

Those who break the laws of “Friendship” have the ability to kill. *That which one does to destroy another will also destroy them* – even if it means to be destroyed by “Trapped” Blood Proteins. These can result in an immediate “short circuit to the electrical system” and cause “Hot Spots,” which represents itself as cancer or some other degenerative disease!

Enemies do not want you to love them. They want to fight! However, if anger, loss of temper, holding grudges, and resentment can cause “Trapped” Blood Proteins in your body, you have to love your enemies to save who? (*Yourself*.) Now, you have a reason to love your enemies!

To “love” is to be compassionate to your fellow man. How can we have peace unless we practice consideration and real concern among ourselves? “Friendship” does not

cease until one person gets the idea that the other person doesn't care how they feel. There is a negative psychological impact that immediately arises when an individual feels invalidated, betrayed, or abandoned.

If I am compassionate and demonstrate an honest, caring concern about how you feel, I will share myself, who I am and what I have with you regardless of ethnicity, color, or creed. This validation and concerned human interaction overrides everything else.

If I honestly and openly demonstrate that I do care how you feel, and allow myself permission to be charitable, then there will be a positive, subconscious interaction between us. This positive “energy-flow” then instantaneously creates the feeling that you can take responsibility for free choice in all things, and I will support you. I will not ridicule, criticize, condemn, find fault, or cast blame upon you, and, although I may not always agree with your choices, I will stand by you and fight to assure your right to make them. In taking this attitude, I will reduce the personal stress in my life and extend the possibilities for more years of compassionate service.

Page 24

Are you ready for the idea that – if we are going to have real peace on this earth, we have to become personally interested in reducing the amount of anger, rage, dysfunctional control and abuse against ourselves and our families; and then extend this attitude out to our neighbors? Friendship and compassion overrides all prejudice. If I am honestly concerned, I don't “have” to share, I “want” to share.

No RCCFFCB, let there be peace on earth, and let it begin with me! No RCCFFCB = Ridicule, Criticize, Condemn, Find Fault, and Cast Blame. If a husband can look at his wife with simple, common courtesy and say, “I care about you,” and she's willing to believe it - they have accomplished a great moment. Together. Why? Because “best friends” do not usually separate. Yes, love is to be a “friend!”

Page 25

- ***Don't defile your body with harmful coffee, liquor, tobacco, drugs, or too much refined sugar (candy, cakes, ice cream, pop), demineralized or table salt, high saturated fat content foods, or too much meat.***

Don't defile your body with harmful products, inside or outside. This means that if you are giving yourself and your family products that “damage cells” or that “make them thirsty,” you are probably giving them poisons.

Addictive substances like coffee, liquor, tobacco, carbonated drinks, and drugs lead to excess and will damage cells. When cells get damaged, the put off poisons, and poisons are poisons because they dilate the tiny pores of the capillary membranes, and the blood proteins “rush out” to cause loss of energy, pain, suffering, and death

by disease.

If you feed an animal poisons, the first they go for is water. Blood proteins hold water. When poisons of any kind are ingested, they pull water out of the bloodstream. As blood proteins come out with the water it causes craving for replacement of that water by making you thirsty. Thirst is the 1st sign of a poison, and the next sign is loss of energy. It is the “lack of oxygen” produced from “Trapped” Blood Proteins that cause pain, loss of energy, and death!

If you have been doing these things in ignorance it is time to stop, because you have now learned the truth. If you continue to do them, without restraint – it could be potential suicide.

The medically documented research showing how shock or stress from anger, loss of temper, holding grudges, and resentment will cause “Trapped Blood Proteins” is presented in the book. *The Golden Seven Plus One*. We invite you to read it. It could save your life!

Page 26

- ***Don't be lazy! Work “all the days of your life,” and breathe deeply everywhere you go to activate the lymphatic system.***

Statistically, death occurs for those who go into “retirement,” from 3 to 5 years after they “retire” because of a sedentary lifestyle or other negative stresses. That is “potential suicide,” and if you get a disease, which could cause “stress” and a resulting disease in a loved one – then what is it?

“Breathe deeply everywhere you go,” as a rule of life! Your cells have to have oxygen to live. A set of lungs was provided in your body to make it possible for you to see to it that your cells have the proper amount of oxygen to remain healthy. If you needed oxygen badly, how should you breathe? (*Deeply*). Every cell in every organ of your body needs oxygen to stay healthy. What will you do to make sure that your cells get enough oxygen to remain “healthy?” (*Lymphasize and breathe deeply everywhere you go!*)

Have you noticed that when you go on a trip, the one who does the talking does not get as tired as quickly as the rest? Have you noticed that when you get involved in a vigorous conversation, you can talk all night? Where does that “energy” come from? The oxygen that you get from the constant deep breathing.

Glucose plus Oxygen yields what in your body? (*ATP*) ATP is what? (*Pure energy for the life process of the cell.*) And the “life process” of the cell generates what? (*Energy*). Health, in one word is what? (*Energy!*). How important is it to breathe deeply wherever you go?

Do you remember Norman Cousins? He had a so-called “incurable disease.” After all the doctors could do for him in the hospital, they told him that he was going to die. He said, “If I'm going to die, I'm going to go laughing.” He bought all those funny films and what happened? He laughed himself well! Laughing expels carbon dioxide and causes you to automatically breathe deeply in return and this whole process works towards the oxygenation of your cells.

Page 27

The main thing that activates your lymphatic system is “deep breathing!” So the breath of life moves the “Tree of Life.” This is the system that removes the dead cells, the poisons and toxic wastes from your body. It has the ability to “eat them up.” Are you aware of what the lymph system can do to dead cells, poisons and toxic waste? OK, if your lymphatic system isn't working – where do the dead cells stay? (*In the body!*) Where do the “Trapped” Blood Proteins stay? (*In the body!*) this will soon turn into a “lake of murky water” which is the breeding ground for every infectious organism in the world!

All of these “Pure Laws and Principles” are laws of clarity. If we have love for ourselves and others, we will obey them. As a result of obeying these “Pure Laws and Principles,” we will become “one in heart and mind,” and we will have the ability to overcome disease and live in peace. This is what we want to work and live for. Not to fight, argue, quarrel, ridicule, criticize, find fault, or cast blame – these principles of love and charity. Not to be lazy; to work and breathe deeply everywhere you go – these are also principles of love and charity. When we obey the laws of charity we become one in heart, one in mind, and we then hold the keys to live in peace.

To obey the “pure laws and principles,” is to have charity!

When anyone breaks the above mental, nutritional, or physical “Pure Laws and Principles,” it will cause the blood proteins to become “Trapped” around their cells somewhere in their bodies, and these “Trapped” Blood Proteins will produce a lack of oxygen and later the Sodium-Potassium Pumps in the cells. The Applied Lymphology Course teaches that these Pure Laws and Principles are a “Rod of Iron.” Non-adherence to these principles and laws are the cause of loss of energy, pain, suffering, and every disease known to man! Therefore, we have the choice to obey these laws or be destroyed by the diseases which are now destroying so many of our fellow inhabitants on Earth.

Page 28

First, we breathe deeply and implement the techniques taught in the Applied Lymphology Course. These techniques help disassociate the blood proteins and allow the body to get oxygen to the cells, which, in turn, triggers the Sodium-Potassium

Pumps which supply the power to allow the body's natural immune system to do its job. Once activated, it continues to work the proper processes that allow/enable the body to heal itself. This research reveals the science behind all of the healing arts, energy medicine, even hands on healing. These are things anyone can use to heal themselves or their families.

GOLDEN DISCOVERY NUMBER 6:

“When trapped [blood] proteins reduce the energy field produced by the cells, they stick together or cluster which makes them very difficult to be removed by the lymphatic system.” When it comes to knowing what must be done to enable the body to heal, this is a major discovery that must be understood!

GOLDEN DISCOVERY NUMBER 7:

“Trapped or clustered [blood] proteins can be dissipated or removed to help relieve pain, speed up the healing process and possibly reverse injury or disease by proper and correct use of...” And it goes on to list many, many ways that it can be done.

The exciting thing is that when you put that much energy back into the cells, you can disassociate the Trapped Blood Proteins. This is why people can do it themselves. We will show you the techniques at a later point.

If, for any reason, there is a lack of ATP, it will alter the Sodium-Potassium Pumps in the cells and reduce the “Electric Energy” that is being generated. When that happens, the blood proteins will cluster and “stick like glue.” When this happens, the lymphatics can’t remove them and these “Trapped” Blood Proteins along with the excess fluid and excess sodium form a “swamp-state.” They can stay clustered around the cells for a long time to cause a natural aging process or a natural death.

Page 29

If through ignorance, or on purpose, we break laws that speed this process up, the “Trapped” Blood Proteins and excess water that continue to accumulate will force the cells further and further away from the capillary membrane; until enough cells are deprived of oxygen, that a disease will appear in that part of the body.

With the lack of oxygen, muscles contract. If these blood proteins get “Trapped” in muscles, they cause the muscles to pull the bones out of place and produce loss of energy, and pain (such as pinched nerves in the spine), along with every crippling disease you can think of.

CAUSE OF DEATH

Now let's discuss the cause of a few diseases and see how simple they are to understand with the knowledge we now have!

Repeat this statement, if you will: **“No oxygen, no ATP. No Sodium-Potassium Pump, no EE.”** Now, to simplify it, **repeat this, “No oxygen, no ATP, no EE.”**

Let's learn what the EE part of “The One Basic Formula for Life and Death” really stands for! The medical research that revealed the “EE” was documented and published in the medical journals in 1962, but just as the 1961 research which revealed that “Trapped” Blood Proteins cause death” was buried, so was the new research which revealed that “the life process in every cell generates Electric Energy” - buried! It was from this discovery that Dr. West discovered how “Trapped” blood proteins produce the conditions that cause loss of energy, pain, suffering, and death by disease. Is it just an accident that all of the research showing the natural death processes along with the prime cause of all degenerative disease and what we must do to actually conquer disease on this planet – was all just “overlooked” somehow?

Medical or traditional science is a “treatment” oriented science. It is money oriented. This science is a “conquer pain and disease at home science. “Instructors” or “health missionaries” do all in their power to help get the knowledge that is in this science to others. We know it may be hard to believe, but you are just beginning to see how important this science is.

Page 30

We can easily understand arthritis, cataracts, hardening of the arteries, multiple sclerosis, polio, cerebral palsy, muscular dystrophy, etc. Let's take **arthritis, cataracts, and hardening of the arteries** first. In the “Dry State,” cells have oxygen, so the Sodium-Potassium Pump generates “Electric Energy.” The “electrical field” produced by the cells is what keeps the blood proteins from clustering and “sticking like glue.” (This reveals how the energy techniques work!)

These “Electrical Fields” not only keep the blood proteins in solution (from sticking together), they keep all of the minerals in solution so they can be used by cells. However, when the Sodium-Potassium Pump is altered, as the “electrical fields” are reduced, this not only causes the blood proteins to cluster and “stick like glue,” it also will cause the minerals to “fall out of solution” and “stick” all over the body. If these minerals fall out in the joints, they call it arthritis, in the eyes, they call it cataracts. If they fall out in the arteries, they call it hardening of the arteries.

Now, multiple sclerosis, polio, cerebral palsy, and muscular dystrophy, etc. are very easy to understand. Muscles work electrically from the electrical impulses, or the “Electric Energy” going from the brain to the muscles. Now, if anything would cause a lack of oxygen or ATP, it would alter the Sodium-Potassium Pump – right? And

this would reduce the electric energy produced by those cells – right? If the electric energy going from the brain to the muscles were altered enough, it would cause what? (multiple sclerosis, polio, cerebral palsy, and muscular dystrophy, etc.)

“The *name* of the disease is not so significant any more!”

Is this now beginning to make sense to you?

Page 31

What we need to understand then is: What causes the blood proteins to come out of the bloodstream and become “Trapped” around our cells? Once we answer this question, we will know the cause of natural death along with the cause of loss of energy, pain, suffering, and death by disease. This science reveals what every man, woman, and child must do if they are going to escape the destruction by disease that is coming upon the earth - “like a flood.” Only those who apply the “Pure Laws and Principles” will be able to save themselves. Furthermore, understanding this science can also increase *the faith* that is necessary to escape this destruction. “Hands on healing,” is a perfect example of the types of things people would do more often if only they understood more of the science behind what it is that makes it so beneficial. When an individual “lays their hands” on another person, or applies these techniques to themselves, for the purpose of relieving pain, suffering, stress, etc., they are actually influencing (or magnifying) the electromagnetic terrain that God made!

In the days of Noah, the water came and destroyed the people externally, because they were breaking the “Pure Laws and Principles.” Today, people are being destroyed from the water that is internally flooding their cells, and it is taking place because of the same reason. People are breaking “Natural” laws. Nature is a very strict disciplinarian. It does not care how “good” we are or how “righteous” we are – if we put our hand on a hot stove, we get burned. If we step out in front of a moving car, we get hit. True? Well, we have been figuratively putting our hands on a hot stoves and getting hit by cars and most of us don't even know how it is happening; and this is where the new science called, “The Art of Lymphasizing” begins to work a miracle in the lives of all who learn and apply it. One cannot give another *the faith* required to live the Pure Laws and Principles that are taught in this science. Although knowledge of the truth can increase *faith*.

Once people learn what these “*Pure Laws and Principles*” are, almost everyone agrees to obey these “natural laws,” regardless of ethnicity, color, or creed. We strongly feel that adherence to these principles can create the ability to bring people together, once again, regardless of ethnicity, color, or creed, and allow them to become unified in obeying these “natural laws” that may save them from these destructive diseases we've mentioned and others, as well.

Page 32

The most exciting thing of all is this: When you learn how to obey these “Pure Laws and Principles” you will become “one in heart, one in mind, and you will live in peace – with no poor among you.”

Once you become familiarized with “the Pure Laws and Principles” you'll discover that they can allow your families and loved ones to learn how to personally conquer disease while cutting back on society's huge dependency on pharmaceutical drugs.

**Here are some examples of what people have done at home once they learned
“The Complete Art of Lymphasizing!”**

Due to polio, **Dorthy Howard** of Seattle, Washington walked with her left heel 3 inches off the floor from the time she was 10-months-old until she was 65. She learned the Science of Lymphology by watching live demonstrations provided in the video tapes (now DVDs). Within 4 months her heel was on the floor; she was standing almost 3 inches taller; the pain was out of her back; she was moving her toes and the feeling came back into her paralyzed leg.

Kelvin Fitzgerald had a similar problem from the time he was 4-years-old until the age of 28. Within 1 week after watching the videos, his heel was on the floor. He was able to stand flat-footed for the 1st time in 24 years.

Perry Barker, a previous Mayor of Pleasant View, Utah, was not able to be on his feet for more than 3 minutes at a time for 2 ½ years. This was due to the pain in his lower back. After learning about this new science, he went to work on his back, and in 48 hours he was totally free of pain.

Page 33

We believe that the reason people with chronic problems are recovering so quickly is that they had been obeying most of the health laws we teach in an honest effort to heal themselves. All they had to do was to start the process!

If these people had been breaking all of the health laws and their bodies were full of poisons, the poisons would have reproduced the “Trapped” blood proteins. It would have taken much longer for their bodies to get oxygen to their cells and turn the Sodium-Potassium Pumps on, so their bodies could heal.

A woman broke her finger and the bone was sticking up through the skin. By applying the “Self-Help Techniques” that are taught in our course, she had bones set and healed in 5 hours! In 8 hours she was moving her hand without pain.

Dr. West accidentally put his hand on a hot stove causing blisters on his fingers. He activated his lymph system to pull the water out of the blisters, and the fingers totally healed in 6 hours. We've discovered, from reported accounts, that smashed fingers and turned ankles can be completely healed in as little as 20 minutes.

An 11 month-old Amish boy fell into a septic tank in Pennsylvania. The tank was divided where the boy fell in and it took about 10 minutes to find him. After several weeks, the little boy came out of the hospital and the doctors indicated that he would have permanent brain damage, be blind and an invalid the rest of his life. The family immediately went to work on the boy's body using the training they had received by Dr. C. Samuel West. In 5 days, the young boy's eye sight was restored and there was no brain damage that the doctors could trace. This little boy had been totally healed and was called a "Miracle baby" by the doctors. Dr. West saw this boy when he was about 9 years of age and his health was perfect!

There are also 30 pages of testimonies, starting with page 207-1 in *The Golden Seven Plus One*. This science has **more** than proven itself to be true!

Dr. West's Instructions for
THE BIO-ELECTRIC LYMPHATIC EXERCISES

*(A revolutionary breakthrough in self-help care which
can be used by anyone - even a person in a wheelchair.)*

Featuring:

1. How to convert mechanical energy into electrical energy to relieve pain and speed up the healing process of the body.
2. How to direct the electrical energy in the body to help relieve pain and speed up the healing process.
3. Dr. West's discovery of the use of the mini-trampoline exercise unit to accomplish the two features above.

*(Below are pictures with explanations showing
how this may be accomplished)*

I. The Stroking Technique:

A. "Coned" - Fingers Stroking

1. Cone the fingers by drawing all five fingers close together in a point, fingers only slightly bent.

(See Fig. 1)

2. Stroke with the coned fingers, using long, quick motions - like striking a match - over the area you are working on. (See Figs. 2, 3, and 4.)

Fig. 1 - "Coning" the Fingers



For headaches & sore necks (See Fig 2):

1. Place coned R. fingers under R. rib cage.
2. With coned L. fingers, **stroke** right side of the neck 5 or 10 times from behind the ear down neck and out across shoulder.
3. Reverse hands and repeat for other side of neck.

Fig. 2



B. Flat-Hand Stroking or Brushing Technique:

Rather than using just the fingers, use **the whole hand** for the long, quick brushing motions over the area you are working on. The **coned-fingers stroking** and the **flat-hand stroking** and **brushing** generate electrical energy like you do when you slide across a carpet or a seat-cover.

Follow pictures as if you were looking in a mirror.

Fig. 3 – Arm Brushing



Fig. 4 – Knee Brushing



- *Flat-Hand Brushing Technique:*

Do as shown in the pictures to help relieve pain in sore arm or knee.

Always begin by using a very light hand pressure. If you have any special arm or leg problems, you should always consult your physician.

- **The Deep-Breathing Technique:**

A. *In through the nose: take a quick deep-breath.*

B. *Out through the mouth: blow the breath out quickly.*

C. *As described above, breathe in and out 3 times, holding the 3rd breath 5 or 6 seconds as you mentally direct the energy generated; then blow the breath out.*

The oxygen in the air affects the body as if it were charged with electricity. Deep breathing increases the benefits of all the exercises.

III. The Directed-Thinking Technique:

A. Direct your “Electrical Thought Wave” into the body where desired.
(The scientific film *The Incredible Machine* shows that a person can start, stop, and speed up an electric train by using this process. However, they had to magnify the “Electrical Thought Wave” to do it.)

B. *To magnify the electrical thought wave, use the Deep-Breathing Technique or the “Gentle Bounce for Health” on the Exercise Unit.*

It was this discovery of using the “Gentle Bounce for Health” along with the “Directed-Thinking Technique” that makes possible the accomplishment of things in the body that are almost impossible to believe. As you are generating try the following Bio-Electric Techniques:

Follow pictures as if you were looking in a mirror.

Fig. 5

Sinuses/Pituitary Gland, etc:

1. Bring coned fingers or flat hands up on chest below collar bones.
2. Do breathing & thinking.
3. Variation for sinuses or eyes:
 - a. Place coned fingers over sinuses or eyes.
 - b. Breathing & thinking.

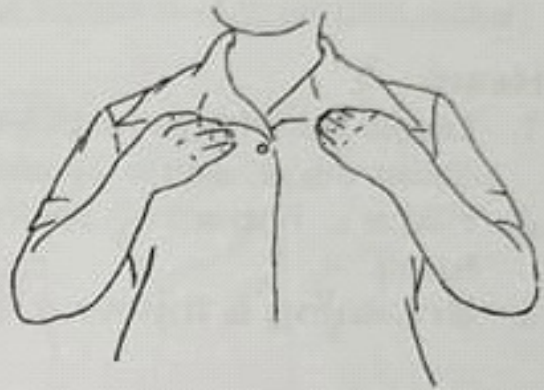


Fig. 6

Thyroid:

1. Place **coned fingers** on each side of neck, just above collar bone.
2. Do breathing & thinking.



Lungs:

1. Place **coned fingers** of R. hand just below L. collar bone.
2. Place **coned fingers** of L. hand just below R. collar bone.
3. Do breathing & thinking.

Fig. 7



(Follow the pictures as if you were looking in a mirror)

Heart:

1. Leave R. fingers just below L. collar bone, same as above.
2. Place L. fingers on top of R. hand.
3. **Breathing & thinking.**

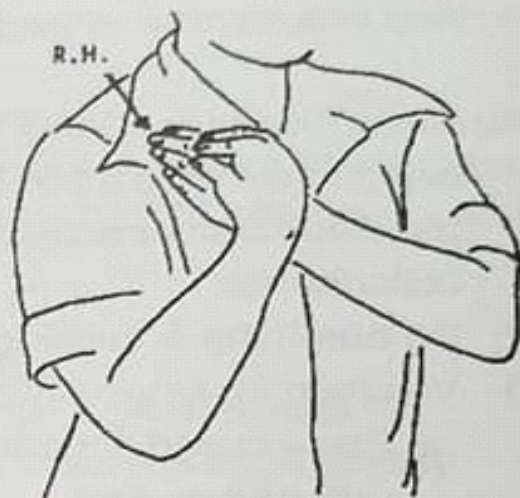


Fig. 8

Liver/ Gall Bladder:

1. **Cone fingers** of both hands.
2. Place L. fingers on R. shoulder.
3. With the R. hand, start at pit of stomach, just below breast bone, and **stroke** about 21 times, following below rib cage all the way out to the R. side.
4. Do breathing & thinking.

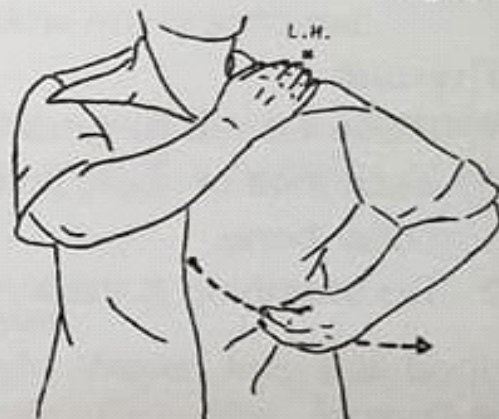


Fig. 9

Spleen/ Pancreas:

1. **Cone fingers** of both hands.
2. Place R. fingers on L. shoulder.
3. With L. hand, start at pit of stomach just below breast bone, and **stroke** about 21 times, following below rib cage all the way out to the L. side.
4. Do breathing and thinking, if you like.

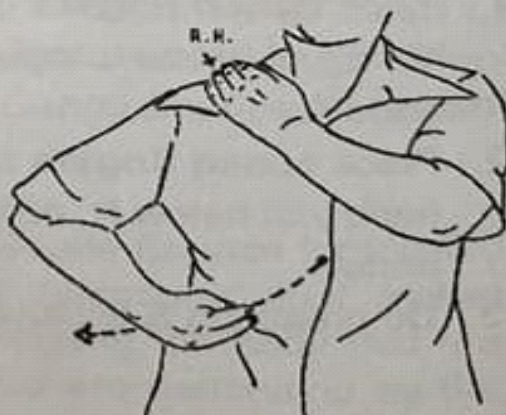
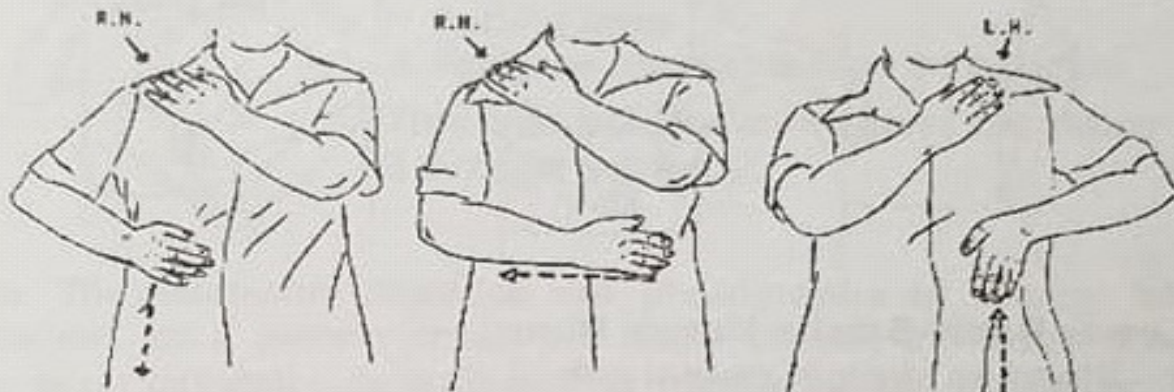


Fig. 10

(Follow the pictures as if you were looking in a *mirror*)

Fig. 11

a. Descending colon b. Transverse colon c. Ascending colon



Colon:

1. Descending:

- A. Place R. hand on L. shoulder.
- B. With either **coned** or **flat** L. hand, **stroke** or **brush** down L. side along descending colon area.

2. Transverse:

- A. R. hand on L. shoulder.
- B. **Stroke** or **brush** across middle of body along transverse colon area, R. to L., with L. hand.

3. Ascending:

- A. Place L. hand on R. shoulder.
- B. Stroke or brush up R. side along ascending colon area.

4. Reverse the sequence by doing *transverse* and *ascending* again.

5. Repeat the whole process several times.

Note: Do *descending colon* first to open up the passage way.
Stroke each part 4 or 5 times before going on to the next part.

Fig. 12
Hips/Sciatic Nerves



Fig. 13
Lower Back/Sciatic Nerves/Hips



Fig. 14
Whole Spine



Lower Back/ Sciatic Nerve/ Hips:

1. Stand as straight as you can.
2. Place hands on hips, fingers to the back and thumbs to the front.
3. Do the *breathing and thinking* as you:
 - (a) *Stroke* the hips - full length - one at a time, then both at once. (Fig. 12)
 - (b) Straddle tail bone with fingers and thumb of one hand while you *stroke* the hip with the other (Fig. 13)

Whole Spine:

1. In back, straddle large bone at base of neck with thumb and fingers of one hand.
2. Straddle tail bone with thumb and fingers of other hand.
3. Do *breathing and thinking*.

IV. The "Squeezing" Tech.:

Work the area with a squeezing motion between the fingers and palms of each hand. Helpful for kidneys, sore shoulders etc.

Fig. 15



Kidneys/ Adrenals:

1. Place hands on hips, fingers to the back, thumbs to the front.
2. Do squeezing, breathing, and thinking for about 10 - 15 mins.

Fig. 16



V. The Pin-Point Technique:

1. Cone fingers of R. hand and place them under R. rib cage.
2. Place coned fingers of L. hand over hurting area.
3. Reverse hand positions as needed.

This captures the energy and circulates it through the body.

In *The Incredible Machine* are photographs of energy left behind as a person draws his finger across the table. The energy circulated is sufficient to relax muscles in the neck and relieve pain in many other places. Dr. West used this technique to help relieve pain when the luggage strap slipped and hit him in the mouth.

VI. Bio-Electric Gentle-Bounce-for-Health:

This exercise technique is a way of doing all of Dr. West's Lymphatic Exercises by using the discovery he made in 1976. His discovery involved using the "Directed-Thinking Technique" along with the mini-type trampoline exercise unit to convert mechanical energy into electrical energy to help relieve pain and speed up the healing process, as previously stated. This discovery makes this unit *the most valuable piece of exercise equipment ever devised by man*. Dr. West says, "The one undisputed fact is: *It works!*"

All the Lymphatic Exercises, described earlier, can be accomplished on this unit faster and easier than we have ever thought possible. Phase I will explain how this is done. Due to the effect this process has on the body, we recommend that all exercises begin with *Phase I*. As your body passes through the magnetic currents going around the earth, it acts as an armature moving in a magnetic field. Your body actually turns

into an electrical generator. It converts/generates mechanical energy into electrical energy going up and down. This works whether you are standing or sitting. It can be done alone or with someone helping you. If you are in a wheelchair, place your feet on the mat and let someone else do the bouncing. Your legs will act as an armature; and as energy is generated, use the “Directed-Thinking Technique” to accomplish what is almost impossible to believe.

Phase I

- Stand as shown in Figure 17 (next page); with your hands on your chest.
- **“Generate”** - move gently but rapidly up and down *without having your feet leave the mat*.
- Using the Body Chart, **use the “Directed-Thinking Technique”** as you bounce up and down about 4 times for each part. If you like, you may begin by thinking or saying each Body Chart item out loud repeatedly (about 4 times) and then add, “Old toxins out, new fluids in” after each item (one word per bounce) – just like you hear on the *How to Heal & Purify* audio CD. This technique works to help visualization.

If at first your legs begin to feel “tight” in the calf while you're *generating* just shift your weight gently from *one foot to the other*.

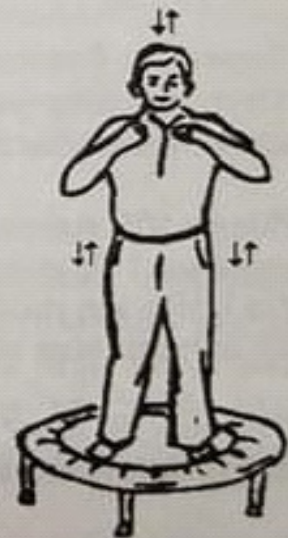
CAUTION: Do not go too fast. Listen to your body. Some people whose tissues are toxic get sick in 3 bounces. If you do, stop and come back a little later and do it again until you can keep it up for one or two minutes. This unit gets results fast! Allow yourself about 2 weeks or more to build up to 5 minutes at a time. Listen to your body; it will tell you what you can do. (See note on bottom of Body Chart.)

Dr. West's Body Chart

Exercise Sequence for Phase I Using the
"Bio-Electric Gently-Bouncing-for-Health" Exercise Technique

- | | |
|---|-------------------------------|
| 1. Sinuses | 22. Appendix/ Ileosecal Valve |
| 2. Pituitary | (included with ascending |
| 3. Brain | colon above) |
| 4. Eyes | 23. Kidneys/ Adrenals |
| 5. Ears | 24. Spine |
| 6. Nose | 25. Hips |
| 7. Throat | 26. Feet |
| 8. Thyroid | 27. Ankles |
| 9. Neck | 28. Calves |
| 10. Shoulders | 29. Knees |
| 11. Arms | 30. Thighs |
| 12. Hands | 31. Hips |
| 13. Lungs/Breasts | 32. Anything else, "Wherever |
| 14. Heart | it hurts!" |
| 15. Thymus | |
| 16. Stomach | |
| 17. Liver/ Gall Bladder | |
| 18. Spleen/ Pancreas | |
| 19. Bladder | |
| 20. Ovaries or Prostrate | |
| 21. Colon | |
| a. Descending (down L. side) | |
| b. Transverse (across middle, R. to L.) | |
| c. Ascending (up R. side) | |
| d. Transverse (again) | |
| e. Descending (again) | |
| f. Repeat several times | |

Fig. 17
"Generating"



NOTE: For additional benefits, combine the *breathing, stroking, brushing, coning, or squeezing* techniques, as described earlier, along with the *Bio-Electric Gentle-Bounce-for-Health Exercise Technique*.

**Dr. West's "Bio-Electric Gentle Bounce-for-Health"
Exercise Sequence**

PHASE I: “*Generate*” and do the “*Directed-Thinking*” *Technique*
(Always do Phase I as explained on pp. 46 & 47 before doing

PHASES II – VIII below. For some, this is a *must*.)

PHASE II: Soft Walk and gradually speed it up.

PHASE III: “Walker-West Walk”: Swing arms and step lively; using the “SH” sound: inhale, exhale, inhale, exhale, inhale, exhale, exhale, exhale (empty lungs). Repeat 1 or 2 minutes.

PHASE IV: Soft Jog and gradually speed it up.

PHASE V: Exercises Variations: (fun with *music*)

- Jumping Jack
- Front Kick
- Front jump rope
- Twist
- Back kick
- 6. Side kick
- 7. Backwards jump rope
- 8. Swim (any stroke)
- 9. Big arm circles
- 10. Dance (make up your own)

PHASE VI: Speed up job to “15-Second Dash”

(This may take you into your *aerobic zone*. CAUTION: it may take you several months to get to this point.)

PHASE VII: Aerobic Zone Exercise: (Excellent physical condition required.) To convert glucose into glycogen as stored energy in the body, we must exercise in the aerobic zone for a minimum of 12 consecutive minutes.

PHASE VIII: Cool Down by doing the *soft jog* and then the *soft walk* until your heart rate and respiration are normal.

Be faithful! Remember – **oxygen** is the key to overcoming pain, loss of energy, and degenerative disease.

**“Lymphasizing & Aerobic Exercise can save your life!”
The Dr. West Health Education Foundation**

DO WE DIAGNOSE OR TREAT HUMAN AILMENTS?

Certified Lymphologists are many times referred to as “Ambassadors of Health,” “Health Missionaries” or holistic healers. First of all, we are trained through the Academy do NOT heal anyone of anything. We simply facilitate information with which people may be more adept at self-healing. **Neither do we diagnose nor treat disease in any fashion.** All we do is teach people how to understand enough about their own bodily functions and specific techniques which may help remove the blood proteins that have become “Trapped” around the cells, and instigate the process we indicated previously. Instead of treating the disease, we teach folks how it's possible to remove the “cause” of the diseases so the body can heal itself.

Because the Art of Lymphasizing as taught in the Applied Lymphology Course is a “pure science,” it reveals what Dr. West refers to as the “Health Laws of God.” We also reference the “Pure Laws and Principles” outlined in the text *The Golden 7 Plus One* that men, women, and children are breaking – which cause the blood proteins to become “trapped” around their cells. We try to teach these “Pure Laws and Principles” before we suggest people attempt to relieve their pain and suffering so they will know what has to be done for true prevention.

Once you understand the “Trapped” blood proteins produce lack of oxygen, and that this alters the Sodium-Potassium Pump and reduces the Electric Energy produced by the cell; and when that happens the blood proteins cluster or “stick like glue” - then all of the self-help healing techniques that are described in the book begin to make sense.

Take a moment and turn to pages 54, 55, and 56 in *The Golden Seven Plus One* text. Notice the various ways they are using electric energy to produce healing, which before was thought impossible by the medical community. It doesn't take very much energy to heal. Why? Because all we are dealing with is the amount of energy normally produced by the cells in your body.

Page 46

When those energy fields are reduced, the blood proteins cluster or “stick.” When you put that much energy back into the body, it will break up or dissipate the clusters, and the proteins can be removed by the lymphatic system.

Remember, we are only dealing with the amount of energy produced by the cells. Now go to page 44, and notice the energy coming from the finger tips. This energy is produced by our cells. This is why we automatically grab hold of an injured part of the body, such as a cut or burn. If we knew what was going on, we could heal it while we held it. Why? Because as long as you are holding the injury, the energy from the

cells in your hand and fingers is enough to keep the blood proteins from “sticking,” and the lymphatic system can pull them (the blood proteins) out. Also when you stroke or rub the injury, you activate the lymphatic vessels, which helps to remove the blood proteins and dead cells produced by the injury. If you continue to keep the blood proteins from “sticking” and activating the lymphatic vessels, the cells will be able to get enough oxygen to keep the Sodium-Potassium Pumps working. Those cells can reproduce to cause healing so fast that you *will* have a hard time believing it!

With this science, you can do things that can't be done with any other science on the face of the earth! Aside from some extreme circumstances, our bodies naturally generate all the energy that is required to heal, and, by correctly using that energy, we can heal ourselves! Also, unless herbs or aspects from one of the other natural healing arts is needed – the process is free!

Try this technique: Most people are “out of balance.” Determine which of your hips is higher than the other. (You may need help with this, but this is very easy to see by placing the thumbs or finger tips on the top of Iliac crest – at the top of your hip bones in the lower back.) Put your hands on your hips and stroke the low side 7 times, then the other side 7 times, then stroke with both hands down the middle, or down your sacrum. Now check the hips again. Are they balanced? Without being consciously aware of it you can dissipate the “Trapped” blood proteins, and the excess fluid will come out and the oxygen can get it; if you keep the blood proteins circulating by following the directions on the bottom of page 62 (in *The Golden Seven Plus One* text), starting with the “NOTE,” and then going to the top of page 63, you will be able to perform what used to be called a miracle!

Page 47

Now, all of the energy techniques that are around pages 69, 189, 203, and 205 should be more fully comprehensible.

You are now ready to study *The Golden Seven Plus* and the other educational materials. All of these materials will begin to become alive to you. With some attention and applied application, you can learn a great deal of valuable information from them! What you have already learned by reading this document is priceless. And, you may learn a great deal more if you will study the other materials contained in the “Applied Lymphology Course.”

Also, after being exposed to this technology, everything you come across in the natural healing arts should become more exciting to you, because you may know even more about why and how the products and healing arts work than the people who are promoting them.

All living organs resonate with various color vibrations and all colors have a “vibrational” frequency. “Trapped” blood proteins produce lack of oxygen and alter

this frequency in specific parts of the body. Fruits, vegetables, and herbs have frequencies, as well, which is why certain herbs and other foods are specifically helpful to certain parts of the body. These herbs and other nutrients can be augmented by minerals. Correct mineral supplementation can assist in re-establishing the *delicate mineral balance* that accounts for the electrical properties of the cell. Those cells need to maintain the correct mineral balance.

Page 48

Homeopathic remedies are pure energy in solution. When you introduce them into your bloodstream, what happens? You are taking into your body the frequencies and healing properties sympathetic with those energies. When you combine them with our techniques you have incorporated what you feel to be the most powerful healing techniques ever made available to mankind! Instead of addition, it's like multiplication! And you don't have to be ill to use them. A program of consistent repetition, utilizing the techniques we teach you can be the most effective disease deterrent you could ever implement. Start by using the technology yourself. When you know it really works, you'll be unable to keep it from your family, friend, and neighbors.

NOW, LET'S GET THIS KNOWLEDGE TO THE REST OF THE WORLD!

Page 49

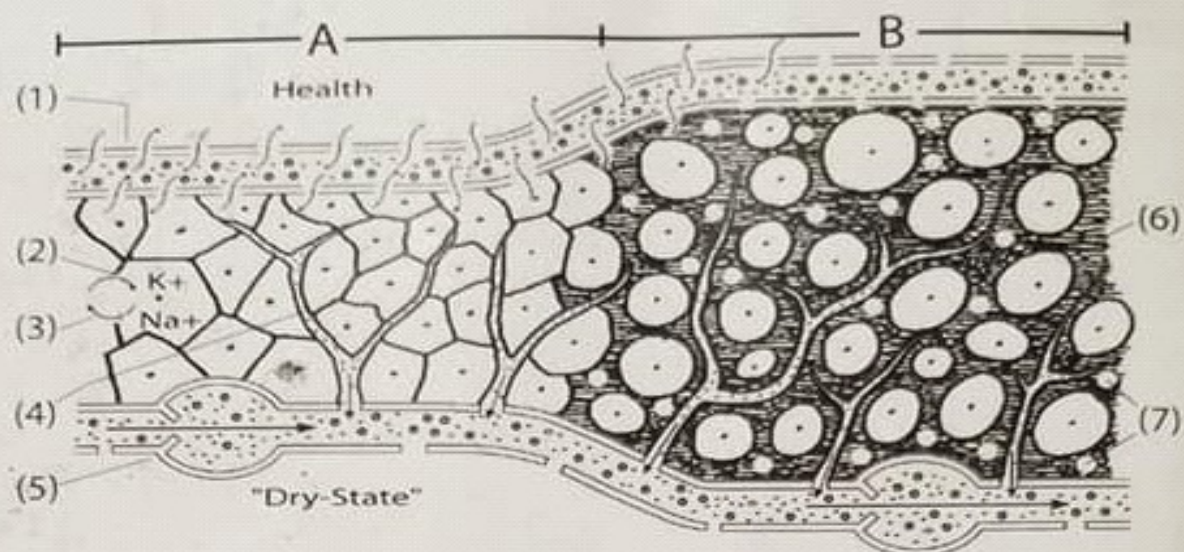
QUESTIONS TO ASK YOURSELF

Now let's answer some questions to see what you have learned:

- If the process in every cell of your body is functioning properly – are you healthy or sick? (*Healthy!*) Could you have a disease? (*No! Disease cannot exist in an oxygen-rich environment*)
- The “life process” of the cell generates what? (*“Electric Energy.”*)
- EE stands for what? (*The Electric Energy produced by the life process of the cell.*)
- What is the “Electric Generator” in every cell of your body? (*The Sodium-Potassium Pump.*)
- What does it take to make the Sodium-Potassium Pump work? (*A.T.P*)
- What does it take to make A.T.P.? (*Glucose plus Oxygen*)

- What condition do our cells have to be in to get oxygen? (*The “Dry State”*)
- Blood proteins hold what? (*Water*)
- What do blood proteins do? (*Keep water in the bloodstream.*)
- If blood proteins get “Trapped” around the cells, with the water, they will alter what state? (*The “Dry State”*)
- When the “Dry State” is altered, this will produce a lack of what? (*Oxygen*)
- Lack of Oxygen is the cause of all what? (*Loss of energy, pain, degenerative disease, and even natural death.*)
-
- Oxygen + Glucose = **ATP**; **ATP** = **Sodium-Potassium Pump** = Electric Energy **produced by the cell** = **Health & Life.**
- Simple enough? Who needs to learn this new Science? (*Everybody!*)

You have just acquired knowledge that is not taught in any of the medical schools we're aware of in the United States!



"Dry" State Legend:

A: Healthy cells in the "Dry-State"

B: Unhealthy cells, in excess fluid and excess sodium. These are the conditions produced by trapped blood proteins. Lack of oxygen and excess sodium around the cells will cause pain, loss of energy, disease and death.

1: **Blood Capillaries:** Fluid diffuses out of these capillaries to irrigate cells with oxygen and nutrients. (3qts./min. x 80 = 240 qts. or 60 gal./min.)

2: **Every Cell Is An Electrical Generator:** Inside the cell, the potassium level must remain high and the sodium level must remain low. A very delicate balance must be maintained. Anything that will upset the sodium-potassium balance will damage or kill the cell.

3: **Sodium-Potassium Pump:** This is the rotation of the Na^+ and K^+ in and out of the cell which generates an electrical field. It is the key to the life process and the energy produced by the cell.

4: **Lymphatic Capillaries:** Plasma constituents cannot be reabsorbed via the blood veins and must be removed from the interstitial spaces through the lymphatic capillaries, vessels and so forth.

5: **One Way Check Valves:** The lymphatic vessels have one way check valves that keep the fluids flowing in one direction.

6: **Excess Fluid & Excess Sodium (around the cells):** Caused by interstitial lymphatic obstruction.

7: **Trapped Blood Proteins (in the interstitial spaces):** Causes *pain, loss of energy, disease and death at the cell level.*