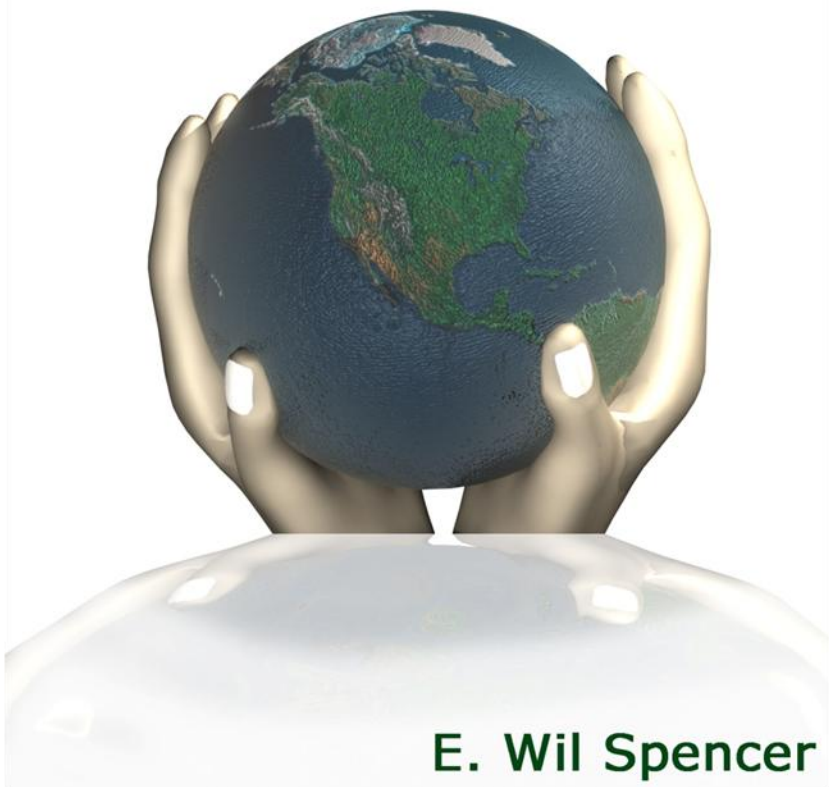


**The Underlying Cause
of the
Unconscious Conspiracy
Against Our Health**



E. Wil Spencer

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This book is dedicated to my children, Isac, Shoshana, Ama, and Sam, who have each and every time, so lovingly welcomed me home from the office and my trips, and accepted this life that we have, as normal.

Thank you and I Love you!

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INTRODUCTION

This work is a compilation of a lifelong voyage and endless hours of research driven by personal pain and illness, followed by clinical experience helping others while looking beyond the seemingly endless list of 2500 or so symptoms. These symptoms affected not only me but those closest to me, as well as almost everyone in the industrialized world. The simple question always being, "but why?"

Coming from a typical middle class farming community of the upper Midwest, no one questioned how children were raised. Nor was there much opportunity to see or compare ourselves with the rest of the world. Illnesses were just a part of life that folks accepted and went to the doctor for. There was no concept of heredity or other causative factors for illness; there was just the doc and his fix.

From an early age, along with my own problems I was surrounded with the sickness and maladies of others. Almost everyone in my community was suffering symptoms of one sort or another. Rashes, overweight, allergies, bowel trouble, acne, and menstrual problems were commonplace. Then there were those with more

serious and chronic issues like cancer and diabetes, heart trouble and depression.

My older half sister went through two kidney transplants and eventual decline to death. My father had an escalating overweight problem with massive sugar addiction cravings, emphysema and cancer, all the while on an emotional roller coaster. My older half brother and his family were ravaged with health issues including cancer, emotional chaos, joint replacements and digestive disorders.

My own life was misery, I suffered from 75 allergies along with asthma, chronic bronchitis, and pneumonia. I was overweight as well, had extreme eczema, and my eyesight was failing.

After living with illness for over 20 years, my father's constant empowering words finally began to have an impact. Dad drilled into my head over and over throughout my formative years, "Son, you can do and you can learn anything and everything you want to."

When I reached an age of personal empowerment (thus taking responsibility for myself and my health), it occurred to me that I was in a downward cycle of illness and drug treatment that was providing no real benefit. My father's words inspired me to venture out of conventional allopathic healthcare and research alternative, more natural solutions. A close friend, Pat K, first introduced me to wild herbs as a natural remedy.

Learning and understanding practical uses of wild herbs and natural remedies gave me enough relief from those years of illness to set my path to recovery, and to a unique educational experience.

On that path came the opportunity to cross paths, absorb and interact with cultures and people from all corners of the planet, and to form a world view much greater than that of my upper Midwest childhood.

Using herbs and natural remedies brought much greater relief than the doctor's pharmaceutical allopathic medicine. However, these were all remedies for relieving symptoms and had to be continually taken or used or the symptoms would return. This awareness uncovered for me a concept of symptom relief. Relief from symptoms is not a cure and, following reason, there must be an underlying cause for the symptoms to occur in the first place.

My Virgo nature sent me on a quest to discover not only the source of all this disease, but to answer the question of "why" society as a whole continued toward self destruction, doing things the same ways over and over, somehow expecting different results.

What arose in my awareness was first, the unquestioning trust that people put in the industries themselves. People have a mind set of complete trust in the wonders of doctors and medicines, science, research and the trend toward convenience and technological improvements. This mindset is so strong, so deep, that it doubts almost nothing said by the

doctor, the media, the government, the powers that be. These beliefs are so strong that people have learned to be satisfied with answers based in mere symptom relief.

On the other, darker side of this implicit trust I observed self-serving, commodity based corporate entities employing technologies that literally create symptoms and instill fear into an already over stressed public.

Looking for the actual root causes of my own health challenges, and later working with others in my clinic, revealed that in almost every case there is an underlying cause that can be traced to either a GI tract or an electrical imbalance. In the chapter, "Dietary Parameters of Workability", you will find what has developed as a very simple and easy understanding: how our body's ability to maintain our life force, stay healthy and vibrant, and nourish our animation comes from our diet and our connection with nature.

Gone are the days when the whole family participated in raising, handling, processing, preparing, and being part of, the whole food chain. Sadly missed are the simple pleasures of living with the natural balance of the rhythms of nature. While it is probably unreasonable in our modern lifestyle for more than the few native and grass roots cultures (those who still hold fast to what works in tandem with nature in the face of industrialized convenience), to actually live this natural life, it is possible to manage good health in an industrialized world.

For most people in the industrialized world, food has come to be something we simply eat when we are hungry. The food chain has become industrialized in order to serve the demand for convenience, convenience at the cost of real nourishment, convenience that misses vital and critical elements for health.

One of the elements of my unique educational process has been the serendipitous events of my life, which gave me firsthand experience of the massive changes in the food industry. Life took me from a simple farm family through the onslaught of the industrial takeover of small farming and the transition to careless, greedy, artificial mass production of plants and animals.

Transporting crops and animals during these changes afforded me the ability to see behind the scenes in the food factories and in the shipping methods. These experiences provided invaluable firsthand experience, confirming (and in some cases exposing) many both unconscious and intentional practices that severely affect the quality of food and health.

Searching this new food chain for the missing ingredients that once keep us healthy, we find a huge deficit in a broad spectrum of bio-available minerals and microorganisms. Minerals are necessary building blocks in which all of the electrical frequencies needed for vibrant health are carried. Microorganisms are needed to synthesize minerals, vitamins and amino acids from our food to our bodies, while protecting and enhancing our immunity.

The new science and its new understandings have served to clarify and verify my views of the body and health. Dr Dawson Church, Phd and author of, [Genie in Your Genes](#), explains the components of the body's electrical system as comprised of the DNA in our genes, the rod and cone cells at the back of our eyes, the myelin sheath of our nerve cells, the collagen molecules that make up all our connective tissues, our muscle tissues and the phospholipids of all cell membranes. All of these electrical components are built and maintained through the ingestion of mostly animal proteins.

In gratitude for my life's path, which has taken me from personal illness, to vibrant health, to the personal empowerment that comes from making a difference for others, I humbly share what I have learned and come to know as truth: the current trends in food and health are not working and, in fact, are failing at an escalating rate. Furthermore, life will continue on its current path of decline until these deficits are recognized and corrected. The concepts and information that are being shared in this material can change that. It is my intention and hope that you will come to understand for yourself that *your good health is a matter of your own choices*. Your health should not be left to practitioners and institutions who misguide with symptom relief only, whose primary concern is their own corporate expansion and development. The information herein exposes (enough for you to see) the imbalances created by depleted soils, toxic environments and processed, empty foods. It exposes

the rampant disinformation from our supposed experts in these fields. Ultimately, the answers I have found and offer here for your discovery point to a systemic condition in all of life. Our return to vibrant living requires the same approach to the same imbalance that is caused by the same degradation that is in all living systems on the planet: as above, so below and as within, so without. In order to succeed in returning health to our ill environment, we only have to look within.

Chapter 1

The Unconscious Conspiracy

Volumes have been written (and referenced here on page 92) documenting and explaining the decline and degradation of our environment, specifically the air, water, soil, plants and animals. Pollution is a well known fact and we have reached a point where it has undeniably caused a systemic health crisis among the people on this beautiful planet. Attempts at resolving the symptoms and diseases that continue to arise have consistently been taken from an allopathic approach of symptom relief only. This approach is fast proving itself to be not only ineffective, but even a cause of further decline. It would now seem valuable to look at another perspective in order to piece together the puzzle of our unconscious demise. Then we can see the simplicity found in the root of this matter of our health.

The unconscious conspiracy of which I speak is really the industrial road to progress. This is a road which has evolved into a massive expanse of speeding superhighways spreading into every facet of human existence. The trip has taken us thousands of miles, moving so fast we haven't even noticed the scenery,

much less the effect our travels have had upon it. We ponder issues of pollution and health, unable to see the connections whizzing past our narrow window view.

We have been caught up in looking at the complexities of the many issues we are dealing with as a species. Surplus war chemicals, industrialization, big business, big agriculture, big "pharma", etc. Following the money trail of progress and development has left us a legacy that is mind boggling, nearly impossible to understand. However real solutions when finally found are always simple and work at the source of the trouble.

Finding the simple solution to the health crisis we face requires an answer that not only has curative effect, but also provides lasting prevention for humans as well as the air, water, soil, plants and animals that constitute the food chain.

Looking at the thousands of symptoms of illness we find in humanity today, along with degradation of all kinds, is gross complexity. Yet the body is a creation that was placed in a much simpler environment than we have today, an environment in which the body had the ability, and was given the tools in nature to maintain its own health, immunity and wellness. So, rather than looking so intently at what has been added and done to cause all our problems, perhaps the simple solution lies in finding what is now missing, the absence of which has allowed such pestilence to occur. Pestilence is in the human body, evident in these thousands of symptoms causing suffering and disease.

Considering some parallels in the natural world, we can learn much from the honeybees, which are plagued with pestilence of their own. Beekeepers have come to a crisis losing a third or more of their hives annually. The bees are suffering mites, nosema, foul brood, bacterial and fungal outbreaks, Colony Collapse Disorder, etc. Proof is in that synthetic agricultural pesticides (from genetically modified crops that contain systemic pesticides like neonicotinoids) are causing neurological disorders and confusion, disrupting the bees' immunity and function. This is one of many similar scenarios in which the hives become toxic and the bees abandon their homes. All the issues affecting the bees are indicating that nature is out of balance. This weakened and out of balanced system is showing us with the appearance of mites, bacterial and fungal outbreaks, Colony Collapse Disorder, etc., that it is regaining its own balance by eliminating the sick, unhealthy, toxic and weak.

Elsewhere, we have cattle eating an unnatural diet of grain, including genetically modified corn, cottonseed and soy as well as other industrial waste. Their manure is used as fertilizer, causing e.coli and other outbreaks in the environment. We have meat tainted with e.coli, salmonella, listeria and clostridium causing mass food recalls and human illness. These are pathogenic mutations of naturally occurring bacteria gone extremely out of nature's balance. In nature's effort to recycle a weakened system, in this case the cow's gut, the bacteria overpopulate in order to decompose and recycle a sick, dying or dead organism. We also see

proof that those same cattle, if fed a natural diet of healthy grasses from a pasture for just two weeks, would regain their natural balance and no longer pass infectious manure and unhealthy protein food products into the food chain.

For over 80 years industrial surplus and waste have been applied to crops in the form of NPK (nitrogen, phosphorous and potassium). We see these plants lacking nutrition and weakened to the point where they cannot resist infestation from pestilence such as corn bores, boll weevils, potato bugs and other harmful insects. The conventional fix for the pestilence is symptom relief in the form of another chemical pesticide . . . and the saga continues. The point to note here is that this is another scenario of nature out of balance, calling in the recycling troops, which show up as the pestilence.

What we can learn from looking this way into a variety of areas of nature at work are the parallels running through all life forms. Each life form seems to have its own form of modern pestilence that, when looked at more closely, shows common signs of an underlying cause: nature is performing her natural recycling clean up of weakened, out of balance, or you could say - "sick systems."

Nature functions without judgment according to its own laws. Life forms grow, mature, reproduce, degrade and recycle. Nature constantly renews the biological material by using one stronger biological system to

break down another weakened or sick system and use it for food to fortify its own strength.

If we can look at what is happening with people's health from this aspect of nature, we can identify nature's recycling methods at work on us. From this perspective we can see that we are in a spiraling cycle: we are attempting to resist the natural laws, but we are resisting with symptom relief, not with cures. Although we may succeed at doing it this way for a very long time we can be assured we will not be well in the process.

As I said earlier, the human was created for wellness, and was put into a natural environment that had all the physical makeup and tools necessary for that wellness. We have made changes to the natural environment that have caused nature to lose alignment with our wellness. In other words, we have become out of balance with nature. Our food chain is corrupt, unhealthy and out of balance.

Organics has so far been our best effort to overcome degradation of food. As such, organics have been effective at resolving the problem of chemical effects and content in the food supply. However, we see relatively small increases in actual nutritional value, indicating that removing what has been added is not recovering what is now missing. In other words, non-use of synthetic chemicals does not sufficiently increase available nutrients in food.

Since all life originates from the soils, all of life is really a mirror of the overall condition of the soil. In the 1920s a census was performed on all soils of the industrialized world, which concluded that soil then contained 20 to 40 inert available minerals. A similar study done in the late 1990s, showed a significant decrease to only 18 to 25 available minerals present. Elmer Heinrich quoting Gary Price Todd, in his book, The Root of All Disease, states that for optimum health a minimum of 60 minerals is required for humans and 45 for other mammals. He also states, "Sick soil causes sick plants which cause sick animals and ultimately sick human beings."

Those using of synthetic pesticides and industrial waste for treatment of soil fertility have overlooked the paramount factor of how those additives affect the availability of life in the soil. Organic farming, though recognizing the detriment of pesticides and industrial waste, is also overlooking this paramount issue of life in the soil.

The life force no longer flows in a smooth stream of energy from the sunlight to the soil, through the plants and animals, and on into the animating nourishment that makes a human being thrive. In our quest to outmaneuver Nature through our own improvements, we have isolated ourselves from our natural Earth connection, and in so doing have disrupted the balance she provides. Our environments, both those within our bodies and those in which we live, are corrupted and severely out of balance.

We face a time where, for the first time in our own evolution, it is predicted that our children will no longer be healthier than their parents. In addition, they will not enjoy the increased longevity of previous generations. This will be the case unless we can recognize what has occurred among us and take the necessary steps to return our essential nature.

Sun, water, minerals and microorganisms give life in the soil. Microorganisms give life to life. In the soil, microorganisms break down the minerals that are so essential to life in an enzymatic action that makes them available to the plant. In the process of photosynthesis, the life giving minerals become nourishment for the plants. The plants then produce a form available to mammals, which the mammals can absorb with the help of microorganisms in the gut. Microorganisms in our gut keep us clean through natural chelation of toxins and provide 80% of our immunity. They synthesize all needed vitamins and perform electrical recognition of the building blocks of amino acids and minerals for the body to use as it sees fit.

Although the human body is a complex machine, we can understand the basic requirements we need to give our attention to by examining a little more closely the digestive tract and the processes that take place therein. Nourishment begins with the thought and with the first sensing of food. Digestive solutions prepare for what we are about to eat before a bite is taken. Gastric juices are first added in the mouth. Chewing is the process of breaking down the food into manageable

sized pieces that the stomach can handle. After swallowing the well-chewed food and gastric juices, the stomach, microorganisms and enzymes break open the cellular structures and ferment (or rot) the stomach contents in preparation for moving into the small intestine. This task, to be optimal, must be accomplished in the 2 to 4 hours that the food remains in the stomach. Otherwise, unprepared material is passed through to the small intestine, which then has to alter its normal function to accommodate the error.

The lining of the small intestine is home for microorganisms and where enzymes are created and nutrients such as minerals and amino acids are released into the body through the lining. Should the small intestine receive the chyme (well chewed and fermented food and gastric juices from the stomach) according to design, a multi function process takes place. Vitamins are synthesized by the microorganisms and supplied to the body. In addition, the natural negative charge of the plant sourced minerals passing into the body magnetically attracts the positively charged heavy metals and other toxins (like pesticides and those found in cosmetics) that are pulled from the blood and elsewhere throughout the body. This negative charge pulls the toxins and heavy metals through the intestinal wall lining. They are then consumed by microorganisms which are also negatively charged, attracting free radicals, toxins and heavy metals (including pharmaceutical drugs, pesticides, industrial food additives and the like). This is a natural

chelation process that takes place in a healthy and balanced body.

As the chime passes through the rest of the intestines, excess moisture is drawn out to produce a healthy consistency of fecal matter. Microorganisms are present in this entire eliminating phase to prevent putrefaction or any other pathogenic reaction.

The healthy digestive tract is a perfect system for nourishment, immunity and healthy elimination, provided that what is put into it is aligned with what the body needs, and that there is sufficient population of the broad spectrum of microorganisms available for proper processing.

The body literally gets everything it needs to maintain excellent health from just a few basic ingredients. These are the amino acids, a broad spectrum of plant sourced minerals and soluble fiber, and a broad spectrum of microorganisms present in the gut. Ideally, amino acids are provided from mainly animal protein and fat. Minerals are obtained from fruits, vegetables and animals (that is, if the animal has been nourished with plants and with soluble fiber coming also coming from a vegetative source). The human body does not require carbohydrates at all, a subject addressed more fully in the chapter "Grains, Nuts, Seeds, and Tubers".

Most people today are lacking the majority of the microorganisms vital to intestinal health. This is because these microorganisms are no longer in the

soils, thus they are no longer in the food chain. Minerals are depleted from the soils, and there are now too few microorganisms to synthesize them into the plants. Therefore, neither minerals nor microorganisms are found in the fruits or vegetables. Neither are they found in the animals, as the animals get their minerals and microorganisms from the plants, as well as from contact with the soil. Amino acids that come from conventional meat sources now come from animals that are eating unnatural diets, so the meats enter the food chain with a lot of other concerns and deficiencies as a result of the animals' diet and environment. This is exacerbated by the unnatural and unhealthy handling of animal meats and other animal products in the conventional processing methods.

Even an organic food chain in today's world cannot provide an ideal or acceptable diet because of the many deficiencies now present in the soil. Thus, malnutrition is at an all-time high. This is the basis for the vast majority of the health issues experienced worldwide today. Thus, the simple solution to this global health crisis is as straightforward as eating correctly.

Hippocrates said that "A wise man should consider that health is the greatest of human blessings and learn how by his own thoughts to derive benefit from his illness." He also said "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health," and, "Everyone has a doctor in him or her; we just have to help it in its work. The

natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food.” When Hippocrates lived, from 460 BC to 377 BC, there were not the conditions of industrialization, chemicals, genetic manipulation, vital nutrient depletion, pollution, conventional agricultural practices, etc. that we see today. Nonetheless, he did have the simple wisdom concerning true health and vitality to which we need to return.

Eating correctly today will require supplementation of a broad spectrum of minerals and a broad spectrum of microorganisms, combined with a diet of non-GMO (genetically modified), preferably organic fruits, vegetables and animal products as outlined in the Dietary Parameters of Workability (see Chapter 10). Eat for life, and then give life time to heal and restore. We are created as incredible, miraculous, vital wellness machines that are able to live and function through long suffering of disease, illness and depletion. But we don't have to! As long as there is life in us, there is the ability to regain our heritage of vibrancy, energy, vitality, health and love.

Chapter 2

Grains, Nuts, Seeds and Tubers

An Electrical and Biological Nightmare

This chapter briefly explains concepts and clinical experiences that will help you understand the benefit of refraining from ingesting grains, nuts, seeds and even beans and potatoes or tubers of all kinds.

From an elemental view, grains, nuts, seeds and tubers contain a wide range of nutrients and fiber. The issue with the consumption of grains, nuts, seeds and tubers lies in their biological and electrical incompatibility with the human body. Some insight into the world of botany will help you understand the difference between the elemental facts and natural biological truths.

Most of the nutrients and fiber in grains, nuts, seeds and tubers are indigestible, and when eaten, are processed through the human system as anti-nutrients. Anti-nutrients are chemical combinations of actual nutritional elements. These chemical combinations are presented in forms that block our bodies from obtaining the nutrition the anti-nutrients contain. Instead of recognizing them as food, the body perceives and processes them as what they are, which is toxin.

Plants and animals reproduce. Animals have the advantage of movement to keep away from predators. Plants, on the other hand, do not have the ability to move and escape from being eaten. Instead, nature has provided for their self-preservation through the evolution of several innate survival capabilities. One of these is the production of chemicals referred to as anti-nutrients, which are natural pesticides stored in the seed, their offspring, as a way of survival. These natural pesticides cause severe health degeneration and illness to all those creatures that eat the seeds, the offspring of the plant. A causative factor in the escalating rise of infertility, digestion, and immunity issues in our population today is the ingestion of these natural pesticides.

These anti-nutrient pesticides are also enzyme blockers, which cause the predator to eventually lose the ability to create enzymes for digestion. This loss can ultimately cause the predator's death because it is no longer able to break down and use its food. The enzymes the body stops making are protease, pepsin, amylase, trypsin, lactase, chemotrypsin and lipase. They are also the main enzymes needed by an omnivore or carnivore for survival and proper digestion. Can you see the negative impact on the human, who is an omnivore, with the ingestion of grain, nuts, seeds and tubers?

The function of these enzymes is to break down food in the human GI tract. Without them we are unable to receive the life sustaining amino acids and minerals that comprise the animal fats and proteins. When these

amino acids and minerals are no longer available to us, our bodies will slowly degrade, become ill, and ultimately die of malnutrition.

Today, everywhere, there is evidence of malnutrition and digestion disorders. Some of the named diseases are gastritis, allergies, Attention Deficit Disorder (ADD), dental cavities, constipation, hemorrhoids, Irritable Bowel Syndrome (IBS), ulcers, GERD (Gastroesophageal reflux disease), iron deficiency anemia, ulcerative colitis, Crohn's disease, eczema, leaky gut syndrome, acidosis, acne, colon cancer, osteoporosis, arthritis, and candidiasis to name a few.

High starch content is another problem when consuming grains, nuts, seeds and tubers. In order for humans to use starch, it first has to be converted to glucose or blood sugar. This conversion from starch to glucose requires the chemical insulin, which is created in the pancreas. In a diet high in grains, nuts, seeds and tubers, we see a parallel high insulin level in the body. High insulin levels have many negative health effects on the human body, including diabetes, acne, chronic infections, celiac disease, most autoimmune disorders, anemia, dehydration, human growth factors, seborrhea, impotence and premature ejaculation, prostatitis, high blood pressure and other heart diseases, dementia, nerve damage, obesity, hypoglycemia, graves' disease and other thyroid failures, fatty liver, depression, anxiety, hyperinsulinemia, malnutrition, gall bladder diseases, hormone level disruption, insomnia, migraine headaches, blurred vision, chronic fatigue syndrome,

kidney diseases, dizziness, sugar cravings, muscles weakness, fainting and even coma.

Additionally, grains, nuts, seeds and tubers contain insoluble fiber. The definition of insoluble is, "an element that cannot be dissolved, not soluble." The human body is only able to use elements that are soluble. In an attempt to ferment or digest insoluble fiber, huge amounts of acids are produced in the stomach to break down the fiber into a usable element. The process of fermenting or digesting this insoluble fiber is very time consuming and cannot be completed before the fiber is moved out of the stomach. The fermentation or digestion process then must carry over into the intestines, creating additional health problems. Problems that can result from undigested insoluble fiber are dysbacteriosis, ulcers, ulcerative colitis, IBS, leaky gut syndrome, GERD, atherosclerosis, hemorrhoidal disease and anal fissures, cancer, H. Pylori overgrowth, appendicitis, malnutrition, bloating and gas, constipation and/or diarrhea, enteritis, hernia, duodenal epithelium, dental cavities, esophagitis, Barrett's disease, halitosis, and gingivitis.

The overwhelming amount of sugar, insoluble fiber and starch working its way through the GI tract is food for opportunistic bacteria, fungi and yeasts. These bacteria, fungi and yeasts naturally occur in our GI tract and are a very integral part of our immune and digestion systems. However, when allowed to overeat and proliferate on sugars, insoluble fiber and starches

these bacteria, fungi and yeasts will become pathogenic and cause a very unhealthy internal environment. In this feast of optimal food for them, E.Coli, Salmonella, Candida, Listeria, Streptococci, Klebsiella, Clostridium and Aspergillus will eventually cause the GI tract, and thus the whole human, to suffer greatly.

There is no such thing as a necessary carbohydrate. This may be a challenging statement to accept, yet I repeat: there is no such thing as a necessary carbohydrate. Drs. Eades write in their book, Protein Power, "The actual amount of carbohydrates required by humans for health is zero." The doctors eloquently dismiss the carbohydrate myth along with several other dietary myths in satisfactory detail in their book. The valid point to their discussion is that every cell in the human body has the ability to create its own sugar or energy as it requires. Thus the ingestion of carbohydrates especially in the quantities they are generally consumed today serves only to damage the internal environment of the human body.

While they can be substantial sources of carbohydrate, fruits and vegetables, are better understood as dietary components in another discussion devoted to the class of food they occupy.

Finally, there is the lectin connection. In her book, The Vegetarian Myth, Lierre Kieth explains very well the point of lectins, another anti-nutritive factor in seeds that interferes with protein digestion. In a diet high in grains, nuts, seeds and tubers, the lectin intake is also

very high. Lectins do not break down in the stomach; they actually attach themselves to the intestinal walls, causing inflammation and irritation. This happens as the presence of high amounts of lectins on the intestinal membrane damages and shortens the villi, upsetting the balance of intestinal microorganisms and accelerating cell death. The overwhelming number of lectins in the GI tract then have the ability to transfer through the damaged mucosa lining and infect the rest of the body via the blood and lymphatic systems. Once lectins are in the blood and lymph the devastation is massive, leading to autoimmune disorders like rheumatoid arthritis, multiple sclerosis, thyroid inflammation, Crohn's disease, food and chemical allergies and sensitivities, psoriasis, type 1 diabetes, mellitus, lupus, skin rashes, celiac disease and asthma.

Hopefully you now see the importance for humans NOT to consume grains, nuts, seeds and tubers in the majority, if at all, in our diets. The overall devastation to the human body is unmistakable and undeniable. The concept, of not eating grains, nuts, seeds and tubers may be challenging to your belief structure, but the effects on the human body are real and clear, as we have seen working with thousands of clients in our clinic.

This concept of eating little or no grains, seeds, nuts and tubers becomes even clearer when we look at ancient Egyptian history. There is a misconception derived from viewing the hieroglyphs of beautiful figures represented as god-like entities, that this is the way the Egyptians actually appeared, or at least the

population of the hierarchy. The common Egyptians were predominately farmers, and all Egyptians consumed mostly grain, nuts, seeds and tubers. Their staple foods consisted of coarse ground whole grain flat breads along with vegetables and some fruit. The Egyptians consumed fish and poultry in very small quantities and they ate virtually no red meat. They did use goat and sheep milk to make cheeses, however milk was a beverage reserved for the people of higher social rank, as owning these animals was a privilege of wealth and status.

Reviewing the archeological and paleontological records of the Egyptian mummies reveals that they had health issues similar to what we have today. They suffered dental cavities and gum disease. Their teeth were weak and deformed from the lack of adequate protein intake and showed severe deterioration and wear. Their teeth were ground flat and worn off from chewing huge amounts of insoluble fiber, which takes a large amount of chewing to break down so the stomach can do its job. This also indicates high acid levels in the body, which eat away at the enamel making the teeth weak.

Another sign of inadequate protein intake noted was in bone density and size. Bones relatively easy to study, hold a lot of information as to the overall size and health of a population. The Egyptians' overall size diminished over a 3,000-year period of time, their bones becoming smaller and weaker.

Records from the paleopathologists suggest other common diseases between the Egyptians and folks today such as obesity, high blood pressure and other heart problems, stroke and diabetes.

An anthropologist from the Smithsonian Institution, Dr. Kathleen Gordon, writes in one of her papers, "Not only was the agricultural 'revolution' not really so revolutionary at its inception, it has also come to represent something of a nutritional 'devolution' for much of mankind."

Lierre Keith, in her book, The Vegetarian Myth, quotes Dr. Loren Cordain's, in his article "Cereal, Grains: Humanity's Double Edge Sword":

Cereal grains as a staple food are a relatively recent addition to the human diet and represent a dramatic departure from those foods to which we are genetically adapted. Discordance between humanity's genetically determined dietary needs and his [sic] present day diet is responsible for many of the degenerative diseases which plague industrial man . . . [T]here is a significant body of evidence which suggests that cereal grains are less than optimal foods for humans and that the human genetic makeup and physiology may not be fully adapted to high levels of cereal grain consumption.

Chapter 3

Lactose Intolerance

A disease of the 20th Century, lactose intolerance, is a product of high tech pharmaceutical think tanks, whose sole function is to create medical names for symptoms manifesting from the successive degeneration of our health, which is due to the underlying causes addressed throughout this book. Once named, a disease can then receive a proper medical protocol of symptom diagnosis and treatment.

The symptoms of lactose intolerance present similarly to those of flu, IBS, and other “allergies.” These symptoms can be nausea, abdominal cramps, diarrhea, bloating, gas and flatulence. However, in the cases of lactose intolerance they occur in conjunction with dairy consumption.

In a healthy human gut, the enzyme lactase is produced in the lining of the small intestine through a symbiotic relationship between the broad spectrum of microorganisms, minerals, and available amino acids. Lactase then converts lactose, or milk sugar, into usable nourishment and energy for the body. When the ability to manufacture lactase is deficient the lactose is improperly fermented causing symptoms of illness.

The ability to manufacture lactase is lost in a diet high in grains, nuts, seeds and tubers (see chapter 2: "Grains, Nuts, Seeds and Tubers). The natural pesticides in the grains, nuts, seeds and tubers or anti-nutrients cause a reaction whereby the body loses the memory of how to create needed enzymes, in this case, lactase.

As the body is then unable to healthfully process dairy products, so too does it then lose the benefit gained from consuming them. Sufficient intake of calcium, phosphorus, riboflavin and vitamins (A, D, K and E) from bio-available sources becomes a serious concern. Weston Price DDS, Denie Hiestand (author of Electrical Nutrition) Saul Liss PhD, Drs. Eades (authors of Protein Power) are among those who clearly state that these nutrients, especially vitamins A, D, K and E are only bio-available to humans through consumption of food from animal origins. Dairy sources, whether cow, goat, sheep, or any other mammal, (even human raw milk products), are the best and easiest sources of these necessary nutrients.

The Mayo Clinic publication, "Lactose Intolerance," identifies three types of lactose intolerance:

***Primary lactose intolerance** – Normally, your body produces large amounts of lactase at birth and during early childhood, when milk is the primary source of nutrition. Usually, lactase production decreases as the diet becomes more varied and less reliant on milk. This gradual decline may cause symptoms of lactose intolerance.

***Secondary lactose intolerance** – This form of lactose intolerance occurs when the small intestine decreases lactase production after an illness, surgery or injury to the small intestine. It can occur as a result of intestinal diseases, such as celiac disease, gastroenteritis or an inflammatory bowel disease like Crohn’s disease. This type of lactose intolerance may last only a few weeks and be completely reversible. However, if it’s caused by a long-term illness, it may be permanent.

***Congenital lactose intolerance** – It is possible for babies to be born with lactose intolerance. This rare disorder is passed from generation to generation in a pattern of inheritance called autosomal recessive. This means that both the mother and the father must pass on the defective form of the gene for a child to be affected. Infants with congenital lactose intolerance are intolerant of the lactose in their mother’s breast milk, and have diarrhea from birth. These babies require lactose-free infant formulas.

Additionally, the Mayo Clinic’s prognosis is, “You can control symptoms of lactose intolerance through a carefully chosen diet that limits lactose without cutting out calcium, and possibly by taking supplements.”

Symptom relief is not cure. An imbalance severe enough to cause lactose intolerance will sooner or later develop other symptoms of a nature related to the root cause of the imbalance as conditions progress.

Reversing lactose intolerance naturally is relatively simple, requiring only the willingness to make necessary changes and implement proper supplementation. Since consumption of grains, nuts, seeds and tubers interferes with enzyme production, they need to be eliminated from the diet and enzymes need to be supplemented until the body eventually regains the ability to “remember” its own synthesization process. Also, supplementation of a broad spectrum of microorganism, minerals and additional amino acids must be present for synthesis of lactase.

The enzymes I recommend are specially formulated to work in the most effective way with the human body. These enzymes have been formulated with the bio and electrical availability in mind.

Chapter 4

The Candida Story

Candida, a single celled amoeba type fungus, causes one of the most misunderstood and probably the most proliferate and widespread multi symptomatic problems affecting vibrant health in the human body today.

First brought to light in 1915, when Candida was found to exist in the human body. Specifically, it was identified as one of the naturally occurring colonies of microorganisms found in its natural, healthy parameters in the human gut. Candida remained then a non-invasive resident, simply noted as existing, with samples stored in formaldehyde, until long after the 1940's which is when its actual metamorphosis took place.

In 1953 the Japanese Medical Authorities notified our American Medical Authorities that they were documenting an explosion of seemingly unconnected multi symptom diseases and maladies in the populations surrounding Nagasaki and Hiroshima. The only common denominator among these conditions was notably elevated levels of Candida.

American authorities called this a coincidence, and dismissed any connection between the population's growing epidemic and Candida.

In the late 1950's, the Japanese returned with an undeniable documentation of over 5000 case histories, which were presented to the Mayo Clinic in upstate New York.

The electron microscope had by this time been invented, and American scientists were unraveling the secrets of genetic codes. Being undeniably forced to revisit the Candida issue, the stored 1915 Candida samples were genetically compared to the then current samples. Evidence was clearly established that the current, post atom bomb samples of the simple one celled fungus had been mutated by low-level radiation.

Atmospheric nuclear testing came to a halt with the knowledge that low-level radiation has the ability to mutate and change forever the very basis of our biologic terrain – our very ability to be alive.

The next link in this chain of events, which caused the largest biological disaster since World War II, was the discovery, and, in short order, widespread use of antibiotics. It did not take long for the medical world to realize that the use of their miracle drugs, antibiotics, wreaked devastation upon intestinal microorganisms that are the basis of human health and immunity. However, by the time they did realize this sad fact, it was impossible to publicly announce the existence of complications with their fair-haired money making

antibiotics. Pharmaceutical business could not admit that its biggest profit maker to date was creating more disease than it cured.

As the use of antibiotics became widespread, industrialization was also growing and expanding its use of post war surplus chemicals in agricultural applications. So at the same time the human biological terrain of balanced microorganism protection was killed off with antibiotics, the widespread destruction of microorganisms in the soils and crops affecting animals as well as humans, was taking place.

The loss of our broad spectrum of microorganisms, (many of which are transient and must be continually supplied by nature through direct contact soil, dust, air, etc. as well as through the food chain), left the mutated *Candida* in the intestinal tract unchecked, and able to outgrow its natural healthy parameters in the gut. *Candida* has taken advantage of its opportunity to increase in population, becoming a systemic problem invading first the body fluids and connective tissues, and then mutating even further in this new environment. The new mutation is able to form colonies throughout the body, living in and on organs, mucous membranes, skin, and any damp, moist area such as the genitals. It invades the lymph, lungs and upper respiratory systems, and lives on and around cancers and tumors.

All told, we now have some 2500 symptoms that can manifest with the presence of *Candida*, all of which are all present in our society today. Although too many to

list in entirety, it suffices to say that things like athlete's foot, excessive phlegm, pancreatic stress, heightened thyroid problems, elevated acid levels and the compulsive urge to eat grains and sugars (which leads to obesity and another accompanying list of complications), are precursors to generational disorders, syndromes and maladies such as Attention Deficit Disorder, chronic fatigue syndrome, fibromyalgia, diabetes, cancer and arthritis.

By the 1960's there was significant recognition in the natural health industry of the seriousness of the Candida issue as an intestinal microbiology problem. In a desperate attempt to offer what relief they could for people suffering Candida symptoms, the natural therapists routinely recommended Acidophilus. Acidophilus was the only bacteria recognized as part of the human intestinal terrain that was commercially available. Acidophilus and its close relatives, L. Planetarium and L. Salivarius, do help rebuild a healthy intestinal flora. However, they are but a tiny fraction of a healthy spectrum, and can do nothing for Candida existing outside the intestinal tract.

In 1982, an agricultural scientist named Boyd O'Donnell was on sabbatical in Iceland. He noticed that the native crops of corn were 12 feet tall and had at least three corncobs on each stalk. On another field, there were tomatoes so large he could not get his two hands around them. Upon inquiring with the local Inuit Indians as to what their special seeds were, he found that they used the same common farming seeds as the North American farmers, and it was explained to him

that the winter had been mild and the summer had arrived early. This caused the ice to melt back and expose more of the tundra than usual. This freshly exposed soil, which had not been exposed since before the last ice age, was possibly the only virgin soil left on earth and in it they had grown these amazing crops without the aid of any chemicals or fertilizers.

O'Donnell took a soil sample back to California. The only thing he found different in his analysis of the soil was an as yet yet unidentified soil borne bacterium, which also populated the plant samples he brought back with him. He spent the next 15 years learning about this bacterium (nearly going broke twice, trying to fund his research) and attempting to figure out production methods for his newly discovered *Bacillus Laterosporus* (BOD strain)TM.

Used in the 1980's as an agricultural spray, the BOD strain made the crops healthy and vigorous...the farmers loved it! But delivery was a problem: once the crops were processed and packaged, the bacterium was short lived or dead on arrival. Although it has proven to be one of the most difficult, finicky bacterium ever known, Boyd persisted and identified its uniqueness, finally finding a way to cultivate and freeze-dry this bacteria safely so as not to lose its advantageous qualities.

His persistence paid off, and he was granted a worldwide license and patent on this natural bacteria, one of only four natural bacteria to be honored in this way.

One of the chance discoveries made by Boyd's team of researchers was that Candida had no resistance against his newly discovered strain of bacteria. Human trials were carried out, and in each case systemic Candida loadings of the connective tissues and body fluids dropped dramatically when the patient took the BOD strain of bifidus.

As a result of the initial trials, two major New York labs were commissioned to do extensive double-blinded trials. Results were that the BOD strain was found to be the only known natural bacteria to lower Candida levels in the human body.

Despite these findings, the BOD strain remains virtually unknown or recognized in the alternate health care industry, and is completely ignored by modern allopathic medicine. Today, drugs like Diflucan, Fluconazole, Nystatin and other synthetic compound anti-fungals are the medical industry's best offering for Candida relief, even though long term effects of these compounds stress the liver and the intestinal imbalance becomes far more extreme. So although they are mildly effective on Candida and other fungal overgrowths initially, they also set up the conditions for a renewed overgrowth once the prescription is completed.

The natural industry is offering similar symptom relief with grape seed extract, pycnogenol, colloidal silver, tea tree oil, caprylic acid, olive leaf extract, coconut oil, garlic, pau de'arco bark, oil of oregano and Oregon grape. These remedies, though not harmful to the

body, can only moderately relieve symptoms, doing nothing for the actual systemic problem of a Candida overgrowth.

Chapter 5

Candidiasis is the medical term used to describe a yeast overgrowth. Other terms for this condition are *Candida Albicans*, *Candida*, or sometimes it is just termed yeast overgrowth, or even just yeast. This is by no means a new medical problem. In fact, it has actually been around for centuries. However, it has become a chronic, modern-day medical dilemma that seems to be increasing rapidly.

Yeast is an integral part of life, as it is present in food, it is found on a majority of exposed surfaces, and is in the very air that we breathe. Yeast, along with fungi and molds are nature's recycling agents. Wherever there is organic matter that is dead, dying or weakened these recycling agents manifest and grow to complete the cycle of life by breaking down, decaying and ingesting the weakened material.

There are approximately 250 types of yeast, many of which are parasitic in the human body. The major yeast strain present in the human body is, however, *Candida Albicans*. Normally, a healthy digestive tract and immune system control *Candida* and other yeast levels. Only when the yeast is left unchecked and becomes dominant in any of the various parts of the body does it begin to present a health problem. Then it can become a strong, invasive parasite that can attach itself to the intestinal wall, becoming a permanent resident of the internal organs. Once it

becomes systemic or chronic, its contribution to poor health and disease can be overwhelming. It commonly produces localized symptoms by invading the mouth, ears, digestive tract, skin, finger and toenails, and the yeast toxins can damage or cripple the immune system, leaving the body predisposed to secondary bacterial and viral invasions, as well.

When left unchecked, Candida is truly a harmful yeast infestation that begins in the digestive system and can slowly spread to other areas of the body. It is a hardy, aggressive fungus that mutates rapidly, and it can assume long periods of dormancy, becoming cannibalistic when necessary. A body weakened by a yeast overload cannot remove antigens, and where the immune system is impaired, high levels of yeast toxins can interfere with normal tolerances, which tend to result in sensitivities to specific substances. This creates allergic reactions of varying intensities within the body's own systems. These can include reactions to certain foods, pollen, odors (VOC), chemicals and various cosmetic products. Scientists have isolated at least 79 known toxins from yeast, and it is believed that there could be more than 100. After years of overgrowth, the buildup of acetaldehyde toxins can overwhelm the body tissues, and these acid residues are transformed into ethanol by the liver. Acetaldehyde is created as the Candida feeds on the carbohydrates and insoluble fiber in the digestive system. Cell energy is then greatly diminished as magnesium and potassium -- two minerals absolutely essential for tissue strength and integrity -- are depleted by the

conversion of the acetaldehyde to alcohol. Not only is energy reduced, but calcium absorption becomes distorted (due to the imbalance of nutrients caused by the acetaldehyde-alcohol conversion), which can lead to bone spurs, tendon and muscle problems, osteoporosis, and immune deficiencies. The less oxygen there is in the body, the more alcohol is produced by this conversion, which can result in symptoms that mimic intoxication and cause disorientation, dizziness, and/or mental confusion, and cause symptoms of panic, anxiety, depression and irritability, as well as headaches. Acetaldehyde can cause excessive fatigue, discourage ambition, and reduce strength, stamina, and clarity of thought. It destroys enzymes needed for cell energy and causes the release of free radicals.

When Candida enters the bloodstream it can quickly invade the tissues, causing joint pain, chest pains, sinus inflammation, glandular stress, ear infections, menstrual problems, and a host of other complications so common today. The most damaging, however, is the compromise of the immune system. Candida stresses and weakens the immune system, 24/7. As the Candida yeasts and their numerous toxins are being neutralized by the body's immune defenses, the white blood cell count rises and the system is stressed so as to severely exacerbate any pre-existing infectious or immunological conditions. If this type of body pollution is continually generated, eventually the immune system becomes ineffective, setting the stage for severe health problems such as lupus, leukemia,

chronic fatigue and other infections throughout the body.

The majority of people who have a Candida overgrowth rarely realize they have it until they become seriously ill. The symptoms are usually numerous, and seemingly unrelated, so the true culprit often escapes both health practitioner and patient. Many of the symptoms are not directly caused by Candida, but will run either parallel to it, or in connection with it. Since Candida weakens the process of absorption, and damages the immune system, the nervous system can be impaired and the production of hormones interfered with. Organ dysfunction and continually compromised health often result, and although an estimated 85% of Canadians and Americans are affected, there is, in our opinion, little suspicion that a Candida overgrowth is at the root of their failing health.

Chapter 6

Although exact combinations and severity of case depend on the individual, a Candida overgrowth can present a wide variety of symptoms. Because of the vast diversity of the following symptoms, they may appear to be unrelated, but in fact all can be caused, either directly or indirectly, by the overgrowth of Candida.

Allergies and Environmental Sensitivities

Many environmentally sensitive individuals blame environmental pollutants and contaminants such as pollen, mold, dust, grass, and various foods, etc., for their problems, but these environmental pollutants or elements, do not cause allergies; they are only the triggering mechanisms. Candida weakens the digestive system, which affects the total breakdown of amino acids. If any amino acids or even any protein compounds, are not completely digested and broken down, they can be absorbed into the blood and irritate tissues, because the body then sees these proteins as foreign or toxic invaders, and a powerful immune response is initiated. A chain reaction of chemical events occurs, causing an allergic reaction that is triggered by certain foods or airborne antigens. The combination of poor protein digestion and the presence of Candida toxins causes the immune system to

become confused, resulting in the chemical or food sensitivities we call "allergies." If there were no Candida toxins present in the body, or the body had an optimal ability to create enzymes, protein digestion would be efficient and allergies that are bio-chemically created would be non-existent. Nature does not intend that we have allergies and suffer from illness; the Candida yeast overgrowth, which causes these biochemical reactions, is both tangible and correctable.

Another common complaint is environmental hypersensitivity to things such as smoke, auto exhaust, natural gas, and fumes within the home from the carpet, fabrics and walls. These can cause extreme adverse reactions within the body. This happens particularly when Candida filaments infiltrate the lungs and the sinus membranes, causing serious tissue congestion and inflammation. Candida can be anywhere in the systems of the body, including the brain. Candida weakens the entire body, thereby lowering resistance to all kinds of other diseases and health problems.

Not all individuals suffering some combination of the above symptoms will have a Candida problem, but the likelihood of it is very high. Penetration of Candida filaments from within the intestinal cavity through the intestinal wall destroys the integrity of the membrane system. These little tube-like structures of concentrated fungus literally eat through the intestinal wall, exposing the bloodstream to severe Candida toxins, which are then carried to other parts of the body, where they invade the tissues and organs. The

compromised intestinal walls (leaky gut syndrome) can now allow poisonous toxins left by the activities of other microorganisms to also enter the bloodstream, causing a variety of symptoms and aggravating many pre-existing conditions.

Childhood Developmental Concerns

Children are very susceptible to Candida and the associated symptoms. Yeasts and other microorganisms, including friendly bacteria, can be transferred during delivery through the birth canal. If the mother has a yeast overgrowth or if she is lacking in the friendly bacteria that fight the yeast, then the baby will also have similar problems. A surprising amount of childhood infections and conditions like colds, diaper rash, thrush, ear infections, tonsillitis, colic, constipation and diarrhea are caused by Candida and a lack of friendly bacteria. As children become older, conditions like hyperactivity, aggressiveness, irrational behavior, poor self-esteem, learning dysfunctions and short attention spans can all be contributed to by the Candida conditions within their bodies. Body growth depends on good digestion, and immune responses depend on healthy GI tract function. If Candida gets to the point where it occupies both the small and large intestine it creates gastrointestinal malfunctions.

Fatigue

There are only two elements that can cause fatigue: the increased presence of contaminants and the decreased presence of quality nutrients. If there were no toxic pollution factors within the blood and tissues, and all necessary energy components such as blood sugar, B vitamins, sodium, potassium, magnesium, oxygen, hormones and enzymes were readily available to each and every cell, you would simply have very little fatigue. Fatigue is one of the most common symptoms or complaints of Candidiasis, and can be especially noticed after a night's rest, after eating, and in the middle of the afternoon. An acid body is a tired body. The acetaldehyde and other yeast toxins reduce the absorption of protein and minerals, which, in turn, weakens the ability of the body to produce enzymes and hormones, and in this way, depletes energy.

Because of poor digestion, food is used to feed the Candida, instead of the cells. Consequently, continual hunger and low blood sugar manifest, as the yeast overgrowth deposits its wastes and depletes nutrition. The result is fatigue, poor endurance, and weakness. *In the majority of cases, Candida can be the primary cause of Chronic Fatigue and Immune Deficiency Syndrome.* In short, a Candida yeast infection begins in the digestive system and then spreads to other parts of the body. It robs the tissues of nutrients and causes destructive toxins to enter the blood and poison the tissues.

Hormonal Imbalances

Women are particularly prone to suffer hormonal imbalances such as an abundance of estrogen and a shortage of progesterone, which gives Candida a superior foothold within the body. Natural conditions such as puberty, pregnancy, (especially multiple pregnancies), and menstruation provoke hormonal swings. These are exacerbated with the use of oral contraceptives or any hormone based medication or therapy.

Candida feeds on progesterone and produces a by-product of prednisone. Prednisone can cause acne, hair problems, softening of the breasts, migraines, and depression. Further effects link to fibromyalgia, water retention, heart related stress, lymphoma, mental confusion, PMS and early or difficult menopause.

Hormone based pesticides are in prevalent use, and contact with them will disrupt hormonal balance (not to mention the damage they do to intestinal flora).

The adrenals and the thyroid produce 90% of the body's hormones. Thus, when the adrenals and thyroid are affected by Candida overgrowth, hormone production is affected as well. This will then affect sugar and fat metabolism, heart rate and stress reaction. Additionally, Candida affects these glands' ability to control sodium and potassium levels, which control fluid levels and the body's ability to exchange nutrients and wastes.

Hypoglycemia and Diabetes

Two major problems in our society today are low blood sugar (hypoglycemia) and high blood sugar (diabetes). Both of these conditions can be caused by Candida yeast if it gets close to or around the digestive organs. The pancreas not only produces enzymes for digestion, but also the hormone, insulin, which allows blood sugar to enter the cells for utilization and energy. The symptoms of too little or too much sugar are devastating to many people, and in some cases Candida can interfere with or destroy the function of the pancreas, as well as the adrenal glands, kidneys, and the liver.

Neurological and Emotional Symptoms

When excessive yeast toxins within the digestive system migrate to the bloodstream, they can cause ailments such as irritability and mood swings, headaches, migraines, a fogged-in feeling, an inability to concentrate, poor memory, confusion, dizziness, and even MS-like symptoms such as slurred speech and muscular coordination problems. The acetaldehyde toxin that is produced constantly by the yeast is absorbed into the body and is converted to alcohol by the liver. Some people who have the symptoms of being drunk are actually showing the effects of Candida and the alcohol by-product that is being circulated

within their bodies. Candida and its poisonous toxins interfere with the production of co-enzyme A. This is a very important part of all chemical processes within the cells and tissues of the body. When co-enzyme A decreases, poor health begins, and conditions without apparent cause, like depression, anxiety and PMS symptoms, often worsen.

Paranoia, mental incompetence and a variety of other behavioral disturbances (emotional and psychological) can also be the result of the presence of Candida. Another symptom that can occur is a hypochondriac-type reaction caused by neurotic and emotional instability.

Poor Absorption and Elimination

A diet high in sugars and carbohydrates is actively feeding Candida, which over time can transform the large intestine into a lifeless pipe containing layers of encrusted fecal material and debris. This further promotes Candida and other parasites. The absorption surfaces of the entire GI tract can become impaired, which contributes to malnutrition. Most people are suffering nutritional deficiencies and chemical imbalances so that taking vitamins, minerals, protein supplements, food supplements, etc., make them feel better. However, these are just serving as symptom relief masking a severe condition. A great percentage of the population is digesting and absorbing less than 50% of what they eat. Without proper nourishment,

body tissues cannot and will not heal or generate; the aging process is accelerated, and the body's productivity is compromised. Gastrointestinal disturbances of all sorts result from poor eating combined with Candida overgrowth, causing indigestion, heartburn, gas, bloating, cramps, intestinal pain, nausea, gastritis, constipation, diarrhea, colitis, ulcers and coated tongue.

Lack of proper nutrition or nourishment appears in the body as brown, green, blue or black circles around the eyes, sunken eyes, baggy eyes, cracked lips, deformed teeth, waxy appearance on the face, Rosacea, facial spider veins, bruising and fragile skin, anger, irritability, depression, acidity feeling, fatigue, anxiety, bed wetting, bad breath and more.

The intestine, if healthy contains 2 to 3 pounds of over 700 different strains of friendly intestinal flora. They create an acid environment that stimulates peristaltic action and act as a natural antiseptic. They keep the walls smooth and clean preventing pockets, polyps, impaction, colitis, bloating, diverticulitis and constipation. The microorganisms synthesize our vitamins without which we risk fatigue and emotional instability and blood clotting.

Reproduction, Respiratory and Skin Conditions

Vaginal infections and menstrual difficulties, impotence and infertility, prostatitis, rectal itch, urinary tract infections, urination urgency and burning can all be the result of a Candida overgrowth. Acetaldehyde toxins and the suppression of the immune system can even contribute to the growth of cysts and tumors. The respiratory system is also greatly affected. Problems stemming from low immune resistance such as flu, colds, hay fever, congestion, post nasal drip, asthma and bronchitis, frequent clearing of the throat, habitual coughing that will not respond to anything, sore throats, and even earaches are often associated with Candida. The skin responds negatively to Candida with such conditions as athlete's foot, jock itch, skin rash, hives, dry browning patches, cirrhosis, ringworm, rough skin on the sides of the arms, and acne.

Chapter 7

Do You Have A Candida Overgrowth?

Because of the overwhelming evidence that even a one-time stint on antibiotics, or one X-ray or CAT scan, can kill off the gut flora that keeps Candida in check, it is pretty much assumed that anyone who has seen a doctor for an ailment, has, at one time or another, been prescribed antibiotics or X-rays, and therefore does have a Candida overgrowth. It is the cause of numerous health problems and discomforts for an estimated 45 million-plus people, and it is estimated that nearly half of the world's population has, or will have, a moderate to serious Candida condition at some point in their lives. The reader can also take the test supplied in this booklet, which will indicate whether or not there is likely an overload of Candida.

Being one of the missing links in our medical diagnostic system, Candida can rob the body of its nourishment, poison the tissues with its toxins and contribute directly or indirectly to the following list of possibly serious conditions:

| | |
|-------------------------------|--------------------------|
| Acne | Heart Irregularities |
| Adrenal/Thyroid Exhaustion | Hemorrhoids |
| Allergies (Airborne/Food) | High/Low Blood Sugar |
| Anti-social Behavior | Hormonal Imbalance |
| Asthma/Bronchitis | Hyperactivity/ADHD |
| Bad Breath/Body Odor | Indigestion |
| Bladder/Urinary Infections | Inflammatory Conditions |
| Bone Loss | Insomnia |
| Bruise Easily | Intestinal Pain |
| Burning Eyes | Irritable Bowel Syndrome |
| Chemical Sensitivity | Iron Deficiency |
| Cold/Shaky Sensations | Joint Pain/Arthritis |
| Colds & Flu | Lethargic/Laziness |
| Colitis | Low Blood Sugar |

| | |
|-------------------------------|------------------------------|
| Constipation | Lupus-Type Symptoms |
| Depression | Malabsorption |
| Diarrhea | Menstrual Problems |
| Dizziness | Mood Swings |
| Dry Mouth/Eyes | Muscle Aches/Degeneration |
| Dry Skin & Itching | No Sex Drive |
| Endometriosis | Numbness |
| Epstein Barr Virus | Over & Under Weight |
| Extreme Mineral Deficiency | Over-all Bad Feeling |
| Eyesight Problems | PMS Symptoms |
| Fatigue (Chronic) | Poor Memory |
| Finger/Toenail Fungus | Premature Aging |
| Food Cravings | Prostate Problems |
| Frequent Infections | Puffy Eyes |
| Gas/Bloating | Respiratory Problems |

Hair Loss

Skin Rash & Hives

Hay Fever/Sinus

Thrush/Gum Receding

Inflammation

Headaches/Migraines

Tingling Sensations

Heartburn

Ulcers

Vaginal Yeast infection

Chapter 8

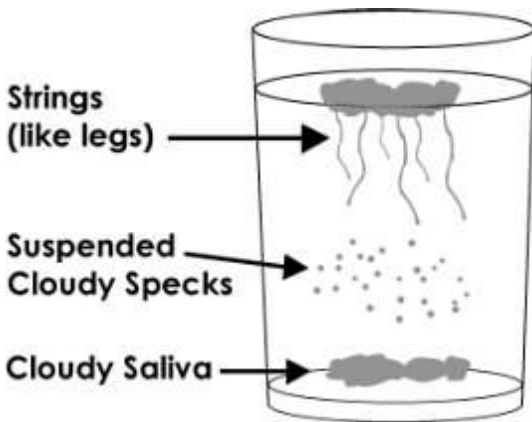
How Can I Tell If I Have a Candida Overgrowth?

Candida can be very deceiving and elusive. The best and truest indicators are found in the symptoms. Use the symptom chart and do the math! One can have a blood analysis, but it is accepted, that even the labs disclaim, at least 15% of the positive tests will come back as false negatives. Another method that one can use in conjunction with the symptoms chart is the "saliva test." It's easy, and it's free! Any of the reactions or symptoms listed below indicate a positive result. If one does not see the symptoms below, however, it's a "maybe/maybe not." This is when we look back at the symptoms and consider the probabilities. And remember, if one has had antibiotics or X-rays, he or she is most assuredly a prime candidate, and if there has been no previous treatment for Candida, one can assume a yeast overgrowth is present.

This simple saliva test can help determine if you're actually battling Candida. First thing in the morning, rinse out your mouth. Then place some natural, non-

chemically treated water in a clear glass at room temperature. Work up some saliva, and spit into the glass of water. Closely observe the water for 1/2 to 1 hour, paying special attention to the first few minutes. If you have a Candida yeast infection, you will see one of three, or even all three, of the following:

1. Strings (legs) traveling down into the water from the saliva floating on top.
2. Nasty looking saliva at the bottom of the glass.
3. Cloudy specks suspended in the water.



The more you see any or all of these, and the sooner it appears, the worse the overgrowth. If you spit and almost immediately you see stuff falling from the saliva, you know it's advanced. If after 20 minutes you see just a little bit falling from the saliva, you've probably got an overgrowth, but not as advanced. If

the saliva just floats on top and the water stays perfectly clear, you probably don't have a Candida overgrowth. Candida concentrates in saliva overnight so it will be more accurate when taking this test first thing in the morning. If you have a fairly extensive overgrowth you will still see evidence of it if taking the test during the day.

Confirm this test by checking to see if you have any of the several Candida overgrowth symptoms.

If you have gotten rid of your symptoms and the test shows clear, you're most likely rid of the Candida overgrowth. (It is very invasive and extremely difficult to get rid of, so if you've had it a long time, or it's quite advanced, it may take quite some time to get it under control, and then some time longer to get rid of it completely.)

Do you...

1. Bloat when you eat?
2. Form gas when you eat?
3. Have acid reflux?
4. Have brain fog?
5. Have sinus or ear infections?

6. Suffer from fatigue for no apparent reason?
7. Have a dry mouth?
8. Have vision that gets blurry, then clear, then blurry again?
9. Have hypoglycemia? (Shaky if meal is missed, sleepy after a meal, sweat during sleep)
10. Have constipation, diarrhea, or both?
11. Have borderline anemia?
12. Have rashes?
13. Have toenail or fingernail fungus?
14. Have vaginal yeast infections or jock itch?

A 'yes' to three or more of these questions indicates fungal overgrowth. Also take a look at these other typical *Candida* symptoms to see if you have any of them: Short-term memory loss, persistent drowsiness, headaches, mood swings, dizziness, loss of balance, lack of coordination, ear sensitivity/ringing/itching or fluid in the ears, mucus in stools, postnasal drip, frequent colds, (recurring strep throat, sinusitis or bronchitis), heartburn, nervous irritability, tightness of the chest, white stuff in the throat or coated tongue, bad breath, thyroid problems, depression, sugar disorders. Some of the above are usually worse on damp days. Some disorders that usually are *accompanied by Candida overgrowth* are: irritable

bowel syndrome, autism, fibromyalgia, cancer, diabetes, hypoglycemia, chronic fatigue, Epstein Barr Virus, pneumonia, lupus, acid reflux & hiatal hernia.

Chapter 9

Simple Program

The following suggested dietary and nutritional steps have been very effective in removing Candida overgrowth, viruses, and infectious bacteria. Consequently, when followed, this program will promote and encourage renewed energy, health, and wellness.

The recommended amounts of the following products may vary, depending on the severity of the Candida Yeast overgrowth, the overall condition of the digestive tract, and the extent of the systemic overload of Candida acids, heavy metals and toxins.

- 1.** Stress reduction!!! Stress reduction!!! Stress reduction!!! Because the delicate balance of the digestive tract is so vulnerable to stress, monitoring emotions and reducing stress from external sources are of paramount importance. Meditation, listening to music, taking walks, limiting the chaos of the outside world... all are very good at reducing stress. In addition eat red meat, the only natural source of Tryptophan and Tyrosine, amino acids that are absolutely necessary for stress reduction. Neurotransmitters are released in response to stress, which is our "fight or flight" defense mechanism. Since we no longer fight or flee

from the primitive dangers of survival we now deal with depletion that can only be restored with a sufficient consumption of red meats. Artificial supplementation is not the best or most effective bio-electrical source, although it is probably necessary to supplement, for a time, along with a good source of red meat in order to overcome the depletion.

2. A biologically and electrically compatible diet is the foundation of our health! "The Dietary Parameters of Workability" in this writing provides the necessary guidelines to follow for optimal health. Additionally, an example of this type of diet is laid out in the book "Electrical Nutrition" by Denie and Shelley Hiestand. Today's diet is so devoid of nutrients for true nourishment that it is highly recommended to supplement with Earth Borne™ 70+ Colloidal Plant Minerals, which contain over 75 Macro-Minerals, Essential-Trace-Minerals and Ultra-Trace-Minerals. This supplementation promotes sustained energy and supplies the tools to build the healthy digestive system that the other suggested supplements are designed to maintain. For severe Candida yeast overgrowth there is a more rigid diet proposed in the book, "*The Yeast Connection*" By William G. Crook, M.D.
3. Restore the body's "memory" to create enzymes. Poor diet over time results in a

cellular “memory loss,” whereby the body no longer knows how to create the enzymes needed for health. The only way we have found to accomplish restoring the “memory” is through the dietary suggestions in this book and supplementation of enzymes. In seeking the best enzymes for our clients we have formulated one comparatively close to the enzymes produced in the human body. These enzymes are formulated with the body’s electrical field in paramount focus making them the best (in our opinion) to aid the body in healing and recovering from the “memory loss.” With the use of these enzymes, health, healing and wellness are achieved much faster and easier than with most other enzyme products on the market today.

4. Clean, tone and rebuild the lining of the digestive tract. We use a combination of herbs called “Herb Cocktail and H/C Plus.” These two individual combinations are Electrically Formulated®, meaning the combinations are mixed and combined to bring out the maximum benefit when put into the body. Herb Cocktail and H/C Plus, when used alternately, not only gently clean the digestive tract, they rebuild the electrical function of the muscle (peristaltic) action to facilitate proper elimination, and restore the intestinal villi, which are the home of the micro-organisms (friendly bacteria or

probiotics), and are where the transfer of our life force actually takes place. We also recommend using our Earth Borne™ Transcendental GI Cleanse to aid in rebuilding the GI tract, in the chelation of toxins, pesticide residue and heavy metals, and to help repopulate the GI tract with probiotics. Essential to successfully rebuilding the digestive tract, is the addition of New Zealand colostrum, which aids in strengthening the immune system and aids in rebuilding the complete GI tract.

5. Restore healthy balance in the gut flora, by saturating and repopulating the digestive tract with Latero-Flora™, 100+ Probiotics™ Solution, and the Electrically Formulated® Friendly Flora. It has been observed that Latero-Flora™ affects the overgrowth of Candida Yeast in two ways: it devours the Candida yeast organism, using it as its own food, and it produces inhibitory proteins which limit the growth of not only the Candida yeast, but other pathogenic organisms like E.Coli (Escherichia Coli), Salmonella, Streptococci and Staphylococcus, as well. The use of this combination of 100+ Probiotics™, Latero-Flora™, and Friendly Flora, aids and supports the overall health, and the immune system's stability.

6. Cellfood: It's believed that all forms of illness can be traced to two basic causes: too many toxins in the body and too few nutrients reaching the cells. Cellfood is the only product that addresses these two vital health issues at the same time, and with remarkable thoroughness. Cellfood's unique structure oxygenates and feeds the cells— cleaning and tuning up the body's systems throughout the day. Cellfood is made from all-natural plant substances, and is yeast-free and gluten-free.

7. For a severe Candida yeast overgrowth, Advanced Oxygen Therapy is a product that kills pathogens and will combat the Candida colonies both in the GI tract and throughout the body thus neutralizing its associated acids and toxins, and is an excellent overall detoxifier. With effectiveness beyond yeast control, MMS also kills these other pathogens: Lyme Disease, H. Pylori and stomach ulcers, pneumonia, peritonitis, strep throat, toxic shock syndrome, tuberculosis, urinary infections, AIDS, HIV, chicken pox, cold sores, colds, hepatitis A, B and C, herpes, HPV, influenza virus including H1N1 and H5N1, poliomyelitis, smallpox, malaria, cryptosporidiosis, giardiasis, Darling's Disease, ringworm, roundworm, tapeworm, mad-cow disease and cVJD, to name a few of the more popular and well known ones. To view the full description and benefits of MMS, they can be

obtained by downloading the MMS book from my websites, www.bodyelectrical.com or www.environmentics.com, or you can mail me at Environmentics Unlimited, 3650 Nazareth Pike #123, Bethlehem, PA 18020. The MMS book costs \$15 with shipping to anywhere within the continental United States.

Chapter 10

Dietary Parameters of Workability

For Maximum Health and Vitality

The following suggested protocol has been developed to enhance the correct parameters necessary for optimal digestion, reversing physical degeneration by natural chelation, and rebuilding the body on a cellular level, repopulating the digestive tract with microorganisms and providing some of nature's most powerful, electrically and biologically available health promoting elements.

The body runs on electrical energy and has an electrical system. Quantum Physics verifies that there is nothing but energy in our universe. In his book, *The Genie in Your Genes*, Dawson Church, PhD, describes the body's electrical system components as all the muscle tissue, connective tissue, cell membranes, the myelin sheath of the nerve cells, the rod and cone cells in our eyes and the DNA of our cells.

Contrary to traditional nutritional understanding, we

eat to accomplish an electrical transfer of energy from food to you through the process of digestion. Vitamins, amino acids, and the like are managed bio-elementally in an intricate, cooperative electrical process of exchange between our digestive tract and the microorganisms within it. According to Denie Hiestand in his book, *Electrical Nutrition*, and Saul Liss, PhD, the body obtains and sustains its energy or life force by ingesting available amino acids and minerals. Nourishment from this perspective requires certain rules about what to eat, what not to eat and what to eat together, or not.

While correct dietary elements and food combining are paramount to your good health, the fact is that regardless of the quality of the food you are eating, your diet will be deficient without supplementation. Replacing the vital components lost in our degrading environment will provide an electrical nutritional balance to restore your body's innate ability to be well and vibrant physically, mentally, emotionally and spiritually.

Diet

Using the "rock to rot" theory as outlined in detail in the book, *Electrical Nutrition*" by Denie Hiestand, is the best approach when in doubt about what is good for you to eat. This means that food which will rot within seven days if left to set out on your counter will break down in your stomach's digestive juices within the three hours your stomach has to accomplish

fermentation. Food that has not been sufficiently “rotted” or fermented in your stomach requires your intestine to attempt to process unprepared material, preventing the natural function of the small intestine.

Your body prepares itself to eliminate upon rising or shortly thereafter during the morning hours before waking. Eating fruit for breakfast is light enough so as not to slow elimination while the fructose is a natural stimulant. We recommend eating fruit in the morning along with your mineral supplement, your pro-biotics and perhaps, your Herbal Cocktail. Heavy cream or whole milk yogurt with a bowl of fruit is beneficial as the amino acids in the cream stimulate peristaltic action.

The amounts and times of day the rest of your meals are taken are very personal and optional as long as you keep within a few basic guidelines and allow your biology to guide you to knowing its needs. The basic rules are as follows:

Do not eat grains or seeds. Period.

We simply cannot break open the cellular structure of insoluble fiber through chewing and the 3 to 4 hours of our digestive process in the stomach, making the nutrients in the grains and seeds completely unavailable to us. Since this is so, eating grain requires excessive insulin and gastric juice production in the effort of digestion which creates a very high acid environment, acidosis, causing an optimum opportunity

for Candida overgrowth as well as several other equally disturbing and undesirable conditions to manifest and flourish.

Do not eat starch as in potatoes, squash or legumes with animal protein.

Digestion begins with the sight, smell and thought of the food we are about to eat so that saliva and digestive fluids are ready when the meal begins. Protein and starch require different solutions for fermentation. Eating them at the same time causes opposing solutions to mix and neutralize, stopping the digestive process and causing buildup of methane and other harmful toxins severally taxing the liver and lower GI tract.

Do not eat fruits and vegetables together.

As with protein and starch, fruits and vegetables require different digestive parameters for fermentation.

Stay away from refined sweeteners.

High fructose corn syrup, sorbitol, splenda, xylitol, aspartame, white granulated sugars and the like are simply poison to the system. Stevia, Agave Nectar, honey, sorghum, and molasses are acceptable in moderation.

Do eat as fresh and raw as possible, including your meats and eggs.

In my clinical experience a simple, basic diet is easy to understand and demands a willingness to change views and habits.

Human beings need to eat protein often in the form of fresh meat and fat (lamb, beef, fish, pork, fowl, eggs, etc.), as raw as possible, for the electrical and biologically available amino acids, large amounts of minerals and soluble fiber. Current, generally accepted cautions regarding too much fat in the diet do not apply in a grain free dietary lifestyle.

Some vegetables and especially fruits are a good source of soluble fiber, which feed the microorganisms in our intestinal tract. Yes, it does feed Candida. However, a healthy intestinal tract does not have Candida overgrowth, while Candida does have its place in a healthy gut.

Use whole milk, cream, cheese and real butter often, preferably raw.

Lactose intolerance, as most other allergies, is a simple result of a gut imbalance, which can be restored as the body returns to its natural state by supplementation and this simple and easy diet protocol.

Stay hydrated.

Natural clean water is nearly impossible to obtain. Treated water is toxic to the body. Filtered water ends up with a strong surface tension making it difficult for the body to absorb, requiring excessive amounts of intake that leach precious minerals and strip delicate tissues. Filtered or fresh untreated well water with a little of our *Sal de la Luz* Sea Salt, 100+ Probiotic and CellFood provides excellent hydration, mineralization and lessens the thirst.

Supplements

With a healthy population of micro organisms in the digestive tract, sufficient mineral intake and a balanced, electrically bio-available diet, traditional vitamin and dietary supplements are rarely, if ever necessary. The supplements we recommend are the elements that are missing from the food chain as a result of the degradation taking place in our environment and in the food chain.

Probiotics

(Microorganisms that protect their host and prevent disease)

Conventional and even organic agriculture, shipping and packaging methods destroy most microorganisms needed for health. Probiotics in our gut keep us clean through natural chelation of toxins and heavy metals and provide 80% of our immunity and 100% of

nourishment recognition for the body.

Probiotics synthesize all needed vitamins, performing electrical recognition of amino acids and minerals. Soil born or transient, non-colonizing probiotics need to be supplemented continuously, because they are intended by nature to occur in almost every bite of our food, but are not present in today's food chain, organic or conventional.

Minerals

Due to the degradation of our food supply by over farming and pollution, supplementing with a wide array of bio-available, colloidal minerals carrying a natural negative electrical charge is paramount to our health. Minerals are necessary for all electrolysis in the body, which is important for cellular regeneration and chelation.

Advanced Oxygen Therapy

Although not a food or food supplement we strongly suggest everyone consider an initial and regular periodic therapeutic use of Miracle Mineral Supplement, or MMS. While there is much to say about the benefits of MMS, which can be found on our Download page on www.Environmentics.com, we consider this the only dependable method to rid the body of pathogens.

Again, this suggested protocol is offered as a result of my personal and clinical experience. These are general suggestions for anyone interested in enhancing their own health and wellness. This basic methodology

allows for significant personal choice as we consider it appropriate for people to manage themselves personally, mentally, physically, emotionally and spiritually.

Cleansing Reactions

In the process of self improvement through health enhancement, changes will necessarily be made in diet and supplementation which have an effect on bodily functions, systems, elimination, etc. There are reactions that take place as the body rids itself of toxins, especially in the initial phase of health enhancement. These reactions are often referred to as cleansing reactions, but are the same as or similar to what are also referred to as healing trauma, healing reactions, healing crisis, detoxification and possibly others.

“Symptoms of a cleansing reaction can include lethargy; temporary all-over muscle aching; mucous or other discharge; a coated, pasty tongue; light-headedness upon standing; headaches; and flu-like symptoms in general. A cleansing reaction/healing crisis may take the form of old symptoms that have been previously suppressed. You may think you are sick. However, this cleansing process is absolutely essential to achieve health and should not be suppressed with drugs. The mainstream medical establishment has completely closed its collective mind to cleansing and assumes that any symptoms displayed by the body are caused by a microbe, so antibiotics are usually prescribed even if they think the causative

agent is a virus. Medical antibiotics have no effect on viruses, other than weakening the immune system so viruses can replicate more. Antibiotics and other drugs suppress cleansing and the immune system as well," according to Jameth Sheridan, N.D.

In a conventional system of health and diet, colds, flu, hives, fevers, diarrhea, skin irritations and the like are spontaneous occurrences as the body purges itself of the build-up of mucous, pollutants, impurities, parasites, etc. Yes, there may be a virus or bacteria involved which usually gets the blame, however it is the build-up that allowed the virus or bacteria to enter. Additionally, the virus or bacteria is then a catalyst for purging an unhealthy build-up in the body. This is a cyclic pattern in conventional diet and healthcare, which does not occur, in a healthy, balanced body.

Similar reactions can be induced in this first phase of health enhancement. Feeding the body what is needed and has been missing now provides the ability to more readily purge impurities. This is especially true if there has been conventional medical treatment involved. Medications typically leave a toxic residue for the body to clean up, usually stored in fat until the body is able to deal with it. Advanced diagnostic procedures such as X-rays, CAT scans, anesthesia and nuclear testing destroy much of the intestinal microorganism population, which in itself can cause problems.

So, these cleansing reactions are really healing events and although they don't feel very good they are not negative events. Looking at it this way there is the

potential for feeling worse before feeling better, which is necessary and beneficial. The good news is that as healing continues and the body gets stronger and cleaner these cleansing reactions diminish and after this initial phase common complaints and chronic conditions are usually significantly lessened.

Symptoms can be reduced through a less aggressive approach, taking more time with dietary changes and the addition of supplements. Increasing water intake flushes and cleans the system more swiftly. Using herbs and natural remedies for symptom relief are helpful in this stage.

Jameth Sheridan, N.D., says, "If a cleansing reaction does occur, I recommend consuming lots of healthy fluids such as raw vegetable juices, raw fruit juices (diluted 50/50 with purified water), fresh watery fruits, and purified water; along with superfoods such as wheat grass, barley grass, spirulina, certain herbs such as Ginkgo Biloba, plant source enzymes, etc., to assist in the cleansing and apprehending of toxins. In addition, certain homeopathic remedies can assist the cleansing process and make it more comfortable without suppressing it. Consult with a homeopathic practitioner, or the many books on homeopathy, and/or a local health food store for more information on homeopathic remedies. If possible, avoid homeopathics that are in a base of lactose. I do not recommend water fasting, meaning that nothing is consumed but water. I feel strongly that a mostly liquid diet of fresh juices combined with bio-compatible

nutritional supplements...is superior to pure water fasting.”

Most importantly, relax and stay calm. Making these positive changes is good for you, so know you are giving yourself goodness. Nurture yourself with rest and confidence. Given sufficient time you will feel better than perhaps ever before.

I am available for further discussion and more specific recommendations on request. Persons experiencing more moderate or severe concerns may benefit from a personal consult. Please, visit our websites for more in depth discussions, articles and products; www.bodyelectrician.com www.Environmentics.com or you can contact my office directly at 610-417-7248.

Chapter 11

An Alternate Perspective

The good news of the unconscious conspiracy is that although it bears a lot of incriminating evidence, it is not so much a conspiracy as it is a matter of consciousness. When we can open our eyes sufficiently to really see what is at the core of impact on life on our planet, we can grow in the awareness that our real and lasting answers have been in plain sight all along. They have been unconsciously overlooked through our psychological pull toward the path of least resistance, convenience and the thrill of modern technology. Wanting to continue to increase and proceed has kept us from taking the precious time and space to slow down and really assess the price we are paying, because it is a price that does not show up in the accounting books until a moment like now, when environments, both those within our bodies and those in which we live have provided the discomfort we have needed to wake us from this sleep.

Now that we are waking, connecting the dots between the issues at hand brings the clarity of a larger picture and a simpler problem, or focus on the simplicity beneath the problem of restoration.

It will take a collective commitment to interrupt and transform the world of detrimental practices. They are

massive and far-reaching and are fortified with their own long-standing habitual resistance and self defenses.

However, the alterations we can make using knowledge of real solutions based on nature's own recycling forces are powerful indeed. There is no force on Earth more powerful than nature herself, and when we align with her curative remedies we hold the hand of the inevitable, Life.

Earth not only has the capacity, it is inevitable that it will continue to evolve with or without us on her skin. It is, in fact, unrealistic and arrogant for us to consider otherwise. The real question is whether we are willing to adjust to nature and remain here or to continue unconsciously creating an environment we cannot survive.

Microorganisms are nature's recycling agents. They have already been proven to be the most effective agents used to clean up the worst possible disasters in history.

A quote from "Bioremediation Methods for Oil Spills"

The biodegradation of petroleum in the marine environment is carried out largely by diverse bacterial populations, including various Pseudomonas species. The hydrocarbon-biodegrading populations are widely distributed

in the world's oceans; surveys of marine bacteria indicate that hydrocarbon-degrading microorganisms are ubiquitously distributed in the marine environment. Generally, in pristine environments, the hydrocarbon-degrading bacteria comprise < 1% of the total bacterial population. These bacteria presumably utilize hydrocarbons that are naturally produced by plants, algae, and other living organisms. They also utilize other substrates, such as carbohydrates and proteins. When an environment is contaminated with petroleum, the proportion of hydrocarbon-degrading microorganisms increases rapidly.

OPPENHEIMER PhD, CARL H., University of Texas at Austin, Austin, TX

Bioremediation refers to any method that uses microbes (microorganisms) to recycle organic materials and sequester inorganic ions. Because the primary responsibility of microbes is to recycle organic material, they must be present in sufficient quantities and diversity in order to do this. Under careful controlled conditions, bioremediation can be a practical and cost effective method to remove hydrocarbons from contaminated surfaces and sub-surfaces. Bioremediation is the basis for composting of human and industrial waste recycling.

Oppenheimer's early career led up to determining ways to clean up hydrocarbon pollution using microbes. He is known to be one of the world's founding fathers of

bioremediation. He was instrumental in persuading Texas to allow for the first bioremediation open water testing in the U.S. in which he used his manufactured microbial consortium known as the Oppenheimer Formula. This product is made up of safe aerobic and microaerophilic microbes, specific for breaking down hydrocarbons. Through the use of his bioremediation products and techniques, he established ways to clean up polluted waters and restore these diverse ecosystems. He founded Oppenheimer Biotechnology, Inc. in 1990, located in Austin, TX, which manufactures bioremediation products that have been used throughout the United States and the world. His products are able to successfully and effectively clean up a wide range of contaminants in the environment.

When a big oil spill makes headlines, however, you probably will not read that Carl Oppenheimer or someone he's educated has been hired to clean it up. Less effective dispersal technology is still the industry standard. "We can't do it on the ocean . . . (T)hey have a physical process they are heavily invested in – booms and skimmers and so on – and we'd put them out of business."

Bioremediation: Using Microbes to Clean Toxic Environments, ACRES USA, "A Voice for eco-agriculture"

Oppenheimer pours a few tablespoons of motor oil into a porcelain bowl, then spoons some grayish powder onto it, and stirs the mess around a little bit. Fizzing occurs. . . "It turns

into fish food. . . The fish jump for it and gobble away. The reporter is google-eyed. "What is it now?" he wants to know. "Fatty acids," Oppenheimer answers...

From petroleum product to fish food in five minutes. Think about it: since Oppenheimer's microbial arrays can eliminate most pesticide residues, the time it takes to effect a transition from conventional to clean farming could be reduced dramatically, far below the regulation three years.

The Environmental Inquiry

In a non-polluted environment, bacteria, fungi, protists, and other microorganisms are constantly at work breaking down organic matter. What would occur if an organic pollutant such as oil contaminated this environment? Some of the microorganisms would die, while others capable of eating the organic pollution would survive. Bioremediation works by providing these pollution-eating organisms with fertilizer, oxygen, and other conditions that encourage their rapid growth. These organisms would then be able to break down the organic pollutant at a correspondingly faster rate. In fact, bioremediation is often used to help clean up oil spills.

Microorganisms can and will break down, dissolve, recycle and renew organic material wherever there exists an opportunity for them to do so. Some of the material these microorganisms can break down and render bio-compatible and non-toxic are natural petroleum-based compounds such as crude oil, motor oils, gasoline and diesel fuels, solvents, wood preservatives, petro-chemical products/waste products, most pesticides, DDT, PCB's, PCE, TCE, greases, heating oils, vegetable oils, pulp by-products, brake and hydraulic fluids, heavy metals, salts, highly insoluble compounds and some synthetic oils.

If the environment they grow in is already in a balanced stasis they will not survive or they will remain within parameters appropriate to the existing stasis. However, if there is a lack of stasis they will proliferate, often one microorganism feeding off of another, until a new stasis is achieved. Life renews life in this way.

Microorganisms can break down rocks in the soils, releasing minerals for plant root uptake and enhancing the nutritional values in foods. The rich supply of minerals and microorganisms shortens germination time and produce healthier, stronger plant life. In this way the food chain begins to rebuild.

Animals and people feeding on the increased nutrition and microorganisms in plants and soils now receive nature's resources for their health, immunity and the ability to thrive in a less than optimal environment.

Meats and dairy products from animals raised on mineral rich pastures provide enhanced sources of amino acids, minerals and fatty acids. Consumed along with microorganisms we now have humans reclaiming their internal environments and vibrancy.

Enhancing healthier internal environments enhances overall human health, mental clarity, energy, immunity and the ability to thrive in a less than optimal external environment. Generational nutritional decline reverses, and childhood disease, maladies, birth defects, etc. begin to disappear.

Meanwhile, the external environment steadily improves with the addition of microorganisms everywhere, as we collectively tackle reversing the gigantic avalanche upon us.

Living life powerfully begins with the individual. From there it spreads to the environment of the individual, his community, his town, her garden, her city, their farm, their state, our country, our planet. With clarity and conviction, understanding what really works and being unstoppable in one's commitment to personal health is the ultimate simple answer to the unconscious conspiracy. Personal health begins within one's body, which really begins with the soil and follows a natural progression from the soil through all levels of life with the natural outcome an interest in and a commitment to living on a clean and healthy planet. From the communities of microscopic life in the soil to human communities be they domestic, farming, business,

corporate, international or governmental, all must coexist, cooperate, clean up and thrive.

Living in community when the community is harmonious and supportive of true workability opens infinite possibility for transformation on a planetary level. Co-operative systems and living provide huge benefits in this regard.

Almost every locality already has in place food co-operatives and most have farmers' markets. A short trip out of town can almost invariably find a dairy farm producing raw milk, cheese, butter, yogurt and free range if not organic eggs. That same trip could very likely identify a butcher who takes humane care of his animals, making sure they are free of toxic elements that affect their meat and pastures them on healthy, natural grasses. Many areas, even in the cities have available plots for personal gardening. Growing your own food is a great way to be sure you are getting foods grown with minerals and microorganisms to provide real nutritive factors. All of these things are significantly more rewarding when practiced in a community dynamic with others of like mind. Even a flowerpot garden on a second floor deck, if fed appropriately will provide more nutrition than much of what is found in the grocery stores.

We believe that the human being is innately a gregarious, caring, family oriented being. The isolation so prevalent among our societies today is not natural or nurturing for us. Returning to an atmosphere of the ancient values of the family, the clan, the small

community, does not require relinquishing the individuality. In fact, conversely, the security of acceptance and neighborly love do much for happiness and progress. Sharing ideas, responsibilities and even equipment supports the individual in many ways.

Confident, healthy communities nurturing one another, living and growing in the concepts of health and mutual acceptance and support assure a solid future for generations to come. Children growing in such an atmosphere learn to believe in positive values of health, wholeness, safety and unity, which provide the largest health benefit possible. Living in love, nurture and acceptance free of fear, anger, and stress is proven to be the most impactful element of good health available.

Appendix I

The Amazing Benefits of Bacillus Laterosporus ("BOD")

Testing of the product at the University of California, Davis revealed that Bacillus Laterosporus BOD inhibited the growth of several common pathogenic bacteria. Further testing revealed that Bacillus Laterosporus BOD is extremely effective in controlling a wide range of disease causing organisms. For example, the organism killed 99.8% of a culture of Salmonella in seven days. Salmonella is a bacterium that is often found in raw poultry products. It is recommended to fully cook all poultry products including eggs to avoid the possibility of Salmonella poisoning. Once Salmonella is established in the intestine it can be extremely difficult to control and can be life threatening.

In the past few years the bacterium E. coli has made the news because it had been found in hamburgers at some well-known fast food establishments where the meat was possibly not cooked long enough to kill the bacteria. Bacillus Laterosporus BOD killed 97% of E. coli in 21 days. This is significant because E. Coli

reproduces extremely rapidly and is relatively resistant to modern antibiotics.

The most significant result was obtained with the yeast/fungus *Candida Albicans*; a 96.4% reduction was achieved in just 28 days. This remarkable result is important because *Candida*, a form of yeast, is so difficult to eradicate once it has taken over the intestinal tract. Long-term *Candida* infection can lead to other health problems, and has been implicated in many of today's newest and least understood diseases such as Chronic Fatigue Syndrome, and Epstein-Barr virus infection.

Another important benefit of *Bacillus Laterosporus* BOD is that, unlike many other *Candida* treatments, it does not harm natural lactobacilli in the intestinal tract, but rather helps their survival. These friendly bacteria are necessary to maintain a healthy environment in the intestine, which leads to better digestion and absorption of nutrients from ingested food.

Food in the intestine that has putrefied because of incomplete digestion forms tacky clay-like clumps that stick to the wall of the intestine, and may *interfere with nutrient absorption*. *Bacillus Laterosporus* BOD assists in breaking down the accumulation of the intestinal clay-like clumps, restoring the intestinal lining's nutrient absorption ability.

The fact that *Bacillus Laterosporus* BOD kills certain pathogenic bacteria has been proven. Evidence also exists that it helps bolster the immune system. Studies

indicate that, in response to the presence of Bacillus Laterosporus BOD, the body produces and stores antibodies that can be used when needed to fight off pathogenic organisms. Preliminary research also indicates that this bacillus may also increase natural interferon, an immune booster that helps fight cancer and infections. Bacillus Laterosporus BOD taken daily is an excellent preventative measure against infections.

It is interesting that Bacillus Laterosporus BOD may have provided protection against disease centuries ago, when it was plentiful on the earth. As we have seen, theories have been postulated on the reason for its decline. Since the beginning of the industrial revolution man has added huge amounts of chemicals into the environment, which may have contributed to the diminution, and almost total extinction of, Bacillus Laterosporus BOD.

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References

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Tompkins and Bird. "*The Secret Life of Plants*"

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Testimonials

I have suffered chronic sinusitis including several sinus infections each year for over 20 years under near constant doctor's care including countless rounds of antibiotics and finally steroid injections each month for the last 4+ years. I have had a total of 11 sinus surgeries, one of which removed my frontal (above my eyes) sinus cavities completely. Five years ago they opened my sinus cavities again, and then the chronic sinusitis really got bad. The chronic infections, drainage and severe discomfort continued and my sinuses were plagued with polyps and the steroid shots were very damaging to my health. When I heard Wil Spencer speak on the Freedom Club conference call in April I became interested in finding out if his new approach to health and wellness could make a difference for me. I called Wil and found him very willing to speak with me and make recommendations for dietary changes and supplements. These I followed by going on his basic diet, from the book "Electrical Nutrition", and adding Latero-Flora and 100+ Probiotic supplements and the MMS therapy to my daily routine. I began to feel better rapidly and within 2 months my doctor pronounced my polyps gone. The sinusitis had also abated so that I did not need my monthly steroid injections. I was elated. Then in another month or so I began to experience a return of the sinus infection symptoms in the upper cavities. I made an appointment with my

doctor feeling a bit depressed about my progress, thinking it was time for another round of antibiotics, but I called to check in with Wil before going to see the doctor. Wil suggested the antibiotics would undo much of the improvements I have already made and asked me to try another approach first. He gave me a method for using the MMS solution directly into my sinus passages which did indeed resolve the infection and "catching a cold" feeling. One other thing that MMS did was to wipe out a chronic staph infection, from my upper sinus cavities, the last one being MRSA. The MMS killed that in just a few days. Recent blood tests have revealed my body is totally clear of any staph infection or MRSA.

Roger P. Sheridan, MT

In 2000, I was in a car accident that created soft tissue damage in my back. I got severe debilitating headaches because of this and for a number of years took narcotic pain relievers for these headaches. I also contracted Erlichiosis, which is a tick-borne disease (different from Lyme Disease) for which I took heavy-duty antibiotics. I then developed 2 cracked vertebrae and ended up taking some steroids. I had x-rays taken, and an MRI. One year later I developed what I thought was a bad case of sinus infection and took three different doses of antibiotics. The sinus infection got worse. I turned to homeopathic treatments for the sinus infection. I tried many different herbs

and treatments to no avail. After 6 months I was so foggy I had extreme difficulty processing thoughts, no attention span at all, and was so tired I was taking at least 2 naps a day. I grew desperate and went online and realized I had Candida. One of the sympathetic ladies at my local health food store gave me William's phone number and in a moment of desperation I called him. At this point depression was so severe that thoughts of suicide had escalated to making plans.

My initial impression of William was that he was radical and maybe too radical for me. After giving it some thought and remembering that it takes radical people and ideas to facilitate change, I called him back. During one of our initial conversations he surmised I had had x-rays taken a year prior to the onset of the symptoms of excessive Candida. He was right. It was 11 mos. from the taking of the last x-rays and MRI. I started getting treatment for kinetics from William. He gave suggestions for a restricted diet and I started taking Latera-Flora, a probiotic I purchase from him. The change of diet was difficult and the symptoms seemed to worsen at first. Then I started to notice an increase in my energy level. I remember one time I literally dragged myself to see him barely holding tears at bay as I was feeling so fatigued and miserable. He and I applied a kinetic technology, and we had a very supportive talk as I literally sobbed. After applying the technology, he had me look in the mirror, as the change that came over me was startling. My eyes

were sparkling and I virtually bounced out of his office, as I felt so much better.

At one point after I quit taking narcotics for chronic pain and headaches my medical doctor told me that due to the long- term effects of the narcotics my nervous system was rewired as I was complaining of numbness. I feel as if William's information had a lot to do with turning my electrical system "back on" as I no longer experience the numbness and I feel more vibrantly alive than I have ever felt in my life. At one point I ran out of Latera-Flora for 3 weeks. I bought probiotics from the health food store and the sinusitis symptoms came back. After one week back on the Latera-Flora I was feeling better and the symptoms went away.

This illness gave me an opportunity to look within and gain a level of spirituality I have never had before as well and I am very grateful for that. I now am amazed at how much better I am feeling. I have no depression, I feel vibrant and healthy and am very glad to be alive. Some days my energy level is through the roof while most days it is on a more even keel and very much improved.

I am extremely grateful for William, as I feel his input empowered me to facilitate my body's ability to heal itself. William has always been available for support dialogue, and has been a huge support for me.

Risk more than others think is safe. Care more than others think is wise. Dream more than others think is practical. Expect more than others think is possible.

-Cadet Maxim

Lynn Dauphinais
Minnesota

Before I met Wil I was going to the doctor at least a couple of times a month for ailments such as colds, flu, allergies, and general fatigue. I was put on a lot of antibiotics and oftentimes they did not help at all. I also had noticed a lump in my breast. I have had Wil work on me, and with the help of his diet and circuitry re-set I have not had to go to the doctor or use antibiotics, at all. Also, I now have no lumps in my breast, I am not tired all the time, and my quality of life has improved 100%-- all due to Wil's knowledge of the human body. His products have made me feel better too, giving me more energy and also a sense of well-being. I think also that my immune system has been built up, specifically because of what Wil has done for me.

Kind Regards,
Sue Mager

I recently received a re-set from Wil Spencer and am delighted with his work. For years I have had pain in both hips. I attributed it to childhood trauma and later to a degenerative disc in my lower spine. Being in the healing field myself I have approached this problem holistically and always enter into a dialogue with pain or illness, and then follow up with the emotional release work that my body requires. For this chronic problem I have had acupuncture, energy work, chiropractic, and allopathic medical processes. Sometimes the pain would ease up, but it wouldn't hold. Wil gave me one re-set session and I have had no hip pain since. I actually felt that Wil was able to remove the cellular memory of childhood trauma that my hips carried for me. The treatment was in early June of this year and I have enjoyed the freedom of movement despite that much of my time for this past month was spent in our family vehicle.

I found Wil comfortable to be with, and his honesty impressed me. His abilities are multi-level, and I recommend a re-set session with Wil. Whether you choose to be educated and/or have a re-set, you won't be disappointed.

S. Mir'iam Connelly
Mountain Home, Arkansas

In May of 2008 I listened to an FCUSA conference call

on an interview with Wil Spencer VMSP, Naturopath. After 30 years of following the alternative path of health food and wholistic health care, I always knew there was still something missing to the overall puzzle. Listening to Wil, I was struck with, "this is the missing piece!" or at least a significant piece of the puzzle. I made the dietary and supplemental changes he suggested and had a Re-Set session. After the Re-Set I had a sense of being at ease like never before. My inner tension was relieved and I have not been nearly as emotionally over sensitive, as I was in my whole adult life, since having that session. Within 2 months I lost 18 pounds, had increased energy and much better sleep. My cravings for sweets are gone! I am changed.

My father also changed his eating patterns and began a more intensive supplement program than I was on. He was 82 years old, an insulin dependent diabetic with neuropathy and was steroid dependent after years of battling gout and rheumatoid arthritis. Dad lived with constant pain from 4 disintegrated discs in his lower back which prevented him from walking and required his use of a wheelchair. In 6 weeks Dad was completely off of insulin as well as his other diabetes medication. In 3 months he lost 40 pounds, his doctor took him off all other medication and his back pain was reduced to mild discomfort. His gout attacks virtually stopped and he was not suffering daily as he had been. Any improvement would have been a welcome blessing but Dad's results from the simple changes Wil suggested have been life altering.

DW, Bethlehem, PA

I have just had my third child in 5 years. I am 23 years old and had my first child at 18, becoming pregnant shortly after a stay in rehab for cocaine addiction. My kidneys were severely stressed and that first baby was born very early and underweight. I seized after delivery and baby spent her first month of life in the neonatal unit. Baby 2 came 3 years later and in the last trimester my blood pressure began to rise steadily. Worried about my kidneys, the doctors scheduled an early induced birth, but the labor began before their intervention. Kidney problems after the birth took a few months to normalize. When I became pregnant the third time I was immediately identified as high risk and monitored constantly. Baby 3 was born 3 weeks ago at this writing, full term, perfectly healthy and there was absolutely no problem. In fact I was full of energy to the day of delivery, my weight gain was perfect and blood pressure stable all the way through. When I found out I was expecting this third time we immediately spoke with Wil. I got a Re-Set to release trauma stored in cellular memory, which noticeably calmed me right away. I began adjusting my diet and adding the supplements. There was a slight kidney infection in the beginning which the doctor never treated because the supplements allowed my own body to take care of it. I believe this pregnancy would have followed suit with the other two if not for Wil and his knowledge of what it takes to be a well being. I am still following the program and breastfeeding my little girl. She did have a blistery diaper rash the other day,

which Wil felt was from my Candida overload still processing out. I gave her LateroFlora on the tip of my finger several times and sprinkled some of the powder right on the rash. Happily, the next day the rash was gone.

KA, Bangor, PA