

CHAPTER 40

DETOXIFICATION

SECTION



Why is every second American chronically ill?

Why do we need to detox? Because we are all being inundated on a daily basis with many, many toxins that tend to accumulate in our bodies. An estimated 24 billion pounds of toxicants that are developmentally and neurologically damaging to children are released into the environment every year, potentially affecting 1 in every 200 children. Every year, more than 1 million people are poisoned by pesticides; 20,000 of them die, mostly in developing countries. A single gallon of used oil improperly disposed of can contaminate a million gallons of drinking water - a year's supply for 50 people. Recycling that gallon of used oil could generate enough electricity to run the average household for 12 hours. There are many other toxins we simply choose to use daily and ignore the following warnings:

- **“Caution”** is the least toxic of the categories, with a lethal dose of one ounce to one pint.
- **“Warning”** has a lethal dose of one teaspoon to one tablespoon.
- **“Danger” or “poison”** is the most toxic, with a lethal dose of one taste to one teaspoon.

Did you realize that bleach and drain openers are labeled “Danger/Poison”? This is the most serious warning and means that the substance is lethal with a single dose of one taste to one teaspoon. Are you really that careful that nothing became contaminated whenever you used/misused these two products? Are you aware that mixing two cleaners, e.g., bleach and ammonia can kill you? Have you ever done a Google Search on your medicines and other synthetic products to see how dangerous the possible health effects are of each product?

Dangerous synthetic pesticide POISONS now contaminate every living thing and they were and still are simply not necessary. Cornell University professor, David Pimentel estimates that if all chemical pesticide use was stopped, crop losses would be only 9%. The Author believes that even the 9% initial loss would eventually become an increase as we allow the beneficial predators and the Author's alternatives to naturally destroy the pest species.

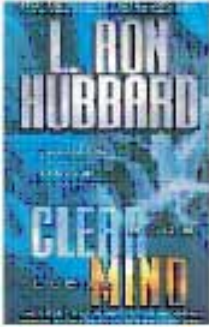
Every year we increase our use of synthetic products with no thought of what they are all doing to us - we may know the danger/risk of one product but no one on earth knows the synergistic effect of all these combined toxins. The average American uses about 40 pounds of household chemicals a year. But most chemicals have not been studied for human health effects. You need to become aware of how you are becoming “intoxicated” - so you and your family can avoid daily becoming contaminated. Pick safer cleaning products, eat organic food and stop polluting the earth and yourself.

The American Cancer Society noted on 5/14/07 that a research team from five institutions analyzed a growing body of evidence that linked 216 compounds or environmental contaminants to breast cancer, the leading killer of U. S. women in their late 30's to early 50's. Experts said family history and genes are behind a small percentage of breast cancer cases, but environmental or lifestyle factors such as diet probably are involved in the vast majority. “...overall, exposure to mammary gland carcinogens is widespread. These compounds are widely detected in human tissues and in environments such as homes, where women spend time.”

After being under review for nearly 30 years, lindane was finally withdrawn by the USEPA in 2006 for use in agriculture. Called by the USEPA as “one of the most toxic, persistent, bio-accumulative pesticides ever registered,” lindane is still approved by the USFDA for medical use in lice shampoos and scabies lotions for children. According to PANNA “It is a known neurotoxin that can cause seizures, damage the nervous system and weaken the immune system. Exposure might also cause cancer and disrupt hormone systems. Since lindane is highly persistent and travels globally through the air and water, its use poses an exposure risk to people far from the source.” All uses of this noxious compound have already been banned in at least 52 countries including Mexico. <http://www.fda.gov/cder/drug/infopage/lindane/lindanePHA.htm>

If you continue on blindly trusting that your food, water, air and medicine is “safe,” you will continue becoming sicker and sicker until you do detox or die.

The Author believes that with every yearly increase in man's use of pesticides POISONS and other dangerous synthetic chemicals there has been a corresponding increase in sickness, cancer, disease, MCS, Alzheimer's and other mental/health problems, violence and death. The previous chapters explain some of these dangers and other safer and far more effective alternatives. This chapter will try to help you remove the accumulated health effects of toxic pollution.



Every living thing on this planet is now contaminated with man's synthetic, persistent chemicals. The synergistic effect is obvious to anyone who opens their eyes and allows themselves to see. If you sow death you reap death. What man does to the earth he does to himself.

It is time to get clean and sober and start to become well. This is the start of your walk towards health. First of all, you must remove the toxins from your body and then you can better begin to fight for your life. To the Author it is very simple; he was so contaminated with pesticide POISONS he could not count change and was very ill physically, mentally and spiritually. Dr. Megan Shields saved his life, his mind, his health and his future by teaching him how to detox with a sauna, vitamins and oil. This process is described in L. Ron Hubbard's Clean Body, Clear Mind.

It is a normal function for us to detox: We all do it every time we breathe out, sweat, urinate and have a bowel movement, but most of us no longer sweat and we are daily inundated with a flood of dangerous synthetic chemicals that our bodies can no longer daily expel all of the deadly pollution we accumulate through our daily intake of food, water, air and touch. We need to help our bodies to detox.

There is a natural, easy, and inexpensive way to perform daily detoxification. Want to know what to do?

1. Eat more organic fiber—Fiber can be found in many foodstuffs, including fruits, vegetables, and brown rice. Eating lots of fiber sources are able to eliminate toxins from the body. Foods rich in fiber that could be the best detoxifying ingredients including fruit beets, radishes, artichokes, cabbage, broccoli, spirulina (a type of algae growth), chlorella (green algae), and seaweed.
2. Diligently drink natural vitamin C—It sounds trivial, but the vitamins did have many benefits for our bodies. Besides containing antioxidants, vitamin C also helps the body produce glutathione, the liver compound that is able to eliminate toxins in the body.
3. Drink more filtered water—Drink at least 2 liters a day will remove toxins and maintain the body's cells remain hydrated, especially after you eat a lot less healthy food.
4. Take a deep breath—All who live must breathe, but not many know how to breathe correctly. Breathing deeply will allow more oxygen circulates through your body system. To that end, practice taking a breath at least 10 minutes every day. Sit comfortably with your back straight. Inhale through your nose in seven counts, hold for four counts and then exhale through the mouth of the eight counts. You'll want to inhale all the air in the lungs so it can attract more oxygen in the next breath.
5. Sauna—Our bodies get rid of toxins through sweat. With a sauna, skin pores will open, and through that poison and all the dirt on the body will come out. You can help the body eliminate some toxins through sweat. In addition, the sauna also helps blood circulation and reduce muscle soreness.
6. Oil Pulling—Oil Pulling is a safe, simple, cheap and gentle 'do it yourself home remedy' that cures and prevents diseases and extends your healthy life. It involves gently rinsing the mouth with 1 tablespoon (10ml) of cold pressed oil for 15 to 20 minutes and spitting it out. You can use either sunflower oil or sesame oil or olive oil. This simple therapy is completely harmless as you do not take any medicines - even the oil you use is spit out after OP. By helping the body get rid of toxins that have accumulated, Oil Pulling has been mentioned in the ancient texts of Ayurveda and promotes self healing from within.

Caution: Be very careful not to inhale (aspirate) or swallow the now very toxic oil that you have been swishing around your mouth! (When pulmonary aspiration occurs during eating and drinking, the aspirated material is often colloquially referred to as "going down the wrong pipe.")

The detoxification chapter is divided into the following sections:

- A. How to prevent/cure cancer.
- B. Food-grade diatomaceous earth (DE)
- C. Bentonite Clay
- D. Foot Pads
- E. Safe Solutions Not Nice to Toxins and Flax Seed
- F. How to dissolve calcium kidney stones.
- G. How to avoid and/or control diabetes
- H. The healing and nutritional power of raw honey/cinnamon
- I. Other herbal cures.

If man made it, avoid it. If G-d made it, use it. — S..L. T.

HOW TO PREVENT/CURE CANCER

First of all, the Author believes that 90% of cancers are preventable. Ever wonder which foods and/or drinks should be strongly avoided by those at high risk for cancer? We can begin identifying cancer-causing chemicals, foods and/or drinks once we know which ingredients in our food cause cancer. Some of those ingredients are food additives and chemicals used to enhance taste, while others are used strictly for appearance or to increase product shelf life. The key to avoiding cancer-causing foods is knowing which ingredients are carcinogens (or cancer promoters) and then reading food labels to permanently avoid consuming those dangerous ingredients.

Cancer tumors develop, in part, by feeding on sugar in the bloodstream. If you eat lots of sugary snacks loaded with simple carbs, you're loading your bloodstream with the chemical energy needed for cancer cells (and tumors) to proliferate. No biological system can live without fuel for its chemical processes, including cancer cells. Thus, one of the strategies to pursue for any anti-cancer diet is to eat a low-glycemic diet. That means no refined sugars... ever! No refined grains (white flour, for example), no heavy use of sweeteners and the lifetime avoidance of sugary soda pop. Aside from starving tumors, eating foods low in sugar and avoiding simple carbs will also keep your weight in check while helping prevent blood sugar disorders such as type-2 diabetes.

What to avoid on the labels: high-fructose corn syrup, sugar, sucrose, alcohol, enriched bleached flour, white rice, white pastas, white breads and other "white" foods.

The dangers of alcoholic drinks. The Author believes having two alcoholic drinks a day when you have cancer will accelerate or even double tumor growth and will create conditions conducive to cancer growth in a healthy body. A recent study in the U.S. noted that even as little as two small glasses of wine can fuel the growth of a tumor, doubling its size in a matter of weeks.

The dangers of hydrogenated oils. Hydrogenated and partially hydrogenated oils, another avoidable danger, are developed from otherwise harmless, natural elements. To make them hydrogenated, oils are heated in the presence of hydrogen and metal catalysts. This process helps prolong shelf life but simultaneously creates trans fats, which only have to be disclosed on the label if the food contains more than 0.5 grams per serving. To avoid listing trans fats, or to claim "trans fat free" on their label, food manufacturers simply adjust the serving size until the trans fat content falls under 0.5 grams per serving. This is how you get modern food labels with serving sizes that essentially equate to a single bite of food. Not exactly a complete "serving" of food, is it?

Besides being a cancer factor, trans fats promote heart disease, interrupt metabolic processes, and cause belly fat that crowd the organs and strain the heart. The essential fatty acids that the hydrogenation process removes are responsible for a number of important processes in your body. When trans fats replace these essential fatty acids, they occupy the same space without doing the same job. The "anchor" portion of the fatty acid is in place (which is how the body recognizes the fatty acid and puts it to work) but the chemically active part of the fatty acid is twisted, distorted, and missing vital parts.

After the hydrogenation process, the fatty acid can't biochemically function in the same way. Things like brain cell function, hormones, gland function, oxygen transport, cell wall function (keeping things in or out of your cells) and digestive tract operation (putting together nutrients and blocking allergens) are adversely affected.

Food manufacturers don't warn you about this on the product label, of course. Your body needs essential fatty acids and you are programmed to keep eating until you get enough of them. If you're only eating trans fats, you'll never feel fully satiated, because your body will never get the fatty acids it needs for essential function. Since cancer needs high blood sugar and low oxygen levels, a person with lots of belly fat who just can't seem to put down those trans fat cookies or crackers (also loaded with flour and simple sugars) presents the ideal environment for the development and growth of cancer.

The acrylamide factor. Since trans fats are often formed during the frying process, we should also talk about acrylamides. Acrylamides are not added into food; they are created during the frying process. When starchy foods are subjected to high heat, acrylamides form. A Swedish study found that acrylamides cause cancer in rats, and more studies are under way to confirm the understanding that acrylamides also cause cancer in humans.

* **Sodium nitrite (and nitrates).** Food companies add sodium nitrite into certain foods on purpose. This carcinogen is added to processed meats, hot dogs, bacon, and any other meat that needs a reddish color to look “fresh.” Decades ago when meats were preserved, it was done with salt. But in the mid 20th century, food manufacturers started using sodium nitrite in commercial preservation. This chemical is responsible for the pinkish color in meat to which consumers have grown accustomed. Although today the use of refrigeration is largely what protects consumers from botulism and bacteria, manufacturers still add sodium nitrite to make the meat look pinkish and fresh.

The nitrites themselves are not the problem. People get more nitrites from vegetables than they do from meat, according to research by the University of Minnesota. During the digestion process, however, sodium nitrite is converted to nitrosamine, and that’s where the cancer problems begin. Nitrosamine is a carcinogen, but since it is not technically an ingredient, its presence can be easily overlooked on the packaging. Nitrosamines are also found in food items that are pickled, fried, or smoked; in things such as beer, cheese, fish byproducts, and tobacco smoke.

Knowing about all these ingredients doesn’t mean there is simply a “short list” of foods that should be avoided. You have to vigilant and read labels constantly. Here are the five worst offenders:

- “ **Hot dogs:** The Cancer Prevention Coalition recommends that children should not eat more than 12 hot dogs per month because of the risk of cancer. If you must have your hot dog fix, look for those without sodium nitrite listed among the ingredients.
- “ **Processed meats and bacon:** These meats almost always contain the same sodium nitrite found in hot dogs. You can find some without nitrites, but you’ll have to look for them in natural grocers or health food stores. Bacon is also high in saturated fat, which contributes to the risk of cancers, including breast cancer. Limiting your consumption of processed meats and saturated fats also benefits the heart.
- “ **Doughnuts:** Doughnuts contain hydrogenated oils, white flour, sugar and acrylamides. Essentially, they’re one of the worst cancer foods you can possibly eat. Reader’s Digest calls doughnuts “disastrous” as a breakfast food, and many experts agree it’s probably one of the worst ways to start the day.
- “ **French fries:** Fries are made with hydrogenated oil and fried at high temperatures. Some chains even add sugar to their fry recipe to make them even more irresistible. Not only do they clog your arteries with saturated fat and trans fat, they also contain acrylamides. They should be called “cancer fries,” not French fries.
- “ **Chips/crackers/cookies:** These generally contain white flour and sugar as well as trans fats, but it’s not enough to simply look for these ingredients on the label; you have to actually “decode” the ingredients list that food manufacturers use to deceive consumers. They do this by hiding ingredients (such as hiding MSG in yeast extract, or by fiddling with serving sizes so they can claim the food is trans fat free, even when it contains trans fats (the new Girl Scout cookies use this trick).

Besides avoiding these foods, what else can you do to reduce your risk of cancer? The main things are simple: Eat unprocessed foods and base your diet largely on plants. Consume foods that have omega-3 fats and other essential fatty acids. Eat lots of fruits and vegetables; many common ones have known cancer-fighting properties. Get regular vigorous exercise, since tumors cannot thrive in highly oxygenated environments. Keep your blood sugar stable to avoid being an all-you-can-eat buffet for cancer cells.

Eat foods high in natural vitamin C, a nutrient that deters the conversion of nitrite into nitrosamine and promotes healthy immune function. Make sure you get adequate amounts of cancer-fighting vitamin D through exposure to sunlight — about 10 to 15 minutes each day if you have fair skin, or ten times as long if you have dark skin pigmentation. Stay well hydrated to ensure that your body rids itself of toxins. Avoid smoking and don’t use pesticides, conventional fragrance, cosmetics and personal care products — virtually all of them contain cancer-causing chemicals.

The dangers of carcinogens. We are daily inundated with carcinogenic chemicals and pesticides that we either need to avoid and/or daily detox.

The good in drinking green tea. (Without milk or cream) provides your body with antioxidants called catechins which inhibit the growth of cancer cells and retard the development of arteriosclerosis by promoting dilation of the blood vessels and facilitating blood flow. These catechins help prevent the build of plaques in the brain, which are linked to Alzheimer's. Green tea may even help you lose weight.

Preventing cancer is actually quite straightforward. Even the World Health Organization says that 70 percent of all cancers can be prevented with simple changes in diet and lifestyle. The truth is that most people give themselves cancer through the foods, drinks and products they choose to consume. In the Author's opinion, over 90 percent of cancers are easily preventable.

Cancer is a four-letter word — ACID, especially lactic acid as a waste product due to the low oxygen level and waste products of yeast and fungus.

How to Beat Cancer — Killing cancer cells without harming healthy cells is and has been the Holy Grail of cancer treatment.

Animals have evolved from a single-celled to a multi-celled state. The success of multi-cellular organisms suggests they have also evolved ways of dealing with cancer simply by ingesting safe anticancer nutrients and naturally occurring substances, which destroy cancer cells without being toxic to healthy tissues.

The Author believes that one such anticancer treatment is massive oral or intravenous doses of vitamin C and other antioxidants, which help to destroy cancer cells and prevent them from growing. Indeed, the properties of ascorbate reflect, perfectly, the requirements for a chemotherapeutic agent." This is especially true if glucose levels are dramatically lowered.

But the cytotoxic action of vitamin C requires high doses. At low doses, cancer cells can use the ascorbate as a nutrient, whereas massive doses kill cancer cells selectively, by generating hydrogen peroxide." A diet to prevent cancer should therefore be low in carbohydrates, with a high proportion of antioxidants. The consumption of a variety of colored (organic) vegetables and fruit in the diet will reduce the incidence of cancer, because of the antioxidants they contain. Supplementation with a range of antioxidant vitamins and minerals will also help impede the development of cancer." There already is a great deal of scientific evidence that even "terminal" cancer is treatable, using this simple but highly effective approach."

HIGH DOSE VITAMINS K & C AS NATURAL ALTERNATIVES FOR CHEMOTHERAPY

Vitamin K is in all the green vegetables and is known to improve the uptake and efficiency of vitamin D, which is a powerful element in healing cancer and it improves the efficiency of vitamin C and chemotherapy. It is a free electron donor and so supports all the oxidative treatments.

Oxidative therapies are known to be most effective with cancer and are used by conventional as well as holistic doctors. Chemotherapy for example is an oxidative therapy and kills cancer cells but unfortunately the rest of you is killed as well.

As an alternative many clinics world wide have used high-dose vitamin C IV together with other agents to increase the efficiency. At the Oasis of Hope, Dr. Contreas explains how a patient is prepared with oxygen and vitamin K followed by high dose vitamin C as a cancer treatment. All of these agents are very cheap; even though they cost a fraction of a single chemotherapy, they have up to 20-fold better results. No wonder no one tells about them.

Watch the video and read the summary here.

<http://www.canceriscurablenow.tv/newsletter/vitamin-k-and-c-iv-treatments-alternative-chemotherapy>

Important Health Note: Dr. Mercola has noted that if you're interested in living a longer, healthier life, nothing beats proper diet and exercise—even low amounts of exercise. A recent study published in the journal *Lancet*, which included several hundred thousand people between 1996 and 2008, found that a mere 15 minutes of

exercise a day can increase your lifespan by three years! Those who got themselves moving for at least 15 minutes a day, or 90 minutes a week, also had a 14 percent reduced risk of all-cause mortality.

Researchers have measured the biochemical changes that occur during exercise and found alterations in more than 20 different metabolites. Some of these compounds help you burn calories and fat, while others help stabilize your blood sugar, among other things. Essentially, being of a healthy weight and exercising regularly creates a healthy feedback loop that optimizes and helps maintain healthy glucose and insulin levels through optimization of insulin receptor sensitivity. Insulin resistance—primarily driven by excessive consumption of refined sugars and grains along with lack of exercise—is the underlying factor of nearly all chronic disease that can take years off your life.

Cancer is a perfectly natural process. A very small percentage of cells in every person will at some point in their lives turn cancerous; however, the body usually can eliminate cancerous cells before they can increase and do harm, so it often passes unnoticed. This process has been going on for eons. It is only when the cancer cells multiply faster than the body can get rid of them that our health is threatened. Our immune systems have become significantly overworked and weakened by increased exposure to toxins, pesticides, viruses, carcinogens, etc. This unhealthy environment has compromised our body's defenses resulting in cancer cells that thrive. Once you learn the causes for cancer development, you will better understand how to support your body's defenses so that it may more effectively fight cancer. As long as you are still breathing, it is possible to get healthy again!

The human body was designed to heal itself. Cut your finger, and your body immediately responds by clotting the flow of blood to close the wound, fighting the bacteria and repairing the tissue. The healthier the body, the better it will be able to heal itself. Therefore, in order to surmount illness, one must endeavor to improve one's state of health. This can be done by removing the internal toxins and carcinogens from the blood, and creating an oxygen rich and alkaline system in which disease can not exist. **The question is not what we should add to our bodies to treat disease, but rather what we need to take out.** Sickening the body further should never be an answer to seeking a cure.

The human body (50% - 60% of our total body weight) is basically made up of water which is useful in permitting oxygen, nutrients, biochemicals and wastes to be transported throughout it. The water's acidic or alkaline property is measured on a graduated scale called pH (for potential hydrogen). The lower the pH, the greater the acidity and the higher the pH, the greater the alkalinity. Nothing does well in an overly acidic or alkaline pH medium. An unbalanced pH continually corrodes all of our body tissue, slowly eating into the cell wall membranes of our heart and the 60,000 miles of our veins and arteries causing lesions of plaque and microscopic tearing throughout our cardiovascular system and creating irregularities of blood pressure. An unbalanced pH can also lead to the progression of most degenerative diseases including heart problems, cancer, diabetes and excessive weight gain and obesity problems. An acid pH decreases the amount of oxygen that can be delivered to the cells through turning healthy, normal cells into unhealthy, dying cells. Acidosis is thought to be the first step towards premature aging and all of its attending health problems, and it accelerates free radical damage. Acidosis disrupts general lipid and fatty acid metabolism that can lead to neurological problems as well as hormonal imbalances within the endocrine system, leading to urinary incontinence and urinary tract infection, especially in women. As the pH becomes acidic, arteries become dilated, but the caliber of blood vessels decreases, causing peripheral blood to be shifted more centrally. The heart works harder and it is difficult to control high blood pressure. An acid diet is, obviously, the problem and a proper diet is the only safe solution.

It is well known that cancerous cells grow well in acidic mediums and an acidic pH accelerates and increases the possibility of cellular mutations. Scientists have proven that raising the body's alkalinity and oxygen content can eliminate cancer. This simple method is a logical and safe way of returning the body to its original state. Remove external carcinogens and toxins from your food, air and water by seeking out non-toxic alternatives to dangerous pesticides and chemicals, consuming only organic food and installing filters to purify your indoor air and water. Common sense is not a very common practice in our world. Always think forward first before you act. **Fight cancer with all that you have!**

You must realize that the word disease lets you see at least part of the problem - "dis- ease" or "not at ease". Maintain your ease, learn to relax, forgive, laugh and be content. Your focus determines your reality, always think and act positively. Seek out religious reassurance and find joy in faith of healing. Ask for help in your prayers. Learn to forgive. Learn how to love and accept yourself (just as you are) and then others (just as they

are). Learn to be a child again. Learn how to trust and hope and then to have faith. Expect less and give more. Become mentally strong. Do some random acts of kindness. Learn patience and take time to find proper rest. Be at ease with yourself! **Stress wreaks havoc with the immune system and opens you up to a whole host of health problems!**

Sauna regularly because as Parapenides wrote 2000 years ago, "Give me a chance to create fever and I will cure any disease," and we know that G-d did not create the human body to suffer from cancer. If we will use the same methods scientists use, to return the body to its original state, we will never suffer from this or any other disease. People who know and apply this information are saving hundreds of thousands of lives annually. This is how the Author detoxed and removed the toxins that made him intoxicated.

Just as a prize fighter would not go into the ring and only throw one type of punch to beat his opponent; you must learn how to use many different complementary therapies to beat your enemy and win the battle. Boxers do not enter the ring until their health is in peak condition. In order to defeat your opponent, Cancer, you need to become healthy again. Eat properly, use the right supplements and exercise regularly. Hyperthermia gives cancer a hard time by:

1. removing accumulations of stored toxic chemicals that cause cancer;
2. improving circulation so that tissues are both nourished with oxygen and flushed of acidic metabolic wastes;
3. weakening or even killing cancer cells that have a lower tolerance for heat than healthy cells.

Many current Cancer 'treatments' actually depend on weakening the body and its immune system. The Author feels this is a negative approach to healing the body of disease. The Author believes:

- No Cutting; No Burning; No Nuking; No Drugs -

Oxygen and Cancer

Otto Warburg may have discovered the underlying cause for all forms of Cancer when he won two Nobel Prizes fifty years ago for his work on proving that Cancer is caused by a lack of oxygen respiration in cells. He stated in *The Prime Cause and Prevention of Cancer* that: "The cause of Cancer is no longer a mystery, we know it occurs whenever any cell is denied 60% of its oxygen requirements. Cancer, above all other diseases, has countless secondary causes. But, even for Cancer, there is only one prime cause. Summarized in a few words, the prime cause of Cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar." All normal body cells meet their energy needs by respiration of oxygen, whereas Cancer cells meet their energy needs in great part by fermentation. All normal body cells are thus obligate aerobes, whereas all Cancer cells are partial anaerobes. J. B. Kizer, a biochemist and physicist at Gungnir Research in Portsmouth, Ohio explained, "Since Warburg's discovery, this difference in respiration has remained the most fundamental (and some say, only) physiological difference consistently found between normal and cancer cells."

Ma Lan, MD and Joel Wallach, DVD, point out that one type of white blood cell kills cancer cells by injecting them with oxygen, creating hydrogen peroxide in the cells. Looking at Cancer in this light, it makes sense to drastically increase cellular oxygen levels and to detoxify the body so that more cells stay oxygenated.

A nurse who works in medical research said, "It's so simple. I don't know why I never thought of it before. When we're working with cell cultures in the lab, if we want the cells to mutate, we turn down the oxygen, to stop them, we turn the oxygen back up."

Every year we lose more oxygen from our atmosphere to depletion of the ozone, and every year the incidence of Cancer increases. In the beginning, the earth's atmosphere was 37% oxygen. Now the atmosphere is 20% oxygen. Oxygen is essential to metabolize food and create high energy, and it is also impossible for cancer to exist in an alkaline oxygen-rich environment. **All people have the right to know the truth and the basics for human life.**

You must change your internal environment to one in which Cancer cannot thrive or survive. Just as we can't live without adequate oxygen, cancer can't exist in cells where there is enough oxygen. Sadly, all too often our cells are lacking in oxygen. Fortunately it is possible to increase the levels of oxygen in cells, thus,

making our body's internal environment a place where cancer can't easily survive. Cancer also needs an acidic environment to grow and does not survive well in an alkaline body - so change your internal environment's pH. Cancer tumors have a much higher concentration of toxic chemicals and pesticides than do healthy tissues. Sodium bicarbonate for all intents and purposes is an instant killer of cancer cells/tumors - a high pH of the blood allows the blood to carry more oxygen and the pH of the blood is the most important factor to determine the state of the microorganisms in the blood. The extracellular (interstitial) pH (pHe) of solid tumors is significantly more acidic compared to normal tissues. Sodium bicarbonate possesses the property of absorbing heavy metals, dioxins and furans. Comparison of cancer tissue with healthy tissue from the same person shows that the cancer tissue has a much higher concentration of toxic chemicals, pesticides, etc. An extremely simple therapy used by physicians who treat autism is to supply a mild antidote that neutralizes the excess acids. The most convenient product is a nonprescription drug called AlkaSeltzer Gold™. Do not use any other kind of AlkaSeltzer™. AlkaSeltzer Gold™ is simply a very safe product (sodium and potassium bicarbonate) that helps to neutralize excess acids of any kind. *Dr. William Shaw, Biological Treatments for Autism and PDD.*

There are many ways to detox and remove dangerous parasites, carcinogens and other toxins from your body - you need to do so in order to be healthy again.

Acidity vs. Alkalinity

In chemistry, alkali solutions (pH over 7.0) tend to absorb oxygen, while acids (pH under 7.0) tend to expel oxygen. For example, a mild alkali solution can absorb over 100 times as much oxygen as a mild acid solution. Therefore, when the body becomes acidic by dropping below pH 7.0 (note: all body fluids, except for stomach and urine, are supposed to be mildly alkaline at pH 7.4), oxygen is driven out of the body and, according to Nobel Prize winner Otto Warburg, thereby inducing Cancer. Stomach fluids must remain acidic to digest food and urine must remain acidic to remove wastes from the body. Blood is the exception. Blood must always remain at an alkaline pH 7.4 so that it can retain its oxygen. When adequate mineral consumption is in the diet, the blood is supplied the crucial minerals required to maintain an alkaline pH of 7.4.

However, when insufficient mineral consumption is in the diet, the body is forced to rob Peter (other body fluids) to pay Paul (the blood). In doing so, it removes crucial minerals, such as calcium, from the saliva, spinal fluids, kidneys, liver, etc., in order to maintain the blood at pH 7.4. This causes the de-mineralized fluids and organs to become acidic and therefore anaerobic, thus inducing not only cancer, but a host of other degenerative diseases, such as heart disease, diabetes, arthritis, lupus, etc. Everyone knows that the human body is made up of 78% water by weight, and that water is hydrogen and oxygen gases. When nitrogen gas and carbon in the form of carbon dioxide and methane gases are added, the total gas in the body by weight becomes over 95%. Almost half of the remaining 5% that makes up the human body and controls all biological functions is the mineral calcium. No other mineral is capable of performing as many biological functions as is calcium. Calcium is involved in almost every biological function. This amazing mineral provides the electrical energy for the heart to beat and for all muscle movement. It is the calcium ion that is responsible for feeding every cell. It does this by latching on to seven nutrient molecules and one water molecule and pulls them through the nutrient channel. It then detaches its load and returns to repeat the process. Another important biological job for calcium is DNA replication, which is crucial for maintaining youth and a healthy body. DNA replication is the basis for all body repair and can only occur on a substrate of calcium.

A patient diagnosed with pulmonary neoplasm of the lung, underwent treatment with sodium bicarbonate, before submitting to surgery to remove part of the lung. Treatment consisted of sodium bicarbonate administered orally, by aerosol, and IV. After first treatment reduction of nodules and absorption was evident, and after 8 months was no longer visible at all. Treatments also reduced size of the liver and results were confirmed by both X-ray and CAT scan.

At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live. This has given rise to a variety of treatments based on increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium. But nothing can compare to the instant alkalinizing power of sodium bicarbonate for safe and effective treatment of cancer.

“The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously

and through catheter for direct targeting of tumors.² All of Dr. Tullio Simoncini's treatments with sodium bicarbonate are directed as specifically as possible to the organs involved, for example, vaginally as well as abdominally into the peritoneal space for cervical cancer, through the hepatic artery for liver cancer in order to get the solution as close to the affected area as possible. Sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results in most tumors, including the brain, while others, such as the serious ones of the bones can remain unaffected. Dr. Simoncini, with the help of interventionist radiologists was able to reach those areas of the body that had previously been inaccessible. This was achieved through positioning appropriate catheters either in cavities for peritoneum and pleura, or in arteries to reach other organs.

Sodium bicarbonate neutralizes acids present in gases (in particular hydrochloric acid, sulphur dioxide, hydrofluoric acid) to form sodium salts (sodium chloride, sodium sulphate, sodium fluoride, sodium carbonate), which are all known as Residual Sodium Chemicals. Sodium bicarbonate can be made into a paste salve with vinegar, it relieves burning from bug stings (particularly bee stings), poison ivy, nettles, and sunburn. It is used as an antacid to treat acid indigestion and heartburn. Mixed with water in a 10% solution can soften earwax for removal.

Substituting a sodium bicarbonate solution for saline
infusion prior to administration of radiocontrast
material seems to reduce the incidence of nephropathy.[xii]
Dr. Thomas P. Kennedy
American Medical Association

Because sodium bicarbonate has long been known and is widely used, it has many other names including sodium hydrogen carbonate, sodium bicarb, baking soda, bread soda, cooking soda, bicarb soda, saleratus or bicarbonate of soda. It is soluble in water. This white solid is crystalline but often appears as a fine powder. It has a slight alkaline taste resembling that of sodium carbonate. It is a component of the mineral natron and is found dissolved in many mineral springs. It is also produced artificially. World wide production is on the scale of 100,000 ton/year. Sodium bicarbonate is primarily used in cooking (baking) where it reacts with other components to release carbon dioxide, that helps dough "rise."

It is commonly used to increase the pH and total alkalinity of the water for pools and spas. Sodium bicarbonate can be added as a simple solution for restoring the pH balance of water that has a high level of chlorine. It is sometimes used in septic tanks to control pH and bacteria.

Sodium bicarbonate injection is also indicated in the treatment of metabolic acidosis which may occur in severe renal disease, uncontrolled diabetes, and circulatory insufficiency due to shock or severe dehydration, extracorporeal circulation of blood, cardiac arrest and severe primary lactic acidosis. Sodium bicarbonate is further indicated in the treatment of drug intoxications, including barbiturates. Sodium carbonate has been found effective in treating poisoning or overdose from many chemicals and pharmaceutical drugs by negating the cardiotoxic and neurotoxic effects.

Sodium bicarbonate is also useful in treating neurological disorders in children.

Simply stated, low calcium means low body repair and premature aging. As important as all these and hundreds of other biological functions of calcium are to human health, none is more important than the job of pH control. Calcium to acid, is like water to a fire. Calcium quickly destroys oxygen robbing acid in the body fluids. Thus, the more calcium, the more oxygen, and therefore, the less Cancer and other degenerative diseases.

In the 1950s, Dr. Carl Reich M.D. discovered that his patients were able to cure themselves of almost all degenerative diseases by consuming several times the RDA of calcium, magnesium, vitamin-D and other nutrients. Dr. Reich was the first North American doctor to prescribe mega doses of minerals and vitamins to his patients and is considered by many to be the father of preventive medicine. By the 1980s Dr. Reich had cured thousands, but lost his license for explaining that the consumption of mineral nutrients, such as calcium, could prevent Cancer and a host of other diseases. This concept was considered too simple to accept by the medical wisdom of the day. However, by the late 1990s, other medical men of wisdom were also discovering that calcium supplements could indeed reverse Cancer.

A team of researchers from two Canadian universities and the Centre for Chronic Disease Prevention and Control at Health Canada designed a study to examine a possible link between pancreatic cancer risk and

dietary carotenoid intake. As reported in the Journal of Nutrition, researchers found that beta-carotene and total carotenoid intake was associated with a significantly reduced risk of pancreatic cancer among non-smoking subjects. Smoking is believed to be one of the primary causes of pancreatic cancer.

The most striking result concerned lycopene. The Canadian team noted that lycopene intake was provided mainly by tomatoes or tomato products. When those who had the least lycopene intake were compared with those who had the greatest intake, subjects in the latter group were found to have a 31 percent reduced risk of developing pancreatic cancer.

Tips for Alkalinizing Your Diet

1. Eat lots of organic fruits and vegetables, especially cucumbers, radishes and squash.
2. Squeeze lemon or lime into water as a beverage
3. Eat 1 cup of alkalinizing greens daily (e.g., kale, mustard greens, cabbage, spinach, celery, dandelion greens or broccoli).
4. Eat millet or quinoa as an alternative to wheat.
5. Choose fish and lamb over beef.
6. Use olive oil instead of vegetable oils, avoid hydrogenated oils.
7. Drink green tea or organic and raw kombucha tea. Avoid drinking coffee and black tea.
8. Drink a chlorophyll source such as wheatgrass or Emerald Balance powder.
9. Drink miso broth. One teaspoon of miso to a cup of hot, not boiling, water.

Note: Most protein foods (e.g., meat, poultry, fish, shrimp, lobster, oysters and crabs) and nearly all carbohydrates (e.g., grains, breads, pasta, chocolate, liquor, beer, wine and pastas) and fats are “acid forming.” Most fruits, including citrus and vegetables, are “alkaline forming.” Free-form amino acids are not acid forming when metabolized, but offer buffering abilities to help the body offset acidic wastes. VÄXA NDC #65900-0014-3

Many people find that their body turns acidic during an allergic reaction or when they suffer from metabolic acidosis. You can help correct this condition by taking 1/2 teaspoon of dissolved baking soda (sodium bicarbonate) before bed each evening or as needed. Make sure that all the baking soda is dissolved before drinking.

Some people use Alka Seltzer Gold to do the same thing. Many people prefer a Tri-Salts mixture to straight sodium bicarbonate to make the body become more alkaline.

Recipe for Tri-Salts

2 Parts Potassium Bicarbonate
3 Parts Sodium Bicarbonate
1 Part Calcium Carbonate

Thoroughly mix all the ingredients together, (you may want to do this outside or wear a dust mask as it can make you sneeze a lot). Use one teaspoon of the above mixture to 1/4 - 1/2 teaspoon powdered vitamin C in a third of a tumbler full of filtered water to alleviate allergic reactions such as headaches, nausea, chronic heartburn etc. The sooner you take the Tri-Salts after a suspect food (i.e., heartburn), the better it works to lessen the symptoms. *Source Airedale Allergy Centre, Nr Keighley.*

Below are some websites that list alkaline and acidic foods:

<http://www.essense-of-life.com/info/foodchart.htm>

<http://altmedicine.about.com/od/popularhealthdiets/a/alkalinediet.htm>

<http://www.godsdirectcontact.com/vegetarian/abc/alkalineoracid.htm>

<http://www.ctds.info/acidic-foods.html>

<http://www.thewolfeclinic.com/acidalkfoods.html>

Discussion about symptoms of being too acidic:

<http://www.care2.com/channels/solutions/self/1315>

Tips for Oxygenizing Your Diet - Cancer cells can not survive in high levels of oxygen,

You can purchase a brown bottle of OTC 3% Hydrogen Peroxide (H_2O_2) and pour 1/4 cup of it on a towel and lay it on your chest. (**Caution: H_2O_2 will bleach colors.**) The hydrogen peroxide can be warmed up before placing it on the towel. This H_2O_2 treatment can be done every 4 to 8 hours. About a half hour after each H_2O_2 treatment, you can eat some slices of a raw potato. An enzyme in the raw potato will help break down the hydrogen peroxide into oxygen and water in your blood stream. The result of this two-part approach will be increased oxygenation of the blood and the destruction of viruses without the oxidative stress of too much H_2O_2 . You can also use H_2O_2 sublingually. or you can add one 8 oz bottle to a one gallon steamer/humidifier filling the rest of the one gallon reservoir with pure water and simply plug it in and breathe the vapors. There are also H_2O_2 IV treatments available by some physicians.

What Does Cancer Love? Or what differentiates a cancer cell from a normal, healthy cell?

Otto Warburg's amazing discovery over seventy years ago was the main biochemical cause of invasive cancer - because of this discovery, Otto Warburg was awarded the Nobel Prize. Otto Warburg discovered that: "Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic [i.e., oxygen-deficient] cell respiration."

But what does Warburg's discovery tell us? First, that cancer metabolizes much differently than normal cells. Normal cells need oxygen. Cancer cells despise oxygen. The only place you will find cancer in your body is where there is no oxygen. That is why oxygen therapy is a favorite among so many alternative cancer clinics.

Another thing this discovery tells us is that cancer metabolizes through a process of fermentation and fermentation requires sugar. The metabolism of cancer is approximately 8 times greater than the metabolism of normal cells.

Knowing the above, we can determine that the body of the cancer patient is constantly overworked trying to feed this invasive cancer. The cancer is constantly on the verge of starvation and thus constantly asking the cancer patient's body to feed it. When the food supply is cut off, the cancer begins to starve unless it can make the body produce sugar to feed itself.

The wasting syndrome, cachexia, is the body producing sugar from proteins (not from carbohydrates or fats, but from proteins) in a process called glycogenesis. This sugar feeds the cancer. The body finally dies of starvation, trying to feed the invasive cancer. Now, knowing that one's cancer needs sugar, does it make sense to feed it sugar? Does it make sense to have a high carbohydrate diet? (Note: Cachexia is also seen in patients with AIDS, chronic obstructive lung disease, congestive heart failure, tuberculosis, familial amyloid polyneuropathy, mercury poisoning (acrodynia) and hormonal deficiency.)

The reason Food Therapies for cancer even exist today (beyond the fact that they work) is because someone once saw the connection between sugar and cancer - not a single food therapy allows many foods high in carbohydrates or sugars! BECAUSE SUGAR FEEDS CANCER.

Why doesn't your physician tell you this? Hard to tell. Maybe your doctor feels it is his job to cure your cancer, not yours. Maybe because your doctor learned about Warburg, but never put the rest together, never placed nutrition into the equation. But, most probably because most physicians do not even study proper nutrition. In 1978, the AMA's official position (found in the Congressional Record) was that nutrition had nothing to do with (any) disease.

However, those who have paid attention to this sugar craving cancer stuff have come up with some remarkable therapies for cancer. Laetrile is just one. Hydrazine Sulfate, which stops the process of glycogenesis in greater than 50% of all patients with cachexia is another. Then there are the food therapies: all aimed at starving cancer. Knowing what cancer loves, the cancer patient avoids them. Cancers likes cooked foods over raw (cooking destroys enzymes and heat sensitive vitamins), so check out the cancer diet at:

<http://www.mnwelldir.org/docs/nutrition/diet.htm> .

The Principles of a Cancer Diet The Center for Advancement in Cancer Education puts it simply: low fat (a low fat diet lowers "bad" estrogen levels in women), low animal protein, high fiber, high enzyme diet whose acid/alkaline balance approaches a ratio of 1:4, eliminating heavily refined, highly heated, over-processed, artificial,

and chemically adulterated foods. In other words, organic, unprocessed or minimally processed foods. However, there is a problem here in that the Mediterranean diet is high in fat and breast cancer rates are lower there. So it is not just fat, but the types of fats we are interested in here. Olive oil contains essential acids as does flax oil. Diets low in fat can kill a cancer patient. PMGs that promote cells to stop this crazy, out-of-control growth need to work with fats. <http://www.mnwelldir.org/docs/cancer1/allthrp3.htm> . Also keep in mind the condition of the animal who's fat you are about to consume. Butter from an organically-raised cow is so much better for you than butter from conventionally raised cows.

What Else to Eliminate Coffee, tea (with too much caffeine), sugar, white flour, white rice, milk, oils (except olive oil), liquor, fried food, meat from animals that have been raised with hormones or antibiotics, citrus (one or two oranges is maximum), vitamins that are not indicated for you specifically, refined salt (Celtic Sea Salt® Brand http://www.selinanaturally.com/Celtic-Sea-Salt-Brand-Sea-Salt-C3.aspx?a_aid=416&a_bid=e24eb03a has been given the o.k. by many naturopaths and nutritionists), cocoa, over-processed foods, foods with additives and drugs (these include all over-the-counter remedies, e.g., pain relievers, antacids, cough and cold medicines). Keep in mind that these are just general guidelines. Some people actually need coffee to counteract the alcohol created by their pancreas. Some people need animal proteins. Some need citrus. Only a thorough chemical analysis can tell you specifically what to eat and what to avoid. However, everyone with cancer should avoid all sugars and any foods containing partially hydrogenated oils (which means you must learn to read labels as the food industry is slowly slipping these fats into nearly everything: frozen foods, cream soups, cocoas, cheese products, you name it).

Never forget, cancer loves sugar. If you dislike your cancer, then don't feed it.

<http://www.mnwelldir.org/docs/nutrition/sugar.htm>

The Ultimate Anti-Aging Spice - http://www.brainready.com/blog/the_ultimate_anti-aging_spi.html

Turmeric is native to India and Indonesia, where it has been consumed and revered as both a medicine and dietary staple for over 5,000 years. Only comparatively recently has the West learned of the wide-ranging health properties of this tasty spice, largely thanks to the growing body of scientific research studies confirming and illustrating some of these specific health benefits. Among some of the most interesting health benefits and their recent scientific findings:

- **Alzheimer's and Dementia Prevention:** The 2003 study in Italy as published in the Italian Journal of Biochemistry showed that Turmeric protects against Alzheimer's disease by 'activating' a gene that codes for the production of the antioxidant protein bilirubin, which protects the brain against injury from free radicals which are thought to be a responsible for neurodegenerative diseases including Alzheimer's AND Dementia. Another study conducted at UCLA and published in the December 2004 issue of the Journal of Biological Chemistry, which has been confirmed by further research published online April 20, 2006, in the Journal of Agricultural and Food Chemistry, provides further insight as to how Turmeric provides multiple areas of protection against the mechanisms which cause Alzheimer's. This research was so profoundly exciting to researchers that human clinical trials to further investigate Turmeric's potential as a "preventive, therapeutic agent for Alzheimer's disease will soon be underway".
- **A Potent Anti-Inflammatory:** Turmeric's anti-inflammatory effects have been shown to be comparable to the potent drugs hydrocortisone and phenylbutazone as well as over-the-counter anti-inflammatory agents such as Motrin. Wow! Bet you didn't think your lunchtime curry could do that, right? And, unlike lab-produced pharmaceutical drugs, Turmeric has been shown to produce no toxicity, nor the kinds of stomach problems that commonly occur with pharmaceutical anti-inflammatory drugs.
- **Rheumatoid Arthritis:** Many clinical studies have shown that the antioxidant properties of Turmeric help fight the free radicals responsible for the painful joint inflammation of arthritis. Turmeric's combination of antioxidant and anti-inflammatory effects explains why many people with joint diseases find relief when they use the spice regularly, and in a recent study of patients with rheumatoid arthritis, Turmeric was compared to phenylbutazone and produced comparable improvements in shortened duration of morning stiffness, lengthened walking time, and reduced joint swelling.
- **Cystic Fibrosis: Curcumin,** the major constituent of turmeric that gives the spice its yellow color, can help correct the genetic defect that is responsible for cystic fibrosis, as suggested by an animal study published in the April 2004 issue of Science. Cystic fibrosis, a fatal disease that attacks the lungs with a thick mucus, causing life-threatening infections, and afflicts about 30,000 American children and young adults, who rarely survive beyond 30 years of age.

- **Colon and other Cancers Prevention:** Turmeric's antioxidant effects help protect the colon cells from free radicals that can damage cellular DNA -- a significant benefit particularly in the colon where cell turnover is quite rapid. By improving liver function, it also helps the body to destroy mutated cancer cells so that they cannot spread through the body and cause more harm. Even more interesting, when Turmeric was combined with the vegetable Cauliflower, the protection against colon cancers was even more pronounced, leading researchers to believe the combination of cruciferous vegetables and curcumin could be an "effective therapy not only to prevent prostate cancer, but to inhibit the spread of established prostate cancers". Time to start eating cauliflower with turmeric!
- **Improved Liver Function:** recent studies have shown that Turmeric increases the detoxification enzymes in the liver, so much so that one set of researchers commented, "Turmeric used widely as a spice would probably mitigate the effects of several dietary carcinogens". In our polluted, often carcinogenic-laden environment, diet and lifestyles these days, this is a good thing...
- **And more:** from cardiovascular protection benefits (reduced heart attack and stroke risk) to serving as a great source of vitamin B₆ to further overall anti-oxidization, detoxification and blood-brain benefits, the health benefits of Turmeric continue to be revealed and discovered by new scientific studies each year.

Turmeric Curcumin - Natural Cancer-Fighting Spice Reduces Tumors by 81% — It also reduces pain, inflammation, diabetes, arthritis and many other health problems.

<http://www.youtube.com/watch?v=oP7S5VDHfFY>

The health benefits of turmeric lie in its active ingredient called curcumin. This powerful compound gives turmeric its therapeutic benefits, its yellow color, and its pungent flavor. More specifically, curcumin harbors antioxidant, anti-inflammatory, antibacterial, stomach-soothing, and liver-and heart-protecting effects. Turmeric is thought to reduce inflammation by lowering histamine levels and it may also stimulate the adrenal glands to increase production of a hormone that reduces inflammation. It is often used to ease joint pain and inflammation associated with arthritis. However, it is also used to reduce joint pain and inflammation in other disorders as well. Turmeric (curcumin) also harbors rich stores of antioxidants. Antioxidants are disease-fighting substances that mop up the continuous onslaught of free radicals. Free radicals are unstable oxygen molecules that damage cells as they travel through the body and are responsible for premature aging and diseases such as cancer if left unchecked. In fact, Naturopaths often recommend turmeric for situations in which high concentrations of antioxidants are required.

Studies with animals show that turmeric benefits liver health. Several animal studies suggest that turmeric protects the liver from the damaging effects of certain toxins, including alcohol. These findings certainly lend credence to the herb's history of use in liver ailments. Among the many health benefits of turmeric, is that it harbors antiplatelet activity. The herb reduces the ability of the blood to form clots and, as such, this action may improve circulation as well as offer some protection against heart attacks and strokes. If you suffer from digestive problems this may be the herb for you. Turmeric helps digest fats by stimulating the flow of bile. No wonder it was used traditionally as a digestive aid. Laboratory studies indicate that curcumin has anti-cancer activity. More specifically, it destroys some types of cancer cells. For example, in the laboratory, curcumin kills cultures of human leukemia cells. This action may be due to turmeric's antioxidant properties or some other anti-cancer activity. Turmeric may help fight bacteria infections.

Precautions and Side Effects of Turmeric. Turmeric is considered a safe herb. However, prolong use of higher than recommended doses can cause stomach upset and other gastrointestinal disturbances. There is no RDA (recommended daily allowance) on turmeric because it is not considered an essential nutrient. However, a typical adult dosage as a stand-alone supplement is 400 to 600 of curcumin a day. Who should avoid the use of Turmeric? People with congestive heart disease whose cause remains unidentified and people with painful gallstones, obstructive jaundice, acute bilious colic, or extremely toxic liver disorders. The following people should check with their medical provider before starting any supplements - Pregnant women, women who are trying to conceive or women that have a history of fertility problems. Women who are nursing. People with a blood-clotting disorder. People on any type of medication. People with health conditions.

Tips on Choosing a Quality Turmeric Supplement - Choose a supplement using only standardized extracts of at least 95% curcumin or greater. Curcumin is not well absorbed by the body when taken orally. As such, it is often sold with piperine to enhance absorption. Bromelain also enhances the bioavailability of curcumin.

Other Recommended Reading

Article about Herbal Healing Tea - Essiac Four Herb Formula http://www.safesolutionsinc.com/Essiac_Tea.htm

Article about Complementary Alternative Medicine - Is Alternative Medicine Dead?
http://www.safesolutionsinc.com/alternative_medicine.htm

Article about Cancer Research - A Super Fraud? http://www.safesolutionsinc.com/cancer_research.htm

Article about Contamination - What's In That Water? http://www.safesolutionsinc.com/water_cleaner.htm

Supportive Cancer Therapy Products — Call Safe Solutions, Inc. for availability.

Dioxychlor DC3 (Homeopathic 1X) 1 oz.

Dioxychlor DC3 is an effective antiviral, antibacteria. Homeopathic Oral Drops, Dioxychlor is a natural antibiotic that kills bacteria by supplying generous amounts of oxygen to the bacteria (anaerobes) that would normally thrive in little or no oxygen. The Author recommends that this product be used sublingually initially then take a sip of water, rinse then swallow. This oxidative agent fights both yeast and cancer.

Emerald Balance®

Nutrition Facts:

Serving Size (tabs) 1

Servings Per 14

Calories 39

Calories from Fat 8.29

Total Fat (g) 1 g

Vitamin A 160 IU

Vitamin E 97 IU

Total Carbs (g) 6 g

Vitamin C 371 mg

Dietary Fiber (g) 1.7 g

Protein (g) 1

Sodium 11 mg

Potassium 84 mg

Calcium 39 mg

Silicon 54 mg

Ingredient Details:

Free of: any wheat, beans, yeast, spinach, nuts, sugar, fructose, or dairy products.

Other Ingredients: Certified Organic Barley Grass Juice Powder, Spirulina Powder, Chlorella - Cracked Cell Non-Dairy Probiotic Cultures Blend: Lactobacillus Rhamnosus Types A & B, Lactobacillus Acidophilus, Bifidobacterium Longus, Bifidobacterium Breve, Lactobacillus Bulgaricus

Vitamin C (Natural Rose Hips)

Vitamin E (d-Alpha Tocopheryl Succinate)

Superconnect-R™ Antioxidant Blend (Proprietary): Red Raspberry Powder, Parsley Juice Powder, Acerola, Blueberry Powder, Bioflavonoids (Citrus), Turmeric Powder, Dandelion Leaf, Green Tea (60% Polyphenols, 40% Catechins), Grape Seed Extract (95% Proanthocyanidins)

Soy Lecithin Powder (99% Oil Free)

Aloe Vera (Freeze-Dried)

Watercress Juice Powder

Bamboo

Horsetail

Stevia

Ginger Powder (Freeze-Dried)

Royal Jelly (5% 10-HDA)

Royal Jelly (5% 10-HDA)

Cinnamon Powder

Suma (Puffia panniculata)

Astragalus membranaceus

Damiana

Carrot Juice Powder

Nova Scotia Dulse

Organic Beet Juice Powder

Silymarin (Milk Thistle 80% Extract)

Dandelion

Ginkgo Biloba (24% Ginkgo Flavoglycosides 6% Terpene Lactones)

Pow-R-Fiber™ Blend (Proprietary): Apple Pectin, Apple Fiber, Rice Bran Solubles, Flax Seed Meal (Cert. Organic, 90% Oil-Free)

Natural Enzymes Derived from Plants: Protease, Cellulase, Amylase, Lipase

Pow-R-Flavor™ (Proprietary): Orange Juice Powder, Pineapple Juice Powder, Spearmint

Methoxy-Iso Protein

The key ingredient in Methoxy-Iso Protein is 5-Methy-7-Methoxy-Isoflavone, a proven agent for building muscle. The main patent was filed in 1977 by a Hungarian company, and soon became a secret weapon of livestock producers. Recently our scientists, in their ongoing research to create new anabolic agents, discovered the patents buried in the U.S. patent office. The newly patented formula is truly the biggest scientific breakthrough for mass building in 30 years!

Potent

Methoxy-Iso Protein is the most powerful formula of its kind on the market, combining two new, scientifically proven anabolic compounds, 7-Isopopoxisoflavone and 5-Methy-7-Methoxy-Isoflavone with ZMA, a patent-pending anabolic mineral supplement. The net effect of these combined agents in your body is an anabolic state - the optimum condition for lean mass growth, improved strength and quicker recovery time.

Safe

Research has shown that use of Methoxy-Iso Protein does not produce androgenic or liver damaging effects. In fact, Methoxy-Iso Protein actually decreases oxygen consumption of tissues and lowers cholesterol.

Easy to Use

No blender needed. Mix 1 scoop of Methoxy-Iso Protein with 4 ounces of water or your favorite beverage, 2-3 times daily as a high performance dietary supplement.

Best Value

Higher concentrations of muscle building anabolic compounds mean better results with less product. Methoxy-Iso Protein is available in either Chocolate or Vanilla Custard flavor.

NUTRITION FACTS

Amount Per Serving	% Daily Value
Calories Per Serving 138	Calories From Fat 10
Total Fat 2.2gm	3%
Saturated Fat 0	0%
Cholesterol 0	0%
Sodium 66mg	3%
Potassium 150mg	***
Total Carbs 4.6gm	2%
Dietary Fiber 0	0%
Sugars 2gm	***
Protein 24gm	44%
7-Isopropoxisoflavone 225 mg	
5-Methy-7-Methoxy-Isoflavone 200 mg	

Grass of the Sea

Diatoms once lived in the sea eons ago, and as they died their shells (and minerals) drifted to the bottom of the sea beds. In this manner, vast deposits of diatomic shells were laid down. Throughout the history of man's existence, a wide variety of valuable uses have been found for what has come to be called "diatomaceous earth." There are now more than 1,500 ways in which man benefits from this incredible material left by diatoms, Silicon Dioxide.

Terramin Bentonite Clay

Bentonite clay has been recognized as a natural detoxification agent for centuries by native cultures around the world. When taken internally, bentonite clay absorbs bodily toxins (heavy metals, free radicals, pesticides) from the intestinal tract by attracting them to its extensive surface area, where they adhere like flies to sticky paper. The toxins are then eliminated with the undigested clay in bowel movements.

Other health benefits include: aid in digestion, metabolism, and weight control; and increase in one's longevity, energy and stamina. Terramin 100% Natural Living Clay is a rich source of calcium and a other trace minerals. Trace minerals activate our enzyme systems and the biological functions that underlie nearly every manifestation of our lives. Terramin replenishes the body's essential minerals and macro/micro nutrients, where their absence may occur from soil depletion and genetically modified foods.

The practice of using the Earth to heal people is known as Pelotherapy, and many such healing clays are used today in hydrotherapy, balneology, and natural, holistic medicine.

Coenzyme Q10

The provision of supplemental CoQ10 (390 mg) to breast cancer patients has been shown to induce complete regression in some cases. [Biochem Biophys Res Comm 199: 1504-08, 1994; 212: 172-77, 1995] Though only a small group study, the provision of an array of antioxidant supplements including coenzyme Q10 to high-risk breast cancer patients has been demonstrated to be beneficial in reducing mortality, spread of cancer and quality of life. [Mol Aspects Med 15: 231-40S, 1994]

Artemisinin 100 mg

Artemesia Annu (qing hao, ching hao, jing hao, quinghaosu (extract-artemisinin)) is different from other members of the Artemesia family as it seems to have nuero-toxins at extremely low levels. Used for Babesia and Malaria. Has potential to be used for other things. Anti-protozoal, antibacterial, and supposedly anti-yeast. ***Heart may be effected with allergic or severe reactions.

SIDE EFFECTS AND TOXICITY - "Side effects of ching-hao at normal to high therapeutic doses appear to be rare and mostly involve gastro-intestinal reactions such as nausea, vomiting, and diarrhea (with or without intestinal cramping). In a large study in Thailand comparing high-dose artemisinin derivatives (artemether and artesunate) alone versus in combination with mefloquine, the incidence of adverse effects with the artemisinin compounds was reported to be 34% for loss of appetite, 16% for nausea, 15% for dizziness, and 11% for vomiting; mefloquine greatly increased the incidence of side effects, doubling the rate. In a clinical trial comparing artesunate injection with chloroquine and with the combination of quinine and resorcin, no adverse effects of artesunate were reported, while dizziness was a common complaint with the drug therapies. Animal studies with high-dose administration of artemisinin had revealed neurological damage, which was initially worrisome, but this appears to be highly species specific [***other species of artemesia, i.e., abyssintha, etc...] and does not affect humans in the dosage range normally used. Very high doses of the isolated artemisinin caused liver inflammation in animals and in humans; the human dosage causing this reaction was 10 times the therapeutic dose, given for 3 days. Published reports thus far agree that ching-hao, artemisinin, and its derivatives have low toxicity."

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9790421&dopt=Abstract
"Assessment of the neurotoxicity of parenteral artemisinin derivatives in mice."

WARNING: This study uses NOT artemisinin, but Artesunate; a semi-synthetic, and artemether; a compound processed with methyl-ether - a potentially damaging process.

<http://www.naccca.org/news/200108/malaria.html> (original link)

"Artemisinin acts like a bomb. It has two oxygen atoms that break apart in the presence of iron. The malaria parasite inhabits a person's red blood cells, which are rich in iron. When an artemisinin molecule encounters the parasite, it explodes, releasing lethal toxins that destroy the parasite. [*questionable how this would work with Lyme; works in red blood cells]"

<http://www.itmonline.org/arts/chinghao.htm>

Ching-hao is included in effective treatments for leptospirosis, a bacterial disease that usually infects humans from animal waste contaminating water supplies. [*leptospirosis is a spirochete, like Lyme]

http://www.nimh.btinternet.co.uk/ejhm/1_3_mm3.htm (original link)

"The antimalarial activity of qinghao was rediscovered in the Peoples Republic of China in 1971. During the 1970s an active crystalline compound named qinghaosu, arteannuin (literally, the active principle of qinghao or artemisinin) was isolated, characterized, and found to have an antimalarial activity. The Western name artemisinin was given to the compound and Chemical Abstract preferred artemisinin.⁶ This compound has been shown to have marked activity against malaria parasites, including chemo-resistant isolates of Plasmodium falciparum.⁷⁻¹³ Artemisinin is not an alkaloid or an amine as the name suggests. This compound is a sesquiterpene lactone peroxide. <http://www.itmonline.org/arts/chinghao.htm>

"The primary fragrant component of Artemesia annua is the monoterpene artemesia ketone, accompanied mainly by other monoterpenes. . To retain these compounds in a decoction, it is recommended that the herb be decocted for no longer than 5 minutes.

General Information

Malaria is caused by the Plasmodium parasite and it is transmitted to humans by infected female Anopheles mosquitoes. The fact that mosquitoes transmit it is very important to understand. This parasite can be difficult to kill because it changes form and can escape recognition by the human immune system.

When an infected mosquito bites a person or animal, it releases saliva containing the parasite, into the blood stream. The Plasmodium falciparum parasite travels rapidly to the liver and attacks it. Once there it replicates and matures inside the liver cells until they burst, releasing the thousands of parasites that have grown inside each cell. These new parasites are 'dumped' directly into the blood of the person bitten by the mosquitoes. This 'second generation' of parasites infect the red blood cells by entering into them and using each cell as their home. Inside the red blood cells, the parasites undergo another round of replication and cell bursting. At this point, the person starts to develop the symptoms of malaria.

While the parasite is confined to the liver - a period that lasts around five-and-a-half days - an infected individual is apparently healthy. Tangible symptoms are not yet present.

Natural Alternatives in the Prevention and Treatment of Malaria:

ARTEMISIA ANNUA General Information: *Artemisia annua*, (sweet Annie or sweet wormwood) is a bitter herb that is both a prophylactic and for treatment of malaria. Because malaria microbes have begun to develop a resistance to the commercial drugs which have been used to treat malaria for many years, these drugs are becoming less effective, and increasingly often fail to cure the disease. The plant *Artemisia annua* has been used for many years by the Chinese to treat malaria. This plant is as successful in treating malaria as the conventional drugs, and without having any of the unpleasant side-effects. Prevention. In order to achieve adequate antimalarial plasma concentrations it is advisable to administer two oral doses of 500 mg per day.

For those people interested in the details on how *Artemisia annua* works in the treatment of malaria, here are some scientific data:

Artemisinin and its derivatives are potent blood schizontocides. The peroxide bridge in artemisinin and derivatives is essential for the antimalarial activity. Such compounds are thought to cause free-radical damage to parasite membrane systems. Other natural peroxides have demonstrated antimalarial activity, but in all cases were weaker than artemisinin. Oral administration of 50mg/kg artemisinin for 3 days, cleared parasites from the blood of infected mice. Clinical studies in China and Vietnam verified this dose regimen to be optimum. Since chemical derivatives of artemisinin are pharmacokinetically more available in the pure form, most studies now use these, and a broad spectrum of antimalarial activity has been demonstrated. Artemisinin potentiates the toxicity of other antimalarials. Resistance to artemisinin has been created in laboratory experiments, but develops at a slower rate than that for chloroquine. In monkey malaria, a high relapse rate was observed which was reduced by combined treatment of *Artemisia* with *Astragalus* and *Codonopsis*. Use of the whole herb demonstrates better potency than use of the pure chemical. Gelatine capsules of *Artemisia annua* proved to be 3.5 times more effective than that of artemisinin for clearing parasitaemia in mice. The capsules were better than chloroquine in fever subsidence and removal of malarial symptoms. The recrudescence (re-infestation) rate was still high. Despite the therapeutic benefits of artemisinin in treating malaria, widespread and uncontrolled use could result in side-effects, improper dose schedules and poor compliance. This, in turn, might cause treatment failure, recrudescence and possibly resistance to the drug. Artemisinin is specific for the treatment of acute malaria, and may be unsuccessful for chronic malaria or as an antimalarial prophylactic.

Action Against Other Parasites and Organisms: Antischistosomal activity has been demonstrated in mice and rabbits for artemisinin. A potent activity against *Clonorchis sinensis* was demonstrated in rats. Artemisinin inhibited parasite growth in cultures of *Pneumocystis carinii*. High concentrations had no effect on feeder layer cells. Artemisinin and derivatives demonstrated activity against *Leishmania major*, in vitro and in vivo. The compounds were effective by oral administration and injection. The minimum inhibitory concentration of artemisinin was greater than 32 ug/ mL against Gram-positive organisms (*Staphylococcus aureus*, *Streptococcus faecalis*) and the following Gram-negative organisms: *Klebsiella* spp, *Enterobacter* spp, *Shigella dysenteriae*, *E. coli*, *Serratia marcescens* and *Proteus* spp.

Mechanism of Action: Artemisinin was observed to react with hemin and in the presence of red cell membranes this leads to the oxidation of protein thiols. As malarial parasites are rich in hemin, this may explain artemisinin's selective toxicity for the parasites. The mechanism of action of artemisinin appears to involve two steps. In the first step, activation, intra-parasitic iron catalyses the cleavage of the endoperoxide bridge and the generation of free radicals. In the second step, alkylation, the artemisinin-derived free radical forms covalent bonds with parasite proteins.

Immunologic Function: Artemisinin increases phagocytic activity but suppresses lymphocyte Transformation. Low doses may be immunostimulant but high doses are immunosuppressive and depress bone marrow function.

Artemisinin and two synthetic derivatives demonstrated marked suppression of humoral responses in normal mice, but did not alter the delayed-type hypersensitivity response to mitogens. A selective immunosuppressive activity was demonstrated, which may be of benefit in the treatment of systemic lupus erythematosus (SLE).

- Artemisinin and its water soluble derivatives demonstrated immunosuppressive action in vitro and in vivo.
- Artemisinin and its derivatives enhanced T lymphocyte-mediated immune responses selectively in normal mice and accelerated immuno-reconstitution of mice with bone marrow transplantation. These compounds may have application for the recovery of immune function.

Cytotoxic Activity: Artemisinin demonstrated cytotoxic activity against several tumour cell lines in vitro.

Pharmacokinetics: A study revealed dihydroartemisinin to be the major early metabolite of several artemisinin derivatives. An artemisinin derivative, arteether was metabolized by two different isoenzymes of cytochrome P-450 in rat liver microsomes. Animal studies using oral doses of artemisinin indicate it to have rapid absorption, wide distribution, rapid metabolism and excretion, and absence of accumulation. Extensive first-pass metabolism is demonstrated. The half life of artemisinin is extended by its administration as a suppository. In a cross-over trial by oral administration in humans, artemisinin was rapidly but incompletely absorbed. The mean residence time of intramuscularly injected suspension in oil was 3 times that of the oral formulation. The oral formulation requires more frequent administration. Injection and rectal administration of aqueous suspensions indicated a poor and erratic absorption. Artemisinin has poor bioavailability and rapid elimination. In order to achieve adequate antimalarial plasma concentrations it is advisable to administer two oral doses of 500 mg per day.

Toxicity Acute: Toxicity of artemisinin and its derivatives are low. In animal tests, artemisinin compounds are considerably less toxic than quinoline antimalarials. Artemisinin is not mutagenic but is teratogenic. However, it has been used with pregnant women without adverse effects.

Clinical Studies of Malaria: Since the early 1970's artemisinin has showed excellent activity against several forms of malaria, including those resistant to chloroquine. No serious side effects were observed. Early studies indicated a moderately high rate of recrudescence. Radical cures came with higher doses. A suppository is a preferred method of administering artemisinin. A randomized trial in Vietnam comprising 450 adults and children with acute falciparum malaria found a single dose of artemisinin in combination with an antimalarial drug was effective in rapidly lowering parasitaemia and in preventing recrudescence. Adults received an oral dose and children received suppositories.

Other possible uses for Artemisia annua: We have learnt about the following treatments, but as yet we have little experience of them:

- A. Haemorrhoids. Boil one teaspoonful (about 1.5g) dried leaves in one litre of water for about 10 minutes. Allow to stand for another ten minutes, sieve, and drink at intervals through the day.
- B. Eye infections. Boil a clean cloth to kill all germs. Soak this cloth in tea that is prepared as described under paragraph 2.6A above, and bathe the eyes.
- C. Abscesses. Wash a few leaves and boil them in a little water. Pound them and lay them on the abscess or closed boil.
- D. AIDS. Artemisia tea (see paragraph 2.4) increases the cellular immunity and decreases humoral immunity. Because AIDS patients have a decreased cellular immunity and an increased humoral immunity, to drink artemisia tea regularly may be helpful.
- E: Bilharzia. Prescription as for malaria.
- F. As a natural herbicide. Try scattering artemisia leaves on the ground. They may deter the germination of weeds.

Products with Artemisia: PAREX™ Herbal Formula for Intestinal Support. Parex is a unique herbal blend of Artemisia, grapefruit seed extract, and ficin, an enzyme derived from the fig tree. Parex is designed to provide nutritional support for a healthy intestinal microbial environment. PAREX™ INTENSIVE CARE Broad-Based Herbal Formula for Intestinal Support. Parex Intensive Care is a specially formulated blend of selected herbs, herbal extracts, and the enzyme ficin. Pared Intensive Care is designed to provide nutritional support for a healthy intestinal microbial environment and contains a more comprehensive blend of herbs and herbal extracts than regular Pallet.

OTHER PARASITES AND INFECTIONS: "In addition to antimalarial effects, artemisinin was found to have promise in treating the parasitic diseases schistosomiasis and clonorchiasis (common in China and Africa, affecting over 200 million people each year) caused by trematodes (blood flukes). Artemether is now being used

for prophylaxis against schistosomiasis; in combination therapy with praziquantel it is used to treat the disease (22). Ching-hao is included in effective treatments for leptospirosis [SPIROCHETE], a bacterial disease that usually infects humans from animal waste contaminating water supplies.”

DOSAGES: There seem to be 2 philosophies of treatment: one, high dose-short term, the other low dose-long term and also in combo with other herbs and western drugs. <http://www.itmonline.org/arts/chinghao.htm>

“Adult dosing at 500 mg/day (first day: 500 mg is given twice for a loading dose) for 5-7 days was tried (15). Parasite clearance usually occurred in the first two days. However, the disease returned with high frequency. In early Chinese clinical studies of artemisinin for malaria, the dosage given was 800-1,600 mg/day for three days, so the dose used in this study was probably too low to assure full clearance of the parasites.

It has been suggested that high dose artemisinin (20 mg/kg body weight; typically more than 1 gram per day) for 2 days be followed up with quinine (30 mg/kg body weight) for 3 days to lower the recurrence rate, which appeared successful in one study (17). In another evaluation, artesunate was administered in cases of uncomplicated malaria using a dosage range from 400-800 mg by oral administration of tablets (14). As little as 400 mg in three days was sufficient to clear parasites and remove symptoms; parasite clearance took place in the first 16 hours. However, 39% of cases treated that way had recurrence within one month; at the highest dosage of 800 mg for 7 days, the recurrence rate was dropped by a factor of 10 to 3.9%. Therefore, high dose treatments, as well as a sufficient course of therapy, may be essential to avoiding recurrence as well as avoiding development of resistant strains (33). By combining artesunate with mefloquine, the recurrence rate can decline to 2% (18), though this level of effect has been claimed for high dose artesunate alone (31). Artesunate is available in injection form and in suppository for rectal administration in patients with advanced disease. One of the proposed uses of it is for treatment of severely debilitated patients in remote areas as an initial therapy before they can be treated by the modern drugs.

HERBAL TEA: Although ching-hao as a crude herb is not as often used today for treating malaria (being replaced by various preparations of the active components), there is information about the method for using it. The dosage of ching-hao recommended to treat malaria is 20-40 grams of the dried herb per day in decoction. In one trial, three days dosing at 24-29 grams per day was successful in curing malaria (recurrence rate not given). Based on a content of 0.5% artemisinin in the herb, these amounts provided about 120-145 mg of the compound, much less than used in the recent trials of the isolated compound or its synthetic derivatives. There may be a group of active compounds in the herb, leading to successful treatment in the dosage range cited; however, recurrence rates may be high.

There is no data on the safety of such prophylactic therapy over an extended period of use (e.g., several months). With its pro-oxidant effects, the high doses of ching-hao used in malarial treatments can only be recommended for about 3-6 months, a typical duration for administering ching-hao to treat lupus and other diseases.

Ching-hao is included in effective treatments for leptospirosis, a bacterial disease that usually infects humans from animal waste contaminating water supplies.”....

<http://www.yanjingsupply.com/bulkherbs/bulkherbsqt.htm>

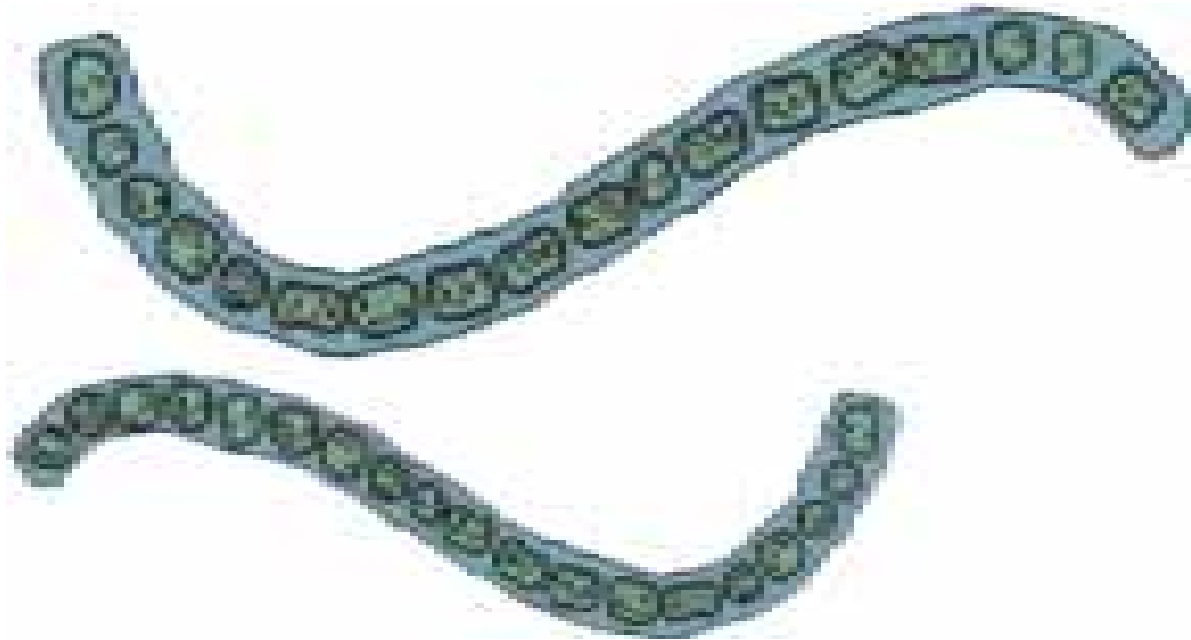
Good source of raw artemisia annua from China. Website may not be finished; however, you can call and order from them by phone. US office.

Natural Alternatives in the Prevention and Treatment of Malaria:

Proteolytic Enzymes: Proteolytic enzymes are valuable in the case of malaria because the invading parasite is a protein. Through the proteolytic activity of the digestive proteases, they will find the parasite and kill it. There are many formulations comprised of different enzymes from different sources. They are without any toxicity whatsoever and considerably cheaper than the other antimalarial treatments. The development of the knowledge regarding enzymes has turned another page. Studies have been done using radioactively “labelled” enzymes to follow their trajectory through the digestive tract be absorbed into the blood stream, coat themselves with an alpha 2 macroglobuline produced by the host to avoid eliciting an immune response by the host fagocytes and then, finally, arrive to the site where they are needed crossing every barrier, with what would appear as just ‘instinct’. They are function specific and they are able to only address their own particular match, although

within that function they cover large territories. So proteolytic enzymes only work with proteins; however large is the range of proteins in nature! This particular capacity gives them their wide therapeutic range too. Lypolytic enzymes only work with fats and, therefore, cover the enormous variety of fats also. Besides digestive enzymes, there are other enzymes, like Serrapeptase which comes from the silkworm, that eats debris and is very good for detoxification of any form of chronic inflammation, etc. Serrapeptase is available through Safe Solutions, Inc. <http://www.safesolutionsinc.com>.

A Few Notes on Safe Solutions, Inc. Food-Grade or Fossil Shell Flour Diatomaceous Earth (DE)*



This research information is for informational and educational purposes only. Please consult a health care professional regarding the applicability of any opinion or recommendations with respect to your symptoms or medical condition.

*A personal thank you to Wally Tharp who provided the Author most of these notes, letters, writings and/or comments. Wally Tharp was the supplier of Safe Solutions, Inc. food-grade DE.

All Diatomaceous Earth (DE) is Not the Same.

Though it is mined from the ground, diatomaceous earth (DE) is not an earth, but fossilized deposits of microscopic shells that are created by single one-celled plants called “diatoms”.

On land, the basic food for all land animals is grass. Those animals that do not eat grass, eat the animals that do eat grass. The silica content of all living organisms is linked with the diet. Silica is highest for the pure plant eaters and lowest for the pure meat eaters.

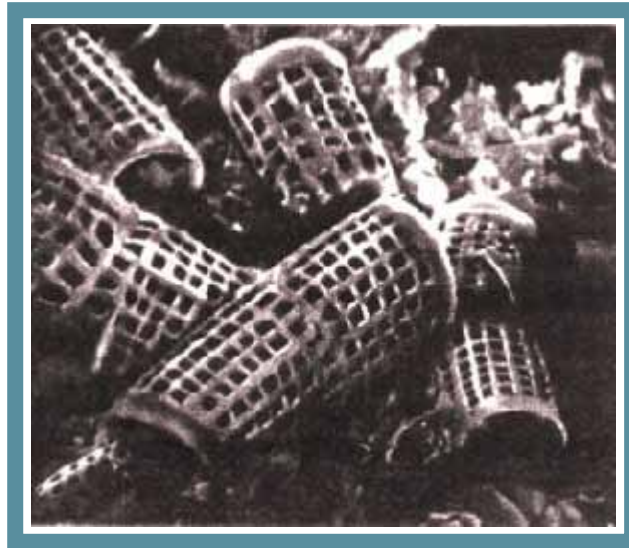
In all water, tiny one-celled plants or plankton live by the billions of billions of billions, and they are the basic food of the water dwelling animals. Even the great whales could not survive without the diatoms.

As these tiny creatures die, by the billions of billions of billions, their shells or exoskeletons drift to the bottom of the ocean or lake, building up large deposits. Each dead diatom exoskeleton now is a tiny piece of porous sand. Geologic changes put these deposits on dry land, making them accessible to mankind.

Because of water currents, most deposits are very impure, some even contain arsenic and can be very dangerous, but Safe Solutions, Inc. deposits come from a deposit so pure that it meets the standards required to be called “food grade”.

Many people tend to think that all diatomaceous earth is the same. Nothing could be further from the truth. There is a great diversity of DE deposits, just as there is a great diversity in all of G-d’s creation.

Safe Solutions, Inc. carefully monitors the quality of its food-grade and/or FOSSIL SHELL FLOUR PRODUCTS for the protection of its customers and the health of their animals and the control of their pest problems!



Adapted from [“Ag” Marketplace](#): What In The World Is Diatomaceous Earth? And, What Can It Do For The Livestock Producer? Farmer? Animal Owner?

By Janet “J.D.” Sands

Millions of years ago, in all the waters of the earth, microscopic one-celled plants called diatoms took the minerals from the waters and created protective shells for themselves. Diatoms once lived in quantities far beyond the mind’s ability to conceive, and as they died their shells drifted to the bottom of the sea beds. In this manner, vast deposits of diatom shells were laid down. Through the history of man’s existence, a wide variety of valuable uses have been found for what has come to be called “diatomaceous earth.” There are now more than 1,500 ways in which man benefits from this incredible material left by diatoms, Silicon Dioxide, along with a smattering of trace minerals.

There are more than 25,000 species of diatoms and only two primary types of diatomaceous earth deposits. Not all diatoms are aquatic; some exist in moist conditions, but since three-fourths of the earth is covered with oceans, most deposits are of the saltwater type. Just one liter of sea water may contain as many as ten million one-celled pieces of algae. There are deposits which also occur in fresh water lakes, and within this second type of deposit, the purity is exceptional.

Safe Solutions, Inc. Diatomaceous Earth (DE) or Grass of the Sea is so pure that the Food and Drug Administration has given it a "food-grade" designation. The governments of the United States and Canada recognize that fossil shell flour is safe to use in animal foods in an amount not to exceed 2% by weight of the total feed ration. When added at this percentage, fossil shell flour prevents "clumping" of feed particles by keeping them separate, so there is improved flowability, mixability and handling of the animal feed. This in turn, creates two big advantages to the animals who consume fossil shell flour in their recommended feed ration. First, acting as an anti-caking agent to prevent "clumping" of feed particles, the surface area of feed exposed to the digestive processes - both bacterial and enzymatic - is increased and therefore more feed is actually digested and utilized. Secondly, fossil shell flour contains a small amount of 14 trace minerals.

Thousands of animal owners and livestock breeders have discovered that adding fossil shell flour to their animals' rations has produced a number of incredible benefits.

While other insecticide poisons kill chemically as neurotoxins, the insect pests (over time) develop a resistance or an immunity to the chemicals, food-grade DE kills bugs physically and insects have not been known to develop immunity to its physical action. Food-grade DE is certain death to insects because it kills by actually puncturing the insect's exoskeleton, disrupting its soft waxy shell structure, chewing up its digestive organs and causing death in a short time by dehydration. Add a little powdered sugar to attract pest to the DE.

Some of the ways insects are destroyed by DE:

1. Laceration of the chitin in the bellows of the joint.
2. Severance of the muscles of the tracheole valve.
3. Perforation of the walls of the trachea and tracheoles.
4. Mandibular damage by abrasion.
5. Esophageal laceration.
6. Peritonitis due to perforations in the walls of the digestive system.
7. Severance of the constrictive muscles of the malpighian system.
8. Absorption of the wax, allowing dehydration.
9. Starvation of the larvae.
10. Plugs the spiracles.

The DE particle scrapes punctures into the body of the insect causing a loss of fluid. An insects do not have blood vessels as do higher forms of life. They have a shell that is semi-porous—more or less like unglazed porcelain. In order to keep their body fluids from evaporation through their shells, nature also puts a waxy coating on the outside. If you were to take a brand new shoe shine and put Safe Solutions, Inc. Diatomaceous Earth on one shoe and leave it for 20 minutes and blow it off, you would have no shine. The DE would have absorbed the wax. You have much the same situation with insects. Once the protective coating is gone, the insects slowly dehydrate. [National Geographic](#) tells about cockroaches that died in 12 hours after exposure. DE also stops up the breathing apparatus of insects. They ingest it and it lacerates them inside, and yet this same material, if we inhale it, really doesn't damage a person all that much.

The Author has described the use of Safe Solutions, Inc. food-grade DE (90% of which is smaller than 20 microns) to control insect and arachnid pest problems throughout this entire work and wants everyone to know that: It is imperative that only natural diatomaceous earth be used for insect control.

This noncrystalline silica (food-grade) is not a hazard as the human body apparently can dissolve it. "Silicosis refers to lung contamination and irritation by crystalline or free silica (SiO_2). Crystalline describes the orientation of the SiO_2 molecules which occur in a fixed pattern in contrast to the nonperiodic, random molecular arrangement defined as amorphous. Exposure to free silica is an occupational hazard to workers." *Common Sense Pest Control Quarterly, volume III, number 1, Winter 1987.*

The World Health Organization cautions that DE with a crystalline (free) silica content over 3% is dangerous for ingestion by humans or animals. Safe Solutions, Inc. brand of food-grade DE has less than 1% free silica. Swimming pool DE ranges from 60% to 70% free silica and is considered to be carcinogenic. There are very few deposits of DE that meet these free silica minimum standards. Because inhaling any dust is not a good idea, even Safe Solutions, Inc. recommends the use of a simple dust mask. Customers have fed DE to their animals for a long time and are evidently satisfied that it does something positive for their animals. It would also be very important to know if the DE you plan on using was processed under safe and sanitary conditions. Safe Solutions, Inc. DE is all food-grade and handled as a food product.

There were two vets who said there is one worm called Strongyles that apparently diatomaceous earth does not kill, but it cleans out all the others. We have had treated beef cows go through slaughter. An affidavit was made to the effect that there were absolutely no internal parasites in those that had been fed food-grade DE.

The microscopic shells in Safe Solutions, Inc. diatomaceous earth (DE) are composed of silicon dioxide and around 14 trace minerals. Being formed under water, they will not dissolve in water. In fact, even in the stomach of animals or birds, surrounded with powerful digestive (acidic) juices, they pass all the way through the body almost complete. A very small amount is leached out. As it passes through the stomach and intestinal tract, a number of important things happen. These happenings occur as physical actions, not CHEMICAL, not NUTRITIONAL; JUST PHYSICAL! AND SAFE!

The shape of these shells and the size of the holes in the surface of these shells is very important. Many harmful things entering the body have a positive charge. Silica is a semi-conductive mineral which when warmed by body heat becomes negatively charged and gives off electrons. These negatively charged mineral ions and/or individual shells attract bad microbes, free radicals, positively charged waste and other harmful things. Acting as magnets, the negatively charged shells and/or ions attract and absorb positive things that are small enough to go through the holes. Add a sugar molecule and you can trap toxins into the porous food-grade DE particle which is then excreted safely out of the body.

Because of the strong charge, each shell can absorb a large number of positively charged substances, whether they be chemical or in the form of bacteria or viruses. They pass on through the stomach and intestine, taking these harmful substances out of the body.

In today's world, most all food (animal or human), all water and air contains harmful substances, which taken internally causes stress on the immune system, using energy that could go for the production of milk or meat. For example, "Dr. Johnson, a Canadian veterinarian, discovered that DE absorbs the bacteria causing "scours." Takes them out of the body and the animal is protected from unnecessary stress and possible death.

Passing through the digestive system, food-grade DE rubs against parasites and, being very abrasive, causes serious damage, causing the parasite to die and pass out of the animals with no negative side effects. The effect on the animal is nothing but beneficial.

Most living creatures are in contact with parasite eggs and toxic substances on a daily basis. Kill parasites today, yet you also pick up and consume their eggs at the same time. Subsequent and continuing parasitic damage is done and energy is lost until the next worming process.

Having Safe Solutions, Inc. fossil shell flour or food-grade DE in the diet every day tends to keep the animal free of parasites and toxic chemicals so it can get maximum benefits from the food and water it consumes. Vet bills tend to reduce around 75%. The Author has had people tell him that a heaping teaspoonful of Grass of the Sea food-grade DE in yogurt or orange juice will cure E. coli.

Beneficial effects of silica per Gerhard Leibold, N.D.:

- ☆ Stimulates cell metabolism and cell formation.
- ☆ Inhibits the aging process in tissues.
- ☆ Necessary for the structure and functioning of connective tissue.
- ☆ Strengthens and stimulates the immune system.
- ☆ Silica is important for the development of healthy nails and hair and regular intake can stop unnecessary hair loss.
- ☆ Strengthens and stimulates the vascular system; lowers blood pressure and improves the condition called arteriosclerosis.
- ☆ Increases elasticity and firmness of the blood vessels.
- ☆ Silica is indispensable for the elasticity of lung tissue and, therefore, is a basic therapy for lung and respiratory disorders.
- ☆ Has anti-inflammatory disinfecting, absorbing and odor binding effects.
- ☆ Some of the disorders that benefit from regular silica intake include: Disorders of the throat, nose, ears and teeth, disorders of the digestive and secretive organs, bone injuries and problems, skin problems and injuries including itching, rashes, abscesses, boils, acne, callouses, warts, eczemas, burns, frostbite, benign skin sores, insect bites and bed sores, female illnesses and as a base therapy for cancer treatment.*

*Cancer occurs mainly in middle and older ages at a time when the human body contains less silica. Silica especially influences the degenerated white blood cells of cancer patients, activates the regeneration of normal protein and increases the immune system against cancer. Silica helps support the healing process.

**ANALYSIS OF
SAFE SOLUTIONS, INC.
PURE FOOD-GRADE DIATOMACEOUS EARTH (DE)**

Aluminum (Al), %	0.65
Boron (B), %	0.0023
Calcium (Ca), %	0.40
% CaO (calc.from %Ca)	0.55
Cooper (Cu), %	0.0019
Iron (Fe), %	0.72
Magnesium (Mg), %	0.21
%MgO (calc. from %Mg)	0.34
Manganese (Mn), %	0.0052
Phosphorus (as P2O5), %	0.037
Potassium (K), %	0.16
Sodium (Na), %	0.28
Strontium (Sr), ppm	59.9
Sulfate Sulfur (S), %	0.062
Titanium (Ti), ppm	420
Vanadium (V), ppm	43.8
Zinc (Zn), %	0.0022
Chlorides	.074% or 740 ppm or .067% or 870 ppm
Silica (as SiO ₂), %	79.9

Safe Solutions, Inc. fossil shell flour or food-grade pure diatomaceous earth is labeled as an anti-caking agent. It came from a very special deposit that is so pure it meets the specifications to be called "food-grade." Food-grade DE also makes animal feed "flow better."

Diatomaceous Earth

Diatomaceous Silica: Diatomite, D.E.

DESCRIPTION

A white to gray or buff-colored powder consisting of processed siliceous skeletons of diatoms. It is insoluble in water, in acids (except hydrofluoric), and in dilute alkalis. The *natural* powder (gray to off-white) is air dried and classified by particle size; the calcined powder (pink to buff-colored) is air dried, classified, calcined at a high temperature (1500° to 1800° F), and again classified; and the *flux-calcined* powder (white) is air dried, classified, calcined in the presence of a suitable flux (generally soda ash or other alkaline salt), and classified.

REQUIREMENTS

Identification

When examined with a 100- to 200-power microscope, typical diatom shapes are observed.

Arsenic (as As) Not more than 10 ppm.

Lead Not more than 10 ppm.

Loss on Drying *Natural powders* not more than 10%;
calcined and *flux-calcined powders*: not more than 3%.

Loss on Ignition *Natural powders*: not more than 7%, on the dried basis; *calcined* and *flux-calcined powders*: not more than 2%, on the dried basis.

Nonsiliceous Substances Not more than 25%, on the dried basis.

pH Passes test.

TESTS

Arsenic Transfer 10.0 g of the sample into a 250-ml beaker, add 50 ml of 0.5 N hydrochloric acid, cover with a watch glass, and heat at 70° for 15 min. Cool, and decant through a Whatman No. 3 filter paper into a 100-ml volumetric flask. Wash the slurry with three 10-ml portions of hot water and the filter paper with 15 ml of hot water, dilute to volume with water, and mix. A 3.0-ml portion of this solution meets the requirements of the *Arsenic Test*, page 464.

Lead A 10.0-ml portion of the solution prepared in the *Arsenic Test* meets the requirements of the *Lead Limit Test*, page 518, using 10 µg of lead ion (Pb) in the control.

Loss on Drying, page 518 Dry at 105° for 2 h.

Loss of Ignition Weigh accurately about 1 g. and ignite to constant weight in a suitable tared crucible.

Nonsiliceous Substances Transfer about 200 mg. accurately weighed, into a tared platinum crucible, add 5 ml of hydrofluoric acid and 2 drops of sulfuric acid (1 in 2), and evaporate gently to dryness. Cool, add 5 ml of hydrofluoric acid, evaporate again to dryness, and then ignite to constant weight.

pH, page 531 Boil 10 g with 100 ml of water for 30 min. make up to 100 ml with water, and filter through a fine-porosity

sintered-glass funnel. The pH of the filtrate prepared with *natural* or *calcined* powders is between 5.0 and 10.0, and of that prepared with *flux-calcined* powders is between 8.0 and 11.0.

Packaging and Storage Store in well-closed containers.

Functional Use in Foods Filter aid in food-processing.

**international
agricultural
laboratories, inc.**

P. O. Box 1181, Orlando, Florida 32801, Telephone 305 423-4559

September 27, 1967

Dear Mr. Clark:

TITANIUM (di-oxide) TITANOX

TITANIUM joins with manganese and sodium as well as three other elements not found in Basic perma-Guard fossil shell flour and keeps the coats of animals cleaner as well as giving the hair a waxy sheen.

GALLIUM

GALLIUM seems to increase the effectiveness in the rumen of joining into a single mol magnesium, potassium and sodium which strengthens the bone structure of horses, cattle and cats.

VANADIUM

VANADIUM acts as a catalyst and as such is probably a governor for calcium in the digestive tract of animals especially during pregnancy and immediately thereafter. I have found that wherein it is not present in dairy cattle they are more susceptible to Milk Fever.

STRONTIUM

STRONTIUM is a complex silicate when it is a brewsterite as found in Perma Guard. It also appears to act as a governor for sulphates in the digestive tract of cattle.

SODIUM

SODIUM is NaSi_4 also acts as a cleaning agent when fed to animals similar to the chemical action titanium.

BORON is a germicide agent.

CONCLUSION

CONCLUSION. All of these elements are so enjoined into either a chelate or colloidal form until they appear to work in unison with each other rather than as individual elements. Thinking of them as individual elements is quite misleading. None of these elements found in Basic Perma Guard are considered poisonous.

Gallium, Titanium and Vanadium are in the 4f and 5f RARE EARTH groups. Work research now being done on rare earth are showing that they are truly important in the field of plant and animal nutrition.

1. Strong, Ralph K., Kingzett's Chem. Enc., D. Van Nostrand Co. Mc. New York, Eight Ed.
2. Hubbard, Henry D. Welch Publication, Periodic Chart of Atoms, Chicago, Ill.

Yours sincerely,

Carey A. Reams, DS
Physicist

FREE CHOICE FEEDING OF FOOD-GRADE DE

5% MIXED WITH YOUR FEED

- Cattle need trace minerals like fossil-shell flour.
- Increases herd appetite, health and production.
- Fossil-shell flour stimulates the basic metabolism.
- Increase protein digestion with fossil-shell flour.
- Satisfies and stops dirt licking and corral gnawing with fossil-shell flour.
- The percentage increase result of each fossil-shell flour feeding can be ascertained from a fertilizer protein analysis.

Suggested feeding instructions:	
Kittens	1/2 teaspoon
Cats	1 teaspoon
Dogs under 50 lbs.	2 teaspoons
Dogs over 50 lbs.	1 Tablespoon
Dogs over 100 lbs.	2 Tablespoons
Cattle	2% by weight of dry ration
Calves	4 grams in morning
Dairy cattle	2% by weight of dry ration
Chickens	5% in feed
Goats	1% in grain
Hogs	2% of weight in feed ration
Horses	1/2 - 1 cup in daily ration
Sheep	1% in ground grain

GEORGE ROMNEY, Governor

DEPARTMENT OF AGRICULTURE

LEWIS CASS BUILDING, LANSING, MICHIGAN 48913

B. DALL BALL, Director

October 31, 1967

Sirs:

Our animal pathologist has examined the vital organs and intestinal components submitted, both macroscopically and microscopically, and has found no visible evidence or organ abnormalities.

These components consisted of brain, thyroid, rib section, lung, heart, liver, true stomach, small intestine section, large intestine section, pancreas, kidney, bladder, and forestomach.

These organs were submitted under affidavit as being from a slaughtered dairy cow having free choice access to fossil shell flour for approximately five years.

Sincerely,

Robert L. Kirkpatrick
Supervisor, D. And L.
Laboratory Division

RLK: et

Customer Comments re Feeding Food-grade DE to Their Animals:

- Please check out Nick LaFleur's comments on West Nile Virus in the Mosquito Chapter in this book.
- Completely safe and nontoxic
- Controls fleas and ticks
- Stimulates basic metabolism
- Converts feed better
- Reduces odor and moisture in barns and stalls
- Results in better coat and/or hoof condition
- Cost effective
- Reduces annual vet bills
- Controls worms and internal parasites without chemicals
- Reduces overall animal stress
- Dr. Phillip Schaible, while heading the Department of Poultry Sciences at Michigan State University, made a study of European literature regarding adding Diatomaceous Earth to dairy cows' feed and made the following report:
- "Contains 15 trace minerals important to animal diets, DE mixes well with all feeds while guarding against insect damage. Prevents worms and keeps virus epidemics from developing. Saves albumen, destroys harmful acids, safeguards the stomach. Improves health and growth of young animals Causes better digestion, allowing animals to absorb a higher percentage of protein from its regular diet."
- Dr. C.S. Hansen, D.V.M., with some 8,000 chickens, kept half on regular diet, added Fossil Shell Flour to the other group. The Fossil Shell Flour group immediately had a lower death rate, egg production went up, and egg breakage went way down. His profitability went way up.
- Dr. H.D. Johnson, D.V.M., Saskatchewan Vet Clinic, Canada, worked with 2,000 calves for two years without a single case of scours, using Fossil Shell Flour. He says, "using Fossil Shell Flour, we have been able to eliminate vaccines and antibiotics."
- Dr. M.F. Petty, D.V.M.: "The use of Fossil Shell Flour gave immediate elimination and control of worms, stopped pigs from rooting and chewing feeder boxes, reduced manure odor, greatly reduced fly population and increased feed efficiency. Really improved profitability."
- Capitol South Syndicate by Dan Miller, manager: "Feeding Fossil Shell Flour to my show and race horses, stallions, mares, foals and horses in training, we have seen improvements in their hair coat and their attitude. Flies and parasites are less of a problem."
- Leslie "Shorty" Thomas, Trainer, L Frank Roper Stables, Winter Garden, Florida: "I have been actively engaged in training some of the finest walking horses in the country for the past 15 years. I take pride in the appearance and health of the horses under my care, which have won many national awards against stiff competition. I am constantly on the alert for products I feel can improve their health and condition. I am grateful to have found Fossil Shell Flour and here is why: It stopped scours, noticeably reduced flies, increased appetites, better feed conversion, eliminated internal parasites and created a healthier appearance. I would definitely recommend this product to other horsemen."
- Johnnie Firestone on sheep: "We were losing one sheep every three days from the fringe tape worm in the bile duct. We started feeding the animals Fossil Shell Flour, mixed with salt and cotton seed meal. Within two weeks the dying stopped. Since that time we have lost two sheep, but not from worms. To say that I am sold on Fossil Shell Flour is a rank understatement. I suggest to anyone, "just try it. It does not cost much!"
- Michigan Department of Agriculture made a laboratory study of internal organs from a cow using Fossil Shell Flour five years and found no visible evidence of abnormalities.
- University of Illinois, referring to tests run on dairy cattle fed 2% of Fossil Shell Flour in their rations, stated there was no apparent harmful effect and that there was no evidence of the DE in the milk.
- Within a few days...they stopped licking the soil completely. After feeding it continuously, we found that the average production of milk and butterfat per cow was increased.
- I have 30 head of beef cows, also 10 head of dairy cattle and feed most of the calves. I also farrow and feed out 450-500 head of hogs per year. Now, to share some of the end results, I have been pleased with:
 1. Elimination of internal parasites - without reoccurrences
 2. Fly Control
 3. Odor Problem

4. Healthier Animals
5. Better Feed Efficiency
6. The Advantage of the 14 Natural Trace Minerals
7. Reduction of vet bills and death losses to almost zero

In warm weather I have found that by dusting the bedding, sows and their litters (in addition to feeding it) I have no fly problem and because of its high absorbency it is a big help in keeping the bedding dry. I feel this usage encourages the small pigs to begin eating the Fossil Flour sooner, too. It also takes care of ticks and lice. All in all, it gets the pigs off to a better start.

1. Internal parasite control - Round worms (Ascarids) were observed in all pens being fed fossil flour on the third day following the beginning of test and for 3 - 4 days following. Parasite studies - Direct smear and flotation method showed no internal parasites at any time in the test group. The control group, even though previously dewormed with piperazine, has ascarids - low level and *M. hirvudinaceous* - low level.
 2. Rooting and eating feeders - By the tenth day after beginning the test all hogs on fossil flour had stopped rooting and destroying the wooden feeders while the control group showed no change and continued to destroy feeders and fences at the same rate. They also continued to root in the holding pens prior to shipment.
 3. Odor control - By the end of the third week the manure of the test group dried more quickly and was noticeably less offensive to the smell than that of the control group.
 4. Fly control - The test didn't last long enough nor were the hogs separated far enough apart for an accurate estimation to be made concerning fly population; however, it was apparent at the end of about six weeks that there were not as many flies present in the parlor as there had been previously, and there was no weather variation or moisture variation to account for the decrease in population. The fly population did, however, decrease markedly and apparently lastingly.
 5. Weight gain - No results.
- Another possible advantage - When castrating 13 litters one morning, for the first time I found no ticks on the little pigs' bellies. The only diatomaceous earth that could have been in their bedding would have to be from their dung because I had not put any in it.
 - We had one sow that seemed to have breathing problems, making a sort of snorting noise. After two weeks it disappeared.
 - We had tried the past de-wormers and found that despite our best efforts, the goats managed to spit of most of it. We began feeding (food-grade) DE along with alfalfa pellets and sweet feed and observed that they gobbled it up as if it was sugar. They would lay in it (in the large deed pans) and otherwise roll in it and lick every last bit of it from the pan. During the next weeks we noticed the hair on the goats began to look slick and shiny, and the goats themselves were more satisfied with the same amount of feed...I found a 2 x 4 in the barn crawling with chicken mites. Instead of trying to dust each of more than 50 hens with DE, I put about one-half a coffee mug of it in each of the nests (10 in all); 24 hours later there were no mites anywhere. Each laying season I put more DE in the nests. DE is the only "treatment" we've used on and in our animals since those first 2 bags we bought years ago.
 - Every type of animal or bird that has had these products added to its diet show many positive results, any one of which makes it profitable for an owner to include it in daily livestock and/or pet rations. This is very true with chickens, especially those in the chicken factories. Every day hundreds of dead chickens are hauled away to be buried. A dead chicken does not produce many eggs (or meat)! When fossil shell flour is added to its rations, the death rate drops dramatically. The very first weeks show a valuable increase in the number of eggs produced. Egg breakage decreases. The silicon makes the shells much harder. Anyone breaking an egg on the edge of a frying pan will be very aware of this.
 - The manure of the barn decreases, making it a much more pleasant place in which to work, and it is probably healthier for the chickens. This lowering of the odor is very likely due to the more complete digestion of the protein in the feed. The diatomaceous earth in the rations passes through the birds into the manure, making it impossible for fly larva to hatch. Making no other control efforts, the fly population should decrease around 90% within two weeks.
 - Litter Bugs are greatly reduced, but to make it even better, if the manure is dusted with DE once a week, they will be reduced almost to zero.
 - If any one of the above things are true, a chicken operation cannot afford to be without fossil shell flour!

No university has properly run the necessary efficacy tests needed to prove or disprove the above-mentioned claims. However, two schools have run a few health tests. For example, the University of Arkansas did a study to determine whether the addition of diatomaceous earth was harmful to chickens. Their conclusion was that it posed no threat.

Safe Solutions, Inc. Grain and Seed Storage

Easy and safe to use, our products do not have to be removed before use. In fact, food-grade DE contains 14 trace minerals which, when incorporated into bread, yield no change in flavor or texture.

Controls insects in wheat, rice, sorghum, oats, rye, barley, corn and seeds of all kinds.

Controls rice weevils, lesser grain bobbers, flat grain beetles, red flour beetles, confused flour beetles, merchant grain beetles, saw-toothed grain beetles, granary weevils, larvae of the Indian meal moth, etc.

For commercial use, it is recommended that 7 - 10 lbs. of DE be used per 2000 lbs. of grain, but we find that many people are using less successfully.

For practical purposes, 1 lb. of PERMA-GUARD DE will protect 300 lbs. of grain or seeds. That means that 1 oz. will protect 18 lbs. of grain.

For more convenience for most uses, 1 lb. has 6 c. of DE. 1 c. will protect 50 lbs. of grain or seeds.

MAKE CERTAIN YOUR STORAGE CONTAINERS ARE PROPER FOR THE JOB AND ARE CLEAN AND DRY.

USING A SMALLER CONTAINER WITH A LID, FILL ABOUT 1/3 FULL OF GRAIN, PUT IN SOME SAFE SOLUTIONS, INC. FOOD-GRADE DE, PUT THE LID ON AND SHAKE. (THIS WILL INSURE THAT EVERY KERNEL HAS A COATING). POUR THE MIXTURE IN YOUR STORAGE UNIT AND REPEAT THIS PROCEDURE UNTIL FINISHED.

Any food-grade DE left over can be used in many ways, or shared with friends, neighbors or relatives, or used for other purposes. The shelf life is indefinite.

FOOD-GRADE DE FOR HUMAN USE?

Safe Solutions, Inc. does not promote the sale of its food-grade DE and/or fossil shell flour for treating any ailment, either for animals or birds and especially not for the treatment of people.

All the way through our careers, our customers have always taught us far more than we every taught them, and it is certainly true in using our DE for some internal benefit.

This always seems to happen after owners, using our products for their animals and seeing obvious benefits, and figuring there is not that much difference between animal and human metabolism, decide to try it for themselves even though our food-grade DE is not FDA approved as a medicine.

Over and over again, the people are so pleased with the results they want to tell us about it, and, of course, they tell their friends.

It is not just our customers. Health information keeps coming in from outside sources. A Canadian Doctor discovered that putting a little sugar with DE and giving it to people with e-coli poisoning will stop the poisoning problem immediately. His work was noted in the November, 1994 issue of Discover Magazine.

The Author does not worry about this, as the product is extremely safe and is rated food-grade. He would certainly refuse to eat a tablespoon of table salt, but he would not hesitate to take and eat a cupful of food-grade DE, but Safe Solutions, Inc. does not recommend its use as a medicine.

Eur J Med Res. 1998 Apr 8;3(4):211-5.

Diatomaceous earth lowers blood cholesterol concentrations.

Wachter H, Lechleitner M, Artner-Dworzak E, Hausen A, Jarosch E, Widner B, Patsch J, Pfeiffer K, Fuchs D.

Institute of Medical Chemistry and Biochemistry, University of Innsbruck, Fritz Pregl Strasse 3, Innsbruck, A-6020, Austria.

In this study a potential influence of diatomaceous earth to lower blood cholesterol was investigated. During 12 weeks we monitored serum lipid concentrations in 19 healthy individuals with a history of moderate hypercholesterinemia (9 females, 10 males, aged 35 - 67 years). Individuals administered orally 250 mg diatomaceous earth three-times daily during an 8 weeks observation period. Serum concentrations of cholesterol, high-density lipoprotein cholesterol, low-density lipoprotein cholesterol and triglycerides levels were measured before study entry, every second week during the period of diatomaceous earth intake and 4 weeks after stop of intake. Compared to baseline (285.8 +/- 37.5 mg/dl = 7.40 +/- 0.97 mM) diatomaceous earth intake was associated with a significant reduction of serum cholesterol at any time point, reaching a minimum on week 6 (248.1 mg/dl = 6.43 mM, -13.2% from baseline; $p < 0.001$). Also low-density lipoprotein cholesterol (week 4: $p < 0.05$) and triglycerides levels decreased (week 2: $p < 0.05$, week 4: $p < 0.01$). Four weeks after intake of diatomaceous earth was stopped, serum cholesterol, low-density lipoprotein cholesterol and triglycerides still remained low and also the increase of high-density lipoprotein cholesterol became significant ($p < 0.05$). Diatomaceous earth, a bioproduct, is capable of reducing blood cholesterol and positively influencing lipid metabolism in humans. Placebo-controlled studies will be necessary to confirm our findings.

Publication Types:

- Clinical Trial

PMID: 9533930 [PubMed - indexed for MEDLINE]Silica Savvy

Silica Savvy

Clear, smooth skin, healthy hair, strong nails—
silica is known for its use in achieving all
of these and more.

One benefit of choosing a natural, nutritious lifestyle is the opportunity for a long, healthy life. Another is looking good. Feeding the body the nutrients it needs from within can help promote an outward glow of health, with clear skin and strong hair and nails signaling the body's balance. These things, as well as a variety of more serious conditions, can be aided with supplementation of the mineral silica.

Silica should not be confused with silicon and silicene. Silicene, explains material provided by New York, NY-based Abilit, Inc., is a man-made, artificial material. It is a combination of silicon, carbon and oxygen, and is used for breast implants, aircraft and automobile parts and other commercial applications. Silicon, on the other hand, is naturally occurring and the second most abundant element on Earth, next to oxygen.

Like silica, silicon also is noted for health-promoting benefits. According to material supplied by Los Angeles, CA-based Innow Formulas, silicon in its bioavailable form (orthosilicic acid) is an essential nutrient that benefits bones, connective tissue, joints, hair and capillaries. "As a rule," the material states, "the higher the concentration of silicon in skin, hair and nails, the healthier these tissues are."

Silica is a compound of silicon and oxygen. Frank Murray, author of *The Big Family Guide to All the Minerals*, explains the difference between various forms of silica. "Silica supplements often are water-soluble extracts of horsetail, while silica gel is derived from quartz crystals; that is, a solution of minute nondiffusible particles suspended in water." Another form of silica supplement is derived from purified algae, he says.

Silica is available in a number of foods, such as wheat, oats and barley. However, it often is depleted from foods due to processing, making supplementation necessary.

Silica supplementation has been shown to help the body in numerous ways. Material supplied by Riden, based in San Diego, CA points out that silica has a variety of health and beauty care (HBC) benefits. It has demonstrated an ability to help the body deal with dry skin and associated conditions, brittle nails, hair thinning, dandruff and burns (including sunburn). In addition to these benefits, the company says, silica may help the body in its internal defense of joint and cartilage inflammation and deterioration, bone support, cardiovascular support, vertigo, tooth and gum loss and provide gastrointestinal support and immune system enhancement. Since silica works from within, people taking it for its beauty effects also may experience these other

benefits.

"Fresh, natural beauty comes from within," says Edward A. Lemmo, Ph.D. in *Silica*. It is reflected in the user's shiny hair, clear skin and strong nails. He says, "It's the kind of beauty that cannot be obtained through the artificial use of cosmetic creams, lotions or hair conditioners." Lemmo cites a 1993 study in which women with aged skin, thin hair and brittle nails were given 10 ml of silicic acid once per day for 90 days, as well as colloidal silicic acid applied to the face for 10 minutes daily. Significant improvement in the quality and appearance of the ladies' skin, hair and nails were demonstrated. Also, a double blind study of the effects of silica on acne and skin oil production showed that the group treated topically with silica improved significantly over the placebo group, Lemmo says.

"Truly, silica gel can care for the skin in a unique way like no other skin care," asserts Klaus Kaufmann, author of *Silica: The Amazing Gel*. He explains that it is a general tonic that increases strength and elasticity against a variety of negative influences. He adds that, unlike other skin care products, silica can be used internally or externally. "It has a double action on damaged skin by restoring skin vitality from within to without and without to within." Externally, he says, silica is effective for itching, rashes, abscesses, boils, acne, calluses, warts, eczema, corns, benign skin sores, insect bites and bed sores. Internally, he recommends it for hair loss, brittle nails, flabby skin, aging disorders and more.

Over 50 Looking 30! by Nina Anderson and Howard Peiper also recognizes the benefits of silica for the skin. Silica derived from horsetail, in combination with herbs such as aloe vera and chamomile and bonded with electrolytes, readily enters the bloodstream and penetrates the cells of the body. "This initiates a healing response that benefits the entire organism," the authors explain. They advise the use of silica for the prevention of adult acne and for cellulite.

Silica may not be the best known mineral, but it certainly is a very important one. Sharing these many benefits with consumers will help silica achieve the recognition it deserves. WF

References:

- The Big Family Guide to All the Minerals* by Frank Murray.
- Over 50 Looking 30!* by Nina Anderson and Howard Peiper.
- Silica* by Edward A. Lemmo, Ph.D.
- Silica: The Amazing Gel* by Klaus Kaufmann.
- Material supplied by Abilit, Inc.
- Material supplied by Riden.
- Material supplied by Innow Formulas.

MATERIAL SAFETY DATA SHEET FOR SAFE SOLUTIONS, INC. FOOD-GRADE DE

HEALTH 0
FLAMMABILITY 0
REACTIVITY 0
PERSONAL PROTECTION: E

I. IDENTIFICATION - PRODUCT NAME: SAFE SOLUTIONS, INC. FOSSIL SHELL FLOUR OR FOOD-GRADE DE and/or GRASS OF THE SEA DE

CHEMICAL NAME:
CHEMICAL FAMILY: SILICATES
FORMULA:

II INGREDIENTS

MINERAL OR CHEMICAL NAME(S)	WEIGHT %	CAS #
AMORPHOUS SILICA – DIATOMACEOUS EARTH	95-100%	61790-53-2

III PHYSICAL DATA

BOILING POINT:	N/A	FREEZING POINT:	N/A
VAPOR PRESSURE:	N/A	VAPOR DENSITY	N/A
EVAPORATION RATE	N/A	% VOLATILE	NO
SPECIFIC GRAVITY	C		
SOLUBILITY IN WATER		SLIGHTLY	
APPEARANCE AND ODOR:		A SOFT EARTHY POWDER	

IV HEALTH HAZARD DATA

FLASH POINT:	NONFLAMMABLE
LIMITS:	NONE
EXTINGUISHING MEDIA:	NONE
SPECIAL FIRE FIGHTING PROCEDURES:	NONE
UNUSUAL FIRE & EXPLOSION HAZAARD:	NONE
THRESHOLD LIMIT VALUE:	10 MG/M3
TOTAL DUST:	NUISANCE DUST

POSSIBLE EFFECTS OF A SINGLE OVEREXPOSURE:

INHALATION:	ACUTE ACCIDENTAL EXPOSURE WOULD BE NON-SPECIFIC. SYMPTOMS MIGHT INCLUDE COUGHING, WHEEZING, DIFFICULT BREATHING AND UPPER RESPIRATORY TRACT IRRITATION.
SKIN CONTACT:	NO KNOWN CONCERN
EYE CONTACT:	MAY CAUSE TEMPORARY DISCOMFORT AND IRRITATION
INGESTION:	NO KNOWN HAZARD.

POSSIBLE EFFECTS OF REPEATED OVEREXPOSURE

CHRONIC OVEREXPOSURE MAY CAUSE PNEUMONOCONIOSIS (DUSTY LUNGS)
NO KNOWN HAZARD

EMERGENCY AND FIRST AID PROCEDURES

INHALATION:	REMOVE TO FRESH AIR. IF BREATHING IS DIFFICULT, GIVE OXYGEN AND CALL A PHYSICIAN.
SKIN CONTACT	OF NO GENERAL CONCERN; SIMPLY WASH WITH SOAP AND WATER.
EYE CONTACT:	FOR ACUTE EXPOSURE, FLUSH WITH WATER. IF IRRITATION OR DISCOMFORT PERSISTS, CALL A PHYSICIAN
INGESTION:	NO KNOWN HAZARD.
NOTES TO PHYSICIAN:	THERE ARE NO SPECIFIC ANTIDOTES TO ACUTE OVEREXPOSURE. TREATMENT SHOULD BE DIRECTED AT THE CONTROL OF THE SYMPTOMS.

VI. REACTIVITY DATA

STABILITY:	INERT
INCOMPATIBILITY:	NONE
HAZARDOUS DECOMPOSITION PRODUCTS:	NONE
HAZARD POLYMERIZATION:	NONE
CONDITIONS TO AVOID:	NONE

VII. SPILL OR LEAK PROCEDURES

STEPS TO BE TAKEN IF MATERIAL IS RELEASED OR SPILLED:	VACCUUM CLEAN OR WET-SWEEP SPILLAGE. WASTE DISPOSAL METHOD WASTE SHOULD BE DISPOSED OF IN CLOSED CONTAINERS TO PREVENT DUST.
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VIII. SPECIAL PROTECTION INFORMATION

RESPIRATORY PROTECTION:	APPROVED DUST RESPIRATORS FOR EXPOSURE TO POTENTIALLY HIGH DUST ENVIRONMENTS.
VENTILATION:	LOCAL EXHAUST VENTILATION RECOMMENDED
PROTECTIVE GLOVES:	NOT REQUIRED
EYE PROTECTION:	SAFETY GLASSES
OTHER PROTECTIVE EQUIPMENT:	NOT REQUIRED

IX. SPECIAL PRECAUTIONS

PRECAUTIONS TO BE TAKEN IN HANDLING AND STORAGE AS WITH ALL POWDERS:	LIMIT THE CREATION AND INHALATION OF DUST. WET FLOORS MAY BECOME EXTREMELY SLIPPERY WHEN DIATOMACEOUS EARTH IS PRESENT.
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ADDITIONAL PRECAUTIONS

EMERGENCY TELEPHONE NUMBERS

MEDICAL:	(801) 295-2025
TECHNICAL:	(801) 295-2025

How to detoxify and improve your digestion and other helpful hints. — Adapted from David Pittman's 10/7/99 writings.

When you start detoxifying you may get a reaction from the die-off of parasites, microbes, etc. you must remember two things: (1) drink lots of water to flush the body, and (2) always start out slowly with low doses of food-grade DE.

Start with 1 level tsp. in 8 oz. water before breakfast. Then take another 1 tsp. in water before going to bed. Warm distilled water is best, but any water will work. Gradually increase your dosage of food-grade DE up to 3 level T. per day. I sometimes forget in the morning and may add it in my oatmeal or juice later. Anyway, I try to consume 3 T. per day one way or another. Try to do this for 4 months. After this I recommend 1 level tsp. in your favorite drink at least once a day as maintenance.

I have read a lot of articles about the benefits of silica for humans. Older people and chronic diseased people are almost always low on silica. People just do not have enough silica in their diets! Believing this to be true, I try daily to drink 1 qt. food-grade DE water in addition to 3 level tsp. food-grade powder added to my food or drink. To make food-grade DE water, add ½ tsp. food-grade DE to 1 qt. distilled water and bring to a boil; then stir for about 3 minutes. You must use distilled water because it dissolves better. Do not boil the water in aluminum pans and do not microwave food-grade DE. Some silica may still settle out, but if that happens, just stir or shake it. The whole purpose is to dissolve the silica in distilled water so as to increase the bioavailability of silica for absorption into the blood stream. I then drink it like a hot tea or cool it and fill my water bottle with this solution. I try to drink it throughout the day and not all at once.

I call silica the mineral of light because it absorbs heat and stores light energy. Silica will absorb this energy until it becomes a negative charged ion; then it releases electrons and repeats this cycle over and over again. Numerous studies show how electrons neutralize free radicals and bacteria. My research also indicates silica is a critical mineral essential for the body's electrical system to function properly. Silica electrically stimulates collagen formation and chemically makes collagen strong and flexible.

Based on the history of this product, I recommend giving food-grade DE powder to all pets. Small animals can drink from unclean water from time to time, so I would add at least a teaspoon to their food on a continual basis. I use it as a mouthwash and add to my flour and grains as a preservative. Finally, I use it as a first aid powder for minor cuts and wounds on my children.

Caution: There are hundreds of DE mines in the USA but only a handful have food-grade DE and if they grind the product and create heat this can create a dangerous product.

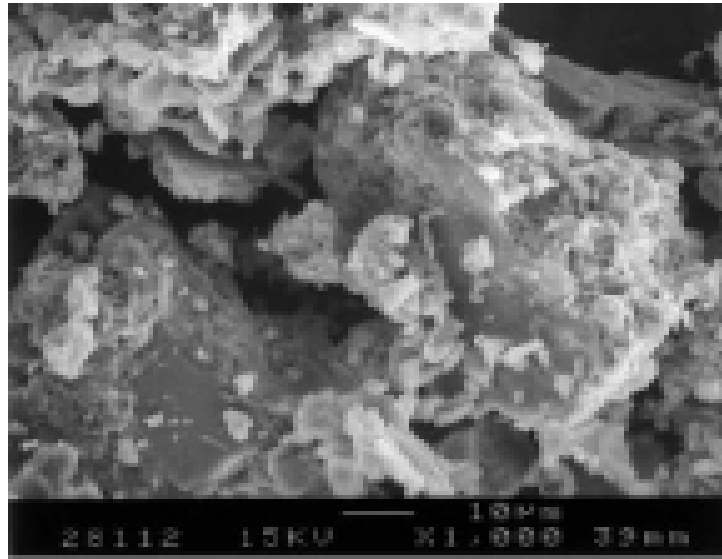
This research information is for informational and educational purposes only. Please consult a health care professional regarding the applicability of any opinion or recommendations with respect to your symptoms or medical condition. No statement in this information should be construed as a claim for cure, treatment or prevention of any disease.

Detoxification Note: Taking castor oil will also help you detox because it stimulates bile flow and enhances the liver's ability to filter blood.

You can order Safe Solutions, Inc. Food-grade DE direct from the Company:

**Safe Solutions, Inc.
2530 Hayes Street
Marne, MI 49435-8781
1-888-443-8738**

<http://www.safesolutionsinc.com>



A Few Notes on Prescriptive Nutrients Bentonite Clay



*A personal thank you to Perry A~ Smith, California Earth Minerals Corp. and Neva Jensen and all others who provided the Author with much of the following material.

Native cultures have long sought and used living clays for healing purposes. Clay minerals are silicate crystals that are so fine grained they are in reality microcrystals. Silica (a compound of silicon and oxygen) is one of the most abundant components in living clay. Silica makes our muscles firmer, our blood warmer and strengthens all of the inner and outer membranes of our vital organs. There are approximately 15 minerals and many more trace minerals (known as micronutrients) commonly found in living clays. Trace minerals activate our enzyme systems and the biological functions that underlie nearly every manifestation of our lives. There is a 1972 report from the U. S. Department of Agriculture which states, "Most of the health problems underlying the leading causes of death in the United States could be modified by improvement in diet. The highest death rate areas generally correspond to those where agriculturists have recognized the soil as being depleted for several years. This suggests a possible relationship between submarginal diets and health of succeeding generations."

Living clays can be used as a dietary supplement." Living clays are not chemically treated in any way. There are many different deposits of bentonite clays found in several parts of the U. S. A. No material extracted from the earth has a greater variety of uses than clay. Applying living (cool or warm) clay on external body tissue has a calming, cleansing and healing effect. Inflammations, open wounds, pains, stings and bites and sores simply are repaired naturally. Toxicity was never evident when using living clay internally and/or externally. Living clays have an abundance of positively charged ions that are essential to all metabolic process of life.

Facts about Bentonite Clay

Information Provided by Perry A~ Smith

1. Applied in poultices and compresses, bentonite clay provides numerous benefits. It can speed up the healing process for sores and ulcers and aid in the rebuilding of healthy tissues and cells, and even of fractured bones and vertebrae.
2. In 'Our Earth Our Cure', Dextreit writes that clay stimulates the deficient organ and help the restoration of the failing function. Clay is a powerful agent of stimulation, transformation and transmission. Clay contains highly active ingredients, able to induce cellular rebuilding and to hasten all organic processes. He also says that clay acts with wisdom - it goes to the unhealthy spot. Used internally, whether absorbed orally, anally or vaginally, clay goes to the place where harm is, there it lodges, perhaps for several days, until finally it draws out the pus, black blood, etc. with its evacuation.
3. In the 'Clay Cure', Knishinsky writes "When clay is consumed, its vital force is released into the physical body and mingles with the vital energy of the body, creating a stronger, more powerful energy in the host. The natural magnetic action transmits a remarkable power to the organism and helps to rebuild vital potential through the liberation of latent energy. When the immune system does not function at its best, the clay stimulates the body's inner resources to awaken the stagnant energy. It supplies the body with the available magnetism to run well. Clay is said to propel the immune system to find a new healthy balance and strengthens the body to a point of higher resistance."
4. Taken orally, bentonite clay initiates a many-pronged effect. In cases of organic disorders, its intense activity eliminates and destroys unhealthy cells and activates the rebuilding of healthy ones. Besides the colloidal properties of clay, it acts as a cleansing agent eliminating all noxious substances. The same sedating, relaxing, absorbing and healing action is seen in treatment of the inflammation of the intestines as well as amoebic and other types of dysentery.
5. One of bentonite clay's peculiarities is based on its physical-chemical domination. From a thermodynamic point of view, we must admit that clay cannot be the sole source of energy of the phenomena it produces. Clay is effective through a dynamic presence far more significant than a mere consideration of the substances it contains. It's the alchemy of elements that enables it to act as a catalyst, rather than an agent in itself. This is because clay is a living substance. Clay is "alive."
6. Bentonite Clay Baths: Some people take about a cup of extra thick liquid bentonite and put it into their bath water. Others have used a full quart and more. It is highly effective in drawing out toxins, but too much, or too long exposure, will dry out the skin.

7. It has many other uses, many beauticians state bentonite clay has no equal as a facial conditioner. They report that its skin-tightening effect when used on the face is very strong and firming. We have been told that when the clay pulls the red blood cells to the skin surface, leaving your face temporarily red, it has done its job.
8. In addition to its other abilities, bentonite clay has been shown to be an anesthetic. Many users have reported almost immediate cessation of pain following its application in paste form to the areas.
9. Using bentonite clay for healing is a profound experience. Applying cooled or warmed clay locally on external body tissue has a cleansing, and healing effect. Inflammation and pain soon diminish with clay applications. Toxicity is never evident when using the living clay either internally or externally. The internal use of clay for ulcerated or irritated conditions of the stomach, bowels, colon or bladder can give noticeable relief. Over-acidity in the tissue of these organs can be corrected with the use of clay.
10. Bentonite clay works best when taken over a long period of time. That's because its actions are subtle. Like a snowball rolling down the hill, it starts off small and slow. As it continues to roll, it soon picks up momentum and goes faster. Clay does not offer instant cures for all ailments, but history shows it can encourage the body to put up a better fight when taken over a long period of time.
11. When bentonite clay is taken for indefinite periods of time, it has no addictive qualities. This is a big concern for many who begin eating the clay. The effects can be so positive that it scares them into thinking they might need it forever. However, one can quit eating clay at any time. There are no withdrawal symptoms, and you will never need to enter a withdrawal program.
12. Incomplete hydrolysis of the bentonite clay particle to the individual mineral sphere denies it the ability to take electrical charge. Therefore, the complete hydrolysis of clay is necessary for its use by the human cell. The biological functions of the human body require essential minerals in the ionic state. So essential are these constituents that without them life does not exist. From these specific, basic mineral spheres the vital trace minerals (the) evolve. The movement of life proceeds from the constant changing on one element into another.
13. The term active or "*living clay*" is born of research denoting ionic exchange capacities of given clay minerals. In the montmorillonite group of clay minerals called smectite, its micro crystals are extremely fine grained, irregular, and thin layered. The layers contain ions that are loosely bound and easily exchangeable, a characteristic which gives smectites the properties of absorption and adsorption.

This means that in bentonite clay found in the desert regions where temperature is high and water scarce, leaching is minor. The washing away of the ions, and chemical hydrolysis is almost nonexistent. These clays are richer in silica and alkaline earth minerals. In the hydro-thermal state the synthesis of new clay minerals increases. Ions of silicon, aluminum, iron, magnesium and potassium are concentrated. Evaporation of the water greatly increases the trace mineral content and leaves the ions negatively charged.

As these ions enter the human body in this form, they respond to gastric activity to become electrons. Adsorption takes place as dissolved matter is assimilated on the membrane surface. This begins the process of absorption as nourishment is changed into living tissue. This creates very favorable conditions for human consumption of *living bentonite clay* minerals.

14. The magnetic field [of the bentonite clay] has different qualities to it. When an electrical field is in action, there is a positive and negative effect. A negative ion field takes on more electrons, while a positive field gets rid of some. The negative ion field seems more compatible with human tissue than a positive one. Negative charges contained in negative ions seem to be associated with healing, with feelings of well-being and changes in physiology.
15. A German Scientist once described the bactericidal properties of clay: The curative properties of clay are founded in its special physical characteristics, above all in the distribution of its minute particles. Individual clay particles are smaller than many bacteria. If infected mucous membranes are more or less flooded with clay, the bacteria are completely surrounded by clay particles and are thus separated from their source of nourishment and become imbedded in the inorganic material. Growth and the

survivability of the bacteria are thus halted almost instantaneously, and from this explained strikingly speedy abatement of the symptoms of infection and/or symptoms of poisoning in acute infectious diseases of the alimentary canal.

— **Julius Stumpf**, *Bolus fur medizinische Anwenduno Darmstadt*, 1916, p. 19.

Bentonite Clay is one of the most effective natural intestinal detoxifying agents available and has been recognized as such for centuries by native peoples around the world. Whatever the name, liquid clay contains minerals that, once inside the gastrointestinal tract, are able to absorb toxins and deliver mineral nutrients to an impressive degree, says Knishinsky. Liquid clay is inert which means it passes through the body undigested.

Technically, the bentonite clay first adsorbs toxins (heavy metals, free radicals, pesticides), attracting them to its extensive surface area where they adhere like flies to sticky paper; then it absorbs the toxins, taking them in the way a sponge mops up a kitchen counter mess. Then the clay and toxins are removed with each bowel movement. Bentonite is a natural clay of the smectile family. Its platelet structure makes bentonite clay a versatile material used in civil engineering, oil refining, paper mills, sewage treatment, fish ponds, foundries, detergents and as a clarifier and/or stabilizer in the fields of edible oils and beverages. Bentonite is available in two forms: calcium and sodium. Calcium bentonite does not swell or gel in water. Sodium bentonite swells and forms thixotropic gels in water. Calcium bentonite can absorb two or three times of its volume of water in contact, but sodium bentonite can absorb eight to ten times its volume of water in contact.

Therapeutic Bentonite Clay for Pets and Livestock

Bentonite clay is one of the volcanic ashes. Bentonite clay is a mineral compound mined from the earth consisting of weathered volcanic ash and is one of the most flexible clays. Bentonite clay is one of the strongest drawing agents available and can adsorb up to 40 to 50 times its own weight in heavy metals, pesticide toxins and free radicals. It is not a drug or chemical composition made in a laboratory. It is a product of Mother Earth. Bentonite clay in ages past was blown into the sky by volcanic action, which sifted down to help impregnate the soil with 25 to 35 trace minerals. Bentonite, under a high-power microscope, is seen as extremely minute rectangular particles, similar in shape to a business card. When hydrated, it generates and maintains a very strong electromagnetic field, which allows it to attract and hold unwanted, non-nutritive substances such as pesticides and other toxins so that they can be eliminated from the body.

Calcium bentonite clay has been used successfully on cats and dogs for skin disorders such as mange, cuts and abrasions, removal of parasites and heavy metal poisoning and other toxins.

It is practical for both external applications and internal consumption. Add powdered or liquid calcium bentonite clay to water bowls or feed dishes. Mix a little hydrated clay (½ teaspoon to 1 tablespoon depending on the size of the pet) in its moist food.

Having a high alkaline reading of 9.7 it is good for balancing acidity in pets.

Calcium bentonite clay is a natural vermifuge and cats have been reported to pass worms within three days of taking the clay in their drinking water. Calcium bentonite clay is considered to be GRAS - Generally Recognized as Safe.

Pure calcium bentonite clay can be added to pet and livestock feeds to promote weight gain and eliminate parasites (vermifuge). Studies at leading universities have demonstrated the growth promoting properties of Calcium Bentonite Clay minerals when fed to cattle. Clay has also been shown to have beneficial effects on overall livestock health when fed to horses, pigs and chickens. Because Bentonite Clay is on the list of approved non-synthetic, non-organic additives, it can be mixed with organic feeds without affecting their organic status.

Many wild animals, and some people, develop 'pica' when ill, a craving to eat earth - particularly clay, which assuages diarrhea and binds to many plant poisons. Among the most famous clay-eaters are the parrots of the Amazon. Scarlet macaws, blue and gold macaws, and hosts of smaller birds perch together in their hundreds to excavate the best clay layer along a riverbank. Parrots' regular diet is tree seeds, which the trees defend with toxic chemicals, and clay is an essential buffer to the toxins.

Horse breeders have used the clay on horse's legs for cuts. They reported the wounds stopped festering and the clay assisted the healing process in the faster formation of new healthy skin. The hydrated clay also draws out toxins and bacteria when used as a poultice on infections.

Excerpts from The Healing Clay by Michel Abehsera and Earth Cures by Raymond Dextreit, Michel Abehsera, Judith Abinum

There are many studies showing that bentonite clay as an additive in livestock feed reduces the toxic effects of aflatoxins (build-up of molds and bacteria in feeds) in pigs, chicken, cattle and horses.

Dirt as Medicine

Why would animals want to lick clay? Bill Roundy is a retired rancher. He remembers a generation ago, when he lived in Utah, that he and other cattle ranchers, learned a valuable lesson by watching their cattle. Whenever a cow got sick and went off her food, the ranchers would turn her out to fend for herself, as they could not afford to throw good money after bad. But, they noticed that, time and time again, the cows would return after a few days, fully recovered, and ready to feed with the rest of the herd. It wasn't long before these ranchers discovered how the cows were recovering. The sickly cattle would take themselves across the desert to clay banks, and feed on them until their health returned. When the ranchers saw how easy and cheap was the solution, they transported clay to their sick cows - a practice still continued today. Free-ranging cattle dig into ancient clay sub soils to access clay and so have no need to be supplemented in this way. [Mahaney, WC Maximilliano, B Hancock, RGV Aufrieter, S and Perez, FL 1996. Geophagy of Holstein hybrid cattle in the northern Andes, Venezuela. Mountain Research and Development, 16 (2) pp 177-180.]

U.S. Army studies show that Bentonite may be a successful treatment for exposure to chemical warfare. One Army emergency livestock protocol calls for immediate administration of Bentonite internally to counter effects of radiation poisoning in livestock (food sources). Eyton's Earth

More Dirt - More Wool

Recently, researchers at the University of New England in Australia claim to have made a surprising discovery. While searching for means to combat a serious stomach disorder common to Australian sheep, they found that "small quantities of a naturally occurring clay, called bentonite, mixed into a sheep's drinking water" not only improved the animal's digestion but increased wool growth, reports *The Australian*. One of the researchers, Professor Ron Leng, said that a daily dose of a half ounce of bentonite mixed into their drinking water had resulted in increase of up to about one tenth of an ounce a day in a sheep's growth. It is hoped that use of this mixture on sheep nationwide will bring increases in wool production worth millions of dollars.

— AWAKE! 6/22/88

Hydrated Bentonite Clay

A Priceless Gift from Mother Nature

Herbal "First Aid"

According to Dr. Richard Anderson, one of the first items to include in an herbal "first aid kit" would be hydrated Bentonite. Bentonite is known for its highly absorptive properties and its ability to draw out and bind heavy metals, drugs and other toxins from the body. This clay has been used for thousands of years as both an internal and external purification aid. The Egyptians used it to preserve their famous mummies. The ancient Greeks and Romans used it to restore health. The great German Naturopaths of the last century hailed clay as one of nature's great remedies. Mahatma Ghandi advocated the use of clay for health and purification. Numerous so-called 'primitive' tribes have used clay for both internal and external purification. Today, Bentonite clay is increasingly used both internally and externally by those interested in natural remedies, and it is included on the FDA's famous "GRAS" list, which stands for "Generally Recognized as Safe." With increasing public knowledge about minerals, some have expressed concern over the presence of small amounts of aluminum in bentonite clay. However, Dr. Anderson himself, and numerous others who have used Bentonite clay extensively with his cleanse program, have had hair analyses done which indicated that the body does not absorb aluminum from

bentonite. Bentonite is one of the volcanic ashes. It is not a drug or chemical composition made in a laboratory. It is a product of Mother Earth. Bentonite in ages past was blown into the sky by volcanic action, which sifted down to help impregnate the soil with its 25 to 35 trace minerals. Bentonite, under a high-power microscope, is seen as extremely minute rectangular particles, similar in shape to a business card. When hydrated, it generates and maintains a very strong electromagnetic field, which allows it to attract and hold unwanted, non-nutritive substances such as pesticides and other toxins so that they can be eliminated from the body.

Radiation

Dr. Jensen, N.D., D.C., Ph.D., suggests using bentonite to absorb radiation from the bones. Since so many of us are subject to various forms of radiation, whether from X-rays or television or computers, this would be something to consider. This could be extremely important for those who have undergone radiation treatment for cancer. Some people take about a cup of extra thick liquid bentonite and put it into their bath water.

Others have used a full quart and more. It is highly effective in drawing out toxins. But too much, or too long exposure, will dry out the skin.

Swelling & Pain in Gums & Teeth

Some bentonite users report relief from swelling, pain and aching in the gums and teeth. Since these symptoms are manifestations of toxins or infections in the tissue surrounding the teeth and gums, it is easily apparent that bentonite's powerful absorbing qualities would provide relief for these areas. If you are suffering from pain or swelling in the teeth and gum area, it would be wise to take a psyllium shake several times a day to absorb any poisons being released **from the infected mouth into the bowel**. Dr. Anderson, himself, has done this many times for a tooth infection and attained complete relief from the pain and aching. **His tooth infections were caused by old root canals. When he finally had the root canals removed, the infections stopped forever.** In this situation it would also help to pack powdered bentonite directly onto the swollen, painful areas to draw the irritating toxins out. A combination of powdered bentonite and plantain (another powerful absorber) can be used in a square of cheesecloth or muslin, which is then dampened and placed over the irritated area of the gums. This seems to work best if you do this before bed and sleep with it under your lips.

Skin Eruptions

Hydrated bentonite is invaluable for skin eruptions as well. Dr. Anderson once got an extremely severe case of poison oak, in every nook and cranny of his body, during a camping trip. When he got home, he put thick hydrated bentonite on every spot he saw or felt, and noticed immediate relief from the itchiness. However, the next morning after showering it all off, he saw that there were still some red spots, and the itchiness returned. Again, he applied hydrated bentonite, and again the itchiness left. This time, when he showered it all off, it was completely gone! **We also use this on yellow jacket bites. For some people, when bentonite is applied to the sting, it removes the pain within 10 seconds.**

Many have used a paste of hydrated bentonite as a facial mask for general skin enlivening and cleansing, as well as for specific skin eruptions. Whenever applied to a pimple or infected skin bump, the hydrated bentonite will simply draw out the toxic matter that is causing the eruption. This application should be repeated each night before retiring until the skin eruption has been completely eliminated.

Diarrhea

In the MEDICAL ANNALS of the District of Columbia, Vol. 20, No. 6, June, 1961, under the title "The Value of Bentonite for Diarrhea," are the results of the clinical work performed by a team of medical doctors using hydrated bentonite in the treatment of diarrhea. The diarrhea was the result of virus infections, food allergies, spastic colitis and food poisoning. The results of the scientific investigation indicated that liquid bentonite provided substantial relief in 97% of the cases. The percent of relief indicated by the symptoms were: abdominal cramps - 80%; anorexia - 78%; malaise - 80%; headaches - 71%; nausea - 85%; and weakness - 100%. The article concluded:

"By virtue of its physical action, bentonite serves as an absorbent aid in detoxification of the intestinal canal."

Both U.S. Government Bureau of Mines Booklet #609 and a late edition of the Dispensatory of the United States of America, an official compendium, give bentonite high praise:”

“In addition to the growing number of external uses for bentonite, it has been reported to be of value as an intestinal evacuant when used in the form of a gel.”

About Aluminum

Some people are concerned about the aluminum in bentonite. Yes, it does have aluminum. For aluminum is one of the most abundant minerals on the earth. However, if you recall the above paragraph where it states that bentonite has a negative electrical charge, you will realize that bentonite cannot be absorbed by the body. The epithelium cells of the gut are also negatively charged. Like the polar opposites of two magnets repelling one another, the cells of our bowels absolutely repel the bentonite from entering the inner sanctum of our bodies. This means that you never need to be concerned about taking psyllium shakes. Dr. Anderson has probably set the world’s record in the consuming of bentonite. Not only has he no signs of aluminum poisoning, but also hair analysis has never indicated any abnormal levels of aluminum in his body. And does he still use bentonite? Absolutely.

About Bentonite Clay

Since bentonite has such strong absorptive powers, some may be concerned about whether it might absorb necessary nutrients from the alimentary canal as well. Independent experiments designed to find out how much this absorption would adversely affect the growth and health of animals indicated no ill effects when the intake of bentonite was 25% of the total diet, but did adversely affect the health of the animals when the intake of bentonite was increased to 50% of the total diet. (Annals of the N.Y. Academy of Science, Vol. 57, pg. 678, May 10, 1954.) Even 25% of the total diet is a lot of bentonite!

It is important, however, **not to take any nutritional supplement at the same time as the bentonite.** Especially when used with psyllium, the bentonite will absorb anything of nutritional value such as herbs, friendly bacteria, and vitamins, as well as toxins, bad bacteria and parasites. Be sure to wait 1 hour after doing a bentonite shake before taking anything nutritional.

Scientific research has shown that bentonite’s absorptive action is due to five characteristics. First, it has a large and varied mineral content. Second, it has a negative electrical attraction for positively-charged particles. Third, its particles (being shaped like calling cards), have the wide surfaces negative-polarized and the edges positive-polarized, which give it an incredible negative pulling power. Fourth, the very minuteness of the particles of bentonite gives a large surface area in proportion to the volume used, thus enabling it to pick up many times its own weight in positively-charged particles. Fifth, to obtain maximum effectiveness in the human body, it must be put in a liquid colloidal-gel state.

Though bentonite has been used internally by the American Indians for hundreds of years to help detoxify the bowels, Dr. Anderson recommends that when using it internally, we always use it with psyllium, as a psyllium shake. **The reason for this is that some people fear that bentonite could get stuck in the gut. We do not know for certain if this has ever occurred with anyone, but just to be safe, use it with psyllium.** Dr. Anderson suggests this because psyllium is known to help prevent undesirable inorganic minerals from entering the system. Dr. Anderson also explains that he has consumed as much as ¼ cup of Hydrated Bentonite right out of the bottle many times. Why would he do this? Because he had eaten something that was contaminated. The bentonite eliminated the problem immediately.

Clay Bath Directions for Detoxifying Heavy Metal Poisoning

Information Provided by Perry A~ Smith

Use up to 2 cups of powdered bentonite clay (but not more than 2½ cups) into the bathtub and then run **very hot water** over the clay, as hot as it gets. Use a wire whisk to stir the clay around and to help it dissolve. When you've got about 3 inches of water in the tub and the clay is dissolved, start adding cooler water until the water reaches the desired temperature.

The bath should neither be too hot nor too cool, but should be nice and warm, as warm as is comfortable. Bathing time depends upon your condition, but can be anywhere from 10 to 20 minutes. **Please don't overdo it!** If you stay in too long you may have what is known as a cleansing reaction and experience fatigue, headaches, muscle soreness, etc.

Another option is to take about a cup of extra thick liquid bentonite clay and put it into the bath water. Others have used a full quart and more. It is highly effective in drawing out toxins. But too much, or too long exposure, will dry out the skin. If so, follow the bath by applying a body lotion.

In Energy to Heal by Wendell Hoffman and through his own research, Hoffman found that a pure high-grade bentonite clay used in a bath can actually **draw out toxic chemicals through the pores of the skin**. After many experiments, he concluded that optimum results are obtained by immersing oneself in a tub of very warm water mixed with a very pure bentonite clay for exactly 20 minutes! Not just any clay will do. It is crucial to use "clean clay".

Extreme amounts of bentonite clay used in a bath have been known to help the body detox from severe heavy metal poisoning (one can tell, because if it works, the clay turns black). Eyton's Earth. Some people may notice the clay turns dark and may even take on a tar like consistency. Use rubber gloves and scoop out as much clay as possible and then clean the bath tub. Usually 1 – 2 baths is sufficient to draw out the toxins.

Clay baths using 1 cup of powdered bentonite clay or 1 cup of thick liquid clay is good for soaking tired, sore muscles.

External Uses of Healing Clay

Topical Bentonite Clay Treatments: Clay Packs, Compresses

Brush teeth	Bentonite clay acts as an astringent to gums, removes tartar, controls bleeding gums and pyorrhea.
Bone and Muscle Damage due to Traumatic Injury	Bentonite clay pack applied immediately after injury, applied ½ - 1 inch thick and covered, changed as needed (½ - 12 hrs.), duration to maximum tolerance.
Carpal Tunnel Syndrome Tendonitis	Bentonite clay wrap around entire area if possible, ¼ - ½ inch thick, covered, for 20 minutes to an hour initially, increased to overnight applications as tolerance permits, for 3 days to 3 weeks.
Treatment of Internal Organs	Bentonite clay compress (dressing saturated with hydrated clay) applied to cover the organ to 1 hour as tolerance permits—as needed with internal cleansing support. for 20 minutes per application to start, tolerance carefully monitored, extended to 1-hour applications as tolerable, progress to clay pack and 20-minute treatments, then to 1 hour as tolerance permits, as needed with internal cleansing support.
Chronic Headaches	Bentonite clay pack applied to the nape of the neck for twenty minutes, then applied to the forehead for 20 minutes (continue to alternate as needed).

Skin Conditions
(acne, athletes foot,
eczema, pimples
rashes, warts, yeast
fungus, poison ivy,
cold sores, canker
sores, shingles, cuts,
boils, staph around
fingernails, more)

Depending on the condition, bentonite clay compresses or packs can be used (any cystic condition requires dense packs applied for an extended amount of time) along with 1 teaspoon of powdered clay taken internally each day.

Rapid healing of
injuries (bruises,
sprains, burns, etc.)

Thick bentonite clay packs applied to sprains, bruises, breaks, etc. Thin clay strips, covered, or compresses applied to burns. For any injury that includes a break in the skin, never allow the clay to dry. Simply change out the dressing as needed.

Severe Bacterial
Infections

Wounds cleaned thoroughly with liquid bentonite clay packs applied at least ½ inch thick, dressings changed as often as required due to drainage, never allow clay to dry on damaged tissues.

Skin rejuvenation
and deep cleansing

1 to 12 cups of bentonite clay added to a hot bath; hydrated bentonite clay used as a normal soap; clay masks applied to the skin; clay formulations used in a massage treatment.

Radiation

Bentonite clay must be used internally and immediately. Clay baths repeated to tolerance with as much hydrated clay as the individual can tolerate (based on their stamina) for 20 minutes to one hour. Compresses or thick clay wraps, alternating treatment to key locations of the body (targeting the lymphatic system and primary organs, treatments based on tolerance).

Eye strain

Thick bentonite clay packs applied to both closed eyes, covered and left on from between 20 to 90 minutes.

Bite and Sting Relief

Calcium bentonite clay hydrated with water (applied as a poultice) will relieve stings and/or bites of fire ants, bees, wasps and hornets. Reapply as needed. Calcium bentonite clay hydrated with 10 ppm colloidal silver can be applied as a thick poultice to relieve brown recluse and other spider bites and to help stop necrosis.



It is highly recommended that all external treatments with healing (bentonite) clays be combined with a gentle internal cleansing program designed to support the body's elimination system and liver function.

Notice the different moisture levels through the clay, and the minute concentric circles visible on the clay surface. Although this wound was non-bleeding and fully derided before treatment, it is obvious that the incredible sorptive properties of the clay evacuated a great deal of organic matter from the wound.

This results in several things: The reduction of edema, the support of the immune/lymphatic system, and overall support for the healing process.

Surprising things can happen during such treatments. This particular treatment, since it was over the lower intestines, resulted in the elimination of a bowel obstruction or possibly even a cancerous growth.

From [Eyton's Earth](#)

Internal Uses of Healing Clay
Powders, Tablets, Gels and/or Hydrated Bentonite Clay

Internal Treatments	Bentonite clay can be of help with colitis, diarrhea, hemorrhoids, stomach ulcers or any abnormal condition of the alimentary canal.
Surgery	The use of bentonite clay internally before and after surgery gives remarkable benefits.
Osteoporosis	Astronauts in the United States space program ingested bentonite clay tablets (rich in calcium) to reverse the effects of osteoporosis caused by zero gravity.

Anecdotal Personal Case Histories Using Living Clay

Bleeding, tender gums	Dissolved several clay tablets in the mouth several times a day. Gum abscess packed with clay cleared up in 4 days. Tooth abscess took 2 weeks.
Strep throat	Gargled with clay solution every 15 minutes. Relieved pain when held in the throat a few minutes.
Stomach ulcers	½ tsp. clay was taken just before eating. When acid was noticed, repeated use. This condition was controlled and corrected with daily use of 1 tsp. clay in water.
Nausea	Drank ½ tsp. clay in water on arising. Older people found it alleviated nausea caused by medication.
Rectal bleeding	Used 2 tsp. clay in cup of warm water; inserted with syringe. Pain and bleeding stopped.
Diarrhea in small children	Corrected condition with ¼ tsp. clay in applesauce or any baby food several times a day. Some added it to liquids in bottle. Mothers put some clay in foods when traveling and found children more contented and less susceptible to stomach upsets. Diarrhea common in older patients was controlled with several clay tablets with meals and at bedtime.
Fire ant/wasp stings	Covered them quickly with thick clay paste. No pain was experienced.
Athlete's foot odors.	Dusted entire area; all signs gone in 2 days. Dust shoes to prevent infection and odors.
Cuts	Clay stopped bleeding and pain.
Acne	Severe acne was cleared in 4 months. The entire back was covered with clay pack once a day as well as the face. Left on for 30 minutes and removed. After healing, clay was continued until discoloration was gone.
Boils	Packed with wet clay and covered. Replace pack every 2 hours. Boils drained and cleared in 3 days.
Yeast infection	Used clay solution for douche. Immediately relieved itching and cleared infection with regular use for 2 weeks.
Burn from hot water	Covered with clay pack and ice. No blistering occurred. Sun burn will also respond. Cover pack with chipped ice as well.
Eczema of the scalp	Covered with moist clay overnight. Repeated until healed.

Hemorrhoids	Took ½ tsp. clay or 4 tablets 4 times a day. Relief the first day. Regular use of clay prevented reoccurrence. For pain, inject daily as in rectal bleeding.
Nursing mother - sore nipples	Spread smooth paste over nipple after nursing; used olive oil before nursing. When infant has yeast infections, clay protects the breast from the infection.
Diaper rash	Severe blistering soothed and healed by putting a smooth covering of clay paste on buttocks. Dusting with the clay at each diaper change prevented reoccurrence.
Blood lead level	Reduced from 7 to 2 in 6 months. Using 10 clay tabs a day. Mercury blood levels cut 50% in 3 months with 10 tabs of clay a day.
Pets	Clay eating is usually instinctively accepted by animals. Adding it to the daily food ration keeps a pet in good health. All forms of life benefit from clay use.
Fish	Add to aquariums to control algae or fungus. Put ailing fish in a bag containing clay and shake to coat them. Return to water quickly. Several treatments may be needed. Clay reduces stress in aquarium fish.
Dogs	Stool eating use clay in food, drinking water. Controls anal itching.
Cats	Add to litter box.
Horses, Cows, Pigs	Add to feed; gives stamina and prevents colic. Bonding agent in hay cubes and pellets.
Other Uses of Clay	Add clay to water of fresh cut flowers. Add clay to watering tanks to control algae. Dip roots of plants in clay water before transplanting. Decontamination of water. Filtering agent for cooking oils. Place on top of soil in potted plants to control insects. Removes and controls mildew on tile on bathrooms. Increases seed germination when added to soil.

CAUTION: Do not use clays found near waste disposal dumps!

Dietary Clay by Neva Jensen

Of the clays used for human nutrition, the montmorillonite is the most common in nature. Because of the unusual properties of this clay, it has proven to be most recognized in research for its use in the human body.

Montmorillonite clay was originally named after the town of Montmorillon in France. These clays were commonly used by early cultures, both medicinally and nutritionally. Clay was put aboard vessels departing from French ports. It was used in the holds of ships to absorb odors and moisture. However, the sailors traditionally reserved supplies of these clays for dysentery, burns, boils, sore mouths, and other internal and external disorders. Its fame spread in each port with tales of its use.

Legends told of a ship adrift at sea. Drinking water had become badly contaminated and the sailors became sick when they drank it. One old "saltie" told them to put the clay in the water before they drank it. This made the water drinkable and no more sickness occurred. As a result of this tale, clay was put into all of the drinking water taken on at each port and the dreaded dysentery was conquered.

On early steamships, the men feeding the boilers dipped their hands and arms deep into a thick clay solution to form a protective coating from the heat of the furnace. Covering their faces with these smooth textured clays protected them also from burns. This practice spread to the deck hands to prevent sunburning. When the clay was removed, the skin was clear and healthy. Burns and wounds had healed as well.

Clay became an item of barter at seaports. Clays of certain textures and colors were valued far above others for human use. These early observations indicating the differences in clays, are now verifiable in research. The term active or "living clay" is born of research denoting ionic exchange capacities of given clay minerals. In the montmorillonite group of clay minerals, called smectite, its microcrystals are extremely finegrained, irregular, and thin layered. The layers contain ions that are loosely bound and easily exchangeable, a characteristic which gives smectites the properties of absorption and adsorption.

This means that in clay found in the desert region, where temperature is high and water scarce, leaching is minor. The washing away of the ions, and chemical hydrolysis is almost nonexistent. These clays are richer in silica and alkaline earth minerals. In the hydrothermal state the synthesis of new clay minerals increases. Ions of silicon, aluminum, iron, magnesium and potassium are concentrated. Evaporation of the water greatly increases the trace mineral content and leaves the ions negatively charged.

As these ions enter the human body in this form, they respond to gastric activity to become electrons. Adsorption takes place as dissolved matter is assimilated on the membrane surface. This begins the process of absorption as nourishment is changed into living tissue. This creates very favorable conditions for human consumption of *living* clay minerals.

Clay and Amino Acids

Recent research has shown that a number of organic substances formed by a combination of two or more molecules can be bonded to the surface of clay minerals. A number of investigators think the adsorptive properties of certain clays may have played a crucial role in the origin of life. The hypothesis arises as a result of the effort to simulate the conditions under which amino acids may form proteins within the human body. Experiments showed simple amino acids formed into the longer chains called peptides on the surface of clay particles. It is thought that clay acts as a catalyst for the formation of long peptide chains, or proteins.

The hypothesis was tested experimentally in America and abroad. Scientists added one amino acid in solution to various clay minerals. Then they exposed the clay to temperature and moisture variations. The main findings were that more peptides were produced at various temperatures when clay was present than when it was absent, and that the production of peptides was a significant advantage in the presence of protein conversion. Protein conversion to amino acids in the human body can fail to proceed normally through the peptide chains without all of the necessary constituents, thus preventing its use entirely. This confirms the nutritional benefits of dietary clay.

On the basis of these findings the three investigators propose that temperature and moisture bring about a distribution and redistribution of amino acids on the surface of the clay particles that favors the amino acids' linkage into peptide chains. As moisture touches the surface of the clay mineral, the active site on the surface that speeds the formation of peptides from amino acids are cleared. When the moisture is absorbed, new sites become available for other amino acids to form new chains. This continuous function, completely dependent upon clay type minerals in proper configuration, is synonymous with life. — *Scientific American*, April, 1979

Internal Uses of Healing Clays

Bentonite Clay Used Orally



Using an uncontaminated green healing clay internally can be advantageous for general health. Traditionally, only small amounts of hydrated clay are required to achieve the following benefits:

- * Detoxification of the digestive system (the sorptive action of clay pulls contaminants from the body)
- * Bacterial, organic and non-organic toxicity
- * Elimination of internal parasites (digestive tracts)
- * Immune system support (clay used internally stimulates the body's elimination system and supports organ function)
- * Fixes free oxygen in the blood stream (occurs once the liver has been restored to full function)
- * Increases T-cell count
- * Fights free radicals
- * **Mercury poisoning!**
- * Trace mineral supplement
- * Liver detoxification
- * Stomach aches and bacterial food poisoning
- * Alkalizing agent in the body

Internal Cleanse with Liquid Bentonite Clay

Bentonite clay's adsorptive and absorptive qualities may be the key to its multifaceted healing abilities. Knishinsky reports that drinking clay helped him eliminate painful ganglion cysts (tumors attached to joints and tendons, in his case, in his wrist) in two months, without surgery.

Knishinsky's research suggests that the regular intake of liquid bentonite clay (typically 1 to 3 tablespoons daily, in divided doses) can produce other benefits including parasite removal from the intestines, allergy and hay fever relief, and elimination of anemia and acne. For example, clay helps anemia because it contains both types of dietary iron (ferrous and ferric) in an easily assimilated form; it reduces discomfort from allergies by quickly neutralizing allergens that would otherwise produce allergic reactions; and it reduces heartburn and indigestion by absorbing excess stomach acids.

In 'Our Earth Our Cure', Dextreit writes that clay acts with wisdom - it goes to the unhealthy spot. Used internally, whether absorbed orally, anally or vaginally, clay goes to the place where harm is, there it lodges, perhaps for several days, until finally it draws out the pus, black blood, etc. with its evacuation. In the 'Clay Cure', Knishinsky writes that clay is part of his diet and he never skips a day without eating clay. He writes "When clay is consumed, its vital force is released into the physical body and mingles with the vital energy of the body, creating a stronger, more powerful energy in the host. The natural magnetic action transmits a remarkable power to the organism and helps to rebuild vital potential through the liberation of latent energy. When the immune system does not function at its best, the clay stimulates the body's inner resources to awaken the stagnant energy. It supplies the body with the available magnetism to run well. Clay is said to propel the immune system to find a new healthy balance and strengthens the body to a point of higher resistance."

Primitive Uses of Clay

Dietary studies of descendants of the Incas of long ago, reveal clay eating as a common practice. When their ancestral mountain empire was ravaged, the last of the Inca's rulers escaped deep into the Andean mountains. They took with them supplies of clay, which were valued even above the treasures of the empire. They were transported by human carriers to the secret city.

The ransom for prisoners was often paid for by edible clays rather than silver, in that same period. Studies of some Indian people who are most surely descendants of the ancient Inca, reveal they existed largely on a vegetable diet. These vegetables were dipped in an aqueous suspension of clay. This dietetic procedure of very ancient origin is universal among these Indians today.

Dr. Weston Price, a researcher studying primitive races of the high Andes, Central Africa, and also the Aborigines of Australia, asked for the privilege of seeing what the natives carried in their knapsacks. Without exception, each one contained a ball of clay, a little of which would be dissolved in water. Their morsels of food would be dipped in their mixture before being eaten. This practice is carried on today and is undoubtedly one reason the people of these cultures experience physical stamina and endurance.

As the explorers came to the New World, they observed the American Indian using various clays. Some of these uses were: the face mask of a proud warrior, the painted body of a ceremonial dancer, or a cool clay pack on an exhausted messenger. All contained special clays usually gathered locally. However, those for eating were highly treasured and to secure a supply, the natives often traveled long distances. The use of clay was introduced to the pioneers through the skills of the native Indian women, who on occasion were taken as wives by the white men. However, the gathering of the clay had traditionally been done by the men of the tribe, thus substitutions began to occur in the white villages. Slowly the effectiveness of this healing art was lost.

Clay was used in sacred ceremony by the American native. In these rituals, they reverently acknowledged the intimacy they felt with mother earth and all nature. In deep reverence they partook of the sacred clays, believing the clay and water that flowed from the breast of mother earth was to nurture their spirits, as they believed the flow of a mother's milk was given to feed the spirit of the infant.

By Indian tradition, the tribal father sought vision to guide his people. While in solemn ceremony, he might perceive spirits petitioning birth into his clan. Lengthy preparation including clay ceremonies would then follow. Tribesmen would leave the village together for several weeks to go through purification.

The tribesman's knowledge of plant life and clays used to predetermine male offspring was held in reverent secrecy. Observation of the moon as well as instinct directed the time for their return and the completion of conception ceremonies. The participating women prepared for the sacred rites at the moon lodge.

Upon the birth of their infants they would return to the lodge for further ceremony. As the moon rose in her full majesty, sacred clays were placed upon the infant as a symbol of protection from lurking spirits.

Should a maiden of the tribe be violated by a vagabond, she would go to the village outskirts in solitude to heal her spirit and restore her virginity. She used foods and clays daily that had been blessed by the spiritual father, as she shamelessly sought her purification.

Sweat lodges were a common practice of most tribes. Some sweats lasted a few hours at the day's end. Other sweats were held deep in the heart of a mountain in caves and could last several days. Clays were traditionally used at both. The lengthy sweats were attended only by men and involved the extensive use of clay. Skilled medicine men of the tribe presided at these sites as the tribal fathers awaited spiritual vision.

Seasonal migration of the Indians would take them to sites of warm clay pools. The complete submersion of their bodies in clay held significant ceremonial purpose. It also served to cleanse and heal their bodies. As it was tribal custom never to be without the edible clays, supplies were dried to be carried on the homeward journey.

The use of clay by the American Indian was held in each tribe's tradition; it was shared only among their tribesmen. The seeking of clay took them to specific places, especially where the bubbling mud had brought sedimentary deposits to the surface in active or extinct hydrothermal activity. On rare occasions, clay would be pastel blue, green, or pink. However, most were grey or reddish in color.

This was due to extensive mineral concentrations, especially iron left by the continuous evaporation of water in the bubbling mud. The hydrolysis and fragmentation of clay minerals in the heat and steam of a hydrothermally active site, is much more complete than in the sedimentation stage. The clay minerals may otherwise be only mildly transformed in various other ways.

Climatic effects do give rise to different types of clay minerals. Modern scientific research enables us to determine the geographic zone wherein the initiation of the clay minerals evolution began and what benefits it may have to the human body. — *Nutrition and Physical Degeneration*, Weston A. Price, M.S. D.D.S.

Perry A~ Smith Recommends Taking Bentonite Clay over Time

Bentonite clay works best when taken over a long period of time. That's because its actions are subtle. Like a snowball rolling down the hill, it starts off small and slow. As it continues to roll, it soon picks up momentum and goes faster. Clay does not offer instant cures for all ailments, but history shows it can encourage the body to put up a better fight when taken over a long period of time.

When bentonite clay is taken for indefinite periods of time, it has no addictive qualities. This is a big concern for many who begin eating the clay. The effects can be so positive that it scares them into thinking they might need it forever. However, one can quit eating clay at any time. There are no withdrawal symptoms, and you will never need to enter a withdrawal program.

Many people ask if bentonite clay is something they have to take for the rest of their life. The answer to the question, of course, is they don't have to; there is no risk in discontinuing its use. But, why not take something that is good and will help clean out your body? Especially in today's highly polluted world, the liver and kidneys are so overworked they never have a chance to rest. Taking a spoonful of earth minerals every day helps them to work better and keeps the mind and body functioning in tip-top condition. To remain healthy, eat clay for a long time.

Knishinsky's research suggests that the regular intake of liquid clay (typically 1 to 3 tablespoons daily, in divided doses) can produce other benefits including parasite removal from the intestines, allergy and hay fever relief, and elimination of anemia and acne. For example, clay helps anemia because it contains both types of dietary iron (ferrous and ferric) in an easily assimilated form; it reduces discomfort from allergies by quickly neutralizing allergens that would otherwise produce allergic reactions; and it reduces heartburn and indigestion by absorbing excess stomach acids.

In 'Our Earth Our Cure', Dextreit writes that clay acts with wisdom - it goes to the unhealthy spot. Used internally, whether absorbed orally, anally or vaginally, clay goes to the place where harm is, there it lodges, perhaps for several days, until finally it draws out the pus, black blood, etc. with its evacuation. In the 'Clay Cure', Knishinsky writes that clay is part of his diet and he never skip a day without eating clay. He writes "When clay is consumed, its vital force is released into the physical body and mingles with the vital energy of the body, creating a stronger, more powerful energy in the host. The natural magnetic action transmits a remarkable power to the organism and helps to rebuild vital potential through the liberation of latent energy. When the immune system does not function at its best, the clay stimulates the body's inner resources to awaken the stagnant energy. It supplies the body with the available magnetism to run well. Clay is said to propel the immune system to find a new healthy balance and strengthens the body to a point of higher resistance."

Technical Theory

Students of life sciences look to biochemistry to understand how the human body maintains its functions. Studies show that trace minerals are the constituents found most necessary to every cell and its corresponding enzyme systems. Though they are essential for all cell functions, trace minerals are required in very small amounts. They become electrically charged particles known as ions and may be found in groups or singly. As an ion takes and electrical charge of plus one or minus one, it begins to spin either to the right or to the left. This creates not only an energy field, but also a signal or resonance. When an elementary particle of nature takes a charge of plus or minus one, it becomes an electron.

The phenomenon of electron spin-resonance depends upon the fact that an electron has a magnetic movement. If an electron is placed in a magnetic field, its energy is proportional to the strength of the field. Single electrons which show spin-resonance or the ability to take a charge, are quite common in the rare earth clay elements. Considering the resonant frequency to the resonant field may not seem significant to the unformed. However, it is this principle of signal and response that guides needed nutrients to a given site.

Experiments done at UCLA measure and record the body cycles. Various organs of the body cycle at different ratio.* Each organ must have within its boundaries that which receives and maintains its specific energy. The signal and response is an intelligence that gets the needed nutrient properties to the site of need at the cellular level and facilitates its use. Using the hydrothermally-altered clay minerals that are unravels the once unknowns.
 — *Science, March 16, 1962*

Analysis of the Elements in Desert Clay

TERRAMIN

CERTIFICATE OF ANALYSIS

Report: XRAL LABORATORIES, ONTARIO, CANADA Date: 12/19/00 LISTED IN PERCENTAGES AND PARTS PER MILLION/BILLION.

Calcium	Ca	4.69%	Iron	Fe	4.35%	Magnesium	Mg	2.88%
Phosphorus	P	15%	Potassium	K	2.8%	Silicon	Si	55.3%
Sodium	Na	1.13%	Sulphur	S	.05%	Titanium	Ti.	67%
Aluminum Hydroxide	Al2O3	18.3%	Manganese	Mn	.04%	Antimony	Sb.	9ppm
Arsenic	As	5ppm	Barium	Ba	4661 ppm	Beryllium	Be	2.4ppm
Bismuth	Bi	5ppm	Boron	B	108ppm	Bromine	Br	6ppm
Cadmium	Cd	5ppm	Cerium	Ce	79ppm	Cesium	Cs	12ppm
Chromium	Cr	100ppm	Cobalt	Co	28ppm	Copper	Cu	34.8ppm
Erbium	Er	3ppm	Dysprosium	Dy	5ppm	Eroplum	Eu	1.1 ppm
Gadolinium	Gd	21 ppm	Gallium	Ga	5.8ppm	Germanium	Ge	10ppm
Gold	Au	5ppm	Hafnium	Hf	4ppm	Holmium	Ho	1 ppm
Lanthanum	La	45ppm	Lead	Pb	7ppm	Lutetium	Lu	.39ppm
Molybdenum	Mo	3ppm	Neodymium	Nd	.42ppm	Nickel	Ni	51 ppm
Niobium	Nb	17ppm	Palladium	Pd	11ppm	Platinum	Pt	11ppb
Praseodymium	Pr	9ppm	Rubidium	Rb	129ppm	Samarium	Sm	6.8ppm
Scandium	Sc	16ppm	Selenium	Se	3ppm	Silver	Ag	.2ppm
Strontium	Sr	205ppm	Tantalum	Ta	2ppm	Terbium	Tb	1.3ppm
Tin	Sn	5ppm	Thorium	Th	15ppm	Thulium	Tm	.4ppm
Tungsten	W	3ppm	Uranium	U	5.5ppm	Vanadium	V	127ppm
Ytterbium	Yb	2.8ppm	Yttrium	Y	34ppm	Zinc	Zn	97.3ppm
Zirconium	Zr	143ppm						

Texas A. & M. University
Experiment No. 3

The following experiment No. 3 was designed to compare Texas and Western bentonites with two available clay products.

As in previous experiments, the birds receiving the clay or bentonite diets gained more body weight and laid larger eggs. Those receiving the Cal-MIN and the Western bentonite also laid more eggs than the controls. Feed efficiency was improved for the Cal-MIN diets and slightly improved for the 2% Western bentonite group. The data clearly demonstrates that as the level of clay in the diet was increased, the percentage of water in the droppings decreased. The percentage figures do not show an extremely large reduction but even small reductions are quite apparent in the appearance of the droppings. Why these clay products give an increase in body weight should be more fully explored. Perhaps they could be used in broiler diets with added fat to further improve growth and feed efficiency. Reduction in the moisture content of the droppings might improve both litter condition and incidence of breast blisters. — *J. H. Quesenberry, Texas A. & M. University, College Station, Texas, Experiment No. 3, Page 7.*

Research on Desert Clay

Controlled studies by Benjamin H. Ershoff, **Ph.D.**, were submitted to **N.A.S.A.** Manned Spacecraft Center on Physiologic Effects of Dietary Clay Supplements, contain unquestionable results. Clays used were obtained from a deposit near Brawley, CA. The samples contained no detectable plant organic matter or quartz sand.

Studies were conducted on the effects of clay supplementation on the weight increment and microscopic appearance of the long bones of immature male rats, hamsters, mice and miniature pigs. They were fed a low calcium, low protein, low fat, non-heat-processed, wheat flour-containing ration. Findings indicate that the clay supplementation at levels of 1%, 2% and 4% in the above diet caused a highly significant increment in body weight and prevented the occurrence of pathological changes which were observed in the long bones of immature rats, hamsters and mice fed the unsupplemented diet.

Effects were proportional to the level of clay supplement fed. The protective effect of the clay supplement was also observed on the microscopic and radiological appearance of the long bones of miniature pigs, although in this species no growth-promoting effect was noted. Clay supplementation at the above levels of feeding was also active in promoting growth and preventing pathological changes in the long bones of rats fed (a) a low calcium, low protein, low fat rye flour-containing ration (b) a highly purified calcium-deficient ration containing casein as the source of dietary protein, and (c) a highly purified, calcium-deficient ration containing methionine-supplemented soy protein as the source of dietary protein. Findings indicate that the protective effects of the clay supplement when fed with the wheat flour and rye flour-containing rations were due in large part to some factor or factors OTHER THAN its calcium content. The beneficial effects of clay supplementation when fed with the purified casein containing, soy protein containing rations, however, were due primarily to its serving as a source of dietary calcium. Evidence was obtained that the clay supplement contained some factor or factors other than calcium, which promoted improved calcium utilization and/or bone formation. A number of clays were tested and found to differ significantly in growth-promoting activity.

Of possible pertinence to the above is the report by Cooper that "Keepers in the Baltimore Zoo routinely supply to the kangaroos three to four pounds of red clay per week as a dietary supplement. In discussing this with the administrative and veterinary staff of the zoo they said it is common knowledge among zoo keepers that kangaroos in captivity are liable to develop lesions in the mouth which are more or less comparable to canine black tongue. When this condition in the kangaroo is discovered very early, it can be treated successfully by the administration of the B-complex (untreated, it is rapidly fatal) but it can be avoided entirely by supplying red clay to the animals regularly."

Physiologic Effects of Dietary Clay Supplements, Investigator: Benjamin H. Ershoff, Ph.D., Institution: Institute for Biological Research, 5345 W. 102nd Street, Los Angeles, CA. Submitted to NASA Manned Spacecraft Center, General Research Procurement Office, 2101 Webster-Sezbrook Road, Houston, TX, July 19, 1965

CAUTIONS **Healing Crisis**

As with all true natural cures, the road to better health may begin with a healing crisis. As you move toward better health with natural healing programs and better nutrition, healing begins to occur. As part of the healing process the body will begin to discard toxic residues which have built up in your body over the years. The healing process usually does not occur without repercussions. During the initial phase of healing, as your body begins to clean house, (detoxify) and your vital energy begins to repair and rebuild internal organs, you may experience headache, uneasiness, flu like symptoms and fatigue. This is called a healing crisis.

You may feel worse before you feel better. As you continue to improve, you may begin a process called retracing. For example, if you used to get skin rashes, the rashes may reappear or get worse for a period of time as your body eliminates toxins through the skin. You may also experience an initial increase in urination, or you may feel more nervous. In actuality, you are not getting worse, you are actually getting better. Eventually you will reach a plateau of better health. During the healing crisis, it is important to not suppress these temporary symptoms with drugs or the healing process may become interrupted.

Taking Bentonite Clay with Other Substances

It is important, however, **not to take any nutritional supplement at the same time** as the bentonite clay. Especially when used with psyllium, the bentonite clay will absorb anything of nutritional value such as herbs, friendly bacteria, and vitamins, as well as toxins, bad bacteria and parasites. Be sure to wait 1 hour after doing a bentonite shake before taking anything nutritional.

Scientific research has shown that bentonite's absorptive action is due to five characteristics. First, it has a large and varied mineral content. Second, it has a negative electrical attraction for positively-charged particles. Third, its particles (being shaped like calling cards), have the wide surfaces negative-polarized and the edges positive-polarized, which give it an incredible negative pulling power. Fourth, the very minuteness of the particles of bentonite gives a large surface area in proportion to the volume used, thus enabling it to pick up many times its own weight in positively-charged particles. Fifth, to obtain maximum effectiveness in the human body, it must be put in a liquid colloidal-gel state. Eyton's Earth recommends taking the clay at night so it can work unopposed with other things eaten during the day.

Suspected Bentonite Toxicosis in a Cat from Ingestion of Clay Cat Litter

by

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ABSTRACT. A 2½-y-old spayed female cat was presented for lethargy and weakness. The cat was hypokalemic (3.1 m Eq K/L) and severely anemic (60% PVC, 1.3 g hemoglobin/dL). The cat was known to ingest bentonite-containing cat litter. It recovered with treatment of iv fluids, electrolytes and whole blood transfusion and was discharged. Two months later the cat was presented again with signs similar to those seen previously. This occurred 1 mo after the owner resumed the use of bentonite-containing cat litter. The signs were remarkably similar to those reported in humans from the chronic ingestion of bentonite clays. Bentonite toxicosis is suggested by the coexistence of hypokalemia hypochromic anemia in cats presented with lethargy and muscle weakness.

Toxicosis from exposure to products such as pesticides are relatively common in small animals. The highly toxic nature of these substances is quickly clinically apparent. Occasionally, products traditionally thought to be nontoxic produce toxicosis. We report a cat with hypokalemia and macrocytic hypochromic anemia consistent with iron-deficiency anemia that appears to have become ill from the chronic ingestion of a bentonite-containing cat litter.

CASE REPORT

A 2½-y-old spayed female domestic short-hair cat was presented for lethargy. The owners reported the cat had been hiding the previous 2 d during which time it had not eaten. On the evening prior to hospitalization the cat appeared depressed and ataxic. It weighed 3.5 kg, and physical examination revealed a systolic grade II/IV murmur, pale mucous membranes, decreased capillary refill time and approximately 5% dehydration. The cat was known to chronically ingest cat litter containing 99% bentonite (TIDY CAT, Lowe's Incorporated, South Bend, IN), and radiography revealed small masses of radiopaque material throughout the colon. Based on history and clinical appearance, an iv infusion of 5% dextrose containing an additional 100 ml of 50% dextrose, 5 mg dexamethasone and 1 ml vitamin B solution/1000 mL was begun at a rate of 7.14 mL/kg/h. The cat also received 50 mL of whole blood. By that afternoon the cat was eating solid food and urinating normally.

The following day the cat was active, alert and eating. Its hydration status had improved, but no stool had been passed so an oral laxative (LAXATONE, Evsco Pharmaceuticals, Vineland, NJ) was administered. A serum chemistry profile from the previous day revealed 3.1 m Eq K/L (normal 4.0-6.0 Eq/L), 145 m Eq Na/L (147-156 mEq/L), 3.3 m Eq P/L (4.5-8.1), 46 mg BUN/dL (14-32 mg/dL), 9.7 g total protein/dL (4.3-7.5 g/dL) and 6.7 g total globulin/dL (2.1-4.3 g/dL). A complete cell count revealed 6.0% PVC (30-45%), 1.3 g hemoglobin/dL (10-15 g/dL), 680,000 RBC (5-10 x 10⁶), 81 MVC (39-55), 25.4 MCHC (30-36) and a 4% reticulocyte count (0-1%). Feline immunodeficiency virus and feline leukemia virus antigen serologies were negative. The iv fluid regimen was changed to Lactated Ringers' with 100 m L 50% dextrose and 5 mg prednisolone/1000 mL, and the cat was prophylactically given 50 mg oral amoxicillin q 12 h. Because the cat's condition was markedly improved, additional potassium was not administered.

On the third hospital day, the cat's appetite remained excellent and a large amount of stool containing cat litter was passed. Fluids, iv and oral medications were continued with the addition of oral multiple vitamins. The cat was discharged on day 3 on 50 mg oral amoxicillin q 12 h and 5 mg prednisolone + multiple vitamins q 24 h. It was recommended that the owners use non—bentonite—containing litter for the cat.

Three days following discharge the cat's mucous membrane color was improved and no heart murmur was heard. Interestingly, the owner reported that the cat attempted to eat the non-bentonite-containing cat litter (EVERCLEAN ES CAT LITTER, First Brands Company, Danbury, CT).

Two months later, the cat was again presented exhibiting clinical signs similar to those seen previously. The owner indicated they had returned to using the bentonite-containing cat litter approximately 1 mo earlier. On abdominal palpation, the cat's colon was full and hard. Cat litter ingestion was suspected. The owner declined treatment and the cat was euthanized. Post mortem examination was denied.

DISCUSSION

The chronic ingestion of bentonite-containing cat litter by this cat appeared associated with hypokalemia, lethargy and muscle weakness, dehydration and heart murmur in addition to macrocytic hypochromic anemia. Clinical signs quickly resolved with administration of fluids and whole blood and removal from the cat litter.

Poisoning from the chronic ingestion of bentonite clay has been reported in humans (1-3). Signs of toxicosis included myalgias (not appreciated in this cat), muscle weakness and lethargy. Serum chemistries of affected humans consistently revealed hypokalemia, ECG changes consistent with hypokalemia, and hemograms that showed iron deficiency resulting in macrocytic hypochromic anemia (1-2). The neurologic signs in humans quickly resolved when serum potassium was increased to normal levels (1-2) and the anemia resolved with oral iron supplementation (1,4). In vitro experiments have confirmed that bentonite clays adsorb potassium (1-3), and it has been speculated that the presence of bentonite in the gut may inhibit the absorption of dietary iron (5).

While it is not known with certainty that ingestion of bentonite clay was responsible for the hypokalemia and anemia seen in this cat, the clinical similarities between humans poisoned by ingesting clay bentonite and this cat are striking. In addition, the cat became ill a second time with similar clinical signs after the ingestion of bentonite-containing cat litter resumed. This suggests that ingestion of bentonite clay-based cat litter may have been responsible for both illness episodes in this cat. Given the common use of bentonite clay litters for cats, veterinarians should consider bentonite toxicity when a cat is presented for lethargy, weakness and coexisting hypokalemia and anemia.

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Finally, it is always recommend that if you or your animals are going to ingest bentonite clay that you always use the most pure product you can and always take it with psyllium or flax seed.

Cal-MIN Tests

The first test of Cal-MIN (red clay) was made in August, 1949. The crop selected was bush peas. Peas could not be grown in the past. About 40 per cent of the seed would germinate and the crop was so inferior, it was not worth picking. The soil was heavy black adobe. Test plots were selected and varying increments of CalMIN (red clay) used. The results were as follows:

Cal-MIN (red clay) (Tons per Acre)	Germination (Days)	Per Cent (%) Germination
None	11	40
½	8	55
1	8	60
1½	7	75
2	7	80
3	6	92
5	4	95
6	4	95
8	4	95
10	4	95

It will be noted that marked increases were made up to five tons per acre. That was evidently the saturation point.

The two ton plot gave normal yield. The yield from the 5, 6, 8, and 10 ton plots were 400 per cent greater (by weight shelled) than the two ton plot.

The sugar content was analyzed by an accredited laboratory and showed a large increase, up to four tons per acre. The 5, 6, 8 and 10 ton plots had a constant sugar ratio but slightly lower than the 4 ton plot.

The 10 ton plot was undoubtedly a great excess of CalMIN but no harmful effects were noted. The excess, in my opinion, remained inactive but available for future crops.

Summary

The above results indicate what the average farmer may reasonably expect. The overall problem is one for the expert, the scientist, the biochemist.

Minor elements contained in Cal-MIN (red clay) consist of: aluminum, potassium, iron, magnesium, calcium, titanium, manganese, chromium, copper, nickel, cobalt, boron, zirconium, vanadium, and gallium. All of these elements, with the exception of gallium, are essential for life. The importance of vanadium, for example, has only been known to science in the past few years. The functions of gallium are not known today. Perhaps tomorrow, they will discover its importance.

There is much research work that must be done by accredited scientific agencies such as agricultural colleges. These findings show only an indication or trend and this is very encouraging.

Cattle- Poultry by Mendel

Cal-MIN clay has numberless calcium ions that have not been replaced by hydrogen ions due to arid conditions. This makes it alkaline, not acid as are clays in humid climates where this hydrogen calcium ion exchange has already taken place. Because of the arid source of our clay these calcium ions are exchangeable; they are like empty taxis ready for immediate ion exchange with water, nutrients and other minerals. The calcium ions in the plate-like molecular structure of our clay carry a negative charge which attracts the positive charge of water, mineral, and nutrients.

The wastes of bacterial digestion on which livestock thrive are also attracted, some are absorbed out but more of them are retained; hence better utilization of feed. When these calcium ions are placed in the acid environment of the digestive system, this ion exchange occurs and the nutrients, water and minerals are attracted. Calcium that is available is released and absorbed and waste material carried out by adsorbent action of the insoluble elements in our clay.

The practical result of this is greater bacterial activity, which provides greater absorption and utilization of nutrients. Bacterial activity is stimulated by this ion exchange. Water is drawn from animal tissues and the "boiling activity" of the bacteria is greater and faster, creating more of the bacterial digestive wastes on which the animal thrives. More water and feed are consumed and the animal gains weight faster with better feed efficiency. **"When you keep the bacteria happy the animal can't help but be happy, too."** All this bacterial activity is carried on at an accelerated rate with less internal heat and stress. There is more efficient use of water and nutrients, with less strain, and this is why the animals can do better with the clay than they can do without it, especially under conditions of extreme heat.

None of this activity is chemical. It is physical, electrical, and is due to the molecular structure of the clay. This explains the difference of performance in various clay samples that are practically the same in chemical analysis. The differences are physical-not chemical.

In poultry the hydration theory is less active than in cattle because the digestive system is more simple than in ruminants, and less efficient. Our clay is important in poultry-more because of the ion exchange releasing a "flood" of available calcium which is speedily absorbed because of its greater availability of calcium which, in our clay, is already in ion form.

This research information is for informational and educational purposes only. Please consult a health care professional for medical treatment and/or regarding the applicability of any opinion or recommendations with respect to your symptoms or medical condition. No statement in this information should be construed as a claim for cure, treatment or prevention of any disease or sickness.

Prescriptive Nutrients

THE SCIENCE OF
NATURAL HEALTH

available by calling or writing:

SAFE SOLUTIONS, INC.
2530 HAYES STREET
MARNE, MI 49435-8781

available by calling or writing:

SAFE SOLUTIONS, INC.
2530 HAYES STREET
MARNE, MI 49435-8781
616-677-2850

<http://www.safesolutionsinc.com>

or at the following web sites:



Shipping from Michigan - <http://www.safesolutionsinc.com>

“The most natural thing is earth.”

The Amazing Safe Solutions Body and Foot Pain Removal and Detoxifying Pads

Some Toxic Facts

Many people do not even consider that when their body is contaminated with toxins, this toxic contamination can create a significant number of health symptoms. These symptoms can include breathing problems, pain, constipation, stomach bloat, poor digestion, gas, fatigue, weight gain, excessive mucus, poor concentration, headaches, poor skin, poor memory, depression, body odor, bad breath and even death. Our bodies are daily being exposed to an incredible amount of toxins now found to be routinely contaminating our food, water air and environment. It is estimated that we now have 500 to 1,000 chemicals in our bodies that were simply not found in our grandparents. Our bodies' natural detoxification systems simply cannot manage to excrete them all, and these toxins are then allowed to accumulate in our bodies in harmful quantities or they are converted into even more toxic substances that can interfere with virtually all of our life processes. The invention of the amazing pain removing/detoxifying pad has created much interest and excitement in the Japanese medical industry, receiving high recommendations from medical experts. These Safe Solutions detoxifying pads help assist the body achieve its optimum state of health by improving blood circulation, removing toxins, increasing metabolism, activating blood cells, providing relief for joint pains, enhancing quality of sleep and expelling bodily fluids.

Lymphatic Fluid (Body Toxin)

The lymph system is the "waste disposal system" within the body. It acts as the body's internal defense system. The lymph system rids the body of toxins, bacteria, cell debris, excess water and proteins. Without this important system we would die within twenty-four hours. The lymphatic system is similar to the blood system and has just as many vessels - but they contain lymph, which is clear and cannot be seen (unless a suitable dye is injected). The lymphatic system differs from the blood system in that the blood continually circulates through each part of the body while the lymph just drains from each part. The lymphatic system plays a vital role in the body by regulating the immune system. When the lymphatic system becomes blocked, lymphatic fluid builds up and stagnates causing the entire system to become toxic. "The Safe Solutions Pad" also helps assist in the natural extraction of lymphatic fluids from the body and also assists in clearing blockages, eliminates metabolic wastes and toxins from the body, transports nutrients to cells and increases metabolic efficiency, all adding to the reduction of excess fluid and assisting weight reduction. It also appears to have a calming effect on the nervous system and helps relieve stress and tension. Frequent use of these wonderful Safe Solutions Pads is also a very effective beauty treatment for the face, helping to improve the appearance of the skin and reducing puffiness. It helps rejuvenate collagen fibers and assists in slowing the aging process.

"The Detox/Pain Removing Pad" from Safe Solutions

The exact secret behind how and why the Safe Solutions healing/toxin-absorbing pad works is unclear. One theory suggests that the body contains an invisible life force, or subtle energy, similar to the concept of qi in traditional Chinese medicine. When this energy is blocked or restricted, illness can result.

The feet have long been regarded as a "keyboard" to channel, control, and release the subtle energy patterns. It is thought that stimulating some of the more than 7,000 nerve endings on the foot can unblock and increase the flow of this vital energy to various parts of the body and thus promote natural healing.

According to Chinese medical knowledge, our human body has over 360 acupuncture points, with more than 60 found on the soles of our feet. These acupuncture points are known as the second heart because they are the reflective zones of our major organs. They are also the favorite homes for toxins. When our blood circulates to the soles of our feet, "The Safe Solutions Pads" extract the toxins and contaminated red blood cells from these various acupuncture points.

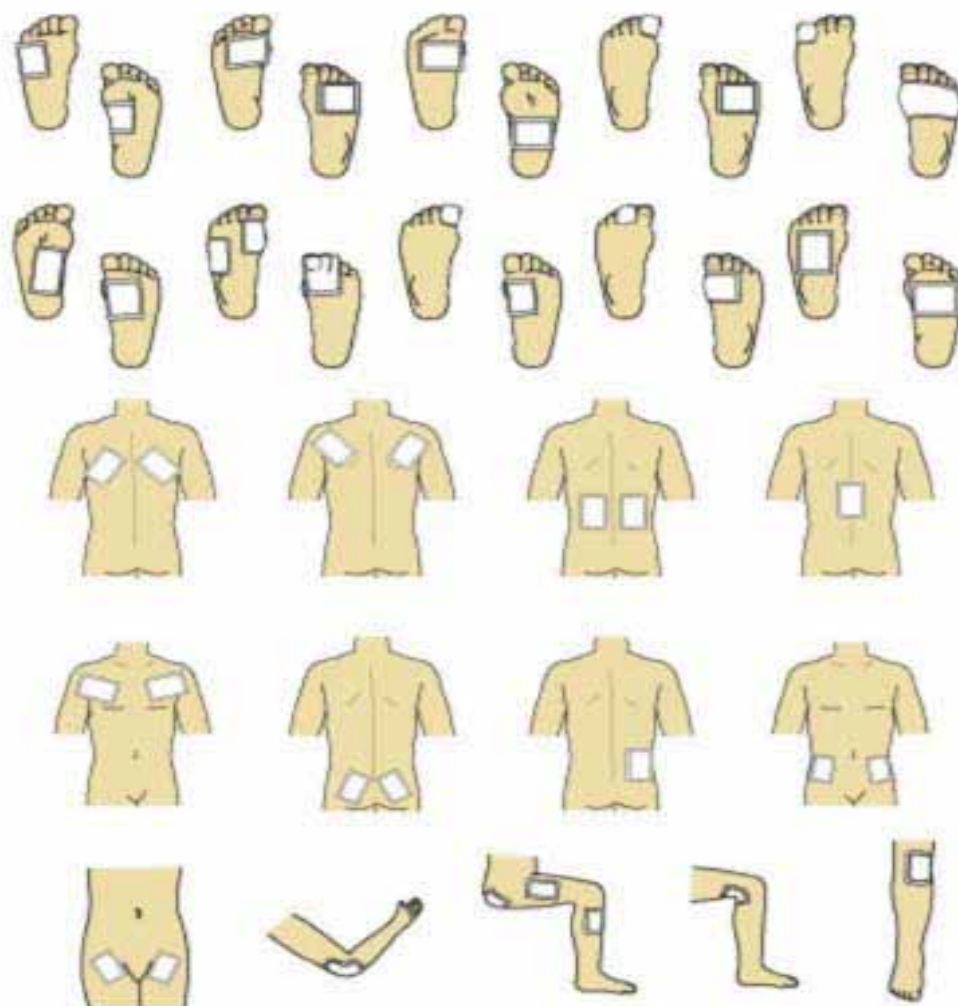
After many years of research inspired by the longevity and resilience of forest trees, it was discovered in Japan that certain aged tree extracts have the unique property of absorbing bodily toxins. Further research and the addition of other natural active ingredients produced the Safe Solutions Toxin-Adsorbing Pads. They are safe to use and not only aid in detoxification but have many holistic healing effects.

These Safe Solutions Pads are used by sticking them (shiny side out) onto the soles of the feet just before bed-time. After 4 hours, results are immediately seen and felt. The Safe Solutions Pads turn from a dry white pad to a damp, brownish-gray pad on which you can clearly see the pain-causing toxins extracted from your body. The darker a Safe Solutions pad becomes, the larger the amount of toxins adsorbed. The user will feel energetic and relaxed and pains and aches related to bodily toxins are greatly eased. It is a great help to those suffering from arthritis, gout, and rheumatism!



Health Benefits of “The Safe Solutions Pad”

The primary benefit of “The Safe Solutions Pad” is detoxification. As toxins are naturally extracted from the body, one experiences improved blood circulation, easing of muscle and joint pains, and a more relaxed and restful sleep. Four (4) hours after applying “The Pad”, the blood circulates to the previously cold foot and the temperature of the foot rises allowing one to sleep more restfully. You may also apply these Safe Solutions pads at the following sites:



List of the Natural Ingredients in “The Safe Solutions Pad”:

- * Wood and Bamboo Vinegar (Help extract wastes from body.)
- * Tourmaline (Promotes healing and far-infrared energy.)
- * Chitin and Chitosan (The most well-known weight-loss product known for isolating fatty tissue and dispelling it out of the body safely.)
- * Eucalyptus (A powerful antiseptic that also increases cardiac action.)
- * Loquat Leaf (Known as a “Healer Of All Diseases”) Dokudamin or Houltuynia Cordata (Provides drainage to infections, detoxifies and expels bacteria, lymphatic fluid, and bacteria.)
- * Dextrin/Starch/Vegetable Fiber (Helps bind extracted bodily fluids)
- * Vitamin C (Assists in absorbing the toxins from the body.)
- * Cayenne (Contains a pain-relieving ingredient call capsaicin.)
- * Mugwort (Valued as a nervine and emmenagogue, it also has diuretic and diaphoretic action.)

Some Safe Solutions Holistic Healing Effects:

Besides detoxifying the body, “The Pads” help the body achieve its optimum state of health by improving blood circulation, increasing metabolism, activating blood cells, providing relief of joint pains, enhancing quality sleep and expelling unhealthy body fluids. There are many anecdotal reports of pain removal, and the healing of rheumatism, kidney problems, painful and swollen legs, insomnia and headaches.

The key to healthy living lies in having a clean bloodstream and adipose tissue. Contaminated blood is not favorable for good health. The best way to cleanse your bloodstream and adipose tissue is to detoxify your body. Remember you are routinely being contaminated so you should routinely help detoxify your body. **There simply is no easier and simpler way to help assist your body to detox than by routinely using Safe Solutions Pads.**

The Author has used these amazing pads to remove the swelling and discoloration of his lower legs.

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“The thing that never ceases to amaze me is that most “health professionals” insist that you need to put “something” more into your system to feel “better” when the truth is you need to take “something” out of your system to really feel BETTER. To safely and effectively cleanse or detox the body is what I am now working on and researching, but the best answer always is not to become contaminated in the first place.” — Stephen L. Tvedten

“The Amazing Safe Solutions Detox/Pain Removal Pad” is currently certified by the FDA (U.S. Food and Drug Administration, Center for Devices and Radiological Health). The Registration Number is: 3004588376 with an Active Status and 2004 is the Date of Registration Status.

**SAFE SOLUTIONS, INC.
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Not Nice To Toxins® from Prescriptive Nutrients - A Dietary Supplement that contains carefully selected and time proven ingredients to help stimulate the body's natural ability to detoxify itself and purge out internal parasites. Another excellent product utilizing "The Science of Natural Health" concepts of Prescriptive Nutrients. *These statements have not been reviewed by the FDA. This product is not intended to treat, diagnose or prevent disease.*

NOT NICE TO TOXINS® is just the beginning... to restore the essential nutrients that the body will lose during cleansing... be sure to eat organically and drink plenty of water and take good vitamins and minerals.

Detoxifying 3 - 4 times a year helps eliminate various parasites and/or toxins and mucus, reducing allergies, cholesterol, cellulite, obesity, skin problems and arthritis. It increases energy and mental clarity, eliminates weight-loss inhibiting toxins. Decreases sugar, caffeine, nicotine, alcohol and other cravings.

Not Nice to Toxins® offers you a complete cleanse. The synergistic herb formula helps purify the lymphatic system, blood stream, colon and major organs, improves nutrition absorption, resistance to disease and overall health.

Not Nice to Toxins is a unique blend of herbs that assists the body in the elimination of toxic metals, parasites, pesticides, toxic metals and other chemical toxins.

EDTA 100mg: (Ethylene diamine tetra-acetic acid) is a man-made amino acid chelating agent with a particular affinity for toxic metals such as lead, mercury, cadmium and aluminum. Should EDTA meet up with such toxic substances, the material is sequestered, then secreted in body wastes.

Red Clover 100mg: It is an anti-inflammatory agent and also, as an expectorant, helps remove excess mucus from the lungs.

Milk Thistle 100mg: It is believed that silymarin prompts the manufacture of new, healthy liver cells without encouraging the growth of any malignant liver tissue that may be present. Silymarin, it is thought, also serves as an antioxidant, protecting liver cells from damage by free radicals, which are harmful by-products of many bodily processes including cellular metabolism

Black Walnut (Juglans nigra) 25mg: constipation, fungal and parasitic infections and mouth sores. It is believed to relieve toxic blood conditions.

African Bird Pepper 100mg: (Strong bowel stimulant; helps stop bleeding)

Dandelion (Taraxacum officinale) 25mg: natural diuretic while also supplying potassium, a nutrient often lost through diuretic use. The plant is rich in vitamins A and C — antioxidants that are believed to help prevent cancer.

Hyssop (Hyssopus officinalis) 25mg: used as an expectorant, digestive aid, sedative and muscle relaxant.

Garlic (Allium sativum) 25mg: strengthens the cardiovascular system, by reducing cholesterol and lowering blood pressure and intestinal and digestive disorders

Ginger (Zingiber officinale) 25mg: improves digestion, soothes the abdomen and relieves excess gas.

Sarsaparilla 25mg: supports the body by purifying the blood, cleansing the colon and urinary tract, treating various skin problems, and lowering blood pressure.

Wormwood 25mg: powerful parasite exterminator.

NOT NICE TO TOXINS® is just the beginning... to restore the essential nutrients that the body will lose during cleansing... be sure to eat organically and to drink plenty of water and take good vitamins and minerals.

These statements have not been reviewed by the FDA. This product is not intended to treat, diagnose or prevent disease.

Stressed out, feeling hopeless, think you do not make a difference, click here:

<http://www.getipm.com/personal/starfish/starfish.html>

Note: Before beginning any Safe Solutions, Inc. Recommended Cleanse Program - You should consult with your medical provider and prepare mentally for at least a two-week fast wherein you will eat a diet consisting of at least 75% raw organic fruits and vegetables and you will drink lots of distilled water (from a glass bottle) and/or only organic fruit and vegetable juices. You should limit yourself to no more than two fish portions per week (in order to avoid Vitamin A - a damaged liver can not tolerate vitamin A). During the fast, you must not consume any alcohol, recreational or over-the-counter drugs, any animal products, fried or fatty foods, no sugar or sugar substitutes, no milk, butter or other dairy products, no spices or caffeine, no white rice or white flour, no preservatives, no margarine, no nuts or oils subjected to heat, no smoking or overeating. Do not forget to eat fresh organic vegetables high in carotenoids, e.g., carrots, squash, sweet potatoes and the cruciferous vegetables, e.g., broccoli, kale, brussel sprouts, cauliflower and kidney beans, peas and soybean products that have not been genetically engineered. If you plan to use a cleansing sauna, make sure you consult with a knowledgeable physician.

Recommended Safe Solutions Colon/Liver Cleanse Grind and properly store **flax seed** in the refrigerator. Take one heaping teaspoonful 4 times per day.

Not Nice to Toxins - Take 1 - 2 capsules 3 times per day.

Grass of the Sea (Food-grade DE) - Take 1 heaping teaspoonful twice a day.

Fat Burner Plus - Take 1 - 2 capsules 3 times per day.

Recommended Safe Solutions Blood Cleanse (By the way, when you do this particular cleanse we recommend you eat "tons" of green leafy vegetables and drink lemon, beet, carrot and/or alfalfa juice and drink as much as two cups of (unsweetened) green tea daily.) Grind and properly store **flax seed** in the refrigerator - take one heaping teaspoonful 4 times per day. **Not Nice to Toxins** - Take 1 - 2 capsules 3 times per day. **Grass of the Sea** (Food-grade DE) - take 1 heaping teaspoonful twice a day. **Siberian Ginseng** - Take 2 capsules 2 times per day. **Acidophilous** - Take 3 capsules 3 times per day.

Safe Solutions Body Building Supplement and Nitric Oxide Stimulator - Promotes increased cellular oxidation and nutrient absorption. **AKG-V-C** After/before the cleanse use **Mighty 2000 Aminos** and **Safe Solutions newest vitamin and mineral supplement (that contains no vitamin A)** for the chemically sensitive that will be out shortly.

Safe Solutions Organic Flax Seeds



Flax seeds (*Linum usitatissimum*) are one of the best sources of the Omega-3 fatty acid alpha-linolenic acid available today. Our flax seeds also provide the most concentrated vegetarian source of Omega-3 fatty acids found in nature.

Flax seeds are a great source of fiber, lignans, protein, fat, vitamins, and minerals.

Fiber

Flax seeds are an excellent source of fiber. These seeds contain both soluble and insoluble fiber. Flax seeds also contain a special fiber called mucilage. Mucilage helps stabilize your blood sugar levels, naturally protects against bowel cancer and also is a natural laxative.

Dietary fiber is important because it keeps your digestive system functioning properly. It enhances your body's ability to use other dietary nutrients. Fiber goes through our digestive tract almost completely undigested. Once it reaches your colon and/or the large intestine; fiber is then broken down.

Diets lacking sufficient fiber can lead to:

Chronic Constipation
Hypertension
Cancer
Weight Control problems
Heart Disease
Diabetes

The role fiber plays in a healthy diet became startlingly apparent in the late 1800s, when processes for refining sugar and milling flour were developed. As people began consuming these new "wonder foods" void of dietary fiber, they simultaneously began suffering from digestive and bowel disorders. Now, after three generations have been raised on processed foods, up to 100 million Americans currently suffer from some form of digestive disease. Vibrant health begins in the colon, and supplying your body with adequate dietary fiber every day is essential to bowel and colon functions.

Lignans

Lignans are found abundantly in flax seed. Lignans are natural plant chemicals. They are molecules with anti-cancer, anti-viral, and anti-bacterial properties. Flax seeds are the richest source of lignans. Diets high in lignans can lead to a lower chance of getting colon, prostate and breast cancer.

These plant hormones are also believed to block the formation of hormone based tumors. Lignans also boost the productions of a substance attached to estrogen and carries it safely out of your body.

Researchers believe lignans also have antioxidant properties. Flax seed has 75 to 800 per cent more lignans than other vegetables and grains! So, including flax seed in your diet is worth the investment.

Vitamins and Minerals

The vitamins and minerals found in flax seeds are vitamin E, carotene, B-group vitamins, magnesium, zinc, iron, calcium, sulfur, potassium, phosphorous, manganese, silicon, copper, nickel, molybdenum, chromium and cobalt.

Protein

For every 100 grams of flax seeds, you get about 25-30 grams of protein, which is great considering the other beneficial nutrients you get when you consume flax seeds.

Fat

Flax seed is one of the best sources for the essential fatty acid alpha linolenic acid. Alpha linolenic acid is vitally important to your body because it "enhances insulin sensitivity within muscle cells." The omega-3 fatty acid also has many other beneficial health effects. In addition to the omega-3's, flax seeds contains omega-6 and omega-9 essential fatty acids.

Recent scientific reports point out that consuming powdered flax seed can have a positive influence on everything from lowering cholesterol levels to preventing cancer and/or strokes and/or heart attacks. Here are some of the natural benefits of eating flax seeds:

- Preventing strokes.
- Preventing heart attacks.
- Lowering Hypertension.
- Helps remove heart pain.

- Assists in the removal of cholesterol and triglycerides from your body.
- Stimulates pancreatic enzyme activity.
- Helps stabilize blood glucose levels.
- Supports weight loss by providing a feeling of fullness.
- Helps reduce calorie absorption.
- Enhances absorption of bile acids and salts.
- Stimulates sluggish bowels for reduced constipation.
- Research shows low incidence of breast cancer and colon cancer in populations that have high amounts of lignan in their diet. Flax is 100 times richer in lignan than most whole grains.
- Studies show that omega-3 fatty acids help lower cholesterol and blood triglycerides and prevent clots in arteries, which may result in strokes, heart attacks and thromboses.
- Helps protect the body against high blood pressure, inflammation, water retention, sticky platelets and lowered immune function.
- Shortens recovery time for fatigued muscles after exertion.
- Increases the body's production of energy and also increases stamina.
- Accelerates the healing of sprains and bruises.
- Eases weight loss in people afflicted with obesity.
- Stimulates brown fat cells and increases the metabolic rate making it easier to burn off fat.
- Improves the absorption of calcium.
- Strengthens finger and toenails.
- Helps improve eyesight and perception of colors.
- Helps to improve the function of your liver.
- Helps relieve the side effects and stop development of many forms of cancer.
- Helps relieve some cases of asthma.
- Flax seeds are helpful in the treatment of eczema, psoriasis and dandruff.
- Helps relieve the symptoms of rheumatoid arthritis and/or the symptoms of diabetes mellitus.
- Helps alleviate some allergies.
- Helps prevent atherosclerosis (the accumulation of fatty deposits inside the blood vessels, especially the large and medium-sized arteries, that you may experience during the aging process).
- Helps to lower high blood pressure.
- Has been scientifically proven to treat some cases of depression.
- Helps improve the mental function of many older people.
- Helps in the treatment of multiple sclerosis.
- Helps improve the behavior of schizophrenics.
- Helps relieve some cases of premenstrual syndrome (PMS) in females.
- Flax seeds are a good source of energy.
- Flax seeds reduce muscle soreness.
- Flax seeds generate increased utilization of oxygen.
- Flax seeds also increase the utilization of other nutrients.
- Flax seeds help create overall better health.

These are just some of the beneficial effects of consuming ground Safe Solutions, Inc. Organic Flax Seeds that contain omega-3's. Omega-3's are sometimes defined as "anti-fats". This is due to their ability to speed up the metabolic process and aid in fat loss.

Why use the Flax Seeds rather than flax oil?

Most of the nutrients are contained in the flax seed. So from a nutritional standpoint, flax seeds are the way to go.

How to Use Safe Solutions, Inc. Organic Flax Seeds

When you use Safe Solutions flax seeds, make sure the flax seeds are milled or ground. Otherwise, you won't be able to absorb them properly. You can add the ground flax seeds to smoothies, yogurt, cereal, salads, protein shakes, rice or just eat them plain. If you grind your Flax seeds in order to get the maximum nutritional value from them, remember that flax seed oil is prone to rancidity. Light and oxygen will and can breakdown the essential fatty acids. So, make sure you store your freshly ground flax seed powder in dark containers and make sure you then refrigerate the container to help extend its shelf life.

Because of its link to good health, flax seed is fast becoming a new food additive, e.g., bakers and commercial food companies are now adding flax seed powder as a unique ingredient in everything from yeast breads to bagels and cookie mixes. Not only do muffins and breads baked with flax taste great, but studies also find that these foods provide many natural health benefits. Eating 50 grams of flax seed per day (baked into muffins) helped increase the frequency of bowel movements and the number of consecutive days with bowel movements in a group of older Canadian adults.

Total cholesterol levels dropped 9 per cent and LDL (the “bad” cholesterol) decreased 18 per cent when a group of nine healthy women ate 50 grams of powdered flax seed a day for four weeks (as flour or cooked into bread) along with their regular diets, according to a report from the University of Toronto.

In a similar study with men and women, 50 grams of flax seed (eaten daily in muffins) lowered total cholesterol and showed a constant trend of about 11 to 16 per cent lower serum lipids (fat in the blood).

Omega-3 enriched eggs from hens fed rations containing flax seed are also very popular. These eggs contain eight to 10 times more omega-3 fatty acids than regular eggs. Two of the enriched eggs supply more than half Health Canada’s recommended daily intake of omega-3’s for adult men and women.

Why should you add Safe Solutions organic flax seed to your own diet?

Many nutritionists, researchers and scientists now believe that these flax seeds and/or their oil may be the most important health-promoting supplement next to a multi-vitamin. Nearly every system in your body can benefit from flax seed oil’s natural properties, including your cardiovascular system, immune system, circulatory system, reproductive system, nervous system, as well as your joints.

The cost for a 2# package of Safe Solutions Organic Flax Seed is only \$9.95 plus freight.

The cost for five (5) 2# packages is only \$7.95 each plus freight.

Simple Detox Formula - Jan Morales, D. O. has found a simple way to detox without sitting in a sauna for hours: Put one tablespoon of (cold pressed) sunflower oil under your tongue for 20 minutes. Swish the oil around while holding it in your mouth. Spit the oil out after 20 minutes into the toilet. Brush your teeth with half baking soda, half salt to get the oil out. Do this on an empty stomach. The procedure can be done 1 - 3 times per day. Quite often this simple procedure will remove intense headaches - virtually immediately.

Poison Ivy — Each exposure increases your sensitivity. Poison ivy is in the mango/pistachio/cashew family of plants. The plant’s oil, urushiol, actually is not an oil but a phenolic resin which does not evaporate, but lasts and lasts carried over year to year. It is claimed that if poison ivy were entombed in the great sphinx of the pharaohs back then, the entombed resin would still remain as active today. Rash is triggered by a 1 microgram of the stuff, which is enough to fit on the size of a pin head. Rash usually lasts 2 weeks. 15% of the populace is not allergic, although environmental stressors, age and health affect one’s immunity or outbreak severity; it leaves the other 285 million of us at risk. Upon making direct contact with leaves or plant parts, immediately wash affected body parts with large amounts of running COLD water (never hot as this opens pores wide, driving urushiol deeper into the skin) and strong detergent soap. Never physically burn poison ivy as breathing in the harmful vapors can kill you. The vapors infect your lungs; they in turn blister and ooze and you end up drowning in your own fluids. Seek medical attention immediately if this should occur! Leaves of three, leave them be!

At the first sign of irritation caused by poison ivy/oak, wash the area with soap and water if possible, but in any case, spray (never use a stick or roll-on) the area with an antiperspirant containing aluminum chlorhydrate. Arrid Extra Dry was a favorite, but any kind that is not too sticky will work. Simple deodorants won’t work; it must be an antiperspirant! This material reacts with the urushiol, the principal irritant in poison ivy/oak, and deactivates it. It will even provide relief and start healing when oozing blisters are present.

How to Cure Poison Ivy and Morgellons — People are successfully using Arid Extra Dry on Morgellons. **Cau-tion: An antiperspirant basically functions by clogging pores of the skin. Antiperspirants can contain both triclosan, a chlorophenol and aluminum chlorophenol, both of which are toxic (in the Author’s opinion)**

and can either be breathed in and/or absorbed through the skin. Goats can eat poison ivy with impunity, but the goat's milk will be contaminated. You can kill poison ivy by lowering the pH with acid or concentrated vinegar. This can be corrected later with lime. At the time of this writing, the Author was experimenting with the use of dry laundry detergent with bleach which kills most plants.

In the Proceedings of the National Academy of Sciences. Harvard researcher Gerhard Scheuch stated that nasal inhalation of a simple saline spray can stop the flu virus and tuberculosis dead in their tracks.

If you wish you can make your own saline solution to control flu and tuberculosis which can also help flush thick, dried or sticky mucus buildup from your nasal passages. This simple saline solution also removes allergens, pollutants, dust, dirt and pollen. It is quite easy and will take you about one minute to do so:

1. Combine ¼ teaspoon salt with 8 ounces warm water.
2. Add ¼ teaspoon baking soda (optional).
3. Put this solution in a spray bottle, ear syringe, or any container with a small spout.

A few health and other benefits of the little bottle of 3% hydrogen peroxide you can purchase over-the-counter.

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. You will not have canker sores and your teeth will be whiter. You can use hydrogen peroxide instead of mouthwash. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% hydrogen peroxide into your mouth and hold it for 10 minutes several times a day. The pain will lessen greatly.
2. Let your toothbrushes soak in a cup of hydrogen peroxide to keep them free of germs.
3. Clean your counters and table tops with hydrogen peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters. Use hydrogen peroxide to clean glass and mirrors with no smearing.
4. Foot fungus? Simply spray a 50/50 mixture of hydrogen peroxide and water on them (especially the toes) every night and let dry.
5. Soak any infections or cuts in 3% for five to ten minutes several times a day. Even gangrene that would not heal with any medicine has been healed by soaking in hydrogen peroxide. Put half a bottle of hydrogen peroxide in your bath to help rid boils, fungus or other skin infections.
6. Put 2 capfuls of hydrogen peroxide in a douche once to twice a week to remove even chronic yeast infections.
7. Fill a spray bottle with a 50/50 mixture of hydrogen peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will. After rinsing off your wooden cutting board, pour or spray hydrogen peroxide (and then vinegar) on it to kill salmonella and other bacteria.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold or plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.
9. You can also add a cup of hydrogen peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

How to dissolve calcium kidney stones. When you eat too high a protein/fat diet, your body can become too acidic. Your body tries to neutralize the excess acid by pulling alkaline minerals (calcium) from your bones. Your body can then eliminate the acid and calcium via your urine. A diet that is deficient in calcium will also mobilize calcium from your bones to keep up the necessary blood levels of calcium; either condition will create calcium kidney stones. (There is another kidney stone that is uric acid; the following treatments will not help dissolve that type of kidney stones.) The Author takes gravel root and hydrangea root tinctures, about ½ teaspoon each in a glass of apple cider several times a day and drinks distilled water from a glass (not plastic) container. Another alternative is to drink 8 oz. of freshly-squeezed lemon juice (with a little stevia if you need it sweetened) to begin and then drink 1 oz. of freshly-squeezed lemon juice in a glass of distilled water and drink it hourly for at least 12 hours. Lemon juice contains a lot of citric acid which dissolves calcium. Citric acid also is a powerful binder of calcium. Drop a tooth into some citric acid and watch it dissolve. When you drink citric acid, rinse your mouth and allow your saliva to quickly restore the alkaline pH to your mouth. Routinely take vitamin C, vitamin B₆ and magnesium to help prevent the reoccurrence of calcium kidney stones.

Another alternative is to drink a six-pack pack of coke (not diet; just the original) and eat one can of Del Monte asparagus (right out of the can; do not cook) within 3 to 4 hours of each other. The kidney stones will turn to fine sand by morning. You can help the process by drinking a cup of jasmine tea every hour.

Lose weight by drinking cold water. Most people think they are hungry when they are actually thirsty. Drinking water is one of the most important aspects to losing weight. Our bodies are over 70% water and they need a large amount of water to maintain their daily functions. Water helps to flush our systems and remove harmful toxins. When you don't drink enough water, your body actually holds onto the water it has, which in turn leaves you bloated. In order to release the water, you need to consume enough of it on a daily basis.

Water is also a great no-calorie source to fill up your stomach which helps keep you feeling fuller. Try drinking ice cold water to actually burn more calories. Your body needs to heat up the ice cold water and it uses energy (calories) to do so. This is what's called the "thermogenic effect". You can burn an additional 100 calories a day by drinking one gallon of ice cold water. Over the course of month, this equates to almost 1 pound of weight and 12 pounds of weight loss per year!

A suggestion: Add the juice of half a lemon or 4 tablespoons of unsweetened cranberry juice to 32 ounces of water with a sprinkle of stevia to sweeten the taste. In addition to being less than 2 carbs, you will get the health benefits the stevia provides along with the vitamin C and electrolytes that the lemons have. You can substitute limes for lemons if you wish.

How to avoid and/or control diabetes

First of all, you need to eat healthily, exercise and avoid stress, pesticides and vaccines. "Bart Classen, a Maryland physician, has published data showing that diabetes rates rose significantly in New Zealand following a massive hepatitis B vaccine campaign in young children, and that diabetes rates also went up sharply in Finland after three new childhood vaccines were introduced.

Type II diabetes is a tremendous problem in our overfed and indolent society, striking primarily overweight, middle-aged people. Ninety-five percent of all diabetics suffer from this form of the disease, while only five percent have Type I diabetes. In this book, Dr. Leigh Broadhurst puts the cause of Type II diabetes squarely on diet, nutrition and exercise—all factors within your control.

Simply stated, due to our overeating of sugars, simple carbohydrates, fats and oils coupled with too little exercise, millions of Americans are afflicted with Type II diabetes. Sufferers of Type II diabetes experience the discomforts of fatigue, extreme thirst and hunger, food cravings, frequent urination, polyuria, mood swings, araility, restless leg syndrome, heart palpitations; they are prone to developing blindness, high blood pressure, heart and kidney disease, non-healing ulcers and gangrene.

The degenerative Type II diabetes disease epidemic that wracks the nation came upon us with the introduction of man-made engineered fats and oils. It is these type of fats and oils that we now consume that Thomas Smith, author of [Insulin: Our Silent Killer](#), believes are directly related to the ever-increasing epidemic rise of Type II diabetes. It is not the amount of fats and oils that we eat that causes the problem; it is by chronically consuming these man-made fats and oils that causes degenerative diseases that we impair our ability to consume carbohydrates and thus become diabetic and obese.

Type II diabetes fundamentally is the failure of the body to properly metabolize fats and oils. This failure results in a loss of effectiveness of insulin and in the consequent failure to metabolize carbohydrates and thus the basic cellular failure to metabolize glucose. The cells of our bodies now find themselves unable to transport glucose from the bloodstream to the interior. The glucose then either remains stored as body fat or glycogen and/or urinated out of the body.

The goal of any effective alternative/complementary health program should be to repair and restore the body's own blood sugar control apparatus. It is the malfunctioning of this apparatus that eventually causes all of the debilitating symptoms that make orthodox treatment so financially profitable for the diabetes industry.; For Type II diabetes, the steps ;in an effective restoration program are: Repair the faulty blood sugar control system. Start by substituting clean, natural, health and beneficial fats and oils in your diet instead of the toxic, trans-isomer mixes

that are stored at room temperatures in your grocery store. One fatty acid, gamma linolenic acid (GLA) is found in nature's most concentrated form as borage seed oil (24% GLA). The results of simple GLA supplementation in Type II diabetes cases is simply amazing. The [British Journal of Nutrition](#) noted that refrigerated flax seed oil is very beneficial in helping to regulate blood glucose levels in diabetics.

So, you should start consuming only borage oil, flax oil, fish oil and occasionally cod liver oil until your blood sugar starts to stabilize. Then add back healthy oils, e.g., butter, coconut oil, olive and clean animal fat. Read labels, Stop eating toxic man-made oils and margarine when they are being used in processed foods and/or restaurants. Type II diabetes sufferers are chronically short of vitamins and minerals, so add good quality supplements to your diet.

Magnesium deficiency is a predictor of Type II diabetes; diabetics need more and lose more magnesium than most people. In the January 2006 issue of the [Journal of Diabetes Care](#) it was noted that both men and women who supplemented more magnesium in their diets were less likely to develop Type II diabetes.

Aspartame not only triggers diabetes in its users; it triggers gross obesity, suicide, behavioral problems, learning disorders and many other diseases and symptoms.

Just one-half teaspoon of cinnamon a day significantly reduces sugar levels in diabetics. This effect can be produced by soaking a cinnamon stick in your hot tea and will benefit millions of non-diabetics who have blood sugar problems but are not even aware of them yet.

Finally, it is very important to control stress. The word disease tells you this, "you are not at ease." Avoid fatigue, worry and emotional upsets. Stress creates anxiety that sends damaging hormones coursing throughout your system. Exercise can be used to control stress. Exercise is truly one of the most effective ways to prevent Type II diabetes and control your blood sugar levels.

The healing and nutritional power of raw honey: <http://en.wikipedia.org/wiki/Honey>

According to the People's Chronology, honey bees were not native to North America, they were brought with early settlers and immediately escaped. Indians reportedly called them the white man's fly. Honey is the only food produced by insects that is eaten by man. As a carbohydrate, honey supplies energy at 64 calories per tablespoon, providing fuel to working muscles. Honey is a powerhouse of nutrition, delivering fructose, glucose, water and other sugars, in addition to many enzymes, vitamins, minerals and amino acids. In addition, it contains a host of antioxidants, which are used by the body to eliminate free radicals (nasty molecules which zip around in healthy cells and have the potential to damage them). It therefore makes a good alternative to sugar in food and drink....Honey is high in carbohydrates and is therefore a great energy source. Honey contains the vitamins B6, thiamin, niacin, riboflavin and pantothenic acid and honey contains the minerals calcium, copper, iron, magnesium, manganese, phosphorous, potassium, sodium and zinc. The natural antioxidants and enzymes found in honey are chrysin, pinobanksin, vitamin C, catalase and pinocembrin. According to a Theban papyrus written in 1870 BC, the Egyptians fed and healed their children with honey. The Greek philosopher Aristotle often prescribed different types of honey for different ailments. While honey was known to have powerful wound-healing properties in ancient times, its properties seem to have been forgotten but are now enjoying a revival... HONEY, is truly a most assimilable and nutritious and effective carbohydrate food compound, to generate heat, create and replace energy, and to help build tissues. Honey, also supplies our bodies with substances for the formation of enzymes and other biological ferments to promote oxidation. It has distinct germicidal properties. The universal and natural craving for sweets suggests that there is a need for them in the human system. Children, who expend lots of energy, have a real "passion" for sweets. This is purely instinct. Proteins can and will replace and build tissues but it is the function and assignment of carbohydrates to create and replace heat and energy. Honey is composed of two main sugars, levulose and dextrose. These sugars do not need to be broken down by the digestive process, so honey is quickly absorbed into the bloodstream, giving a quick energy boost to the body. It also contains protein, vitamins and minerals, but no cholesterol and less than 2% sodium. While cane-sugar and starches, must undergo a process of inversion during digestion which changes them into grape and fruit-sugars, in honey this is already accomplished because the honey has already been predigested by the bees, inverted and then concentrated. This saves our stomach digestive labor. The consummation of the bee's predigestive act is accomplished by the bee's invertase, amylase and catalase enzymes, and there are plenty of these same enzymes left in raw honey for our benefit. The remarkable convertive power of these enzymes can be proven by a simple experiment. If we add one or two tablespoonful of raw honey to a pint of concentrated

solution of sucrose, the mixture will soon be changed into invert sugar. But, the addition of boiled honey, in which the enzymes have been destroyed, will not accomplish such this change. **So, always use raw honey.**

Raw honey – which has not been pasteurized or filtered, and ideally taken directly from a local hive – is a treasure chest of nutritional value and medicinal remedies. It contains an abundance of vitamins and minerals and is a natural and powerful medicine, both internally and externally. In all honeys, hydrogen peroxide is produced from an enzyme that bees add to the nectar.

The list of honey's beneficial health functions is a long one. Honey increases calcium absorption; can increase hemoglobin count and treat or prevent anemia caused by nutritional factors; can help arthritic joints, when combined with apple cider vinegar; fights colds and respiratory infections of all kinds; can help to boost gastrointestinal ulcer healing; works as a natural and gentle laxative; aids constipation, allergies and obesity; provides an array of vitamins and minerals and supplies instant energy without the insulin surge caused by white sugar. Many have found raw honey helpful for its positive effects against allergies and hay fever, and one or two teaspoons last thing at night can help with insomnia. As an antiseptic, honey is also a drawing agent for poisons from bites or stings or infected wounds, and has outperformed antibiotics in treatments for stomach ulcerations, gangrene, surgical wound infections, surgical incisions and the protection of skin grafts, corneas, blood vessels and bones during storage and shipment.

"Raw honey is exceptionally effective internally against bacteria and parasites. Plus, raw honey contains natural antibiotics, which help kill microbes directly. Raw honey, when applied topically, speeds the healing of tissues damaged by infection and/or trauma. It contains vitamins, minerals and enzymes, as well as sugars, all of which aid in the healing of wounds."

So writes Dr. Cass Igram, D.O. in *The Survivor's Nutritional Pharmacy*. In a fascinating modern development, scientists and doctors are beginning to rediscover the effectiveness of honey as a wound treatment. In recent years, honey has been used effectively in clinical settings for the treatment of fist-sized ulcers extending to the bone, as well as for first, second and third degree burns. Complete healing has been reported without the need for skin grafts and with no infection or muscle loss. It can be applied full strength to such conditions, covered with a sterile bandage, and changed daily. When the wounds are clean, honey acts as a healer. This also is the same procedure for infected wounds, ulcerations and impetigo. Garlic mixed with honey can also be applied directly to infected wounds, which will help clean up the area of infection.

Dr. Peter Molan, professor of biochemistry at Waikato University, New Zealand, has been at the forefront of honey research for 20 years. He heads the university's Honey Research Unit, which is internationally recognized for its expertise in the antimicrobial properties of honey. Clinical observations and experimental studies have established that honey has effective antibacterial and anti-inflammatory properties. Astonishingly, it painlessly removes pus, scabs and dead tissue from wounds and stimulates new tissue growth. "Randomized trials have shown that honey is more effective in controlling infection in burn wounds than silver sulfadiazine, the antibacterial ointment most widely used on burns in hospitals," explains Dr. Molan.

Dr. Molan believes that if honey were used from the start in cases of septicemia, there would be far less tissue damage resulting. "The remarkable ability of honey to reduce inflammation and mop up free radicals should halt the progress of the skin damage like it does in burns, as well as protecting from infection setting in", says Dr. Molan. "At present, people are turning to honey when nothing else works. But there are very good grounds for using honey as a therapeutic agent of first choice."

Researchers believe that the therapeutic potential of honey is grossly underutilized. With increasing interest in the use of alternative therapies and as the development of antibiotic-resistant bacteria spreads, honey may finally receive its due recognition as a wound healer. Indeed, it works: Raw honey makes a sterile, painless and effective wound dressing. Apply it directly to open cuts, abrasions and burns, and cover it with a piece of gauze. The results will occur quicker than with conventional alternatives, such as salves and creams.

Honey is also exceptionally effective for respiratory ailments. One Bulgarian study of almost 18,000 patients found that it improved chronic bronchitis, asthmatic bronchitis, chronic and allergic rhinitis and sinusitis. It's an effective treatment for colds, flu, respiratory infections and a generally depressed immune system. Whereas sugar shuts down the immune system, a good quality honey will stimulate it into action.

Here are some more ways to utilize the healing power of honey:

ASTHMA - Mix equal portions of honey, ginger juice and black pepper and consume 3 times daily to relieve symptoms of asthma.

CONSTIPATION, HYPERACTIVITY AND OBESITY - Consume 1 spoonful of fresh honey mixed in the juice of ½ a lemon mixed in a glass of lukewarm water and drink the mixture the first thing in the morning.

BURNS - Apply freely over burns. It cools, removes pain and aids fast healing without scarring. Apart from being a salve and an antibiotic, bacteria simply cannot survive in honey.

CUTS - Honey is antimicrobial due to its high sugar content, low pH and the presence of organic acids (Use it to treat cuts, scrapes and burns as well as to prevent scarring!) Even up to the second world war, honey was being used for its antibacterial properties in treating wounds.

BED WETTING - A teaspoon of honey before bed aids water-retention and calms fears in children.

INSOMNIA - A dessertspoon of honey in a mug of warm milk aids sleep and works wonders.

HYPERACTIVITY - Replace all use of white sugar with honey. White sugar is highly stimulating with no nutritional qualities and it creates stress on the pancreas and other internal organs. Honey provides the energy without the “spike.”

NASAL CONGESTION - Place a dessert spoon of honey in a basin of water and inhale aroma after covering your head with a towel over the basin. Very effective!

FATIGUE - Dissolve a dessert spoon of honey in warm water or quarter honey balance of water in a jug and keep in the fridge. Honey is primarily fructose and glucose, so it's quickly absorbed by the digestive system. Honey is a unique natural stabilizer: Ancient Greek athletes took honey for stamina before competing and as a reviver after competition.

FACIAL DEEP CLEANSER - Mix honey with an equal quantity of oatmeal, and apply as a face pack. Leave on for half an hour, then wash it off. Great as a deep cleanser for acne and other unwanted blemishes.

POOR DIGESTION - Mix honey with an equal quantity of apple cider vinegar and dilute to taste with water. This is also wonderful for the joints – and promotes weight loss.

HAIR CONDITIONER - Mix honey with an equal quantity of olive oil, cover head with a warm towel for half an hour then shampoo off. Feeds hair and scalp. Your hair will never look or feel better!

SORE THROATS - Let a teaspoon of honey melt in the back of the mouth and trickle down the throat. Eases inflamed raw tissues.

FOR STRESS - Honey in water is a stabilizer, calming highs and raising lows. Use approximately 25 percent honey to water.

BLOOD PRESSURE - Control blood pressure with the regular consumption of 2 tsp. honey mixed with 1 tsp. garlic juice.

DIABETIC FOOD ULCERS - Apply topical honey; within a matter of months the open sores heal completely.

ANEMIA - Honey is the best blood enricher by raising corpuscle content. The darker the honey, the more minerals it contains.

FOOD PRESERVATIVE – If you replace the sugar in cake and cookie recipes with honey, they'll stay fresher longer due to honey's natural antibacterial properties. Reduce liquids in the mixture by about one-fifth to allow for the moisture present in the honey.

OSTEOPOROSIS – Research has shown that a teaspoon of honey per day aids calcium utilization and prevents osteoporosis – probably not a bad idea for anyone over 50.

LONGEVITY - The most long-lived people in the world are all regular users of honey. An interesting fact, yet to be explained, is that beekeepers suffer less from cancer and arthritis than any other occupational group worldwide.

MIGRAINE - Use a dessertspoon of honey dissolved in half a glass of warm water. Sip at the start of a migraine attack, and, if necessary, repeat after another 20 minutes.

CONJUNCTIVITIS - Dissolve honey in an equal quantity of warm water. When cooled, apply as a lotion or eye bath.

COUGH MIXTURE – Combine 6 ounces (170 grams) liquid honey, 2 ounces (55 grams) glycerin and the juice of two lemons. Mix well. Bottle and cork firmly, and use as required.

Raw honey may become granulated, as some does after a week and another maybe only after several years. If the granulations bother you, simply place the honey into a pan of hot water (not boiling) and let it stand until becoming liquid again.

POST-WORKOUT RECUPERATION - In addition to promoting muscle recuperation and glycogen [carbohydrates stored in muscle] restoration, honey-protein combinations also seem well suited to sustain favorable blood sugar concentrations after training.” <http://www.foodreference.com:80/html/art-honey-health.html>

EYE SIGHT - Improve your eyesight; mix 2 tsp. honey with equal parts carrot juice and consume regularly.

COLD, COUGH AND CONGESTION - Mix 2 tsp. honey with an equal quantity of ginger juice and consume regularly.

Medicinal Properties of Honey and Cinnamon

It is found that mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world. Cinnamon helps promote healthy glucose metabolism.

Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a “Ram Ban” (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today’s science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, on its issue dated 17 January, 95 has given the following list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, chappati, or other bread, instead of jelly and jam and eat it regularly for breakfast. The cinnamon reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as age the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins. that lose their flexibility and get clogged, are revitalized, thanks to this concoction.

ARTHRITIS:

Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two. Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research

conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon cinnamon powder before breakfast, they found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

HAIR LOSS:

Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approximately 15 minutes and then wash the hair. It was found to be effective even if kept on for 5 minutes.

BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

TOOTHACHE:

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied 3 times a day till the tooth stops aching.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day, any chronic cholesterol is cured. As per information received in the said journal, pure honey taken with food daily relieves complaints of cholesterol. (In another study, published in Circulation: Journal of the American Heart Association, Canadian researchers also showed eating almonds lowered cholesterol levels, reducing the risk of heart disease.)

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses. The common cold is the most, well, commonly effected disease that affects one and all. Since the use of the aspirin, people across different cultures are trying to find out natural methods of battling this far and wide. An easy yet slow process to get you rid of your cold completely would be a mixture of cinnamon and honey. You could take one tablespoon lukewarm honey with 1/4 teaspoon cinnamon powder daily for 3 days. This process will cure most chronic coughs, colds and clear the sinuses as well.

INFERTILITY:

Yunani and Ayurvedic Medicine have been using honey for thousands of years to strengthen the semen of men. It is believed through these doctrines that this medicine seeks to strengthen the male semen. If impotent men regularly take two tablespoons of honey before going to sleep, their problem will be solved. In China, Japan and Far-East countries, women, who do not conceive and need to strengthen the uterus, have been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half teaspoon of honey and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body. A couple in Maryland, USA, had no children for 14 years and had lost hope of having a child of their own. When told about this process husband and wife started taking honey and cinnamon as stated above, the wife conceived after a few months and had twins at full term. Strangely enough, like the bark of the tree that bears fruit displaying its green, infertility can also be cured by this very combination. . If impotent men regularly take two tablespoons of honey before sleeping, their problem will be solved.

UPSET STOMACH:

Severe stomach upsets can be rather annoying. Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.

GAS:

Flatulence can be quite a bother, especially if you have absolutely no control over it. According to the studies done in Asia, it is revealed that if honey is taken with cinnamon powder, the stomach is relieved of gas.

IMMUNE SYSTEM:

The daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. The constant use of honey strengthens the white blood corpuscles in fighting bacteria and viral diseases. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

INDIGESTION:

Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.

INFLUENZA:

A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 years old, starts performing the chores of a 20-year-old. . A sure hot method of battling most illnesses!

PIMPLES:

Pimples are perhaps the worst form of hormonal imbalances causing more than one reason for worry. For an immediate cure for this, a good tonic would be to mix three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS:

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS:

Daily in the morning 1/2hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one-cup water. If taken regularly it reduces the weight of even the most obese person. Also drinking of this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.

FATIGUE:

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert

and flexible. Dr. Milton who has done research says that half tablespoon honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3.00 p.m. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH:

People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water so their breath stays fresh throughout the day.

HEARING LOSS:

Daily morning and night honey and cinnamon powder taken in equal parts restore hearing.

Note: The most healthful form of honey does not come from nectar, but rather from honeydew, a new Spanish study says. The darker honey, produced when bees collect honeydew from plants, has more antioxidants than other forms of honey. The healthiest honey is raw honey that is not processed, pasteurized or heated. "Cooking" honey breaks down the sugars, giving it a higher glycemic index when consumed. Honey has antibacterial properties and can be used externally on scrapes, small cuts or other skin wounds to prevent infection. Generally, darker honeys and those with higher water content have stronger antioxidant potential. The antioxidants identified thus far in honey are pinocembrin, pinobanksin, chrysin and galagin. Pinocembrin is unique to honey and found in the highest amount relative to the others. Ascorbic acid (vitamin C), catalase and selenium are also present.

Warning: Do not feed honey to babies. Although honey is a natural, healthy food that normally cannot support bacterial life, it's important to note that it can carry *C. botulinum* spores which may be harmful to the undeveloped immune systems of infants. The old practice of dipping pacifiers into honey to soothe crying babies should be aborted. Infants up to one year of age should not be fed raw honey, as their immune systems are not yet developed enough to fend off this normally benign strain. Infection can cause a flaccid paralysis weakening the baby's muscles, causing a "floppy" baby. Other symptoms include constipation, lethargy, poor feeding, weak cry, droopy eyelids, expressionless face, drooling or swallowing difficulty, and occasionally, respiratory arrest. By the age of one year, most children develop enough to resist this normally benign strain of botulinum. Diabetics must control their total intake of carbohydrates, not the type. Therefore, honey may be included in a diabetic diet. They must, however, comply with the medical regime and diet instructions prescribed by their individual healthcare providers to keep blood sugar levels under control.

OTHER HERBAL CURES

Junji Takano is a Japanese health researcher and has been studying the causes of viruses since 1960. In 1968, he invented the Pyro-Energen, the first electrotherapy device that eradicates viral diseases effectively and without any side effects.

Free newsletter: <http://www.pyroenergen.com/newsletter.htm> . Junji Takano has written that there were only 404 kinds of illnesses during the ancient time in Japan, and all of them were treated by simple herbs.

Most Japanese senior citizens knew or learned during their childhood in the school or from their parents or old folks that there were only 404 kinds of illnesses, and they were treated by traditional Chinese herbs from Etchu, Toyama Prefecture in Japan. And, yes, these traditional medicines are very effective.

The Author believes that herbs listed below seem to be competitive to modern medicines available in your neighborhood drugstores.

As you know, most modern drugs are from traditional botanical herbs or known animals. Of course, if you visit Chinese medical herb stores, you will wonder or somewhat amazed when you see grotesque appearance of dried sea horse, tortoise, feet of animals, etc. However, they are also very effective for treatment of modern diseases.

1. MORNING GLORY

Morning glory is known by everyone as a very popular flower that appears in the morning hours and closes toward evening. Its seed is at right, black and baroque shape. The seed is used to cure “constipation”. Crush or grind about 3 pieces of seed and drink with water.

For “sting” or “insect bites”, use the green leaves of morning glory. Mash or grind the leaves with your fingers and paste it in the infected area of the skin. It heals very rapidly. For “frostbite” or “chilblains”, keep dried leaves for the winter season. Boil and make something like tea. Wash with the tea-like water for frostbite-infected skin.

2. FIG

Fig can be eaten as is for “hemorrhoids” treatment. Dried fig fruits are also effective. You can get white-colored sap (plant fluid) by breaking the branch of the tree. Apply the sap to the anal area. You might feel itch for a while, but it will dry and heal.

3. LOBSTER

Lobster is anywhere in the world, and it is very effective for the treatment of “measles”. You can either just eat it or cook with soup. With the remaining hard shells, crush it and with about a liter of boiling water until the amount of remaining water is one half. Drink it, too. Measles will be healed without any complications.

4. PLUM

Plum is very popular in China, Korea and Japan. Nowadays, you can find plum fruits anywhere in the world. Plum is known for thousands of years in China for the treatment of “gastroenteritis”. In our house, since the time of my great grandparents, we keep about 10 kilograms of plum fruit with salt in a big jar for preservation purpose. We have nearly 100 year-old plum, too. It was preserved by our great grandparents. As you know me, I am now 70 years old. Wherever I travel abroad, I carry a pack of plum preserved with me and take a piece a day to avoid getting stomach troubles as well as avoiding contamination of toxic matters and bacteria.

Plum is generally considered a miracle aid for almost all kinds of diseases. Plum juice (preserved with salt for several months or years) is used for treatment of “fever” and “dysentery”. Plum juice is also applicable as an external use for “tinea”.

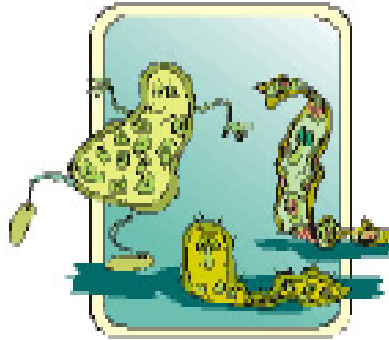
5. PERSIMMON

Truly, sweet persimmon fruit has a lot of medicinal properties. The calyx of the persimmon fruit where it is connected to the branch of the tree, can be used to make a calyx tea. You can dry it and keep it and use it to make a tea. Drinking calyx tea is good for stopping “hiccup;hiccough”, and is also good for “bed-wetting”. The fruit itself has also the same effect. There are a lot of other uses as well. For bee stick, paste a grinded astringent persimmon. It’s very effective according to our ancestors.

DON'T REMOVE AND CLEAN THAT EARWAX COMPLETELY

At least remain some earwax in your deep ear. Why? Because earwax that you might think a dirty waste also provides a degree of protection from bacteria, fungus, and insects. It is a Chinese old medical knowledge. Today, modern medical science was able to prove that earwax has chemical compound that can kill or eradicate bacteria in the ear to prevent getting ear diseases.

Disease = not at ease. Find peace within you.



St. Theresa's Prayer



May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you....

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of you.

"Saint Theresa is known as the Saint of the Little Ways. Meaning she believed in doing the little things in life well and with great love She is also the patron Saint of flower growers and florists. She is represented by roses."

<http://www.getipm.com/personal/warrior/warrior.html>

"Whoever undertakes to set himself up as a judge of truth and knowledge is shipwrecked by the laughter of the gods."— Albert Einstein

All major religions teach us about the importance and sanctity of life and health - Jesus' commitment to healing; the Hindu and Buddhist commitment to ahimsa, or non-violence; the Koran's recognition that good health is a sign of Allah's mercy; Judaism's demand that society and individuals protect human health: each of these teachings recognizes life's value, and that protecting life and health is our sacred duty.

After all the Author's research, he is now convinced that there's a massive science experiment taking place, that we're all being exposed to an ever growing number of toxic pesticides, medicines and other chemicals in varying doses, without knowing anything about them. He doesn't know about you, but he never signed any release form for this.

The President's Cancer Panel recently issued its report for 2008-2009, dedicated to the topic of environmental cancer. This panel, whose members were appointed by President Bush, called for surprisingly strong government action to reduce the public's risk of cancer from chemical exposure. The panel's co-chairs reported the following:

With nearly 80,000 chemicals on the market in the United States, many of which are used by millions of Americans in their daily lives and are unstudied or understudied, and largely unregulated, exposure to potential environmental

carcinogens is widespread ... [T]he public remains unaware of many common environmental carcinogens ... [and are] also unaware that children are far more vulnerable to environmental toxins and radiation than adults. Efforts to inform the public of such harmful exposures and how to prevent them must be increased. All levels of government, from federal to local, must work to protect every American from needless disease through rigorous regulation of environmental pollutants.

After this report, the House of Representatives introduced the Toxic Chemicals Safety Act, an important piece of legislation that may eventually go a long way towards protecting people and the environment from toxic chemicals. This would be the first major overhaul of our nation's chemical policy since 1976, when Congress passed the Toxic Substances Control Act (TSCA). TSCA is in a woeful state of affairs. Around 62,000 untested chemicals were grandfathered under TSCA. About 20,000 more untested chemicals have entered commercial use since then. But since 1976, according to the non-partisan Government Accountability Office -- a widely respected government agency -- **only 200 chemicals of the 80,000 have been tested for safety. To what are you routinely exposed?**

Do you heat or cook with natural gas? The biggest hazard of a gas leak is an explosion. When natural gas builds up in an enclosed area, it has the potential to be explosive, or could make those in the area very sick because it is poisonous. A small leak in a well sealed home can cause a number of health problems. Other toxic chemicals are added to odorless methane to create odor. Some of these toxic chemicals are known to be deadly in only a few parts per billion and some are listed on the state of California's list of cancer causing chemicals:

- http://www.oehha.ca.gov/prop65/prop65_list/Newlist.html
- http://www.alive.com/859a3a2.php?subject_bread_cramb=411
- <http://www.environmentalhealth.ca/summer01gas.html>.

Do you eat non-organic food? In addition to pesticide POISON contamination there is a great deal of frankenfood on the market today and that list is growing.

Frankencorn And Mice: A Cautionary Tale — <http://organicconsumers.org/newsletter/BiodNews37.cfm> — Concerned that industry and government have failed to carry out proper scientific studies on the safety of GE corn and other Frankenfoods, a young Dutch science student, Hinze Hogendoorn, recently decided to take matters into his own hands. Dr. Mae Wan-Ho, a British geneticist and world renowned critic of biotechnology, reported the results of this simple, yet remarkable, animal-feeding experiment on her website www.i-sis.org in December 2001. Here are excerpts from Dr. Ho's report: "A Dutch farmer left two piles of maize in a barn infested with mice, one pile GM (genetically modified), the other non-GM. The GM pile was untouched, while the non-GM pile was completely eaten up. Incredible! Young undergraduate Hinze Hogendoorn, from University College, Utrecht devised his own laboratory tests and confirmed the finding, and more. An activist group (Jongeren Milieu Aktief) presented the report Hinze has written to the Dutch parliament on December 11, 2001 and is featuring it on their new website www.talk2000.nl.

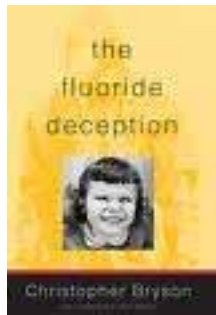
The 21st century diet may send us all back into the stone age. The issues that revolve around the subject of genetically altered crops are very turbulent. Is it the answer to world hunger, or a global catastrophe in the making? The primary question to be asked pertains to safety. Is it safe? The widespread sale and use of these food products by the United States would seem to indicate that they pose no threat. But what to the studies say? The potential problems that could arise from the production and widespread use of these crops could be a danger to our health, economy, and the environment. While the entire world could be affected in all of these ways, the general population is being kept in the dark about what they are eating and what problems could arise as a result of these mutated crops..... According to the EPA's report on biopesticides, there are several potential health risks in the production and consumption of these food products. **It states that these plants could produce residues that would cause environmental or health problems, have unexpected biochemical properties, be poisonous, cause allergic reaction and disease in humans, or even be used as weapons. Yummy!** <http://www.authorsden.com/visit/viewArticle.asp?id=11656>

Do you drink tap water? Why would any sane person purposely put POISON in our drinking water?

Fluoride is a toxic poison that has known serious side effects — adding it to our drinking water is an evolving social experiment that started 40 years ago. Fluoride was the key chemical in atomic bomb production. Massive quantities-millions of tons-were essential for the manufacture of bomb-grade uranium and plutonium for nuclear

weapons throughout the Cold War. One of the most toxic chemicals known, fluoride emerged as the leading chemical health hazard of the US atomic bomb program, both for workers and for nearby communities.

Much of the original proof that fluoride is safe for humans in low doses was generated by A-bomb program scientists who had been secretly ordered to provide “evidence useful in litigation” against defense contractors for fluoride injury to citizens. The first lawsuits against the American A-bomb program were not over radiation, but over fluoride damage, the documents show. <http://www.fluoridealert.org/50-reasons.htm>



Fluoride being artificially added to drinking water in India is causing blindness and deformities amongst children. Christopher Bryson's widely acclaimed book [The Fluoride Deception](#) includes dozens of peer-reviewed studies showing that sodium fluoride is a deadly neurotoxin that attacks the central nervous system and leads to a multitude of serious health problems. This fact has been covered up by a collusion of government and industry who have reaped financial windfalls while illegally mass medicating the unknowing public against their will.

Perhaps the most notable study was conducted by Dr. Phyllis Mullenix Ph.D., a highly respected pharmacologist and toxicologist, who in a 1995 Forsyth Research Institute study found that rats who had fluoride added to their diet exhibited abnormal behavioral traits.

A 2008 Scientific American report concluded that “Scientific attitudes toward fluoridation may be starting to shift” as new evidence emerged of the poison’s link to disorders affecting teeth, bones, the brain and the thyroid gland, as well as lowering IQ.

“Today almost 60 percent of the U.S. population drinks fluoridated water, including residents of 46 of the nation’s 50 largest cities,” reported Scientific American’s Dan Fagin, an award-winning environmental reporter and Director of New York University’s Science, Health and Environmental Reporting Program.

The Scientific American study “Concluded that fluoride can subtly alter endocrine function, especially in the thyroid — the gland that produces hormones regulating growth and metabolism.” The report also notes that “a series of epidemiological studies in China have associated high fluoride exposures with lower IQ.”

“Epidemiological studies and tests on lab animals suggest that high fluoride exposure increases the risk of bone fracture, especially in vulnerable populations such as the elderly and diabetics,” writes Fagin.

<http://www.prisonplanet.com/the-truth-about-fluoride-hits-mainstream-television-in-australia.html>

The Fluoride MSDS found at: <http://www.jtbaker.com/msds/englishhtml/s3722.htm> clearly states: “DANGER! MAY BE FATAL IF SWALLOWED OR INHALED. AFFECTS RESPIRATORY SYSTEM, HEART, SKELETON, CIRCULATORY SYSTEM, CENTRAL NERVOUS SYSTEM AND KIDNEYS. CAUSES IRRITATION TO SKIN, EYES AND RESPIRATORY TRACT. IRRITATION EFFECTS MAY BE DELAYED.”

Note: Activated alumina cartridges and reverse osmosis membrane filtration systems are two methods for removing fluoride from drinking water but, they can only remove 80 to 90 percent of the fluoride. Charcoal filters do not effectively remove fluoride because fluoride doesn’t bond particularly well with the activated charcoal.

So what other known POISON is routinely added to our drinking water? Chlorine.

Chlorinated water has been linked to the aggravation and cause of respiratory diseases like asthma. Also, because chlorine vaporizes at a much faster rate than water, chlorinated water presents a significant threat to the respiratory system when used for showering. The addition of chlorine to our drinking water began in the late 1800’s and became the standard in water treatment by 1904. For the most part, it remains the standard today. We do not use chlorine because it is the safest or even the most effective means of disinfection, we use it because it is the cheapest. In spite of all our technological advances, we essentially still pour bleach in our water before we drink it. The long-term effects of chlorinated drinking water are just now being recognized.

<http://www.ecosmartepool.com/sideeffectsofchlorine.html>

In the early 1900’s before the presence of pesticides, herbicides, tens of thousands of chemicals, and chlorine that we are exposed to in our drinking water, the average American had a 1 in 50 chance of getting cancer.

Today one out of three people are at risk of getting cancer.



In a 1992 study that was reported on in the July issue of the American Journal of Public Health researchers at the Medical College of Wisconsin in Milwaukee found that people who regularly drink tap water containing high levels of chlorine by-products have a greater risk of developing bladder and rectal cancers than people who drink non-chlorinated water. The study estimates that about 9 percent of all bladder cancer and 18 percent of all rectal cancer cases are associated with long-term consumption of these by-products. This amounts to over 20,000 new cases each year. <http://ajph.aphapublications.org/cgi/reprint/82/7/955>

Chlorine reacts with other naturally occurring elements, like leaves and twigs and other elements to form toxins. These toxins are called trihalomethanes (THM's). When these THM's make their way into our bodies, we put ourselves at risk for heart disease, bladder cancer, eczema, and asthma. Dr. Peter Montague of the Environmental Research Foundation cites several studies that show pregnant women who consume moderate to heavy chlorine in drinking water have a higher miscarriage and birth defects rate.

http://www.sciencelab.com/xMSDS-Chlorine_Water_Saturated-9925756 - **The MSDS for Chlorine Water - Saturated, states that even when chlorine is diluted in 99.8% water the health effects are:**

Potential Acute Health Effects: Hazardous in case of skin contact (irritant), of eye contact (irritant), of ingestion, of inhalation (lung irritant). Slightly hazardous in case of skin contact (permeator). Non-sensitizer for skin. Corrosive to skin and eyes on contact. Liquid or spray mist may produce tissue damage particularly on mucous membranes of eyes, mouth and respiratory tract. Skin contact may produce burns. Inhalation of the spray mist may produce severe irritation of respiratory tract, characterized by coughing, choking, or shortness of breath.

Potential Chronic Health Effects: Slightly hazardous in case of skin contact (irritant, permeator), of eye contact (irritant), of ingestion. Non-sensitizer for skin. **CARCINOGENIC EFFECTS: Not available. MUTAGENIC EFFECTS: Not available. TERATOGENIC EFFECTS: Not available. DEVELOPMENTAL TOXICITY: Not available.** The substance is toxic to lungs, mucous membranes. Repeated or prolonged exposure to the substance can produce target organs damage. Repeated or prolonged contact with spray mist may produce chronic eye irritation and severe skin irritation. Repeated or prolonged exposure to spray mist may produce respiratory tract irritation leading to frequent attacks of bronchial infection. **After over a hundred years the major chronic health effects safety data is still "Not available". Amazing!**

Note: A carbon-based water filtration system is the most effective way to remove chlorine and drugs found in drinking water.

To read more on the dangers of chlorine and the hazards of fluoride please see:

<http://www.nontoxic.com/nontoxic/chlorine.html>

The entire purpose of this Detox and Healing Chapter and Book is about protecting health and life -- the health and life of "we the people" and of the very life of our planet. You, the reader, need to know about the dangers of all these dangerous POISONS. Until our Country finally acts to protect "we the people" - it is up to you, the reader, to choose health and life for you and your family and to learn how to detox daily or die.

Chapters 41 and 43 go further into the discussion on healing and detoxification. Literally every time you eat, drink or breathe you are accumulating toxins that can and do sicken and, eventually, kill you.

Every time you are about to use a new product or chemical or drug, do a Google search on that new or old item; type the subject word, then type a space, then type a plus (+) sign, then type another space and then type "dangers" or "problems" to see if you really want this product, chemical or drug to be used by you or your family. **Now look for safe and far more effective alternatives.**

All of the research/information in Chapter 40 or at <http://www.safesolutionsinc.com/resources.htm> is for informational and educational purposes only. Each person is an individual and can react far differently to what may be considered the usual or “normal” reaction. Please contact a health care professional for medical treatment and/or regarding the applicability of any opinions or recommendations in this chapter with respect to your own symptoms or medical condition. No statement in this information should be construed as a claim for cure, treatment or prevention of any disease or sickness.



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