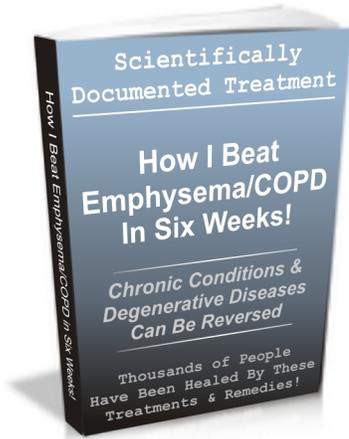


This is your e-book from:
www.iBeatEmphysemaandCOPD.com
Thank you for your purchase and support!



This information represents over 20 years of education and experience with these subjects.

This e-book was originally written mainly for emphysema and COPD sufferers. However, the main treatment Jim used, most of the other free bonus treatments included, and much of the content all apply to many other chronic conditions and degenerative diseases. Hence, the subtitle:

“Chronic Conditions & Diseases Can Be Reversed.”

Western/mainstream/orthodox/established medicine has done wonders for humanity and the world for which credit is amply given throughout the book. However, as you will see, it does have some serious limitations and weaknesses ... *limitations and weaknesses that are harming and prematurely killing millions of people.* And, as you will soon see, alternative medicine and natural healing offer *real and demonstrated solutions that countless people have experienced.*

The following is a partial list of ailments, conditions and diseases this treatment has healed/reversed:

acne; allergies (food/non-food); angina; arteriosclerosis; arthritis; asthma; bronchitis; candidiasis; cardiovascular disease; cancer; chronic pain; cirrhosis of the liver; COPD; diabetes type II; eczema; emphysema; fungus; gingivitis; gum disease; hepatitis; herpes; herpes simplex; headaches; high cholesterol; infections (bacterial, fungal & viral); influenza; mononucleosis; multiple sclerosis; open sores and wounds; parasitic infections; shingles; sinusitis; vascular diseases; yeast infection.

Do you or someone you care about

have one or more of the above ailments, conditions or diseases?

If so—there is good news: thousands of people have beaten, even reversed, these ailments, chronic conditions and degenerative diseases using the natural substance and treatment that Jim and thousands of others have used. (The other free bonus natural treatments included in the e-book have also significantly helped or healed many of these and other conditions.)

How is it that this little-known natural treatment, and other natural healing methods have healed and reversed such a broad range of conditions and diseases—while mainstream medicine insists that these are mostly 'incurable' and 'irreversible'?

Great question! ...

This e-book will answer this question in depth, and many more!

So grab a snack and a drink; then sit back and enjoy ...

How I Beat Emphysema and COPD in Six Weeks!

(Without an oxygen tank or medications — and it cost me only about \$20!)

(And My Arthritis Disappeared)

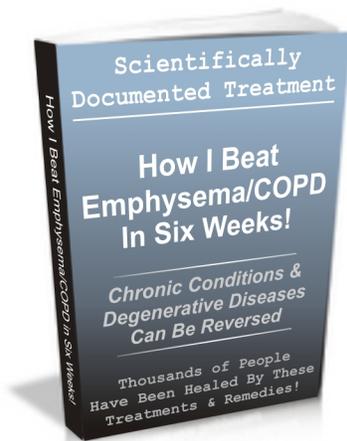
Chronic Conditions & Diseases Can Be Reversed

You may print a copy of this e-book for a hard copy. However, reading it on your computer is recommended, especially the first time, as there are many links to other websites and some videos for you to click on. If you know of others who may benefit from this e-book, please send them the link to our site so they can get a copy for themselves. Please, no sharing. Thank you!

Please do not ask us for advice in using the treatment Jim used. We are not doctors and do not give medical advice regarding health matters. We're just sharing what we and others have learned, done and experienced. We and many others have used this treatment successfully for many reasons. There is sufficient information about its use in this e-book as well as links to other sources. Read them carefully. If you would like more information, search online for the topics.

As you will soon see, both within and beyond this e-book, the natural substance Jim used to beat emphysema and COPD is well-founded, highly credible, supported, and has been used by doctors and health practitioners as well as countless every day people. It has been used successfully, often with amazing results, for not only emphysema, COPD, and arthritis, but for many other diseases, illnesses, conditions and ailments. It has also demonstrated amazing benefits with animal and agricultural applications. In fact, according to researchers, there are thousands of articles and reports in mainstream medical and scientific journals—including the Journal of American Medical Association (JAMA), going back over 100 years. It is truly amazing how the human body can cleanse, heal and regenerate itself—when given what it needs!

Necessary Disclaimer: This ebook is for informational purposes only. None of this information is to be construed as an endorsement, recommendation or advisement to try these ideas; that decision is yours, and yours alone. The main story (Jim's story), other ideas, methods, treatments and remedies presented are opinions, observations and unique experiences and self-education. Individual results will vary. None of this information is intended to replace the advice of a qualified health practitioner. We are not medical doctors or health practitioners; we are simply messengers of successes and education of this information. We are simply exercising our rights of free speech to share our experiences, knowledge and opinions. None of this information has been reviewed by the FDA. If you decide to try any of these methods, understand that you do so at your own choice as thousands of other people have. You, and you alone, are responsible for your actions; we will not be held liable for any adverse or ineffective results you may experience. It is recommended that you do not take our information as final, but do your own research beyond this ebook on these subjects; there are many links included to guide you and expand your research to other sources. Though thousands have done these individual methods precisely as detailed in this ebook; it is recommended that you do not attempt any of the methods, treatments or remedies presented prior to doing your own research beyond this ebook and/or seeking advice from a qualified health or medical practitioner of the healing arts. It is recommended that you seek a health and/or medical practitioner who is educated about and/or at least open to alternative health and healing. As alternative medicine, natural healing, homeopathy, home remedies, etc., have greatly increased in acceptance by mainstream medicine in the last couple of decades, such healing practitioners are increasingly easier to find. Many alternative practitioners, including medical doctors, have supported these methods, treatments and remedies. If you have difficulty locating an alternative health practitioner a good place to start may be asking at your local health food stores as they tend to be tied into alternative medicine and natural healing networks.



by Jim & Al

***I beat emphysema, COPD and arthritis over 20 years ago!
I thank God for my second chance!!***

I wish I had known about this proven treatment years before. I could have been cleaning my lungs regularly, and probably never would have gotten emphysema and COPD at all. You now have in your hands my story and the treatment that thousands of people have used safely and successfully for emphysema, COPD and other conditions. Chronic conditions and degenerative diseases can be beaten!

~ Jim

As you will soon see, both within and beyond this e-book, the natural substance Jim used to beat emphysema and COPD is well-founded, highly credible, supported, and has been used by doctors and health practitioners as well as countless every day people. It has been used successfully, often with amazing results, for not only emphysema, COPD, and arthritis, but for many other diseases, illnesses, conditions and ailments. It has also demonstrated amazing benefits with animal and agricultural applications. In fact, according to researchers, there are thousands of articles and reports in mainstream medical and scientific journals—including the *Journal of American Medical Association (JAMA)*, going back over 100 years. **It is truly amazing how the human body can cleanse, heal and regenerate itself—when given what it needs!**

Don't let the breadth or depth of the content of this e-book overwhelm you.

The Table of Contents is clearly laid out. You can go directly to the treatments if you would like, and read the rest later as you have time to digest it. Simply click on the page number of whatever section you want to read, and the hyperlink will immediately take you there.

However, for greatest educational impact, reading it straight through the first time is recommended.

*Man's mind, once stretched by a new idea,
never returns to its original dimensions.*

—**Oliver Wendell Holmes**

Unless we put Medical Freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship ... [T]o restrict the art of healing to one class of men [rationalists], and deny equal privilege to others [empiricists], will be to constitute the Bastille of Medical Science. All such laws are un-American and despotic and have no place in a Republic.... The Constitution of this Republic should make special privilege for Medical Freedom as well as Religious Freedom.

—**Benjamin Rush, M.D.** ([New World Encyclopedia™](#))

Surgeon General of the Continental Army of the United States
Signer of the Declaration of Independence (insertions added)

*"If people let the government decide
what foods they eat and what medicines they take,
their bodies will soon be in as sorry a state
as are the souls who live under tyranny."*

—**Thomas Jefferson**

*"In making public my discoveries I have not been
unconscious of the dangers I must encounter,
since it has always been the fate of those who have
illustrated or improved the arts and sciences
by their discoveries to be beset
by envy, malice, hatred, destruction and calumny."*

—**Leopold Auenbrugger, German physician**

In 1761 Auenbrugger invented the method of rapping on a person's chest, listening to the sound produced, a method familiar to any American who has ever had a physical examination. An amateur musician, Auenbrugger began cataloging what the various sounds might mean. He realized the importance of his work, but had no illusions of becoming a medical hero.

[A Healed Planet – The Medical Racket \[ref 43\]](#)

There is much more on the website,
www.AHealedPlanet.net, on many subjects.

*"The efforts of the medical profession in the US
to control: ... it proposes to monopolize.
It has been carrying on a vigorous campaign all over
the country against new methods and schools of healing
because it wants the business
I have watched this medical profession for a long time
and it bears watching."*

—**Clarence Darrow, (1857-1938)**

[\(A Healed Planet – Medical Dark Ages Quotes\)](#)

*"The real scientist is ready to bear privation and, if need be,
starvation rather than let anyone dictate to him
which direction his work must take."*

—**Albert Szent-Gyorgyi**

Nobel Prize winner in 1937

for his scientific research

"Great spirits have always encountered violent opposition from mediocre minds."

—**Albert Einstein**

"Power tends to corrupt, and absolute power corrupts absolutely."

—**Lord Acton**

*"People think the FDA is protecting them—it isn't.
What the FDA is doing and what people think it's doing
are as different as night and day."*

—**Herbert L. Ley, Jr., MD,**
former Commissioner of the FDA

[FDA Quotes](#)

Could it be that be true that the FDA and pharmaceutical companies
(Big Pharma) are putting profits above people, and real medical science? ...

See more quotes at:

[Foundation for Truth in Reality \(FTR\)](#)

*"We have a multi-billion dollar industry that is killing people, right and left,
just for financial gain. Their idea of research is to see whether two doses
of this poison is better than three doses of that poison."*

—**Dr. Glen Warner, MD, Oncologist**

[Alternative Medical Doctor Quotes \(AMDQ\)](#)

*"Finding a cure for cancer is absolutely contraindicated by the profits
of the cancer industry's chemotherapy, radiation, and surgery cash trough."*

—**Dr. Diamond, MD** ([AMDQ](#))

*“Force [and profit & power over people]
always attracts men of low morality.”*

—**Albert Einstein**

(insertion added)

The cancer 'industry' will be frequently used as an illustration of financial motive and corruption in the mainstream medical establishment for it is likely the largest, most harsh in treatments, and most profitable area. Much of what qualified, credible sources say about the cancer industry has also been going on in other disease and degenerative condition areas as well, e.g., arthritis, asthma, diabetes, emphysema, COPD, etc. The natural substance and treatment Jim used still is unaccepted, with one hundred years of documented safety and effectiveness. Evidently, there is much more money in managing symptoms than in seeking real solutions for causes. Organizations which have arisen to “find a cure” for this or that disease or condition continue to exist as long as their respective causes continue to exist. With billions in profits to the industry annually from accepted and approved drugs and established treatments, as well as in donations and grants flowing in to the organizations, it's little wonder that real cures are never found ...
or acknowledged.

*“Don't let us make imaginary evils,
when you know we have so many real ones to encounter.”*

—**Oliver Goldsmith (1730 - 1774)**

If you want to read Jim's story right away, you can go directly to “The Stuff ...” (p. 33)

You can click on the **page #'s** for quick reference later. But initially, **don't click on them**. Just read straight through.

Contents of e-Book

Foundation

My Original Pondering Outside The Box of Mainstream Medicine	click>>...11
Why Alternative Treatments or Remedies Are Generally More Effective for Diseases, Conditions and Ailments	17
Regeneration: Chronic Conditions and Damage Done— <i>Can Be Reversed!</i>	26

The “Stuff” ...

The Treatment Jim and Thousands of Others Have Used

How I Beat Emphysema, COPD and Arthritis in Six Weeks (Jim's Story)	33
Different Kinds of The Stuff	38
Important Note	39
Important Links	40
Outline of Treatment	41
Treatment and Dosage Chart	43
Guidelines for Maintenance and Interesting Information	44
How Does it Work in the Lungs and Body	46
Where to Get The Stuff	46 & 51
Sicknesses, Diseases & Conditions Treated Successfully by The Stuff	48
Two Myths Exposed About The Treatment	48
List of Some of the Most Reputable and Amazing Alternative Medicine/Natural Health Practitioners.....	49
Excellent Books	49
A Great Organization (and Likely The World's Most Knowledgeable Man on the Stuff)	50

Successful Methods of Using The Stuff

(Methods #2 - #5 are Free Bonuses in addition to Method #1 and Jim's story)

The titles of Bonus Methods will be given in Bonus Contents on page 52

Method 1: This is the treatment Jim used. It is detailed in his story and the sections following it. . .	33
Method 2: Anne combined 1 & 2 to beat her COPD in 87 days! Helps with phlegm/eases breathing . .	53
Method 3: One man greatly increased his energy & strength within a few days of this method	55
Method 4: Another simple home-use method. It's less potent than the others, but still beneficial . . .	57
Method 5: Another simple home-use method. Plus, this can relax breathing for better sleeping	57
Two Other Natural Treatments for Emphysema/COPD and Many Other Conditions	59

(These bonuses were added later after the bonuses below.)

Free Bonus Treatments: Other Proven Natural Healing Methods

These have been done individually, but some people have combined two or more simultaneously.

About Your Free Bonus Treatments	60
Additional Note About Your Free Bonuses.....	64

These are not the actual titles of the Free Bonuses. Titles will be given on page 52.

Bonus #1: A jolt & lunge toward healing & health. It's "NOT what the Doctor ordered."	65
Bonus #2: Ancient Chinese knowledge—The Chinese are experts in Regeneration	73
Bonus #3: Taking out the trash. This can enhance the effects of the other treatments (B1-FB5 in PDF title). .	81
Bonus #4: The cause of a major disease. Knowing this can greatly enhance health & healing .	82
Bonus #5: Extreme <i>cellular fuel</i>	86
Bonus #6: This, every day, can keep the doctor away	91
Bonus #7: This treatment can enhance all the other treatments/effects, in a fun way	94

Free Bonus PDF/e-Books (8 – 15) (Brief descriptions of these e-books are on these pages)

Bonus #8: PDF: Amazingly simple and inexpensive (access on page 99) (B1-FB7 in PDF title).....	97
Bonus #9: PDF e-Book: Amazing how the body responds to this treatment (B1-FB1 in PDF title). .	101
Bonus #10: PDF e-Book: Taking control of your health (included in Bundle 1)	101

[#9 - #14](#) were included in your download.

You should already have them. Access to [#8](#) will be given at the end of its section.

Access to [#15](#) will be given in its section (p. 101).

More Free PDF's: 3 are on Ancient Chinese Knowledge ...

(Read these *after* you've read Treatment #2)

#11: <i>Health with a Chinese Twist</i> , by Dr. Dean Black, PhD (B1-FB2 in PDF title)	
#12: <i>Regeneration vs. Substitution</i> , by Dr. Dean Black, PhD (B1-FB3 in PDF title)	
#13: <i>Regeneration: Life Replenishing Life</i> (B1-FB4 in PDF title) (This is not the Regeneration booklet cited in ebook, but is based on Dr. Black's concepts.)	
#14: Health & Healing Knowledge: A chart of information that can 'save your life' (B1-FB6 in PDF title)	
#15: eBook: <i>The War Between Orthodox Medicine and Alternative Medicine</i> ...	101

More Related to Regeneration, by Dr. Dean Black, PhD	102
--	---------------------

The Exploratory State of Mind

Scientific Proof

Required: A New Way of Thinking

Inspiration to Launch Your Journey Toward Health	106
--	---------------------

Ignite Your Belief, Hope & Enthusiasm: Enlightenment, Encouragement & Empowerment from a Highly Successful & Well-Known Holistic Medical Doctor (MD).....	113
--	---------------------

Access to a free pdf: *There Are No 'Incurable' Diseases*

Conclusion	114
------------------	---------------------

More Free Bonuses: 8 “Rare Remedies” *You Need to Know BEFORE You Need Them*

We hope you enjoy and benefit from these potent remedies if you or your family or friends ever need them. Actually it's not “if” you need them, but “when.” These remedies are for common ailments that, odds are—among you, your family members and your friends—someone will likely experience at least one or several of them over time. After you learn these remedies you can prepare a “Home Remedy Kit,” and when needed, you can come to their rescue. If you're a compassionate person you can even choose to help your enemies (if you have any). If so, maybe they would no longer be your enemy. ☺

1. How I Prevented a Third Degree Burn from Scarring. You can't even tell which arm it was ...	115
2. How George Got Rid of His Hemorrhoids within a Few Days ... for Less Than \$5.00!	117
3. How We Stop a Cough within Seconds ... Even Night-Time Coughing for Our Kids	118
4. How We Stopped Food Poisoning in Our Three-Year-Old Daughter In Less Than 15 Minutes	120
5. How Warts Have Been Eliminated Within A Few Days	121
6. How We Stop External Bleeding from Injuries—Almost Immediately	122
7. How We Eliminate or Greatly Reduce Bruising from Injuries	123
8. How We Eliminate or Greatly Reduce Pain, Swelling & Itching From Insect Stings (Bees, Wasps, Hornets)	124
Credit	127
End of eBook.....	128

"The eye sees only what the mind is prepared to comprehend."

—Robertson Davies (Canadian author)

The mind perceives only that which it is open to receive.

*“If any man can convince me and bring home to me
that I do not think or act aright, gladly will I change:
for I search after truth by which man was never yet harmed.
But he is harmed who abides on still in his deception and ignorance.”*

—Marcus Aurelius Antonius

Roman Emperor (161-180 AD)

My Original Pondering Outside the Box of Mainstream Medicine

I am not a medical doctor, nor do I play one online. I am a reader, observer, experimenter, thinker and a messenger. As have many other people, I have seen and/or heard of many safe and non-toxic treatments and remedies that *have worked*—*contrary* to conventional medical acknowledgment or recommendation. It was several of these such cases that I knew of that led me on a quest to find answers ... and the answers came ... much to the shattering of my prior belief system.

In some cases, these treatments were called “quackery.” Admittedly, there have been and are scams of real quackery. However, it is my now educated opinion that mainstream medicine is too arrogant and quick to paint the “quackery” label upon too many treatments that threaten its hallowed knowledge, theories, accepted practices, and money machine. Many others and I, including alternative medicine supporting medical doctors and scientists, are convinced that labeling a treatment “quackery” is the medical establishment's strategy of creating a public perception to keep people from trusting and trying it.

The late and great Dr. Robert C. Atkins, M.D., in his book, *Dr. Atkins' Health Revolution* (pp. 9-10), went so far as to say that the medical establishment's anti-quackery campaign is actually an orchestrated, systematic attack to *not* stop real quackery—but to persecute highly effective doctors that threaten the established mainstream ways and livelihood. Dr. Atkins, with many years of experience in the profession, goes on to say the *anti-quackery campaign was designed to bring down alternative medicine*.

We cannot take Dr. Atkins' statement lightly—for he was *highly credible*; and many other qualified professionals have echoed his perspectives. *If there weren't some, or much, truth to what they say, why would so many risk their professions?* Here are a few other sources that give insight into the mainstream medical establishment, revealing that it may not quite have the public's best interests in mind (from [Alternative Medical Doctor Quotes](#) and [Cancer Industry Critics](#)):

"Conventional cancer treatments are in place as the law of the land because they pay, not heal, the best."

—Dr. John Diamond, M.D. & Dr. Lee Cowden, MD

"Finding a cure for cancer is absolutely contraindicated by the profits of the cancer industry's chemotherapy, radiation, and surgery cash trough."

—Dr. Diamond, MD

"We have a multi-billion dollar industry that is killing people, right and left, just for financial gain. Their idea of research is to see whether two doses of this poison is better than three doses of that poison."

—Glen Warner, MD, Oncologist

"Chemotherapy is an incredibly lucrative business for doctors, hospitals, and pharmaceutical companies The medical establishment wants everyone to follow the same exact protocol. They don't want to see the chemotherapy industry go under, and that's the number one obstacle to any progress in oncology."

—Dr. Warner, MD

Any sensible person would be of the opinion that stopping and preventing quackery is a noble and needed mission. Society indeed needs protection from doctors and other practitioners of the healing arts who would bring harm to people and/or who practice ineffective treatments.

As this is true, we should at least consider who it is that is protecting us, and what their track record is of helping and healing that qualifies them to protect society from those who would bring harm. Here are some truths and realities of the medical establishment's record from highly qualified sources ...

Approximately 700,000 people die from medical treatment, *annually*¹.

—*New England Journal of Medicine* and the Centers For Disease Control

What follows are some excerpts from a synopsis of *Pharmaceutical Deception and Deaths* from previous published articles by ***What Doctors Don't Tell You (WDDTY)***. The synopsis is by the *American Academy of Quantum Medicine (AAQM)* and is entitled *Death and Harm from Prescription Drugs*. The Editor of WDDTY is Lynne McTaggart, and its editorial panel includes 11 doctors. (You can find the full synopsis at: www.aaqm.org/Downloads/drugdeaths.pdf):

Award-winning medical journalist and editor of WDDTY, Lynne McTaggart has consistently warned people regarding the dangers and deceptions of pharmaceuticals and medical treatment. This AAQM review article summarizes past WDDTY journals and gives credit to excellent investigative research of WDDTY's editor and editorial panel. In a recent August 2008 issue of WDDTY, McTaggart stated: "A study in the Journal of the American Medical Association once famously likened deaths from medical errors to three jumbo jets crashing every two days. If this were the death rate for passenger flights, no one would ever get on a plane and the airline industry would be closed until a government inquiry had figured out the problem. So why doesn't something similar happen in medicine? The only people who have any idea of the extent of the problem are the health insurers."

...One of the primary tenets of the famous Hippocratic Oath taken by physicians is "... I will keep [the sick] from harm and injustice." Despite these moral and ethical pronouncements, a staggering 783,936 deaths a year are iatrogenic (induced by doctors). McTaggart says that prescription drugs are like "a silent killer that never attracts the headlines, never interests the politicians...." One study found that 2,216,000 Americans suffer a serious reaction and are permanently disabled from a prescribed drug every year (JAMA, 1998; 279:1200-5). These figures are just the tip of the iceberg. Leading medical researchers say only 1 in 20 adverse reactions are reported for fear of a lawsuit (JAMA, 1998;279:1216-17) and a French study found that just 1 out of 24,433 adverse drug reactions are reported (Br J Clin Pharamcol 1997). According to McTaggart "The vast majority of drug-related deaths are never reported at all." Risks outweigh benefits because risks are never assessed and are neglected in modern medicine. Beatrice A. Golomb, MD, PhD of the University of California explains that this is because the only true way to weigh risks against benefits is to evaluate all-case morbidity (sickness) and all-cause mortality (death), and these are rarely ever reported in medical journals. One out of every 5 prescriptions made in the ICU are in error (Crit Care Med, 2006).

(emphases added)

Check out the [Bolen Report](#) and Millions of Health Freedom Fighters.
Here is one more source from ... [Health Supreme](#) by Sepp Hasslberger:

["Medical System Is Leading Cause of Death and Injury in U.S."](#)

Shocking statistical evidence is cited by Gary Null, PhD; Caroly Dean, MD, ND; Martin Feldman, MD; Debora Rasio, MD; and Dorothy Smith, PhD in their October 2003 paper: "[Death by Medicine](#)"

Here is a short summary by The Nutrition Institute of America:

[Deadly Medical Mistakes Exposed](#)

Shocking numbers! Shocking realities! As with any field, errors and miscalculations are to be expected, because doctors and health care professionals are human, too. However, in the medical profession, errors and misjudgments affect real human lives. *But these results are not just from errors and misjudgments—but many are from “approved” and “standard” practices and procedures!*

(Regarding the antibiotic numbers, the years of overly prescribed antibiotics has created resistance in bacteria, resulting in stronger strains that are increasingly harder to kill. This has rendered older forms of antibiotics ineffective.)

For decades, mainstream medicine has been adamantly asserting that many alternative treatments are “quackery,” “unsafe,” “questionable,” and so on, and that people have been harmed from alternative treatments. Such accusations are a crock! *They are a very gross misrepresentation—and actually the inverse is true! Those who are supposedly protecting us from quackery are in reality inflicting unbelievably more harm and death—annually! Who are these glass house anti-quack agencies with their “approved” and “safe” drugs and treatments to be throwing stones at alternative medicine!*

Based on my years of research which goes back into decades of alternative treatments, most, if not all, alternative treatments are truly safe and non-toxic. Therefore, if such were used and resulted in little or no benefit to the person or patient—at least they, in general—did no harm! Yes, there have been some quacks and quackery in alternative medicine, but in the relatively few such cases, the only harm done was that the person or patient got suckered and lost some money—as opposed to mass annual harm and death that mainstream medicine is producing.

There are many mainstream health practitioners who are truly dedicated to helping others, especially their patients. Some do it by being open to and supporting alternative treatments. Many more, however, are caught up in making a good income, security, and the status quo treatments, but are unaware of the safe, real, and effective results of alternative medicine; and so do not support them out of ignorance. And, there is evidence that some mainstream nurses and doctors believe in and practice alternative and natural remedies personally, but rarely, if ever, acknowledge them professionally.

(NOTE: Mainstream allopathic medicine has brought many advances that are worthy of credit, and its dedicated professionals are appreciated. Mainstream medicine has basically eradicated *microbe-caused* diseases that you “catch,” such as polio, tuberculosis, small pox, etc. However, the majority of diseases and conditions that kill us today are not from microbes, but from chronic diseases and degenerative diseases that develop over a period of years from unhealthy diets and lifestyles. Mainstream medicine's strengths are with acute illness, trauma and injury care. For these, there's no better place to be than in a mainstream hospital or clinic. *But its weaknesses are with chronic care, which is basically where the problem lies that has been and continues producing the high harm and death rates. Any accusations here-in are not directed at mainstream medicine's strengths, but its weaknesses.*)

Other than an occasional drug recall, the mainstream media and medical sources tend not to report on mass harm by the establishment—*so the realities of the mainstream results are outside of the perception of most people.* (The numbers of annual harm and death rates above have been meticulously analyzed, organized, and reported by some of the most credible and respected sources in the world.)

Back to my original pondering outside the box ...

Years ago, **there were several incidents that began to open my mind to alternative medicine and natural remedies.** How was it that a man, Jim, with “incurable,” “irreversible” COPD and emphysema, degenerating by the day—*was able to virtually cleanse his lungs in just a few weeks and become energetic and active again?* How did this same man, from the same treatment, eliminate another “incurable” ailment simultaneously: *arthritis?* How was it that another man I knew, who was scheduled for expensive and painful hemorrhoid surgery, was able to painlessly eliminate his hemorrhoids within several days—with a total expense of less than \$5.00? *This is unheard of by mainstream theory and practice.*

By conventional medical knowledge and majority opinion—*such conditions were virtually impossible to “cure” or reverse.* *Yet, in these cases I knew of personally—**they were in fact healed and reversed!*** To get to the bottom of these peculiar situations, I asked myself many questions, including: “How is it that these ‘incurable’ conditions are being beaten by inexpensive simple treatments?” “Why don't doctors know about or support these things?” “Why are such things that I know have worked for healing called quackery by the mainstream?” “Why do so many people blindly trust their doctors so much that they would accept a premature death—*rather than try an alternative treatment before it's too late?*”

As my mind began pondering such questions, I embarked upon a journey for answers ... and the answers came. After years of reading, thinking, observing, and experimenting, it is now my conviction that we lay people *can* understand basic principles of health and healing. In many cases, *we don't need a doctor to tell us what to do*. Once we begin to understand the principles of health and healing we can do many things ourselves! While mainstream western medicine deserves honor for many advances, **we ourselves should increasingly embrace wisdom and successful healing strategies for ourselves**. *Mainstream medicine tends to focus on specifics with specifics. Alternative methods of regeneration focus on generalities that tend to take care of specifics, and many times multiple specifics—with one generality*. One alternative-practicing MD says this defies medical logic.

Most medical and pharmaceutical advertisements seem to present the situation like the doctor is a god, who holds knowledge that we average people can never attain. *This is ludicrous!* **Most everyone can learn the health and healing principles of alternative medicine and natural remedies**. The status quo of established medicine wants us to be ignorant, dependent and fearful. This is how they maintain their profit, positions and power. It's how they fuel their mainstream medical machine! You don't have to understand how televisions, stereos, or computers work to benefit from their use. Many others and I live by this very profound, guiding, timeless principle: *"If it works, use it until something better is 'discovered.'"* (As if mainstream medicine is really trying to discover methods that really work.)

My original pondering outside the box of mainstream medicine led to answers that over time formed a new belief system in me—a *stronger belief system that I now believe is more accurate with reality*. I no longer blindly trust mainstream medicine. We have seen above that its “approved” & “safe” drugs and treatments are often far from safe. And there is much evidence that over the decades many effective and inexpensive treatments have been ignored, discounted, and not supported. Natural substances cannot be patented by the big pharmaceutical companies, but they are often the most effective for health and healing. The substance and treatment that Jim used has a one hundred year track record of being safe and effective, yet continues to be disregarded by the mainstream sources. Many caring MD's know little or nothing about it because they are not taught about it their medical training.

This book contains much of what I've learned over twenty years from my original pondering outside the box. Jim and I are excited to now be sharing this information with you. (Jim wrote his story and I, Al, wrote everything else.) That you're getting this e-book indicates you are likely now pondering outside the box of mainstream medicine yourself. Jim and I hope his story, and the other information, will answer some of your questions, and lead you further to expanding and strengthening your belief system. We hope that you find what you are looking for.

Why Alternative Treatments or Remedies are Generally More Effective for Chronic Diseases, Conditions and Ailments

First and foremost, again, it is acknowledged that conventional, mainstream Western medicine has made great strides in many areas of healing, medicine, health science, technology, and especially in the area of acute illness, injury, and trauma treatment. Western conventional medicine is to be honored for its true successes of the past couple centuries. There is no better place to be for traumatic conditions or injuries than a mainstream hospital emergency room, or clinic.

We respect and honor Western doctors, scientists and other mainstream health practitioners for their dedication and advances. But, we appreciate even more, those among them who have been open-minded enough to support, embrace, and advance alternative medical/health thought, science, and treatments, as well as those who have been fighting for our alternative medicine/health rights. It is the closed-minded, dogmatic, and status-quo-defending professionals with whom we take issue.

Essentially, from my reading, research and observations, there are two opposing paradigms and philosophies of medicine and healing: one that generally treats symptoms and works against the natural healing processes of the body (allopathic medicine); and the other, which assumes a healing “force” within the body and tends to work with the healing processes (naturopathy). Of course, there is much more to these topics, and, of course, much controversy. If you want to learn more, you will have to begin your own journey. With the internet these days, your journey can be much easier than it has been previously for others who have gone on this journey before you. This is just a very brief introduction into alternative ideas, into what has been observed to work effectively, safely, and in a non-toxic manner. Some, if not many, remedies or treatments deserve to remain only in the history books, but many others deserve respect and continued practice until something even better is discovered.

Some alternative treatments work well for many people, but may do little for others. Likewise, many mainstream treatments don't always work effectively or safely for everyone. Many “approved” drugs have been recalled, and countless people have died from their use. The majority of cancer patients seem to die after chemotherapy, radiation or surgery. And many thousands of people die each year in

hospitals due to infection or medical mishaps. Yet, there are countless people each year who are given a death sentence by their mainstream doctors—*yet go on to find relief or total healing from alternative treatments, as Jim did.*

Alternative medicine, as an umbrella term, has come a long way in the last 20 years. Millions of people have become fed up with the limitations, harm, and death sentences of mainstream medicine. Chiropractic care was once essentially considered quackery. Yet today, it is almost as considered and sought out as mainstream. Does it work for everyone? No, but countless people swear by it. Fortunately, to some extent, in recent years, mainstream practitioners have increasingly come to value ideas from the alternative camps.

Alternative or holistic medicine generally begins with two basic assumptions: that (1) the person has various components that function synergistically, and they each intimately affect one another, for better or for worse; and (2) that the body has an innate healing “force” or “power” that if supported or facilitated, will naturally tend to heal the body. (This “power” can be likened to an intelligent “program.”)

It doesn't take a space shuttle scientist to observe that the body indeed has a healing force. It seems many medical lab scientists are ignorant of this self-evident truth. Even a young child knows that if he or she gets a cut, scrape, bruise, or burn, that it will heal within a few days. If we didn't have an innate healing force or power, then cuts, scrapes, bruises and burns would long remain! If we didn't have immune systems, our bodies wouldn't recover from sickness or illness. How long does one have to attend college to realize these simple, observable realities?!

Some medical scientists have done experiments with the impact of thought and emotions upon the physiological processes of the body. Biofeedback has revealed much about health and control that the mind has over the body. This is often called the mind/body connection. One experiment from years ago, as I recall, had subjects think about (1) a neutral experience/thought (baseline); (2) a positive experience/thought; and (3) a negative experience/thought. With each type of thought or experience held in mind and the consequent emotions felt for so many minutes, a corresponding change occurred in the subjects' white blood cell count. Negative experiences/thoughts significantly *decreased* the white cells, while positive experiences/thoughts significantly *increased* them.

This was observable or empirical evidence that our state of mind, attitude, and perceptions do indeed affect the health and functioning of our immune systems—

which can affect the duration of illness, sickness or injury. Yet, many mainstream practitioners years ago, and fortunately less today, treat their patients as inanimate systems, like automobiles. From this evidence, good health practitioners should get to know their patients, to know their states of mind and attitudes, to encourage laughter, positive experiences, and expectancy, etc. As the *Bible* says, “A cheerful heart is good medicine, but a crushed spirit dries up the bones” (Proverbs 17:22). (It’s interesting how our Creator knows it!)

The purpose of this introduction is just to plant a few seeds in you as to the inroads alternative medicine has made, as well as its value and validity for our health and healing. I’ve heard that millions of people in the last 10 – 15 years have been open to and sought out alternative medicine than ever before. Could it be that we have been awakening to the limitations of orthodox, conventional, Western medicine? Have we heard so many testimonies of the successes of alternative medicine that it’s time to give it a try? Where else can people with major and degenerative diseases go when their mainstream doctors have given up on them?

*Does alternative medicine always work? No, but neither does mainstream medicine! Recall that 700,000 people die annually from medical treatment, and millions more are harmed from serious reactions or adverse side-effects of “approved” pharmaceutical drugs! **Why doesn't the status quo remind us of their own failures while they're attacking the relatively very few failures of alternative medicine?!***

Some treatments and remedies work better and more widely than others. Varying levels of health, with diverse attitudes, belief, expectancy, commitment, personalities, natures, life-styles, degree of support from family and friends also play significant roles in the success of treatments for individual patients.

Belief and expectancy play a major role and factor significantly in healing. Western or conventional medical experiments are conducted primarily with double-blind tests to minimize or eliminate the placebo effect (the factor of subjective interpretation, perception, belief and expectancy of the subjects). This placebo control, of course, is a highly desirable and valid scientific strategy in many experiments. Yes, in some types of experiments, it should be desired to eliminate the placebo effects of belief or expectancy. Yes, it is often desirable to know the effect an inert substance, a drug, an action, or an intervention has without the knowledge or expectancy of subjects.

However, belief and expectancy levels in healing are, in my opinion, highly desirable! When I put a band-aid on my 5-year-old son's scratch, which may or may not be needed, and he stops crying, smiles, and runs back outside to play again—I'm glad that he feels better and knows it's going to soon heal and be okay! He, at some level, knows his body has innate healing forces and processes. And I believe that his new happy face from the band-aid is flooding positive emotions and endorphins throughout his body—which will aid his body's innate healing processes to heal it that much faster!

In education, especially at the elementary level, belief and expectancy are at the core of what teachers call 'self-fulfilling prophecy'. What the student expects or believes tends to determine his or her future development, experience, or performance level. It is so critical that it is a major factor in the influence of authority figures upon students—perhaps the most important factor of all for the development and performance of the child and student. It cannot be denied that the positive or negative expectancy level of a parent or teacher tends to determine, to some degree, a corresponding positive or negative expectancy in a child or student that soon affects their development or performance. How many times have you heard successful adults attribute their success to a former teacher, coach, or someone who once believed in them, and that they, in turn, began to *believe in themselves*?

Belief and expectancy are powerful! Belief, expectancy, and resolve marshals one's being, their imagination and will, to propel them! As the saying commonly goes, "Whether you believe you can or you can't, either way you're right!" Without belief or expectancy, it is unlikely that anyone would succeed at anything. "Miracles" or otherwise unexplained events tend to occur only in the presence of someone believing; not always, of course. Again, it has been scientifically documented that positive or negative states of mind and emotions, associated with belief, correspondingly strengthens or weakens the human body's immune system.

Ancient wisdom tells us that belief is necessary. Success books and principles tell us that belief and expectancy are critical to success at any endeavor. Consider the amazing results of hypnosis. The *Bible* reveals that belief and faith in the mind and heart determine supernatural events and realized worthy desires. According to the *Bible*, "Life and death are in the tongue," (which flow from the beliefs and attitudes of the mind and heart). "As a man thinks in his heart [subconscious, in his core being], so is he," is another understanding about thoughts, emotions, and character as described in the *Bible*, and which influences much thought that floods

today's book market about success. The conscious mind and the subconscious mind, that I believe refers to and is the "heart", are unquestionably and incalculably powerful. Belief, whether positive or negative, generally determines results! I would hope and suggest that, with respect to healing, wisdom would dictate that belief and expectancy should as much as possible be desired and included in any treatment!

Although belief and expectancy are powerful, they are not always necessary. As you will see in Jim's amazing story of bodily restoration below, he believed little in the treatment relative to the dramatic and fast results it produced. Yes, he expected something to happen from the testimonials and research he read about. He believed in the treatment enough to try it, and do it consistently. He was so far gone, almost with one foot in the grave, before he started the treatment, that his expectancy was low. It seems that the extremely fast and dramatic restoration far exceeded his beginning levels of hope, belief, and expectancy! His fast and dramatic results were not proportional to his original belief. And with the remedies presented herein, one doesn't really have to believe: they just work! My family and some friends believe in these treatments and remedies now because we've experienced them.

I'm just saying that, especially with health and extreme disease fighting, as powerful as hope, belief, and expectancy are in triggering and marshaling the powerful and amazing human mind, heart, and body—*they should not be discounted or underestimated!*

By treating the human person in a clinical, impersonal, and compartmentalized manner, conventional Western medicine has for decades undermined the amazing, synergistic healing powers and properties of the whole human being. As human beings are composed of mind, spirit, and body, having emotions, intellect, and innate healing forces and properties, I believe all these facets are intimately dynamic and unquestionably affect one another. It is also true that negative thoughts and feelings negatively impact your mind, spirit, and body. So, although belief is not a necessary part of the holistic healing, it is important to monitor your own thoughts and feelings so you are not undermining your own innate power to heal. We can be involved in proactively participating in our own healing process through the thoughts and feelings we generate, as well as through the medical treatments we choose to follow.

Wisdom would dictate that the human being must be treated as a whole. There is evidence that patients or subjects tend to heal or perform better when they perceive

some degree of control in a situation or environment, and are able to participate in a treatment, intervention, etc. As hope, belief, and expectancy can unquestionably produce positive results, why shouldn't they be desired and encouraged in health and healing?!

"The cure of many diseases remains unknown to the physicians of Hellos [Greece] because they do not study the whole person."
—Socrates (470-399 BC)

Subjective reality and experience are real, and to a great degree influence objective reality. With so many variables, this dynamic relationship is often blurred and complicated in producing unpredictability. In my opinion, we and health practitioners need to gain and operate by wisdom when testing, observing, and measuring the interplay between the subjective and the objective realities. I say “we” because I believe that to a large extent, we as medical participants can acquire and use knowledge that empowers us in health and healing. We don't have to blindly trust a mainstream doctor just because he or she says so. We can take some responsibility and research options before we make a choice of treatments or remedies. We can even seek out MD's who are supportive of natural healing.

Back to the original subject of why alternative treatments are generally more effective with chronic health problems ...

From my research and experience, most alternative treatments tend to be safe and non-toxic. The converse is also true that many mainstream practices do harm patients, e.g., chemotherapy, radiation, and drugs with countless adverse side effects. Most everyone that I've known or heard of that underwent chemo or radiation for cancer treatment died in less than 2 years. My wife once had a test that indicated some cancerous cells. She changed her diet and ate very “green” and healthy for some time. A few weeks or so later, the same test indicated all *healthy* cells. **Her condition REVERSED by giving her body what it needed.**

It seems that most drug ads consist more of listing the possible side effects. To these, I would say, “*No thanks, I'll keep my one illness rather than multiply it.*” Have you ever considered the common reality that doctors know little, if anything, of the latest drugs on the market, and rely on the pharmaceutical company's salesperson to educate them on their latest patented drug? *If something isn't good for you when you're well—why in the world would it be good for you when you're ill?* **Doesn't something in this statement ring true with logic, even common sense, or as I often call it today—uncommon sense?**

Many skeptics state that alternative treatments or remedies don't always work for everyone. This claim has some merit. But, let's consider some possible reasons why not. Some alternative health practitioners or believers state a number of reasons as to why: (1) the quality of the supplements may be poor; (2) the quantity or frequency of use may be less than needed; (3) the person's body may be too "plugged up" or for some reason is not assimilating the nutrients or substances; (4) the treatment isn't intense enough; and (5) all-too-often, ill people don't even try an alternative treatment until it's almost too late in the game and they are in the final stages of the disease or illness.

What's interesting is that alternative medicine does have a good percentage of totally healing people that conventional medicine had given up on and sentenced them to death, such as Jim. Other patients, who still died, did, to some degree, extend their expected lives and *enjoyed a higher quality* of life until the end. I have heard of and read of many such cases, but have *never heard of the reverse: that mainstream medicine healed people alternative practitioners had given up on!* It seems that conventional medicine has very limited treatments, which, once tried, leave nothing else that can be done.

Alternative medicine, however, has broader and holistic options that allow experimentation. These options tend to assist and empower the body's innate healing processes and are generally safe and non-toxic, as opposed to conventional medicine's approaches, that seem to complicate, undermine, and diminish the body's innate natural healing processes.

It should be noted that the mainstream medical establishment operates by a very limited and strict definition of the word "cure." As I understand, they say only a drug (that's an "approved" drug) can "cure" a disease. When was the last time you heard of someone being "cured" by mainstream medicine? There are countless people who claim alternative treatments have "eliminated," "reversed," or they "beat" (meaning "cured") their diseases, illnesses or ailments—many of whom were in their final stages and had been given up on by their conventional doctors. And many or most of these had their disease "reversals" verified by mainstream doctors and testing, with confirmation of having previously had the disease and subsequently having a spectrum of improvements as a result of the alternative medicine, that some traditional doctors still do not recognize! *If the symptoms, and evidently, the cause of a health problem are gone—who cares what you call it!*

Alternative treatments and remedies are generally more effective than mainstream treatments for chronic problems because they typically include and require the changing and improving of one's lifestyle. Mainstream treatments such as drugs tend to treat specific problems, substituting for what the body should be doing. Rather than strengthening the body's systems to do for itself, substitution by drugs tends to further weaken the organ or system. Alternative medicine tends to work with the body's innate healing processes to strengthen the systems, so that the organs and systems can do their jobs effectively. Alternative treatments may take longer, but the long term results are superior to the dependency-creating drugs.

Many people agree that good nutrition and other nutritional supplements obviously do eliminate or prevent many illnesses. Drugs are only those substances that the pharmaceutical companies can patent. They cannot patent naturally-occurring chemicals. Must you be reminded of all the adverse side-effects of the many drugs on the market? Or of the number of drug recalls? Or of the deaths from “approved” drugs? (For decades, mainstream medicine essentially disregarded the role of nutrition, vitamins and supplements for health and healing. Today, however, even mainstream MD's take vitamins and supplements, though mainstream medicine still rarely supports or promotes them to their patients for healing.)

Alternative medicine would like to broaden the definition of “cure.” If a person was once diagnosed with cancer, diabetes, or whatever disease, and it is now absent from the body, why can't or shouldn't it be called a “cure”? Technically speaking, as it now stands, by definition referred to by conventional medicine, if it isn't eliminated by one of the “approved” treatments, then it isn't a “cure.” It seems that if it can't be empirically explained by the established terms and knowledge, if it can't be dominated or controlled, or profited from by the pharmaceutical companies, then it can't be a part of the system! Part of the belief that we must have, then, is the belief that there are viable and valuable alternative medicine options beyond what is legitimized by conventional medicine.

As you continue your journey into alternative medicine, you will soon see that there are many sources, resources, testimonials, and alternative-embracing medical scientists, doctors and health practitioners who promote alternative treatments and natural remedies. This journey can change your life, as well as the lives of your loved ones!

May the Creator of Life, Health and Nature, and the Source of the invisible innate healing power enlighten your mind and guide your path to health & healing.

“God always takes the simplest way.”

—Albert Einstein

“A man [a scientist] should look for what is, and not for what he thinks should be.”

—Albert Einstein

(insertion added)

*Any intelligent fool can make things bigger and more complex ...
It takes a touch of genius [and a no agenda for profit & power over people]
—and a lot of courage to move in the opposite direction.*

—Albert Einstein

(insertion added)

*“The most beautiful thing we can experience is the mysterious.
It is the source of all true art and all science.
He to whom this emotion is a stranger, who can no longer pause to wonder
and stand rapt in awe, is as good as dead: his eyes are closed.”*

—Albert Einstein

Regeneration: Chronic Conditions and Damage Done— *Can Be Reversed!*

“The natural healing force within us is the greatest force in getting well.”
—Hippocrates, Father of Medicine

Innate Healing Power or “Inner Physician”:

An invisible intelligence and power, present in all living organisms, that perpetually orchestrates the countless processes at the micro levels, externally and internally, is constantly striving to move the organism toward homeostasis ... a state of strength, health, stability and wholeness.

Today's conflict between alternative medicine and mainstream medicine has been called a war, an *invisible* war. It has been called an invisible war because it is being fought in the realm of ideas: assumptions, concepts, theories, values, beliefs, etc., that most people do not see or perceive. *These ideas flow down into practices that affect real lives, for healing or harm. Both sides are based in belief systems.*

According to Dr. Dean Black, in his booklet, *Regeneration*, the roots of both sides of this war began 2,500 years ago with an ancient debate^{1A}. This debate began with two opposing assumptions about whether or not there is an innate healing power.

2,500 years ago, Hippocrates believed in and practiced by the innate healing power. His success and fame spread as people came from all over the ancient world for healing by him. Hippocrates' great success with healing is why he has been called the “Father of Medicine.” Doctors today take the Hippocratic Oath.

Hippocrates had a contemporary, Democritus, who believed that we are formed of particles. And, since he could not see any healing power in a particle, *he concluded there is no innate healing power.*

From these two opposing philosophies of “vitalism” (healing force) and “atomism” (no healing force) sprang the ancient debate, the opposing belief systems, and the invisible war that rages today.

From the ancient debate, 2,300 years after its beginnings, modern medicine declared themselves atomists. One of the founding fathers of the United States, a signer of the Declaration of Independence as well as one of the early founders of today's modern medicine, Dr. Benjamin Rush, stated the allopathic, atomist position over 200 years ago:

*“Although physicians are in speculation the servants, yet in practice they are the **masters of nature** Instead of waiting for the slow operations of nature to eliminate a supposed morbid matter from the body, art should take the business [of healing] out of her hands.”^{1A}*

And so, as it has been for decades now, mainstream therapies have *taken healing from Nature's hand*. Rather than empowering the body to heal itself, establishment medical therapies act as *substitutes*^{1A} for the power, processes, and precision of the innate healing power. Chemotherapy kills cancer, antibiotics kill bacteria, and drugs adjust the molecules and chemicals, and so on. *Again, recall the annual results of these approved practices and treatments: 700,000 deaths and millions of severe drug reactions.*

Mainstream modalities tend to intervene, isolate, control, and dominate profound processes and systems which only Nature has the understanding and ability to fully handle, even unto perfection. Unnatural substances injected into the fine, little-understood processes at the cellular and molecular levels can and do adversely affect the complex processes of the innate healing power. In some ways, it's like letting a bull loose in a fine China shop. The bull has no comprehension or care of the value of the items. Interventions against Nature can and do undermine the strength of the systems and disrupt the harmony, about which the establishment apparently cares little or comprehends.

“Nearly all men die of their medicines, not of their diseases.”
—**Moliere (1622-1672)**

Still, today, with all the great technological advances that have revealed even more support for the reality of the innate healing power, modern medicine continues to discount the innate healing power. Or, if it is acknowledged that there is such a natural healing power, Western medicine considers itself to be “masters of nature,” as Dr. Rush declared, and *generally works against it*.

*What are the results of modern medicine, these “masters of nature,” taking the healing art business out of Nature's hand? What are the results of going against Nature, Life and Reality? **We have seen the ANNUAL results: 700,000 deaths, two million patients severely harmed by prescription drugs, and many more people with complications of symptoms, adverse reactions, dependency, weakening of organs and systems.***

In keeping with our modern culture that believes that *the latest is the greatest*, it seems our modern society and Western medicine think that the old and ancient ways of medicine are inferior. *'The latest is the greatest' may hold true with computers and smart phones, but the perfection, power, and precision things of Nature, Life, and Reality are timeless!*

"There are three things which build and maintain civilization throughout time: pure air, pure water, and pure food. And as an eternal truth I say unto you, that there are three things which bring the end of civilization, even the mightiest that have ever been and shall ever be, from the beginningless beginning to the endless end of all time: impure air, impure water, and impure food."

—Zenda Avesta (c. 3000 BC)

"All the blood of the body is under the control of the heart and flows in a continuous circle and never stops."

—Chinese writing (2697 BC)

"The cure of many diseases remains unknown to the physicians of Hellos [Greece] because they do not study the whole person."

—Socrates (470-399 BC)

"It is better not to apply any treatment in cases of occult cancer; for if treated (by surgery), the patients die quickly; but if not treated, they hold out for a long time."

—Hippocrates (460-370 BC)

"It should be forbidden and severely punished to remove cancer by cutting, burning, cautery, and other fiendish tortures. It is from nature that the disease comes, and from nature comes the cure, not from physicians."

—Paracelsus (1493-1541 AD)

"[God is] the best physician that knows the worthlessness of most medicines. God heals and the Doctor takes the fee."

—Benjamin Franklin (1706-1790)

"You may honestly feel grateful that homeopathy survived the attempts of the allopaths (orthodoxy) to destroy it."

—Mark Twain (1835-1910)

The above quotes are from AhealedPlanet.net – [Medical Dark Ages Quotes](http://AhealedPlanet.net)

Mainstream medicine still believes and asserts that *once damage is done, there is nothing that can reverse it*, as Anne's doctor told her after he pronounced her symptom-free of COPD (see below). This, however, is far from the truth of Nature, and has been abundantly demonstrated in countless cases (i.e., my wife's cancer cells, Jim's emphysema, and countless others demonstrate reversals of conditions). Anne's doctor's statement implies that the innate healing power cannot heal and regenerate the body. His statement comes from his training that largely shields out truths and realities that the mainstream theory does not understand—much of which it never will, for it fundamentally denies the reality and abilities of the inner physician. *Working with the inner physician, however, can bring healing and amazing results as you will see from Anne's experience.*

Below is from an e-mail sent to me by Anne, who is one of our readers. After reading our e-book, she used Methods 1 and 2 to beat her severe COPD in 87 days. She suffered for weeks while doing these methods, but she persisted and began to improve until she was healed. Linda is a friend of Anne, who was also using the treatment. Anne sent this email to both of us. By the way, Anne's deceased father was an orthodox pharmacist. She once told me that her father would turn over in his grave if he knew what she was doing to battle her COPD. From her father's career, Anne knows about the limitations and frequent failings of allopathic symptom-treating, which led her to research alternatives, find our website, get our e-book, persist with the treatment, and realize her life-saving healing.

Here is Anne's account of her encounter with her doctor, who had been treating her for her COPD prior to her beginning this treatment. Observe the clashing of belief systems, of theory, and results.

Hi to both of you [Al and Linda], and I hope you're both well.

*I just had to share my news with you. Went to my Doctor this morning, and we talked briefly about my COPD. He asked how I was feeling, and I told him that I was doing well. He said he was glad the inhalers were working, but I told him that I'd never used them, and had thrown them in the bin [trash can]. **He was quite annoyed**, and when I told him that I'd thrown the steroids in the bin too, **the redness started coming up his neck and into his face, and he clenched his teeth**, so I quit while I was ahead!!*

*So, he wanted to know what it was that I was doing **to have brought on such an improvement**, and when I answered 'alternative medicine' **he really got annoyed** and said he didn't want to know what it was I was using. I said "I wasn't going to tell you anyway!!"*

***Despite his obvious annoyance**, he agreed finally to sound my chest. I told him, that all I wanted was for him to have a listen and tell me how bad the COPD was, or if there was some improvement. He sounded, very thoroughly, stopped, straightened up, sounded again, and announced that **he couldn't hear a thing, that my lungs and tubes were clear**, but was*

quick to burst my bubble by reminding me that "there is no cure for COPD!! Once you've got it, nothing on the face of the earth can repair the damage done, so don't think this stuff, whatever it is, is going to cure you, because it's not."

Mmmm, I wonder??

Hey! I BEAT COPD IN 87 DAYS for less than \$40!!!

Al, thanks for all your help. Please feel free to use my experience in your new e-book if you wish.

Linda - there is always hope, I've just proved it! [Use Method #2] because [for me] it work[ed] better on COPD ..., but take both for faster healing. Hang in there girl. I did it, you can do it too!

Love to you both. (insertions and emphases added)

Anne beat COPD in 87 days. Jim beat his emphysema and COPD in six weeks. These are just two of **countless healing testimonials—condition REVERSALS—**from alternative approaches. Anne's doctor met with results of working with the innate healing power, *and his belief system rejected it!* There are many such health and healing truths and realities outside the box of mainstream medical theory.

Mainstream medical theory is a **belief system**, a belief system that basically has been a **closed system** for more than two hundred years. *It's a belief system with its own definitions of terms, acceptance, and directions, whose logic is self-defining, self-referencing, and is limited to its own box.* It is a belief system that often intentionally and “professionally” shuts out effective, inexpensive therapies that threaten the medical establishment.

Classical medicine is essentially defined and directed by seeking to understand “HOW” something works. If it cannot understand or explain something, then it is not of “real” science and therefore unaccepted and unapproved, until further notice ... *which never seems to come.* Classical science has brought us amazing advances in the last couple centuries. It works well with non-human-healing fields like geology, aerodynamics, electricity, and inorganic chemistry. But when it comes to the complexities of human life, health, healing, the invisible innate healing power, and the subjective human experience (belief, expectation, etc.), *pure objectivity and isolation of causes to understand how is likely impossible.*

Alternative medicine, on the other hand, seeks to find what works and uses it, even if it does not fully understand it. Alternative medicine acknowledges, submits to, and works with the very evident innate healing power.

Classical science is *rationalism* that works primarily from theory. Alternative medicine is *empiricism* that uses what works—as it studies to understand the 'how'.

The innate healing power of Life and Nature is real, and exists in all living organisms throughout the animal kingdom, and humans. Even plants and trees tend to heal from wounds and disease. If living organisms did not have this innate force, starfish and salamanders would not regrow lost limbs, and sickness and injuries would forever linger. Inanimate objects like chopped firewood and broken rocks do not have the healing power, and therefore do not heal.

*To deny the innate healing power and work against it is ignorance. Perpetually, tirelessly, imperceptibly in all living organisms, the innate healing power is orchestrating processes and forces toward health and healing. As the power and intelligence above and within the cells, the innate healing power continually births new cells, and mends tissues and broken bones. It does whatever the living organism needs for healing and to attain a state of health and homeostasis! **And when we work with it, it tends to produce even faster and greater results!***

*The innate healing power's purpose is to create, recreate, rejuvenate, regenerate! When we begin to live by the principles of regeneration, when we begin to give our cells and systems what they need to fully do their jobs—**damage done and weakness can be reversed!** Many people have experienced this! **As long as you are still living, there is always hope of health and healing!***

*Every cell in your body contains your complete genetic blueprint, or your genome. **Blueprints are for creating, dividing, building, rebuilding, repairing, restoring, rejuvenating, and regenerating!** Anyone who tells you differently knows little about the complexities, processes, and functions at the cellular level, **OR has a mainstream agenda!** If you come across such a person, who says damage done cannot be reversed, implying that the innate healing power does not exist or can't do its job, *you can kindly and confidently inform them that, “**Rocks and firewood don't heal, but starfish, salamanders and I do!**”**

Most mainstream doctors have to agree that there is some sort of innate healing power, as it is obvious throughout life and nature, especially with today's understanding of the complexities of cells. *But they still proclaim and practice things against it.* Anne's doctor's statement reveals a huge discrepancy between theory and what is consistently observed in nature and our own healing. The innate healing power works on external wounds and conditions, as well as with internal sickness and conditions. Not everyone gets healed by alternative treatments, but *working with the innate healing power and applying the principles of regeneration is the only real path to healing. And, with respect to chronic conditions and diseases, this path is far safer and offers the greatest potential to realize health and healing. **By natural healing, contrary to assertions of mainstream medicine—countless people have reversed their conditions, including damage done.***

By cooperating with the innate healing power, by supplying your cells with what they need to fully do their amazing jobs, by engaging your subjective self with belief, a positive attitude, and persistence, and consistently living the principles of regeneration—amazing things can happen! The term 'cure' by the mainstream definitions and directions is too limited, by design. No, symptom treating and harsh methods do not generally yield 'cures.' A 'cure' by mainstream's definition is not what we should seek. Rather, as demonstrated by countless reversals of conditions, what we should seek is HEALING RESULTS! This is a paradigm shift!

*Health and healing occur at the cellular and molecular levels.
By fueling our cells with the supplies they need to do their full range of duties,
the innate healing power can regenerate a state of health.
If we nourish, balance, and cleanse our cells and systems,
then chronic conditions, degenerative diseases, and damage done
can often be reversed!*

*Are you ready to begin your journey
toward condition reversal and health regeneration,
as many others have experienced?
Are you ready to cooperate with the presence, provision, processes
precision, and power of the innate healing power?*

*For both external and internal conditions,
the innate healing power, **your inner physician**, awaits!*

Section End Notes

- 1A. **Regeneration** (a small booklet), Dr. Dean Black, Ph.D. ©1988. pp. 1-2
(I've heard that Dr. Black has passed on. Unfortunately, this booklet is out of print.
His works were beneficial to both medicine and natural healing.)

*“The doctor of the future will give no medication
but will interest his patients in the care of the human frame
in diet and in the cause and prevention of disease.”*

—Thomas A. Edison

*“A living cell requires energy not only for all its functions,
but also for the maintenance of its structure.”*

—Albert Szent-Gyorgyi (Biology/physiology scientist)

“A vitamin is a substance that makes you ill if you don't eat it.”

—Albert Szent-Gyorgyi

Let's now turn to Jim's story of how he reversed his emphysema and COPD and gained a second chance at life ...

How I Beat Emphysema, COPD and Arthritis in Six Weeks!

My Story, by Jim

Hello there! My name is Jim and I would like to share a part of my life that, hopefully, will help you or someone close to you. I would like to spark your curiosity, give you hope, an answer, or just make you smile. I've been so grateful for my restored life all these years, I'd like to do whatever good I can for others.

I haven't always done what was good. I've led a rough life. Through illness, injury, and many years of drowning my sorrows in a bottle, a pack of smokes, and various other forms of escape, I found myself facing the consequences of the many poor choices I and others in my life had made. I was born with rickets, broke my back and my neck when I was 20, had my stomach removed due to bleeding ulcers by my mid-20's. In my early 30's, I blew out the cartilage in my left knee and had a motorcycle accident that broke every bone in the left side of my face and left me in a coma for three days. With 14 major surgeries as a result of illness and injury, my daughter used to say I was like that three-legged, one-eyed dog named "Lucky"! By the young age of 38 my body had already lived a full life and was quickly wearing out. I had been smoking for 24 years at that point and was already dying with emphysema. It was at this point where my life took an interesting turn.

One night, my wife and I and a close friend went out to eat. Before our food came, I got real sick. I went into the bathroom and threw up my guts like never before. As much as I hated seeing a doctor or stepping foot in a hospital, I decided to follow the insistent advice of my wife and my friend and head to the hospital. They poked

and prodded and took their tests and finally the doctor diagnosed me with COPD. That's Chronic Obstructive Pulmonary Disease. He gave me two years to live—if I completely changed my lifestyle and did everything right. That would mean I would have to quit smoking, drinking and start eating right, etc.! If I didn't change my lifestyle, he gave me 6 months. He said I would be able to walk to the end of the block one week and by the next week I would only be able to walk halfway. That is how quickly I would go downhill. He was right. Needless to say, I did not change my lifestyle. I was so miserable already, I figured why prolong it. I was ready to die.

It got to the point that I was pretty much bed-ridden. My color was turning blue as my body struggled for oxygen. I tried to get out at least once a day for my wife's sake, if nothing else. We would go to the mall, which was right by our house, and drink coffee and try to walk around as much as I could.

One day, we went to the mall and had our coffee, but I was too weak to walk around. So, my wife took me home and went back by herself. She went to the health food store and was visiting with the gal who owned it. She asked where I was and my wife told her all about what was happening with me. She told my wife about a product she carried that she had heard great things about and suggested we should read some material on it and maybe give it a try. She loaded my wife up with the info, which she quickly brought home to me. I read every bit of it. When I was done, I told my wife to take me to the mall. I wanted some of this stuff. I said I was ready to die ... but I didn't want to die.

We went and spent \$20 for a pint of this stuff. I went straight home and started taking it. About now you are probably wondering what this snake oil was. Well, it's

35% Food-Grade Hydrogen Peroxide (FG-H₂O₂) or for purposes here, interchangeably, H₂O₂. It is not the stuff in the brown bottle we all keep in our medicine cabinets. This stuff is much stronger than that (and taking the other one is not safe to take internally). There's a certain way to take it. It must be strongly diluted and you build up drop-by-drop each day. You can't take it with carrot juice or tap water because they neutralize it. I started out with 1 drop in an 8 oz. glass of distilled water three times a day; every day I increased it by one drop until I got up to 25 drops, three times a day. Now remember, before I started taking this stuff, I was turning blue and barely able to get out of bed more than once a day.

By the third day, my color was back and I felt well enough to go to work with my wife. We owned our own janitorial business, cleaning office buildings as well as a huge country club six nights a week. My wife was opposed to me going as she was afraid I was too weak. She sat me in one room and told me if I got too tired to go lay down. She would not let me work. I sat down, but I was feeling pretty good. So, I got up and vacuumed the whole room, approximately 500 sq. feet. She was shocked! The next night, I vacuumed that same room and another one, approx. 1500 sq. feet. By that time I was exhausted. The next night, I did even more—approximately 2000 sq. feet, increasing every night until I was doing the whole building of approximately 4000 sq. feet. As quickly as I was deteriorating before—*I was now being restored*. I was doing great!

A couple of months after I began using FG-H₂O₂, I went in for a check-up with my doctor who had diagnosed me with COPD and had given me 6 months to live. He saw how much better I looked, examined me, and asked what I had been doing. I told him about the H₂O₂ and he exclaimed, "*Whatever you've been doing—keep doing it! Your lungs are now 70% clear!*" He couldn't believe it. Here I was less

than two months after being on the brink of death—ALIVE! And more than that ... free from emphysema and COPD. Now, I should tell you that I was still smoking. The only thing I had done differently was take H₂O₂. Amazing!

My son had seen the enormous difference in me and he asked me if he could take it. Every morning he would wake up to blood on his pillow. For years, he suffered with severe allergies that caused severe headaches and respiratory problems. He could not do any yard work at all and bad air days would send him to bed in agony.

He began to take H₂O₂ and his allergies disappeared. His acne even cleared up. We couldn't believe what this stuff was doing.

Anytime I ever took prescribed medication, I always suffered from side effects that weren't so pleasant, sometimes having to take more medication to deal with the side effects of the first medication. The side effects we were experiencing with H₂O₂ were exactly the opposite. This stuff was eliminating all the other stuff that was wrong with us. Now who wouldn't like side effects like that?

One night, my wife and I were working and I heard something outside. I looked out to see it was raining. I was shocked. I was always in pain a day before it would rain as I suffered from severe arthritis from head to toe. Here it was pouring down rain—and *I was pain-free*. What an amazing *side-effect*!!

Another time I was having coffee at my favorite coffee shop. I overheard a couple of guys talking next to me. One of the guys was talking about how he couldn't even ride a bike anymore and how his health had been failing. He was terminally ill with cancer and quickly deteriorating. I told him about the H₂O₂ and what it had done for me. He got some right away. We stayed in contact ... and within two

weeks he was riding his bike all the way down to the ball-field to watch his son play. His cancer had already progressed to the last stages before he heard about the H₂O₂ and tried it. He did pass on a few months later. However, the difference in his quality of life at the end was significantly better as a result of the H₂O₂. Imagine what could have happened if he would have discovered it earlier.

I wholeheartedly believe in the health benefits of H₂O₂ because of all that I have seen and experienced with its use. I believe anyone who suffers with these ailments and others should consider and research what H₂O₂ could do for them. I know that it extended my life by adding more than 20 years. I have been able to experience an active life with my wife, kids and grandchildren that I know I would not have had otherwise. I've seen it change the life of those around me as well. I've only told you a couple of stories but there's more. It's even helped my animals.

So, if my story has inspired you, planted a seed of hope, or just sparked your curiosity, please don't stop here. Do your own research. Remember, it's your life and every choice you make matters. I thought it was too late to make different choices—but thanks to the good Lord above, it wasn't.

May God Bless Your Journey,

Jim

P.S. If you plan on using this treatment as I did, make sure you research it thoroughly before doing anything with it. Check out the links below, read the information, do your own research, read the cautionary statements, and find the dosage chart. Many people have used this treatment safely and successfully, but we assumed the responsibility and educated ourselves first. I wish I had this e-book when I first discovered this treatment.

The remainder of the e-book was written by Al.

Different Kinds (Grades) of Hydrogen Peroxide (H₂O₂)

An Excellent, Comprehensive, Interesting website About Hydrogen Peroxide:

Learn how it's produced, and much more. Grades below from:

<http://drinkh2o2.com/>

3% Hydrogen Peroxide - (Drug Store/Grocery Store Variety) Made from Diluted 50% Super D Peroxide. Contains stabilizers: phenol, acetanilide, sodium stannate, tetrasodium phosphate, etc.

6% Hydrogen Peroxide - Used by Beauticians in Hair Coloring. Comes in strengths labeled 10, 20 and 40 volume. Activator added to use as a bleach. Unknown Stabilizers.

30% Re-Agent Hydrogen Peroxide - Used in medical research. Contains stabilizers.

30-32% Electronic Grade Hydrogen Peroxide - Used for washing transistors and integrated chip parts before assembly. Unknown Stabilizers.

35% (also 10%) Technical Grade Hydrogen Peroxide - Contains a small amount of phosphorus to neutralize any chlorine in the water it is combined with.

35% Food Grade Hydrogen Peroxide / 50% Food Grade Hydrogen Peroxide - Used in food products like cheese, eggs, whey products. Also used to spray inside of foil lined containers for food storage (antiseptic packaging system). You can find food grade hydrogen peroxide in 3%, 6%, 7%, 12%, 17%, 35%, 40% or 50% solutions. Straight consumption of any concentration of hydrogen peroxide above 10% can cause neurological damage. Must dilute.

90% Hydrogen Peroxide - Used by the military as a source of oxygen, at Cape Canaveral and as rocket fuel.

99.6% Hydrogen Peroxide - This was first made in 1954 as an experiment to see how pure hydrogen peroxide could be made.

Important Note

NOTE: From the above list you can see there are a number of grades and uses of hydrogen peroxide. It is truly an amazing natural substance. Beyond this point, we'll primarily be referring to 35% Food Grade H₂O₂. There is a 50%, but we'll only be dealing with the 35% Food Grade, noting it as FG-H₂O₂ or just H₂O₂.

WARNING: *35% Food Grade H₂O₂ is extremely dangerous and can be deadly if used incorrectly. But don't let it scare you off. Gasoline and electricity are also potentially dangerous and deadly, but beneficial when used with knowledge, care, and caution. Countless responsible people have used 35% Food Grade hydrogen peroxide safely and beneficially for years. Make sure you research it in depth and are fully informed before ever doing anything with it! You can do a search online for "35% Food Grade Hydrogen Peroxide Oral Use." You'll be amazed at how much information is out there on it. There are some sources against oral use, but support other uses; and some sources are against it altogether. There are many benefits people have experienced because they educated themselves about it and decided to take it orally. In fact, there are many doctors, including MD's, and other qualified sources who are strongly for the exact treatment thousands have used safely and successfully.*

*Any usage of H₂O₂ is solely at YOUR discretion and full responsibility. Again, this report is for informational purposes only. We will not be liable for any usage of H₂O₂ or any of the other remedies or health applications cited herein. **Individuals who have had organ transplants should not undertake an H₂O₂ program.** H₂O₂ stimulates the immune system and could possibly cause a rejection of the organ.*

The first link below is to one of the best, most concise articles on H₂O₂ and its oral use that I've seen. It includes a dosage program and vital information that you must know before trying it. Of course, individual results will vary. One primary thing about alternative medicine is that it generally requires individual responsibility and education. But this effort has great rewards. Alternative medicine and natural health remedies tend to solve causes, rather than simply treat and manage symptoms. Instead of blindly accepting a medical authority's recommendation most alternative health practitioners operate by this basic philosophy: *to educate and empower their patients to increasingly manage their own health and healing.*

Important Links

(If links are not clickable, copy/paste them into your Web browser.)

You may also search online: “35% Food Grade H₂O₂ Oral Program”

Here’s a Link to a Great Article About the Treatment I Used & Shows the Simple Program.

This site recommends against taking H₂O₂ internally (as do several other health practitioners). However, consider the article “**Two Myths Exposed**” below in addition to the following:

- Consider how consuming it internally saved Jim’s life and allowed him to live 20 years longer.
- Consider Walter Grotz’ experience (p. 74), where internal use was and is foundational to his organization’s mission (ECH₂O₂).
- Consider that countless people have taken it internally without adverse reactions, other than common temporary cleansing symptoms (i.e., diarrhea, rashes, etc.).

From my experience, many more health practitioners and doctors that support and promote FG-H₂O₂ use, do recommend it orally and internally.

<http://www.purehealthsystems.com/hydrogen-peroxide-2.html>

Here’s a link to the same article on a different site, but it includes a partial list of diseases and ailments that H₂O₂ has been known to help or eliminate.

(See dosage chart below that Jim and many others have used.)

A great article: “The Many Benefits of Hydrogen Peroxide” by Dr. David G. Williams at:

<http://educate-yourself.org/cancer/benefitsofhydrogenperoxide17jul03.shtml>

(Dr. Williams is one of the leading pioneers of alternative medicine. From what I understand, He has been praised by a President, *Time Magazine*, and fellow health professionals; also among his grateful patients are professional athletes and performers.)

http://www.earthclinic.com/Remedies/hydrogen_peroxide.html

Articles to help you learn more include the following links:

<http://educate-yourself.org/hp/index.shtml>

The following two links offer different and amazing applications for H₂O₂ ...

<https://www.momentum98.com/peroxide.html#uses>

<http://www.youtube.com/watch?v=D1U-zx2dyYE>

Outline of Oral Treatment

(Safely and Successfully Used by Jim and Thousands of People)

We and thousands of other people have safely and effectively used this treatment. This outline provides the information and the precautions we use. We highly recommend researching at least several other sources on the oral program just to make sure there aren't any other precautions.

Only 35% Food Grade Hydrogen Peroxide (FG-H₂O₂) is recommended for internal use. Again, if not handled properly, it can be dangerous or fatal.

35% FG-H₂O₂ (FGHP) must be:

- 1) **Handled Carefully:** Direct contact will burn the skin, and will usually turn the skin white. If it contacts the skin directly (undiluted), immediately flushing or washing the skin is recommended. Keep out of reach of children and uninformed others.
- 2) **Diluted Properly:** See the suggested Dosage Chart and protocol below. Under no circumstances should it be ingested undiluted. Even at slightly over 10% strength, it can cause neurological damage. Each dose takes less than one minute to administer.
- 3) **Stored Properly and Safely:** Store in freezer to extend its potency, to keep it from degrading. It will not freeze in a normal refrigerator freezer. This can also keep it hidden from others. Make sure it is marked as "Dangerous."
- 4) **Convenient Use—Eyedropper Bottle:** Pour FG-H₂O₂ undiluted into a small eyeglass dropper bottle and use the dropper to count drops into distilled water (6 – 8 oz). Eyedropper bottles can be purchased at a local drugstore. Label eyedropper to warn uninformed persons to prevent accidental undiluted use, and store – preferably hidden – in your freezer out of the sight and reach of children (and adults who are uninformed of its usage requirements).
- 5) **Orally ingested on an empty stomach:** Drink at least 30 minutes before a meal and at least 2 hours after a meal; some say 1 hour before and 3 after. If ingested with food in the stomach, it can react with the food and bacteria, negating its positive effects, and may cause foaming or vomiting.

More Details About The Above Outline of Oral Treatment

Using an eyedropper, the undiluted drops are dropped into and mixed with 6 to 8 ounces of distilled water, vegetable or fruit juice (apple, watermelon, etc.), milk, aloe-vera juice, non-sugary, non-alcoholic, non-carbonated beverages. Some say coffee or tea are okay. Do not use carrot or banana juice, as there is an enzyme that breaks down the oxygen. Distilled water is probably best, but as the drops increase, it typically has an unpleasant taste. Using juice or liquid can mask the bleach-like taste. Some have found that chewing sugar-free gum, with no artificial flavors or sweeteners, after drinking the solution can help. Also to mask the taste, you could add

some fresh-squeezed lemon, lime, or orange to your distilled water. Do not use chlorinated tap water, because chlorine will break down the oxygen.

It is not uncommon for people to experience some not-so-comfortable effects as they begin the program, e.g., diarrhea, skin rashes or eruptions or pimples, fatigue, cold or flu-like symptoms, such as nausea. These are typically natural cleansing reactions of the body, as the treatment is cleansing cells, releasing stored toxins, dead bacteria, etc., things that which generally contribute to disease and adverse health conditions, things the body must eliminate to bring on the healing. Some have eliminated stomach upset or nausea by taking 3 – 4 lecithin capsules with the FG-H₂O₂. These initial uncomfortable effects are generally healthy reactions that are needed to cleanse the body. This is known as the healing crisis. Some have a strong healing crisis, others minimal, and others hardly notice it, if at all. If such reactions occur at a level that is too uncomfortable, the program can be maintained at the current level that started the reactions or slowed by reducing drops until the cleansing effects are manageable. Generally, it is recommended that the program not be discontinued as the body can eventually rid the body of these materials and this cleansing will soon pass within a few days.

For people with candidiasis, it has been suggested to start with one drop 3 times a day, then 2 drops 3 times a day before beginning the program. Avoid taking the drops close to bed time, as some people experience increased energy due to the increase of oxygen at the cellular level, which can make falling asleep difficult. FG-H₂O₂ breaks down and releases the oxygen soon after ingestion.

This program is a suggestion for the oral treatment, but it is based on years of experience and success stories from thousands of responsible users who have benefited from it. Some may choose to go at it slower, but progress will be slower. This program can be modified to fit individual needs. For example, acidophilus can help strengthen the beneficial bacteria. This schedule is basically the same for all conditions, even for general health improvement. We use a simple convenient chart, like the one below, and put a check mark to represent each dose, as a way to monitor our progress.

Late insertion ... Key to treatment:

The following information is being inserted after the above information was written:

Some sources say the absolute best way to orally take the FGHP is with/by DISTILLED water ONLY—NO juice, coffee, tea, etc. Reason: Some juices may be good “carriers” of the FGHP and will not activate the release of oxygen molecules, or neutralize it—in themselves.

However, the main issue here is that the distilled water (on an empty stomach) allows for the FGHP to essentially **bypass the digestion process** to get it **directly into** the body/blood system. **Using juices or other liquid** with the drops causes FGHP to go **through the digestive processes** of the stomach, thus **diminishing (to some degree) its effectiveness** in/throughout the body.

Note: Our bodies produce hydrogen peroxide. Many fruits & vegetables have it, and a nursing mother's breast milk for baby. These indicate that Nature uses/wants hydrogen peroxide in our bodies—and it by *these goes through the digestive processes*. **However, the Oral Method of this FGHP treatment is to strengthen/enhance the effectiveness of it in the body. And this has been discovered to be most effective (supported by doctors/health practitioners) by bypassing the digestive system to get it *directly into the body by distilled water on an empty stomach*.**

It is also recommended to not chew gum or anything of flavor that may stimulate the digestive system.

Treatment and Dosage Chart

This treatment uses straight, undiluted 35% Food Grade Hydrogen Peroxide to be diluted by the user in 6 to 8 oz. of **steam-distilled water or juice.**

(At 10 drops and above, I use at least 8 oz. of liquid to ensure sufficient dilution.)

Do not use pre-mixed FG-H₂O₂, such as Oxy [whatever], or less than 35%.

Such pre-mixed formulas as these may be of value, but they are not for this regimen.

Steam-distilled water seems to be most effective. Don't use tap water, even if it's purified.

(You can print this page and use this chart for convenient charting of progress.)

Day	Number of Drops	3 Times Per Day		
1	3			
2	4			
3	5			
4	6			
5	7			
6	8			
7	9			
8	10			
9	12			
10	14			
11	16			
12	18			
13	20			
14	22			
15	24			
16	25			

Jim did this treatment only once, and stopped his maintenance dosages after about six weeks. He may have done even better through the years had he repeated the program a couple of times a year or stayed on some level of maintenance; but he never did. Again, individual results will vary.

Combining with other supplements is not recommend. It could diminish the effectiveness or neutralize the H₂O₂. And if using with tea or coffee, using creamer is not recommended.

The regimen of oral treatment of FG-H₂O₂ has some variations (16 days to 23 days). It can be modified for individual use to accommodate cleansing symptoms. As it is necessary to take the FG-H₂O₂ on an empty stomach, some doctors recommend taking the FG-H₂O₂ 1 hour before meals or 3 hours after meals. However, many of us have done the treatment 30 minutes before meals (including other nutritional supplements) or 2 hours after, with no problems. If you are experiencing strong cleansing symptoms (rashes, diarrhea, etc.), stay at the current level if you can, or back off slightly by reducing the drops to a manageable level. Whether you decide to do the oral treatment is up to you. We are not encouraging you to do so; and we are not responsible for your choices. We are merely sharing what we and many others have done with great results ... safely, effectively and responsibly.

Guidelines for Maintenance & Interesting Information

When you have completed the 16-day regimen or protocol, then you may begin to reduce to the maintenance level as described below, if your problems seem to be eliminated. However, for more serious or persistent problems, once you have worked up to the higher dosage, stay at 25 drops taken 3 times daily for 1 to 3 weeks. For more serious conditions, some sources say to stay at 25 drops until the condition significantly improves or disappears which can take weeks or months. Then reduce dosage to 25 drops, 2 times daily until the problems go away. This may take anywhere from 1 month up to 6 months. When problems go away, reduce dosage to 25 drops 1 time daily for a week, then 25 drops every other day for a week, then 25 drops every third day for a week, and then 25 drops every fourth day for a week. A good maintenance routine would be 5 to 20 drops a week, based on how you are feeling. The addition of copper to hydrogen peroxide increases the effectiveness of hydrogen peroxide on bacteria up to 3,000 times. Coenzyme Q10, organic germanium, niacin, vitamin E, flax oil, lecithin and acidophilus help increase oxygenation (<http://drinkh2o2.com/>).

As stated, this regimen can be modified to accommodate your body's response to it, to the cleansing, processing, and removal of toxins. Your cells accumulate toxins from processing food, other cellular processes, accumulation of dead cells, etc. I've heard of this analogy, that it is like ashes in a fireplace. The FG-H₂O₂ provides the extra oxygen to clean the “ashes out of the fireplace.” As the toxins are removed, they must be eliminated from the body by a number of ways: through the skin surface (epidermis), which includes skin eruptions (pimples, rashes). Other symptoms may include headaches, diarrhea, etc. All of this cleansing is like tuning up your vehicle. When your vehicle is tuned up, the spark plugs are clean and strong, etc., and the vehicle has restored horsepower, starts easier, gets better fuel mileage, and will last longer, all as it was designed.

So, during the cleansing and toxin elimination process, you can expect some symptoms. But these are generally good symptoms that will tend to reduce in severity as the majority of toxins are eliminated. However, you must become in tune with your body. Remember, you can take it slower than the treatment chart states, or totally stop the treatment for a few days. But, if possible, it's better to continue to get through the healing crisis as quickly as possible. You must decide if you can handle the speed of toxin elimination.

If, for example, you are on the day where you take 10 drops for each dosage and you are experiencing what you feel is too harsh of diarrhea, you can cut back to 8

or 9 drops for a couple of days (or stop altogether for a couple of days). *You must responsibly gauge your progress.* But, remember, some symptoms are necessary and to be expected. The sooner you can press on and complete the protocol, the sooner you will get to the other side of the cleanse. The point is to monitor the symptoms and adjust the treatment to a comfortable level for your own health.

As Jim and I are not doctors or scientists, we simply believe, based on what we've learned from doctors, alternative health practitioners, and testimonials, and what we've personally experienced, that when ingested safely and responsibly, FG-H₂O₂ simply adds extra oxygen into the body's system at the cellular level. With most people in general, with few exceptions (e.g., people with organ transplants who cannot do this regimen due to likely rejection of their new organ that could be fatal)—how can there be anything but beneficial results?! Going back decades and over 100 years, countless people, experiments, and studies attest to and proclaim this reality!

We Encourage You To Expand Your Knowledge of This Amazing Natural Chemical . . .

As you will learn as you expand your knowledge of FG-H₂O₂ beyond this e-book, FG-H₂O₂ is a naturally-occurring substance; and is found in many areas of life. FG-H₂O₂ is found in rain as well as in many fresh fruits and vegetables. The human body's immune system even produces it as a first line of defense against invading germs. FG-H₂O₂ is anti-bacterial, anti-viral, and anti-fungal. FG-H₂O₂ is far more effective than bleach or chlorine, where even some swimming pools and spas, (including public facilities) use H₂O₂ or ozone (O₃, an extra molecule of oxygen) instead of chlorine.

Here are some great links to get you started expanding your knowledge:

http://www.earthclinic.com/Remedies/hydrogen_peroxide_general.html

<http://drinkh2o2.com/>

<http://www.youtube.com/watch?v=D1U-zx2dyYE>

<https://www.momentum98.com/peroxide.html#uses>

<http://educate-yourself.org/cancer/benefitsofhydrogenperoxide17jul03.shtml>

http://tuberose.com/Hydrogen_Peroxide.html

Two interesting articles for follow up info:

<http://www.dfwx.com/geodiscuss.html> <http://educate-yourself.org/hp/index.shtml>

Support Program to help you do the oxygen treatment, if you want assistance:

<http://www.oxygentherapyprogram.com/h2o2info.html>

How Does It Work in the Lungs and Body?

The health benefits of hydrogen peroxide are many, and have been scientifically documented for decades. Here is a great website, www.herbs2000.com, that describes how it works. The section, “[How Does It Work?](#)” begins toward the end of the page on that website.

Where to Get The Stuff ...

35% Food Grade Hydrogen Peroxide

Before ordering FG-H₂O₂ from an online source or elsewhere, you should see if you can buy it locally first. If so, you will likely save some money as you will not have to pay for shipping and handling.

Many high-quality, locally-owned health food stores carry it. I have found that national and generic franchises usually don't distribute it. Even if you have to drive for miles, it may be worth it. A quart will be far more than you'll need for the oral drop treatment, unless you begin to use it for the many other applications that you can discover in the links above.

If you can't find it within 30 or 60 miles from you, you can easily find it online. Make sure to find a high-quality source. There are some FG-H₂O₂ mixes that have FG-H₂O₂ mixed with flavors and maybe some other additives. These are good for maybe doing maintenance-level treatment. However, for the full and pure treatment as detailed above, the pure and straight FG-H₂O₂ should be used. And, there is one company named *Guardian of Eden* that offers a very unique mixture of FG-H₂O₂ with many minerals and amino acids. They call it “Jutrian Rx.” Professional athletes and the super rich buy from Guardian of Eden. They evidently have very high-quality products. However, I'm not sure if the Jutrian Rx should be used for the oral drop treatment. The website recommends using no more than 1 drop per 2 oz. of water. This is not the treatment that Jim did. You may come across sources that say you should not take FG-H₂O₂ orally at all, or some may say very limited. However, the treatment Jim, I and thousands of others have safely and effectively done has been recommended by a number of doctors and health practitioners. It is up to you to continue your research and modify the treatment if you so choose. **Below are some links to get you started ...**

[Guardian of Eden](#)

[Earth Clinic ...](#)

http://www.earthclinic.com/Remedies/hydrogen_peroxide_where_to_buy.html

[Pure Health Systems](#)

See page 51 below for a link that lists sources of where to get it, and more.

(Pure Health Systems has an article recommending against internal use, except in life-threatening situations. They also subscribe to the view that FG-H₂O₂ kills the good flora, that it can cause intestinal problems, and that it can do cellular damage from free radicals. These claims are not true as explained by a number of qualified sources, such as Dr. Donsbach [below] and Guardian of Eden.)

Pure H₂O₂ for Health:

<http://www.pureh2o2forhealth.com/>
<http://www.purehealthsystems.com/hydrogen-peroxide.html>

Researchers have said that FG-H₂O₂ from rain benefited the soil for crops much more in years past, but with increased pollution in the air in recent decades, the FG-H₂O₂ is activated or oxygen is released as it falls to the ground, and only about half the FG-H₂O₂ now benefits the crops. Thus, FG-H₂O₂ is found less in fresh fruits and vegetables than nature intended. FG-H₂O₂ is produced by saliva glands in dogs' mouths to cleanse their mouths of germs. I also read somewhere long ago that FG-H₂O₂ is found in a human mother's breast milk, evidently benefiting nursing infants.

FG-H₂O₂ has been used successfully on animals for a variety of reasons. It has been used very successfully against cancer. One of the main reasons it is so successful against cancer is that virtually all cancer cells are *anaerobic*, meaning they cannot survive in an oxygen-rich environment. Mainstream medical theory does not include this demonstrated fact. They assert that cancer is basically mutated genes. If the theory is off, so too is the practice. Anyway, there is not room to get into the excellent results this treatment has achieved for cancer in both humans and animals.

However, one case that has long stayed in my mind was of a man who had a dog with a tumor about the size of a baseball, as stated by his veterinarian. The man had recently been learning about FG-H₂O₂ and began giving the treatment to his dog, in his dog's drinking water. Under the observation of the veterinarian, the tumor began quickly shrinking in size. Within 5 or 6 weeks, as I recall, the tumor was gone!

See the FREE BONUS: "The Root of All Cancer" below for the explanation.

If you can't get or have a challenge of getting distilled water in your area, you can purchase a home water distiller (steam or reverse osmosis). Do an online search and find a good system. *You do need minerals in your water for regular consumption. But, for this treatment, distilled water with the least amount of minerals is better.*

Sicknesses, Diseases & Conditions Treated Successfully By The Stuff (FG-H₂O₂)

(partial list)

High Cholesterol; Gingivitis; Open sores and wounds; Acne; Chronic Pain; Gum Disease; Parasitic infections; Allergies; Cirrhosis of the liver; Headaches; Parkinson's Disease; Hepatitis; Periodontal Disease; Alzheimer's; Colitis; Gangrene; Herpes; Anemia; COPD; Herpes Simplex; Angina; Cystitis; Diabetes Type II; HIV Infection; Shingles; Arteriosclerosis; Influenza; Sinusitis; Arthritis; Insect bites; Sore Throat; Asthma; Digestion Problems; Leg ulcers; Bacterial Infections; Eczema; Leukemia; Bronchitis; Emphysema; Lupus; Ulcers; Burns; Epstein-Barr infection; Lymphoma; Vascular Diseases; Cancer; Food allergies; Vascular headaches; Candidiasis; Fungal infections; Migraine headaches; Viral infections; Cardiovascular Disease; AIDS; Fungus; Mononucleosis; Warts; Multiple Sclerosis; Yeast infection; and more.

The free bonus treatments and rare remedies below have also been effective with many sicknesses, diseases and conditions.

Two Myths Exposed About The Oral Treatment:

click here:

[>>OxyFile #171<<](#)

Reprinted from *The ECHO* Newsletter; Published by: ECH2O2 Inc., P.O. Box 126, Delano, MN 55328

HYDROGEN PEROXIDE FACTS

Dr. Kurt W. Donsbach, D.C., N.D., Ph.D is one of the most knowledgeable on FG-H₂O₂ and leading practitioners who uses it.

Hydrogen peroxide does not harm the “good” bacteria or flora because they are **aerobic**. They flourish in **oxygen-rich environments**. Conversely, bacteria that generally cause disease or adverse health conditions are **anaerobic**. They thrive in environments that have **little oxygen**.

Some sources that support using FG-H₂O₂ say that all the other methods are beneficial, but that the oral method (drinking it) is not good because it kills the good bacteria along with the bad. *However, this is not logical and the best sources disagree with this view.*

The best sources say:

Hydrogen peroxide does not harm the good bacteria or flora because they are aerobic. Good bacteria flourish in oxygen-rich environments—which is what the FG-H₂O₂ gives them! If hydrogen peroxide was not good in/for our stomachs—then why does Nature have it in many fruits, vegetables and in a nursing mother's breast milk for her baby?

Conversely, bacteria that generally cause disease or adverse health conditions are anaerobic. They don't like oxygen. Bad bacteria thrive in environments that have little or no oxygen; these are the ones we want to rid our bodies of.

List of Some of the Most Reputable, Honored and Amazing Alternative Medicine and Natural Health Practitioners

They have many followers including celebrities and professional athletes.

They have *fascinating* newsletters or catalogs, and *many* testimonials.

None of them have endorsed this e-book nor are any of them associated with it or us in any way. We simply highly respect them and just want to pass their names and contact info on to you because they are some of the highly credible and successful health & healing practitioners we believe in and follow:

- **Dr. Kurt Donsbach, Ph.D, D.Sc., ND, DC:** <http://www.donsbach.com>
Dr. Donsbach's radio show online: www.letstalkhealth.com
- **Dr. Julian Whitaker, MD** (*Health & Healing*): 1-800-211-6360 or 1-800-539-8219
<http://www.drwhitaker.com/Shared/MultiUseBlank.aspx?contentid=23328>
Video of Dr. Whitaker on reversing type II diabetes:
<http://www.drwhitaker.com/Shared/MultiUseBlank.aspx?contentid=23328>
- **Dr. Richard Schulze:** 1-800-HERBDOC (437-2362): www.herbdoc.com
- **Dr. David G. Williams:** 1-800-843-8516; or ALTERNATIVES: 1-800-843-8408
www.BottomLineSecrets.com (Search for "natural therapies" in their search bar.)
- Bottom Line Secrets' doctors include: **Dr. Mark Stengler, ND**, and **Dr. Earl Mindell**
- **"Pioneering A New Kind of Medicine." "Cure The Causes of Chronic Disease":**
Award-winning & highly honored, **Dr. Jonathon V. Wright, MD:** New Food & Vitamin Cures
Amazing discoveries and breakthroughs by Dr. Wright and his *Nutrition & Healing*:
http://www.wrightnewsletter.net/video/NAH/sugar_mustard/?pco=LNAHM437&eco=LNAHM438

List of Alternative Doctors and Clinics around the world:

<http://www.whale.to/cancer/doctors.html>

Excellent Books

If these links are not click-able, copy and paste the whole link into your browser.
(Bookmark these sites for future convenience.)

Hydrogen Peroxide: Medical Miracle (Paperback)

by [William Campbell Douglass, MD](#) (Author)

<http://www.amazon.com/gp/product/1885236077?ie=UTF8&tag=pattohea-20&linkCode=xm2&camp=1789&creativeASIN=1885236077>

Hydrogen Peroxide (Paperback)

by [William Campbell Douglass II, MD](#)

<http://www.amazon.com/gp/product/9962636256?ie=UTF8&tag=pattohea-20&linkCode=xm2&camp=1789&creativeASIN=9962636256>

Flood Your Body with Oxygen (Paperback)

by [McCabe, Ed](#) (Author)

("Mr. Oxygen", international author/speaker, and has been on a number of television programs.)

<http://www.amazon.com/gp/product/0962052728?ie=UTF8&tag=pattohea-20&linkCode=xm2&camp=1789&creativeASIN=0962052728>

To Get Oxygen Products/Equipment from "Mr. Oxygen" Ed McCabe

<http://www.oxygenamerica.com/?af=paths>

THE OXYGEN REVOLUTION: Hyperbaric Oxygen Therapy: The Groundbreaking New Treatment for Stroke, Alzheimer's, Parkinson's, Arthritis, Autism, Learning Disabilities and More (Hardcover)

by [Paul G. Harch](#) (Author), [Virginia McCullough](#) (Author)

<http://www.amazon.com/gp/product/1578262372?ie=UTF8&tag=pattohea-20&linkCode=xm2&camp=1789&creativeASIN=1578262372>

Oxygen to the Rescue: Oxygen Therapies and How They Help Overcome Disease, Promote Repair, and Improve Overall Function (Paperback)

by [Pavel Yutis](#) (Author)

<http://www.amazon.com/gp/product/1591200075?ie=UTF8&tag=pattohea-20&linkCode=xm2&camp=1789&creativeASIN=1591200075>

A Great Organization and

Likely The World's Most Knowledgeable Man on the Stuff: Walter Grotz

Educational Concern for Hydrogen Peroxide (ECHO, or ECH₂O₂) is a nonprofit organization dedicated to educating the public on the safe use and therapeutic benefits of hydrogen peroxide. ECH₂O₂ Newsletter has, for years, been an excellent resource and has done much to spread the great news of 35% FG-H₂O₂. ECHO was founded by Father Richard Willhelm and is run by Walter Grotz. Walter became passionate about the little-known-about treatment of FG-H₂O₂ after he did the oral consumption program and *ridded his body of severe arthritis*. When I first began learning about FG-H₂O₂ when I was in college (about 1988), I had the privilege of speaking with and interviewing Mr. Grotz via telephone for a college term paper on the topic of hydrogen peroxide and its amazing benefits. It was an exciting time as I had recently witnessed Jim's amazing recovery which launched me into the amazing world of alternative ideas and knowledge. There are many articles online referring to ECHO. There are other great people, researchers, authors, scientists, and doctors who credit ECHO for its contribution, but Walter Grotz and his organization have been one of the greatest pioneering sources of this message to the world.

Their address is:

ECHO Newsletter Published by:

ECH₂O₂ Inc., P.O. Box 126 Delano, MN 55328

[http://www.foodgradeh2o2.com/ ...](http://www.foodgradeh2o2.com/)

Mr. Grotz is likely the **most knowledgeable man in the world** on the subject of hydrogen peroxide, especially 35% FG-H₂O₂. Mr. Grotz began investigating the amazing and beneficial uses of hydrogen peroxide in the early 1980's. Over the years he collected thousands and thousands of medical research reports, thousands of anecdotal stories including hundreds of his own experiments with hydrogen peroxide. I thoroughly enjoyed talking with him (I mean, mostly listening to him) on the telephone that day, years ago. (By the way, I got an "A" on my term paper.)

You can read about him at:

<http://www.foodgradeh2o2.com/ask-your-hydrogen-peroxide-question/>

[You can ask Mr. Grotz questions at:](#)

<http://www.foodgradeh2o2.com/blog/chance-of-a-lifetime-ask-walter-grotz-your-hydrogen-peroxide-questions/>

(The above web page may have changed subjects.)

More Sources/Suppliers To Get The Stuff

The website linked to below is operated by James Roguski. James was mentored by Walter Grotz and is the man who wrote

The special free bonus we included on the download page,
"The Truth About Food Grade Hydrogen Peroxide (FGHP)."

(If you haven't read it yet, make sure you do soon.)

You can also get the free ebook here: [Free eBook.](#))

This great website is Mr. Roguski's:

>>TheTruthAboutFoodGradeHydrogenPeroxide.com<<

Here's a page on Mr. Roguski's site about Mr. Grotz:

>[Walter Grotz](#)<

List of U.S. sources to get FGHP: [Click Here!](#)

(Note: At time of this writing, U.S. Suppliers **cannot** ship outside of the U.S.)

Some international & internet suppliers: [Click Here!](#)

(Toward the bottom of this web page)

If you don't know where to get it, contact one of these sources.

If you're interested in learning where to find a doctor/clinic that does the *IV or other Oxygen treatments (i.e., Ozone [O₃]), See the list toward the end of Mr. Roguski's free ebook,

"The Truth About FGHP".

(*IV method and all methods of FGHP use are shared below.)

Bonus Contents (with titles): Successful Methods of Using The Stuff

(Methods #2 - #5 are Bonuses in addition to Method #1)

Method 1: This is the treatment Jim used. It is detailed in his story and the other sections after it....	35
Method 2: Inhalation (Anne combined 1 & 2 to beat her COPD in 87 days!)	55
Method 3: Intravenous (IV)	57
Method 4: Absorption	59
Method 5: Humidifier/Vaporizer	59

Free Bonus Treatments

About The Free Bonus Treatments	62
Additional Note About The Free Bonuses	66
Bonus #1: Life in the <i>FAST</i> Lane—A Jolt & Lunge Toward Health	67
Bonus #2: Herbs (Help from the Masters of Regeneration—the Chinese)	75
Bonus #3: Cleansing the Lymphatic System—Taking Out The Trash	83
Bonus #4: The Root Cause of Cancer (This info can help with general healing/health)	84
Bonus #5: Going Green—Extreme Green—Cellular Fuel	88
Bonus #6: ACV Every Day Can Keep the Doctor Away	93
Bonus #7: You'll Laugh With This Treatment	96

Free Bonus e-Books (8 – 15)

Bonus #8: <i>The Water Cure</i>	99
Bonus #9: PDF e-Book: <i>The Healing Power of Water</i>	103
Bonus #10: PDF e-Book: <i>Take Control of Your Health</i>	103

#9 - #14 were included with your downloads, included with Bundle 1.

You should already have them. Access to #8 will be given at the end of its section.

Access to #15 will be given in its section, page 103.

More Free PDF's: 3 are on Ancient Chinese Knowledge ...

Read these *after* you've read Treatment #2 (Herbs)

#11: <i>Health with a Chinese Twist</i> , by Dr. Dean Black, Ph.D.	
#12: <i>Regeneration vs. Substitution</i> , by Dr. Dean Black, Ph.D.	
#13: <i>Regeneration: Life Replenishing Life</i> (This is not the <i>Regeneration</i> booklet cited in ebook, but is based on Dr. Black's concepts.)	
#14: Health & Healing Knowledge: <i>The "Doctrine of Signatures"</i>	
#15: eBook: <i>The War Between Orthodox Medicine and Alternative Medicine</i>	103

Free Bonus Methods

Other Successful Methods of Using The Stuff (FG-H₂O₂)

There are five methods of using what has been called the “Medical Miracle,” 35% Food Grade Hydrogen Peroxide (FG-H₂O₂), for emphysema, COPD, and other illnesses, diseases and conditions. H₂O₂ is found throughout nature, e.g., rain, fresh fruits and vegetables, a human mother's breast milk for her nursing baby, and a dog's mouth. Even our own immune systems, by our T-cells, make it as a first line of defense against invaders, such as bacteria, viruses, and fungi. However, largely due to pollution today, the percentage of H₂O₂ from rain has been greatly reduced. As you know, oxygen is crucial to life and health. You're about to know *five very effective, demonstrated, and scientifically documented methods for increasing the oxygen levels and function of your body. Here are the five methods:*

Method #1: Oral Treatment/Therapy

This method has been described in depth above in Jim's story (p. 35) and the subsequent sections. (It is listed here as it is the main and likely most used method.)

Method #2: Inhalation

The inhalation method is what Anne did in addition to Method #1 (oral drops). She said this inhalation method greatly and quickly improved her breathing and sleeping, stopped her wheezing cough, and with reducing her phlegm that was causing her serious problems. For her, the Oral method alone seemed to be taking too long to relieve her symptoms. She was close to death and determined to do this treatment until it helped her, as her mainstream treatments offered her little or no help. Her fiery determination paid off: her mainstream doctor pronounced her COPD-symptom free on the 87th day! She and I are both grateful that she found this information. Others have combined these methods as well.

(Anne and Jim had different experiences. This is an example of “individual results may/will vary.” As with anything there are many factors involved, i.e., age, degree of condition(s), other conditions, immune system health and other bodily systems (and weaknesses and imbalances), etc., not to mention all the variables of the subjective human experience.)

Many people have had great success with the inhalation method. Some people prefer it to the oral method, as some are very sensitive to the taste of the H₂O₂ at the higher dosages. It is also a little more convenient than the oral method, as you don't have to worry about doing it one hour before meals or 2-3 hours after. You

can do it closer to meals. The inhalation method helps with many problems, but as it goes directly into the throat and lungs, it is especially helpful with emphysema, COPD, bronchitis, asthma, sore throat, and cough.

The inhalation method requires a 3% solution of H₂O₂ that you can make from the 35% Food Grade solution (instructions below).

Some have used the regular brown bottle 3% that you find in most stores. However, recall that only Food Grade is recommended by most doctors and experts for internal use. Many report no ill effects from it, though. It is up to you, but I, along with the experts, **recommend using only the 35% Food Grade.**

To use the 35% FG, you **MUST DILUTE** it first, of course. Remember, NEVER use 35% straight for anything internal or on your skin. *It's been said to never say never—this may be the only exception! I repeat NEVER EVER use it straight!*

You may have learned by now, if you've checked out some of the links above, that many of the other uses of FG-H₂O₂, such as for disinfecting, gardening, or household uses, require a 3% solution. So, you may want to make some 3% in a quantity of a quart or a gallon at a time. **Remember to ALWAYS label your containers with “DANGER” or “DO NOT DRINK” for people who may be uninformed, and keep them out of reach of children.** Storage: Keep out of fluorescent light. Store in a cool dark place, out of sunlight and heat. The 35% solution can be stored in the freezer as it will not freeze.

Here's how to dilute 35% to 3% H₂O₂ :

Using distilled water, mix one part 35% FG-H₂O₂ to 11 equal parts water, to make a 3% solution (11 to 1). Visit this website for more on mixing:

<http://www.using-hydrogen-peroxide.com/peroxide-dilution-chart.html>

Here are the links to Earth Clinic and to the video of Bill Munro demonstrating how he does the INHALATION METHOD:

http://www.earthclinc.com/Remedies/hydrogen_peroxide_inhalation.html

MUST SEE if considering using inhalation method>>[Video of Bill Munro Demonstrating](#)

[Video of Oxygen Therapies](#)

Doing both methods 1 and 2 (as Anne did) can be very effective. Method 1 infuses oxygen throughout the body and systems; Method 2 goes directly to the lungs which can break up phlegm and get directly at the toxic build up to release/remove it. It is said that fungus is common in emphysema/COPD lungs—and *hydrogen peroxide is anti-fungal.*

Method #3: Intravenous (IV)

The Intravenous Method is the quickest and most effective method of benefiting from FG-H₂O₂. **However, it must be administered only by qualified medical professionals.** If you would like to pursue this therapy, you will likely have to travel some distance to a qualified clinic or doctor.

There are many success testimonials from using the *Intravenous* Method (IV). One that has stuck in my mind for years was of a man with emphysema. He had to fly to the clinic. When he arrived he was *too weak from his emphysema to walk*. As I recall, he needed a wheelchair at this point.

When he arrived at the clinic, during his education of the IV treatment, the doctor explained that they would give him several IV treatment sessions that would last about 10 minutes each. During each session he would cough up a lot of junk that was in his lungs. The man received his several sessions over the course of a few days. As the hydrogen peroxide bubbled in his lungs, he coughed up the the junk as he was expected.

After his treatment, when it was time for him to leave and board the airplane he had gained so much strength **he was not only walking—but was strong enough to carry his own luggage!**

Below is an excerpt from: <http://drinkh2o2.com/>

This is one of the most comprehensive and interesting websites on hydrogen peroxide. Scroll down toward the bottom of the page for info on IV and Oral Therapy.

*There are two methods of administering hydrogen peroxide: orally or intravenously. [There are actually two others: Inhalation and Absorption.]. **Emphysema is one condition [for] which intravenous infusion of hydrogen peroxide is best.** Emphysema is destruction of the alveoli, the small air sacs in the lungs. An inadequate amount of oxygen reaching the tissues forces the heart to pump more forcefully; causing high blood pressure, enlargement of the heart, and eventually heart failure. **A vaporizer [Method #5] improves night-time breathing** by using at least 1 ounce of 35% Food Grade Hydrogen Peroxide mixed in 1 gallon of non-chlorinated distilled water. Hydrogen peroxide intravenous (IV) infusion has the ability to **cleanse the inner lining of the lungs and restore the ability to breathe.** Within minutes, oxygen from hydrogen peroxide begins to bubble up between the membrane lining, the lungs sacs, and the accumulated mucus. The patient begins to cough and expel accumulated material in the lungs. The amount of bubbling,*

coughing, and cleansing can be regulated by simply turning the hydrogen peroxide on or off. As the hydrogen peroxide cleans the lung surface and destroys bacterial infections, the patient regains the ability to breathe better. Hydrogen peroxide is being used intravenously and intra-arterially by doctors in the United States and foreign countries. The International Bio-Oxidative Medicine Foundation supports clinical research in Hydrogen Peroxide Therapy. (insertion and emphasis added)

**Oxygen Therapies:
Ozone and Hydrogen Peroxide Therapy Doctors and Clinics:**

O3 Center List (U.S. & World wide):

<http://www.o3center.org/Clinics/index.html>

To find a doctor near you call (405) 478-4266 or write to
The International Bio-Oxidative Medicine Foundation [IBOM],
P.O. Box 13205, Oklahoma City, OK 73113.

<http://educate-yourself.org/hp/hydrogenperoxidephysiciansIOMAlist2002.shtml>

For a list of clinics/physicians who do the IV method,

see James Roguski's site/ebook (*The Truth About H₂O₂*) for clinics/sources:

<http://www.foodgrade-hydrogenperoxide.com/id31.html>

There is one other method of increasing oxygen in the body that is in addition to the five listed. **Like the IV method, it should be performed only by a qualified medical professional.** This method is: **Rectal Insufflation.**

If you would like more information on this method, you can contact and speak to one of the physicians and/or clinics that do the IV method.

Here is some info about this method:

<http://www.o3center.org/Articles/TheStoryofOzone.html>

Kurt W. Donsbach, D.C., Ph.D., D.Sc., from Hospital Santa Monica, Hospital St. Augustine and Institute Santa Monica uses rectal insufflation and intravenous therapy, evidently with a high rate of success.

Method #4: Absorption

The fourth way to benefit your health and healing from hydrogen peroxide is the Absorption Method, which is **absorbing it through the skin by soaking in a bath tub**. *It may be a slower and less potent method than the Oral, Inhalation or IV methods, but it too has been effective for many people, especially with minor sicknesses.*

They say the human body can absorb up to two quarts of fluid while bathing for at least 20 minutes. Bathing in hydrogen peroxide is easier, some feel, than doing the Oral Method. You use up to two pints of 35% FG- H₂O₂ per tub full. You soak in it for 30 minutes. This can be a great start, but for someone with more serious conditions, other more potent methods of oxygen therapy will likely be needed.

As mentioned above there is one more method for using hydrogen peroxide, and that is the **Vaporizer Method** . . .

Method #5: Humidifier/Vaporizer

Hydrogen Peroxide Therapy Using a Cool Mist Humidifier

This method of benefiting from hydrogen peroxide for health and healing is also very simple, yet effective. This method is to use a vaporizer or humidifier. A cool mist humidifier is reported to be the most effective. Many people have reported that breathing in a hydrogen peroxide mist has *improved their lung conditions, such as emphysema, COPD, bronchitis, and pneumonia.*

This method can be used at night when sleeping or throughout the day. It can be done in conjunction with the oral, inhalation, and absorption methods of using H₂O₂. Obviously, I don't mean precisely at the same time: soaking in the tub, drinking it, inhaling, and breathing the mist all at the same time. *(That's a comical mental image.)*

Using a cool mist vaporizer or humidifier delivers H₂O₂ to the respiratory system. This method is safe, efficient, and can ease or improve chronic or acute breathing difficulties. If someone does not have a lung disorder, it is an excellent way to just get extra oxygen into the body.

Use a cool mist vaporizer or humidifier, not one with a heating element. A heated one dispels the oxygen too fast and the benefit of the H₂O₂ will be lost.

Preparing the Vaporizer and Mist

A cool mist vaporizer distributes water and H₂O₂ in a mist into the air to be absorbed into your lungs and body as you breathe normally. Keep your vaporizer clean after use by washing and drying it as your unit's instructions state.

Some people say that **tap water** will work if it's reasonably free of minerals. *However, the main issue with hydrogen peroxide is not the minerals, but the chlorine from tap water.* Chlorine activates the peroxide, releasing the oxygen at the wrong time. Again, **distilled water** is preferred. Distilled water will also prevent mineral build-up in the unit. *(Juice can be used with the oral method, but I don't recommend using juice in your vaporizer.)*

Some people use the regular brown bottle, non-food-grade, 3% hydrogen peroxide for the vaporizer method. It can save a little money, but the results may not be as good. Recall that the brown bottle stuff has stabilizers. Making a 3% solution with the 35% Food Grade is recommended.

How to Make 3% Solution of 35% Food-Grade H₂O₂		
Use This Amount of 35% FG-H₂O₂	AND This Amount of Distilled Water	To Make This Amount of 3% H₂O₂ Solution
1 part	11 parts	12 parts
1 and 1/4 cups	14 and 3/4 cups	1 gallon (16 cups)
1 and 1/4 tablespoons	3/4 cups + 2 and 3/4 tablespoons	1 cup (16 tablespoons)
1/4 cup + 1 tablespoon	3 and 1/2 cups + 3 tablespoons	1 quart (4 cups)

Vaporizer Mixture: After you make your 3% solution of FG-H₂O₂ from the chart above, you'll need to make a mixture to put in your vaporizer. To make the mixture to put in your vaporizer, add 1^{1/2} cups of the 3% solution to 1 gallon of distilled water. Pour this solution into your vaporizer.

Over time, hydrogen peroxide will degrade. If you make a quantity of 3% and don't use it in a reasonable amount of time, pour it out and make a fresh solution.

How to Enhance the Vaporizer Method: [Deep diaphragmatic breathing](#), without a vaporizer, is another health and healing method that has been demonstrated to improve many illnesses and conditions, including weight loss. It is healthy for both the body and the mind. As I understand it, deep diaphragmatic breathing is essentially intended to bring in more oxygen from the air and to maximize the utilization of oxygen and carbon dioxide exchange in the lungs. Many people

breath wrongly by breathing with their lungs and not their diaphragm, abdomen, or belly. Lung breathing is shallow breathing and is marked by an expansion of the rib cage. Deep breathing is marked by the expansion of the abdomen, with little or no expansion of the rib cage.

The techniques vary, but essentially you would take deep breaths using your diaphragm (stomach area), keeping from expanding your rib cage. Inhale through your nose, hold it to a mental count of at least 3 – 5 seconds, up to 10, and then exhale fully through your mouth. Repeat this method for at least 5 deep breaths.

The point here is to do this deep breathing in the presence of the H₂O₂ vaporizer mist. Not only will you benefit from inhaling more oxygen in the normal air, but also from the added oxygen in the H₂O₂ mist, maximizing the use of oxygen.

As all these hydrogen peroxide methods are individually safe and effective when done appropriately, the guiding principle is to be aware of your body's reactions, and adjust if needed. But don't be too quick to back off the treatments if experiencing the “healing crisis” of symptoms, such as nausea, diarrhea, headaches, rashes, etc. Remember, these symptoms are general signs that the treatment is working: cleansing and producing. Generally speaking, as many have found, the healing crisis is the door to get to health and healing.

Two Other NATURAL Treatments for Emphysema/COPD, Lung Health and Many More Conditions:

These are later additions to this ebook. We wanted to include them because many people claim **much improvement** by these methods for **these conditions and many more**. We want to add as much value as we can to help you with **these conditions and others**. With little room to insert them without restructuring the contents and page numbers/hyperlinks of the ebook, we'll just introduce them here and point you to do further research if you want.

1. Oil of Oregano (Not the common oregano. This was one of the natural remedies Hippocrates used.):

This woman experienced amazing results for her emphysema/COPD, go here to see:

<http://www.thenakedscientists.com/forum/index.php?topic=5263.0>

<http://ehealthforum.com/health/how-i-reversed-my-mom-s-emphysema-t218623.html>

<http://www.wisegeek.com/what-is-oil-of-oregano.htm>

<http://www.consumerhealth.org/articles/display.cfm?ID=20050530142700>

Highly recommended source of the most potent Oil of Oregano: <http://www.oreganol.com/>

Fungus and other microbes tend to grow on toxic/dead tissue, they may be a contributor to emphysema/COPD problems. Oil of Oregano seems to greatly help, even to the point of elimination of the problems!

2. Oil Pulling (or Swishing)(Helps with lung conditions, phlegm, and many conditions):

<http://naturalsociety.com/oil-pulling-benefits-what-is-oil-pulling-anyway/>

Universal remedy (PDF): http://www.oilpulling.org/wp-content/uploads/2009/09/Oil_Pulling_A_Universal_Remedey_TKRao.pdf

<http://www.oilpulling.org/benefits/diseases-cured/>

<http://www.oilpulling.org/oil-pulling/> | <http://www.oilpullingbasics.com/howCanHelpOil.htm>

One more source (Optimal Breathing) that can help greatly with emphysema/COPD:

<http://www.breathing.com/emphysema.htm>

About Your Free Bonus Treatments

In the U.S., healthcare has been a major issue. Many people don't like or want a shift toward socialized medicine, both professionals on the medical side as well as people on the public side. Many have demonstrated that “free”, socialized medical treatment is inferior, due to: more government regulation and control, because high-quality medical professionals may exit the field, longer waiting periods for treatment, etc.

What is greatly needed is a fundamental paradigm shift when it comes to healthcare, health, and healing. As stated elsewhere, the strength of mainstream medicine is in acute and trauma care. And, the strength of alternative medicine and natural remedies is in the treatment of chronic and degenerative illnesses, diseases, and conditions. If we, not only in America, but around the world, would embrace the value and validity of alternative medicine, a huge portion of the ineffective current system would become much more effective and affordable—thus eliminating the problems of over-priced treatment!

The general philosophy and mission of alternative medicine and natural remedies, especially of the Chinese, who are experts in health and healing, is not to focus on the symptoms and specific illness, disease, or condition. These specifics are but symptoms indicating weaknesses in and imbalances of the systems of the whole being (systems: immune, respiratory, digestive, circulatory, endocrine, fat regulation, elimination). ***By focusing on the principles of regeneration, by working with and supporting the self-evident innate healing power and processes—the symptoms and the weaknesses tend to disappear!!***

You don't fight negative with negative or darkness with darkness. By focusing on positive, negative disappears! By shining light on darkness, the darkness disappears! How simple can it be?!

So, based upon 20 years of knowledge and experience with alternative health and healing, I bring to you these treatments which are among the most inexpensive and effective methods for health and healing. Each treatment has demonstrated positive results for many people.

The general goal is not just to target emphysema and COPD or other specific symptoms, but to strengthen your whole body, all your systems. This will aid your innate healing power and healing processes to do their job by Nature: to cleanse, balance and heal your body. Of course, individual results will vary. But, by

focusing and engaging in holistic health and healing principles, you will increase the chances of your body healing itself!

And, in the process, as you already know, proper nutrition, regular and good sleep, and regular exercise are critical. Everyone knows these things, but we often overlook, discount, and ignore them. For example, you can increase the oxygen to your heart with hydrogen peroxide, but only exercise can strengthen the heart muscle.

A critical key to health and healing is to develop a mindset and lifestyle of strengthening and fueling our bodies at the cellular and systemic levels! The treatments below will help do these in powerful ways. But, we need to shift our perception of food from just satisfying our taste-buds and bellies to seeing it as fuel. The higher the “octane” (nutritional value) the better! And, we need to burn the “octane” and get it moving through our systems as efficiently as possible!

I came up with an analogy that helps me focus on maximizing my life energy. I call it “***Optimizing the Flame.***” Image a kerosene lantern that has an adjustable wick. When the wick is burning, if you adjust the wick too high, it will begin to smoke; and if you adjust it too low, the flame will extinguish. The objective is to maximize or optimize the flame for optimum light.

Applying this to our human life, we each have a certain level of life energy, a life force, or “flame” within us. Some of us seem to have more than others. Most of us would like to have more. Everyone has different levels of needs to optimize our “flames,” e.g., some people need more than 8 hours of sleep to feel rejuvenated, some need 6 - 8, and some do great on less. We have different body types, metabolisms, personalities, etc. But the point is that all of us need nutrition, sleep, mental or physical rest, play, leisure, work, exercise, etc.

So, I try to consciously be aware of and ask myself as often as possible, “*What do I need right now to 'Optimize my flame?'*” I'm far from perfectly practicing this principle myself, but I'm improving. Excellence, not perfection, is the goal!

Our bodies are designed to move! Our muscles need movement to stay strong and get stronger. Our hearts and respiratory systems need to be challenged. Our lymph systems need movement to get the sludge and toxins out. I'm not just pointing out the obvious here by telling you this life-basic that you likely already know. A news report I caught some time ago stated something to the effect that, when we

stimulate our bodies, generally regardless of one's age or state of degeneration, ***our cells tend toward growth, strength and life!*** Of course there are limitations and stages beyond recovery, or we would never die, as we all do. But the improvement or recovery possibilities are far greater and more frequent than most of us realize.

What's really awesome is that regardless of our age, and regardless of how sedentary and weak we've been in the past, as our cells begin to get the proper "fuel", and our bodies begin to move, our brains and bodies, our cells and systems will respond in positive ways! And, the more you advance in this, the stronger and more able your body will be able to fend off illness, disease, and adverse conditions!

Even if all you can do is sit and lift your arms, then lift them up and down however many times you can, rest and repeat several sets. If you lift them 5 times, that's 5 repetitions or "reps." Each 5 is a set. The next day, do a few more. Then in a few days, or whenever you feel you can, extend your arms in circles.

The point is: In whatever condition you are in, start with what you can do. Your body will begin to get stronger, your heart and circulation stronger, your breathing deeper, etc.! Challenge yourself incrementally. Don't over do it, but do just enough exertion to get your heart rate up a bit, to stimulate your muscles, to get your lungs more active, etc. If necessary, do this under the care of a physician, of course.

A curious and awesome thing about life is that truth is often contrary to our human nature. For example, we naturally tend to think that we need to conserve or hoard the thing we want to gain more. Actually, often, the converse is true. It is the principle of giving to get what we want. This has been demonstrated many times and ways from extra-biblical sources, but the Bible reveals: if you want to get, then *give!* If you want a friend, then be friendly. If you want love, compassion, kindness, or understanding, then give love, compassion, kindness or understanding. If you want money, then give money. As the Bible says, "You reap what you sow". Secular people and businesses have used this principle with great success. Two of the most cited, valued, and popular secular business books in the world illustrate that giving is a key to virtuous gain. These two books are: *The Richest Man in Babylon*, by George S. Clason, and *The Greatest Salesman in the World*, by Og Mandino.

This almost paradoxical principle is also true for health and energy. If you want to gain energy, then you must invest or exert energy. And, you will receive more energy. If you want to gain strength, then you must invest or expend strength. And,

you will receive more strength. If you want health and healing, then invest time and effort. You must begin to develop healthy patterns, such as: seeing food as fuel (real cell-fueling power), exercising, doing the healing treatments, etc. And, you can begin to experience improved health and begin moving toward your healing.

Most of us know most of these basics of health. But, there's more to it, as you will see in the treatments below. ***But when we really start to act on what we know, the results are generally fast and often amazing!***

*Whatever you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it.
—Johann Wolfgang von Goethe*

*Faith (belief with corresponding action)
is a powerful force. It was by faith that Jesus walked on water,
turned water into wine, and healed multitudes of people.*

*Now faith is the substance of things hoped for,
the evidence of things not [yet] seen.
—Hebrews 11:1 (KJV)
(insertion added)*

*Now faith is the assurance (the confirmation, the title deed)
of the things [we] hope for; being the proof of things [we] do not see
and the conviction of their reality
[i.e., faith perceiving as real fact what is not revealed to the senses].
—Hebrews 11:1
(Amplified Version)*

Additional Note About Your Free Bonus Treatments

These treatments/therapies have been demonstrated very effective, in and of themselves, for many people. As they are safe, simple, non-toxic, and non-competing, they have also been done/used in combinations of two or more concurrently. Educate yourself on them, and then decide if you may want to do 1, 2, 3 or more of them at the same time. Remember, the general alternative, natural approach to health and healing is not to treat the symptoms of the illness, disease, or condition (weaknesses*), but to focus on strengthening your body's systems in order to improve or eliminate the causes. Mainstream medicine tends to treat specifics with specifics. The Chinese and alternative medicine tend to treat specifics with generalities *that eliminate specifics*. By doing two or more of these treatments concurrently, emphysema, COPD and other conditions can be “attacked” from multiple “angles.”

*The Chinese, who are experts in health and healing, consider illness, disease, and degenerative conditions to be: (1) weaknesses in any of the systems of the body, i.e., immune, respiratory, circulation, digestive, endocrine, fat regulation, nervous systems, and (2) imbalances (some too strong, others weak). Western medicine basically categorizes illness and disease and often merely treats the symptoms. Western medical science can be effective and has had many successes, but has limitations. Its strengths are injury, trauma, and acute care. With chronic care or long term illness and conditions, however, it has caused much more harm and death than most people are aware. And, most people are unaware of the many successes of alternative medicine and natural remedies. Rather than merely treating the symptoms of the weaknesses, the Chinese believe that by focusing on strengthening and balancing the systems, the weaknesses will disappear. Much of alternative medicine operates from this philosophy. Obviously, the Chinese have excelled in health and healing after centuries of meticulous study, experimentation, practice, and results. We can and should learn all we can on these topics from the Chinese, Ayurveda, and other types of health and healing sciences that have demonstrated successes. It is ignorant to not learn something from others who have achieved excellent results. In the full spectrum of health and healing, Western medical science is not “the best.” It is not “real” science, as if the others are not. It is merely a valuable method and part of science, health, and healing. There are other valid and very effective healing sciences and treatments that should be accepted and promoted.

FREE BONUS #1: Life In The *FAST* Lane ...

Welcome to **Life in the *FAST* lane!** Fasting from food. *Yes, from solid food.*

Wait! Hold on! Don't skip this section! Don't be scared or repelled by the thought of skipping a meal or two or twenty. *Fasting is NOT equal to starving!*

*Many people who fast for the first time are thoroughly pleased that all hunger soon passes and they have absolutely no hunger!
They experience joy, exuberance, clarity, energy, and
new life on a level unexpected!*

Please, just hear me out. In fact, why don't you pause and go grab a snack and a drink?

Then come back and eat it while you are introduced to **the *ancient practice of fasting*, as it is**

one of the world's most powerful and proven health and healing practices!

*****pause*****

Okay, do you have your snack and drink?

Good, just enjoy your food and

RELAX while you read about not eating.

“He who fasts is in the hands of the inner physician.”

—Paracelsus

Fasting commands your innate healing power into immediate action!

*It grabs the collar of your Inner Physician and gets him to work,
positioning you for deep, comprehensive “surgery without a knife.”*

*Fasting is the fastest way to quickly thrust your whole being¹
toward health and healing!*

As you will soon see, *fasting can quickly thrust your whole being* toward health and healing like no other therapy can!* Fasting quickens all your cells, organs, and systems to attention, commanding their instinctive responses, initiating their latent individual and collective programming of both destruction** and construction. Fasting marshals their forces toward health and healing in such a *comprehensive manner, commanding the innate healing power to action like no other therapy can achieve!*

* Whole being: mind/brain, body, will, emotions, desires, appetites, motives, even self-control, discipline, and more

** Destructive: destroying and eliminating unhealthy tissues, toxins, etc., even scar tissue, that are unnecessary and counter to optimum efficiency of health.)

NOTE: Other treatments or therapies, such as hydrogen peroxide, can be very quick, as in Jim's case. But, as far as I know, nothing can so quickly, so comprehensively, so powerfully marshal the innate healing forces like fasting.

The list of the many and profound benefits of fasting *will amaze and excite you!*
From all walks of life, many have attested that fasting can quickly and profoundly
transform you and your life
physically, mentally, emotionally, spiritually, socially, and relationally!

*If you want such transformation, then
you can have it, and fast!*

**Once again, now that I have your attention and curiosity,
Welcome to Life in the *FAST* Lane ...**

Fasting is an ancient practice that goes back thousands of years to almost the beginning of man. Throughout most of human history fasting has been practiced among most all races and religions. Fasting is also practiced, instinctively, throughout much of the animal kingdom. Many animals, including dogs and cats, abstain from eating when injured, feeling ill, or sad. Reportedly, elephants have been observed fasting. Evidently, animals must know instinctively that not eating allows their bodies to heal faster. *Can we learn something from the supremely strong and healthy lion, tiger, cougar, horse, and many others?*

Fasting is a temporary sacrifice to gain long lasting benefits!

Though fasting is very simple, there are some basics to it that you should learn before beginning a fast. You'll have plenty of meals before you even start. So, at this point, continue to relax. The basics won't take you long to learn. I'm not going to do a comprehensive introduction, just enough to bring it to your awareness and get you motivated to learn more about it and try it. Just reading a few websites on the topic will give you everything you need to start, be successful, and begin enjoying the many health and healing benefits of fasting.

Fasting is truly a free health and healing treatment. In fact, not only will it not cost you anything, it will actually save you money by simply not consuming food!

Animals don't eat by the clock as we humans do. Some seem to eat all day. But, many eat only when they're hungry, which can be more than a day or longer.

Fasting can be as little as skipping one meal, to eliminating all solid food intake for 24 hours, 3 days, or much longer.

The truth of the matter is that we humans “must” have three square meals a day solely because our brains and bodies and bellies are *conditioned to this schedule!* Many people think they'll starve to death if they miss more than a meal or two. Most everyone, even thin people, can safely and successfully live for many days without solid food. ***The truth is that we can live only minutes without oxygen, a few days without water or liquid, but most everyone can live up to or longer than 40 days without food!***

Hold on, don't panic. Take another bite of your snack and continue to relax.

Yes, it does sound crazy. But, it is truth and reality! All of this information is based on countless testimonials of every day people, of seasoned fasters, and of expert health practitioners and doctors who have observed and supervised thousands of people fasting.

One of the greatest things about fasting is that by the second or third day, ***all hunger pangs or hunger sensations tend to disappear!*** Many first time fasters are very pleasantly surprised to experience this disappearance of hunger. True hunger is basically when the body really needs nourishment from the outside. During a fast, the processes of the insides shift to internal cleansing and gain nourishment from stored fat and other materials. While on an extended fast, true hunger kicks in around the 25th day to the 40th day. The body will tell the extended faster when it is time to start eating again. Until then, the body is fully safe and well, normally very well!

The Bible says that Jesus fasted for 40 days. Many people think that this was a miracle, that he was more than a man. But Jesus was subject to the same physicality that all men are. Read it carefully: it says, ***after*** the 40 days “***he hungered.***” Jesus was not hungry until AFTER the 40 days!

Yes, there may be some times of weakness, sluggishness, and tiredness. But, these phases pass, and are generally due to the body cleansing itself from toxins, dead cells, etc.—the “healing crisis” that using the hydrogen peroxide often brings on.

But all this is healthy! *If you are planning a fast of longer than a week, the first week is generally the toughest with respect to the healing crisis.*

Many alternative approaches bring on this “healing crisis,” this cleansing, for it is ***the path—the only path to true health and healing!***

The hunger pangs we all experience are NOT *starvation*. They are simply your brain and belly crying out for their regular, accustomed feeding schedule. These hunger pangs can virtually be eliminated simply by drinking water or healthy fruit or vegetable juice.

Fasting is one of the most effective and fastest ways to cleanse and often heal from illnesses, diseases and conditions, even injuries, and restore your youthful energy, strength, endurance and appearance. Many claim this treatment has renewed them mentally, emotionally, physically and spiritually, giving them a new lease on life in general!

Fasting is like tuning up your vehicle. It restores it to its designed fuel mileage and horsepower! Fasting is like taking an internal shower. It cleanses your insides! Fasting is like taking an internal vacation that yields long-lasting benefits!

No one would disagree with resting the body and mind, or with the benefit of taking an occasional vacation. So why dispute the logical concept of giving one's inner organs and functions an occasional rest or vacation?

It is a misconception that fasting is not pleasurable. Once one realizes that the initial hunger sensations are not true hunger, and gets past them, he or she will find, as countless people who have fasted state, that the ***fasting experience is a joy!***

During a fast, when the insides realize there's no incoming food to digest, ***the inner energies and functions shift into a cleansing, healing, and regeneration mode—which in the process, strengthens them.*** The body's adaptive powers come alive. They get focused on “housecleaning:” *eliminating toxins, dead cells, marshaling their forces against viruses, bad bacteria, even breaking down and eliminating scarred and damaged tissue!* ***During the vacation from digesting food, the inner healing powers begin strengthening the systems (i.e., immune, respiratory, digestive, endocrine, circulatory, and nervous systems)—rejuvenating, restoring, and regenerating!***

Fasting has also been highly effective with eliminating drug, alcohol, and tobacco addictions. Many 3 - 4 pack a day cigarette smokers have totally kicked the habit, and all desire for it, ***with fasts of only 3 – 5 days!*** And, these were smokers who tried many times and ways to quit, for years!

Fasting not only tends to reset your food appetite, but also tends to greatly reduce desires and compulsions for bad or unhealthy things. You start craving things and foods that are healthy, and lose unhealthy desires.

One young woman had the habit of biting her finger nails since childhood. She tried many times to quit. During a fast of about a week, she noticed she hadn't been biting her nails. ***Her compulsion and bad habit completely disappeared!***

There is something about this ancient practice of fasting, something powerful and quick, that, as one begins to fast, he or she begins to ***align with Life and Health forces. Their whole being moves toward resetting and restoring—physically, mentally, emotionally, and spiritually!***

<p><i>Here are just some of the common benefits reported by many fasters.</i> <i>Remember, fasting benefits the whole being, mentally, physically, emotionally, socially, and spiritually.</i></p>	
<p>Cleanses & strengthens body, mind & spirit. Strengthens innate healing & adaptive powers and processes. Strengthens body's systems (immune, digestive, respiratory, endocrine, circulatory). Accelerates healing of illnesses and injuries. Facilitates insides to eliminate unwanted and destructive materials (dead or cancerous cells, toxins, scar tissue). Increases will power. Increases ability to control desires. Instills a deep sense of gratitude. Increases patience. Increases confidence. Greatly improves or eliminates mental illnesses (schizophrenia, depression, etc.). Improves mental faculties (memory, thinking). Greatly reduces/eliminates addictions.</p>	<p>Fast, effective weight loss. Resets appetite. Regular short fasts continue appetite control. Food tastes much better. Stimulates cravings for natural, wholesome, healthier foods—<i>real cellular fuel</i>. Increases self-discipline. Reduces/eliminates insomnia. Reduces quantity of sleep needed. Greatly improves/eliminates many conditions. Slows aging. Has demonstrated life extension in organisms such as worms. Increases energy & mental clarity. Increases sex drive. Known to bring on spontaneous healings (i.e., deaf ears to hear). Greatly facilitates increased productivity. Much, much more ... do your own research.</p>
<p>These are some of the benefits reported by fasters and fasting clinicians who, combined, have supervised tens of thousands of fasts. This “anecdotal evidence” is overwhelming and cannot be logically denied or discounted.</p>	

Fasting has helped with hundreds of diseases and conditions. Along with the benefits above, many people who have done an extended fast claim they felt that the experience was like a rebirth—that they felt reborn into a new person. And, the longer the fast, the more profound the benefits!

For real healing, fasting could be: What the doctor hadn't ordered.

No apple for a day (or multiple days) keeps the doctor away.

One of the best books on fasting is [FASTING: The Ultimate Diet, by Allan Cott, MD](#) (1981 version). This book is primarily about the weight-loss benefit of fasting. But, it also reveals that there is *much more* to fasting than dieting! And, it has many positive and profound testimonials from patients and doctors, and fasting clinics that have overseen tens of thousands of people who have successfully fasted—with amazing results. These testimonials and results of observations are amazing, and can easily inspire you to fast yourself! Dr. Charles Goodrich, who has fasted many times himself, says that the main barrier people have to fasting is the fear of going without food. But, he says, these fears are imaginary and ingrained in us by our culture and society (p. 53). **These fears are not real. Most every one can easily fast for 10, 20, up to 40 days or longer, without hunger! Dr. Cott says there's no real reason to fear not eating!**

“To lengthen thy life, lessen thy meals.”

—**Benjamin Franklin**

“The best of all medicines are resting and fasting.”

—**Benjamin Franklin**

“He who fasts is in the hands of the inner physician.”

—**Paracelsus**

There are many benefits of the practice of fasting. No wonder fasting has been practiced for thousands of years! I hope this introduction has opened your eyes and mind to the powerful and quick benefits of fasting. *I hope this has stimulated some enthusiasm in you to research more, to discover by experience the many benefits for yourself!*

Fasting has demonstrated be 'miracle' method for mental illnesses, ranging from major depression to schizophrenia, and people with hopeless cases in psychiatric hospitals. In the early 1970's, Dr. Yuri Nikolayev of the Russian Moscow Research Institute of Psychiatry reportedly treated over 7,000 patients with mental disorders ranging from depression to neurosis to schizophrenia, and others. Some were hopeless about their futures, and some had suicidal tendencies. These patients did not respond to any other treatment. After fasting ("hunger cure," as it came to be called) for one week at least 70% were able to resume active lives. Many sources cite this, including Dr. Allan Cott's book (p. 34), the website, [Fasting: "The world's most ancient and natural healing mechanism."](#), and the book, *The Miracle Results of Fasting* by Pastor David Williams. A Japanese clinic used fasting on 382 patients with psychosomatic/mental illnesses. The results? *An 87% success rate!* Williams' small book cites this as other sources do, including the website: [Total Health Institute](#) (toward the bottom; it has other statistics on successful fasting as well).

The anecdotal evidence of testimonials is too overwhelming *not to be real—revealing there is great health and healing potential from this ancient practice the rejuvenates the whole being!* Yet, Dr. Cott says, mainstream science and medicine does not accept it, and continually dismisses such results as “anecdotal” (p. 16) (which is, as far as established medicine goes, means useless). *But, we who know better, can see that 70 – 80% or better success rates—from a common treatment to all—means there is some effectiveness!*

Remember, by moving toward and in the principles of health and healing, by fasting and doing the other treatments, your chances are significantly higher for greatly improving or eliminating your emphysema, COPD, and other ailments! When you give your body what it needs, when you consistently put into practice health and healing principles to NOURISH, BALANCE and CLEANSE your body, it is designed to heal itself!

Here's an e-book on fasting that you can instantly download: ['Ancient Miracle Cure': Fasting Advice](#). *It says fasting is beneficial for hundreds of debilitating diseases and conditions.* Here's another website: [Fastology](#).

Again, fasting can be: skipping one meal, to eating no food for 24 hours, or 2 days, 3, 7, or up to 40 days. You decide how many meals or days. There are also different kinds of fasts. The complete fast is only water or juice (fruit or vegetable). If you do a juice fast, make sure the juice is high quality, with no sugar added. The juice fast can be very beneficial, but the water-only fast is generally agreed to be the best. The water-only fast kicks the body into ketosis quickly, within a couple of

days. This is a state that the body begins to burn the stored fuel such as fat. And beyond that, the body begins to consume or eliminate cells and things that should not be there, such as tumor cells, scar tissue, and more; this is known as *autolysis*. Though juice fasting can do these amazing cleansing processes, it is said that only the water-only fast can accomplish these things at the deepest levels. You can learn more about autolysis and water fasting at the following websites. These are excellent sources:

<http://www.users.ms11.net/~fasting/fasting.html>

<http://www.blogger.com/water-fasting-day-2>

<http://www.treeoflife.nu/renew-yourself-longevity-now-decalcification-neuro-musular-spinal-alignment/>

Dr. Cott recommends not using chlorinated tap water or distilled water, but mineral water. There are also fasts from sugar and sweets only. And, there are soup fasts. As water-only fasting successfully shuts down your appetite, juice or soup fasting may make a longer fast more difficult. It may continue to stimulate appetite or hunger. Contrarily, I have heard that distilled water is better: since it doesn't have minerals, it draws out toxins better, and absorbs substances and transports them better. You can research these topics further and decide for yourself. Maybe it doesn't really matter, but I tend to think the distilled water idea makes more sense. But then again, Dr. Cott is one of the experts.

One caution about fasting, especially if done for more than a few days: restarting feeding can be challenging. You don't want to immediately begin eating solid foods too quickly. You need to ease your stomach and systems back into digesting food. Usually juices, fruits, yogurt, and soups are best for the first few days of eating again. There are different opinions on reintroducing solid food. One rule of thumb is to gradually introduce solid food over the same amount of days as were spent fasting. If you begin eating solid food too soon, then you will likely experience some pain and stomach issues.

Please do your own research on fasting and **especially about easing back into eating after fasting**. There are many websites about fasting. Visiting just a few good sites will probably give you all the information needed to fast successfully. Do not attempt a fast until you have enough knowledge and preparation for your first fast. And, while you're researching fasting, you should read as many testimonials as possible, as they are very inspiring and can reveal what to expect.

DISCLAIMER for Fasting: It is recommended that fasting be under the care of a qualified healthcare provider, especially if one has some health problems. Preferably it should be a healthcare provider or medical doctor who is open to and/or educated in alternative, natural approaches, and who has experience with fasting, or at least is familiar with the benefits of it. If a doctor recommends not fasting due to present health problems, possibly one or more of the other treatments in this e-book could be done first to improve those problems first. Then try fasting could be done. Or, possibly, under health care supervision, one with health problems could start fasting very slowly and do very short but regular fasts, e.g., skip one meal every 2 – 3 days, then two meals, then go a straight 24 hours, then 2 days, and so on. Many have reported much benefit from short and routine fasts.

FREE BONUS #2: Herbs (Help from the Masters of Regeneration: the Chinese)

*“Their fruit will serve for food and their leaves for **healing** [medicine-NKJV].”*

—The Bible: Ezekiel 47:12 NIV

With these free bonus treatments, I have brought in some of the most effective, demonstrated, and inexpensive health and healing methods to *help you cleanse, nourish, balance, and make your body's systems as strong and healthy as possible. These improvements will tend to correspondingly diminish your weaknesses (diseases, conditions, and illnesses).*

This collection of treatments would not be complete if it didn't also include some remedies from *herbs—some of the most powerful natural substances on Earth, with real healing power.*

The Chinese are experts in health and healing, and masters of effectively using herbs. There are other races who have excelled in health and healing, e.g., the Eastern Indians and Ayurveda (the “science of life”). For many centuries, even thousands of years, the Chinese have dedicated themselves to understanding health and healing in holistic ways, that include various areas: *from general foods, to food herbs and medicinal herbs, to breathing and exercising, and more.*

As stated earlier, Dr. Dean Black's booklet, 'Regeneration' (p. 1), reports, as cited in reports from the *New England Journal of Medicine* and the Centers For Disease Control, that roughly 700,000 people die each year from mainstream medical treatment. During the time of Dr. Black's writing, from 1981-1988, by comparison, AIDS killed less than 40,000 people, *while mainstream treatments have killed over four million!*

Dr. Black says this tragedy isn't necessarily caused by medicine, *not by what we have, but by what mainstream medicine is missing.* What mainstream medicine is *missing is a philosophy and healing principle to complement and balance mainstream medicine's harshness.* The Chinese have this complementary, gentle healing principle. The general Chinese concepts are summarized in a term that we translate: **“Regeneration”**, meaning, “return to the source” (the body's innate healing power, the inner physician, and its tendency for a natural posture of health, wholeness, stability and strength [added]). Other cultures have used this principle in various forms. And, forms of it have long been used in alternative medicine. Centuries ago, the Chinese took one path toward health and healing, while orthodox Western medicine traveled another. Dr. Black says we need to unite the paths.

There are many forms and paths to “return to the source,” and returning to the source is the only way to real health and healing. Western medicine alone will never fully get us there, for most of its theories and practices undermine and/or oppose the core principles of the source.

Unlike Western medicine, which rejects subjectivity, i.e., the placebo effect, the Chinese fully embrace the whole human experience. Centuries ago, the Chinese developed their own scientific methods that are highly dependent upon the experience of the whole person, which includes belief, expectation, feelings, etc. Their science is founded upon the test subjects/patients taking an active role in their own health and healing. To try to remove the subjective experience, as Western medical science does, is a fundamental violation of their scientific philosophy! ***Incorporating the subjective role is philosophically grounded in reality! “Objective,” allopathic, Western medicine is not grounded in Life and Reality principles. And, this is why it is killing and harming millions every year.***

As a testimony to the truth and reliability of the Chinese principles and practices, they are one of the healthiest races in the world! Sadly, some reports state they are declining in recent years, as the American diet is growing in popularity in China. However, this does not negate the validity of their ancient health and healing knowledge. *With the state of western nations' health declining by the decade, and with 700,000 deaths ANNUALLY from mainstream medicine, why in the world shouldn't we learn from the Chinese?!*

The Chinese long ago discovered and worked on the principle of the reality of the innate healing power. Hippocrates called it the “*physis*.” The Chinese call it “*Chi*” (pronounced, “chee”). The general goal and philosophy is to strengthen and free the flow of Chi, by re-establishing balance and harmony among the systems and forces within the body, back to its original design. This is similar to tuning up a vehicle to its original design and level of functioning. ***When the Chi is freed to flow, and is strengthened, it tends to regenerate the body, and returns control to the source of health: the body itself and its inner physician (Regeneration, p. 4).***

Throughout the centuries of meticulous experimentation and documentation, the Chinese have discerned three things with herbs (pp. 5-6):

- 1) The first thing the ancient Chinese discerned was three categories of herbs, based on their effects:

A) **Poison herbs**, which tend to yield short-term, specific benefits, but have a very small margin for error. If used wrongly at all, they can cause a fast and steady decline of health.

B) **Medicinal herbs**, which also tend to yield short-term, specific benefits, but have a wider margin for error. If used beyond the appropriate length of time, they can cause a reversal or decline of the benefits.

C) **Food herbs**, which yield broad, general benefits and virtually have an unlimited margin for error, i.e., eaten in almost any amount. They generally can be eaten for any length of time, with no diminishing or reversal of benefits.

The ancient Chinese highly prized food herbs, and called them “kingly.” They called poison and medicinal herbs “assistant” or “ministerial” herbs, as their only purpose was to supplement the food herbs in cases of acute illness or traumatic injury. The principle we call *medicine* in the West is representative of poison or medicinal herbs for the Chinese.

- 2) The second thing the ancient Chinese discovered was that food herbs can be subdivided according to which systems they nourish, benefit, and strengthen: digestive system, immune system, respiratory, circulatory, endocrine, etc.
- 3) The third discovery of the Chinese, was that by combining different types of herbs, by making formulas, they frequently could improve the effects: enhancing the good effects and diminishing the side effects. Such formulas would facilitate the food herbs to more efficiently integrate into and nourish the various systems.

*The ancient Chinese system for all this is nothing less than science—**real science**—as it incorporates the truths and realities of the subjective human experience and the innate healing power! It appears that the ancient Chinese have integrated rationalism (i.e., theory, how, why, causal relationships) and empiricism (i.e., using what works). **Now, this is real science!!***

What we in the West call disease, illness, and degenerative conditions, the Chinese believe are *imbalances and weaknesses in the body's systems*: respiratory, immune, endocrine, digestive, circulatory, fat regulation, and nervous systems. When one system weakens, another may grow too dominant, such as with an overactive immune system, which Western medicine would call *autoimmune disease*. Strengthening these systems is like tuning a piano. *Only when these systems are strong, in balance, and in harmony can there be a state of health.*

The Chinese philosophy is to start with generals, then look at or turn to specifics. They begin with general principles of good nutrition, regular exercise, and a positive attitude. They then add the general rejuvenating and regeneration formulas, which are described in the booklet '*Regeneration*', to strengthen the *specific systems*. *This is some great wisdom based on thousands of years of results. This is theory, methodology, order, and practically. Again, this is the integration of rationalism AND empiricism. Science that works!*

In chart format, the booklet '*Regeneration*' goes on to list two pages of Western-termed symptoms, i.e., diseases, illnesses, and degenerative conditions, correlated to the *weaknesses of systems* in Chinese terms. *Emphysema is on the list*. The chart cites, in a prioritized manner, the systems that need to be strengthened for each condition. For emphysema, the chart lists the following systems to be strengthened: (1) Immune System, (2) Circulatory System, and (3) Endocrine System. Curiously, the Respiratory System is not notated, but I included it. I also included the Digestive System.

Below are the food herb ingredients for the formulas for the specific systems, from '*Regeneration*' (pp. 11-13):

- 1) **The Immune System:** Chinese White Flower, Paris Herb, Scutellaria Herb, Dandelion, Bai-mao Root.
- 2) **Circulatory System:** Cassia Tora Seed, Gou Teng, Sophora Flower, Orange Peel, Pinelliae Root, Dwarf Lily Turf Root, Poria, Ginger Root, Ginseng Root.
- 3) **Endocrine System:** Chinese Yam, Niu-xi Root, Epi-medium Herb, Leek Seed, Poria, Cornel Fruit, Paper Mulberry, Eucumma Bark, Mongoliavine Fruit, Morinda Root, Brrom Rape, Senega Root, Fennel Seed, Acori Root.
- 4) **Respiratory System:** Mint, Silver Flower, Chuanxion Root, Golden Bell Fruit, Chinese Catnip, Bell Flower Root, Giang-huo Root, Angelica Root, Licorice, Bamboo Root, Burdock Seed, Reed Root.
- 5) **Digestive System:** Ginseng Root, Atractylodis Root, Poria, Licorice, Pinelliae Root, Orange Peel, Cinnamon Bark, Yuan-hu Root, Fennel Seed, Amommmum Seed, Mint.

There are also formulas for: the nervous system, for fat regulation, for females, for sugar cravings, and others. But, above are the main five. The booklet details some of the functions of the formulas within the respective systems, and lists the possible health benefits from each of the formulas.

NOTE ABOUT HERBS: To my understanding, the quality and potency of herbs can vary widely from region to region where they're grown, and can vary from crop to crop, even if from the same region. Many herbs found in stores are grown in nutrient-depleted soil. These are some of the reasons why some people have experienced little to no benefit when they've tried herbs. They may not have taken a sufficient quantity to have sufficient health benefits.

So, you're probably wondering: where are you going to get all these herbs? No, you don't have to go China to get these food herbs! You can probably get them from or through: (1) an Asian health food store; (2) a Chinese health practitioner, i.e, an acupuncturist; or, if there's not something of the sort near you, you can likely (3) order them online.

There is an obvious problem here: *We have ingredients, but do not have the recipes or formulas for each.* Given that we could find high quality food herbs, we don't know how much of what. We don't know how to prepare them. And, we don't know how to concentrate them for maximum benefit. Even if I found a Chinese doctor who could assimilate all these herbs, or has his own formulas, I am convinced that the source I'm about to share with you below would be superior. *I don't know about you, but I don't have centuries of time to experiment, as the Chinese have done.*

Fortunately, there is a much better, more convenient way not only to get all these herbs, and more, but also to get them at the highest quality, and in a highly concentrated and convenient form. In fact, with respect to concentration of nutrients and health benefits, I believe the food herbs I'm about to share with you are actually superior to most organic foods. It's a tough claim. But, if you investigate it as fully as I and others have, then you will likely agree. This is not to say that you should not also eat organic. In addition to being chemical free, organic foods do have more nutrients than standard-quality foods.

These are not just grocery store herbs and formulas. Nor are they just from any modern, trendy, and questionable Chinese shops or sources. These come from actual ancient Chinese manuscripts! With these herbs, you can actually receive the same quality of benefits enjoyed by, and from the very knowledge understood by, Chinese royalty for centuries!

Unfortunately, this is the most costly of the free bonus treatments. However, ***herbs are highly beneficial to health and healing.*** I had to include herbs in the treatments because I and many others have experienced the effectiveness of food herbs. ***Therefore, I could not not include it!*** When you think of cost, think of the

*investment in your health and healing. Some people spend hundreds of dollars each month to simply manage their symptoms, and typically never get much better—but likely worse! **With these herbs, and the treatments in this e-book, you have an opportunity to move from symptom management to real health regeneration!***

Here is how you can get these regenerative food-herb formulas pre-made, with highly consistent quality, highly concentrated, and in very convenient form.

The booklet '*Regeneration*' by Dr. Black was actually used as an educational booklet for an international, supremely high quality, Chinese-American company that produced and marketed food herbs and nutritional products. Professional athletes, celebrities, and rich people have used and supported this company because of its high quality and integrity. As I recall, when Arnold Schwarzenegger was the Chairperson of the President's Council on Physical Fitness and Sports, in the early 1990's, he endorsed this Chinese-American company. This company has been successful and growing for over 25 years. The name of it is Sunrider International. I was using the Sunrider herbal formulas back in the 1990's. It is a network marketing company. And, they truly have supremely high quality products. Based on the ancient Chinese manuscripts, they use today's state of the art technologies for growing and manufacturing the food herbs which maintains and maximizes the potency.

Dr. Tei-Fu Chen, the founder of Sunrider, is a world-renowned herbalist, with a degree in pharmacy. His wife, Dr. Oi-Lin Chen, is a licensed medical doctor and President of Sunrider International.

Dr. Tei-Fu Chen studied his grandfather's ancient Chinese manuscripts and went on to graduate with a pharmacy degree from Kaohsiung Medical College.

Forbes Asia once stated: Dr. Chen is a “[Notable Chinese-American.](#)”

During the late 1980's, Sunrider went through some legal battles. The FDA and the American Medical Association (AMA) didn't like Sunrider stating that the key to health and healing is to Nourish, Balance, and Cleanse (NBC). As the Chinese and most in the alternative medicine camps have known and asserted: NBC is critical and is the truth! Many people agree with this today. But, the AMA and FDA did not like it. *Fortunately, Sunrider prevailed and has since gone on to much greater international solidarity and success!*

When I was using Sunrider products, I met a woman who owned a health food store for years. After she experienced the quality and benefits of the Sunrider herbal formulas, and began learning of the health and healing testimonials from its products, *she closed down her health food store, and went on to be very successful with Sunrider. She soon realized that the Sunrider regeneration products were more comprehensive, effective, and convenient than all of the products in her store.*

When I was using Sunrider products, I recall having abundant energy and endurance. I felt really clean and healthy inside. *The health and healing testimonials from Sunrider's ancient herbal formulas, and its philosophy and products, that center around regeneration, are amazing!*

I got out of it because I relocated to another state and just fell away from it. I've tried other nutritional companies and products which were also good. However, since researching this topic for this e-book, and looking back on my Sunrider experience, I plan on using their products again soon.

Sunrider has superior food herb formulas, and more. Another benefit of Sunrider products is that, besides the herbal formulas, they have *whole-foods*. Whole-foods are when they use the whole fruit or vegetable, peeling and all, and then compress and concentrate the mixture in a way that maintains and maximizes its nutrient value. The result is that you get highly **concentrated** *cellular fuel, even beyond organic food nutrition*. You would have to eat many organic oranges, or whatever natural food, to equal one of the servings. That is, the *health and healing regeneration potential is maximized! This is not to say we shouldn't eat or don't need other nutritious foods, especially organic quality. We definitely should and do. I'm just saying that in today's world, nutrition supplementation is critical, i.e., vitamins, live enzymes, minerals, potent herbs, etc. There are many supplements on the market. Some excellent. Some are much below excellent. Some vitamins are of such low quality that plumbers report seeing vitamin pills in sewage. The pills pass right through people with no benefit.*

Sunrider is 100% real, live foods. It is whole-food, with no preservatives, pesticides, added sugar, or chemicals. Some people might say that you can't get better and higher quality foods than organic, and that processing foods would degrade them. People can and do get better from eating more natural foods, especially organic. However, the testimonials of health and healing from Sunrider foods and herbs are amazing. ***The ancient Chinese learned to enhance the benefit from herbs. And, combining that ancient Chinese wisdom with today's technologies, Sunrider has learned to enhance the nutrition value of whole-***

foods by concentrating it. That Sunrider whole-foods and herbal formulas are highly effective is evidenced by their many amazing testimonials.

The Chinese are experts with maximizing health and healing from foods and herbs. Why shouldn't we benefit from their ancient knowledge of health regeneration, returning to the source of health: our innate healing power, our inner physicians!?

I have eaten plenty of organic fruits and vegetables over the years, and have used various nutritional and herbal formulas. All these are good, but none of them compared to the state of health, internal cleanness, strength, and endurance that I had with using Sunrider. To my knowledge and experience, *there is nothing better than the Sunrider products.*

Here is the Sunrider website:

<http://www.sunrider.com/Home.aspx>

I've included three free PDF's relating to Chinese Health Regeneration and Dr. Dean Black's concepts: (1) *Health with a Chinese Twist*, (2) *Regeneration vs. Substitution*, and (3) *Regeneration: Life Replenishing Life* [Note: This is not the same 'Regeneration' booklet I have, which was mentioned above.] ***These were on the Downloads page you were directed to after your purchase of the ebook.***

Unfortunately, Dr. Black is no longer with us. I haven't been able to find where to get the two books of his that I have: '*Regeneration*' and '*Health at the Crossroads*'. From what I can tell, they are no longer in print. If you can find used copies they would be worth the price. Alternative medicine and the world have been blessed by Dr. Black's life and his work.

With Sunrider, you can either buy their products as a retail customer, or become a distributor. A distributor is referred to as an Independent Business Owner, or IBO. IBOs can buy at a discount and develop a part-time or full-time income, as many people around the world have done. *Either way, I highly suggest that you at least experience their concentrated and convenient herbal products for at least a few months.*

Treatment #3: *Taking Out the Trash & Unclogging the Elimination* [*“Garbage”*] System ... *Cleansing the Lymphatic System* ...

The lymphatic system, or lymph system, is a critical but often overlooked system of the body. It, like your blood system, is a fluid system. Basically, its purpose is to carry away the “sewage” from the cells and organs, so they can do their jobs in clean and healthy environments. Imagine what your city would look and smell like if your city's garbage removal company was not operating for weeks or months! Toxic, backed-up, unhealthy lymph systems have been linked to many diseases and adverse health conditions. **The cleaner and healthier the lymph system, the stronger the body is, to deal with and heal weaknesses, i.e., disease, illness, and conditions.**

Most people are unaware of the importance of the lymph system, and of keeping it clean and healthy. The heart pumps the blood system. The lymph system has three times the fluid as the blood system, but has no organ like the heart to circulate it. The lymph system depends on exercise and deep breathing to move the fluid.

Toxic materials, from food metabolism to environmental pollutants, all need to exit the body. If the lymph system is sluggish, then the toxins get trapped in the body and continue to pile up. As previously stated, nourishing, balancing, and cleansing the body are foundational to health and healing.

You wouldn't tolerate a backed up toilet for days, or the garbage truck not showing up for weeks at a time. *So, why would you tolerate essentially the same in your body and its hardworking cells and organs?* **Learn how simple and beneficial lymph cleansing can be:**

Article: **[“Jump Start Your Body With Lymphatic Drainage”](http://www.alive.com/842a3a2.php?subject_bread_cramb=220)**:
http://www.alive.com/842a3a2.php?subject_bread_cramb=220

Article on how to cleanse your lymph system: **[“Love Your Lymph”](http://www.herbcompanion.com/Health/Love-Your-Lymph.aspx)**:
<http://www.herbcompanion.com/Health/Love-Your-Lymph.aspx>

Lymph System Cleansing:
<http://www.koyfmancenter.com/lymph.htm>

Lung Cleansing:
<http://www.koyfmancenter.com/lung.htm>

Treatment #4: *The Root Cause of Cancer (a major disease). This information can enhance general health & healing ...*

What do FG-H₂O₂ and oxygen in general have to do with cancer? Read on...

Contrary to popular belief and what the mainstream media tells us, ozone (O₃) is healthy and beneficial for us. FG-H₂O₂ molecules have 2 oxygen atoms (O₂). Ozone molecules have 3 oxygen atoms (O₃). It is, therefore, a little more oxygen than H₂O₂.

[Otto Warburg](#) discovered the real cause of cancer in 1923 and received the Nobel Prize in 1931. Dr. Warburg was the director of the Kaiser Wilhelm Institute (now Max Planck Institute) for cell physiology at Berlin. He investigated the metabolism of tumors and the respiration of cells, particularly cancer cells.

“Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water splits into H⁺ and OH⁻ ions. If there is an excess of H⁺, it is acidic; if there is an excess of OH⁻, then it is alkaline.”

“All normal cells have absolute requirement for oxygen, but cancer cells can live without oxygen — a rule without exception.”

—Dr. Otto Warburg

“Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous.”

—Dr. Otto Warburg

In his work '*The Metabolism of Tumours*', Dr. Warburg demonstrated that all forms of cancer are characterized by two basic conditions: (1) acidosis and (2) hypoxia, or lack of oxygen. Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other.

Dr. Warburg has made it clear that the prime cause of cancer is oxygen deficiency, brought about by Toxemia. Dr. Warburg discovered that cancer cells are anaerobic (“do not breath oxygen”) and cannot survive in the presence of high levels of oxygen.

http://www.healthywaterconnection.com/pdfs/Dr_Otto_Warburg2.pdf

Below is some information taken from <http://www.stopcancer.com/ottolecture.htm>, which was based on one of Otto Warburg's lectures:

“As you read this lecture I want you to realize that Otto Warburg is talking about an enzyme deficiency with cooked foods. What basically happens when cooked foods, which are enzyme destroyed, are eaten, is that it causes the red blood cells to cluster together.

“A smaller view is 4 microns in diameter. A red blood cell is 7 microns in diameter. When you feed your family enzyme deficient foods the red blood cells are weakened and stick together in groups and cannot travel through the smaller veins. This causes the body to have many anaerobic (low or no oxygen) areas within the body that allows cancer to develop. But then, if your body is towards an alkaline state, then the cancer cannot continue to survive, because your body is basically more oxygenated.

“Cancer basically needs a low oxygen environment to survive. Over the years I have heard about a lot of vegetarians getting cancer. And I'm guessing here, but if the saliva pH test is done, I'm sure they will be extremely alkaline. Meaning that acidic or alkaline extremes unnatural to the body are causing a steady low-oxygen environment, which cancer needs to survive. It can get started and has the environment it needs to continue. Basically, 99% of the time, a terminal cancer victim's body is a thousand times more acidic than normal. But both these environments are causing a low or no oxygen environment, which cancer loves you for. This is causing a low oxygen environment. Which means you are normally calcium deficient. And your cells are oxygen starved.”

There you have it. The root causes of cancer are: (1) oxygen deficiency and (2) an acidic internal environment! It's interesting that this was discovered by Western science back in 1923. Yet, since then, our cancer industry has been telling us: (1) cancer is complex, (2) it's caused by cellular mutation, (3) it requires billions of more dollars for research, and (4) requires expensive, toxic, and invasive treatments, i.e., chemo, radiation, and surgery! How many patients and their families have suffered in the last 4 – 5 decades, unnecessarily?!

People who undergo one or more of these mainstream cancer treatments often get worse and die within 3 to 5 years after treatment. One study revealed that cancer patients who chose not to do any treatment at all lived up to 12 times longer. *Sadly, and unbeknownst to most cancer patients and their families—it is the treatments, not the cancer, that kills them.*

Now you know: the root causes of cancer, how to rid your body of cancer cells, and how to prevent them. Now you can do a bit of research on your own to learn more about how to increase the oxygen and alkaline levels in your body. But, as you also now know from earlier discussion, the body's oxygenation can be greatly increased through the five methods for using the natural substance, 35% FG-H₂O₂.

And the following bonus, Treatment #5, will detail one way to improve or attain the crucial alkaline state.

Here are several additional things for you to explore. Eat more green. But, make sure the vegetables are not canned, processed, or overly cooked, as these will destroy the vitamins and enzymes. Also, do some research on: (1) microwaving, (2) cooking vegetables too hot, and (3) deep breathing.

You may think that eating green is basic. And, everyone knows that it is healthier. Some people do eat a lot of greens, but destroy their important nutritional components by microwaving or cooking them too hot. In so doing, they wrongly think they're getting the high nutrition and benefit from them. It is also important to eat organic, higher quality foods. Yes, you do pay a little more, but the nutritional value is much higher than the dollar amount you pay. And, because organic contains much more nutrition, the food is more filling and you tend to eat less. With organic your cells get more and real fuel, so your body will tend to be hungry less. With low or no nutritional foods (e.g., chips or overly cooked vegetables), your body frequently gets hungry because its not getting the real nutrition it needs. Do some research on the nutritional value of organic foods.

One of the most effective therapies of healing with nature and organic foods is the Gerson Therapy. Their home website is:

<http://www.gerson.org>

If you have access to Netflix, there is a documentary called The Gerson Miracle that explains the history of it, shares the basics, and interviews several people who experienced amazing recoveries from it. Here is the direct link to the Netflix video:

http://movies.netflix.com/WiSearch?q=the+gerson&ac_posn=1&v1=The+Gerson+Miracle&search_submit=

Netflix has another video about the Gerson Therapy, “The Beautiful Truth”:

http://movies.netflix.com/WiMovie/The_Beautiful_Truth/70108390?trkid=2361638#height2082

Thousands of people have been healed by the Gerson Therapy. Yet, and as expected, the mainstream continues to reject and mock the Gerson Therapy. It seems the mainstream status quo defenders keep trying to imply it is not science based, which is actually right—it is not based in its classical, Western, rationalistic

science! Which, as we now know, means it is based in truth and reality and RESULTS of empirical science!

I have mentioned Dr. Lorraine Day, MD. She is an MD who was diagnosed with breast cancer. She refused to have the mainstream, mutilating treatment of breast surgery. She did her own research and cured her own cancer—naturally! Much of her treatment was eating high quality green veggies. Here is her website:

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

Mainstream medicine keeps trying to keep us in fear; fear gets and keeps people on medications, and to receive many treatments or surgeries they may not really need. The sooner a surgery is planned or performed, the less time patients have to think and research for alternatives. But, I believe, as it says in the Bible, that our loving Creator doesn't want us to live in fear, but in courage and a sound mind (2 Timothy 1:7). He gave us everything to live in health, and wants to have life in abundance, in joy, peace, love, fulfillment, etc. He gave us minds to discover safe, non-toxic, effective, and natural treatments to use for healing—that *work with* the innate healing power within.

Thanks to many brilliant, noble, and caring scientists, doctors, researchers, writers, and messengers like Dr. Day, Dr. Swope, Dr. Warburg, Dr. Donsbach, Dr. Williams, Walter Grotz, Barry Lynes, and many others, we have the health and healing knowledge, substances, and treatments for virtually every illness, disease and condition! FG-H₂O₂ is one of the greatest substances, but there are many more safe, non-toxic treatments that are effective. Such people and professionals as these have sought and fulfilled their professional duties, using true science—not to hoard and suppress knowledge to gain/maintain profit and power at the expense of the masses, as the medical elite have done—but for the benefit of humanity! (See “Quotes” on our website, if you haven't read them yet.)

More important and supplemental links:

<http://www.nobelprizewinning.com/2009/02/otto-warburg-nobel-prize-winning.html>

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

<http://www.actualcures.com/cancer-cause-nobel-prize-winner/>

http://www.frequencyrising.com/hydrogen_peroxide

<http://www.using-hydrogen-peroxide.com/>

Treatment #5: Going Green—Extreme Green—Cellular Fuel

With chronic conditions and degenerative diseases, the principles of nourishing, balancing, and cleansing (NBC) have been abundantly demonstrated to be highly effective for health and healing. As you will recall, **health and healing occur at the cellular and molecular levels.** NBC are foundational and critical factors in the general health and healing formula of regeneration! *NBC give the body what it needs. They support and facilitate the inner physician healing power to help the body “cure” itself!*

Most people today are not getting real fuel to their cells. New blood, new cells, new tissues, muscles, and bones—our bodies are constantly renewing themselves. The innate healing power is perpetually warring against the law of entropy (i.e., tending toward disorder, weakness and death). The better we equip our cells with the right supplies for structure and function, then the better they can do their jobs!

Cells need the stuff nature designed them to use as fuel, building materials, etc. Fuels need to have the right structure and function for the cells and processes, as opposed to synthetic drugs or genetically altered foods, which do not. What would happen if someone building a house used knotty and bowed lumber, inferior concrete, etc? The end result, obviously, would be a shoddy house that would soon fall apart. *But, excellent materials, in the hands of excellent workers, make excellent results!* **Guided by the intelligence and ability of the inner physician, our cells generally make excellent results!**

It cannot be overstated how important it is to give our cells what they need to do their jobs! If they are given what they need, then our bodies would be strong and the incidence of disease or degenerative conditions would be greatly reduced. Our bodies, our systems, and our cells are *designed to attain and maintain a state of health.* But they can't do it without the right supplies. **In the sense that cells can heal our bodies from the right supplies given them, real foods have curative powers!**

Today's fruits and vegetables are often produced in nutrient-depleted soil, sprayed with chemicals, waxed, canned, cooked at too high of heat, etc. Other foods are refined, sterilized, processed, etc., not to mention being irradiated and, now, even genetically modified. And *then*, some of us add in the unnatural mix: too much alcohol, nicotine, and drugs (legal and illegal).

Amazingly, our cells can adapt to all these unnatural things *to some degree.* But, just because we don't die immediately from the introduction of such foreign

substances to our cells and systems, doesn't mean that our cells are actually adapting. The purpose of eating and drinking is to not just to fill our stomachs, but to provide nutrition and fuel to our cells—for health and life! Just because our appetites are appeased and our stomachs are filled, does not mean our cells are getting the supplies, i.e., vitamins, enzymes, and minerals, they need. When our cells don't get what they need, they process the substances wrongly or reject them, and pass them on. *With inferior or adverse substances coming in, we generally don't die immediately, but as a result we decline daily from chronic conditions and diseases that over time arise. Any path that is not in line with the principles of Life is a path toward premature death.*

Most people know that good nutrition is important. Less people, I believe, realize the importance of balancing and cleansing the systems. Even so, many of us know such things in our heads, but inconsistently practice them in our daily lives.

Many people, I imagine, who do try to eat nutritionally, do not realize some important things. They may buy and eat many fruits and vegetables. But, if they're getting them from general grocery stores, then the nutritional values are inferior to organic foods. Because you get more nutritional value with organic foods, you also tend to eat less in quantity.

Many people falsely believe they are eating healthy when they microwave their vegetables. Microwaving actually destroys nutrients. Do some research on this.

And, other people boil their vegetables for too long or at too high temperatures. Vegetables should be cooked in a short period, and no higher than 160 degrees, to maintain most of their nutrient values. Some people boil them away to almost an unrecognizable texture. Many experts say that steaming vegetables is best method to preserve the nutrients.

**Okay, so what can be done about all this to get our cells
the supplies they need to do their jobs?**

How do we achieve health and healing at the cellular level?

*The simplest and most effective way is by taking food and nutritional **supplements**.* The importance of taking vitamins, live enzymes, and other supplements is common knowledge today. But, many people who know and do this, are actually taking inferior and ineffective vitamins and supplements, often derived from weak or unhealthy sources.

Plumbers have long reported finding vitamin and supplement pills in sewage, *with many still fully intact with readable labels*. What does that mean? It means the pills are going right through the recipient's bodily plumbing into the house plumbing!

Other reasons that some supplements are inferior are: (1) they are heat processed and/or (2) they are processed by methods that degrade them or don't maximize their potential. And some substances, like herbs or vitamins, are inferior in quality to begin with.

So, what is the best supplement?

What supplement will actually give your cells the supplies they need to do their health and healing functions as they were designed?

Well, there are a number of great companies that produce excellent products. Sunrider is one of the best companies I have found, as mentioned in Treatment #2.

But, the substance this free bonus is about is the substance of *barley leaves—the powdered juice of young, green leaves of barley plants.*

When you add water it immediately reconstitutes as juice.

Chlorophyll and live enzymes are two of the most importance and beneficial substances our cells need for health and healing. According to Dr. Hagiwara, who meticulously studied more than 200 green plants, young green leaves of barley plants are the most potent land plant source of these and other nutrients!

And, as the powdered juice form is highly concentrated, it is the most potent way to get nutrients.

Chlorophyll helps ease breathing and helps increase blood flow, which helps the body repair, restore, and regenerate itself.

Enzymes are important to the exchange of oxygen and carbon dioxide in the lungs, and much more. And, young green barley leaves are one of the single greatest sources of chlorophyll and live enzymes!

Illness and disease thrive in acidic environments within the body. Maintaining an alkaline internal environment is crucial to health and healing. Young barley leaf juice is highly alkaline—a key to regeneration!

Healing testimonials abound from the dried, young barley leaf juice for arthritis, allergies, asthma, arthritis, cancer, cardiovascular conditions, colds, flu,

*detoxification and cleansing, diabetes, emphysema,
energy level, reduction in necessary sleep time, pain, and more!*

***Dr. Yoshihide Hagiwara, M.D. (below) has received
thousands of positive testimonial letters.***

'Green Barley Essence'

by Yoshihide Hagiwara, M.D.

'Nutrition to Help Our Body Heal Itself'

Book Review by Michael Dye.

*Click on the "Green Barley Essence" hyperlink above to read the review that reveals the
uniqueness and amazing restorative powers of young barley leaves.*

You may want to get the book.

To capture and ensure the nutrient potency of you, Dr. Hagiwara developed a unique system that earned him Japan's prestigious Science and Technology Award.

*"A disease is to be cured naturally by man's own power,
and physicians help it."*

—Hippocrates, The Father of Medicine

*This powdered juice of young barley leaves is powerful fuel for your cells. I use it myself. Like Sunrider food herbs, it is **concentrated food nutrition—cellular fuel with healing, "curative" power!** You would have to eat many vegetables and greens to get the nutritional value contained in the single servings—far more than the average person would or could consume daily. I called this free bonus "**Extreme Green,**" because the young barley leaves contain **the most abundant and balanced supplies of nutrients in a single source,** as Dr. Hagiwara discovered.*

Most of my knowledge on young barley leaf juice comes from the book ***Green Leaves of Barley (Inspiring Secrets of Nature's Miracle Rejuvenator)***, by Dr. Mary Ruth Swope with David A. Darbro, MD.

You can get it at: <http://www.amazon.com/Green-Leaves-Barley-Natures-Rejuvenator/dp/0960693688>

Not only does '***Green Leaves of Barley (Inspiring Secrets of Nature's Miracle Rejuvenator)***' have great content about health, healing, and the powerful barley plant, but also has pages and pages of healing success testimonials. Like Sunrider, fasting, and the other treatments, ***these testimonials ("anecdotal evidences") are too many, too broad, too encompassing of many conditions, not to be real!***

The **healing testimonials in this book are from people who'd suffered from many diseases and conditions**, including: alcoholism, arthritis, allergies, asthma, depression, diabetes, cardiovascular conditions, colds, flu, **emphysema**, stress, and more.

After reading Michael Dye's book review of Dr. Hagiwara's book, ***Green Barley Essence***, you may want to get his book as well. I highly recommend it.

Remember, building up your alternative medicine and natural remedy knowledge is very worth the investments of money, time, and effort. Your knowledge can benefit you and your family's health and lives for years to come!

With today's inferior and even toxic and unnatural foods, it is difficult to get the real nutritional power our cells need. High quality supplements are the best way to combat this.

As with other vitamins and supplements, there are many cheap and inferior products. If you are going to take supplements for your health, you may as well take the best you can find. There are a number of companies that produce powdered juice of barley. But, here are **two that I believe are of excellent quality**:

(1) The first is from a company called **AIM** or **The Aim Companies**. Their main product is called **Barley Life™** (formerly BarleyGreen™):

www.theaimcompanies.com

AIM has four locations: the U.S.A., Africa, Australia, and the U.K.

(2) The second is from Dr. Lorraine Day, MD, mentioned earlier, who healed herself of breast cancer. She says she used BarleyGreen™ to heal herself. Here is the website page of her barley green. Below is a link to a short video of her:

<http://www.drday.com/barleygreen/index.html>

http://www.youtube.com/watch?v=AXUx_juHXXU

Remember:

Health and healing occur at the cellular and molecular levels.

*It is important to fuel your cells with other raw, live, preferably organic vegetables, and a high quality, balanced, nutritional diet in general. However, concentrated young barley leaves is a food with real healing power!
An alkaline state in your body is key to health, strength, and vitality.*

Give your cells the supplies and the state they need to heal you, as others have!

For health and healing—Go Green—Extreme Green!

Treatment #6: ACV (Apple Cider Vinegar) Every Day Keeps the Doctor Away!

The substance of this treatment is Apple Cider Vinegar (ACV), which is one of the free bonus remedies below for coughs and sore throats. I'm making ACV one of the free treatments because it has many health benefits beyond being very effective with coughs and sore throats. It is also very inexpensive, especially for all that it can do for health. ACV is a powerful health and healing treatment that fits right into everything this book has been about.

The Going Green treatment and The Root Cause of Cancer discussed the importance of maintaining an alkaline state in our systems. However, acid also plays a crucial role in the equation. The powerful, healthy state we want to reach is maintaining the body's vital acid-alkaline balance. ACV can very effectively help with this!

The ACV brand we use is *Bragg*, from Paul C. Bragg, ND, PhD. This is not the purified, clear-looking type apple cider vinegar, but the kind with the 'Mother' (i.e., a brownish, cloudy substance that needs to be shaken before use). Most everyone knows who Jack LaLanne is. Jack has done amazing feats and has inspired millions to health and fitness over the decades. Dr. Bragg was Jack's mentor. At age 15, unhealthy Jack attended one of Dr. Bragg's health crusades, and Jack LaLanne's life completely changed (p. 35 of the Bragg book cited below).

I believe Dr. Bragg has departed our world that he greatly influenced. He left an amazing legacy of health, and was referred to as a Life Extension Specialist. His daughter, Patricia Bragg, ND, PhD, Health & Fitness Expert, now continues her father's mission and business. They have written a number of excellent books.

Apple Cider Vinegar has actually been highly valued and used for thousands of years for many health benefits. As you now know, health and healing occur at the cellular level. When we give our cells what they need to fully do their jobs, our organs and bodily systems become strengthened and balanced. And, when these are

strengthened, our bodies are far more equipped to heal themselves and stand strong, both within themselves and against microbial invaders. *The more you nourish, balance, cleanse, and strengthen your body in **general**, the more equipped it will be to heal itself from **specific conditions**, such as emphysema and COPD. Again, all the treatments in this book, including ACV, can greatly contribute to all this!*

*Dr. Bragg says as calcium is to the bones in the body, potassium is to the soft tissues. Potassium cleans the arteries and makes them soft, pliable, and healthy (p. 12).
And, raw ACV is one of the greatest sources of potassium.*

Some of the many health benefits of ACV include improved digestion, cleans your arteries, and provides many needed nutrients to the brain and body. I highly recommend this book. You can find Bragg ACV and this book in some bookstores, and in many health food stores. You can also get them and much more on their website, www.bragg.com.

The title of the book is:

Apple Cider Vinegar
Miracle Health System:
*Learn these Powerful Health Qualities
for a Longer, Healthier, Youthful Life!*

The ACV Cocktail

The ACV cocktail is: (1) 1 to 2 teaspoons of raw ACV; (2) 1 to 2 teaspoons of raw honey, preferably organic; and (3) mixed in a glass of distilled water. The water is best at room temperature or warm. (4) I sometimes add cayenne, as it helps with blood circulation, and helps the cells receive the nutrients faster. (5) Adding some fresh lemon juice is an option. Room temperature or warmer is better on the stomach, and helps the honey dissolve. It's good to drink the ACV cocktail 30 minutes before meals. This helps stimulate the stomach and provides enzymes for assimilating more of the nutrients from a soon-coming meal.

Well, that's the simple ACV treatment that can greatly enhance your health. ACV is very high in potassium, which is highly needed by our bodies. However, as with hydrogen peroxide, there are many other beneficial uses for ACV that the book gives. Again, this book is highly recommended, as you can learn much more about ACV.

U.S. Surgeon General Dr. C. Everett Koop said in 1988 that diet-related diseases account for 68% of all U.S. deaths (p. 8). That is, the #1 cause of sickness is bad nutrition and lifestyle! The good news is that these factors are within our control! If bad nutrition and lifestyle are the causes, then we can reverse them! ACV and the other treatments are powerful means to do this!

Dr. Bragg says scientists have proven that there are no special diseases of old age. With the exception of fatal accidents, we should all be able live healthily to a ripe old age (p. 8). The problem is that we bring on early death by nutrition deficiencies and body toxicity through unwise diet and lifestyle choices, that violate the laws of Nature that govern the physical body (p. 8).

Our bodies are constantly being renewed by the emergence of new cells—from blood to tissues and bones. Our innate healing power is constantly battling to overcome the law of entropy and weakness. Our inner physician cannot do this alone. If we do not cooperate, the tide of the battle goes toward early death, often with painful, unnecessary conditions that precede it. Our inner physician needs Nature's “weapons” and supplies to attain and maintain a strong life force over the death force.

Remember, health and healing occur at the cellular level. And, general strengthening of the body tends to strengthen it to heal specific problems. As the blood and other cells and tissues are constantly being renewed in our bodies, as Dr. Bragg stated above, we owe it to our cells to give them the fuel and cleansing they need and deserve to fully do their duties. ***For, it is by our cells that we are formed, renewed, and have life!***

ACV can greatly contribute to the nourishing, balancing, and cleansing we need for optimizing health and strength, and especially for the soft tissues. The aroma and taste of ACV are somewhat less than appetizing to many people. But, the more you want the benefits of it, then the more *you may acquire a taste for it, or at least be able to stomach the taste!* *There are many sources from which to maintain an internal alkaline environment, but the acidic is important, too. And, from ancient times to today, ACV has demonstrated positive results for doing this. The ACV cocktail is one of the healthiest cocktails you can drink. Bottoms up!*

Quick reference back to the Fasting Treatment: The Braggs have other books. Paul wrote a book on the topic of fasting. It is an excellent, inspirational book entitled, *Miracle of Fasting*. Paul fasted routinely for years and knew well the benefits of fasting.

Treatment #7: *You'll Laugh With This Treatment ...*

This treatment is supplemental to all the other treatments, and more potent and effective than you may first realize! It is titled: *Laughter is the Best Medicine!*

WAIT! Don't laugh AT it! You are supposed to laugh WITH it! Seriously, this is no laughing matter! Or is it?

Let's begin some laughter therapy right now ...

*"After a year in therapy, my psychiatrist said to me:
'Maybe life isn't for everyone.'"*

—Larry Brown

*"Half this game is ninety percent mental."
—Philadelphia Phillies manager, Danny Ozark
[Danny was never really good at the stats.]*

*"Everything is funny," said Will Rogers,
"as long as it is happening to someone else."*

These "laughter therapy pills" are taken from the website:*

www.LaughterHeals.org

I just coined that term: "laughter therapy pills."

I like this term, and doubt there are any adverse side-effects from these pills.

Well, maybe some cramps in your side.

Oh, and to big pharma: *these pills are free!*

Feeling better, yet? If not, maybe you just haven't really laughed in a while, and need to prime your laughter pump. Or, maybe you need to find your own sense of therapy (humor). It is simple and fun, as there are a number of great laughter-as-medicine websites.

Let's now get serious about this business of laughter as medicine.

Just kidding! How about another "laughter therapy pill"? ...

*"We're going to turn this team around 360 degrees."
—Jason Kidd, upon his drafting to the Dallas Mavericks*

www.LaughterHeals.org

(This website and many others allow you to subscribe to receive jokes and funny stories in your e-mail.)

Okay ... Now let's get down to the *serious business* of laughter as a remedy.

*"A cheerful heart is good medicine;
but a crushed spirit dries up the bones."*
—Proverbs 17:22

There is much information on the web about the powerful health benefits of a good sense of humor and laughter.

"Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."

—Paul E. McGhee, Ph.D.

(taken from: http://helpguide.org/life/humor_laughter_health.htm)

There is even **empirical evidence** that laughter *improves immune system functioning, and that it releases healthy, relaxing endorphins!*

*Whatever other health and healing treatments you may engage in, **laughter therapy can and should be supplemental to them all!***

This laughter treatment is one of the most inexpensive of the free bonus treatments. Well, that is, until you start buying joke books, comedy movies, going to Starbucks with friends to tell jokes to each other, going to comedy clubs, etc. Minus all the laughter therapy “paraphernalia”, laughter therapy is FREE!

Read about Norman Cousins, who canceled his 6-months-to-live situation and gained 26 more years of life! He attributed his **recovery to intense, daily laughter**, and went on to write a book about it! You can read about it in “[Can Laughing Your Ass Off Heal You?](#)” This is a must read article, that gives Cousins' account, and much more, about the research of the objective and subjective therapeutic benefits of laughter. This page says:

“Norman Cousins, a one-time essayist and editor associated with the Saturday Review, who cured himself of a fatal illness by watching an endless stream of comedy films, said, 'Laughter is a form of internal jogging. It moves your internal organs around. It enhances respiration. It is an igniter of great expectations.'”

Do your own casual and fun online research on the health benefits of laughing. You can search: “health and laughter,” “laughter is the best medicine,” “laughter cure,”

etc. There is much I could say here. But, just visiting some websites will soon have you educated and excited about beginning your laughter therapy.

Here are some excellent websites to get you started.

The Health Benefits of Humor and Laughter:

http://helpguide.org/life/humor_laughter_health.htm

WebMD Feature: The Laughing Cure:

<http://www.webmd.com/balance/features/laughing-cure>

Science of Laughing:

<http://boingboing.net/2009/03/30/science-of-the-laugh.html>

NECESSARY DISCLAIMER/WARNING:

Do not engage in laughter therapy while driving a vehicle or operating equipment. To do so may incur injuries that may require additional laughter therapy. Laughter is highly contagious and can be addictive. You have been warned.

Have fun with your laughter therapy! ☺

Treatment #8: *The Water Cure* *Amazingly simple & inexpensive*

Do not underestimate this treatment. Most people realize we should drink more water, reduce or eliminate sodas and caffeine, etc. However, there is much more to it to *actually gain health and healing from water*. There have been thousands of healing results and reports from *The Water Cure* for a wide variety of illnesses, diseases, conditions, and ailments, including pain! Some people who have experienced healing from *The Water Cure*, have put out their own time, effort, and money, with no financial return expected or wanted. They just want to get the great news of this simple, effective, inexpensive treatment that healed them out to the public! *The Water Cure* was created by Dr. F. Batmanghelidj, MD (aka: Dr. Batman) and is indeed very simple, and evidently very effective. But, to really benefit from the healing power of water, there is more to it than merely drinking more water. And, there is a simple water cure *recipe* that you will soon know! **“Dehydration” does not simply mean we are thirsty, it goes much deeper ...**

*“Remember, when we say “dehydration”
it really means concentrated, acidic blood.”*

—Dr. F. Batmanghelidj, MD

The avoidance of acidic blood ties into what we learned from Treatment #4, ('The Root Cause of Cancer') and #5 ('Going Green'). Acid is important (as indicated in #6, 'ACV'), but we need to maintain optimum acid-alkaline balance for consistent health and to maximize healing.

There is much information on this online. They say to maintain the balance we should eat 80% alkaline-producing foods and 20% acid-producing foods. See website: [Acid/Alkaline Food Chart](#).

The thousands of healing testimonials have been from people who'd suffered from asthma, bronchitis, cancer, diabetes, multiple sclerosis, back pain, and many more chronic illnesses and conditions. Well-hydrating your body's systems, joints, and cells with this program is foundational and contributory to your general health and healing. As this program has healed people of *lung/respiratory conditions*, it is obvious that it helps and **strengthens your lungs, breathing, and oxygen processing**. Sufficient water is also crucial to cleansing and strengthening your lymph system, which references back to the lymph cleansing treatment. And, recalling that the above herbal treatment outlines how emphysema is weaknesses of the *immune, circulatory, and endocrine systems*, it follows that *The Water Cure* program should facilitate and strengthen these systems as well.

Logically, the non-competing treatments all feed into a synergistic effect toward cleansing, strengthening, and balancing your systems—toward holistic health and healing! **Remember:** As you consistently implement natural treatments such as these, your body should increasingly move toward cleansing, strengthening, and balancing your systems. By focusing on strength, weakness disappears. By

combining several or more treatments, you may not be able to identify or isolate what improved or eliminated your emphysema/COPD. As they each have improved or eliminated health problems of many, the combination can be even more profound upon your health and healing!

As with all the above “anecdotal evidence”, *there are just too many healing success stories to deny the reality of effectiveness!* Along with the thousands of people who have reported amazing results, there are many high-profile people, alternative health professionals, and even **mainstream** medical doctors and scientists, who support this treatment.

Please allow me now to introduce you to the wonderful world of water and its profound healing power. The earth is composed of mostly water, as are our bodies. Water is crucial to the functioning of our planet, countless things on it, and the cycles of nature. Water is also crucial to the functioning and health of our bodies, as well as our overall well-being, including mentally and emotionally. If our bodies are not healthy, then our minds, emotions, and functioning in life can be challenged or impeded, e.g., relationships, work, etc.

What follows are points from the free PDF you will soon have.

Water: Rx For A Pain-Free Life (p. 9)(emphases added), by F. Batmanghelidj, MD:

- ✓ ***Water*** generates electrical and magnetic energy inside each and every cell of the body.
- ✓ ***Water*** is the bonding adhesive in the architectural design of the cell structure.
- ✓ ***Water*** prevents DNA damage and makes its repair mechanisms more efficient; less abnormal DNA is made.
- ✓ ***Water*** greatly increases the efficiency of the immune system and all its mechanisms, including against cancer.
- ✓ ***Water*** is the main solvent for all foods, vitamins, and minerals.
- ✓ ***Water*** is used in the breakdown of food into smaller particles and their eventual metabolism.
- ✓ ***Water*** energizes food particles, which are then able to supply the body with energy, during digestion.
- ✓ ***Water*** increases the rate of absorption of essential substances in food.
- ✓ ***Water*** is used for the transport of all substances inside the body.
- ✓ ***Water*** increases the efficiency of the red blood cells in collecting oxygen in the lungs.

Also in the lungs (p. 11):

Water is needed for contraction of alveoli to push air out. And, salt is needed to soften mucus. ***Water is very important to lung functioning.***

Water is amazing! It gives us many incredible things, including health and healing! The Water Cure has been attacked by mainstream sources. But as we now know, any inexpensive treatment that is unsupported or gets attacked is generally because it produces real healing results!

Given the above list of what water does, the thousands of positive healing testimonials, and the numerous scientists, doctors, and other health professionals who believe in or endorse *The Water Cure*, one would *not be a very good medical science critic* if he or she did not realize how foundational and effective water is to health and healing!

Your Free Bonus #8, “The Water Cure”, free pdf:

http://www.watercure2.org/pdf_files/water2.pdf

Overview of Water Cure: http://www.watercure2.org/pdf_files/just_common_sense2.pdf

The Water Cure helps many conditions: http://www.watercure2.org/table_of_contents.htm

Check out *The Water Cure's* first website. Meet Dr. “Batman” and check out the scientific information:

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

The Watercure helps with **COPD**: <http://www.watercure2.org/copd.htm>

Check out these resources and testimonials. And, see who is saying positive things, supporting, and/or promoting *The Water Cure*:

<http://www.watercure2.org/>

There are other books you can get. But, you don't need them to get started.

You Can Get *The Water Cure* Recipe (Bonus #8) Here:

<http://www.healingdigestiveillness.com/watercure.html>

Here is another with the Recipe that you can download and print:

www.braintoniq.com/dropbox/The%20Watercure%20Recipe.pdf

The **Recipe** is based on the suggestions in Dr. Batmanghelidj's book, *Your Body's Many Cries For Water*.

The Water Cure is almost a free healing treatment. It may cost about US \$7 per month for the natural mineral salt you'll need to buy, which is part of *The Water Cure* recipe. The salt may cost less or more, depending upon the brand, where you get it, and how quickly you consume it. This is **not table salt, but mineral salt**, such as RealSalt® or Celtic Sea Salt, which contains approximately 80 minerals. The salt is critical to the program, as it facilitates your body to more fully absorb and use the water to more effectively hydrate your cells. Sodas and other caffeinated beverages dehydrate the body. And, water without the right salt and minerals prevent the water from actually getting into your cells for optimum

hydration. There is a little more to *The Water Cure* program than just drinking water and salt, so do a bit of reading before you start.

Newspaper article about *The Water Cure* with some testimonials:

<http://proliberty.com/observer/20010720.htm>

Here's an excellent video on *The Water Cure*:

http://www.watercure2.org/Video/tlv/flv/Water%20Rx%20WYOU%20Special%20DV%20AVI512K_Stream.htm

As we've abundantly learned, strict mainstream professionals want their clinical studies, etc., before they will even consider that an inexpensive treatment may work—in spite of thousands of people who, as a result of some treatment like *The Water Cure*, no longer have their disease, illness, condition, or ailment! And, even when they get them, they still often resist and ridicule, as they have with the hydrogen peroxide documentation, which is in their own mainstream journals!

Call it a “cure” or don't call it a cure. Call it a “spontaneous recovery” or *whatever*. ***The bottom line is: the health problem is gone! The term “cure” has its place. But something is wrong when those who are in the “healing arts” cannot accept or incorporate methods that achieve results, though not by direct (understandable and explainable) causes, but do by high correlations.***

Supplemental to *The Water Cure* ...

Get a free e-book on alkaline water:

<http://www.phdrinkingwater.com/report.php?kc=gcgeneral&gclid=CKTXpZrhhqMCFQM7agodfUC2aw>

Healing Water:

<http://www.frequencyrising.com/Kangen.htm>

Bonus #9: Free PDF e-Book: *The Healing Power of Water*

This treatment is a different use of water for health and healing. It's amazing how the body responds to this treatment. It has been used effectively for decades in Europe for many diseases and conditions. [This eBook was on the Downloads page you were directed to after your purchase.](#)

Bonus #10: Free PDF e-Book: *Take Control of Your Health*

This e-Book has a broad variety of demonstrated ways to take control of your health. [This eBook was on the Downloads page you were directed to after your purchase.](#)

[Bonuses #11 - #14 were on the Downloads page you were directed to after your purchase.](#)

Bonus #11: *Health with a Chinese Twist*, by Dr. Dean Black, Ph.D.

Bonus #12: *Regeneration vs. Substitution*, by Dr. Dean Black, Ph.D.

Bonus #13: *Regeneration: Life Replenishing Life*
(This is not the Regeneration booklet cited in ebook,
but is based on Dr. Black's concepts.)

Bonus #14: Health & Healing Knowledge: *The "Doctrine of Signatures"*
A chart of information that can 'save your life'!

Bonus #15: Access to a Free Online e-Book (not a PDF):
The War Between Orthodox Medicine and Alternative Medicine

This free bonus is access to an online e-book about the struggles between mainstream medicine and alternative medicine. One cannot fully appreciate alternative medicine without understanding its long uphill journey against the establishment.

For access to this e-book and other alternative healing information, go to:
<http://www.cancertutor.com/WarBetween.html>

Recommendation: Finish reading this ebook before going to "*The War Between ...*".
That online e-book may take you off track for a while.

More Related to Regeneration

What follows are some excerpts from the late (and great) Dr. Dean Black's booklet, *Regeneration* (pp. 20-23). The sections are entitled: “A Note On The Exploratory State of Mind,” “A Note On Scientific Proof,” and “Required: A New Way of Thinking.” Primarily what Dr. Black is referring to in these sections and his booklet is related to using the food-herbs and formulas covered earlier in Bonus #2; however, the concepts can apply to virtually all safe natural healing treatments (insertions and emphases added).

A Note On The Exploratory State of Mind

The Chinese believe that our health depends on our taking an active role in caring for ourselves. Western science provides evidence for that belief. [This is one way that the opposing sciences can cooperate.] When we experience what scientists call uncontrollability—the sense that we have no control over events—our body produces high levels of corticoid hormones. High levels of corticoid hormones are associated with disease and decline of our natural adaptive powers. The opposite state of mind—one that's linked to health and strong adaptive powers—is characterized by exploring. These two states—uncontrollability and exploring—are “reciprocally inhibiting,” meaning that we can't be in both [states] at the same time. To create a healthy state of mind, therefore, all we have to do is openly and eagerly explore.

Applied to these formulas [and most natural healing treatments], that means we don't expect others to tell us what to do, nor do we expect magic relief or instant solutions. We seek, by experience, to learn what works for us.

This is trial and error, of course, which was the method of the [ancient] Chinese. It sounds unscientific, but with something as complex as the body we really have no other choice. Even medical science is still largely trial and error.

But we self-scientists who study our bodies have a huge advantage over medical scientists who study other people: we have intimate, first-hand knowledge of the consequences of our choices. We sense what's happening to us with an understanding that transcends logic. In addition, what we learn only has to apply to us. Doctors, on the other hand, must rely on second-hand reports, instrument readings, or chemical analyses to discover the consequences of their recommendations, and they want to know things that will work for everybody. Making sense of short-term drug experiments on large groups of animals or people, which is what medical scientists do, is infinitely more challenging than the sort of gentle, regenerating self-care that

we practice on ourselves, and that we get to work on for a lifetime. Even though we're not health experts in one sense, we can become absolute experts—the world's best—in the science of our own body.

So if things aren't working for you, try something else. Vary the amount. Try different formulas [or treatments]. Try adding food [or other nutritional] supplements. Or you might try adding one of the single herbs.

Commercial products normally list instructions on the label describing how many tablets to take, when to take them, and so on. Read those instructions carefully and consider them a starting point. If you're not satisfied with the results, learn as much as you can and do something different. Keep learning until you get where you want to go.

*And remember, if you're ill, work with your doctor [preferably one who is supportive of or open to alternative methods and natural healing]. Regeneration complements medicine. **Medicine and Regeneration are companion principles, with Regeneration applying mainly to health maintenance and chronic illness, with medicine applying to acute illness and trauma.** Each case presents an opportunity to balance the two. A recent study showed that 85% of people who use regenerating therapies for cancer work with their doctor as well. That's the path to follow. The possible benefits presented here represent historical uses and may or may not apply to you. Do not consider them prescriptions.*

If you're taking medications, Regeneration should allow you to wean yourself gradually from them, but do so only under your doctor's guidance.

These formulas [and most other natural healing methods] are no substitute for basic principles of healthful living. As a foundation, we must eat wholesome foods, challenge our body with exercise, and approach life with a hopeful, optimistic frame of mind. These formulas [and most other treatments] can [generally] do no more than build on that foundation to accelerate healing or meet certain specific needs.

As you use the formulas [or other natural methods], be patient. Every person's body is different [and there are many factors and variables from person to person, internally and externally]. Some people experience results almost immediately. Others need to build their body for a while before they notice a difference. Be willing to let your body go at its own pace, and remember that getting anxious can only slow things down.

(Note: As stated in our disclaimer, when possible, working with a doctor who is supportive of or educated in alternative methods is preferred. Recall that Anne's doctor got angry at her for tossing out her medications, and for doing an alternative treatment. But Jim's doctor encouraged him to keep doing what was working. From our experience, most mainstream doctors are against alternative and natural healing methods. Everyone has the right to get a second, third or fourth or tenth opinion. To locate a doctor or other alternative practitioner of the healing arts, you may try asking at a local high-quality health food store; they are usually tapped into a network of alternative practitioners and resources. In my experience, the national franchise type health food stores know little about real alternative philosophies and practices. The best ones, it seems, are the locally owned stores with owners/managers who have years of experience with health and natural healing.)

A Note On Scientific Proof

Western scientists typically discount Chinese healing principles, demanding proof of the sort they're used to, which means double-blind experimental studies. That poses an almost insurmountable problem to the Chinese, not because the principles don't work, but because double-blind studies violate those principles. As the report, "Herbal Pharmacology in the People's Republic of China," published by the National Academy of Sciences, points out, "The Chinese will not countenance the use of placebos (the key to the double-blind design), considering them unethical conceits." (p. 7).

The Regeneration principle asserts that we must take an active role in our own healing; the double-blind principle asserts that we must not. The principle keeps us blind precisely so we can't take a role. [That is, its very purpose is to remove our vital role in the testing or healing process.] There's evidence that the double-blind design puts patients into a state of uncontrollability, or helplessness, which provokes those high levels of corticoid hormones we talked about earlier. In that sense, the double-blind research design is unhealthful, just as smoking is unhealthful, and the Regeneration principle therefore prohibits it.

*Western science also demands explanations, in the form of "metabolic pathway," that shows the chain of reactions from the cause to the effect. This requires that herbs be broken down into their purified "active elements," and this likewise violates the Regeneration principle. In an interview with the Los Angeles Times, Western scientists studying Chinese herbs reported, "We have something that works, or at least seems to. Our problem, however, is that we do not know why or how it works, **and until we do, we cannot develop this as***

a modern medicine.” And that means breaking the herbs apart, which Western science exalts, the Regeneration philosophy condemns, and classical Chinese herbalists refuse to do.

In scientific terms, Regeneration is a “paradigm”—a way of explaining things [generally from a certain perspective]—with its own method of proof, which is experience. The Chinese offer us their centuries of experience, and that, in fact, is **a far better test of truth than the unreplicated, controlled experiments of classical Western science**.

(Note: As covered earlier, empiricism values and seeks results, as it or then seeks understanding. Rationalism operates from *theory* (generally that which it already understands) which demands to understand *how* before it will accept and support anything. Theory is adequate and appropriate for non-human or inorganic subjects, but far from adequate when it comes to the complexities of and dynamics of the subjective human experience. Operating from a theory design essentially keeps scientists trapped in a box of what they already know and accept—thus preventing progress of what true medical science should be about: discovering and benefiting from nature's amazing mysteries and realities that we do not yet understand. This tends to elevate man's finite filter above the seemingly infinite mysteries of nature. *Yes, man should seek to understand Nature and Reality—but not to the point that it precludes the use and benefit of what gets positive results!* And, with respect to Chinese philosophy and practice—that is centuries of positive results! To discount and reject such ancient and effective knowledge—*science*—is the epitome of ignorance and/or arrogance!) Back to Dr. Black ...

Required: A New Way of Thinking

Perhaps the biggest handicap faced by Westerners who wish to apply Chinese principles is our disease-oriented way of thinking. The Regeneration philosophy doesn't deal with specific diseases and specific cures; it deals with general weaknesses, and building general strength. In that sense, a question like, “What can I do for my arthritis?” does not fit within the Regeneration frame of mind. That frame of mind requires that we translate the symptom cluster that Western medical science calls “arthritis” into an understanding of imbalances and weaknesses within the body. We may then seek to overcome those weaknesses, and will very likely end up doing what we would do to be healthy, even if we weren't sick. **The motivation here is not to overcome disease [or merely manage symptoms], but to create life.**

Inspiration to Launch Your Journey Toward Health

You now have a number of treatments that can truly benefit your health and speed your healing. Many people have used them with often amazing results. As stated, they can be used concurrently, which may further speed your healing and journey toward a state of health. I put my hydrogen peroxide drops in my barley juice, using distilled water. However, as ACV is acidic and barley juice is alkaline, I down my ACV cocktail at least 30 minutes after I drink my barley juice. I haven't found out if mixing them would neutralize them or not. So, I do them separately. Maybe alternating days with them would be better: do ACV three times one day, and then barley juice three times the following day. I believe it is okay to put the hydrogen peroxide drops in the barley juice, but am not sure about the ACV cocktail. There may be properties in the ACV that would neutralize one or both. Until I find out, I just do the hydrogen peroxide separate from the ACV.

Dr. Paul Bragg for years did routine fasts, drinking only the ACV cocktail during periods of fasting. He would fast for 24 hours, one day each week. And then, every four months, he would fast for a week. Recall the amazing results from the Moscow psychiatric hospital: that 80% of 7,000 psychiatric patients were able to be released and live normal lives after one week of fasting, consuming only *water and juice*.

Most of the earlier section on Fasting was referring to fasting mainly with water only, and that anything other than water keeps your appetite stimulated. However, as the 7,000 Russian psychiatric patients successfully fasted using a combination of water and juice for one week, why not try such approaches to fasting as: drinking only the hydrogen peroxide oral treatment, drinking only the ACV cocktail, drinking only the green leaves of barley juice, or drinking only the Water Cure (with the mineral salt). ***OR, what about doing an extended fast using all of them together, or any combination of them?*** *Using all of them, or a combination, you could—as Dr. Bragg did and recommended in his book on fasting—do an extended fast of a few days, a week, or longer, and then fast routinely 24 hours every week.*

Without eating solid food, you wouldn't need to be concerned about drinking the hydrogen peroxide 30 minutes before meals or waiting 2 – 3 hours after a meal. As you could mix the peroxide with juice, it would seem reasonable to mix it with barley juice, and then waiting at least 30 minutes to drink the ACV cocktail. As stated above, I don't know if the acid of the ACV would neutralize the peroxide or not. So, I would wait 30 minutes just to make sure. And then, you could do the

Water Cure throughout the day, with the amount you need for your individual weight, as the Water Cure recipe states (p. 216). I would think you could include the amount of liquid, which is mostly water, from the ACV cocktail and the barley juice, in your Water Cure water amount.

Whatever you do with these treatments, remember the amazing powers of the subjective self—your mind, attitude, belief, imagination, conscious thought, unconscious beliefs, expectation, etc. These powers are within you! You, however, must activate and engage them. Some people tend to be more negative in their outlooks than others. It takes time and effort to undo old patterns and forge new ones. But, the results are worth it. I speak this from experience. Changing your patterns is like forging a new river path. For years the river may have forged its channels (in your mind, brain, and nervous system). But, by consciously choosing to respond and think in new ways, *the path can be changed!*

Remember, like the Chinese, to apply the general regeneration principles of exercise, balance, and regular and sufficient sleep. Hydrogen peroxide can increase the oxygen level in your body and heart, but exercise is needed to actually strengthen the heart muscle. That is, excellent cellular fuel supplementation can only go so far. Our cells, tissues, and muscles are designed to move. Irregular, insufficient sleep affects our chemicals, hormones, and more. *Sufficient exercise and sleep helps with many generalities of health and healing that affect specifics.*

These treatments may work independent of total belief, hope, etc. But, given the amazing power of the subjective self, *why not engage all the leverage you can toward your healing and health?! Besides, the more you anticipate positive results, then the more you will be driven to be persistent and consistent with doing the treatments.*

Today's deeds are the seeds for tomorrow's harvest.

With this said, about all the treatments, I would now like to give you some food for thought, and some inspiration, as you begin your journey to health and healing—*especially now, when you may need some prodding and encouragement to move from illness toward health, to get your momentum going!*

Life is really profound, amazing, and awesome! Life tends to respond to us—to our *persistent/consistent* thoughts, desires, attitudes, beliefs, expectations, decisions, actions, self-fulfilling prophecies (as good school teachers understand with their students).

“If you think you can do a thing or think you can't do a thing, you're right.”
—Henry Ford

The effects of positive and negative thinking have long been documented. In specificity or generality, from our health to relationships, from academic exams to opportunities, and even circumstances, our beliefs and expectations can shut down our minds, emotions, and perceptions, or open them to different possibilities.

An outcome can be determined by whether you see the glass half full or half empty. If you see it half full, then you can drink it. If you see it as half empty, then you'll go thirsty.

*This statement is from the website found at the link provided below:
“[T]he effects of negative thinking versus positive thinking are very different. One can make you sink completely, while the other can make you rise above the clouds.”*

***The Battle:
Negative Thinking Versus Positive Thinking***

The point is—the great news is—as you or a loved one are likely facing a health problem, even possibly in its later stages, health and life are not stagnant. They are dynamic and respond to us!

***Life supports and reinforces efforts toward life!
Our cells, organs, and systems have an innate life force that responds positively to moves toward health!***

We reap what we sow in our attitudes and actions toward self/others, the Bible says. As stated earlier, it seems paradoxical: to get, *give*; if you want love, give love; if you want a friend, be a friend; if you want strength, exert strength; if you want to breathe better, exert breath by exercising; if you want energy, expend energy.

We tend to get from life what we invest into it, such as meaning, purpose, relationships, health, etc. ***I would venture: far more than we believe—it is never too late to regain health! When we make the decision to consistently move toward health, our bodies—at the cellular level on up—are designed to respond and tend toward healing!***

Some alternative medicine treatments, including the FG-H₂O₂ treatments, have an exceptionally high success rate with late-stage patients. Jim is but one of many late-stage or close-to-death recoveries! I believe that many late-stage patients would not have reached the final stages of their disease or condition if they had tried alternative treatments much sooner. The trouble is, it seems, that such patients trust their orthodox doctors and specialists too long for chronic, degenerative problems, before seeking alternatives.

*Real health and healing are holistic in nature.
Health and healing occur at the cellular and molecular levels,
and can be enhanced by involving the whole human experience, including:
the mind, belief, will, positive emotions, love, joy, passion, enthusiasm,
perceptions, attitudes, imagination, hope, beliefs, expectations, and self-image.
They are further enhanced by high quality
relationships, intimacy, transparency, and a positive environment.*

You may have heard the following story. I believe it is a true story:

There was a man who was in serious financial trouble. After much soul searching, he decided that it would be best for his family to receive his life insurance money. However, if his death were determined to be a suicide, by the policy's terms, his family would not receive the benefits. So, how to commit suicide without it being apparent was his question. The answer? Well, as a very overweight man, he figured if he could just exert himself enough, then he would have a heart attack, and that would be it. His family would get all the money to get out of debt, and have a decent financial life without him.

Well, he went outside to walk, to attempt his concealed suicide. He walked a block down the sidewalk and back home, gasping for breath when he returned. But, no heart attack, as he finally caught his breath. The next day he tried a little harder to commit his concealed suicide. This time he walked a block and a half, and returned, gasping for air again. But, again: no heart attack. The next day he went two blocks. Further and further he went each day, all with no heart attack.

However, as the days turned into weeks, he lost a considerable amount of weight, and correspondingly began to feel better, stronger, and healthier. He was eventually able to get a better job and get out of debt, due to being healthier and happier, and improving his self-image.

What a story! Health and life responded to this man's persistent and consistent attitudes and actions!

There are many great, effective treatments for diseases and conditions. But, as the Chinese believe and do, the focus must not be on fighting the problem or weakness, but on applying the principles *toward strength and general health!* These treatments are based upon principles to the general path of prevention—and, ***when chronically ill, the path to regeneration!***

Dis-ease is the opposite of ease.

*Illness and disease are of the ways of Death.
Like entropy, they tend to grip us, drawing us down
toward disorder, toward destruction, toward death.
Seeds of disorder, destruction, and death are sown by
ignorance, immaturity, carelessness, inaction, and apathy.
Like weeds in a garden, they easily spring forth.
Like a web, they inevitably trap us.
No one truly wants them, nor chooses them.*

*Health, by contrast, is the way and function of Life—but it must be by choice!
It must be consciously and consistently cultivated.
To escape the grip of illness and disease taking you down,
you must make a decision and take consistent action, upwards,
toward health, toward life!*

*This struggle is not without a price, however.
As with any gain from a sacrifice or an investment,
a price must be paid to attain the prize.
It is generally difficult to get the momentum going toward health and life.*

***However, there is one great thing that is to your advantage in all of this:
health and life tend to respond to us!***

As they were designed to perform:

Nutrient and oxygen starved cells tend to come alive when given what they need.

Muscles tend to come alive when moved, stimulated, and exerted.

When cleansed and stimulated by healthy cells, organs tend to function/produce.

*When the momentum toward health and life begins,
the brain and bodily systems, the mind, spirit, and emotions tend to come alive—
all moving toward harmony, gradually tuning the instruments
to play the symphony of health and life they are designed to play!*

*“The most important decision we make [then] is whether we believe
we live in a friendly or hostile universe [life, reality, Creator or no Creator].”*

—Albert Einstein

(insertions added)

Yes, many of us already know basic things of health. *But, when you really get it and begin to do these things, you will begin to experience the benefits. Beyond the basics of health, with the treatments revealed above, you now know health and healing methods many people do not know. Many people may know the individual treatments, but I would imagine that only a percentage of them know all the treatments that are shared in this book.*

*Armed with this new knowledge, do you want: More energy? Mental clarity? Strength? To be pain free? To breathe better? To move from sickness to health, from death to life? Decide what you want and **go for it!***

Thoughts and beliefs have the power to be constructive or destructive.

We interpret a situation or crisis by thoughts and beliefs.

*By the awesome ability of thought and belief,
human beings can create attitudes and actions that either disempowers
one toward death, or empowers one toward life!*

“Whatever you can do, or dream you can, begin it.

Boldness has genius, power, and magic in it.”

—Johann Wolfgang von Goethe

“If you can believe, everything is possible for him who believes.”

—Jesus of Nazareth, *The Bible* - Mark 9:23 NIV

“I wish above all things that you prosper and be in health”
—**The Bible, Inspired by your Creator (3 John 2)** NIV

*“The tongue has the power of life and death,
and those who love it will eat its fruit.”*
—**Proverbs 18:21** NIV

Our thoughts, emotions, attitudes, and outlooks can be changed from negative to positive by what we consistently speak to ourselves, even by mumbling.

Self-talk is a powerful tool for change.

“Let the weak say, ‘I am strong!’”

—**Joel 3:10** NIV

Self-talk can empower or disempower one's belief, attitude, and outlook. Recall that the immune system is objectively affected by subjective thoughts and emotions. (White blood cell counts have been documented to increase or decrease with corresponding positive or negative thoughts and emotions.)

*“Now faith is the substance of things hoped for,
the evidence of things not [yet] seen.”*

—**Hebrews 11:1** KJV (insertion added)

“Now faith is the assurance (the confirmation, the title deed) of the things [we] hope for; being the proof of things [we] do not see and the conviction of their reality [faith perceiving as real fact what is not revealed to the senses].”

—**Hebrews 11:1** (Amplified Version)

*“[This little book's] object being to stimulate men and women
to the discovery and perception of the truth that —
They themselves are makers of themselves by virtue of the thoughts
which they choose and encourage; that mind is the master-weaver,
both of the inner garment of character and the outer garment of circumstance,
[of bodily health as well]
and that, as they may have hitherto woven in ignorance and pain [and illness]
they may now weave in enlightenment and happiness [and toward health].”*

—**James Allen, As A Man Thinketh**

(Forward to book) (insertions added)

Ignite Your Belief, Hope & Enthusiasm ...

As You Begin Your Journey toward Health and Healing!

The following articles are by the well-known physician, surgeon, holistic health educator, and author, Dr. Bernie Siegel, M.D. These are excellent caps and conclusions to this e-book. Although he is a cancer doctor, they can apply to anyone facing major health issues. ***They are enlightening, encouraging, and empowering!***

Dr. Bernie Siegel is a physician and surgeon who has cared for and counseled innumerable patients. He embraces a philosophy that is at the forefront of a society grappling with medical ethics and spiritual issues. His best-selling books include: *Love, Medicine & Miracles*, *Peace, Love & Healing*, *How to Live Between Office Visits*, and his new book, *101 Exercises for the Soul*. Dr. Siegel is also a renowned health educator, a dedicated patient advocate, and the Founder of the nonprofit organization, ECap, which stands for Exceptional Cancer Patients.

In the 1970's, Dr. Siegel began to realize and to practice things with his patients that his colleagues thought were crazy: things that made no sense to them; *things that addressed the subjective human experience; things that produce healing results; “spontaneous remissions” (healings they can't explain). 20 years later, Dr. Siegel's colleagues, who once criticized him, were reading his books and attending his lectures!*

“How To Heal Yourself”:

<http://www.shareguide.com/Siegel.html>

“Mind-Body Medicine and the Future of Holistic Health Care”:

<http://www.shareguide.com/Siegel2.html>

Here's a link to an excellent, enlightening & encouraging free PDF by Dr. Richard Schulze (on the list of highly reputable healers, p. 49) and his [Natural Healing Publications](#):

“There Are No Incurable Diseases”

<https://herbdocblog.com/issuu/pdfs/NoIncurables.pdf>

*May you, as many others have...
reach healing and health soon!*

Conclusion

Well, I think I've about exhausted all that I wanted to say. Maybe I've said far too much. I could have just detailed the treatment Jim used, where to get it, and been done with it, all with very few pages. However, I wanted to give you much more than the treatment. Most people want to know why it is that if this treatment works, then why isn't it used in the mainstream? Why don't all doctors know about it and use it?

As you now know, there are reasons as to the non-support of hydrogen peroxide by the mainstream—reasons that require much to establish their validity and credibility. Cans of worms, so to speak, must be opened and explained. I do hope you feel that you have gained much value from this e-book. If you have questions, comments, or concerns, or would just like to chat, feel free to e-mail me. I would enjoy getting to know you, and would appreciate your feedback, suggestions, and/or your testimonial.

Thank you for purchasing and reading our e-book. Jim and I hope it was enjoyable, informative, and thought-provoking. And, whatever you do with it, we hope you will benefit from it many times over!

Health and Blessings to You!

Jim & Al

PS: Below are your Free Bonuses: “Rare Remedies.”

We hope you enjoy and benefit from these potent remedies if you or your family or friends ever need them. Actually it's not “if” you need them, but “when.” These remedies are for common ailments that, odds are—among you, your family members and your friends—someone will likely experience at least one or several of them over time. After you learn these remedies you can prepare a “Home Remedy Kit,” and when needed, you can come to their rescue. If you're a compassionate person you can even choose to help your enemies (if you have any). If so, maybe they would no longer be your enemy. 😊

Necessary disclaimer for remedies, in addition to the general disclaimer for the whole of this ebook:

This information is given for informational purposes only. These remedies have demonstrated effectiveness in many cases, some more so than others. Individual results may vary. The authors make no claims that they will work for anyone, and assume no responsibility for any adverse effects or ineffectiveness. We're simply exercising our rights of free speech to share our experiences, observations and opinions. The FDA has not reviewed this information. Before using any of these remedies for any of the addressed ailments or injuries, you should consult a medical practitioner, preferably one that is open to alternative treatments and remedies.

More FREE BONUSES: 8 Powerful Rare Remedies

by Al

I have reviewed many alternative medicine and home remedy books, yet have never seen the following specific remedies in them. Some of the books I've reviewed offer other remedies for these addressed ailments and injuries. But, the ones given below have been proven to work for our family and friends for years! Individual results may vary, of course.

Rare Remedy #1 How I Prevented a Third Degree Burn from Scarring You can't even tell which arm it was.

I once burned my left forearm with a hot electric skillet lid that was over 400 degrees. The burn was about 6 inches long and at least 1 inch wide. As soon as my arm touched it, I jolted it back like I'd been hit by lightning. It was the worst pain I've ever felt. My skin actually stuck to and fried on the skillet lid.

This incident happened at a friend's house. I didn't know better at the time, but the lady of the house did what she thought was best. She put butter on my burn. I found out later that this is one of the worst ways to treat a burn. You should not put any oil-based substance on a burn for at least 24 hours. Oil-based substances actually trap in the heat and greatly hinder the healing that the body tries to accomplish. It turned out that it was a third degree burn. I guess, due to the burn killing the pain-signaling nerves, my extreme pain was gone in less than an hour. My pain-signaling nerves were like my skin on the skillet lid—*they were toast*.

Even though the pain in my forearm was gone, I still didn't feel all that well for several hours. I experienced a state of shock that I later learned commonly occurs. I did seek the care of a naturopathic doctor, as the danger of a burn this severe is infection. Proper care of severe burns is essential. I kept alternating between having my arm in ice water, on and off again, for about 24 hours, until the heat was gone.

The next day, my wife and I began researching what else we could do. I wanted to heal it as soon as possible. But, most importantly, I wanted to minimize any scarring. Burn scars can be quite disfiguring.

We spoke to a friend who knew quite a bit about alternative medicine and home remedies. She told us what we should try: *essential lavender oil*. She emphasized not to buy some cheap stuff, but to buy the essential oil.

We immediately got some lavender oil. And, 24 hours after the burn occurred, I began dousing the burn area with it. Every time the lavender oil appeared to be gone, I added more, keeping it fresh for days. The burn began looking better and better. Within a few weeks, there was no sign of the burn at all! It was amazing! I certainly expected some visible mark for the rest of my life. But, nothing was there. In fact, I sometimes have to mentally re-enact the injury to remember which arm it was that I burned.

During this time, my wife and I unwittingly experienced an experiment. A couple days after my burn incident, my wife burned her arm while she was cooking dinner. It was a good-sized burn, but not even a second degree burn. While both of us were concerned about consistently treating my burn, we neglected to treat her burn with the lavender oil. I guess after her pain finally went away by the next day, she didn't think anything else about it. What were the results of the experiment of her first degree burn and my third degree burn? Well, five years later, since she didn't use any lavender oil, she still has a scar. And, my arm, as stated, has absolutely no mark or scar!

In the event of a fourth degree burn, we'll probably go to a hospital, which is the best place to be for trauma or injury. But, since my third degree burn experience, for first, second, or third degree burns, *we always keep essential lavender oil in stock, and handy!*

Rare Remedy #2

How George Got Rid of His Hemorrhoids Within a Few Days ... For Less Than \$5.00

Hemorrhoids are not a desirable topic to talk about. But, they cannot be ignored. Most people who experience them probably don't like to tell anyone unless they have to. Millions of people suffer from them annually—some mildly, and others severely. I'm not an expert on hemorrhoids, but have known several people who have experienced them.

I knew an older man who had hemorrhoid surgery. It was not only very expensive, but was also a long, painful recovery for him. He had to sit on an inflatable “donut” pillow until he recovered. As I recall, it was at least 2 weeks before he could do much of anything. It can take as long as 6 weeks for a full recovery. Such is the mainstream, conventional hemorrhoid treatment that probably thousands of people endure annually.

I knew another man, George, who also suffered from hemorrhoids. But, his was quite a different, *far better experience*. George went to see his doctor and was quickly scheduled for surgery. However, before the day of surgery, someone told him about a home treatment for hemorrhoids—minus the pain and expense of surgery. What was the treatment? Mentholatum. You apply Mentholatum directly on the hemorrhoids. Well, George did this treatment. And, within a few days, his hemorrhoids shrunk up and were gone—*never to return!* A high quality tea tree ointment has also been known to be very effective.

Hmmm... Expensive surgery, with 2 - 6 weeks of a painful recovery, OR a cheap tube or jar of Mentholatum and about 3 days to achieve painless healing.

I've pretty much already decided what I would do if I get hemorrhoids. What would you do?

Rare Remedy #3

How We Stop a Cough within Seconds ... Even Night-Time Coughing for Our Kids

Coughing is a very irritating condition, especially when it goes on and on. And, when you hear your young child's peaceful sleep brashly interrupted by a hacking cough, your heart goes out to him or her. Parents naturally want to do anything to help them get back to quiet slumber, not to mention for themselves as well.

The substance we use is apple cider vinegar (ACV) as described above in the ACV Treatment. Again, this is not the clear-looking, filtered apple cider vinegar that is found in most grocery stores, but a stronger, unfiltered type that is generally found in health food stores. This kind has a milky substance in it that is called the *Mother*. It's pretty nasty smelling and tasting. But, most of the time, it stops the cough immediately and for the rest of the night. The main trick is to catch the cough as early as possible, before it sets in deeper. If you wait a day or two before using the ACV, it usually is not as quickly effective to stop the cough. And, not only does it tend to stop a cough, but also almost always greatly soothes a sore throat.

For older kids and adults, we take ACV straight/undiluted. It has the strongest potency. We usually use about 1-3 tablespoons—enough to coat your throat. For toddlers, we usually use a dropper that's at least half full. This is a common liquid medicine dropper, not to be confused with the much smaller dropper used for FG-H₂O₂ that is more like an eye-dropper size. The point is to get enough to contact the whole throat surface area. To maximize the effectiveness, we hold it in the back of our throats for a few seconds before we swallow. We also avoid eating or drinking anything for at least a few minutes afterward, to allow it to stay on contact as long as possible.

For our younger ones, again, we use a liquid medicine type dropper and squirt it towards their throat, carefully aiming a little to one cheek so as not to irritate their throat any further by the force a dropper can produce. It's usually easier, especially if the child is resistant, to slide the dropper between the cheek and teeth. And, even if their teeth are clinched in resistance, you can squirt it at the back of the cheek and teeth, so it will get to their throat, and they will have to swallow it. If the child is half asleep, the smell, taste, and not-so-pleasant experience will usually wake them up. The important thing is that soon their throat will feel better. The cough will likely be completely gone, or at least mostly. Soon after, they will usually settle right down and sleep peacefully the rest of the night. In our many

experiences in administering it, our kids would not cough again the rest of the night.

Our older ones, however, appreciate how effective ACV is, and don't hesitate to take it and endure the taste for a few seconds. Our 10-year-old actually asks for it at the first onset of a sore throat. This is also a great way to teach our children the life lesson that sometimes in life the best thing for us is the hardest thing to swallow. They will be wiser learning this lesson young.

Our favorite brand of ACV is Bragg's Raw Apple Cider Vinegar. Again, this is RAW apple cider vinegar, with a milky substance called the *Mother*. Some home remedy books mention ACV for some ailments, including for coughing. But, most of the books I've seen aren't referring to the raw type with the Mother. I believe the raw ACV has more enzymes and nutrients than the typical filtered ACV. Bragg has a book that covers the many health benefits of raw ACV, including cleaning your arteries, fat burning, and improving food digestion. You can find it online or at a good health food store.

For even tough night-time coughing and the many other health benefits, *we keep our ACV handy!*

Rare Remedy #4

How We Stopped Food Poisoning In Our Three Year-Old Daughter In Less Than 15 Minutes

When one of our two daughters was 3-years-old, she got food poisoning. She began crying, holding her stomach with her hands, and screaming in pain. Evidently, she was experiencing cramping every few minutes. It took us a bit to realize what was possibly wrong with her. Then, we called our doctor. Our doctor said it sounded like the symptoms of food poisoning. Then, I reasoned, since 35% Food Grade Hydrogen Peroxide is anti-bacterial, anti-viral, and anti-fungal, it should help with food poisoning. I had read a number of places how 35% FG-H₂O₂ has long been used effectively for the flu.

We thought we'd at least try it before we got on our way to the doctor. As everyone was getting ready to go, I put two drops of 35% FG-H₂O₂ in about 6 ounces of strawberry-banana juice. With her stomach in terrible pain, she didn't feel like drinking it down. But, she did. She was quite a trooper!

Within minutes, her crying subsided. In about 15 minutes, our daughter was beginning to laugh and play. Our doctor checked her out and she was fine. There were no other symptoms after about 15 minutes.

35% FG-H₂O₂ is amazing! It has many uses and benefits: health, healing, cleaning, and even agricultural and gardening. We encourage you to continue your education of 35% FG-H₂O₂ beyond this e-book. We and many others have benefited from it countless times and ways for years. We are so grateful for learning about it years ago. And, we will always have it handy!

GARDEN EXPERIMENT: Since I mentioned gardening in the above paragraph, I just wanted to mention an experiment we did with 35% FG-H₂O₂ .

When my family first learned about 35% FG-H₂O₂ and its gardening uses, my father did an experiment with our tomatoes that spring. He planted 10 tomato plants. With half of them, he did nothing other than water them. And, with the other plants, he applied 35% FG-H₂O₂, as it was recommended in the information we had.

RESULTS: The treated tomato plants produced almost 50% more tomatoes. And, they were a little bigger and appeared healthier. It seemed like they tasted better, too.

Rare Remedy #5

How Warts Have Been Eliminated Within A Few Days

One young woman had a wart on her leg. She used the following treatment. And, it shrank and completely dropped off within four days! A friend of mine had a huge wart on his thumb for more than a year. It was about half an inch in diameter. He tried almost everything on the market. Nothing worked! Then he tried this same treatment. And, his wart shrank and disappeared in about a week! Being a former high-school science teacher, he was amazed, intrigued, and went on to learn much more about alternative medicine and home remedies. One 9-year-old boy had a plantar wart on his foot. His mother used this treatment on him. Although it took more than a couple weeks to rid his foot of this extremely tough kind of wart, it did finally disappear!

What amazing treatment did these former wart-sufferers use? Once again, the amazing, naturally-occurring, and incredibly versatile 35% Food-Grade Hydrogen Peroxide comes to the rescue! To my knowledge, most warts, if not all, are caused by viruses. And, as FG-H₂O₂ is anti-viral, it attacks the source of the wart.

WART TREATMENT: The way I originally heard to do it was to simply put a drop or two of 35% FG-H₂O₂ directly on the wart surface, enough to cover the whole surface. However, using some common sense logic, I thought it may work faster if you could get the FG-H₂O₂ deeper into the wart, such as by using a sterilized needle to poke a number of holes into the wart, and then dropping the FG-H₂O₂ on the warts. It will burn a little, and will generally turn white like a bleaching effect, but should be fine. Ordinarily, if undiluted 35% FG-H₂O₂ gets on any other area of the skin, then it should immediately be washed off with cold water. Skin that comes in contact with FG-H₂O₂ is usually “stained” white. But, after washing with cold water, the white discoloration will usually return to normal within an hour or so.

Andrew, my friend who had the huge wart on his thumb, was a little more aggressive with his wart and attacked it with more than a needle: he actually sliced off the top of his wart off with a razor blade, and then put the drops of FG-H₂O₂ on it. He called me on the phone just afterward and was a bit upset. He asked, “Why didn’t you tell me it would burn like fire?” After he told me he sliced off the top of his wart, I told him I said to poke a few holes, not to slice it open. Well, Andrew and his thumb survived the ordeal. *But, fortunately, his wart didn’t!* If you use the method of injecting some peroxide into the wart, I recommend that you do not do it the way Andrew did; a few pokes at it with a sterilized needle should suffice.

I’ve known several people who have used this treatment successfully. My family and I can rest assured that if we ever get any warts—*we won’t have them for long!*

Rare Remedy #6

How We Stop External Bleeding from Injuries— Almost Immediately

Several years ago, our one-year-old daughter fell and hit the back of her head on the corner of a small metal bookshelf. She began bleeding ... and it didn't appear to be stopping any time soon. My wife and I quickly realized we needed the aide of this home remedy natural substance: *cayenne pepper*.

The gash was under her hair. So, we exposed it as best we could. We then applied the cayenne pepper powder directly from the shaker. Within seconds, the bleeding stopped! We were amazed. Everything was fine and she healed quickly. We then took her to our naturopathic doctor to have her injury checked out;

We'd heard of this from others who had used it to stop bleeding. But, this was our first time experiencing it. A word of caution: While it does NOT burn when put on an open cut, we would be very careful using it anywhere near the eyes. Since our daughter's incident, we make sure that our cayenne pepper shaker is "locked and loaded!"

Some people mix cayenne pepper with water and drink it for a sore throat; they call it cayenne pepper tea. And others, including myself, like to put a few shakes in my water to wash down my vitamins. I also often put some in my barley leave juice, and mix it in. It's said that cayenne pepper tends to expand your arteries and blood vessels, allowing your vitamins and supplements to be better absorbed into your system and at a quicker rate. We've even heard it will stop a heart attack, stroke, and stop internal bleeding as well.

Here's a great book on this subject.

The Health Benefits of Cayenne
*(The Amazing Spice and its Curative Powers
in Colds, Circulatory and Digestive Problems)*

by John Heinerman, Ph.D.:

<http://www.shirleys-wellness-cafe.com/cayenne.htm>

Here's a [Master Cleanse \(click here\)](#) that does much more than help with fast weight loss. *It also improves many health problems.*
One of its main ingredients is *cayenne pepper*.

Rare Remedy #7

How We Eliminate or Greatly Reduce Bruising from Injuries

Quite a few years ago, my wife and I were at a local restaurant eating lunch. As we were the only ones in the restaurant, the waitress pleasantly joined our conversation. She was a grandmother and seemed to have some wisdom for us young parents. We soon got on the topic of kids: the common injuries that they encounter as they play and discover their world; and their encounters with the laws of Nature, i.e., gravity and other forces of moving bodies—*human or otherwise*.

This friendly grandmother imparted some of her secret home remedies. One of these was for the dreaded knot-on-the-head or bonk-on-the-elbow, injuries which incur much pain and can likely lead to swelling and/or bruising. This remedy is the juice of fresh parsley. She said to: get some fresh parsley; juice it with a juicer; and then, put it in the freezer, in an ice-cube tray, so that it'll be ready whenever it may be needed. Then, when needed, place a green ice cube directly on the injury, even if it is a swollen knot. I believe it is the high level of chlorophyll in the parsley that aids the healing.

With two active boys at the time, it didn't take long before we were trying this one ourselves. One day, our one-year-old fell off the couch, head first, and landed on the edge of the rocker part of our wooden rocking chair. Immediately, a knot began swelling and a bruise began to appear on his forehead. We grabbed our frozen parsley juice, held it to his forehead, and just let it completely melt. By the time the parsley melted, there was no sign of a bump or a bruise.

We have five kids, so we have used this one more than several times over the years as well as most of the other remedies mentioned in this e-book.

Rare Remedy #8

How We Eliminate or Greatly Reduce Pain, Swelling & Itching from Insect Stings (Bees, Wasps, Hornets)

This home remedy was passed on to me when I was a young man, from my grandfather in Louisiana. In the Southern United States, insects grow almost unnaturally big. It's like the hornets and wasps are raised on steroids, and they sting like jack-hammers!

When I was younger, before I knew of this remedy, any time I got stung, it would swell an area of at least two inches. One time I got stung by a wasp on my right forearm, which made my whole forearm—from elbow to my wrist—remain swollen for several days. It kept itching for almost a week, as it was finally going down. I don't know if I have ever been allergic to stings, but whenever I don't use this remedy, the sting area is always very swollen, painful, and itchy for days. This simple remedy is: *apply bleach to the sting area as soon as possible after the sting*. I usually apply it full strength for myself or other adults. But, with children, we usually dilute it about 50%, with water in a cup.

After someone gets a sting, we grab the bleach and a paper towel or small towel. We pour some bleach, straight or diluted, on the rag, and hold it on the sting for at least a minute or two. We take it off and look to see if the skin is getting red and irritated from the bleach. The main caution is not to let the skin get too irritated from the bleach being on it too long. We do not apply it anywhere near the eyes. Once the bleach is on the sting area for least a minute or two, we wash off the area with running water.

This remedy has been used successfully many times on myself, our children, and many others. With this remedy, I have seen stings not even swell, and virtually be gone within an hour, eliminating most or all pain and itching, that can normally go on for days. *The key is to get the bleach on the sting as soon as possible*. I guess how it works is that it draws out the venom, so it minimizes or eliminates a reaction. However it does it, from our experience—*it works!*

We just recently used this remedy, once again, a few days ago. Our 8-year-old son got stung on his hand by a wasp. He was in immediate pain and was crying. We did this treatment on him. And, within an hour or so, his pain was gone. There was no swelling or itching! A couple of hours later he had all but forgotten about it!

One time I took a one-day first aid class for a job certification. The woman teaching the class was an EMT. When she was on the topic of insect stings, I

brought up my home remedy. She pretty much disregarded it and almost ridiculed it. This is a typical response of mainstream practitioners. They seem not to be supportive of anything unless it is one of their expensive medical items or pharmaceutical drugs. The funny thing is, all of the remedies shared here have countless times been demonstrated as safe and effective! Again, if something works—*it works!* I'm not closed-minded at all to other and new things. But, why not use what works until something as good or better is found? *I prefer to be an empiricist, while the rationalists are trying to figure out the how of it, or whatever they're doing.*

If I ever come across a closed-minded mainstream medical practitioner who *all-at-the-same-time* has hemorrhoids, a bad cough, a swelling knot, a bleeding gash, food poisoning, a third degree burn, a couple of warts, and a wasp sting—I *hope that I have my empiricist home-remedy kit handy ... maybe this would convince them.* 😊

Recommended fascinating reading:

Two books by Investigative Journalist, Barry Lynes:

1. *The Cancer Cure That Worked! (Fifty Years of Suppression)*

<http://www.cancer-cure-that-worked.com/>

Dr. Royal Raymond Rife and his machine. Watch video at bottom of this website.

2. *The Healing of Cancer: The Cures the Cover-Ups and the Solution Now!*

<http://www.amazon.com/Healing-Cancer-Cures-Cover-Ups-Solution/dp/0919951449>

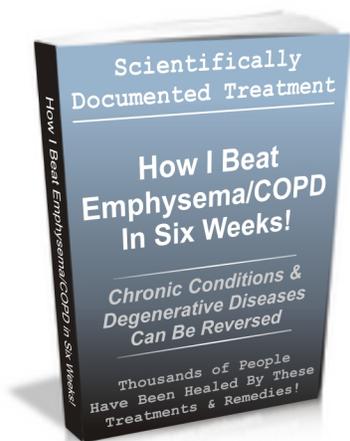
*“Never must the physician say, the disease is incurable.
By that admission he denies God, our Creator; he doubts Nature
with her profuseness of hidden powers and mysteries.”*

—**Morris Fishbein, MD**

Editor of the Journal of the American Medical Association 1924-1949

I don't know that Dr. Fishbein practiced medicine much from the natural healing perspective; I've read some things about him that indicate he wasn't all that supportive of alternative methods. However, by this statement he at least acknowledged the awesome innate healing power and its Source.

*May the Creator of hydrogen peroxide,
all these natural treatments and remedies,
and the mind of man to discover them,
Who is the invisible Power behind the invisible innate Healing Power,
and the Source of Life and Health be credited & glorified!*



— End of eBook —

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This helps us improve in the future.

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