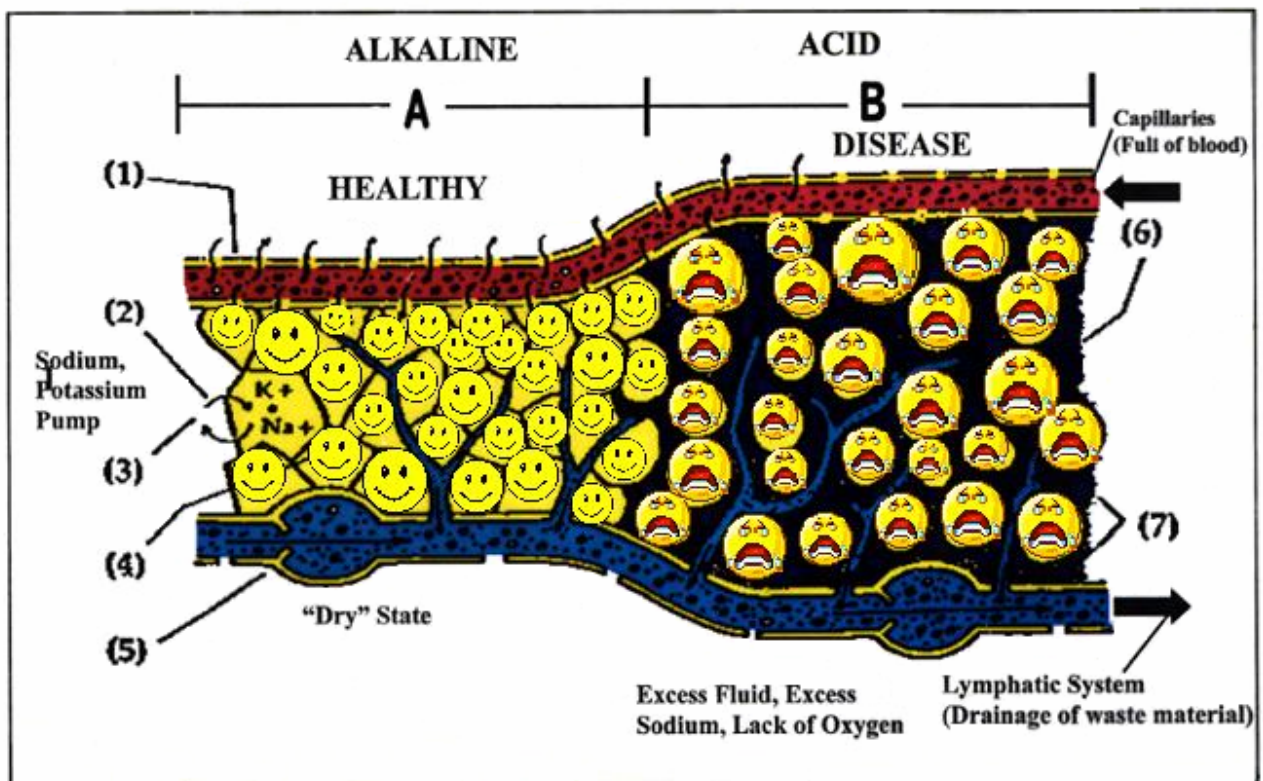


# PASCAS CARE

## Alkaline or Acidic

### A Simple Health Regime

Do you realise how simple a health program is?



The Reasons Why We Need a Health Programme

“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
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Pascas Foundation is a not for profit organisation  
 Queensland, Australia

[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)

## PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

## A SIMPLE HEALTH REGIME:

### **Introduction**

This document has been compiled as a result of a quest to find a simple health regime.

For the past fifteen years I have to admit to knowingly and in some circumstances unknowingly, or unwittingly abusing my body. Such as smoking, eating sub standard food, drinking excessively and being lazy regarding exercise. I finally hit the “proverbially brick wall” during an eight month stay in the Philippines. I created the experience of having the “Asian flu” which developed into pneumonia. So for one, who avoids medical practitioners like the plague, now I had a need to consult a medical practitioner. My dentist recommended a doctor who was a very positive person and is fine with combining traditional medicine with natural medicine. This doctor carried out all sorts of tests and I told him that I was taking MMS (Miracle Mineral Solution) on a spasmodic basis. We consulted the information about MMS on the internet and he then advised me to be strict and increase the dosage to 10 drops in the morning and 10 drops in the evening, for the next three weeks as well as take a course of antibiotics which he prescribed and have complete rest for a week.

The pneumonia subsided in a few days and when I returned to find out the results of the test, the doctor was amazed with my rate of recovery. However he informed me that the blood tests revealed that there was a presence of cancer in my throat and lungs and showed me the back of my throat and tongue which had large lumps, and the underside of the tongue was black and ugly. The doctor also found a skin cancer on the side of my face and two on the back of my neck.



My tongue was much blacker than this example. It looked like the veins had exploded, were twisted, bruised and very ugly. The upper side of my tongue had an ugly growth like lumps at the back and there was what looked like a fungus all over the surface of the tongue. It was not a very pleasant sight and gave me quite a shock. I then had the realisation that the sole needed a healthy vessel so I needed to get my body into a healthy state as quickly as possible.

As I was returning to Australia, I was confident and had knowingness that I would find the answers to these challenges here in Australia. The day after I arrived back in Australia I embarked on an amazing journey of discovery. That morning I was having coffee at Pacific Fair shopping centre with Philip and a couple of other friends. One chap joined us and started talking about CoQ10 and also reported that he had a natural cream for skin inflammations and protrusions. The following day he administered the natural cream to my face and the back of my neck. (The cancerous-looking skin inflammations disappeared within about three to four weeks.)

The following Thursday Philip invited me to a PASCAS presentation at the Community Centre across from Pacific Fair. Other than being introduced to a group of beautiful people, the one thing that I got out of that evening was that there is always a simple cure to every ailment.

This inspired me to do some research and as a result I found a startling revelation that was so simple yet so profound, that was that my body pH balance was out of kilter and in an acidic state, and that means that my body was in a state of decay. I also discovered that there is a very simple cure for any cancer and that is Bicarbonate of Soda.

Through a combination of information given to me, and internet research and from things I have learned from the PASCAS health information and meetings I found the following health regime.

**Miracle Mineral Supplement (MMS)** – 5 drops morning and night, this is explained in the article (MMS Description).

**Bicarbonate of soda** – level teaspoon morning and evening to cure or combat against cancer and jolt the body into a sustainable alkaline state, for about three months.

**Cayenne Pepper** – level teaspoon three times a week for the heart.

**A diet consisting of 80% intake of alkalising foods being mostly of vegetables to maintain the body in a slightly alkaline state approaching 7.45 being the optimal alkaline state.**

**And a CoQ10 supplement** – 1 x 100mg per day for the cardiovascular system and vitalising or energising the body's cells.

**Daily exercise** – A discipline of daily exercise consisting of walking, stretching, and isometric exercises and some light gym work is essential to maintaining a healthy body.

*I believe that the cancer has gone and I am well on the way to being healthy and ready to get on with carrying out my life's purpose. Ken West*

**Knowing that the body needs to be in an alkaline state to function properly and avoid disease is the most profound simple health knowledge we all need to have.**

**If the human body is in an acidic state then the body is in the state of decay.**

**Readers are advised** that taking bicarbonate of soda will result in a higher sodium level in your body. This may cause some water retention or further compromise congestive heart failure in those who already have this malady or otherwise suffer fluid retention. Oral bicarb administration may result in a relatively prompt increase in alkalinity but will not be sustained for any great length of time. Smaller and more frequent doses are recommended after consulting ones professional health care provider.

A holistic approach to living in an alkaline state is worth considering which includes alkaline-producing foods, alkaline water and perhaps, augmentation with sodium bicarbonate. One should be aware of a theory that the delicate balancing act performed by the pancreas, as part of the symphony of operatives in buffering your blood, may suffer from “down regulation”. This is where it is projected to become lazy or less competent in its role of buffering if other agents/mechanisms are performing its role.

Notice that the pH of the body is regulated in three significant ways. Chemical buffers both within cells and within body fluids react immediately to regulate the hydrogen ion and hydroxide ion concentrations (pH). The pulmonary system requires a few minutes to bring about its effects while the kidneys take from ten to twenty hours. The kidneys, however, are the most powerful of the three.

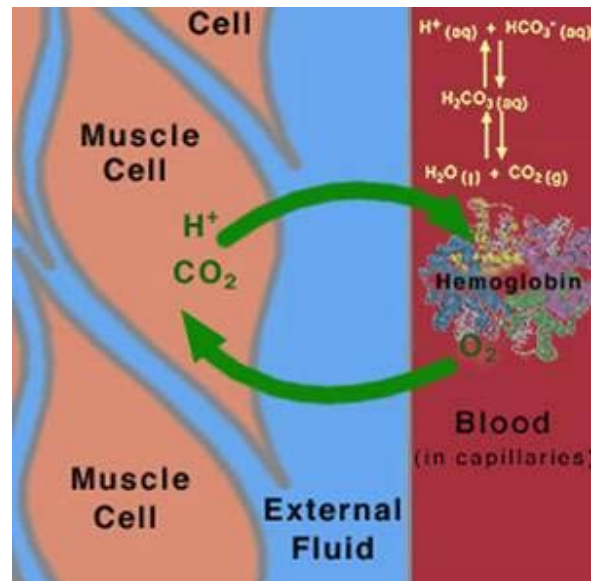
### **BICARBONATE of SODA:**

<http://www.life-enthusiast.com/cancer-baking-soda-and-maple-syrup-a-2773.html>

Tonight we are going back to medical basics with the application of the least expensive, safest and perhaps most effective cancer medicine there is. Sodium bicarbonate has been on many cancer patients' minds this past year. It has not been easy though to get to Rome or even contact **Dr. Tullio Simoncini** for treatment. And doctors willing to give bicarbonate IVs are not on every corner so it's been somewhat frustrating to have something so simple and effective remain elusive. If doctors doing such treatments want to be listed by the IMVA for referral please contact us. **International Medical Veritas Association.**  
[http://www.imva.info/essay\\_sodium\\_bicarb.shtml](http://www.imva.info/essay_sodium_bicarb.shtml)

Though we have known that oral intake of sodium bicarbonate will have the "Simoncini" effect on oral, esophagus and stomach cancer we have not focused at all on the systemic effect of bicarbonate taken orally. Every cancer patient and every health care practitioner should know that oral intake of sodium bicarbonate offers an instant and strong shift of blood pH into the alkaline. So strong is the effect that athletes can notice the difference in their breathing as more oxygen is carried throughout the system and as more acids are neutralized.[i] The difference can be stunning for those whose respiration is laboured under intense exercise loading.[ii] This tells us to take very seriously the oral use of bicarbonate for cancer treatment no matter what other treatment is used.

This diagram shows the diffusion directions for  $H^+$ ,  $CO_2$ , and  $O_2$  between the blood and the muscle cells during exercise. The resulting concentration changes affect the buffer equilibria, shown in the upper right-hand corner of the diagram (yellow). If the amounts of  $H^+$  and  $CO_2$  exceed the capacity of haemoglobin, they affect the carbonic acid equilibrium, as predicted by Le Châtelier's Principle or the quantitative treatment in terms of equilibrium constants. As a result, the pH of the blood is lowered, causing acidosis. The lungs and kidneys respond to pH changes by removing  $CO_2$ ,  $HCO_3^-$ , and  $H^+$  from the blood.



When one reads my thesis on different medicinal substances, one has to always remember that I am a protocol man who does not support single shot cures for anything. With the publication of today's chapter on **sodium bicarbonate** and **maple syrup**, **sodium bicarbonate** slips securely into the number three spot right behind **magnesium chloride** and **iodine**. Each of these three substances affects directly, basic human physiology in a way most pharmaceutical drugs do not. When used together we have a super threesome that will inexpensively go far to resolving many of the physical and even some of the emotional problems we and our children face. And if you have not made the connection please note that all three of these substances are used in emergency rooms and intensive care wards and they do commonly save lives every day with their inherent healing powers. See my chapter on emergency room medicine and cancer treatment.

All cancer sufferers and in fact every chronic disease patient should hold clearly in mind that pH is the regulatory authority that controls most cellular processes. The pH balance of the human bloodstream is recognized by medical physiology texts as one of the most important biochemical balances in all of

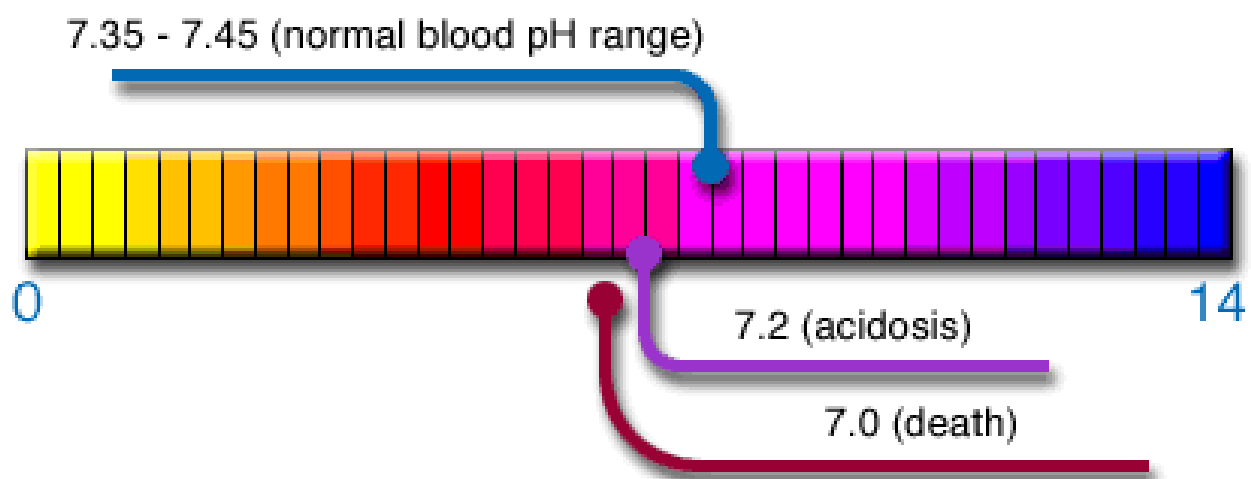


human body chemistry. **pH** is the acronym for "**potential Hydrogen**". In definition, it is the degree of concentration of hydrogen ions in a substance or solution. It is measured on a logarithmic scale from 0 to 14. Higher numbers mean a substance is more alkaline in nature and there is a greater potential for absorbing more hydrogen ions. Lower numbers indicate more acidity with less potential for absorbing hydrogen ions.

Our body pH is very important because pH controls the speed of our body's biochemical reactions. It does this by controlling the speed of enzyme activity as well as the speed that electricity moves through our body; the higher (more alkaline) the pH of a substance or solution, the more electrical resistance that substance or solution holds. Therefore, electricity travels slower with higher pH. If we say something has an acid pH, we are saying it is hot and fast. Alkaline pH on the other hand, bio-chemically speaking, is slow and cool.

Body pH level changes are intense in the profundity of their biological effects. Even genes directly experience external pH. pH differentially regulates a large number of proteins. Increased oxidative stress, which correlates almost exponentially with pH changes into the acidic, is especially dangerous to the mitochondria, which suffer the greatest under oxidative duress. Epigenetic, which may now have begun eclipsing traditional genetics, commonly describes how factors such as diet and smoking, rather than inheritance influence how genes behave.

The following chapter comes after 100 pages of text in the Yeast and Fungi Invaders section of the **Winning the War on Cancer** book. Please note that sodium bicarbonate taken in water alone will have a powerful effect on entire body physiology because of the instant shift into alkaline pH levels. Bicarbonate can be taken frequently throughout the day with half teaspoons amounts though for long term use lower doses are safer. For cancer patients initial use should be heavier and more frequent to force a greater shift because smaller pH shifts can actually stimulate cancer growth.

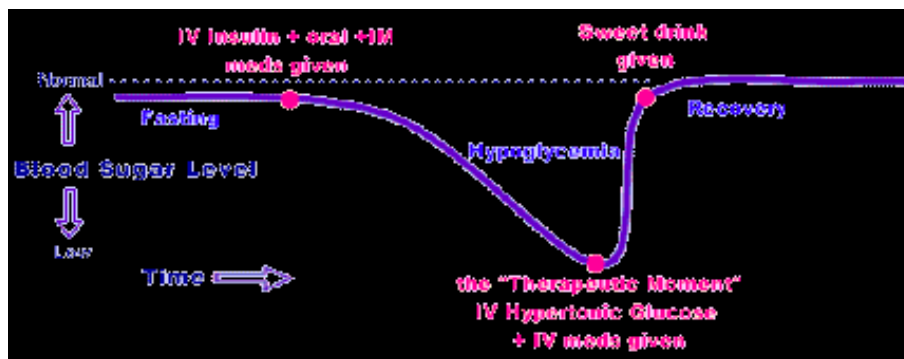


Common sense knowledge speaks loudly about cancer and Candida patients avoiding glucose. This is similar to the common sense of pilots who know to pull back on the stick to pull out of a dive. That works until you approach the speed of sound and at that point all the pulling in the world will not work. You have to push the stick forward and do what instincts scream not to do. Several died trying until Chuck Yeager pushed that stick forward and became the first man to break the speed of sound.

### International Medical Veritas Association

The bicarbonate maple syrup cancer treatment focuses on delivering natural chemotherapy in a way that effectively kills cancer cells but significantly reduces the brutal side effects experienced with most standard chemotherapy treatments. In fact so great is the reduction that the dangers are brought down to zero. Costs, which are a factor for the majority of people, of this particular treatment are nil. Though this cancer treatment is very inexpensive, do not assume it is not effective. The bicarbonate maple syrup cancer treatment is a very significant cancer treatment every cancer patient should be familiar with and it can easily be combined with other safe and effective natural treatments.

This cancer treatment is similar in principle to Insulin Potentiation Therapy (IPT). IPT treatment consists of giving doses of insulin to a fasting patient sufficient to lower blood sugar into the 50 mg/dl. In a normal person, when you take in sugar the insulin levels go up to meet the need of getting that sugar into the cells. In IPT they are artificially injecting insulin to deplete the blood of all sugar then injecting the lower doses of toxic chemo drugs when the blood sugar is driven down to the lowest possible value. During the low peak, it is said that the receptors are more sensitive and take on medications more rapidly and in higher amounts.



The bicarbonate maple syrup treatment works in reverse to IPT. Dr. Tullio Simoncini acknowledges that cancer cells gobble up sugar so when you encourage the intake of sugar it's like sending in a Trojan horse. The sugar is not going to end up encouraging the further growth of the cancer colonies because the baking soda is going to kill the cells before they have a chance to grow. Instead of artificially manipulating insulin and thus forcefully driving down blood sugar levels to then inject toxic chemo agents we combine the sugar with the bicarbonate and present it to the cancer cells, which at first are going to love the present. But not for long!

This treatment is a combination of pure, 100% maple syrup and baking soda and was first reported on the Cancer Tutor site. When mixed and heated together, the maple syrup and baking soda bind together. The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell. The actual formula is to mix one part baking soda with three parts (pure,

100%) maple syrup in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Take 1 teaspoon daily, is what is suggested by **Cancer Tutor** but one could probably do this several times a day.

“There is not a tumour on God’s green Earth that cannot be licked with a little baking soda and maple syrup.” That is the astonishing claim of controversial folk healer Jim Kelmun who says that this simple home remedy can stop and reverse the deadly growth of cancers. His loyal patients swear by the man they fondly call Dr. Jim and say he is a miracle worker. “Dr. Jim cured me of lung cancer,” said farmer Ian Roadhouse. “Those other doctors told me that I was a goner and had less than six months to live. But the doc put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays.”

Dr. Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda. Since then, reported by a newspaper in Asheville, North Carolina, Dr. Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly he claims of that number, 185 lived at least 15 more years and nearly half enjoyed a complete remission of their disease. When combined with other safe and effective treatments like transdermal magnesium therapy, iodine, vitamin C, probiotics and other items like plenty of good sun exposure, pure water and clay treatments we should expect even higher remission rates.

It is very important not to use baking soda which has had aluminum added to it. The Cancer Tutor site reports that Arm and Hammer does have aluminum but the company insists that is not true. One can buy a product which specifically states it does not include aluminum or other chemicals. (e.g. Bob's Red Mill, Aluminum-Free, Baking Soda). Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues. It’s an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Studies have already shown how manipulation of tumour pH with sodium bicarbonate enhances some forms of chemotherapy.[iii]



“The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously and through catheter for direct targeting of tumours,” says oncologist Dr. Tullio Simoncini. “Sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results only in some tumours, while others – such as the serious ones of the brain or the bones – remain unaffected by the treatment.”

The maple syrup apparently enables and increases penetration of bicarbonate into all compartments of body, even those which are difficult or impossible to penetrate by other means. These compartments include the central nervous system (CNS), through the blood-brain barrier, joints, solid tumours, and perhaps even the eyes. IPT makes cell membranes more permeable, and increases uptake of drugs into cells. The maple syrup will make tissues more permeable, too. It will transport the bicarbonate across the blood-brain barrier and every other barrier in the body for sugar is universally needed by all cells in the body. The essence of IPT is that it allows cancer drugs to be given in a smaller dose, far less toxic to normal cells, while building up lethally toxic



concentrations in cancer cells. Both IPT and bicarbonate maple syrup treatments use the rabid growth mechanisms of the cancer cell against them.

Dr. Jim did not have contact with Dr. Simoncini and did not know that he is the only oncologist in the world who would sustain the combining of sugar with bicarbonate. Dr. Simoncini always directs his patients to dramatically increase sugar intake with his treatments but has never thought to mix the two directly by cooking them together. Because his treatments depend on interventionist radiologists who insert catheters to direct the bicarbonate as close to the affected area as possible, or physicians willing to do expensive intravenous treatments, I pushed bicarbonate up into the number six slot in the IMVA cancer protocol. With the discovery of Dr. Jim's work bicarbonate comes back into our number three spot right behind magnesium chloride and iodine.

That number three slot for a brief time was held by hemp oil containing THC. The great advantage that maple syrup and bicarbonate treatment has over this type hemp oil is that it is legal thus easily obtainable. The two together, backed by a solid protocol of other nutritional substances makes winning the war on cancer almost a certainty. When using these substances it is safer to change one's vocabulary and not say one is treating and curing cancer. Far better to conceptualize that one is treating the infectious aspect of cancer, the fungus and yeast colonies and the yeast like bacteria that are the cause of TB.

Dr. Simoncini says that, "In some cases, the aggressive power of fungi is so great as to allow it, with only a cellular ring made up of three units, to tighten in its grip, capture and kill its prey in a short time notwithstanding the prey's desperate struggling. Fungus, which is the most powerful and the most organized micro-organism known, seems to be an extremely logical candidate as a cause of neoplastic proliferation."

pH of the blood is the most important factor to determine the state of the microorganisms in the blood.

"Sodium bicarbonate therapy is harmless, fast and effective because it is extremely diffusible. A therapy with bicarbonate for cancer should be set up with strong dosage, continuously, and with pauseless cycles in a destruction work which should proceed from the beginning to the end without interruption for at least 7-8 days. In general a mass of 2-3-4 centimetres will begin to consistently regress from the third to the fourth day, and collapses from the fourth to the fifth," says Dr Simoncini.

There are many ways to use sodium bicarbonate and it is a universal drug like iodine and magnesium chloride. Raising pH increases the immune system's ability to kill bacteria, concludes a study conducted at The Royal Free Hospital and School of Medicine in London. **Viruses and bacteria that cause bronchitis and colds thrive in an acidic environment.** To fight a respiratory infection and dampen symptoms such as a runny nose and sore throat, taking an alkalizing mixture of sodium bicarbonate and potassium bicarbonate will certainly help.

The apple cider vinegar 1/4 teaspoon and 1/4 teaspoon baking soda taken 2 times or more a day is another treatment as is lemon and baking soda, or lime and baking soda formulas. Perhaps honey could be substituted for maple syrup for those who live in parts of the world where maple syrup is not available but to my knowledge no one has experimented with this.

Mark Sircus Ac., OMD Director International Medical Veritas Association

<http://drsircus.com/>

<http://drsircus.com/medicine/magnesium>

<http://drsircus.com/cancer/>

[i] The breakdown of glucose or glycogen produces lactate and hydrogen ions – for each lactate molecule, one hydrogen ion is formed. The presence of hydrogen ions, not lactate, makes the muscle acidic that will eventually halt muscle function. As hydrogen ion concentrations increase the blood and muscle become acidic. This acidic environment will slow down enzyme activity and ultimately the breakdown of glucose itself. Acidic muscles will aggravate associated nerve endings causing pain and increase irritation of the central nervous system. The athlete may become disorientated and feel nauseous.

[ii] By buffering acidity in the blood, bicarbonate draws more of the acid produced within the muscle cells out into the blood and thus reduce the level of acidity within the muscle cells themselves.

[iii] Enhancement of chemotherapy by manipulation of tumour pH. Raghunand N, He X, van Sluis R, Mahoney B, Baggett B, Taylor CW, Paine-Murrieta G, Roe D, Bhujwala ZM, Gillies RJ. Arizona Cancer Center.

International Medical Veritas Association

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**By living true to ourselves, true to our feelings, we are living true to God. It's that simple.**

Also consider:

**Pascas Care – The Truth About Cancer**

**Pascas Care – The Truth About Cancer – Complementary Modalities**

**Pascas Care – The Truth About Cancer – Exploring Pathways**

<http://www.pascashealth.com/index.php/library.html>

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**MMS Description:**

<http://www.themiraclemineralsupplement.com/what-is-mms>

I hope you do not think that The Miracle Mineral Supplement (MMS) is just another very interesting supplement that can help some people after taking it for several months. Not so. MMS often works in a few hours. It destroys the #1 killer of mankind, malaria, in 4 hours. The victim goes back to work the next day. If patients in the nearest hospital were treated with this Miracle Mineral, over 50% of them would be back home within a week.

Amazing as it might seem, when used correctly, the immune system can use this killer to only attack those germs, bacteria, viruses, moulds, and other micro-organisms that are harmful to the body. It does not affect friendly bacteria, including the intestinal flora, nor healthy cells.

MMS is the greatest solution to mankind's diseases and ills now known, and it is not a drug. If you will go over the data here, and read my book, and read the success stories provided I believe you will be convinced enough to try it. That is all I ask. Up to this time, I have not yet had a doctor read my book and read the success stories and then say that he didn't believe it. The reason for this is not the success stories as anyone can write up a bunch of success stories, but the book tells of chemistry. Chemistry doesn't lie. Science is science and doctors have enough understanding of science and chemistry that they know there is no point in arguing that chemistry doesn't work.

MMS is the purest of all things that you might take. Drugs and even nutrients have dozens of different combinations of chemicals and different elements. That's generally the reason for side effects. There are just any numbers of things that can happen from a drug, and even from a nutrient. Look at any drug formula. Some times the formula is a foot long. But not so with MMS. It is only two simple items once it is dissolved in water. It consists of the type of harmless chlorine that is in table salt, and oxygen. There is some sodium, before it is dissolved in the water, but that becomes harmless as it is so small. There is nothing else, and this combination results in the most powerful killer of pathogens known to man. It has been used in stock yards to kill pathogens on meat, and on slaughtered chickens; it has been used to sterilize hospital floors and benches, and to kill pathogens in water works without killing friendly bacteria for over 70 years. Now this same formula is used in the body, and the same situation results. No damage is done to the body, but the pathogens are destroyed. In its powerful form MMS is chlorine dioxide that reverts back to harmless chloride and neutralized oxygen. It leaves nothing behind to build up.

Take your time. Learn what you can. Read my book and you will know that a new age has come to mankind. I didn't bring it. I was lucky enough to discover what many men were already doing, they were using MMS under different names. What I was lucky enough to discover was a way to bring the information to the general public instead of it lying dormant in hospitals and clinics not being used. Well, I sort of invented it in that I discovered it cured malaria while I was in the jungle, but I soon found that others have been using it sparingly on certain diseases for as long as 20 years or more. The fact is, it treats almost all diseases, including the so called incurable diseases. I'm just glad I was able to bring it to the public. So now find out for yourself.

When you purchase a book (download for \$12.95 or hard copy for \$24.50) keep in mind that the money beyond expenses will go to overcome malaria in a country of Africa or to help distribute books in the Americas. Click above on the right on "Friendly Links" to purchase a book. — The Author.

The search options to the right enable you to search the knowledge base related to many diseases. Search results will bring together all articles that reference your topic which you can read or print. You can search the entire database for a word or phrase using the search box on the right side. To search for a phrase put quotes around the words – such as “kidney stones”.

If you have questions about this site or want information about contributing to the Foundation and Jim Humble’s ongoing work, you may email.

[CONTACT@MMSadvisor.com](mailto:CONTACT@MMSadvisor.com) and the Foundation Business Manager will reply.

Reference Site [http://mmsadvisor.com/?page\\_id=12](http://mmsadvisor.com/?page_id=12)

## Welcome to MMS Answers by Jim Humble

### *Some Basic MMS History:*



Jim Humble (left) at the Malawi Bureau of Standards in 2006. Right side: Zahir Shaikh, humanitarian who introduced Jim to various government offices and officials.

Pictured on the left you see me at the Malawi Bureau of Standards in 2006. My friend, on the right, introduced me and my friends to most of the governmental officials in the country of Malawi and helped us set up clinical trials to prove the cure of malaria.

I’m the inventor of MMS, a solution that releases small amounts of the most effective germicide known to man in the human body, yet this germicide is totally incapable of causing damage to the body. It is known throughout the world as chlorine dioxide.

Since 1947 this chemical has been the preferred way to purify city water supplies, decontaminate cruise ships of stomach viruses, eliminate anthrax from government offices, and remove bacteria from perishable foods before they get loaded onto shipping trains or trucks. My formulation and packaging of MMS makes it safely available for internal use. People mix it in their kitchens, and drink it.

I personally treated more than 2,000 people in Africa and in America between 2001 and 2005. I have treated in person and over the phone and by email about 4,000 more. I have more experience than anyone else in the applications of MMS to disease and I understand the chemistry of MMS better than most people. Gradually other researchers will enlarge the knowledge base.

Over 75,000 persons recovered from the worst of diseases between 2004 and 2005. Since then a base of more than 250,000 people in the US use MMS, plus many in Australia, South Africa, and many other countries. Various web sites present testimonials to illness reversals that are coming every day.

For a complete description and explanation for MMS please click [\[here\]](#).

As of 2008 over 250,000 MMS bottles have been delivered, each providing about a one-year supply for a single person. MMS costs one or two cents per dose for those who mix a few drops morning and

evening for drinking. New users must definitely get a copy of the mixing instructions. Also my extended protocols related to specific situations are expanded at my site: [Jimhumble.com]

To see the goals and mission of the Foundation, click that item at the top of this page. The initial structure of the foundation has named me as Foundation President and Chief Executive Officer. Dr. Edward Lias will be the Business Manager and Operations Manager. We aim to open the doors about July 9, 2008.

Your financial contributions to the foundation will mean you want to work with me to reduce human suffering. I will leave for Africa to begin organizing dispensary clinics as soon as funding permits. The Foundation will be providing grants to persons who apply to assist in dispensing MMS throughout Africa. This will be the first of many initiatives.

Before clicking on the topics you see on the right side, consider entering your mailing information below (assuming you didn't enter it previously) so that I can add you to the periodic MMS News and Tips mailing list to be issued by me and Edward Lias. The Foundation mailings will have an easy way to be removed from the list. There will be lots of news about progress on the MMS initiatives.

Let's agree to work together to reduce human suffering. Three million children below age five die each year from malaria alone. With your support many lives can and will be saved from suffering and early death.

To signup for the MMS Newsletter, [[Click Here](#)]

**Jim Humble**

Reference Site: <http://mmsadvisor.com/>

**PASCAS  
PAPERS**



**PASCAS  
HEALTH**



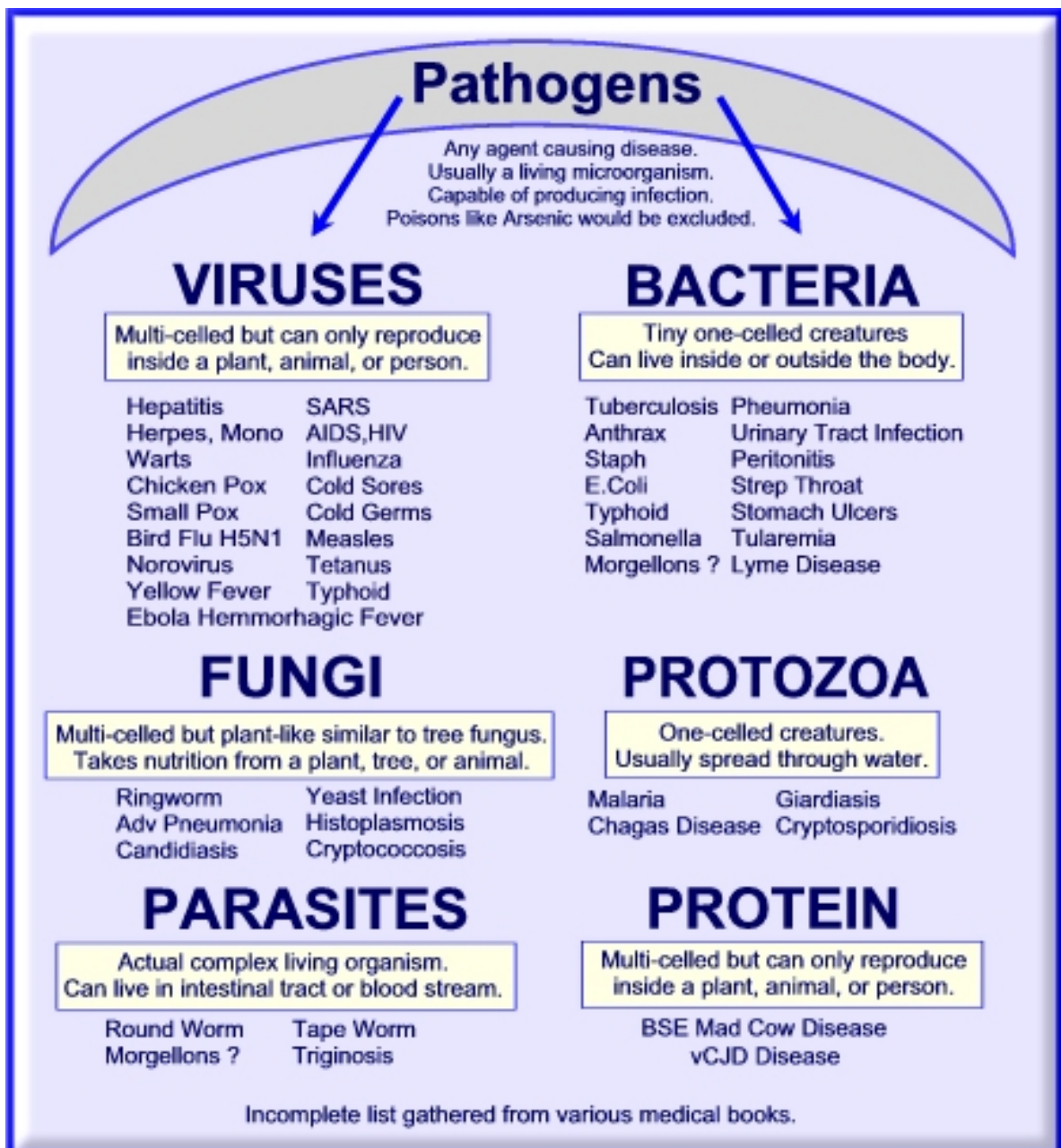
**Feeling  
Healing with  
Divine Love is  
the key!**





**MMS De-Mystified** – sodium chlorite, stabilized oxygen, chlorine dioxide, detox  
<http://www.healthsalon.org/264/mms-de-mystified-sodium-chlorite-stabilized-oxygen-chlorine-dioxide-detox/>

For the past couple of weeks I've been learning about, and experiencing something wonderful; that has implications for every one of us. It is a procedure that involves precipitating a chemical solvent, chlorine dioxide, in quantities small enough to be safely ingested, and large enough to kill pathogens that are presently living in our body, robbing it of energy, and poisoning it with waste material, and making it more vulnerable to disease. If this is not your situation, it is certainly the situation of someone you know and love.



The product is called, “**MMS**,” which stands for **miracle mineral supplement**. Caution flags rise immediately when the term “miracle” is used to describe anything that amazes us, or when we don’t understand how it does what it does. In this case, it is indeed amazing. However, an explanation of why MMS is so effective as a pathogen destroyer is possible. It’s not the MMS that destroys pathogens; the chlorine dioxide does that. But when you understand the chemistry, you’ll see that it’s not a miracle... it just seems like one.

### **Humble Origins**

The MMS protocol was developed by Jim Humble, a gold miner and metallurgist, on an expedition into the jungles of Central America, looking for gold. It was a response to a need to help a member of his expedition who came down with malaria, more than two days away, through heavy jungle, from the next mine. After many years of experience, Humble always carried stabilized oxygen with him on such expeditions, to make local water potable. Facing the possibility of a quick loss of life, he gave it to the stricken man. To everyone’s amazement, he was well within a few hours. That sure seemed like a miracle, but Humble wanted to better understand what had just happened.

Over the course of several years, Jim Humble figured out that what made stabilized oxygen so effective in some malaria cases, was not the oxygen at all, but the trace amounts of chlorine dioxide. Further research led him to come up with a way to produce hundreds, if not thousands more units of chlorine dioxide than what is found in stabilized oxygen. This is through using a higher concentrate of sodium chlorite (28% vs. 3% for stabilized oxygen), in conjunction with the activator. The proof of the efficacy of this simple protocol was in successfully helping over 75,000 people in several African nations – including Uganda and Malawi – rid themselves, primarily of malaria, but also hepatitis, cancer, and AIDS.

Jim Humble chronicled his experiences in two downloadable ebooks that are available at his web site: [www.miraclemineeral.org](http://www.miraclemineeral.org). The book is titled, **Breakthrough: The Miracle Mineral Supplement of the 21st Century**. Part one, which is a **free download**, tells how it began. Part two, which costs \$9.95, continues the story, discusses the chemistry involved, and gives clear instructions on how to prepare MMS yourself. (A hard copy edition is also available.) This is important, because once you understand the chemistry, and the absolute absence of downside effects, outside of feeling nauseous and “expelling” when toxins and pathogens are dislodged, it becomes an option that anyone who may be on toxin overload must try out for one’s self.

Anyone can be on toxin overload. Some are but won’t admit it. Others would prefer to think they’re not. If your health is not perfect... you’re habitually low on energy, have trouble keeping your weight down, or blood pressure in the normal range, or constantly dealing with inflammation or pain, then there’s likely a toxin, heavy metal, virus, bacteria, or parasite issue in play. Traditional medicine will typically respond by loading you up with additional pollutants, many of which indiscriminately kill healthy tissue while going after “the bad guys.” Not so with chlorine dioxide. It only acts on harmful presences. Miracle or not, the effects are wonderful. I’d vote for Wonderful Mineral Supplement in a heartbeat!

Over the next few pages, I’m going to describe the MMS protocol. When followed, it will produce and distribute chlorine dioxide to your red blood cells, which is the most effective and intelligent pathogen killer known to Nature.

But first, a little background on the chemistry.

Chlorine dioxide and chlorine are not the same. Chlorine is a chemical element. In ion form, chlorine is part of common salt and other compounds, and necessary to most forms of life, including human. A powerful oxidizing agent, it is the most abundant dissolved ion in ocean water, and readily combines with nearly every other element, including sodium to form salt crystals, and magnesium, as magnesium chloride.

Chlorine dioxide is a chemical compound that consists of one chlorine ion bound to two ions of oxygen.

Oxidizing agents are chemical compounds that readily accept electrons from “electron donors.” They gain electrons via chemical reaction. This is important because relative to chlorine dioxide, all pathogens are electron donors.

Chlorine dioxide is extremely volatile. You might call it “hot tempered,” but in a very beneficial way. This volatility is a key factor in chlorine dioxide’s effectiveness as a pathogen destroyer.

The compound is literally explosive; so explosive, it’s not safe to transport in any quantity. Therefore, it is common practice to generate chlorine dioxide “on site” at the point of use. Most chlorine dioxide production is done on a scale that would prove deadly for individuals, for example, in municipal water treatment systems, where it is beginning to replace chlorine because it produces no carcinogenic byproducts. Chlorine dioxide is approved by the Environmental Protection Agency in safely removing pathogens and contaminants like anthrax. So you know it must be effective. However, the concentrations used in such applications can vary from 500 to over 6,000 parts per million (ppm), which would clearly be deadly to an individual. Using the MMS protocol you will produce chlorine dioxide in the range of 1 ppm.

You will use the MMS solution, which is safe to transport, to make nature’s harmless pathogen remover.

The MMS solution is 28% sodium chlorite in distilled water. You can produce chlorine dioxide with a single drop, when an “activator” of vinegar, lemon juice, or a 10% solution of citric acid is added. The latter two activators are recommended for people with Lyme disease.

“Applications” of chlorine dioxide range from 1 drop to a maximum of 15, except in life critical situations, where the maximum may be doubled. A “maintenance application” is six drops, with ¼ teaspoon of activator added. After adding the activator, the chemical reaction that turns sodium chlorite into chlorine dioxide takes only about three minutes.



The activating ingredient in vinegar that makes the change possible is acetic acid. It also sets the stage for what happens when the chlorine dioxide ions enter the bloodstream. This weak acid acts like a blasting cap by lowering the pH of the chlorine dioxide, without setting it off.

The natural pH of sodium chlorite is 13. Adding vinegar, lemon juice, or citric acid, creates about 3 mg of unstable but still harmless chlorine dioxide.

### The Process

Let's talk a bit more about how and why chlorine dioxide works for giving the immune system a new lease on life.

Volatility is what makes chlorine dioxide so effective when it contacts pathogens. As we've mentioned, chlorine dioxide is a safe and effective disinfectant in many municipal water delivery systems, hospitals, and even in bio-terrorism response. It stands to reason that chlorine dioxide would be just as effective working in the waters of the human body.

Chlorine dioxide's extreme volatility prevents pathogens from developing a resistance. Mainly because when they "clash," the pathogens no longer exist. Yet, healthy cells and beneficial bacteria are unaffected.

While normal levels of oxygen in the blood cannot destroy all of the pathogens present under disease conditions, delivery of chlorine dioxide changes everything.

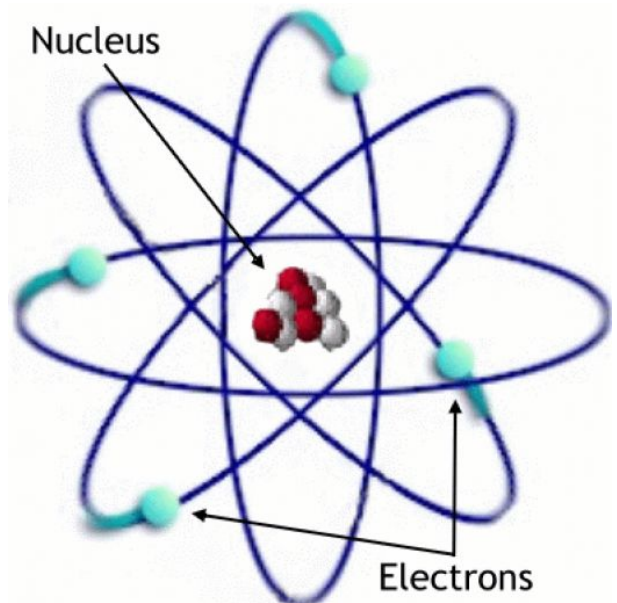
### "Halt! Surrender Your Electrons, Now!"

When a chlorine dioxide ion contacts a harmful pathogen, it instantly rips up to five electrons from the pathogen, in what can be likened to a microscopic explosion... harmless to us, but terminal for pathogens.

The pathogen – an electron donor – is rendered harmless due to the involuntary surrendering of its electrons to the chlorine dioxide – an electron acceptor – and the resulting release of energy. Oxidized by the chlorine ion, the former pathogen becomes a harmless salt.

This process benefits a body that has become toxic.

Throughout the body, anywhere chlorine dioxide ions – transported via red blood cells – come in contact with pathogens, the pathogens give up their electrons and cease to exist. The chlorine dioxide armed cells only "detonate" on contact with pathogens, which include harmful bacteria, viruses, toxins, heavy metals, and parasites. All of these will have pH values that are out of the body's range of good health. They will also have a positive ionic charge. The chlorine dioxide equipped cells do not oxidize beneficial bacteria, or healthy cells, as their pH levels are 7 or above, and hold a negative ion charge.



Chlorine dioxide ions will oxidize – meaning vaporize – diseased cells... anything that is acidic, with a positive ion charge.

If the chlorine dioxide ions encounter no pathogens or other poisons, it deteriorates into table salt and in some instances, hypochlorous acid, which the body can also use.

### **A Pathogen Terminator**

Research has proven chlorine dioxide to be much safer than chlorine, as it is selective for pathogens when used in water. Furthermore, it does not create harmful compounds from other constituents in the water as chlorine does.

Numerous scientific studies have demonstrated that chlorine – part of the halogen family of elements – creates at least three carcinogenic compounds when it enters the body, principally trihalomethanes (THMs). There has been no such evidence of harmful compounds being produced from chlorine dioxide.

This is why, in 1999, the American Society of Analytical Chemists proclaimed chlorine dioxide to be the most powerful pathogen killer known to man. It has even been used to clean up after anthrax attacks.

### **A Journey into Chemical Alchemy**

Once it is introduced into the bloodstream, chlorine dioxide performs a highly energetic acceptance of four electrons when it comes across any cell that is below a pH value of 7. This means that diseased cells are essentially vaporized (i.e., “oxidized”) while healthy cells are unaffected.

Here is how it happens.

Red blood cells that are normal carriers of oxygen throughout the body do not differentiate between chlorine dioxide and oxygen. Therefore, after ingesting the MMS / chlorine dioxide-rich solution, red blood cells pick up chlorine dioxide ions that are deposited on the stomach wall where it normally gathers nutrients of various kinds before journeying through the body.

Then, when the red blood cells armed with chlorine dioxide encounter parasites, fungi, or diseased cells that all have low pH and a positive ionic charge, the “aliens” are destroyed along with the chlorine dioxide ion. If no such encounters occur, the chlorine dioxide will be carried to a point in the body where oxygen normally oxidizes poisons and other harmful agents.

If the chlorine dioxide doesn't hit anything that can set it off, it will deteriorate, and thus lose an electron or two. This may allow it to combine with a very important substance that the immune system uses to make hypochlorous acid. This compound kills pathogens, killer cells, and even cancerous cells. Hypochlorous acid is so important, its diminished presence in the body is described medically by the term myeloperoxidase deficiency.



Many people are afflicted by this condition. The immune system needs a great deal more hypochlorous acid when disease is present. Facilitated by the MMS solution, chlorine dioxide delivers it in spades, as does magnesium chloride, but that's another part of the health discussion.

The most salient point to know, is that chlorine dioxide has 100 times more energy to do what oxygen normally does, and yet, will not harm healthy cells.

By the way, if you are totally healthy, and have nothing in your body that is at an acidic level below 7, there are no ill-effects from taking chlorine dioxide. However, your stores of hypochlorous acid will be increased.

MMS works best to destroy pathogens that may be present in the body, when 2 or 3 mg of free chlorine dioxide are in the solution at the time it is swallowed. However, the body is supplied with chlorine dioxide in a "timed release" manner lasting about 12 hours. Be aware, that before you feel better, it is likely you will feel ill.

### **"Why Must I Feel Sick?"**

The nauseous feeling that you may experience would be the result of chlorine dioxide encountering, dislodging – hence the "sick" feeling – and then destroying pathogens encountered.

We are generally oblivious of the pathogens that are introduced to our body, especially after they have been stored in the tissue of various organs. Since they build up over time, they generally affect our health slowly, and cumulatively.

However, chlorine dioxide takes them out suddenly, which may result in a dramatic reaction. However, it passes in much less time than it took for the toxins and pathogens to accumulate.

When the chlorine dioxide "goes off," the electron stripped pathogens cease to exist.

As an example, one will almost always feel ill in hepatitis cases because the liver is induced to expel stored poisons, which are then destroyed by an army of red blood cells containing chlorine dioxide. It's really no contest. But it doesn't have to be something as acute as hepatitis.

Years of "leeching" of from dental amalgams can "innocently" deposit enough mercury to one's system to steal innocence, rob vitality, and erase precious memories. Dislodging and vaporizing it will feel uncomfortable for a very short time compared to the time it took to accumulate.

If you feel sick when you take this protocol, know that your health and vitality awaits to rejoin you on "the other side" of the ill feeling.

If it has no "close encounters" with pathogens, chlorine dioxide deteriorates into constituents that are totally non-toxic. Nothing poisonous is left behind to build up, as is the case with many medical protocols. Medical treatments currently provide you NO way of removing the poisons when said poisons don't work. You are left on your own in a strange land and diseased state, without a roadmap back to health.

Nature's chlorine dioxide, on the other hand, lasts long enough to do its job, then that which does not furnish the immune system with needed ions becomes nothing more than micro amounts of salt and water.

The chlorine dioxide has just a few minutes to do its thing, and then it no longer exists, leaving nothing behind that can build up, or do additional harm.

### The Procedure

So the procedure is simple. All you need is your bottle of MMS, a clean, empty, dry glass, an eyedropper, and the activator (vinegar, lemon juice, or citric acid).

Add your drops of **MMS – sodium chlorite** – to a clean, empty dry glass. If this is not a critical, life threatening situation, start with one drop. If it is an acute disease situation, you should still limit your starting application to 15 drops of MMS. It has been brought to my attention that the current rule of thumb is 3 drops of sodium chlorite per 25 lbs. of body weight. This would put anyone who is 125 lbs at the 15 drop limit. A reader notes that Mr. Humble suggested that she (at 275 lbs) need to get up to 33 drops, and at 10 drop maintenance dose, rather than the “normal” 6-drops. (Thanks D.A.) For 1-6 drops of sodium chlorite add ¼ teaspoon of activator. If you're using vinegar, any kind is okay, including apple cider vinegar or white vinegar, as long as it has roughly 5% acetic acid. For 7-15 drops, add ½ teaspoon of activator — if using vinegar or lemon juice.

**CITRIC ACID ACTIVATOR:** To make a 10% solution of citric acid: Put one level tablespoon full of crystals in a clean glass or jar. Then add 9 level tablespoons full of purified water into the same jar. When the crystals have dissolved, this is a 10% solution. In all cases when using the citric acid as an activator, use 5 drops for each 1 drop of MMS. Do everything else the same. Wait 3 minutes after mixing, add juice and drink.

When using the citric acid as an activator, be sure to keep in mind all of the other instructions concerning taking the MMS. Start with taking 1 drop of MMS and 5 drops of citric acid and then work up to greater amounts.

Since droppers come in various sizes, you may want to use the same size dropper for the MMS and the citric acid so you know you are getting enough for good activation.

If you're going into the rarefied territory beyond 15 drops, use the same ratios; i.e., another ¼ teaspoon (total of ¾ tsp.) for up to 21 drops, 1 tbsp. for up to 30, etc for vinegar and lemon juice activators, and 5 drops of 10% solution of citric acid for each drop of MMS.

**WAIT THREE MINUTES**, then add ½ glass of apple juice, grape juice, cranberry or pineapple juice, or water. This further stabilizes the compound, and brings the concentration of chloride dioxide that you will ingest to 1 part per million (ppm).

Drink **IMMEDIATELY**. The “chlorine-like” taste will be negligible.



Allowing the drink to sit for any significant time allows chlorine gas to build up above the drink, which lessens the amount of chlorine dioxide in the drink.

### **The ‘Healtholution’ Will Not Be Televised!**

Start modestly with as little as 1 drop of MMS on your first day, and then increase the number on each following day, up to the maximum of 15. **ONLY THE MOST ACUTE TOXIC OVERLOAD SITUATIONS WILL WARRANT THIS AMOUNT OF APPLICATION.** Your body **WILL** tell you when you’ve reached the optimum dosage for you.

Clearing will not be comfortable, but it need not be intolerable. You may feel like you’ve been through a battle, and in a sense, you have. It’s a battle for domain over your health, and hence, your life. Before you can be healthy again, you need to destroy toxins, pathogens, and parasites. In order to do so, they have to be uprooted and released from their “strongholds” in your body tissue. You will feel the effects, but is a good thing. You will also feel health, again.

The sick feeling will be **TEMPORARY**, a small price to pay for the longer term possibility of lasting restored health, no matter what stage of life you happen to be currently experiencing.

When the clearing is done, you won’t need to take the maximum dosages. You can go on a maintenance application (six (6) drops of MMS) to keep your insides pathogen free and immune system strong.

A few more words about fruit juices. They can be substituted for water as long as they are freshly made. Do not buy them off the shelf and use them, and **DO NOT** use orange juice. Orange juice prevents the production of chlorine dioxide, as well as anything that has vitamin C added as a preservative.

I hope you have found this information helpful. The product known as MMS is not really chlorine dioxide, it’s not even a miracle. However, it is a safe and effective way to create one, by introducing a sure fire way to bolster the immune system and eliminate a full range of harmful pathogens, by delivering Nature’s pathogen destroyer, chlorine dioxide, into your body.

When combined with the rapid toxin removal power of chlorine dioxide, mineral replenishment with magnesium chloride and detoxified iodine for the thyroid, can point those with even the most acute conditions in the direction of some seriously wonderful well being.

**Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.**

# NEVER SICK AGAIN

**HEADACHES : FISH (PROTEIN)**  
Eat lots of fish as fish oil helps to prevent headaches. So does ginger which reduces inflammation and pain.

**HAYFEVER : YOGHURT**  
Eat lots of yoghurt before pollen season.

**STROKES : TEA**  
Prevents buildup of fatty deposit on artery walls with regular doses of tea.

**INSOMNIA : HONEY**  
Use Honey as a tranquilizer and as a sedative.

**ASTHMA : ONIONS (RED)**  
Eating onions helps ease constriction of bronchial tubes.

**ARTHRITIS : FISH**  
Salmon, tuna, mackerel and sardines actually prevent arthritis.

**UPSET STOMACH : BANANAS, GINGER**  
Bananas will settle an upset stomach. Ginger cures morning sickness and nausea.

**BLADDER INFECTIONS : CRANBERRY JUICE**  
High-acid cranberry juice controls harmful bacteria.

**BONES PROBLEMS : PINEAPPLE**  
Bones fractures and osteoporosis can be prevented by the manganese in pineapple.

**PMS : CORNFLAKES**  
Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety & fatigue.

**MEMORY PROBLEMS : OYSTERS**  
Oysters help increase your mental functioning by supplying much needed zinc.

**COUGH : RED PEPPER**  
A substance similar to that found in cough syrup is found in hot red pepper.

**BREAST CANCER : WHEAT BRAN, CABBAGE**  
Wheat bran and cabbage help maintain estrogen at healthy levels.

**LUNG CANCER : ORANGE, GREEN VEGETABLES**  
A good antidote is beta-carotene, a form of Vitamin A found in orange & green vegetables.

**ULCERS : CABBAGE**  
Cabbage contains chemical that help heal both type of ulcers.

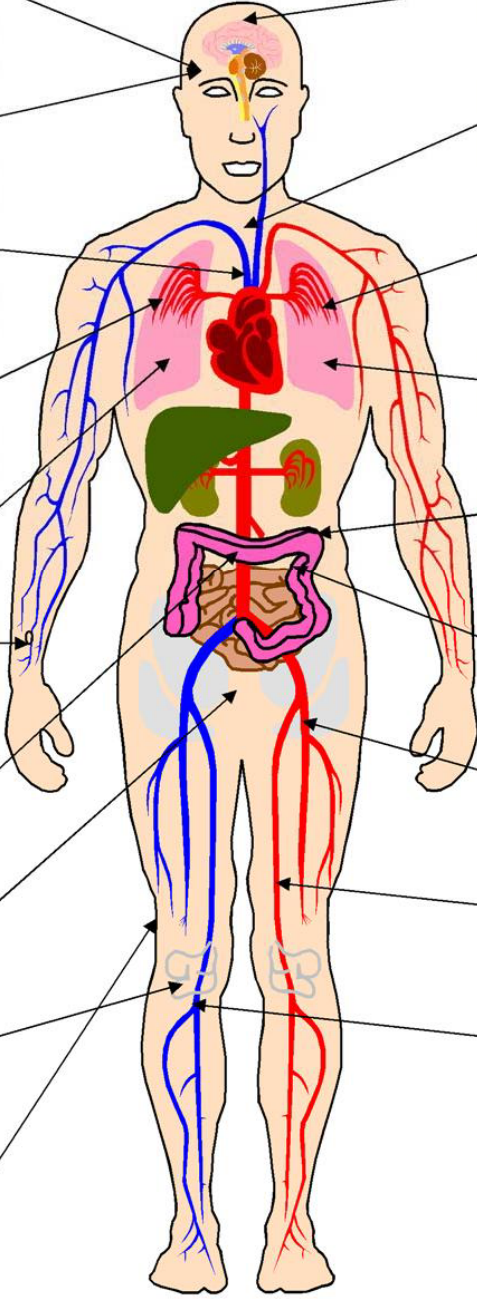
**DIARRHEA : APPLES**  
Crate an apple with its skin. Let it turn brown and eat it to this condition.

**CLOGGED ARTERIES : AVOCADOS**  
Mono-unsaturated fat in avocados lower cholesterol.

**HIGH BLOOD PRESSURE : OLIVE OIL, CELERY**  
Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers blood pressure too.

**BLOOD SUGAR IMBALANCE : BROCCOLI, PEANUTS**  
The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

**ATTACH TO REFRIGERATOR DOOR, WALL OR THE BULLETIN BOARD FOR HANDY REFERENCE.**



## **HOW to STOP a HEART ATTACK in 30 SECONDS:**

By Madison Cavanaugh

<http://message.snopes.com/showthread.php?t=41176>

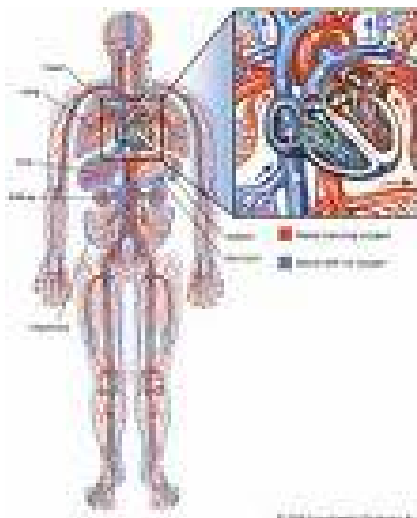
*Can an ordinary cooking condiment used in cooking spicy, hot dishes really stop a heart attack or stroke? These doctors say it can.*

Cayenne pepper (also called capsicum frutescense) is a red, hot chilli pepper used primarily for flavouring dishes, but it has also been used for medical purposes for centuries. This stimulating herb has been widely used all over the world to treat a variety of health conditions, including heart disease, poor circulation, weak digestion, chronic pain, sore throat, headaches and toothache, among others.

Cayenne pepper derives its medicinal properties from a resin-like substance known as capsaicin. Capsaicin is an ingredient that has *thermogenic* properties, that is, it increases body temperature and is the greatest blood circulation stimulant known. It doesn't cause palpitations, hyperactivity or an increase in blood pressure that most other stimulants cause. It also provides temporary relief of pain, which is why it is used in pain-reducing topical preparations such as Capsazin-P, Zostrix-HP, Dolorac, R-Gel and others.

Cayenne has steadily gained the reputation of being a wonder herb over the past few decades. Dr. Richard Schulze, a notable medical herbalist and naturopath, stated, "If you master only one herb in your life, master cayenne pepper. It is more powerful than any other." Perhaps the most important recognition that cayenne has gained in recent years has been its ability to stop a heart attack or stroke. Dr. Richard Anderson, author of "*Cleanse & Purify Thyself*," reported that one of his fellow doctors rushed out into the parking lot to attend to a man who had died of a heart attack while parking his car. The doctor put cayenne tincture into the mouth of the man, and within a few minutes, the man's heart started beating again.

According to Dr. John Christopher, pioneer of herbal medicine, "In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in--if they are still breathing--I pour down them a cup of cayenne tea (a teaspoon of cayenne in a cup of hot water), and within minutes they are up and around."



Cayenne has been shown to stop heart attacks in as little as 30 seconds. Perhaps the most well-known anecdotal evidence of this involved a 90-year-old man in Oregon who had a massive heart attack. When the medics arrived at his home, he was pronounced dead. His daughter was able to administer cayenne extract into his mouth, and within a few minutes, he regained consciousness. Thereafter, he was rushed to the hospital, and while he was in a semi-conscious state, his daughter continued giving him the cayenne extract. By the time they arrived at the hospital, he had fully recovered and insisted that he be taken home so that he could mow his lawn! When the doctor asked the daughter what she had given him, and she told him it was cayenne, the doctor declared it was the closest thing to a miracle he had ever seen.

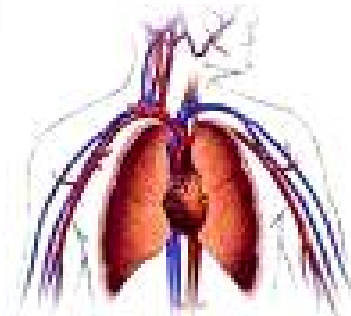


The capsaicin in cayenne pepper is unrivalled in its ability to boost circulation and increase heart action. It has a mechanism of action that has the extraordinary ability to enhance cardiovascular performance while actually lowering blood pressure. Capsaicin has an energizing effect on the entire cardiovascular system.

Dr. Anderson believes that cayenne greatly strengthens the heart and could possibly even prevent heart attacks. He routinely carries capsules of cayenne with him in the car and whenever he goes hiking, mountain climbing or backpacking. "You never know when you may find someone having a heart attack," he says.

Other doctors, however, insist that cayenne capsules are not as effective as cayenne tinctures or cayenne powder in emergency situations, such as in the event of a heart attack or stroke. If a heart attack or stroke should occur and the person is conscious, it is suggested that 5 to 10 droppers full of cayenne pepper tincture (or 1 teaspoon of cayenne powder in a glass of hot water) be administered into the mouth, and repeated every 15 minutes until the crisis has passed.

**Disclaimer:** The information in this report is based upon research conducted by the author, unless otherwise noted. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of the author. The author encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



# LIVE FEELINGS FIRST

## **MEDICINAL USE AND HEALTH BENEFIT OF CAYENNE PEPPER (Capsicum):**

<http://newsgroups.derkeiler.com/Archive/Alt/alt.gathering.rainbow/2006-08/msg03459.html>

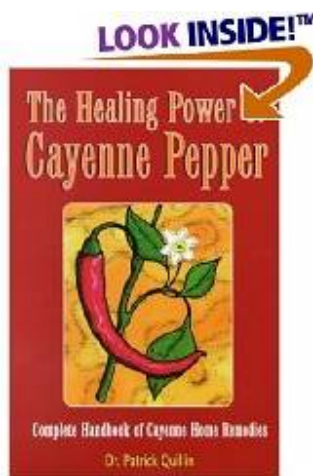
"If you master only *one* herb in your life, master cayenne pepper. It is *more* powerful than any other."  
Dr. Schulze



"In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in--if they are still breathing--I pour down them a cup of cayenne tea (a teaspoon of cayenne in a cup of hot water, and within minutes they are up and around)." Dr. Christopher

"Cayenne pepper – prized for thousands of years for its healing power. Folklore from around the world recounts amazing results using cayenne pepper in simple healing and in baffling health problems. But cayenne pepper is not just a healer from ancient history. Recent clinical studies have been conducted on many of the old-time health applications for this miracle herb. Again and again, the therapeutic value of cayenne pepper has been medically validated." Dr. Patrick Quillin [The Healing Power of Cayenne Pepper](#)

In a recent letter to the editors of the New England Journal of Medicine, three Italian doctors describe how they were able to reduce patients' reported dyspepsia symptoms by more than half – by prescribing red pepper powder. In a study of 30 patients with functional dyspepsia, half of the participants received a placebo, while the other half took 2.5 grams of red pepper powder each day (divided into capsules taken before each of three meals). Both groups took their respective treatments for five weeks, and rated their symptoms each day on a scale of zero to three (higher scores indicated more severe symptoms). By the third week, the red pepper group showed a significant advantage over the control group. And by week five, the pepper group's symptoms had declined 60 percent from their baseline scores – while the control group's scores had only decreased about half as much. The symptom scores included ratings for pain, a feeling of fullness, nausea, and an overall score. The red pepper powder produced significant gains in all four areas.



Many herbalists believe that Cayenne is the most useful and valuable herb in the herb kingdom, not only for the entire digestive system, but also for the heart and circulatory system. It acts as a catalyst and increases the effectiveness of other herbs when used with them.

Cayenne is a medicinal and nutritional herb. It is a very high source of Vitamins A and C, has the complete B complexes, and is very rich in organic calcium and potassium, which is one of the reasons it is good for the heart.

## Digestion

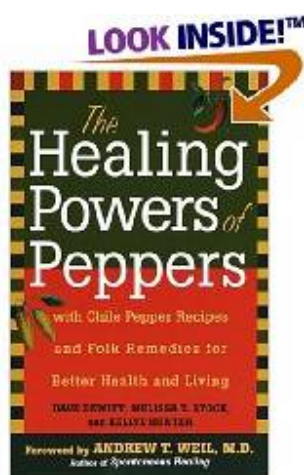
Cayenne can rebuild the tissue in the stomach and the peristaltic action in the intestines. It aids elimination and assimilation, and helps the body to create hydrochloric acid, which is so necessary for good digestion and assimilation, especially of proteins. All this becomes very significant when we realize that the digestive system plays the most important role in mental, emotional and physical health, as it is through the digestive system that the brain, glands, muscles and every other part of the body are fed.

## Heart

Cayenne has been known to stop heart attacks within 30 seconds. For example, when a 90-year-old man in Oregon had a severe heart attack, his daughter was able to get Cayenne extract into his mouth. He was pronounced dead by the medics, but within a few minutes, he regained consciousness. On the way to the hospital, he remained in a semi-conscious state, but the daughter kept giving him the Cayenne extract. By the time they got to the hospital, he had fully recovered and wanted to go home and mow the lawn. The doctor asked what she had given him, as he said it was the closest thing to a miracle he had ever seen.

Capsicum (cayenne pepper) is said to be unequal for its ability to boost circulation and increase heart action. Capsicum exerts a variety of desirable actions on the entire cardiovascular system. It has the extraordinary ability to enhance cardiovascular performance while actually lowering blood pressure. Capsicum has an energizing effect on the entire system. It has traditionally been used for overcoming fatigue and restoring stamina and vigour. It is a natural stimulant without the threatening side effects (palpitations, hyper-activity or rise in blood pressure) of most other stimulating agents.

Because Capsicum boots peripheral circulation and stimulates organ secretion, it expedites the therapeutic delivery and action of nutrients in the body. It will ensure the rapid and even distribution of the active principles of available nutrients to critical function centres, including those involved in cellular respiration, metabolic data transmission and neural-hormonal action. The remarkable ability of



Capsicum to stimulate organ secretion and even heart action makes it one of the strongest natural stimulants known. Clearly, Capsicum should be considered nothing less than a wonder herb that has scientifically proven its worth, delivery and action of nutrients in the body. It will ensure the rapid and even distribution of the active principles of available nutrients to critical function centres, including those involved in cellular respiration, metabolic data transmission and neural-hormonal action. The remarkable ability of Capsicum to stimulate organ secretion and even heart action makes it one of the strongest natural stimulants known. Clearly, Capsicum should be considered nothing less than a wonder herb that has scientifically proven its worth! [Heart Attacks: Cayenne](#)

If a heart attack should occur, it is suggested that a teaspoon of extract be given every 15 minutes or a teaspoon of Cayenne in a glass of hot water be taken until the crisis has passed. Dr. Anderson also knew of a doctor who rushed out into the parking lot and put cayenne tincture into the mouth of a man who had died of a heart attack while he was parking his car. Within a few minutes, the man's heart starting beating again.

According to Dr. Richard Anderson, using [cayenne and hawthorn berries](#) together has a most incredible effect upon the heart. He believes that a regimen of cayenne and hawthorn berries for several months will greatly strengthen the heart, and possibly prevent heart attacks. He states further that if an attack were to occur in someone who had followed this regimen, chances are very good that no damage would occur. He tells the following story about his mother:

“I had her taking hawthorn berries and cayenne when she had a heart attack at the age of 79. Her diet had not been the best, and she was in an extremely stressful situation. While in the hospital, they found three blocked arteries and wanted to operate immediately. They did not think that she could survive for more than a few weeks if they didn’t operate. (How many have heard that story!) The doctors thought it would be very risky to operate, but they had her there, and there was a lot of money to be made. So they decided to take some tests in the hopes that they could find an excuse to operate. In spite of the fact that she had been taking lots of aspirin for her arthritis, smoked like she was the reincarnation of a boiler factory, and had just had a heart attack, they found that her heart was incredibly strong. In fact, they felt that her heart was stronger than most people in their 30’s! The good news was that not only did she survive the operation, but also she stopped smoking! Well worth the operation, don’t you think? In my opinion, that was the best thing the doctors ever did for her. Well, that is what hawthorn and cayenne can do for the heart, and every good herbalist knows it; every good doctor should also know it, but very few do.”

### **Emergencies**

It is a good idea to always have some Cayenne extract on hand for emergencies. Dr. Anderson carries capsules of cayenne with him in the car and whenever he goes hiking, backpacking or mountain climbing. He says, “You never know when you may find someone having a heart attack or some other emergency.”

The following stories demonstrate only a few of the remarkable emergency uses of cayenne.

If a haemorrhage occurs in the lungs, stomach, uterus or nose, it is suggested that a teaspoon of extract (or a teaspoon of cayenne powder in a cup of hot water) be given every 15 minutes until the crisis has passed. The bleeding should stop in 10-30 seconds. The reason for this is that rather than the blood pressure being centralized, it is equalized by the Cayenne, and the clotting action of the blood becomes more rapid. For external bleeding, take cayenne internally and pour cayenne directly on the wound.

### **Dyspepsia**

In a double-blind study, 30 individuals with dyspepsia were given either 2.5 grams daily of red pepper powder (divided up and taken prior to meals) or placebo for 5 weeks. By the third week of treatment, individuals taking red pepper were experiencing significant improvements in pain, bloating, and nausea as compared to placebo, and these relative improvements lasted through the end of the study.

A placebo-controlled crossover study failed to find benefit, but it only enrolled 11 participants, far too few to have much chance of identifying a treatment effect.

All double-blind studies of topical capsaicin (or cayenne) suffer from one drawback: it isn't really possible to hide the burning sensation that occurs during initial use of the treatment. For this reason, such studies probably aren't truly double-blind. It has been suggested that instead of an inactive

placebo, researchers should use some other substance (such as camphor) that causes at least mild burning. However, such treatments might also have therapeutic benefits; they have a long history of use for pain as well.

Because of these complications, the evidence for topical treatments cited below is less meaningful than it might at first appear.

### **Pain**

Capsaicin cream is well established as a modestly helpful pain-relieving treatment for post-herpetic neuropathy (the pain that lingers after an attack of shingles) peripheral neuropathy (nerve pain that occurs most commonly as a side effect of diabetes, but may occur with HIV as well as other conditions), nerve pain after cancer surgery and arthritis.

Capsaicin instilled into the nose may be helpful for cluster headache. (The fact that this has even been considered a viable treatment option shows how painful cluster headaches can be!)

Actual cayenne rather than capsaicin has been tested for pain as well. A 3-week, double-blind trial of 154 individuals with back pain found that cayenne applied topically as a plaster improved pain to a greater extent than placebo.

### **Skin Conditions**

A double-blind, placebo-controlled trial of almost 200 individuals found that use of topical capsaicin can improve itching as well as overall severity of psoriasis. Benefits were also seen in a smaller double-blind study of topical capsaicin for psoriasis. Topical capsaicin is thought to be helpful for various itchy skin conditions, such as prurigo nodularis, but double-blind studies are lacking.



**Eat** the Colors of the Rainbow



### Making Tinctures -An Example with Cayenne Tincture – Dr. Schulze

1. Start to make this and ANY Tincture, if possible, on a NEW Moon.
2. Take a Quart Canning Jar and fill it 1/4 FULL with DRIED Cayenne Peppers, getting the HOTTEST ones (i.e. – Habanero, African Bird, Serrano, Jalapeno – 90,000+ Heat Units), that you can obtain.
3. Add enough 50% Grain Alcohol (100 Proof Vodka) to the Cayenne Peppers (powdered, using a Blender or Grinder) to just COVER them.
4. Use enough FRESH Cayenne Peppers, that you can blend with 50% Grain Alcohol (100 Proof Vodka) to turn the Mixture into an Apple Sauce-Like Consistency.
5. Add this Mixture to the 1st Mixture, filling up the Canning Jar 3/4 FULL.
6. Fill up the rest of the Canning Jar with MORE 50% Grain Alcohol (100 Proof Vodka).
7. Shake it as MANY times as possible, during the Day.
8. Let this Mixture SIT, until the following FULL Moon (15-16 Days), but OPTIMALLY until the following NEW Moon (28-29 Days)!
9. Strain this Mixture through an UNBLEACHED Coffee Filter.
10. Bottle the RESULTING Tincture.

NOTE: Part EQUALS Volume, NOT Weight in this Tincture Method. If using 95% Alcohol (190 Proof), then DILUTE in half with Distilled Water. Modify this procedure by using DRIED Herbs ONLY, if FRESH Herbs are NOT AVAILABLE, and when making other Herbal Tinctures also. Also if you want to make a SUPER-POTENT Tincture (i.e. – Cayenne Pepper & Lobelia Seed Pod), then allow the Mixture to sit for a FULL 3 Months!

# Fresh is Best!

*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**ABOUT ALKALINE BODY pH:**

[http://www.excelexgold.com/about\\_alkaline\\_body\\_ph/about\\_alkaline\\_body\\_ph\\_maintext.htm](http://www.excelexgold.com/about_alkaline_body_ph/about_alkaline_body_ph_maintext.htm)



The Internal pH of the Human Body  
Is One of the Key Factors in Maintaining Organic Balance

The scale that is used for measuring the pH, or hydrogen ion concentration ... is from 0 to 14, with 7 being the neutral point. Thus, an Alkaline Body pH means that the pH of the blood is above 7 with the ideal pH being 7.35. Outside of this range ... the body activity is no longer optimal and the metabolism is out of balance.

The pH of the body is influenced by metabolic subproducts and our diet. Thus, pH is directly affected by the various categories of food that we eat and the internal mechanisms involved in their processing.

Some foods that are acid in their composition can become alkalizing following metabolization, e.g. lemons. Accordingly, it is to become more consciously aware of the impact that various food groups and our eating habits have on the internal environment of the body.

**An acid body = oxidation which = decay**

Excessive acidity causes numerous disturbances such as:

- Weakening of the skin, hair, nails, teeth
- Deterioration of the digestive tract
- Excitability of the nervous system, sciatica
- Tendency to depressive illness
- Muscular spasms and cramps
- Enhances susceptibility to infections
- Chronic fatigue
- Blockage of certain minerals which become unavailable

The basic element matrix in our local universe is ... Hydrogen. Thus, the Potential of Hydrogen (pH Alkaline) is a key factor in our Gene-Assist and ReGene-Assist. An alkaline environment in the body ... assists the physical, Etheric and Subtle Bodies to attract, hold and stabilize the Light Encoded.

Impulses which are necessary to communicate the Harmonic Keynotes for the optimum functioning of the human biology and the Transformational Process.

## Simple Facts About Life And Alkaline pH

**The EGG** ... I took a free range chicken egg and measured its pH:

The white of the egg has a pH of 9  
The yoke of the egg has a pH of 6.5

Now, isn't that revealing? How is that?

The white of the egg with a pH of 9 ... acts as a protective cloak ... shielding the yolk from bacteria, viruses, and fungi. While it's structure, bearing the Hydrogen Matrix, brings forth life and participates in the millions of cells forming the body of the new baby chicken.

Like the Egg ... when the fluids of the human body are maintained at an Alkaline Level ... it protects the body from bacteria, viruses and fungi ... as well as bringing forth the Life-Giving Form of the hexagonal geometry (the six pointed star) inherent within the Hydrogen Matrix.

**The Hydrogen Matrix** ... The etymology of Hydrogen reveals two words:

Hydro ... meaning Water  
Gen ... (from Greek means Genês) = Born  
So Hydro-gen = "Born from Water"

Which reflects the embryonic and birthing process of most species. The Hydrogen Matrix (Alkaline pH) ... is the bringer and protector of life ... it carries the Life-Giving Form.

The body is 75% water ... which is H<sub>2</sub>O. Which means that there are two atoms of hydrogen and one of oxygen in a Trinitized relationship. Thus, there are twice as many hydro-gen atoms as oxy-gen contained within a water molecule. When we look at the etymology of oxy-gen we have the following:

Oxy/Oxi = Acid = burning/combustion  
Gen = Genes = Born  
So Oxy-gen = "Burning of the new born genes"

Accordingly, an Acidic pH breaks down the normal functioning of the biological systems ... resulting in degenerative conditions within the body and providing a receptive environment for chronic inharmonies.

### **Factors Influencing Body pH Levels**

The following factors will have an influence on the pH Level of the body:

**Acidic Foods** ... such as fast foods, meats, grains, greens, most fruits, refined salt, sugar, condiments (pickles, ketchup, etc.), soda pop etc. have a pH ranging from 2.8 to 5.5 which is highly acidic.

**Alkaline Foods** ... Almonds, all melons, unpasteurized honey, bee pollen, maple syrup, figs, dates, natural yogurt, cheese and dairies, earth vegetables, apricots, avocados, coconut, grapes, molasses, raisins and lemon ... are all alkaline forming foods.

**Emotions** ... The Alkaline Level of the body is also greatly influenced by your emotions. Joyous, happy, love-filled emotions tend to create alkaline-forming chemical reactions in the body. Conversely, emotions which are filled with anger, fear, jealousy, hate, etc. ... create acidic-forming chemical reaction in the body.

### **pH Food Guideline**

Here is a brief guideline regarding the pH of various processed and natural foods. These pH factors could vary according to brand names and methods of production ... accordingly, allow a variance factor of +/- .2

potential Hydrogen	pH
Canned Spaghetti & Meatballs	4.3
Canned Corn	5.7
Canned Pink Salmon	6.0
Canned Vegetable Soup	4.1
Canned Lentils	5.6
Canned Brown Beans	5.5
Baby Food Vegetable Chicken	5.8
Baby Food Custard	5.5
Baby Food Peaches	3.6
Most Salad Dressings	3 to 3.5
Spaghetti Sauce	3.5 to 4.5
All Meats	5 to 5.5
All Greens and Grains	5.8 to 6.2
Bananas	4.6
Raspberries	2.6
Tomatoes	3.5 to 3.8
Milk Homogenized	6.6
Soya Milk	6.4
Colas and Most Soft Drinks	1.8 to 2.5
Root Beer	3.8 to 4.5
Grape/Cranberry Juice	1.7
Wine	2.1 to 3
Most Fast Foods – Burgers & Hot Dogs	5 to 5.5
Pizza (average)	3 to 4
Cookies, Biscuits, Pastries	4 to 5.5
Corn Chips, Cheezies, Munches	4 to 5.5
<b>Note: most fruits and greens turn alkaline in the body</b>	

In addition ... 99% of all processed foods and fast foods, munchies, pops, etc ... have a General Vitality of between 100 to 250 with a few reaching 400. Compared with fresh organic vegetables which have General Vitality readings in the 2,000 plus range ... with a Life Force 150 to 200 points higher than the General Vitality. Commercially grown produces have a General Vitality range from 400 to 1,200 ... the reading is less for seedless and genetically tampered produce.

The Life Force (measured in units of White Light Potential) for natural untampered fresh organic produce is on average 100 points higher than the General Vitality. For genetically tampered and seedless produce ... the Life Force will read lower than the General Vitality by 100 points or so. For processed, canned and other fast foods ... the Life Force will be lower than the General Vitality by 70 to 120 points on average.

These foods cover a wide range of people's diets and are for many a part of their daily reality. Be one a vegetarian or a meat eater ... the acidic conditions in the body are prevalent. Now, when we add to all of this the various types of acidic water that are consumed (distilled, deionized, reverse osmosis, super filtered, etc.) ... is it any wonder that the human body is subject to all sorts of dis-ease.

### Balancing Your pH

Accordingly, it is to bring the pH of the "body fluids" into an acceptable range ... between 7 and 7.5 ... which will then influence the blood to maintain its optimal 7.35 pH level. **How?**

One of the key factors is the water that we drink. Water accounts for up to 75% of the body and thus the fluidic intake greatly impacts the pH of the body. Unfortunately, a lot of the water that is being consumed is acidic ... including distilled water, reverse osmosis, and deionized water ... which have had their minerals or buffers removed. Alkaline water is not readily or easily available in most communities ... however, we now have a very simple solution to alkalize water which will bring it to an alkaline level and geometrically restructure the water with the Life-Giving Form of the Star of David adding a substantial amount of Bio-Photons.

## Happy Mood Salt

### All Natural Alkaline Salt

#### Alkalize and Mineralize Food & Water

Here are the words of Ron Garner, BEd, MSc  
author of "[The 4 Keys to a Long Life](#)"

*"Happy Mood Salt is the best product on the market for alkalizing the body. It really works!"*

**Happy Mood Salt** ... can be added to water (a pinch) as well as sprinkled onto your food. Imagine, the simple act of sprinkling Happy Mood Salt onto, for example, a slice of pizza changes the pH from acid to alkaline. It can even increase the pH of a cup of coffee, for those who wish to enjoy such without feeling guilty. The Happy Mood Salt contains 20% of natural source minerals in harmonic balance (80% sodium chloride). That is 5% more trace minerals than pure unrefined sea salt. It is the minerals in the body that facilitate many of our biological functions and the alkalinity are in balance ... using a maximum of 1/3 teaspoon per day a 1/4 lb will last a single adult for 2 months.



## The Different Types of Salt

Next, let us take a look at different salts and their effect on the pH and ORP. Himalayan Pink Salt has become a popular new item in the natural health industry. However, you will note from the tests indicated below that natural unrefined sea salt (such as Paludier or Celtic) is a far superior choice for your daily salt needs ... and that Happy Mood Salt out performs both of them for its alkalizing effect (pH) and oxido-reduction (ORP).

**Test 1** – We added each salt type, in the quantities indicated on the left, to 225 ml of water while checking the effect on the pH and ORP of the water samples. The pH and ORP of the water before adding the salt read: pH 7.01 and ORP 156.

Quantity Salt added to 225 ml water	Unrefined Sea Salt (Paludier)		Himalayan Pink Salt		Happy Mood Alkaline Salt	
	pH	ORP	pH	ORP	pH	ORP
½ gr.	8.22	154	6.01	160	9.15	123
1 g.	8.75	142	6.08	161	10.10	104
2 g.	9.2	131	6.1	164	10.40	77
3 g.	9.58	118	6.14	167	10.48	62
5 g.	9.8	105	6.15	175	10.56	55
8 g.	9.88	84	6.15	182	10.58	51
Saturation very close at 8 grams						

### **Observations:**

**Unrefined Sea Salt** ... note that the pH immediately increases (becoming more alkaline) by 1.21 points when ½ gram of salt is added and gradually increases to 9.88 (2.87 points) at the saturation point of 8 grams. At the same time the ORP is dropping and becoming more anti-oxidant.

**Himalayan Pink Salt** ... note that the pH immediately decreases (becoming more acidic) by a full point when ½ gram of salt is added and then slightly increases to 6.15 at the saturation point of 8 grams. At the same time, the ORP is going up, becoming more oxidating or degenerative.

**Happy Mood Salt** ... note that the pH immediately increases (becoming more alkaline) by 2.14 points when ½ gram is added and again increases by almost another point when 1 gram is added, followed by a gradually increase to 10.58 at the saturation point of 8 grams. At the same time the ORP is significantly dropping, becoming more anti-oxidant.

Because of the suggested methods of use for the Himalayan Pink Salt we performed another test to see the effects over a 48 hour time period.

**Test 2** – Adding two chunks of Himalayan Pink Salt to 400 ml water

Himalayan Pink Salt	pH	ORP
Start Water (No Salt)	7.01	156
After 36 Hours with salt	6.58	244
After 48 Hours with salt	5.91	279

The addition of the Himalayan Pink Salt to the water is decreasing the pH making it more acidic and increasing the ORP (less negative ions equals increased oxidation). This is consistent with all my other tests, when the pH goes down the ORP, or oxidation rate, will go up. So even if my pH meter was off a little the ORP is confirming the oxidation factor.

Perhaps this is due to the Sodium Chloride content in each of the salts, as indicated below:

	Sodium	Chloride	Total S-C
Himalayan Pink Salt	37.4%	59.8%	97.2%
Unrefined Sea Salt Paludier	33.0%	50.9%	83.9%
Happy Mood Salt	35.3%	44.7%	80.0%

- The Himalayan Pink Salt with 97.2% Sodium Chloride leaves room for 2.8% trace minerals.
- The Unrefined Sea Salt (Paludier) with 83.9% Sodium Chloride leaves room for 16.1% trace minerals.
- The Happy Mood Salt with 80.0% Sodium Chloride leaves room for 20% trace minerals.

Another thing that needs to be understood by the general public is how to read a laboratory analysis. When testing for mineral elements the laboratory report will list each element that has been tested. However, the equipment used to make the analysis has a detection limit, below which there can be no confirmation if the element is present in the sample. When you see a “<” sign in a lab report it simply means that the detection limit of the lab equipment is designed to read only up to the level indicated ... thus, all “<” elements have not been detected in the sample provided. Accordingly, these elements should be removed when publishing mineral content of any substance. Many of the lab reports, published on the internet, for Himalayan Pink Salt falsely represent the presence of up to 37 elements that are below detection limits.

So save your money, for your daily salt needs the Natural Unrefined Sea Salt (Paludier or Celtic) is a far superior choice than the Himalayan Pink Salt ... and for alkalizing and oxido-reduction the Happy Mood Salt is a better choice. Note that the Happy Mood Salt is restricted to 1/3 teaspoon daily intake and we recommend that Unrefined Sea Salt supplement the remainder of your daily salt needs.

The beneficial properties of sea salt ... come only from Unrefined Sea Salt! So let there be an absolute distinction made in terms of what sea salt truly is. Unrefined Sea Salt is light grey in colour and is moist to the touch. The moisture present in Unrefined Sea Salt assures us that it still contains the numerous elements that buffers the sodium chloride part of the salt and make up as much as 16% by weight in valuable trace elements and macro-minerals. The grey colour comes from the clay beds that line the bottom of the salt ponds. This is pure, edible clay, an essential food that enhances the bio-energetic quality of the salt crystals and ionizes them as they form. Thus, so called "sea salt" found in our health

food stores ... that is white in colour and dry to the touch ... only designates its origin not its quality ... and is as detrimental to human health as all other forms of refined salts.

Unrefined Sea Salt ... is naturally harvested by hand and sun dried according to ancient traditions and contains not only sodium chloride but also 80 plus trace elements and minerals from the ocean plasma that are in perfect symbiosis with each other and the human body matrix. Thus, Unrefined Sea Salt is a living medium, a Live Essence Substance, which offers a remarkable mineral balance relative to the internal environment of the human body. All of its elements are naturally dosed in proportions close to those of the internal human environment and form a highly active biological synergy. Contrarily, mineral supplementation which is used as a popular method of treatment whenever a deficiency is diagnosed ... fails to recognize that minerals work in conjunction with each other, and they cannot work to heal when their concentration is increased disproportionately beyond the level of parts per million.

Thus, Unrefined Sea Salt has countless therapeutic uses. It can help in correcting excess acidity, restoring good digestion, relieving allergies and skin diseases and preventing many forms of cancer. This natural salt provides a steady boost in cellular energy and gives the body a heightened resistance to infections and bacterial diseases.

It is recommended that one not only use the Unrefined Sea Salt as a food additive but use it also as a bath additive. Used in the bath water ... the body will absorb the minerals through the process of osmosis ... and bathing in Unrefined Sea Salt assists in removing toxins and miasmatic imprints from the Etheric and Subtle Bodies.

In addition ... the following alkaline forming foods should be introduced into the diet on a regular basis:

Apricots ... Molasses ... Avocados ... Lemons ... Coconut ... All Melons ... Figs ... Milk Products ... Dates & Raisins ... Natural Yogurt ... Grapes ... Unpasteurized Honey ... Maple Syrup ... Root Vegetables (potatoes, rutabaga, etc) ... Alfalfa and Other Sprouts ... Cayenne ... Lithothamnium (algae)

And the King is ... ALMONDS (untreated) 15 to 20 per day

When consuming almonds ... we recommend that you soak the almonds for 24 hours prior to consumption. This starts the germination process in the seed and thus activates its Life Force. Accordingly, the digestive system is able to assimilate more of the elements contained within the almonds as well as having direct access to the active Light-Life Force. You may wish to make a daily morning ritual of preparing the almonds by placing them in a small bowl with good quality water. The next morning they are ready to eat. When the bowl is empty ... simply add more almonds and water and allow them to soak until the next morning. This process can be used to activate the Life Force in all forms of seeds and nuts prior to consumption. Try adding a handful of shelled sunflower seeds with the almonds for daily consumption.

**A lot of our processed foods are highly acid including most commercial flours.** Accordingly, it is recommended that one bake their own bread and add alkaline forming substances, such as Lithothamnium, to the dough in order to raise the pH. You could also add sprouted grains and seeds to the bread dough and use alkaline forming sweeteners ... such as maple syrup, molasses or unpasteurized honey ... instead of sugar.

**Lithothamnium**, which is a sea algae, can be added to many of your dishes in order to raise the pH. Using ¼ to ½ teaspoon Lithothamnium per cup of flour for all of your baking needs. It can be added to spaghetti sauce, porridge, soups, or desserts ... and as a general guideline it is to use about ¼ teaspoon per serving. It can also be taken in water or juice, ¼ teaspoon per glass, in order to assist in raising the pH and mineralizing the body. It has a neutral taste, per se, and therefore will not alter the culinary taste experience.

### Monitoring Your Body pH

We suggest that one monitor their Body pH Level on at least a weekly basis. Monitor daily if you so desire. It is a good practice to be aware of the Alkaline / Acid condition of your body. The pH is measured by a urine or saliva test ... which is very simple to do and requires less than a minute of your time.

The best way to monitor the Body pH Level ... is by using a Digital pH Meter. This will give you an exact reading from 0 to 14 pH Levels ... so that you can monitor when your body pH is exactly between 7.1 and 7.3. Digital pH Meters are available in most hydroponics stores. The other option available ... is to use Hydrion pH Testing Strips which are available through most drug stores and some health food stores. These are colour coded into a general pH range ... and you should look for test strips that will register **half-point increments**. When using these test strips as your guideline ... balance the body pH between 7 and 7.5. If the test strips read above 7.5 consume acid forming foods or beverages until it stabilizes between 7 and 7.5. **Do Not exceed this range for excessive alkalinity can also cause some health related problems such as: indigestion, cramps, drowsiness, itching, sore muscles, creaking joints, etc.**

Portions of this page have been extracted from our book ...  
"The Etheric Body Cleanse: Detaxing and Detoxing the Body"

Reference:

[http://www.excelexgold.com/about\\_alkaline\\_body\\_ph/about\\_alkaline\\_body\\_ph\\_maintext.htm](http://www.excelexgold.com/about_alkaline_body_ph/about_alkaline_body_ph_maintext.htm)

*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

## ALKALINE FOODS

### ALKALIZING VEGETABLES

Alfalfa  
 Barley Grass  
 Beets  
 Beet Greens  
 Broccoli  
 Cabbage  
 Carrot  
 Cauliflower  
 Celery  
 Chard Greens  
 Chlorella  
 Collard Greens  
 Cucumber  
 Dandelions  
 Dulce  
 Edible Flowers  
 Eggplant  
 Fermented Veggies  
 Garlic  
 Green Beans  
 Green Peas  
 Kale  
 Kohlrabi  
 Lettuce  
 Mushrooms  
 Mustard Greens  
 Nightshade Veggies  
 Onions  
 Parsnips (high glycemic)  
 Peas  
 Peppers  
 Pumpkin  
 Radishes  
 Rutabaga  
 Sea Veggies  
 Spinach, green  
 Spirulina  
 Sprouts  
 Sweet Potatoes  
 Tomatoes  
 Watercress  
 Wheat Grass  
 Wild Greens

## ACIDIC FOODS

### ACIDIFYING VEGETABLES

Corn  
 Lentils  
 Olives  
 Winter Squash

### ACIDIFYING FRUITS

Blueberries  
 Canned or Glazed Fruits  
 Cranberries  
 Currants  
 Plums\*\*  
 Prunes\*\*

### ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth  
 Barley  
 Bran, wheat  
 Bran, oat  
 Corn  
 Cornstarch  
 Hemp Seed Flour  
 Kamut  
 Oats (rolled)  
 Oatmeal  
 Quinoa  
 Rice (all)  
 Rice Cakes  
 Rye  
 Spelt  
 Wheat  
 Wheat Germ  
 Noodles  
 Macaroni  
 Spaghetti  
 Bread  
 Crackers, soda  
 Flour, white  
 Flour, wheat

### ACIDIFYING BEANS & LEGUMES

Black Beans  
 Chick Peas  
 Green Peas



**ALKALIZING ORIENTAL VEGETABLES**

Maitake  
 Daikon  
 Dandelion Root  
 Shitake  
 Kombu  
 Reishi  
 Nori  
 Umeboshi  
 Wakame

**ALKALIZING FRUITS**

Apple  
 Apricot  
 Avocado  
 Banana (high glycemic)  
 Berries  
 Blackberries  
 Cantaloupe  
 Cherries, sour  
 Coconut, fresh  
 Currants  
 Dates, dried  
 Figs, dried  
 Grapes  
 Grapefruit\*  
 Honeydew Melon  
 Lemon\*  
 Lime\*  
 Muskmelons  
 Nectarine\*  
 Orange\*  
 Peach  
 Pear  
 Pineapple  
 Raisins  
 Raspberries  
 Rhubarb  
 Strawberries  
 Tangerine\*  
 Tomato  
 Tropical Fruits  
 Umeboshi Plums  
 Watermelon

\*Although it might seem that citrus fruits

Kidney Beans  
 Lentils  
 Pinto Beans  
 Red Beans  
 Soy Beans  
 Soy Milk  
 White Beans  
 Rice Milk  
 Almond Milk

**ACIDIFYING DAIRY**

Butter  
 Cheese  
 Cheese, Processed  
 Ice Cream  
 Ice Milk

**ACIDIFYING NUTS & BUTTERS**

Cashews  
 Legumes  
 Peanuts  
 Peanut Butter  
 Pecans  
 Tahini  
 Walnuts

**ACIDIFYING ANIMAL PROTEIN**

Bacon  
 Beef  
 Carp  
 Clams  
 Cod  
 Corned Beef  
 Fish  
 Haddock  
 Lamb  
 Lobster  
 Mussels  
 Organ Meats  
 Oyster  
 Pike  
 Pork  
 Rabbit  
 Salmon  
 Sardines  
 Sausage  
 Scallops

would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

### **ALKALIZING PROTEIN**

Almonds  
Chestnuts  
Millet  
Tempeh (fermented)  
Tofu (fermented)  
Whey Protein Powder

### **ALKALIZING SWEETENERS**

Stevia

### **ALKALIZING SPICES & SEASONINGS**

Cinnamon  
Curry  
Ginger  
Mustard  
Chili Pepper  
Sea Salt  
Miso  
Tamari  
All Herbs

### **ALKALIZING OTHER**

Apple Cider Vinegar  
Bee Pollen  
Lecithin Granules  
Molasses, blackstrap  
Probiotic Cultures  
Soured Dairy Products  
Green Juices  
Veggie Juices  
Fresh Fruit Juice  
Mineral Water  
Alkaline Antioxidant Water

### **ALKALIZING MINERALS**

Cesium: pH 14  
Potassium: pH 14  
Sodium: pH 14  
Calcium: pH 12  
Magnesium: pH 9

Shrimp  
Scallops  
Shellfish  
Tuna  
Turkey  
Veal  
Venison

### **ACIDIFYING FATS & OILS**

Avacado Oil  
Butter  
Canola Oil  
Corn Oil  
Hemp Seed Oil  
Flax Oil  
Lard  
Olive Oil  
Safflower Oil  
Sesame Oil  
Sunflower Oil

### **ACIDIFYING SWEETENERS**

Carob  
Sugar  
Corn Syrup

### **ACIDIFYING ALCOHOL**

Beer  
Spirits  
Hard Liquor  
Wine

### **ACIDIFYING OTHER FOODS**

Catsup  
Cocoa  
Coffee  
Vinegar  
Mustard  
Pepper  
Soft Drinks

### **ACIDIFYING DRUGS & CHEMICALS**

Aspirin  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides

Herbicides  
Tobacco

**ACIDIFYING  
JUNK FOOD**

Coca-Cola: pH 2  
Beer: pH 2.5  
Coffee: pH 4

\*\* These foods leave an alkaline ash but have an acidifying effect on the body.

## UNKNOWN FOODS

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.\*

Asparagus  
Brazil Nuts  
Brussel Sprouts  
Buckwheat  
Chicken  
Corn  
Cottage Cheese  
Eggs  
Flax Seeds  
Green Tea  
Herbal Tea  
Honey  
Kombucha  
Lima Beans

Maple Syrup  
Milk  
Nuts  
Organic Milk  
(unpasteurized)  
Potatoes, white  
Pumpkin Seeds  
Sauerkraut  
Soy Products  
Sprouted Seeds  
Squashes  
Sunflower Seeds  
Yogurt

## RANKED FOOD CHART : ALKALINE TO ACIDIC

### EXTREMELY ALKALINE

Lemons, Watermelon

### ALKALINE FORMING

Cantaloupe, Cayenne Celery, Dates, Figs, Kelp, Limes, Mango, Melons, Papaya, Parsley, Seaweeds, Seedless Grapes (sweet), Watercress

Asparagus, Fruit Juices, Grapes (sweet), Kiwifruit, Passionfruit, Pears (sweet), Pineapple, Raisins, Umeboshi Plums, Vegetable Juices

### MODERATELY ALKALINE

Apples (sweet), Alfalfa Sprouts, Apricots, Avocados, Bananas (ripe), Currants, Dates, Figs (fresh), Garlic, Grapefruit, Grapes (less sweet), Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh, sweet), Pumpkin (sweet), Sea Salt (vegetable)

Apples (sour), Beans (fresh, green), Beets, Bell Peppers, Broccoli, Cabbage, Carob, Cauliflower, Ginger (fresh), Grapes (sour), Lettuce (pale green), Oranges, Peaches (less sweet), Peas (less sweet), Potatoes (with skin), Pumpkin (less sweet), Raspberries, Strawberries, Squash, Sweet Corn (fresh), Turnip, Vinegar (apple cider)

### SLIGHTLY ALKALINE

Almonds, Artichokes (Jerusalem), Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Eggplant, Honey (raw), Leeks, Mushrooms, Okra, Olives (ripe), Onions, Pickles (homemade), Radishes, Sea Salt, Spices, Tomatoes (sweet), Vinegar (sweet brown rice)

Chestnuts (dry, roasted), Egg Yolks (soft cooked), Essene Bread, Goat's Milk and Whey (raw), Mayonnaise (homemade), Olive Oil, Sesame Seeds (whole), Soy Beans (dry), Soy Cheese, Soy Milk, Sprouted Grains, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

### NEUTRAL

Butter (fresh, unsalted), Cream (fresh, raw), Cow's Milk and Whey (raw), Margine, Oils (except olive), Yogurt (plain)

### MODERATELY ACIDIC

Bananas (green), Barley (rye), Blueberries, Bran, Butter, Cereals (unrefined), Cheeses, Crackers (unrefined rye, rice and wheat), Cranberries, Dried Beans (mung, adzuki, pinto, kidney, garbanzo), Dry Coconut, Egg Whites, Eggs Whole (cooked hard), Fructose, Goat's Milk (homogenized), Honey (pasteurized), Ketchup, Maple Syrup (unprocessed), Milk (homogenized), Molasses (unsulferd and organic), Most Nuts, Mustard, Oats (rye, organic), Olives (pickled), Pasta (whole grain), Pastry (whole grain and honey), Plums, Popcorn (with salt and/or butter), Potatoes, Prunes, Rice (basmati and brown), Seeds (pumpkin, sunflower), Soy Sauce, Wheat Bread (sprouted organic)

### EXTREMELY ACIDIC

Artificial Sweeteners, Beef, Beer, Breads, Brown Sugar, Carbonated Soft Drinks, Cereals (refined), Chocolate, Cigarettes and Tobacco, Coffee, Cream of Wheat (unrefined), Custard (with white sugar), Deer, Drugs, Fish, Flour (white wheat), Fruit Juices with Sugar, Jams, Jellies, Lamb, Liquor, Maple Syrup (processed), Molasses (sulphured), Pasta (white), Pastries and Cakes from White Flour, Pickles (commercial), Pork, Poultry, Seafood, Sugar (white), Table Salt (refined and iodized), Tea (black), White Bread, White Vinegar (processed), Whole Wheat Foods, Wine, Yogurt (sweetened)

## UNKNOWN FOODS

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Eggs  
Flax Seeds  
Green Tea  
Herbal Tea  
Honey

Maple Syrup  
Milk  
Nuts  
Organic Milk (unpasteurized)  
Potatoes, white  
Pumpkin Seeds  
Sauerkraut  
Soy Products  
Sprouted Seeds  
Squashes  
Sunflower Seeds  
Yogurt



Kombucha  
Lima Beans



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### CoQ10 (coenzyme Q10):

CoQ10 (coenzyme Q10) is a vitamin-like nutrient that plays an essential role in the production of energy in heart cells, helping to maintain a healthy cardiovascular system. Our natural levels of CoQ10 decline as we age, and with taking certain medications. To ensure that you have enough of this essential nutrient, it may be beneficial to increase intake of foods rich in CoQ10, or to take a CoQ10 supplement.

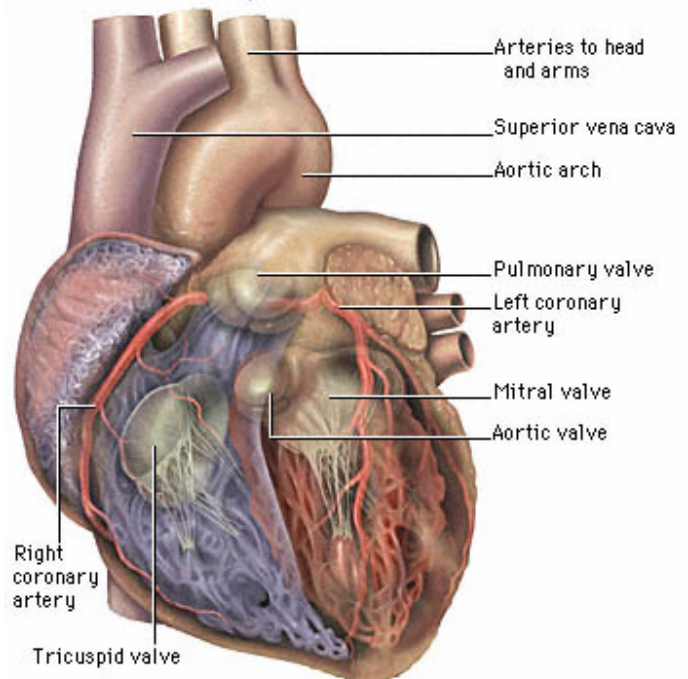
### Features and benefits

- Helps support normal healthy functioning of the heart.
- Reduces the oxidation of LDL (bad)-cholesterol.
- Maintains healthy arteries and a healthy cardiovascular system.
- In an oil based suspension for improved absorption.
- Natural source.

### How it works

- Coenzyme Q10 is found naturally in the body and plays an essential role in the production of energy in all cells. As such it is important for the health of virtually all human tissues and organs.
- The heart is one of the most active tissues in the body, and requires an adequate supply of CoQ10. CoQ10 assists in maintaining heart health, in particular heart muscle function.
- The body's ability to synthesise CoQ10 declines with age and with taking certain medications.
- CoQ10 inhibits the oxidation of LDL-cholesterol. Cholesterol is very susceptible to free radical damage, which leads to the formation of a toxic derivative called oxidised LDL-cholesterol. It is currently understood that LDL-cholesterol is harmful to the body after it has become oxidised.

*Interior structures of the heart*



Co Enzyme Q10 : CoQ10 : Natural Co Q 10

Conventional CoQ10 supplements provide a compound called "ubiquinone," Healthy HEART from HEALTHY ORIGINS® Naturally

Introducing an extraordinary advancement in dietary science – new Ubiquinol (also called Kaneka QHTM), the active "Antioxidant" form of CoQ10 that is more efficient, more potent and better suited for those with advanced needs and advanced age.

Conventional CoQ10 supplements provide a compound called "ubiquinone," which must be reduced to its active metabolite "ubiquinol" in order to be used in the body. Experts have always believed that the best way to supplement this coenzyme would be in its active (ubiquinol) form, but until now they had been unable to produce a stable material. That's where the scientists at Kaneka, the world's leader in CoQ10 research and production come in. After 10 years of painstaking research, they developed a patented process to stabilize ubiquinol so it can be ingested orally and readily assimilated by the body. Ubiquinol supplementation is important for individuals who may have difficulty with the natural conversion of CoQ10 to Ubiquinol – especially those suffering with oxidative stress and older adults.

Healthy Origins®, based in Pittsburgh, is a leader in the emerging field of nutritional supplements. Our products feature branded ingredients like Lyc-O-Mato (lycopene), Phase 2 (starch neutralizer), Pycnogenol (French maritime pine bark), EpiCor (immune system balancer), Cholestene (red yeast rice), MegaNatural®-BP (grape seed extract), L-Arginine-SR (sustained release), Kaneka QH™ and Kaneka Q10™. While most other companies do not specify their raw material sources on their label, we feel it is imperative to building and maintaining our consumers' confidence. Our mission at Healthy Origins® is to enhance your health by providing the best quality ingredients at competitive prices.

# **SUPERKIDS**

## **Natural self Expression through Feelings**

**Self Empowering**  
**Self Revealing**  
**Self Loving**



## **Feelings First**

## **SKIN SALVES:**

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Dr Weil's Healthy Living

### **Can Skin Salves Treat Tumors?**

Andrew Weil, M.D.  
<http://www.drweil.com/>

"Black salve" and "drawing salve" are terms that often refer to purported cancer remedies that frequently contain bloodroot (*Sanguinaria canadensis*), a small woodland herb that grows in the north central United States and Canada.

I have used bloodroot preparations successfully for removal of moles and skin tags. (Skin tags are benign, skin-coloured, rubbery growths that typically hang by a little stalk -- common on the neck, armpits, groin, eyelids, and other body folds). The red juice from the bloodroot is poisonous when taken internally, but when used externally has a unique ability to dissolve superficial skin growths without disturbing normal tissue.

For centuries, corrosive pastes and plasters (sometimes called black salves or drawing salves) have been applied directly to skin tumours in the hope of burning them away, or rubbed into the skin over internal tumours in hopes of "drawing out" the cancer. Although dermatologists sometimes use a mixture of bloodroot and zinc chloride to remove skin cancers, (a treatment known as "Mohs chemosurgery," after the doctor who invented the technique), none of the black salves or drawing salves sold today have ever been formally tested, and no scientific evidence supports claims that these products are safe or effective.

Black salves are sometimes described as "escharotics" because they produce thick, dry scabs ("eschars") such as those that form as chemical or thermal burns heal. Some people who use black salves report damage and scarring of normal tissue from them.

Little is known about the results of self-treatment for skin cancer with bloodroot pastes sold on the internet or dispensed by traditional healers. A report by two dermatologists, published in the December 2002 Archives of Dermatology, described the cases of four patients who had tried the pastes on their own.

One appeared to have a complete cure, but a biopsy showed residual tumour. Another got rid of his skin cancer but was severely scarred in the process. A third was lost to follow up, and a fourth appeared to have cured his nasal basal cell carcinoma for several years, but the cancer recurred, requiring extensive surgery.

If you have a cancerous growth, you would be much better off with conventional skin cancer treatment, which has a cure rate approaching 100% for basal cell and squamous cell carcinomas, and doesn't damage adjacent tissues.

The American Cancer Society reports that some practitioners claim that cancer salves can destroy malignant cells or draw them out of the body, and that salves can cure any type of cancer without the need for such conventional treatments as surgery, chemotherapy, or radiation. I would love to see these reports investigated and the salves studied.

Bottom line: If you want to try a black salve containing bloodroot on a skin tag or mole, do so with caution, following careful instructions from someone expert in its use. If you are dealing with a malignant or possibly malignant growth, do not put your faith in such a product; let a dermatologist identify it and treat it appropriately.

## **TOPICAL CANCER BLACK SALVE – Cansema:**

### A SHORT HISTORY OF “ESCHAROTICS”

Topical agents used to treat lesions of the skin have been around for quite some time. Most of these agents are either corrosive, caustic, acidic or utilize some form of toxicity or gross irritation to destroy skin lesions such as warts and cancer. Some agents reportedly can do this selectively wherein it may destroy only aberrant tissue.

Cancer Black Salve may be in the most advanced category, of a range of cancer-killing ointments historically known as “escharotics”. Most of those, which have been developed and manufactured in the United States during the last 100 years are variations of the formula first discovered and refined by John Hoxsey in 1840. Mr. Hoxsey developed herbal formulas for both external and internal cancers. His great grandson, Harry M. Hoxsey, continued his work in clinics from 1920 through the 1950's. His book “You Don't Have to Die” gives a complete history of the discovery and use of the formulas. This legacy, through ongoing research continues today.

Cancer salve is a topical crème that has to be applied to cancerous lesions of the skin, where it necroses the aberrant tissue (i.e. kills the cancer cells), creates an “eschar” (a scab or dry crust resulting from a thermal or chemical burn, infection, or excoriating skin disease.); at some point the body itself expels the “scab” (application of adjuncts to aid healing such as Solugel™ water-based gel may reduce scaring) leaving an indentation. Over a period of several weeks this “decavitated area” heals over; usually leaving a slightly de-pigmented area where the lesion was removed.

Cancer Salve has reportedly proven its supremacy in a field of demonstrated effective cancer killing ointments. Its reputation rests reportedly on its ability **to work in a single application every time**. It works with no known side effects – other than some pain in certain cases within the first 4 to 14 days, and some other related lesions may also seep. In this case additional care may be required. When in doubt, seek the advice of a health care professional.



Although the common description of the Salves effect is “burning” or a feeling of “electricity” – this interpretation is reportedly not accurate for **Cancer Salve**. The ointment does contain a low amount of zinc chloride an alkaloid which is reportedly not a cause of any burn effect. It is claimed that Cancer Salve is very selective in its action, it is escharotic to abnormal benign or cancerous tissue and only mildly irritating or non reactive to healthy skin.

Jennifer Wilson, C.M.B., Drake NSW 2469 Australia, Phone: + 02 6737 6767

**SPECIAL NOTE**

Some protagonists of Cancer Black Salve claim that if instructions are followed they guarantee 100% success in the removal of dermal or epidermal malignant lesions, including basal cell, squamous cell epitheliomas and even melanomas – regardless of size.

Furthermore, they claim that by using an appropriate water-based gel such as Solugel™, available from chemists, little or no scarring is experienced. Although designed for self administration, Cancer Salve is not a replacement for timely competent medical advice or attention.

Cancer Salve because of its reported ability to discriminate between healthy and abnormal tissue in its action, is often used simultaneously as both a diagnostic tool and a skin cancer remedy. We do not recommend this use, simply because skin cancer is sometimes a by-product of other pathological condition(s) that should be attended to by a competent physician.

Once cancers have healed prevention is the next step. It is important the body be kept alkaline and to increase oxygen uptake and efficiency.

# Feelings First Spirituality

## The New Way

**Feelings First**  
**FF**  
**Feeling Free**

The New Way, Feelings First Spirituality  
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings  
 Free your feelings from your mind's control  
 Live true to your feelings; your feelings are your true self  
 Live true to yourself through your feelings



Live true to yourself by living true to your feelings.  
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,  
 BAD feelings.  
 Want to understand why you're feeling them.  
 Use your surface feelings to take you deeper into your repressed and  
 hidden feelings.



The Feeling Way is the True Way.  
Your feelings are your spiritual guide.  
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.

It embraces all people.

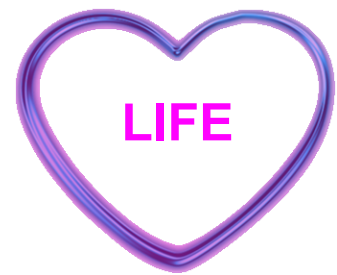
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it’s about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one’s feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God’s Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we’ve all been wrongly led to believe.

**Feelings First; then comes The Truth; then comes Love.**

**LOVE is the Religion of Feelings, being:**

**Feelings First Spirituality, The New Way**



# **PASCAS CARE**

## **"Beacons of Light"**

### **around the globe**

