

Straight Talk #25 On Wellness

By William J. Schnobelen N.D., © 2011

OFFICIAL DISCLAIMER: This is not a book written by a medical doctor. Nothing in it is intended to cure, treat or prescribe for any disease. None of the statements are intended to be medical advice. They are intended as a sharing of knowledge and information for education only. None of the herbs or supplements mentioned here have gone through the FDA testing process. You have responsibility for your own health, but it is wise to partner with a qualified health care professional before making any major changes in diet or lifestyle.

"...and the leaves of the tree were for the healing of the nations." — Rev. 22:2

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." — Gen. 1:29

You might ask, "What is a preacher doing writing a booklet about health and wellness?" Well, we have ministered to literally **hundreds of people** struggling with various forms of spiritual or emotional bondage over the years. During that time, we have seen hundreds of marvelous victories in Yah'shua the Messiah (Hebrew names for Jesus Christ).

All praise to His holy name for that wonderful fact.

Emotional healing has always been a bit more challenging than dealing with spiritual oppression. Along the way, the Holy Spirit has shown us many wonderful things. However, He also led us to work in a more rounded, Biblical fashion with some of the people who came to us.

What do I mean by "**Biblical**?" Well, in this context, I am referring to the fact that in the Bible, there is *not* the clear split between body and soul and spirit. In the west, as part of our "inheritance" from the Roman church, we have this idea that the body and soul are completely separate and almost "at odds" with each other. This is a crypto-Gnostic idea that crept into the Roman church early on.

The Gnostics were one of the earliest Christian heresies. Most of them taught (among other things (See note 1)) that the spirit and soul were good, but the body was irredeemably corrupt. That is why many of them denied that Yah'shua could have incarnated into a real, physical body.

The Bible does not teach this. The Bible sees us as body, soul and spirit; and in a more wholistic way. In fact, the word used often in the New Testament for body is "*soma*." (ΣΟΜΑ) This is a more all-encompassing term than flesh, which is usually used negatively and

is often rendered as "*sarx*" (ΣΑΡΞ) in Greek. *Soma* is intended to mean the body and soul together, as a whole person.

In terms of our ministry, we came to see that sometimes we needed to do more than just "demon busting" or even emotional healing. Our emotions *are tied into our physical body*. This is increasingly being understood in medicine.

Often, our Master Yah'shua would just sovereignly and gloriously heal a person's emotions and body right then and there. But sometimes He would not. Then, what were we to do? Send the person back to their psychiatrist or doctor (most of our referrals came from psychiatrists or pastors) or something else? Increasingly, the Holy Spirit showed us that we should be doing something else.

For most of its life in the past two millennia, the church of Yah'shua the Messiah ministered to *all* the needs of its members. Church leaders labored in the areas of physical healing, the cure of souls, and spiritual life as well. Said another way, the Body of Messiah functioned as pastor, doctor, psychiatrist and healer. Today, we have allowed the state to come in, through things like licensure, and co-opt a *large* part of this ministry. *This is out of line with scripture*. Healing is a set-apart, divine art. Modern medicine, all-too-often, has turned it into an industry and sometimes not a very effective one either.

With all this in mind, we began to study natural ways of helping people with their emotional and physical challenges that often came with the ravages of demonic attack or with being raised in false religious groups. Above all else, we believe that people in the church need to take responsibility for their own bodily and emotional health.

Society at large has begun moving in this direction as well, and for once (at least in this area), it is moving more in the direction that YHWH would have it go. We hear more and more about "wellness," whether in the media or advertising. **Wellness just means making changes in your lifestyle to help improve your quality of life and help prevent many diseases from even happening.**

This is, I believe, a good thing. That fact of the matter is, until very recently, health care in most industrialized nations was more like "disease care." If you got sick, you went to the doctor and said, "Make me better," or, "Make me stop hurting." I did this myself for the first 35 years or so of my life.

As a result, I was a typical American 1970's male. I was in my twenties and continually got sick. I had a couple of colds a year and always caught the flu. I ate the standard American diet (hereafter called SAD, for reasons which will soon become obvious). In 1981 (while a devout Mormon), I was diagnosed with colon cancer and nearly had to have my colon partially removed.

Though as a witch (See note 2), I had certainly studied some herbology, I was not trained in depth with the natural ways to deal with such a crisis. My training had more been in the area of occult attributions of herbs, not so much using them for healing. Fortunately, my wife was working at the time for a doctor who was involved with natural healing. He suggested I go to a colon therapist. I did so, and the crisis was averted in a rapid and spectacular way. It worked so well,

that my wife decided to become trained as a colon therapist.

This was how she earned her living from 1981-84. I also started to get away from the SAD and move in the direction of a high-fiber diet.

Once we got saved in 1984, we moved away from a lot of this philosophy, believing it to be "New Age" or witchy in some fashion — like many Christians do. Pastors told us that herbs and vitamins were occult and partook of the "spirit of Pharmakeia." As a result, my health gradually suffered. Full-time ministry can be very demanding physically, and I began to go downhill, even though I was eating better than many Americans. It took a crisis with kidney stones in the early 1990's to help me look beyond the standard US medical model again. Further, watching my father die of cancer quite horribly at the hands of the medical profession caused me to begin to rethink my total avoidance of things like natural healing, etc.

As we worked with the people who came to us for ministry the Holy Spirit showed us that He had provided **natural** ways to help them mend — whether physically or emotionally. My wife's major health crisis in 2000 — advanced cardiomyopathy - further propelled us along this path. Though she was treated at one of the great hospitals in the US for cardiac care, they could offer her little except a heart transplant. After tremendous prayer and (*we know*) much intercession from many people who support us in prayer, we were led to use entirely natural alternatives (See note 3) and prayer instead of a transplant.

Though she was given a week or less to live without a new heart in August of 2000, she lived until 2009 and had mostly a good quality of life until near the end. ***Glory to Yah'shua!*** In all this, we came to see that using herbs (and to a lesser extent vitamins and other supplements) is not really satanic. After all, the Creator made herbs and gave them to us for our use (**Gen. 1:29**).

We were so excited that we began formally studying naturopathy. Sharon has finished a doctoral degree in naturopathy and I am working on finishing mine as well. Additionally, she was a Master Herbalist. After much prayer, we felt YHWH led us into this as a way of becoming more self-sufficient and to prepare for the crises that seem to be coming down on us.

Originally, we were concerned about Y2K and not being able to access the normal infrastructure in a crisis. Even though that turned out to be not that serious, now we find ourselves in the midst of an even more harrowing crisis with the attacks on our nation (especially biological attacks —anthrax, etc.) that we can see how we were led by the Lord to prepare for this since the early 1990's "*...for such a time as this.*" (**Esther 4:14**)

Nor are we the only ones. We have been blessed in the past 6-7 years to know many solid Christian believers who work with naturopathic protocols. These are people who are taking back ground long claimed and co-opted by New Age devotees and others of questionable spiritual pedigree. Please understand, there ARE modalities of alternative medicine which are far out and occultic, but many of them are not. It is to address this issue that we are putting together this booklet.

Two Opposing Philosophies

Essentially, what we have in the "industrialized nations" of the world today are **two** separate models of how to heal people. There is the **AMA "modern medical" model** which most Christians trust and believe to be Godly and appropriate. Then there is the **naturopathic model**, which many Believers in Yah'shua assume is full of foreign and/or occult nonsense. It is viewed at best as quackery or at worst as satanic. Let us define terms.

Naturopathy (which is a broad heading that includes things like herbalism, massage, aromatherapy, Orthomolecular medicine, etc.) has been around, in one form or another, since the beginning of time. It is probably the kind of medicine "Dr. Luke" (**Col. 4:14**) practiced in the New Testament. Naturopathy can be explained by the older term, "*Vitalism.*" (See note 4)

Natural medicine (which is another word for naturopathy, others say alternative medicine, or complimentary medicine) has a bad rap among Christians. This is because a lot of New Age types do it, and AMA medicine seems so much more "respectable." However, this is unfortunate, ***because conventional medicine is much closer to witchcraft than are things like herbs.***

We all know the famous passage: **Exod. 22:18:** "*Thou shalt not suffer a witch to live.*" What most do not know is that the word in the Greek Septuagint for "witch" there is PHARMAKOS. That is a word that means, among other things, those who deal in herbs for poisoning, drugs, etc. (See note 5). Not coincidentally, that is the root of the word "Pharmacy."

You see, the pharmaceutical industry, for the most part, uses toxic (poison) components in its medicines. That is why all drugs (pharmaceutical type) have side effects. By FDA definition, a drug must produce side effects or it is not a drug. Even the most benign drug hurts the human body in some way, however minor. **That is what the Bible calls *witchcraft*** (a variety of it — of course there are other varieties of witchcraft which are also condemned (See note 6)). Most modern pharmaceuticals are made from petroleum and other chemicals with (in many cases) distillates and isolates from herbal compounds. A lot are just pure chemicals that *force* the body to do things.

By arm-wrestling the body into doing something it would not normally do, you are tampering with its design as given by the Creator, Our Lord Yah'shua the Messiah. Sometimes, this is necessary. If you had a gunshot wound or a horrible auto accident, you might need powerful painkillers and the skilled healers of a trauma center. But this should be the exception, not the rule!

Certainly, there are many good Believers who are medical doctors, and this is not to take away from what they do. However, they are, in many ways, victims of the huge amount of training they have. Most of that training (both in medical school and after they

set up practice) *is financed by the pharmaceutical industry*. If doctors want to learn about natural ways to heal, they have to take the initiative and do it more on their own. Many of them do not have the time (or funding) to do it.

On the other hand, drug conglomerates pay for the training MD's receive in the latest pharmaceutical chemicals. Thus, unless the physician is very proactive and motivated, they never learn to think outside "the box" of establishment medicine. They are overworked and swamped with patients!

It is important that they do, though, because something is very wrong with "the box", aside from the fact that AMA medicine is usurping the duties that rightfully belong to the church of Yah'shua. Medicine as it is practiced in the US is not working. According to the AMA, "establishment medicine" is the THIRD LEADING cause of death in the United States! (See note 7) Can we show you a more perfect (and Biblical) way? (**Acts 18:26**)

Bullet-Proofing Your Immune System

Many, Believers or otherwise, are terrified of what has been happening in the world in terms of potential biological terrorism. Since the anthrax outbreaks on our shores a few years ago, the danger has become very real. There are, indeed, viruses and other microbes that can be very powerful and very dangerous. (See note 8)

Naturally, the medical approach to this threat is either antibiotics for bacteria and **vaccines** for viruses. Both of these can be problematic, as we shall see. (Contrary to popular belief, antibiotics have absolutely NO effect on viruses. If you get a cold, or flu and the doctor prescribes antibiotics he is wasting his time and your money!)

The alternative or natural approach to this threat is to be *proactive*. Instead of getting a shot or taking an antibiotic which actually might compromise your immune system, why not simply work to improve the quality of your own body's internal condition in such a way that no nasty bug or virus could establish a beachhead there?

As mentioned above, YHWH created our bodies *to be awesome healing organisms*. While a survey of our immune system is beyond the scope of this booklet, suffice it to say that a well-functioning body produces millions of powerful little foot-soldiers like macrophages, white blood cells, T-cells, etc. that should be more than equal to the task of repelling any foreign invaders.

Some of the enzymes in our mouth will devour bacteria. Different enzymes in the upper entrance to our stomach work others on. Within the stomach, powerful acids often kill many dangerous organisms. Even our perspiration has anti-bacteriological properties! However, once we break the skin (like a vaccine shot), we have compromised the immune system in scary ways. That is why the nurse always puts rubbing alcohol before puncturing it. That is good. But consider that when you get a vaccine, you are pumping foreign biological material right into your bloodstream, thereby bypassing all sorts of defenses that YHWH provided for your body.

Many people (this writer included) who practice proactive and alternative approaches to health have gone for years, sometimes even decades, without ever getting a cold or flu. I know a couple of people in their seventies and eighties who have never been to a doctor since they were delivered at the hospital because they (and their parents) practice natural medicine. I personally have not had a cold or flu since 1995. That is because I have been working to build up what we call my "biological terrain" so that viruses have no place to prosper. How does this work? Well, consider this little comparison.

Garbage In, Garbage Out

Suppose that a large city had a strike among the sanitation workers. Naturally, the garbage started piling up. Eventually, aside from the stench, rats begin to show up. Rats are, of course, a major health problem (plague, etc.) What does the city do?

Well, the logical choice would be to accede to the workers' demands and pay them more. Even so, their job would be huge for the first few weeks. However, suppose there are budgetary considerations. Here are some other thoughts raised from audiences where I have shared this story:

- 1) Fly over the streets of the city and spray the garbage with powerful pesticides or poisons that will kill the rats
- 2) Fly over and spray the garbage with perfume, which would make it smell nice and solve part of the problem;
- 3) Buy a whole bunch of cats to hunt down and kill the rats
- 4) Set the garbage on fire or blow it up to kill the rats, and hope it does not spread to surrounding buildings.

Believe it or not, this is a parable of your own body. These four (actually five) solutions are analogs of various "healing" approaches that might be used. The city is your body. The garbage is, naturally, the waste material in your body.

In a healthy body (like a city with working sanitation engineers) your waste gets removed frequently, through sweat, breathing, urination and defecation. Most of us have the first three down pretty good. We cannot help but sweat (unless we pile on antiperspirants and even then, hopefully no one covers their whole body with Ban!). If we do not breathe, we die in a minute or two. Obviously, we urinate because to not do so becomes increasingly uncomfortable. That is how YHWH made us!

However, since our early years, we have been trained to have a conscious control over our bowels. This is good, up to a point. However, a lot of Americans, either due to diet or conscious choices ("I'm too busy to do that right now!") a lot of us have bowel movements once a day or less. The "garbage men" have gone on strike!

Let us look at solutions as above:

- 1) In medical terms, we would call this chemotherapy.
- 2) This would be the equivalent of giving someone a painkiller. Analgesics relieve the symptoms, just like garbage that smells like Chanel #5, but they do not solve the problem.
- 3) This would actually be an acceptable natural medicine solution. We will come back to it later.
- 4) In AMA medicine, this would be surgery or radiation treatment (cut it out or burn it out).

Now, please understand. There is nothing wrong with #2. Many times people with bad pain need analgesics (cancer patients, accident victims, etc.) and that is fine. YHWH even provided us with some powerful natural pain-relievers like the opium poppy, which is where we get morphine and white willow bark (not nearly as powerful), which is where we derive aspirin. Of course, opium and its derivative morphine can be highly addictive. Just so we understand that it does NOT solve the underlying problem.

Now of course, the most effective approach would be to get the garbage men back to work. In human bodies, this means regular bowel movement. Sadly, a lot of Americans do not do this, and as a result, they have "rats." And what are the rats? They are viruses and opportunistic infections of all sorts. Too much garbage means an unhealthy biological terrain; such as I used to have.

Obviously, if you keep the garbage cleaned up (good removal of toxins and waste from the body), you will not have much reason to ever get sick. This is true whether you are talking about colds or flu, or even the more scary diseases. How do we do this?

"Death Begins in the Colon"

Dr. Bernard Jensen, Ph.D., made that cheery statement years ago. He was one of the pioneers in alternative health in the last century. It addresses the number one concern we have in creating a healthy body: a healthy colon. The colon or large intestine is the last step waste materials make on their way out of the body, before arriving at the rectum and "out into the draught." (**Mark 7:19**) This is where most people who eat the SAD diet end up getting into trouble. At best, a lot of people eat three meals a day and only have one bowel movement a day. *Where do they think the other two meals went?*

Especially when people eat lots of dairy, white bread and pasta (paste!) the colon becomes sluggish. Without enough water and fiber, things slow down and you end up with material becoming stuck to the walls of the colon. Just like the drainpipes in your sink, it becomes clogged. This means you are walking around with day-old, week-old or even year-old feces in your gut. Talk about toxic! That is it!

When I had my first therapy with a colon therapist, (See note 9) I ended up "losing" 35 pounds in one evening! **That was 35 pounds of impacted fecal material in my colon** that came out. Some people have lost more than fifty pounds in that fashion (not always in one night, though!). Imagine how toxic I was. No wonder cancer was beginning in there!

Nowadays, we do not normally recommend colon therapy for someone unless they are pretty far down the road to perdition. There are more gentle ways of toning the colon and getting things moving through herbs, etc. So how do you achieve a healthy colon? Primarily through four things:

- 1) Drink lots of pure water
- 2) Eat foods rich in fiber, whole foods - raw foods such as veggies, nuts, seeds, and whole grain breads
- 3) Minimize the amount of dairy products (which can gunk up the system) and the amount of white bread and pasta (processed flours) that you consume. Ideally, **you should not ever eat foods made from refined flour.**
- 4) When you feel "the urge," if at all possible, *go and take care of it as soon as you can.* Forcing your body to wait can cause discomfort and also create unhealthy habits.

Let us look at these in detail. Most of us do not drink enough water. We are talking about water here, not soda, coffee, or juice. You would not take a bath in Pepsi, so why bathe the interior of your body in it? If you want to drink those other things, that might be fine, but you should be drinking **about one ounce of water for every two pounds of your body weight.**

In other words, if you are a 120-pound woman, you should be drinking 60 ounces of water a day. That is about eight glasses. If you are a 180-pound man, make that 90 ounces (11-12 glasses).

Also, as many readers already realize, typical city water is full of unhealthy chemicals such as fluoride, chlorine, etc. So-called "bottled water," unless purchased from a reputable dealer, can be just as bad. Our recommendation is to invest in a good water purification system if at all possible. Several good ones are on the market.

Better Living through Chemistry??

In terms of food, most Americans eat far too much protein, often in the form of dairy and meat. Neither of those have any fiber. Milk (especially commercially available milk) is especially bad for you for a number of reasons:

- 1.) It is homogenized, which means the fat molecules within it have been atomized (made tiny) to the point they can get into your blood stream. Gee, wonder why cardiovascular disease is rising fast in this country?

2.) Regular milk from the supermarket is full of bovine growth hormones (RBGH), antibiotics, steroids and other chemicals that are not good for human beings. RBGH, in particular, is designed to turn a small calf into a *HUGE* cow in record time. And people wonder why so many Americans (especially young people) are obese? In milk (and cheese, etc.) they are consuming chemicals designed to put on weight.

3.) Pasteurization just kills all the enzymes that make milk easy to digest. It is normally not hot enough to kill really dangerous bugs like E. coli.

4.) Milk contains casein, which is the chief component in wood glue and some other popular forms of glue. When this gets into your GI tract, it can really slow things down. **Meat is little better. Unless you get genuine grass-fed beef or free-range chickens, you are eating a ton of chemicals — many of the same as mentioned above. Even fish, if grown in commercial farms, is pumped full of antibiotics!**

By now, most people have heard about the problems associated with antibiotics. The best-known concern is that their over-use has contributed to increasingly resistant strains of bacteria (super-bugs). However, there are other issues with them as well. Antibiotics, as the name implies, *are anti-life*. They kill most all the bacteria in your body when you take them.

Some people might think that is a good thing, but it is not. Your body is populated with billions of flora (bacteria) that are absolutely **essential** for life. You could not digest your food without them. You could not fight off disease without them. These "good bugs" are called probiotics, and serve another purpose.

Probiotics help fight back opportunistic yeast and fungal infections, especially things like *Candida Albicans*. Most women are familiar with yeast infections, to their dismay. There are also diseases like thrush that are caused by yeast overgrowth. Almost all people who suffer from these problems have taken lots of antibiotics and have NOT bothered to replace them by taking probiotics. In many people, not just women, *Candida* overgrowth can be a major health challenge. Research is finding it at the root of diseases like Fibromyalgia, Leaky Gut Syndrome and many others. (See note 10) Once you have *Candida*, it is not easy to eliminate. (See note 11) Obviously, if you are eating meat that is laden with antibiotics, it is not helping the problem.

So where do you get probiotics? You used to be able to get them from yogurt, but unless you buy your yogurt from organic suppliers, it has probably had all the good bacteria pasteurized out of it. *Dannon and Yoplait don't cut it!* They might taste good, but they have all the health value of Jell-O. Look on the labels and see if they contain things like LIVE acidophilus and bifidophilus cultures. If they do not, you need to look elsewhere.

You can also buy probiotics in supplements, or you can get true yogurt cultures (or kefir cultures) from health food stores or coops and make your own yogurt. It is not difficult. There is much truth behind the stories of people from the Caucasus mountains living such long healthy lives. It is partially because they ate lots of kefir or good yogurt.

One of the healthiest beverages you can drink is coconut water kefir. As the name implies, it is made by taking the water from a virgin young coconut and putting kefir culture in it. This will make it fizzy and insanely healthy for your gut. In some large cities you can buy this bottled in the refrigerator case of a health food store. But it is cheaper to make it yourself with kefir culture and the coconut water which is available in most health food stores.

Getting back to meat, if you wish to eat it, our recommendation would be grass-fed beef (organic) or free-range organic chickens. We are not advocating vegetarianism. Meat raised properly does contain nutrients hard to get any other way. You should not eat a lot of it, but if you are eating good organic meat, you could eat it several times a week. But, PLEASE, stay away from pork! There is a good reason why YHWH prohibited its consumption.

The bulk of a healthy diet should be **whole** foods. Whole foods are those that are unprocessed. Raw fruits and vegetables are best, and should make up a substantial part of your diet. Why raw? You will find out that cooking destroys a lot of the nutrients in produce, especially enzymes.

Enzymes

What are enzymes? Well, without wanting to get too technical, enzymes are specialized organic substances that act as catalysts in your body to get things done in terms of metabolism. In other words, they are the prime "movers and shakers" in your life processes, and there have been more than 700 of them identified. (See note 12)

For our purposes here, it is enough to know that you cannot digest your food without enzymes. Your cells, in turn, cannot produce energy without them.

If you had no enzymes in your body, *you would be dead!* Everyone comes equipped by YHWH with a huge bank of these little chemical powerhouses.

When you eat whole, raw foods, you get all the enzymes you need with that food in a God-provided package. An apple contains all the enzymes needed to digest and metabolize that fruit and get its nutrients to where they are needed. That is assuming you *chew it well* before swallowing it. Chewing is a major way in which the body begins the digestive process, and your saliva contains important enzymes that help get your food off to the right start.

To keep it simple, understand that if you eat cooked food, then your body must get the enzymes it needs to digest the food from somewhere else. The more the food is cooked, the more this is the case. That is why lightly steamed veggies are much more healthy than ones that have been cooked until they are limp and soggy. Typically, your body will get its enzymes from this "enzyme bank."

If you eat a diet that is predominantly cooked food, as do most Americans, you have

probably run down your "bank account" and are enzyme deficient. That means that you are no longer able to digest your food properly. It is just "passing through" without releasing all the nutrition it could. Actually, the old saying is not really true. You are NOT what you eat, *you are what you are able to digest and absorb.*

Many people in the West wonder why they feel so hungry all the time. It is because they eat, and eat and yet get only a fraction of the nutrition they need. What is the solution? First of all, try and make you diet about 50-60% raw, whole foods. This would include: fruits, vegetables, nuts (raw, not roasted) and even raw, unpasteurized milk or yogurt (both rich in enzymes).

If you eat a lot of carrots, broccoli, cauliflower, snow peas, etc. raw, you will begin to replenish your enzyme bank, PLUS get a lot of fiber in your system. Additionally, as you may have heard, these foods are rich in anti-cancer nutrients. Some people will get a juicer and juice lots of raw veggies. This is excellent as well, as long as they drink the juice soon after it is produced.

Another thing as part of a cleansing program would be to begin taking a good enzyme supplement, and also to take enzymes for before every meal that is cooked. This will bring your body up to speed.

An important function of enzymes is also found in the immune system. They help in the attack against foreign invaders to your body's systems. So the more you have, the stronger your immune system will be! Contact us, and we can make some recommendations about some specific enzyme products, tailored to your individual health challenges, if you are interested.

Cleaning the Temple

A paragraph ago, we mentioned a key concept: **cleansing**. If your body is not running at optimum levels, or if you have spent years eating the SAD (Standard American Diet), you may want to pray about doing a cleansing routine. That is not as scary a prospect as one might originally think. Unless you are *really* far along the path of disease (cancer, AIDS or other serious pathologies), you would not probably need to go to an alternative health practitioner or a colon therapist. You certainly can if you wish, however. But there are simple natural herbs, etc. that you can use to begin cleansing and toning your colon to get it running in tip-top condition.

Aside from diet changes (mentioned above), it is good to begin a cleansing with a gentle juice fast. Start out with a three-day period in which you can take it a bit easy. Begin each day by taking a healthy spoonful of extra-virgin olive oil. Follow with a glass of prune juice, preferably organic. After this, throughout the day, every hour drink an 8-ounce of purified water. Every HALF-hour, drink a glass of some sort of pure juice, preferably apple or grape. In other words, you would be drinking a glass of fluid every half hour. You should probably stop drinking a couple of hours before bed, so you are not getting up all night.

This will give your digestive innards a rest and gently begin the purification. Try and do this

for three days. If that is more than you can handle, try and go for at least 24 hours. Ask the Holy Spirit to help you. Fasting is an important source of spiritual power in the Spirit, in addition to being good for you.

To break your fast (whether one, two or three days), begin with a light meal such as fruit and herb tea. Eat light but frequently for the rest of the first day. Then, resume with your new eating program: lots of whole foods and raw foods. Additionally, there are herbs you can take to help get things "moving." Some key herbs that can be taken in capsules or as tea are: Barberry, Cascara Sagrada and also Fennel. There is an excellent and synergistic formula called "Lower Bowel" (for "lower bowel") which you can get from us if you would like. (See note 13)

Additionally, it is usually helpful to increase the amount of fiber you are taking with herbal supplements, preferably in powdered form that can be mixed with water or juice. There are many blends out there, but two of the best we have found "Fiberzon." Contact us about getting this product. These contain such powerhouse herbs for the colon as psyllium seed, flax seed, fennel seed, and oat bran.

The Fiberzon *also* has some rare herbs from the Amazon that have powerful healing effects on the GI tract. (See note 14) Other formulae take a different approach, with the "bulk" herbs like psyllium, etc. being enhanced with powerful essential oils. (See note 15) Either one would be great! Any of these sorts of mixes can be stirred up and drunk with fruit juice in the morning (and perhaps evening).

However, once you stir them up, be sure to consume them right away. Psyllium seed and many of these other fiber products tend to swell and congeal after a few minutes. That is what makes them effective "scrub-brushes" for the colon. But it makes them hard to drink if they "set," so take them right after you mix them up. They do not taste bad, although the consistency takes a bit of getting used to. It is like mixing up sawdust in juice and then drinking it. All cleansing products taste roughly the same, and many of them have natural peppermint in them.

A couple of other notes on these fiber sources. Increasingly, studies are showing that fresh ground flax seed (especially the golden variety) is very rich in both fiber and the essential fatty acids that are so vital for our lives. In this day and age, when so many are "dieting" to lose weight, many are not getting enough of the good kinds of fat, such as can be found in olive oil, flax seed, cold water fish like salmon and herring. You NEED essential fatty acids to function well. Additionally, for you men, they are finding that the prostate can really be helped by daily doses of fresh ground flax seed. (See note 16) Plus, it is good for the heart and circulation.

"Healing Crisis"

Occasionally, depending on how far off the track you have come nutritionally, when you begin a cleansing, you might have a (hopefully) brief period where you begin to feel worse before you feel better. This is perfectly normal and nothing to be concerned

about. It could be anything from a sudden cold, to flu-like symptoms, headaches or a lot of mucus drainage. The most common would be headaches.

Think about this, though. Cleansing means you are getting rid of the toxins inside of you. Some might have been in there for years (mine were). As these come out, most commonly through the colon, they can cause headaches or mild cases of the "runs." Sometimes it might burn a bit on the way out. This is all pretty normal.

Remember, most of us are accustomed to take over-the-counter remedies that mask symptoms. If we have a cold, we take a nasal decongestant or an antihistamine. If we get the Montezuma two-step, we take Kaopectate©. We were literally fighting against our body. Most of what we regarded as "bad things" (fever, runny noses, diarrhea, sweats) were actually good things. They were our body trying to get rid of toxins. Think about it:

Fever is the body's God-given way of fighting off disease. Most bacteria cannot live in a temperature higher than 100-103° F. That is why when you "get sick" (meaning having a bacteria overrun) your body gets feverish. It is trying to do what the Creator made it to do, fight off the disease. But what does modern medicine do? It tells us to take aspirin or other fever-fighting medications and THEN gives us antibiotics.

But, you might ask, isn't there a danger of getting too high a fever? That is possible. However, in our experience, most bodies will not get above 105° no matter what the situation. The only exception, and it is an important one, is that if the person has taken a serious blow to the head (concussion, etc.) at some time, their fever "thermostat" might be knocked out of order and their fever could get higher. But that is not common.

Actually, the best thing to do for a fever is to get the person into a hot bath and have them drink quarts of tea made from the herb Yarrow. The bath (hot as they can stand it) will make them sweat and the tea will keep their body hydrated. What is amazing to watch is that you might give a person a gallon of Yarrow tea in the bath over a period of a couple of hours. That person will NOT have to go to the bathroom because it is all coming out in perspiration. People forget that the body's largest organ is the skin, and sweat is a major way in which the body throws off toxins. The Yarrow tea and hot bath will bring down the fever faster and also work wonders for purifying the body. (See note 17)

That explains fever and perspiration, but what about the classic cold symptom, the "runny nose?" Well, mucus is a bodily waste product. It is made up of different things depending on what is going on in the body. When you are fighting off disease, your mucus contains a lot of "casualties" of the fight, including many dead white blood cells that died defending your body. Additionally, most people in the US who drink lots of milk, etc. have way too much mucus in their system and it is coating and clogging their GI tract. When you are passing lots of mucus, it is a good thing, because your body is cleansing itself. (See note 18) Try and let it happen if at all possible.

Of course, runny stools are pretty self-explanatory. It is your body trying to cleanse out the colon. Of course, none of these conditions should become chronic. Diarrhea can be dangerous if it lasts a long time (more than a day or two). If it does, please consult a health care professional.

The bottom line is that the "healing crisis" is the price we all pay for spending varying numbers of years masking the symptoms of our body's fights against illness. **Hering's Four Laws of Cure** say:

- 1.) Healing progresses from the deepest part of the organism—the mental and emotional levels—to the external parts, such as the skin and extremities.
- 2.) As healing progresses, symptoms appear and disappear in the reverse of their original chronological order of appearance.
- 3.) Healing progresses from the upper to the lower parts of the body. This means that head symptoms may clear before stomach symptoms. Deep toxins in the colon or liver will be released before the more surface areas.
- 4.) The most recent illnesses will be the first to leave. This means that flu symptoms experienced a month ago will leave earlier than the bronchitis suffered two years before.

Typically, this process only lasts a brief period and then it is out of your system.

The Final Distasteful Issue

I apologize for all this talk about rather unpleasant bodily excretions, etc., but this is important material to understand if you wish to develop a really strong, healthy immune system. Unfortunately, there is one – final – "*disgusting*" topic that needs to be addressed. It may be repellant, but it is an often-overlooked cause of health challenges.

That issue is **parasites**. Most Americans assume that they have no problems with such things as worms, flukes, etc. They think that only really poor people or people in developing countries have parasites. Certainly no *civilized* person would have them? They could not be further from the truth.

Almost 50% of the people we have seen have "tiny livestock" within them. Why, in this day and age, would that be the case? Three big reasons: 1) children, 2) pets and 3) pork. As "civilized" as we might be, our toddlers still run around barefoot outside, put dirt in their mouths, share their ice-cream cone with Kitty, etc. Any open cut can be an entry point for parasites. When we share foods with our children or kiss them, we can get it from them.

The same holds true for pets. A lot of people kiss their pets on the mouth, or allow them to lick their faces (dogs are great for this!). They also often share treats with them as if they were one of the family. Most pets have some sort of parasite and then we get them.

Finally *pork!* Even thoroughly cooked pork often still has parasites in it. There IS a reason why YHWH forbade his people in Israel to eat pork, and why Yah'shua sent Legion into a herd of swine. Aside from being almost impossible for the body to digest, pork is the worst meat for parasites. We highly recommend you stay away from it. We are not

trying to put people back "under the law," and we are not saying you will "go to hell" if you eat pork, but we ARE saying you might *feel* like you had been there if you eat it.

Dr. Hulda Clark (See note 19) documents hundreds of cases where serious health challenges like cancer *can be traced straight back to parasites*. Over the years, she has been able to bring many people with cancer into remission through her treatments. For her trouble, she has been hounded by the medical establishment and even jailed. She had to live in Canada until her recent demise in 2009.

(It is sad to say this, but there is a huge "cancer industry" in this country which makes billions off the disease, between drugs, research and treatments. While the average doctor may not realize this, the cancer industry dearly wants to keep its monopoly. Thus, it fights, jails and prosecutes a lot of brilliant doctors in this country who are curing cancer because they are not using the "approved treatments." Those would be cutting, burning and poisoning. The end result is that many little "mom and pop" clinics have been driven out of the country and down to Tijuana and other places where they have a 50-75% higher cure rate for cancer than prestigious clinics in this country like Sloan-Kettering. There are several excellent cures for different cancers, but they are all "illegal" in this country. If it doesn't make sense, there is a buck in it somewhere!)

Fortunately, YHWH has provided excellent treatments for parasites. Two of the best herbs are black walnut tincture and herbal pumpkin seed. (See note 20) Another discovery is diatomaceous earth, which needs to be taken first in very small doses, gradually building up.

Additionally, Dr. Clark developed an amazing little invention called a "zapper" which can literally destroy all but the most deeply infested parasites in less than two hours. Rather than sell them and make money off of other peoples' misery (like the pharmaceutical industry), she was kind enough to include the plans and even the part numbers from Radio Shack in every one of her books. If you have minimal understanding of electrical wiring, you could build it yourself in a few hours for under \$25.00 or you can buy them off eBay for \$45.

We have had many people give us testimonials of how effective this little machine is. Dollar for dollar, it is one of the best investments you could make. I used it myself one evening about six years ago and was stunned at what came out "in the draught" the following morning — a very large, dead worm! You would be amazed at how many chronic health problems — major and minor — have **parasites** at their root. If you really want an incentive to clean up your diet in this regard, read the book *PARASITE REX* by Carl Zimmer. It will definitely blow your mind.

A Question of Balance

Fortunately, the last area that we need to bring up in terms of strengthening your immune system is not quite as icky. It is the vital concept of pH balance in the body. A lot of people might be unfamiliar with the concept of pH in humans. Many who garden know about

the pH in their soil. They know that certain plants like an acid soil, and certain other ones like an alkaline soil. Then the gardener adjusts what they put in the soil accordingly. But people have this same requirement.

Without wishing to get too technical, pH stands for the "potential of hydrogen" in the body, or anywhere else. It is a measure of the relative acidity or alkalinity of a solution. The pH of a substance is measured on a scale from 0.00 to 14.00. The midpoint, 7.00 is neutral, neither acid nor alkaline. A pH of 8.00 would be slightly alkaline and a pH of 2.00 would be very acid.

These pH values are logarithmic. This means that there is a bigger difference between those numbers than might be thought. A pH of 5.0 is ten times more acid than a pH of 6.0, but a pH of 4.0 is a *hundred* times more acid than pH 6.0! Thus, small changes in your pH can represent major changes in you.

A person's pH does not stay constant. It fluctuates slightly throughout the day, and according to what you eat, your general health, etc. To make things more confusing, different fluids in your body have different "normal" pH ranges AND different levels of tolerance for change in those ranges.

For example, the normal range for human blood (extracellular — outside of the cell) is between 7.35 and 7.45. That is a pretty narrow range. If your blood gets just a little bit off that range, *you are literally dead!* However, gall bladder bile pH can go from 4.20 to 8.20 with little problem. Your gastric juices (stomach) are 1.00 to 3.50, which is *very* acid, as you would expect for fluids intended to digest your food.

Hopefully, this is not too bewildering. The bottom line principle here is threefold:

- 1.) pH indicates your acid/ alkaline balance AND how healthy you are at the moment.
- 2.) Your body is designed to be alkaline, and functions best when all fluids except in the stomach, are in the alkaline range (above 7.0).
- 3.) Your body is acid-producing by function.

That last one is where the problem partially lies. The metabolic processes your body performs to keep you alive produce acid as waste. The best-known example would be the lactic acid which your muscles produce as they are used. If you use them a lot, you get sore muscles, a function of how much lactic acid is stored up in them as a waste by-product. This same concept applies elsewhere. Virtually every bodily function produces acid.

This would normally not be a problem, if we ate a diet that was alkaline in nature. But most people in the US do not. Generally, alkaline foods are green leafy vegetables, a few whole grains and most fruits. Acid producing foods are meat, breads, and of course "non-foods" like candy, coffee, soda pop, etc.

This might shock you, but we have also found that virtually **all** the brands of bottled water, that are supposedly healthy for you (and they ARE better than pop) are actually pretty acid. They test out as 4.5 to 5.0 pH. The only exception so far is Evian, which is neutral (See note 21) *Let the buyer beware*. City tap water is usually mandated by state law to be acid neutral. But of course, it has other contaminants in it like chlorine and fluoride . (See note 22)

So does this mean you can only live on "rabbit food?" No, not really. Like the enzyme issue, it just means that you should try and have most of your diet be from alkaline sources. In the back of this booklet, we have a pretty comprehensive listing of those foods that are alkaline and acid. For example, if you have a couple of servings a day of raw, green leafy vegetables (a couple of salads), you could still have some "meat and potatoes" type of dinner if you really wanted to. Just be sure that you are eating at least 60% alkaline foods. Try to minimize beverages like coffee and soda that are very acid.

The alternative? Well, even though the medical establishment refuses to look into this, virtually all people with chronic or degenerative diseases (Cancer, Fibromyalgia, Lupus, etc.) have systems that test out at low pH (which means highly acid). On the other hand, people who live the longest and have little or no disease in various parts of the world (the Hunzas, parts of China, the Caucasus region, etc.) eat alkalinizing foods and have a pH of seven. (See note 23)

If you are interested in knowing where you stand with your pH, some large pharmacies have pH strips that you can buy, usually for around \$7.00. If not, you can get them through us. This is the simplest way to do it. You take your "first urine" when you get up in the morning. Let the stream flow for a second or two, let capture some and dip a piece of the strip in it. In seconds, the strip will change color. The box of strips will have color code bar explaining what each color means in terms of pH numbers.

This can also be determined by testing your blood pH with a blood test, but this obviously requires a doctor's orders. The strips are pretty accurate. Just remember that your pH will vary somewhat throughout the day. That is why it is best to always do it in the morning, first thing.

Getting Well and staying Well

Let us pull all this together and end with some general guidelines. We have mentioned things you need to do to get well. There are also some things that you should try and *avoid* (or at least *minimize*) in your diet. These are things with can compromise your immune system and/ or clog up your circulatory system. Here they are, the most dangerous being first:

- Aspartame (NutraSweet©)
- MSG
- Trans-fatty acids (such as found in margarine and a lot of fried, processed foods)

- Tobacco
- Sugar
- Alcohol
- Pork
- Caffeine
- Antibiotics (use only when absolutely necessary)

The first two may surprise you, but both either are—or have the potential of being turned into—powerful neurotoxins when heated. Trans-fatty acids will clog up your circulatory system faster than eating a dozen Big Macs a day. This is because they are a chemical not found in nature and your body does not know what to do with them.

Sugar might surprise people, but it is a major *killer*. See William Dufty's classic book, *SUGAR BLUES*, for more details. We are talking here about table sugar (sucrose), not honey or the natural sugars in fruit, etc. One teaspoon of white sugar can wipe out all the vitamin C in your body in a minute or less.

It is a direct torpedo hit to your immune system. Remember, the typical can of pop has EIGHT teaspoons of sugar, in it (of course it is not sugar, per se — it is high fructose corn syrup, but the effect is the same). However, as you can see, sugar is better for you than NutraSweet©! Of course, that is like saying it is better to be shot with a .38 revolver than a 12-gauge shotgun.

Ultimately, sugar is probably the most popular drug/toxin in the world. This is partially true because we find that a major constituent of alcohol is sugar. That is why so many recovering alcoholics start eating candy or cookies like crazy. Think of how much sugar the typical parent feeds their kid, and you understand why we have such unhealthy children these days.

Raw honey is an excellent, YHWH-provided substitute for refined sugar (See note 24). So is an awesome South American herb known as Stevia (you can get it from us, or any good health food store). Stevia is remarkable, because it is 100 times sweeter than sugar, helps stabilize blood sugar in human beings and also helps fight cavities. No wonder Monsanto (the chemical giant behind NutraSweet©) fought for *more than a decade* to try and keep it off the market!

Most Christians steer away from alcohol due to its intoxicating effects. Alcohol is high in sugar, which makes it doubly bad. It is empty calories. You may have heard about how red wine is rich in polyphenols that may help prevent cardiovascular problems and this is true. Paul does recommend the medicinal use of a "little wine" (**1Tim. 5:23**), but you can also get those same healthful chemicals in other natural sources such as grape seed extract.

Pork we have already discussed before. It is best avoided. Caffeine does place stress on your adrenal system and there are mixed signals from the research about whether or not it is helpful or hindering to your heart. However, it goes without saying that you should not be drinking a pot of coffee a day! The acid alone would begin to rip up your GI tract!

Antibiotics, as already mentioned, should be used with great care. Instead, we use natural antibiotics. One of the best is pure **garlic**, preferably raw. Four cloves (not bulbs) of garlic are the equivalent of the strongest doses of antibiotics. Only use antibiotics if you have absolutely NO other choice.

Finally, the smallest amount of meat you can get by on is probably best, and if eaten should be organic in origin. The hormones, antibiotics, etc. in commercially produced meat and poultry today are appalling, as are the "factory farm" conditions in which these animals are raised. I am not an "animal rights" person, but the way in which most of these animals are treated is unbiblical and a manifestation of human greed!

The Lord tells us in **Proverbs 12:10** that: *"A righteous man regardeth the life of his beast: but the tender mercies of the wicked are cruel."* Today's food industry bears little resemblance to the family farms I remember from my youth in the Midwest. Cruelty is its hallmark, and I am not sure Christians should be a part of it, but that is a spiritual matter between you and the YHWH. I do not wish to be condemnatory, but I think part of being healthy is being a good steward of the environment and kind to animals.

But What Can We Do?

Now to the flip side of the coin. What are some good things you can do for your body to "bullet-proof your immune system?" Well, there are some obvious things like getting enough sleep, good hygiene and good exercise. The latter does not have to be vigorous. Actually, walking is an excellent (and inexpensive) form of exercise for cardiovascular fitness. Getting on a rebounder (small trampoline) can be a great way to exercise in a low impact way and also really get your lymph system moving!

(Lymph fluid is how your body removes toxins and it does not move automatically like the blood does. It only moves in response to your body's movements, like walking or using a rebounder.)

Many health experts recommend some form of weight training as well to maintain muscle strength and bone strength, especially as one gets older.

Another key element is to praise the YHWH frequently. Studies have shown that people who maintain an attitude of praise and gratitude toward the Almighty seem to have more endorphins (feel-good chemicals) in their system that serve as antidotes to some of the more corrosive chemicals in our bodies produced by stress (adrenaline, cortisol, etc.).

Eat as much fresh vegetables and fruits as you can (fresh frozen is a good second choice, especially if you live in climates where it is hard to get good, fresh produce year around.) Again, the more raw foods you can eat, the better it will be for your body in terms of vital enzymes, vitamins and pH.

In terms of supplementing the diet, this is a good idea. Many say to me, "Well, if you just

eat right, isn't that enough? My grandfather lived to be 90 and never took a vitamin pill in his life." People who say that fail to realize that **two changes** have taken place in the past fifty years:

1.) The amount of carcinogenic chemicals in our environment has multiplied *geometrically!* Tens of thousands of toxic chemicals are added to American air, food and water every year. There is everything from nuclear isotopes (remember what just happened in Japan) to pesticides, herbicides, contrails, household chemicals and even personal care products? (See note 25) Most of these were not around when our grandparents were growing up.

2.) Current and unbiblical farming practices have all but depleted the natural nutrients out of our fruits, grains and vegetables. Certain vital minerals like chromium and selenium are all but impossible to get from natural food sources anymore. It has been reported that one would have to eat **eight bowls of spinach** today to get the same nutrition as one might get from one bowl of spinach in the 1950's.

With all of that, it makes sense that we might need to supplement our diet. We recommend that vitamins, per se, should be used sparingly. It is more important and more natural that you get your nutrients from vegetable matter in a concentrated form. Above all else, do not delude yourself into thinking that "Centrum" vitamins are any help. They are made from synthetic sources and your body does not know what to do with them.

If you wish to look at how this works, think of it as a continuum:

- 1.) Rich in nutrients: organic whole foods, if you can get them
- 2.) Concentrated rich nutrients: coming from organic or wildcrafted (See note 26) herbs.
- 3.) Supremely concentrated nutrients: coming from organic or wildcrafted herbs distilled into essential oils.

Beyond these, if you have some particular health challenge and need to take Vitamin C or E, be sure to get it from a *natural* source. In these trying times, there are some supplements which are not precisely natural that would be good to have on hand for their antioxidant or antimicrobial properties:

- 1.) Colloidal silver (this can be made fairly cheaply, contact us for free plans on how to do it): this is a powerful antibiotic, antiviral element which should be in everyone's homes.
- 2.) As mentioned earlier, garlic is a very powerful natural antibiotic, especially if used raw or correctly prepared as a supplement. Garlic is a major constituent in the famous "Anti-plague formula" of Dr. John Christopher (now called "Super Garlic Immune Syrup"). This is syrup that can knockout anything. Get the recipe off our website for free. (See note 27) No home should be without it.

3.) Olive leaf extract: continued research is showing that it appears to knock out just about any virus that scientists can throw at it. This can be found at any good health food store or can be purchased from us. Isn't this interesting, considering the Bible talks repeatedly about olive oil having healing properties? Remember that olive oil is a symbol of the anointing and healing power of the Holy Spirit?

4.) Various antioxidants such as: Vitamin C, and E, Grape seed extract and other pycnogenols, Curcumin, Blueberries, Raspberries, Indian Gooseberries, and Chinese Wolfberries . We can supply excellent natural sources of all of these.

5.) Some essential oils like oregano, cloves, and lemon have powerful antiviral and antimicrobial properties and make great natural disinfectants.

What is the Big Deal with Herbs?

There is a lot of "buzz" out there about herbs. They are "hot" right now, but are also getting some mixed press. "Everyone" knows about St. John's Wort for depression or that Ginkgo Biloba helps with memory. Ginseng is good for stamina and Valerian helps you sleep.

Herbs have been around for thousands of years and *have a proven track record*. There is virtually no disease that does not have an herbal remedy. In fact, as mentioned earlier, many of today's "wonder drugs" were originally distilled from herbs. Herbs are just food. They are highly concentrated vegetable sources of nutrition. This is true if they are grown and prepared properly. (See note 28) But we hear press reports of people getting sick from herbs or even dying. Is this true?

Well, let us put this in perspective. There are herbs (like ginkgo) that might synergize badly with certain prescription drugs like blood thinners. They should not be taken before having surgery either. Check with your doctor. Kava (a Polynesian herb noted for its relaxing properties) has just recently come under fire by the establishment media for having dangerous side effects. But do not believe everything you read.

Go back and check out the **actual scientific studies** if you are concerned. Do not necessarily take the word of news magazines or TV shows. Remember, these media outlets get *billions of dollars* in advertising from pharmaceutical companies. Have you ever noticed the huge ads from drugs (several pages long in some cases) in those magazines, and how almost every other commercial on TV now is for some pharmaceutical product? These companies are beginning to feel threatened by the growing alternative health movement and the fact that people are taking charge of their own health! *Horrors!*

The bottom line is that YOU need to take responsibility for your own health decisions. About 93,000 people a year in this country die of pharmaceutical drug complications. Only a couple of people in the past decade have died from herbs. There is no

comparison in terms of safety. Plus, herbs *work!* We have seen amazing results with them in many cases. There is not space here for a full compendium on what herbs can be used to strengthen what systems, but we would recommend having a few basic herbs around:

- 1.) **Cayenne** is an excellent all around herb to have. It is rich in Vitamin A and C and is great for normalizing blood pressure and circulation and even has been known to stop a heart attack in progress in seconds. There are few things better for your cardio system. Additionally, it provides a nice energy lift, without the "jitters" of caffeine.
- 2.) **Alfalfa**, a highly nutritional herb that is rich in just about every nutrient known to man. It is very alkalizing, too.
- 3.) **Ginger** is good to have around. It is a good anti-nausea and anti-sea-sickness herb and also helps with morning sickness. In case of a nuclear attack, it would help with the nausea that is part of radiation poisoning.
- 4.) **Lobelia** - This herb has been attacked by the medical establishment, but it is an awesome herb for many purposes. (See note 29)
- 5.) **Comfrey** - This is another herb that is controversial. (See note 30) But this herb is very good for helping to mend broken bones and torn ligaments. Plus it is ridiculously easy to grow in your yard (watch out, it might take over!).
- 6.) **Spirulina** - while not precisely an herb (it is a species of blue-green algae), it is a remarkable superfood. It is an excellent source of chlorophyll, magnesium, protein and vitamin A. It helps support the immune system, liver, kidneys, blood, intestinal flora and cardiovascular system. **Chlorella** is a similar micro-algae, which has amazing detox benefits.

There are many other wonderful herbs like plantain, dandelion, mullein, valerian, passion-flower and hundreds more! Many grow for free in your yard or out in the meadows. Contact us, if you have specific questions.

What About Essential oils?

Think of it this way; as herbs are to vegetables, so essential oils are to herbs. In other words, herbs are a **more concentrated form of nutrition** (if organic or wildcrafted) than are conventional garden veggies. Essential oils derived from herbs, etc. **are an even more concentrated form of nutrition, by a whole order of magnitude.**

Essential oils are volatile liquids distilled from plants, shrubs, flowers, etc. They contain oxygenating molecules that take nutrients to the cells of the body. Without this oxygen, nutritional materials cannot be absorbed, and this leaves most of us nutritionally depleted. This depletion is obviously one of the major causes of disease, as we have already said.

Essential oils represent the liquid life force (or "blood", if you will) extracted from freshly harvested plant material. They have been found to be many times more potent than conventional

dried herbs and are some of the most concentrated natural extracts known. It might take hundreds of pounds of an herb or flower to produce one pound of essential oils.

These oils are not to be confused with perfume or aromatic oil commonly sold. Those oils (even many found in health food stores) are not of the purity and quality to be considered therapeutic grade essential oils.

Essential oils of this quality have been found to be very effective in delivering nutrients to cells compromised due to toxins accumulated in the body. Extensive clinical research indicates that essential oils may create an environment in which disease, bacteria, viruses, fungi, etc. cannot survive. See, a well-nourished cell was designed by YHWH to be able to detoxify itself. Essential oils are antiviral, anti-bacterial, anti-parasitic, anti-fungal, antioxidant and anti-inflammatory. Thus, they are very well suited to ward off disease to allow your immune system to rebuild.

These oils have been used for thousands of years for medicinal purposes. They are mentioned in the Bible on numerous occasions, (See note 31) and are also found in the ancient writings of many other cultures. Essential oils, along with herbs, are the oldest medicine on this planet, and were used by doctors for thousands of years.

It may surprise you to learn that these oils can be used in three ways. They can be massaged onto your skin, they can be smelled (inhaled) and they can (in most cases) also be ingested into the body. Because the molecules of these oils are so fine, they can penetrate the skin fairly easily and bring nutrition and healing rather quickly.

When you inhale the smell of the oils, remember that the olfactory nerves in your nose are the only one of the five senses *that go directly into the heart of the brain*. This is why we all have smells that instantly bring back memories, emotions or moods. The smell of certain fragrances might transport you back to a loved one you knew who wore that scent. The smell of certain foods (baking bread, Thanksgiving dinner, etc.) instantly take us back to where we first smelled those aromas, and flood us with associated emotions.

Thus, smelling healing oil can have immediate and powerful impact, both emotionally and physically on the brain and body. Often, the oil has its effect in just a few minutes. Some oils have pain-relieving qualities, others calm us down and help us sleep. Still others enhance the immune system function or have antimicrobial properties. You can rub certain oils on your feet, and in just minutes feel changes in your entire body.

Oils such as peppermint have been clinically reviewed for their ability to block pain, reduce headaches, combat indigestion, enhance mental alertness, induce weight loss and kill or repel lice. Melaleuca oil has been used to treat acne and combat fungus and lavender oil has been examined for its role in inducing relaxation, counteracting travel sickness, reducing blood cholesterol and protecting blood vessels. Clove oil has been researched as a dental antiseptic, antifungal agent, blood anticoagulant and anticonvulsant. Doctors in Europe have researched some oils and found them to have

antitumor and anticancer properties. (See note 32)

For many people, essential oils and herbs are highly effective ways to enhance the body's ability to fight off disease. We highly recommend them as part of a healthy lifestyle. Obviously, as lengthy as this little booklet is, it cannot possibly cover all possible concerns. Please feel free to contact us about any of these issues. Just remember, we are not medical doctors, and we praise YHWH that we are just His humble servants — trying to restore the full scope of the healing ministry to His church.

Appendix of Alkaline and Acid-ash foods: (See note 33)

Please note that some foods on the "acid" list are quite healthy (salmon, blueberries, cranberries, yogurt, etc.). This illustrates that you do not have to be a total purist and eat nothing from the acid list. It just means that you should try to have more than 50-60% of your diet be from alkaline ash sources.

Alkaline-ash producing foods:

- Almonds
- Apples
- Apricots
- Avocados
- Bananas
- Beans
- Beet greens and beets
- Blackberries
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherries, sour
- Cucumbers
- Dates and figs (dried)
- Grapefruit
- Grapes
- Green beans
- Green peas
- Lemons
- Lettuce
- Lima beans (green or dried)
- Limes
- Millet
- Molasses
- Mushrooms
- Muskmelon

Onions
Oranges
Parsnips
Peaches
Pears
Pineapples
Potatoes, sweet or white
Radishes
Raisins
Raspberries
Rutabagas
Sauerkraut
Soybeans (green)
Spinach (raw)
Strawberries
Tangerines
Tomatoes
Watercress
Watermelon

Acid-ash producing foods

Bacon
Barley
Beef
Blueberries
Bran, wheat or oat
Breads (all kinds)
Butter
Carob
Cheese
Chicken
Codfish
Corn
Corned beef
Crackers, soda Cranberries*
Currants
Eggs
Flour, white or whole wheat
Haddock
Honey
Lamb
Lentils, dried
Lobster
Milk, cows*
Macaroni
Oatmeal

Oysters
Peanut butter
Peanuts
Peas, dried
Pike
Plums*
Pork
Prunes*
Rice, brown or white
Salmon
Sardines
Sausage
Scallops
Shrimp
Spaghetti
Squash, winter
Sunflower seeds
Turkey
Veal
Walnuts
Wheat germ
Yogurt

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

Bill is a Certified Natural Health Professional and has ample training and degrees in natural medicine disciplines. They do provide nutritional education as a part of their spiritual ministry. This is because they believe YHWH wants us to be healthy in spirit, soul and body. If you have questions, please contact them by email through their website at www.WithOneAccord.org.

Endnotes

- 1.) For a fuller discussion of the Gnostic theology and its differences from Christianity, see our audio teaching, "Fragments of a Faith Forgotten."
- 2.) For those of you unfamiliar with our story, I had become a witch at the age of 19, and had been led to believe that Mormonism was just a "cleaned-up" form of ancient paganism. Thus, in a time of spiritual crisis, we (as witch high priests) joined the LDS church in 1980.
- 3.) For your information, we followed a regimen of Coenzyme Q-10 (at least 100 mg daily) and hawthorn berries. We also used supplements of vitamin B-6, acetyl-L-Carnitine and magnesium. With this we were able to wean her carefully off of all heart medication in less than four months.

4.) There is not room in this STRAIGHT TALK for a thorough discussion of Vitalism vs. Atomism. It would get in the way of the more practical information we want to convey. For further background, see our DVD. "The Medical Conspiracy" from this ministry.

5.) VINE'S EXPOSITORY DICTIONARY OF THE NEW TESTAMENT, p.1074.

6.) This would include sorcery, divination, fortune telling, casting of charms, enchantments, etc.

7.) Journal of the American Medical Association, July 26, 2000.

8.) For a pretty thorough overview of the various biochemical threats, see our video, ISRAEL, ISLAM AND BIOCHEMICAL/NUCLEAR TERRORISM from this ministry.

9.) Colon therapy (or irrigation) consists of a trained professional using a gravity-based water reservoir with a tube attached. Warm water (and occasionally herbs, coffee or diluted essential oils) is allowed to run into the colon through this tube. Then they are held in there and the exterior of the person's lower abdomen is massaged to help loosen up the stuff. It is then evacuated through a special stainless steel appliance into the toilet. Because this is an "invasive" procedure in the sense that something is being inserted into a bodily orifice, this is a procedure that may not be legal in some states for anyone to do unless they are licensed. It is something normally we would recommend only for last resorts.

10.) For more on this vital topic, see CHRONIC FATIGUE SYNDROME AND THE YEAST CONNECTION, THE YEAST CONNECTION AND THE WOMAN (1995), and THE YEAST CONNECTION: A MEDICAL BREAKTHROUGH (1986) - all three books by William G. Crook, M.D.

11.) A typical regimen for killing off Candida involves, among other things, taking lots of probiotics, abstaining from anything containing sugar or yeast for 6-8 weeks, taking supplements like Caprylic acid to help kill off the Candida. Taking at least 3 tablespoons of extra-virgin coconut will also help a lot. It is a miserable ordeal, but once you have it out of your system, you will feel SO much better. Contact us for more information and a suggested program and diet.

12.) For those interested, there is a marvelous and comprehensive book on this which you can order from us by Dr. Harold Loomis called ENZYMES, THE KEY TO HEALTH (21st Century Nutrition Publications, 1999, Madison, WI.)

13.) Available from our website at www.withoneaccord.org.

14.) These include like Boldo leaf, Cat's Claw bark, Artichoke leaf, Quebra Pedra (whole plant), Sejo Palm powder, Camu-Camu powder, Jatoba bark, Papaya leaf, Sangre de Drago bark.

15.) These would include essential oils of tarragon, fennel, ginger, lemon-grass, rosemary and anise.

16.) Pre-ground flax seed is adequate, but not ideal. It is cheaper in the long run to buy it whole (and organic) and then purchase a cheap coffee grinder and grind it up yourself. Just a couple of tablespoons a day will do wonders.

17.) For serious conditions, this bath and tea regimen is part of a larger, classic naturopathic treatment called the "Cold Sheet Treatment," recommended by classic herbalists such as Kloss, Shook and Christopher. Contact us for more information.

18.) Without wanting to get too "gross," people who are going through cleansing, either with herbs or colonics often see long, stringy, ropey-looking stuff coming out in their stools. Others see strings of black, tar-like stuff coming out. This is old mucus coming out and it excellent.

19.) Hulda Regehr Clark, Ph.D., N.D., THE CURE FOR ALL CANCERS, ProMotion Publishing, San Diego, CA, 1993.

20.) The technical name for anti-parasite herbs is vermifuge. We have some excellent herbal blends for parasites, if you wish to contact us about it.

21.) We have a solution to this problem. Although it is a bit expensive, it is worth it if you can afford it.

22.) We assume the reader is familiar with the dangers of fluoride in your drinking water. Fluoride is a waste product of the aluminum industry, a TOXIC waste product. It is not good for the overall health of your teeth. If you have concerns, contact us.

23.) If you are interesting in learning more about this important subject, see Dr. M. Ted Morter's book, YOUR HEALTH, YOUR CHOICE, Lifetime Books, Hollywood, FL, 1995.

24.) Honey is best if purchased **raw**. This means it is rich in necessary enzymes. For the same reason, it is better to not heat honey terribly hot. For example, if you put honey in your herb tea, let the tea sit until it is cool enough to poke your finger in it without scalding your finger. It might take 3-4 minutes, but drinking tea should be a leisurely experience.

25.) For more on this alarming trend in personal care products, order a free brochure from us, "*Rub a Dub, Dub, Is There Cancer in Your Tub?*"

26.) "Wildcrafted" is term used in the field of nutritional supplements to describe plants that are not cultivated (organically or otherwise) but are gathered in the wild, in their natural habitat.

27.) If you prefer, you can order it from us ready-made at a reasonable price. It is also can be purchased on our website.

28.) Without wishing to "bash" anyone, we recommend staying away from herbal products sold in chain stores like Wal-Mart or GNC. Unless they are from a reputable company, they tend to be of dubious quality.

29.) Lobelia is an astonishing herb. It is also known as puke weed, Indian tobacco and emetic weed. Two of these odd names are because in larger doses it does cause vomiting. Paradoxically, just a couple of drops of lobelia tincture have stopped vomiting! It is an antispasmodic and a stimulant (in small doses), a relaxant (in large doses), a nervine (sedative), anti-venom, and a cathartic. Most herbalists regard lobelia as being one of the top herbs to use. There are few herbs that are better at removing blockages and congestion from the body, especially the blood vessels. It is so effective for so many purposes that for years jealous allopathic (AMA-type doctors) have tried to claim it was a poison and have it banned for generations. This is utter nonsense. *Lobelia inflata* (the botanical name) is one of the great gifts God has given us in terms of healing herbs.

30.) Comfrey is another enormously effective herb that has been given a lot of bad press. It is excellent for supporting damaged tissues (burns, sprains, breaks, etc.) When I broke my foot a ten years ago, I used comfrey infusions and salves and the doctor was astonished at how fast it healed. It has been accused of causing liver damage. This would only be true in ridiculously large doses and if the liver is already diseased to begin with. Thus, before taking comfrey internally, we would recommend first doing a bowel cleanse and liver cleanse. However, even as a poultice or ointment, it can have amazing effects of damaged cartilage, bone and tendons. This is why the old granny-women up in the hills used to call it "knitbone" or "bruisewort."

31.) The references to oils in the scripture are too numerous to mention here. If you would like more information, contact us and request the free brochure: "*Twelve Oils of Ancient Scripture*." It is possible that the frankincense and myrrh given to the child Yah'shua by the wise men may have been actual oils, both of which have powerful healing properties.

32.) From "*Can You Answer These Questions?*" — documentation available for free from this ministry. Just contact us and request this brochure.

33.) This list can be found in Dr. Morter's book, op. cit., p. 85-86.

If you have any questions, please feel free to contact the author through:

**With One Accord Ministries
3500 Dodge Street
Suite 7-290
Dubuque, IA 52003**

Please visit us and subscribe to our newsletter.

www.withoneaccord.org