

Foreword to the ***ESSENCE OF ROB OWEN'S CLASS 1-5 TRANSCRIPT.***

While many have found the full Rob Owen Class 1-5 transcript a very useful document for RBTI study, others have wondered if a simpler way of sharing that precious information-trove could be made available. This "***ESSENCE OF CLASS 1-5***" is an attempt on my part to simplify

Some might think *ESSENCE* too simplistic. The format is certainly uncomplicated: I searched each of the headings from Owen's full document for three short, but as relevant as possible comments. The excerpts are identified as **1, 2, or 3** in boldface to make them obvious. I then started the laborious job of providing cross-links for each entry to all other relevant entries. Oh, my! Who would have thought that some basic terms might have a need to connect to several hundred other terms. A limit had to be set: 30 connections should be enough, yes? However, a few of the more central terms to RBTI needed 40 connections. One or two deserved 50. However, there is a point of diminishing returns. Too many cross-links can muddy the waters, confusing both writer and reader. So there are some important entries with over a hundred links that had to be identified as "ubiquitous," meaning everywhere.

Hierarchy of entries. Searching old documents can be confusing because modern terms come into view as old terms fade away. Although this book consists of short quotations from the Owen Class 1-5 document, rich in the flavor of Reams addressing various entries or subjects, sometimes little or no supporting material surfaces. In that case, substitution from other Reams documents is made if available. Here is the preferred order:

- ***CLOD (Choose Life Or Death)*** is substituted if ***CLASS 1-5*** is scanty.
- ***ARM (Alphabetical Reference Manual)*** is substituted if ***CLOD*** is equally scanty.

A few items required extensive and lengthy entry. However, every attempt was made to keep the extracted answers as short as possible. If you see an entry that requires more than a third of a page, it was necessary. This goes particularly for the **CALCIUM DISCUSSION**, which has been inserted at the very beginning. Those who devote time to **CALCIUM** will be richly rewarded as they progress. After that single exception, everything is alphabetical.

Some parts of the world use different terms for the same thing. Some countries spell terms differently from another. While much effort is made to standardize different terms and spelling, many slips continued to get by the editor's eye. It is anticipated that readers will gently identify overlooked terms or spellings. If you are so moved, please see that any superior information is fed back so that any subsequent edition is better than its predecessor.

While this edition has some 700+ entries, there are 300-350 more waiting in the wings. Once those entries are inserted, the cross-linking must start again from the beginning, a many-months project.

Carey Reams' oft stated purpose was to make America the healthiest nation on earth. He is gone, but we remain here in a struggle to take his message forward. Hopefully, you will faintly hear his gentle words from the lectern as you read this book.

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FDA DISCLAIMER: Nothing in this book has been submitted to the FDA for approval. You are responsible for yourself and should always consult with your licensed health care provider before doing

anything that could affect your health. The information in this book has been drawn from the teachings of Carey A. Reams and represent his Biological Theory of Ionization.

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CALCIUM DISCUSSION

In the Periodic Table, the element calcium is an anionic element which has an atomic weight of 40 and a configuration of 1 cation core and 40 anion electrons.

In regard to calciums and the diet, there are many, many, many different kinds of calciums and many, many, many different kinds of results to expect from calciums, and it is very important to get the right kind of calcium in the right amounts to the right person at the right time.

There are seven different kinds, or classifications, or groupings, of calciums and six of them are essential to life and there is one kind that is not available to human beings, it is not used; There are many thousands of different kinds of each of the calciums, and in the 6 classifications there are ¼ million different kinds. The calcium groups are:

- Hydroxide Group. Anathema to biological life in the hydroxide form.
- Gypsum Group. Gypsum is calcium sulfate and the gypsum group includes lactates, acetates, and sulfates.
- Oxide Group. The oxide group is a high energy calcium.
- Tri-calcium Group. These would be tri-calcium oxides, phosphates, and things like this.
- Phosphate Group. Then just your P₂O₅ group, with calcium phosphate.
- Carbonate Group. Calcium carbonate and those related compounds.
- Dolomite Group. The calcium in dolomite is not available to the human body, not then, not now and not in the future because the frequencies cannot synchronize. Dolomite is used as a source of magnesium to reduce the ureas.

Some dolomites are absolutely inadvisable to use at any time because of the associated impurities. Dolomite calcium is not available to your system now or in the future in that form of a natural dolomite. The body does not metabolize dolomite very well and does not use dolomite calcium at all.

Calcium hydroxide is in its own group and is fatal to all biological life in the hydroxide form. However calcium hydroxide is the calcium ingredient that goes into the making of lime water; and in that form it becomes a liquid calcium, (do not drink the sediment). When you put calcium hydroxide with water there is a loss of the hydroxyl, or the OH, which then makes the calcium ion available, and at that point it is no longer a hydroxide, no longer a poison. There is a special well wherein the water contains a sulfur ion that aids in the transfer of the calcium. Normally sulfur will cause lime water to "boil" but this particular sulfur ion is of a type that does NOT cause the lime water to "boil."

Calcium gluceptate (Eli-Lilly Product) is calcium hydroxide in saline solution and you have to get your doctor to get it for you, it is a prescription item and it does too much good for the public to get it. Women that are in menopause, and people with hysteria from lack of proper calcium, need a 5 mls injection of calcium gluceptate I.D. and that will generally quiet them in 30 minutes. (I.D. - under the skin)

Calcium lactate is in the gypsum group (calcium sulfate) and is in many different food forms like cottage cheese, buttermilk, whey, kefir, acidophilus, sour milks, and also calcium lactate tablets. You eat these whenever the pH is above 6.80 and you avoid them when the pH is under 6.40, but the higher the pH the more calcium lactate and lactate foods should be eaten.

If the pH is around 6.40 and all the other numbers are way out it means that there is a calcium deficiency and the pH being there is more of a coincidence than a reality. In those cases give one calcium lactate and one Cal-II with each meal. For instance, if the urine pH was 6.00 and the saliva pH was 7.50 you would give both the lactate and oxide forms of calcium. A reading like that means:

- First, a Vitamin D deficiency in the body, and even though there is enough for the liver, the liver is not utilizing it (neither assimilation nor manufacture for the body) and it is throwing it out. When you use the lactate it will turn more energy loose in the liver, which then increases the energy in Vitamin D and you will see the urine pH begin to climb a little. This will not happen if they are not drinking enough water or if they are drinking too much alcohol which is destroying the liver's functioning.
- Second, there is too much of one kind of calciums and not enough of the other kinds of calciums, especially the phosphate of calcium, and
- Third, is that the "E" is too low, your energy is too low and the lower the energy the greater the variation in zones.

Calcium Ascorbate. For those who use Cal-II and vitamin C then calcium ascorbate may be alright but you'd have to try it and see. Go by the numbers.

Calcium Oxide is a high energy calcium but is not available to the body in certain forms because it is too hard. For instance, ground oyster shell, or ground up bones of animals are not accepted because in an oyster shell the calcium is a very, very hard oxide form. Even when you grind it as fine as talc, it is still like boulders compared to the size it

has to be for the calcium energy to actually become available to you. When a report says "Too much calcium" or "Calcium too high" it means there is too much of calcium oxide and they need a colonic, and "The food is digesting too slowly" means the same thing. Whenever you get too much calcium oxide for too long it displaces the lesser calciums because of the specific gravity. In other words, the purer the calcium the more precedence it has. We are not interested so much in the compound as we are the calcium content of the compound, with the exception of dolomite for its magnesium.

(Note for below: In original texts it was Calcium Oxide as stated as being used in Cal-II, and originally that may have been the case. Cal-II contains the hydroxide form of calcium with yeast; so the following text has been amended to read what is actually used.)

Cal-II is a hydroxide form of calcium made using brewers yeast and a very, very pure form of calcium hydroxide, about 99.99% percent pure calcium hydroxide, and probably 100% at zero percent moisture. Originally we used a calcium oxide supplement without yeast called Cal Min. Their bodies would not always accept it, and you could do what you please but it still did not do what we wanted. The problem was greater for women with low pH because their bodies use 7 times more calcium per day than a normal man during their child bearing years, and it was a difficult thing to keep that calcium supplied. After adding the yeast and Vitamin D to it we had no problem, it works very, very well unless you have other problems that offset it, like allergies to yeast, but go by your numbers. Yeast is a fungus and when you put calcium hydroxide with a fungus without burning the fungus, you have a job on your hands. We did it, it is now available, and it does marvelous things for people with low calcium. Cal-II is recommended if the pH is under 6.40, and should be taken as long as needed because it takes about a year to rebuild a liver and whenever you discontinue it the pH drops. Cal II is the preferred calcium hydroxide supplement, but when they cannot take the Cal II because of the yeast in it (it causes some people to retain water) we put them on the gluconate, 2 x 3 times a day and you can also use Cal Forte, the egg shell. To make, simply take a whole egg, put it in a blender, and blend it up. You could make milkshakes out of it.

Calcium Gluconate is in the oxide group but it is almost a neutral calcium, and is in things like sweet milk, some yogurts as well as peas and the different soft vegetables. Calcium Orotate supplements also fit within the neutral aspect of this group. The more ill anyone is, or the more debilitated, or the lower their reserve energy, the more calcium gluconate they need because their gastric juices are so dilute and weak. The more dilute the gastric juices of the liver the more welcome calcium gluconate. Calcium gluconate makes Vitamin D available and it is the only calcium that appears to do so. Initial research was able to trace calcium gluconate to Vitamin D. People that need calcium gluconate are generally: those with an extremely low energy rating, children under school age (over 1 year old), nursing mothers (because they tend to retain fluid), people who are too sick to work or are very seriously ill, including a lot of senior citizens and bed-ridden people. It can be administered through shots for people who need something immediately because their nerves are so bad.

In other words, the people who need it are the people who are really sick unto death. When someone is really sick give them 2 x 3 a day gluconate, and give your minerals with meals, and your vitamins between meals. Also you give calcium gluconate in addition to Cal II, lime water, and Vitamin D when the pH is 5.20 and under.

Calcium Phosphate. Whenever you have bone problems (deterioration of bone, brittle bones, weak bones, thin bones, bone cancer, etc) or finger or toenail problems (rough fingernails, brittle fingernail, thin fingernails, ingrown toenails) or teeth problems (bad teeth, transparent teeth, saw edges) then it is a calcium phosphate that you need.

You get that in Min-Col which is made from bone meal; it is actually the colloidal essence of bone meal. Calcium phosphate is very important in forming bones and teeth and fluorine is also necessary but there is enough of it in our foods and from the ionization of it that comes in from the air directly into our bodies. Fluorine, chlorine, silicon and calcium phosphate forms the enamel that is on our teeth and if you look at teeth and see that they are kind of transparent toward the end it is a calcium phosphate deficiency, or you see little saw edges, or little dents in the end of teeth, you can see then that it is a phosphate deficiency. These are visible signs of calcium deficiencies.

Tri-calcium, not tri-calcium phosphate, just tri-calcium, it is like a soda. Tri-calcium carbonate is your baking soda. The "Tri" in tri-calcium is three chelates.

Calcium citrate is a calcium that MAY be able to be used instead of Cal-II. Further research is needed to verify it is action in all cases, but always, "go by the numbers."

Calcium is a singular and plural word and the forms include salts and flours such that there are more than a 1/4 million different kinds of calcium, and this is why in human nutrition the element is often referred to as "calciums." Calciums is an anionic substance that varies in its anionic powers within the mol just the same as any other substance. For instance, the calcium that is in the shell of an egg has a different anionic value from that which you will find in a grapefruit, or else a grapefruit would be an egg, and the same goes for an apple, a peach, a pear, a grape, turnip, radish, you name it. Remember, energy is like parts of a jigsaw puzzle, and not only is the difference

related to the different MHU but also a difference in frequency, which also relates to its bio availability when considered in relation to the strength of the gastric juices. In other words, at a particular pH or resistance it is how easily the body can take and use that calcium.

At a urine pH of 7.4 the body is beginning to have calcium deposited, not randomly because the body does not do anything at random, it picks out very specific spots which are out of the way, normally called joints, and it starts to deposit calcium there. So you have calcium deposits or calcium spurs and around 7.6 you have a calcium deficiency. Keeping in mind the huge variation in size or shape of the human body and skeletal system, as a working figure the body is water, (60% - 80% with a working average of 75%), and mineral (25% - of which 60% is calcium in all its forms)

The importance of calcium is such that all biological life uses more calcium by weight and by volume than any other element. It is the lack of calcium which is the primary cause of the degeneration of any organ in the body, and oxygen is the second cause, and then it follows through with a number of other minerals. For instance, in the building of a single cell we start with the three common elements of iodine, iron, and oxygen and we combine them with the catalyst, calcium, the element which is in the greatest amount in the human body. The calcium puts these three elements together and this is where micronage comes into the picture. The micronage has to do with the calcium ratio in the molecule and if we can put more or less calcium into the building of this cell, i.e., change the ratio, then we make different cells. It is the ratio that makes different specific cells otherwise a liver would look like a pancreas would look like an eyeball would look like something else. Calcium determines the pattern of structure of the micronage because we have more calcium than any other element, and to quote Doc, "It got there first with the most." That is all there is to it, nothing more complicated than that. Note that in the building of cells calcium is the catalyst for iodine, iron, and oxygen.

Women need 7 times more calcium PER DAY than men during their childbearing years, but we do not give women more calcium than men because the body can only absorb so much, also the calcium supplements we give for people are in capsule form, not tablet form. Our foods today are so greatly deficient in calciums that you may have to take calcium supplements for the rest of your life unless you can get foods with enough natural calciums in it.

In our tissue cells all forms of the nucleus is composed of either calcium or potassium, calcium for the body and potassium in the brain. So calcium or potassium forms the DNA factor while the RNA factor is formed by the energy of the electrons. Let's suppose that a body cell is not getting enough calcium, and there generally is a calcium deficiency through most of the body, then the little area in the nucleus, or the core, will possibly start breaking down because it does not have enough calcium to support the cell.

Calcium is always an anionic, or alkaline, element and there is no exception. In a test tube it does not always appear to be that way but calcium is always an anionic substance, anywhere, anytime, anyplace (on the bottom of the ocean, in the soil, in a seashell, and so forth) and it is constant. Calcium is an anionic substance because the electrons in orbit ALWAYS rotate clockwise. If they did not it would not be calcium. Also remember this, in all of our foods there are three alkaline elements: potassium, calcium, and chlorine.

Included under these 6 kinds of calciums available to you there are more than a 1/4 million compounds, so when giving a diet it is necessary to be in one of those groups and that is near enough to help.

What makes calcium available to the body? Resistance: how much calcium is available to you is determined by the amount of resistance that you create in the body.

In other words, the amount of energy that your body gets is determined by the amount, or quantity, of resistance there is in the body and the food, and the quality of the resistance, whether you need the kind of energy patterns in the food, and the kind of resistance you need.

It is a lack of calcium in the liver which means a dilute gastric juice (and a dilute HCl can also be caused if the body manufactures too much alcohol) and so it is very, very important to get the right kind of calcium in the right amounts to the right person at the right time. For instance, if you give calcium lactate to a person who has low calcium they will climb a wall, or go into hysteria, but once you know which kind of calcium you need then making it available is another thing. For instance, if you have swelling joints and constipation you have too much calcium oxide, and you do not use that group, you use the calcium lactate. Go by the numbers.

Your urine pH denotes your calciums, and the calciums are what determines your resistance. Remember, pH is a measure of resistance and always give calciums by the lowest pH. Some basic thoughts are:

- 4.80 - 5.40 Vitamin D (10000 x 2), Lime Water (2 x 3 Tablespoon), Cal II (2 x 3)
- 5.40 - 6.20 Lime Water (2 x 3 Tablespoon), Cal II (2 x 3)
- 6.20 - 7.20 Cal II (2 x 3) & Vitamin C over 6.40 (1000 x 2)
- 7.20 - 8.00 Calcium lactate (2 x 3), Vitamin C (1000 x 2), Colonics

Our foods are so low in calcium that we are showing symptoms of: nervous eccentrics, nervous wrecks, interference with the regular beat of the heart (may be from low calciums), fear, and cramps. At times it is so bad we cannot get along with ourselves, much less with anybody else. From puberty onwards through her childbearing years, women need 7 times more calcium every day than a normal man, and when a person's calcium drops too low for a woman, she's in menopause, and for a man, he's in menopause too, but his symptoms are different.

Most people do not know what menopause is. About all they know about it is an old wives tale and, interestingly, men have menopause the same as women, different, but it is still menopause. Menopause is a change in body chemistry, and they are both the same thing in either men or women but yet the effect is different.

In order to understand menopause you have to begin with a boy and girl when they are born normal. Each will use the same amount of calciums until the young lady comes into young womanhood. When she comes into full puberty she will use 7 times more calciums per day than a normal man. Anytime those calciums drop too low she's in menopause. If it drops below a certain line the menstrual flow will stop, even before she's 20 years old. If it drops still lower at any age, her periods will stop and will never start again, she will be through with menstrual periods and having children forever, unless a miracle occurs.

Generally during her 40s nature will cause the calciums to slightly drop off very slowly, and at a certain stage the menstrual cycle will cease. The calciums at that time should be leveled off and if this happens and the calciums stay high in her system where they should be, she'll go through menopause without any bad effects at all. But any time her calciums drop too low she becomes hard to live with, nervous to extremely nervous, excitable (easily provoked, angered, irritated) and very difficult to understand.

Actually she's not fighting people she's fighting for her life, and if there is any time in her life that she needs understanding and help, it is during this time. A lack of calcium causes this extreme nervousness at any age, 15, 20, 30, 40 or more or less. Also there is another primary cause of calcium damage to a body and it is the actual lack of calcium which causes a reduction in the production of estrogen. Finally some women have to have a hysterectomy, and immediately after that they run into problems of healing, getting well, frustration, and many other things that calciums do for people that they do not associate with their malady. Try to find out which calciums are too much and which one are too little and then begin to fit them into the pattern needed to produce the proper support for the body organs.

Let's discuss it from a man's viewpoint. Calcium does about the same thing for a man as it does for a woman until the man comes into young manhood, then if he's calcium deficient he is a lot more nervous than he should be, has fears, has insecurities, is excitable, and dog tired at night from barking all day. When a man's calcium drops too low he has lots of fears and insecurities and he's easily excited (provoked, agitated, stirred, angered, inflamed, etc). The greater the calcium deficiency the greater the fear and the greater the inward insecurity. A lack of calcium can cause a testosterone/testogen deficiency and if that gets the least bit too low he becomes dangerous, he becomes a criminal.

In children the same thing happens as with an adult but on a child's scale. The child is easily upset, nervous, gets annoyed very easily, is temperamental and so forth. We had a call from a doctor who gave the numbers for a 4 year old child and. I said, "Does this child cry a lot?"

"That is the reason we called, the child cannot stop crying"

Plain nervousness, the child's nerves were going to pieces because the calciums were too low, they could not stop crying. They were told what to do and also to call back if the child wasn't any better in 24 hours. They have not called back. We gave this child lime water and it did it in a few hours.

At the retreat we have a number of couples in their 20's and 30's back together and two couples had been divorced for over 2 years. Others were in the act of getting divorced. These couples loved each other dearly, but they could not stand each other because their calciums were too low. We get their calciums built up and then love and tolerance return for them. One couple is back together and in control of themselves now and doing real well. Whenever one of them gets flustered, the other one runs for the calcium bottle and says, "Here dear, take your calcium." Another of the couples that were divorced for over 2 years are now planning on having another baby. It is truly remarkable the calmness that can be brought about simply by using the right kind of calcium for the right person at the right time. That is what you have to learn, to get the right calcium in the right amount at the right time according to age, height, weight, sex and so forth. Remember these things and it will be a great asset.

We have women that come in that are ready to climb a wall, almost screaming maniacs, in deep menopause, and in 30 minutes they are perfectly calm, they are laughing and their whole world is a joy to be in, it takes 30 minutes and it is simply beautiful to know what can be done. There is a medical doctor on staff who was taught this procedure and he orders a shot of calcium gluceptate for the patient, the nurse gives it and in 30 minutes the whole world's calm, and she is a wonderful person to be around. The calcium gluceptate vial will last about 3 to 4 weeks and in the

meantime you can build up the calciums so eventually they will not need any whatsoever. Go by the numbers and follow through on it.

Not only does low calcium cause people to be irritable, cross and cranky but low blood sugar causes the same things and you need to keep in mind that they are not fighting people, they are fighting for their life and if you understand that it helps a lot. Where you have someone, particularly a woman of childbearing age, who is low calcium AND low sugar you have really got a wildcat on your hands, especially if it is your wife, but also remember they need help and understanding not criticism and intolerance at that time.

In regard to the pelvic floor area, your calcium AND your manganese content need to be kept up because if the manganese goes down, and the valve to the bladder becomes weak, you have to go more often even if your bladder is large.

So use your head, get all the facts and memorize them and God will show you which one to use at what time. The more you can memorize these things the more you can use them with great ease.

ABACUS

1. In studying mathematics you have to know where your loft is. In our Arabic number system we have 9 as our loft. Some people call "loft" the "base" base 12 or loft 12 for instance. If you have Base 4, or Loft 4, the "units" would be 1, 2, 3, and 4 is the highest number. In Base 4 the number 4 would represent the 10 in our number system. Then in the "tens" column there would be 11, 12, 13 and 14, then comes 21, 22, 23, and 24 and so on. This is the loft system and is also the **abacus** system that the Chinese use.

2. *No further reference in the listed literature.*

ABDOMEN

1. An acid body tends to store fat in the form of increasing sized buttocks, thighs, and **abdomen**. Bloating of the abdomen is caused from three things: swollen liver (chemotherapy), gas, or delta cells.

2. A Sitz bath is recommended for those people who need to have heat to the lower **abdomen** [for high salts].

3. When people have had a lot of cobalt and chemotherapy it is important to make a correct assessment of the physical situation. You need to know whether the flesh is cooked or not cooked, whether it is hard, whether there is swelling of the **abdomen** and so on. You do not want to put people to a lot of expense whenever ALL of the odds are against them.

See also→ **BLOAT; COLON; SITZ BATH**

ABORTION

1. A fetus uses 3 to 5 times more oxygen than we do and it gets its oxygen only through the mother's bloodstream. In places where there is high smog content then the unwanted and undesirable natural **abortion** rate is greater than in areas where there is pure, clean air.

2. A fetus uses 300 to 500 percent more oxygen than you or I do and if you cut that oxygen low enough the fetus dies, and that is a natural **abortion**. But I do not use that, and never have and never will except as a means of last resort to save the mother's life. If the uterus is in such bad shape that it could rupture causing the mother to lose her life and the fetus' life also then it is justifiable.

3. I had a patient, 5 ½ months pregnant and her test showed that her uterus was in such bad shape that if the pregnancy continued the uterus would rupture and it would probably cost the life of the mother and the child. It was extremely bad, so I suggested to the parents and the grandparents of both sides that the sugar level be lowered so that the child would **abort**. In order to save the life of the mother they decided that this should be done, and this is precisely what we did. This was not her first child, it was her fourth, and when labor pains started we sent the mother into the hospital for the delivery, but of course the fetus had died. The hospital staff said it was the worst deformed baby they had ever seen born in that hospital. To lower the sugar we simply give them water and lemonade.

See also→ **FETUS; SMOG**

ABSENTMINDED

1. The body is lacking electrolytes at salt levels 0-6 and therefore there is dullness, **absentmindedness**, and forgetfulness because the nerve message is not going through.

2. A diet will help **absentmindedness** if they are not a genius because absentmindedness is a sign of genius.

3. There must be a constant supply of potassium for the brain and any time the potassium goes down in your blood chemistry, and in your brain, then you become **absentminded** (but remember absentmindedness is also a sign of genius). With senility you generally have forgetfulness but there is a big difference in absentmindedness and forgetfulness.

See also→ **BRAIN; FORGETFUL; MESSAGE**

ABUSE

1. It is not the use of things that is harmful; it is the **abuse** of things. Think on it, it is not the use of things that is wrong; it is the abuse of things. For instance, some people say "You have coffee here?" "Sure we have coffee here, what is wrong with coffee?" Nothing but the abuse of it. "You have white sugar here?" "What is wrong with white sugar?" It is the abuse of white sugar that is wrong, 1 kg a year is not going to hurt anybody but 80 kg a year will do harm. "There is a bottle of wine here, do you drink?" "No, I do not drink, but some patients have a bleeding nose that will not stop and we may use the wine for them."

2. I am not against drugs; it is only the **abuse** of drugs that I am against. Medical drugs are magnificent things when used intelligently and correctly. It is not the use of drugs that is wrong; it is the abuse of drugs. Drugs have never cured any disease, and never will, however they sometimes let people die in peace, without pain.

3. I know other too-young parents that their own parents give the girl a fist, and call up the boy and **abuse** him and they all end up as enemies

See also→ **ASHES; CELL, NORMAL/HEALTHY**

ACCIDENT, AUTOMOBILE

1. Low blood sugar is the cause of motion sickness, about 50% of the **automobile accidents**, and highway hypnosis.
2. I will explain about the energy rating, you may have someone with an energy rating of 90 or more, or even a 100, and in three minutes it could be zero, that quickly, killed in an **automobile accident**, shot to death, burned to death. This is how quickly that can happen so what I want you to keep in mind is that whenever death occurs the Reserve Energy is zero.

3. Low blood sugar is one of the most difficult things in the world for a medical doctor to detect because for 6 days, 23 hours and 45 minutes the sugar may be behaving excellently, but during the other 15 minutes it drops and the person thinks they are going to die. They dash to the doctor as quickly as possible and by the time they get there the low blood sugar has corrected itself and the doctor cannot find anything wrong. It is a thing that will drive a doctor right up the wall, and then he says, "It is all in your head." He is right about it, there was not enough oxygen for the brain, but he did not know how to correct it because the symptom did not exist when the patient got in to see him and the patient misunderstands what the doctor is saying. He thinks the doctor means that there is something wrong with his thinking. Now this can sometimes happen two or three times a day, and low blood sugar is the cause of motion sickness, low blood sugar is also the cause of about 50% of the **automobile accidents**.

See also→ **BLOOD SUGAR; HIGHWAY HYPNOSIS; MOTION SICKNESS**

ACID & ALKALINE

1. What is the difference between an **acid** and a base? Conventional teaching is that a base is an **alkaline** with a pH over 7.0 and an acid has a pH under 7.0. That is false teaching and it is not always true. The real difference between acid and base is the direction in which the electrons travel in orbit in the molecule. The electrons travel counter-clockwise in an acid, which is also a cationic substance, and clockwise in an alkaline or base, which is an anionic substance. For this reason hydrochloric acid is not an acid, it is a base, because the electrons travel in a clockwise direction, and that has everything in the world to do with digesting your foods.

2. The words "**acid**" and "**alkaline**" are really a problem to use because you remember Doc saying in past classes that "hydrochloric acid is not really an acid, it is a base."

3. For a highly **acid** system you can also get the calcium oxide in saline solutions 5 cc, which does a marvelous job for neurosis, nervousness, climbing a wall and so forth. Be aware too that in an acid system the body will store the fat.

See also→ **ALKALINE-THEN ACID; DOUBLE ACID/ALKALINE; pH**

ACIDOPHILUS

1. **Acidophilus** culture is a lactate, and is only recommended when the urine pH is over 6.40.

2. Make sure clients understand that they are to eat some type of culture such as yogurt or **acidophilus** if they take a colonic regularly. Until they get their problem straightened out, eat it once or twice a day.
3. The difference between the **acidophilus** and yogurt is that they are a different kind of bacteria, the acidophilus is in the calcium lactate group and the yogurt is a calcium gluconate, a neutral.

See also→ **BUTTERMILK; CALCIUM LACTATE; CALCIUM SULFATE/GYPSUM**

ACIDOSIS

1. [example given: 5.30/5.10] What I'm trying to show you here as long as these numbers, the sugar and pHs (representing the "energy in"), are coming toward the perfect equation they are gaining energy. But suppose the second day that she was in there and you had her on a fast, strictly the lemonade and water for the first day, and it [urea] dropped to 2 over 4 and the urine pH dropped to 5.0. What is happening here is you are losing a patient and you'd better do something real fast because you really have a problem on your hand. This is **acidosis**.
2. There is no leukemia in this [example 4.90/5.20] case and it also would be an **acidosis** situation, and a pH of 4.80 is either a faulty reading or they are near dead. This patient is in pretty bad shape but the only reason that they are not near dead is because of their weight [5'10" 210 lb female], nature is drawing on the stored up fat.
3. *No further reference in the listed literature.*

See also→ **FAST**

ACNE

1. I know there is **acne** there because there are more poisons inside than can get out through the normal channel so they have to come out through the skin. Acne is caused by a deficiency of Vitamin A and Vitamin C. So, you have a Vitamin C deficiency, therefore you have a minor case of acne.
2. What you would notice about this fellow is that his skin is very oily and there would be some blackheads or **acne** showing on it because of the poor elimination. The liver is way too alkaline, his food is digesting too slowly, he has barely enough energy to go, and his body would be retaining too much oil.
3. CLOD: A benign cancer may be malignant too, for it also may be growing very rapidly even though it is still benign. It is like a boil, which is a type of cancer. It has a rotten core in it, and that rotten flesh is cancer in any man's language. Any other rotten or decaying flesh is cancer, whether it is a **pimple on the face**, or a sore on the leg or arm, or anywhere in the system.

ACTIONS

1. Whatever action you decide to take, you do so based on your own reasoning, understanding, and judgment. You are responsible for your **actions**.
2. Diet has everything to do with your behavior, your child's behavior, how you think, and how you **act**. It goes back to the gastric juice that you have that is manufactured by your liver and stored in your stomach.
3. All fevers are a result of either a bacteria or a fungus but the different **actions** of the different kinds of bacteria, or different kinds of funguses, do not do the same thing in each case.

See also→ **DEHYDRATE; FEVER; CORPUSCLE/PLATELET**

ACUPUNCTURE

1. If you want to know where the transformer glands are you could check the **acupuncture** points, but they are not in the same place on every person. There are many more acupuncture points than 284 but a lot of transformer glands are on the acupuncture points. Acupuncture has nothing to do with increasing the reserve energy; it merely makes the transformer glands work a little bit better, a bit more efficiently.
2. Hypnosis is the power of suggestion and it works on some people and on some people it does not work. I use hypnosis, I use **acupuncture** or anything else, or try at least, but sometimes everything fails.
3. Indigestion affects the approximately 284 transformer glands and only a few of them have been named as yet. You need to get a book on **acupuncture** to show you where the transformer glands are in the body, and they are not in the same place in every person, they are a variable.

See also→ **ENERGY RESERVE; HYPNOSIS; INDIGESTION**

ADAM

1. **Adam** is going to have a red face some day when we all talk to him because he was made out of clay, and the word Adam means "red mud." First and last name is Mr. Red Mud.
2. Doc gave the example of **Adam** and Eve going from an anionic to a cationic state and he feels that the vagus nervous system is the only part of the brain that was really altered when that conversion occurred.
3. From **Adam**, Eve came, and God created man in his own image, on his own frequency. We were created out of the dust of the Earth in the likeness of God.

ADDICTIONS/CRAVINGS

1. The liver manufactures an enzyme that controls the estrogen and testosterone/testrogen flow in people. If it does not manufacture enough estrogen (or testosterone/testrogen) the person becomes extremely violent, almost insane and it can then upset the Vitamin B-3 and Vitamin B-5 balance. If it manufactures the least bit too much of the hormone then they will have a tendency to use too much of something and get a **craving** for it. It might be too much alcohol, too much Coca Cola, too much cherry pie, too many sweets, too many cigarettes, too much pop, too many potatoes and so on. The least bit too much estrogen or testosterone/testrogen breaks their resistance to things. They are going to get cravings or addictions and if the hormone excess increases still a little more then they will become a vegetable.
2. It is very easy for anybody to be healthy, but to be sick you have to work at it, you have to break all the rules. You have to be very choosy about your foods, "I do not like this," "I do not like that" and then you get to the place where your body chemistry will **crave** the thing that you do NOT need and that it has too much of. This is what you will crave most.
3. The body will **crave** the foods to keep it in the Range in which it is. It will resist change and it is the forcing of that change, the working against that resistance that causes the reactions during withdrawal.

See also→ **CIGARETTES/NICOTINE; ESTROGEN; MARIJUANA/POT; SMOKING**

ADDITIVE/PRESERVATIVES

1. People will come up and say, "You have foods in here that have **preservatives** in them." "Sure, I believe that today foods are safer with the preservatives, most of them anyway, than they are without them." "Do you not know that preservatives cause cancer?" "No, I do not know that, I do not know it at all. It has never been proved, it is only a fad, it is somebody's idea to write a book, and they wrote a book, and it is very good for the writer, but it does not work with people."
2. Most of our foods today are safer with the **preservatives** in them than they would be without, but this is not true with all the foods, it is only true with some foods, and only some people, too. For instance, people who have low undigested protein content (ureas) should eat the meats, the all-beef wieners, or the all-beef baloney and so forth with the saltpeter in it, which is a preservative, with no harm. However, a person with a high undigested protein in their system is only buying tickets to the cemetery for a pectoris heart attack if he uses any of the luncheon meats. It is too high in urea, potassium nitrate, which is a preservative for the meat so therefore be careful if you have high ureas.
3. The Heinz Sweet Pickles that are recommended do have a little chemical **preservative** in them, however it is the cationic effect I'm after, and that teeny bit of preservative is not enough to do any harm. The reason Heinz is recommended is that every batch is exactly alike whether they are gherkins or the little cucumber pickles. I have to recommend something that I know what to expect and that is the reason I'm recommending them. I know exactly the power of what I'm doing and every batch of Heinz Sweet Gherkins, or Sweet Pickles are alike, and that is the reason I recommend it. There are others like Alabama Girl and all these other pickles but I have not found two batches of them alike and I do not recommend kosher because kosher does not have anything in them but salt water. They are good pickles but I'm speaking about for the control of alkalinity in your system, do not use the kosher. Kosher is all right, there is nothing wrong with kosher to eat because it is a good pickle, it is rich in manganese, it is also rich in Vitamin A, but I'm discouraging the use of them for the control of alkalinity in your system.

See also→ **BUTTER; CANCER; FADS; SUGAR SUBSTITUTES**

ADDRESS

1. Did you know that your **address** is Planet Earth in the Solar System in the great Milky Way?

2. Closing **address** for course 2. I have enjoyed teaching this class very much. I want you to help me make America the healthiest nation on Earth. I want you to go home and study these rules until you know them from memory, not because I said them but because they are true scientific facts. Memorize the rules and I wouldn't mind if you forgot the jokes. But anyway there are not very many in this one because we were all very serious and business-like.
3. At the upper left of a client card you need the person's **address**.
See also→ **ALS (Lou Gehrig); PATIENT RECORD; PTSD**

ADHESIONS

1. When you begin to study carcinoma you are going to be into **adhesions** in advanced stages and you are going to find all of it a mineral deficiency. A swelling of the tissue is what actually occurs and takes place whenever disease sets in and causes a loss of energy.
2. CLOD: If there is a mineral deficiency **adhesions** form and the flesh is hard. However, if the mineral is sufficient then no adhesions form. If the mineral is plentiful there will not even be a scar left from the operation.
3. CLOD: All **adhesions** are caused by a mineral deficiency. Many times adhesions form within the body because of a mineral deficiency when there has not been any operation because the worn-out cells are swelled. There is not enough mineral to force them into the bloodstream, or to break them loose from the nerve ending, and for a new stote to form and a new cell to come into being.
See also→ **CARCINOMA; MINERAL**

ADRENAL GLANDS

1. The most needed mineral for the **adrenal glands**, besides calcium, is phosphate. Take care of those two and you will not have to worry about the rest. A woman had her adrenal glands removed and was on cortisone for 35 months and it was hurting her bones and she did not have any energy. The doctors also gave her 4 days of heavy doses of salt injections. She told me she has Addison's disease. Her ankles and the top of her feet are swelling, she's had a kidney stone operation, and her tongue is dry and grey. In this case send her to the retreat because there are a many things that need to be done. Actually cortisone does not always have an effect on the adrenal glands, it may or it may not, but if it does then you should not take it because it is actually doing you damage in order to get the adrenal glands to flow. The primary purpose of the adrenal glands is the "fight or flight response." To prepare you to either fight or to run and it has nothing to do with who is the biggest, or who's the littlest, but it is the calciums in your system that determines it.
2. One of the weaknesses of the glucose tolerance test that doctors use is that for maybe 23 hours and 55 minutes of the day your sugar may be running normal. However, for those other 5 minutes you are either in a coma, or you feel like you are going to die, or you have pins and needles, or you are sick at your stomach, nauseated. So you dash to the doctor and by the time you get there the crisis has passed and he cannot find a thing wrong with you. He says, "It is all in your head." Actually, he is right, it was all in your head, but he could not find it because it was either low blood sugar, or a low potassium level. Either one can cause those sensations and then because the **adrenal glands** start to work, the fats in the body turn to a sugar, build the level back up and the crisis passes.
3. In real epilepsy there is no special number pattern because just above the right ear there is one of the transformer glands in the brain that controls the emotions and also affects the adrenal glands. If that gland short circuits out for any reason then you have an epileptic seizure, but only 20% of all seizures are epileptic. The other 80% of the medically diagnosed epileptics in the United States are not epileptics at all, they are having diabetic seizures. Most of the time the doctor gives them Dilantin which affects the **adrenal glands**. It also increases the ionization between the brain and the vital organs through the vagus nerve and it helps to bring them out of a seizure or keep them from going into one.
See also→ **BALANCE; BLOOD SUGAR; GLANDS, TRANSFORMER; PHOSPHATE**

ADULT, BIOLOGICAL

1. Anyone 10 years old and older is an **adult** in the **biological** realm of nutrition, as far as their mineral intake is concerned.
2. *No further reference in the listed literature.*

 **NOTE:** *This statement may be in conflict with Reams' mandate that children under 12 cannot properly digest meat.*

See also→ **BEHAVIOR; CALCIUM DISCUSSION; EFFICIENCY**

AGING, PREMATURE

1. Every cell in your body should be exchanged every 6 months, and if it takes longer than that you are growing old too fast. The longer it takes nature to build a cell the more rapidly you are growing old because old cells bring about premature aging. **Premature aging** is that something has gone wrong with the system wherein nature cannot assimilate, or take, or use the mineral content that is in your food. You have heard it said, "Every cell should be exchanged every 7 years." When that proverb was made over a hundred years ago the average length of life was 39 years for women and 35 years for men, but now it is almost twice that. However, every cell in your body should be exchanged every 6 months, and that is one of the ways of staying young because the process of aging is the cell staying in the body too long.

2. With cancer that seems to be alive and growing, what is happening is that the cancer is actually getting larger and larger but it is not actually growing. The mineral deficiency is increasing where the body cannot take it and post mortea is setting in. In other words it is **premature aging** and dying. Many times you will find various funguses, various bacteria within these decayed areas and then you blame the bacteria or the fungus for the cause. They do aggravate it but they are not the cause because if that was true then correcting your mineral deficiency would not cause the problem to go away. In other words, cancer is not an animal that is waiting to jump up on you, it is a decaying of the flesh, a premature aging because of a lack of a mineral, or minerals, and for this reason I do not believe that cancer is hereditary, and I do not believe in hereditary diseases. Disease is a mineral deficiency.

3. When specific mineral energies are not available it takes the liver longer to build a cell, and the longer it takes to build a cell the more rapidly you are growing old because it brings about **premature aging**. Premature aging is the result when something has gone wrong with the system wherein nature cannot assimilate, or take, or use the mineral content that is in your food.

See also→ **CANCER; CARCINOMA; DISEASE; HEREDITARY DISEASE; POST MORTEA**

AGRICULTURE

1. The **agricultural** course teaches you to evaluate vegetables: why they have high sugar and why they do not; how to get them with high sugar; the difference in organic ratios; the difference in economy, whether it is a backyard garden or whether it is a 30 million acre farm does not make any difference. The principle is the same. Finally, it teaches how to determine the value of your fertilizers, the organics against inorganics and so forth.

2. The refractometer is the instrument used to measure the total carbohydrate content of the urine, and the units of measurement are BRIX. In addition to measuring the sugars in the urine it can also be used to measure the sugar content of anything you want, and in the **agricultural** course this instrument is used to measure the sugar content of vegetable juices like beans, carrots, oranges, apples, bananas and so forth. It will measure the sugar content of any liquid.

3. Energy comes from the carbohydrate foods. Even starches have to be converted into a carbohydrate form and in the **agricultural** course you will find a very close tie between body chemistry and plants, there is a very close tie within the cell.

AIR, FRESH

1. The organ that is damaged most by illegal drugs is not the brain, it is the lungs. Then when there is not enough oxygen going to the liver the brain plays tricks on you. The damage it does to the lungs is a very serious matter and people on illegal drugs will often develop a high emphysema count (which is a dehydration of the cells of the lungs) because they are not getting enough oxygen from the lungs to the liver. People with emphysema are candidates for the retreat where their lungs can be restored by a good diet and where they will be out in the **fresh air**.

2. Lungs can be restored by a good diet but you must also be out where there is **fresh air**. To get the lungs working for more oxygen either sing or play the harmonica. The harmonica is one of the best things if it is played correctly, not playing a tune, but by breathing out and breathing in. Make yourself work at it.

3. Everybody should exercise within their limits, preferably walking. Pregnant women should walk a minimum of a mile a day and lack of exercise is one of the major problems you have with senior citizens, they do not walk enough in the **fresh air**. The rationale behind a walking program is that if the person is doing their diet program at home then we want them to get outside in the fresh air and do some walking around. If they are working and on the program at the same time you do not need to add specific exercise recommendations because they get enough exercise working, unless they have a desk job and they sit all the time.

See also→ **DIET; EMPHYSEMA; PRESSURES OF LIFE; RETREAT, NEED TO GO**

AIR FOOD SUPPLY

1. Another aspect of digestion in "gas form" refers to where most of our food comes from. 20% comes from the food we take in and **80% comes from the air** and Doc wants to make sure you understand light factors, electricity, and the music of the spheres. We obtain 80% of our food energy from the air, in other words, you are limited to getting 20% from your food that you eat. You cannot get any more than that 20% so the rest that you get will be from the air. Let me also say this, although you get 80% from the air you may not necessarily get all of the various kinds of mineral you need, but you will get 80% of your total from the air because 20% can come from your digestive tract. The main source of minerals in the air is the sea, or bodies of water. When minerals come in contact with salts there is a breaking down (corrosion or oxidation) and gas is produced. Even in mineral baths some gas is produced and that gas goes in through the skin. Remember, if you painted your body you'd die because the skin is meant to be permeable. When gases go through the skin they go to the liver via the blood stream so we are able to feed the body through the lungs and the skin as well as through the bowel. This becomes a fantastic source of contributing to the up building of the reserve energy, and maintaining reserve energy.

2. The liver needs calcium and oxygen, and the oxygen comes in through the **lungs**, puts it in the bloodstream which takes it to the liver. The lungs require a greater variety of mineral than any other part of the body and the best food for the lungs is "All Spices & Herbs." ASH is a mixture of several different spices.

3. There is a rule that says you get **80% of your minerals from the air** you breathe and only 20% from the food you eat. The minerals to be supplied by your foods are calciums, phosphates, iodine, potassium, and copper whereas the minerals supplied through the air are zinc, tin, gold, and many of the very trace elements that are as far out on the Periodic Table as zinc is. Since you obtain 80% of your food energy from the air, you are limited to getting no more than 20% from your food, and although you get 80% from the air you may not necessarily get all of the various kinds of mineral you need. However, you will get 80% of the total from the air because only 20% can come from your digestive tract.

See also→ **COPPER; MANGANESE; PHOSPHATE; SKIN**

ALBUMIN

1. Albumin is another name for the cellular waste, or debris, in the urine and even includes delta and omega cells (carcinoma and cancer cells). The perfect **albumin** number is .04 M ("M" is short for Million), or 40, 000 parts per quart (946 ml) when ALL numbers are perfect.

2. Many times the albumin reading is higher than 4M, and I have seen it like soup, but above 4M it is all counted the same, we quit counting at 4M.

3. Cellular waste, debris, or **albumin** is important, but it is not important enough to raise the price of the test considerably to precipitate the cells out, which takes about 2 hours, and then to take those cells and run and find the protein and then run the other test, then subtract the two. It isn't worth it.

See also→ **BASE EXCHANGE; BLOOD THINNER; ENERGY IN/OUT**

ALCOHOL

1. In Stage II of the development of the cell comes the production of **alcohol** for heat. Alcohol is manufactured in the pancreas along the line of least resistance from glycogen provided by the liver. One interesting thing about alcohol is that you can take any bottle full of water and add 8% more alcohol and not run it over because there is plenty of room for the alcohol to get in between the molecules of water. The alcohol the pancreas manufactures is similar to 94 proof gins and its purpose is to keep the body warm, and keep the digestion functioning properly.

2. People who drink a lot of **alcohol** often get cirrhosis of the liver. A pH about 8.0 shows a terrific stress on the liver and cirrhosis and that type of liver damage has set in. It is the alcohol which destroyed the calcium in the liver and alcohol is the greatest enemy calcium ever had. Some peoples own system manufactures excessive alcohol.

3. If the sugar reading is too low AND the body temperature is on the cool side then **alcohol** may have to be added to aid in the maintenance of body temperature and digestion. Acute indigestion is related to the lack of pancreatic alcohol. You may have to add alcohol when the sugar reading is 1.5 or lower.

See also→ **ASSIMILATION; CIRRHOSIS; COLD HANDS & FEET; PANCREAS**

ALCOHOLISM

1. AA (Alcoholics Anonymous) is doing a fabulous job except that they do not teach how to coordinate diet with their program. When they do they are going to put a great more zing behind the AA effort. The patient needs to want

to do it and many times they are so nervous because of a lack of calcium available to their system that unless the first dose does it, it is no good. The people need patience and education about how this system works.

2. A little bit too much testosterone/testrogen or estrogen is one of the greatest causes of **alcoholism** that there is.

3. The Supreme Court of the United States ruled that **alcoholism** is an illness and should be treated as an illness, and when the police pick up people who are inebriated they cannot put them in jail, they have to take them to a hospital, and the hospitals do not want them.

ALFALFA

1. People who have hemophilia, bleeding that you cannot stop, whose blood is too thin and therefore bleed too freely, should use Vitamin K, which you will find in **alfalfa**. The sprouts, tea, and tablets are a natural, excellent, rich source of Vitamin K and no prescription is required. Vitamin K causes the blood to coagulate.

2. Do not use **alfalfa** with patients who have cancer or advanced carcinoma, because the blood has a tendency to be too thick already and the Vitamin K in alfalfa makes it thicker. By giving them a diet that is high in Vitamin E and also the Vitamin E tablets you keep the blood thin enough for the kidneys to pull out the dead cells or the carcinoma cells and health is regained.

3. For people with hemophilia, thin blood, a bleeder, we use Vitamin K to thicken the blood. I seldom ever give Vitamin E and Vitamin K at the same time. You will find **alfalfa** very rich in Vitamin K, alfalfa sprouts, alfalfa tea, and alfalfa tablets.

See also→ **CARCINOMA; HEMOPHILIA; VITAMIN K**

ALGAVIM

1. Also one of the processes of aging is a lack of Vitamin A, and practically all senior citizens over 60 need some **Algavim** to help make Vitamin A available, and it does a fabulous job.

2. Algavim is a sea bromeliad, low in iodine, which comes from off the coast of Norway. It grows in waters where the temperature never goes above about 40 degrees and it is harvested every 7 years. Divers go down in rubber suits that cover the whole body and the suits have about three layers of water, warm water next to you, then water at room temperature and the water on the outside is water that is high in salt. Using this suit will keep the divers warm for three or four hours while they go down and harvest this bromeliad. They put it in baskets and when it comes up it is a very, very green color. They allow the sea water to drain off then they throw it out of these baskets on the deck where the air temperature is sometimes 40 degrees below and it quickly freezes, turning snow white. The white powder is the salt and sodium coming out. Then with scrapers they push it in the hold of the ship, still frozen, and when they get to port they wash the white powder off. In port they take the washed Algavim, air dry it and then put it through a press. It is rather rich in an oily juice which is the part they want. They take the liquid and extract the oil from the juice, and the oil is used for pharmaceutical purposes. The residue that is left over is ground to a fine powder, and it is the mineral in the residue that is left over after the pressing that makes **Algavim**, and we buy it by the 50 lb bag. We take it and regrind it through a machine down to about a 400 mesh then we put it into capsules.

3. The specific, non-commercial minerals like Min-Col, **Algavim**, dolomite, and K-Min are Doc's. He formulated them and he stands behind them. The reason that I recommend the supplements I do is that they have about every mineral that the human being needs, and they work.

See also→ **BALDNESS; CATARACTS; EYE; VITAMIN A**

ALKALINE-ACID

1. A person who is consistently alkaline before breakfast and acid for the rest of the day is very, very ill and should be in a retreat. I would send any person that had that problem to a retreat to find out what the cause was because a lot of people are a lot more ill than they think they are.

2. *No further reference in the listed literature.*

See also→ **ACID & ALKALINE**

ALKALINE ELEMENTS

1. In all of our foods there are only three **alkaline, or anionic, elements**: Potassium, Calcium, and Chlorine.

2. The electrons in calcium always travel clockwise. Therefore calcium is always anionic, or **alkaline**, and there is no exception.

3. The atomic weight of potassium is 39 and the configuration is 1 cation nucleus and 39 anion electrons. Potassium is one of the three **alkaline elements** in all of our foods.

See also→ **CALCIUM DISCUSSION; POTASSIUM**

ALKALOIDS

1. All foods have **alkaloids** in them but it is the sulfur that could do damage and it could do damage whenever the pH gets below 6.0.

2. *No further reference in the listed literature.*

See also→ **SULFUR**

ALL SPICES & HERBS (ASH)

1. The **All Spices & Herbs** for the lungs I was speaking of is made up of a mixture of many different spices and not the spice called allspice.

2. The lungs require a greater variety of mineral than any other part of the body and the best food for the lungs is **All Spices & Herbs**, a mixture of several different spices.

3. Once you learn to eat food without salt you will not even miss it, and if the cook knows how to season foods and use the condiments properly you will never miss the salt. The proper use of your condiments, your allspice [**All Spices & Herbs**], a little bit of honey, a little bit of blackstrap molasses will give the flavor of salt when there is no salt in it.

See also→ **AIR FOOD SUPPLY**

ALLERGY

1. Allergies to foods are related to the frequency of the body. In other words, once you know the frequency then you know the diet, that simple. There is not anything that somebody somewhere is not **allergic** to. I do not know of anyone who is not allergic to something, and any allergy is caused by a high stress food, that is why you have the allergy. Some people are allergic to canned fish, some are allergic to iced tea, some are allergic to Irish potatoes, some are allergic to any kind and all kinds of salt water fish but not fresh water fish, and vice versa, and some people are allergic to chicken and it does not matter how you fix it they are allergic to it. Some people are allergic to carob and others are allergic to lemons. Some are allergic to cabbage, some allergic to onions. You name it, and somebody is allergic to it. Go by your numbers, let your numbers determine whether something is a high stress food for you or not because what is a high stress food for one may not be for another. If your numbers are going away from perfect it is high stress, if they are coming towards perfect or staying near perfect it is not. Strictly go by your numbers, the way your numbers read, because I do not know any food which isn't a high stress food for somebody.

2. There are as many allergic effects as there are people, for instance, an **allergy** to chaparral affects people differently. With some people it makes them very hot and they might wake up in the middle of the night burning up in which case take them off of the chaparral. They will stop burning and there are some people who it will give them a very severe case of diarrhea and they cannot take it and in others it stops the kidneys from working. Go by the numbers.

3. Once you clean up the liver and sort out the bowel most allergies leave. Some people will say, "I have an allergy to this," or "I have an allergy to that," when they do not have an **allergy** at all. The only thing about it is when they take it, it starts to change their body chemistry from the wrong range to the right range and they start to go through withdrawal and they quit their program.

See also→ **BOWEL PROBLEMS; CHAPARRAL; FISH; HONEY; POISONING**

ALOE VERA

1. Aloe Vera gel is basically recommended to soothe an irritated colon. If you had hemorrhoidal condition or ulcers or something in the digestive tract then **Aloe Vera** would be a great help to you quickly.

2. Aloe Vera gel would help some but it would not take the swelling down very much very quickly, and you need to bring it down real quickly here. If you had hemorrhoidal condition or ulcers in the digestive tract, then **Aloe Vera** would be a great help to you quickly, but if it were not then you would have a problem on your hands of getting this water out of the system. This is nothing to be frightened about and it happens in many, many cases. So get the water down.

3. CLOD: People with digestive problems such as mentioned can use **Aloe Vera** gel (one tablespoon twice a day, between meals, taken in carbonated drinks such as Collins Mixer, 7-Up, etc.). Aloe Vera gel shrinks hemorrhoids. It is one of the finest healing agents for digestive problems.

See also→ **HEMORRHOID; SUNBURN; ULCERS**

ALS (Lou Gehrig)

NOTE: *Although the Owen Class 1-5 does not address this dreadful scourge, there is a mention in a transcript that Manthei published in April 1982 as follows: Student: How do people with Lou Gehrig's disease respond to this type of program? Reams: Naming a disease has never cured the disease. The liver is the organ that manufactures the parts, to replace old, worn-out cells. I have never seen a case that did not respond.*

ALUMINUM

1. The brain also contains traces of **aluminum**, gold, silver, copper, and so forth but these are in colloidal phosphate form.

2. The substances in the brain that are responsible for the messages getting out and through to the organs are the electrolytes and while potassium is not an electrolyte, the **aluminum**, copper, silver, gold, salts, and so forth are electrolytes.

3. A colloid is what makes "the diamond in the dew drop" and in the colloids there is a sufficient amount of the phosphate of **aluminum** to charge the brain sufficiently to be the beginning of electrical responses to follow the entire nervous system even to the end of the toes. So the brain is very high in colloidal substances, and that is where it gets its aluminum from. There is no feeling in the brain, "no brain - no pain" and the brain has more aluminum in it than any other part of the body but way less than the potassium. It has just a good trace amount of aluminum.

See also→ **BRAIN; CONDUCTIVITY; ELECTROLYTE; MESSAGE; SULFUR**

AMINO ACID

1. An **amino acid** is a building block of a protein, and it is also any molecule that has protein in it. Doc changes these around somewhat but yet they mean the same thing. He says that anything that contains a protein is an amino acid. In other words, amino acids themselves are blocks of proteins but yet the amino acid building part is protein itself, molecular size, and there are some proteins that are not digestible to us. In Doc Reams' terminology, amino acid, enzyme, and vitamin are one and the same. Vitamins are enzymes, enzymes are amino acids, and amino acids are vitamins. If you think of insulin as an enzyme produced by the pancreas, it is an amino acid. Everything that goes on in your system is related to amino acids, they are the electrolytes of the system, and all electrolytes have to do with either catalyzing or promoting reaction and they also have to have mineral content too. Even bone has amino acid cells, in fact, everything in our body has amino acid cells.

It takes 18 hours for the liver to build an amino acid, and when it gets lemon water into it, or lemonade, depending upon your sugar content, it can use it as a base for forming some 5 billion different enzymes a day with less chemical change than any other natural substance known to man. With the liver we are talking about it making up to 6 billion different enzymes or amino acids in a lifetime, but in any one 24 hour period it manufactures about 5 billion, if we are in perfect health with an energy rating according to our age. The 6 billion includes those specific to infancy, babyhood, childhood, adolescence, adulthood, and so forth.

There are more cells in the brain than in the rest of the body put together, but more importantly, the brain is the origin of ionization and the main site for ionization is the liver. The liver never finishes what it starts, it completes the first 60%-80% of the building of the amino acid leaving the remaining 20%-40% to the transformer glands. When finished, or nearly finished, the amino acid goes into the structure of the body. When you take lemon juice it is to help your liver to become a more efficient nuclear reactor because it takes about 18 hours to form an amino acid in the body, and that is one of the reasons why you need that small little shot of lemon juice and water for your liver, spread throughout the day. You get too much and it is going overboard.

2. All the **amino acids** have a basic frequency as far as male and female goes, but because the amino acids in the blood are only incomplete building blocks to be taken apart and used here, yonder, and there the frequency is not constant. In other words, the foundation of the amino acid, or the skeleton of it that is manufactured by the liver, goes to the transformer glands and there it has more added to it, but it never becomes a complete amino acid in the bloodstream. "Complete" meaning you cannot add any other part to it, in other words, as long as you can add one more part to it, it is not finished, but seldom in the blood do they ever become finished.

3. For the beginning of cell structure Boyle's Law tells us that, "like attracts like" at the cell stole. The system has programmed the **amino acids** for up-building of various organs. Nature does not like to fight its way around, it goes by the line of least resistance. If an amino acid is programmed for the brain and it goes by the heart, the heart will not pull it out because it is easier for the brain to pull it off, the line of least resistance applied from Boyle's Law, like attracts like, all the stuff that is like it tends to drop off that way. If we were to liken this little latticework to the milli-micronage aspect of this and you had two cogs here, one that fits and one that did not, nature will pull out the one that fits. The line of least resistance of this is it will fit right in there very easily and that is where you get the "like attracts like" and that is why we say Boyle's Law again. This aspect has not been explained by anyone else in the world, this is something new.


See also→ **BLOOD; CELL, ALPHA; CIRCULATION; DIGESTION OF MEAT; GLANDS, TRANSFORMER**

AMISH

1. The **Amish** people say that our retreats are the place where they get well on stale jokes and lemonade. So it does not matter how to get well just so they get well, that is all that counts.
2. In another week she [a client] started writing letters to her friends that were sick. She also wrote to an **Amish** newspaper and told the story of how God was healing her. She weighed 95 pounds when she came in, and when she went out four months later she weighed 125 pounds, still living, still just doing beautifully, doing her wonderful work for God. During her four months stay she brought in 75 sick people by writing a letter, telling them how God healed her, so her talent there in serving God was to tell others what God could do for them.
3. *No further reference in the listed literature.*

AMMONIA

1. Many times mothers may say, "My baby's urine smells so strong of **ammonia** and it is really rough to change the diaper." In that case the diet is too rich in proteins for the baby and if she's nursing the baby, then the mother should begin taking dolomite.
2. If your system retains the protoplasmic parts of these dead cells for three days they will start breaking down into **ammonia** salts, which then build up the toxicity and increase the salt content.
3. **CLOD**: There are salts that do not contain chlorides in them whatever. Some are **ammonia** salts, nitrogenic salts, and a number of carbonate salts.

 **NOTE:** *It appears that Reams considered the ammonia in urine as coming from the longer term breakdown of old cells that did not exit the body within 3 days. Several authors claiming RBTI authority would have you believe that ammonia comes via absorption of toxins from intestinal putrefaction.*

See also→ **BABY; DETERGENT; FOAM; NITRATE; ODOR; URIC ACID**

ANALYSIS

1. According to Black's Legal Dictionary a diagnosis is a guess limited by experience whereas an **analysis** is something that you perform in a laboratory. It does not matter how many technicians run the same test they will almost always have the same answer. The difference between a diagnosis and an analysis is that an analysis can be proven, and the diagnosis may or may not be proven. If you look at your problem without your numbers you are diagnosing, but if you have numbers you are analyzing. Go by the numbers and analyze. In this system if a thousand people learn it and know it well enough like we want them to then all will come up with the same problem. You may find ten thousand ways or more to solve the problem, but the problem you are working on will be the same and your answer to what the problem is will be the same. What counts are accuracy, firmness, and belief in what you are doing. All who use this system will come up with the same answer because it is an analysis based on mathematics. This system is mathematical and if you do your math correctly you will get the right answer, and it is very difficult to do it incorrectly because you will get off on a tangent and you will find yourself lost in an ocean of numbers. These tests show quantitative analysis, quantity, how much of a substance you have, and qualitative analysis, quality, the kind of substance you have. Quantitative analyses are no more accurate than the tester, and if you make a certain number of mistakes what will happen is that the picture will be too foggy.
2. As far as I know, I did the first hair **analysis** that was ever done. I discontinued it very quickly because it is of no great use because you'd have to shave your head every day to be up to date and hair also has a way of ionizing itself, it is like an antenna, it'll pick up certain particles that are in the air that would be fatal to you if you had it in your

system. It ionizes, it picks up the radiation from the air and you cannot wash it off because it is ionized onto your hair.

3. One of the most important things in laboratory **analysis** is to be sure to keep your equipment clean. Keeping the equipment clean is absolutely essential and unless the equipment is clean you will not get a clear, concise, accurate reading.

See also→ **BLOOD SUGAR, HIGH OR LOW; CONVULSION/SEIZURE; DIAGNOSIS; HAIR ANALYSIS; INFLAMMATION; JUNGLE ROT; MATHEMATICS; PROBLEM; RUPTURE**

ANATOMY

1. You must remember for every cause there is an effect, for every effect there is a cause, and for every place those numbers are on that scale there is a reason for them being there and you must learn why they are there. And as you learn why they are there, and you understand enough about anatomy, you can then begin to visualize and see the picture that those numbers are trying to present to you. As soon as you really learn your anatomy you are going to find it much easier to understand the course and it will make it much easier to understand the relative energy stored, absorbed and used by the various organs of the body. I think what you need to do is to really get down and learn your anatomy. Learn what the inside of you looks like because it is absolutely important.

2. You can put certain things on your tongue and within 10 seconds you can begin to get an effect from them, however that kind of an effect is only what is called "aroused effect," or a quick energy. In other words, it is only stimulated energy, it has not created something that actually becomes a part of you. It only sets the stage for the other organs to begin to perform their part in the **anatomy**.

3. The numbers themselves will teach you nothing, it is what you know that the numbers indicate that means everything. Any time those numbers are on that scale there is a reason for them being there and you must learn why they are there. As you learn why they are there, and you understand enough about **anatomy**, you can then begin to visualize and see the picture that those numbers are trying to present to you; so learn your anatomy well.

See also→ **AROUSED EFFECT; AUTOPSY; BENZENE/BERYLLIUM; CHIROPRACTIC; KNOWLEDGE; LEARN; MALADY, PINPOINT; TESTING**

ANCESTORS

1. Sometimes when you find a young fellow come in and he's kind of cocky and smart and if you really want to throw him off of the smart Aleck train say, "I can tell by looking at you that you have **ancestors**." And immediately he becomes very worried, "How do you know? What are the symptoms?" and he wants to know all about "ancestors" because he's never heard the word. It is a word that is seldom used even in high schools today. Most of the high school students do not even know they have ancestors today and one of them thinks something is wrong with one of their teeth. So, it is very good idea sometimes to get their attention whenever you have them come in.

2. When you look at the numbers not only is "Race" a part of the problem, but sometimes in some parts of the world "Religion" is also a part of the problem because some religions specify a diet, some are vegetarian and some are not. For instance the Indian people will not eat any kind of meat because they are afraid they will eat one of their **ancestors**. So remember, handle your problem with intelligence, and above all with love for your fellow man.

3. ARM: Give them a proper diet and their weight will drop to normal. Don't be surprised if they look like some of their **ancestors**, overweight parents.

See also→ **FAT; INTELLIGENCE**

ANEMIA

1. Leukemia and **anemia** are both in the same category, it first starts with an iron or iodine deficiency in the liver which is the result of a calcium deficiency, and there may be an oxygen deficiency from the lungs. It is a chain reaction and consequently the body does not manufacture or accept or receive from the food enough Vitamin A. The amount of Vitamin A you take has nothing to do with the amount that is available to you. You may be taking it by the pound and doing yourself damage, so what you need to do is to find out why the body is not assimilating Vitamin A and set the body chemistry in position to accept Vitamin A. I have not found one single case of leukemia or anemia where there was a high or low WBC that did not have the lack of Vitamin A.

2. I had a patient who was so highly **anemic** and very much underweight so I told her to take 2 x 250 mg Vitamin B-12 tablets twice a day between meals and come back in 2 weeks for a retest. When the pH gets to be about 5.4 then watch for anemia.

3. The cause of glaucoma is a mineral and Vitamin A deficiency and is very closely connected with **anemia** or leukemia.

See also→ **CARROT; GLAUCOMA; GUMS; LEUKEMIA; VITAMIN A; VITAMIN B-12**

ANGINA

1. The result may be vascular collapse and sudden death from either a pectoris or **angina** heart attack, or both of them at the same time. High urea is what the medical profession calls uremic poisoning and crib death is caused because of the high urea.

2. Generally, when the salts have been high for a while they experience dryness of the mouth. From 35C to 40C **angina** pains start showing. The danger zone for cholesterol is from about 45C to 48C.

3. The first type of heart attack is the **angina** heart attack, and it is caused because of the high salt. A high blood salt level causes the blood to thicken which then causes the heart to beat harder. Thick blood also reduces the availability of oxygen which also heightens the stress on the heart, cholesterol to be deposited on the inner walls of the blood vessels, and hardening of the blood vessels. Note this, while a high salt level causes cholesterol to be deposited on the inside of the blood vessel walls, it may not necessarily lead to an increase in the blood cholesterol level. For instance, many autopsies have shown the blood cholesterol to be normal yet the arteries and veins are clogged with it and you may also have phlebitis and still have normal cholesterol in the blood.

See also→ **SALT, SEA; TIME**

ANGSTROM

1. Angstroms represent how far apart the electrons are in orbit in the shell of the mol. For the male the electron completes a revolution in an amount of time of 2.4×10^{-6} seconds which is a very short period of time.

(**0.000024** = 2.4×10^{-6}). Doc Reams and Dr. Black came up with the term '**angstrom** per second' while studying this together and trying to find a term. They agreed on "angstrom per second" and the symbol for angstrom is A with a little circle over it (Å). [Doc talking] When I originally saw it I could not figure out what that meant because we were talking about it and an angstrom is 10 to the minus 8 centimeters and if it took a whole second to go that little bit they are moving awful slow. It is going a very short distance and a second is quite a while. Just as we had trouble properly defining these terms we also found in the case of the alpha, delta, and omega cells that there are many times no English word for some of these things, or terms for what we are trying to say or do. We are trying to get the nearest one that we can find in the dictionary to fit what we are trying to explain.

2. The speed of rotation for an iron atom is 10 times that of hydrogen and the rotation is measured in per **angstrom unit** per second.

3. ARM: Angstrom is the distance of the atoms apart in that lattice movement around the molecule, the seconds it takes to make a complete revolution. **Angstroms** refer to the distance apart they keep, that distance from themselves.

See also→ **HYDROGEN**

ANION

1. The electrons in calcium always travel clockwise. Therefore calcium is always **anionic**, or alkaline, and there is no exception.

2. Calcium is always **anionic**, or alkaline, and there is no exception. If you were to combine anionic calcium with, say, cationic sulfuric acid in a test tube then the calcium will appear to be cationic, or acid. However, it is still calcium and calcium is always an anionic substance, anywhere, anytime, any place, on the bottom of the ocean, in the ocean water, in the soil, in a seashell, or anywhere else, it is constant. The calcium is an anionic substance because the electrons in orbit always rotate clockwise.

3. There is a specific difference between an **anion** and a cation, and the difference is determined by an oscilloscope and occurs in the direction of rotation and the energy levels. Leaving the energy levels aside for the moment, an anion rotates clockwise and a cation rotates counter-clockwise, as simple as that. Also in relation to electrical charge, an anion is a negative charge and a cation is a positive charge.

NOTE: *Each element named in this document lists a cation and anion count, so there is no need to include them in the "See also" listings.*

See also→ **ATOM; ATOMIC MODEL; ATOMIC WEIGHT; CALCIUM SULFATE/GYPSUM; CALCULUS; CATION; ISOTOPE; KEY OF LIFE; LEMON; MILHAUS; NEUTRON; NUCLEUS; OSCILLOSCOPE; OXYGEN; RADIATION; TRANSMUTATION, BIOLOGICAL**

ANTIBIOTICS

1. Doc mentioned treatment with **antibiotics** to fit the body chemistry. Go by the numbers. For instance, certain people have an allergy to penicillin, and many people know it by trial and error, others do not know it. Go by the numbers.
2. *No further reference in the listed literature.*

APPENDIX

1. You who have studied surgery know something about how important it is when you operate to miss those transformer glands, especially for **appendicitis** operations because that gland down in the appendix area controls the basic metabolism of the brain waves within the brain. If you disturb it very much you almost become a vegetable. I have seen people who were made a vegetable by an appendicitis operation. Also there is one gland close to the area between the appendix area and the navel that also controls the valve at the neck of the bladder. You can massage these glands and do a marvelous job with them.
2. CLOD: People with ulcers of the stomach, high delta cells in the stomach, colitis, colon pockets, hemorrhoid condition, and inflamed pancreas, and inflamed **appendix**, should not eat nuts or popcorn at all.
3. ARM: If people take colonics, they will not need an **appendix** operation. Colonics are good for diverticulitis.
See also→ **BED WETTING; BRAIN**

APPETITE

1. Some of you may be blessed if you never see the picture because some of the horrible sights that we have to look at are so bad and so sickening until it really upsets your digestive tract for a number of days, and you are so helpless, it is enough to turn your **appetite**, to make you ill almost.
2. B-1 and B-2 by itself a half hour before meals will stimulate the **appetite** and make you hungry. People that are overweight should not have yeast or Vitamin B-1 or Vitamin B-2, that is if it is only an overweight problem, because it makes you hungrier and you eat a lot more food. People whose system naturally manufactures too much B-1 or B-2 actually are hungry all the time and they eat too much. That is one of the causes of obesity but I do not believe in obesity as a disease in itself, it is the result of other body conditions.
3. *No further reference in the listed literature.*
See also→ **VITAMIN B-1 & B-2 (yeast)**

APPRECIATION

1. I am reminded that when I first got married I do not think any man's wife loved him as much as my wife loved me, and she really worshiped me, she really did. She set a burnt offering before me every morning, and I did not want to hurt her feelings and I said, "This is just the way I like my toast" and it was 7 years before she caught on that I just did not want to hurt her feelings. Anyway there is always a bright side of life you know and you learn to **appreciate** things.
2. I had been working in the retreat three days and nights and hadn't really gone to bed at all and when I got to bed about 4.00 o'clock in the morning I had only been asleep about an hour when the phone rang, and it was a man who had been down to the retreat, gotten well and gone home. He was a dairyman, and he'd called at 5.00 o'clock in the morning and he says, "Doc Reams" he says, "It is snowing up here in Virginia, is it snowing down there?" I said, "Not yet, but it is cloudy and overcast and cold, it looked like it might start snowing any time." Well that has amused me many times that there he was, he'd been too sick to work, he'd come and gotten well, he was out at 5.00 o'clock, tending to his dairy cattle. He was so thrilled over seeing the first snow of the season he just had to tell somebody and I was the first one that he thought of. [*This APPRECIATION comment is from Part 13, Stories & Illustrations*]
3. Student: I would like to express my **appreciation** to you Doc Reams, I feel indeed privileged to have studied this course straight from the horse's mouth and I'm really thrilled to have met you and to have studied under you and be able to carry this work forward a little bit.

ARIZONA SALMONELLA

1. In RBTI coding **Arizona Salmonella** is a 126 case, and it was discovered in 1898 in Cuba, and it is a disease that was mislabeled. The bacteria at that time that caused typhoid and malaria were in the Salmonella group so anybody that did not discover a specific salmonella wasn't any chemist at all, or physicist. This thing was found and the

reason it was called Arizona was the doctor that discovered it was from Arizona, and he called it Salmonella. Actually it is not a Salmonella, it is a trichinosis.

This can come from eating pork and some even get it from smoked sausage, or boost meats, or luncheon meats because they've added pork to it. I have never known this to be in any animal other than a pig, and one woman said, "I have had this problem for about 2 years and I have not tasted pork in 15 to 18 years." Those bacteria had gotten in there and slowly got their start and then spread. So your own resistance can slow them down or speed them up but I have seen it also strike very rapidly. There is no way to tell how long they've been in there, but it does come from eating pork.

2. In many cases it Arizona Salmonella also causes the intestinal villi to shed off and once the villi sheds off then moisture does not go on through, it leaks through the lining of the intestines and collects in the abdominal cavity and it has to be drained off. Six to nine months is a long time for anyone to live once it sheds off because it has not been known to rebuild for anyone.

3. After the villi shed off [from the Arizona Salmonella], the outer cells of this wall do replace themselves, in other words it stays alive, but the food cannot pass through it. Unless those villi are there the body cannot pick up the energy from your food. It is the villi that pick up the energy from your food and if it does not take it into the walls where the blood vessels lay you starve to death; you actually starve to death. This thickening happens in the colon [coli], in the small intestine, in the lining of the stomach, the esophagus, and the tongue.

See also→ **AUTOPSY; BLOAT; DEATH; FINGERNAIL; MOISTURE; MOUTH; TRICHINOSIS**

AROUSED EFFECT

1. You can put certain things on your tongue and within 10 seconds you begin to get an effect from them. That is known as "aroused effect," or a quick energy. In other words, it is stimulated energy, it has not actually created something that actually becomes a part of you. It sets the stage for the other organs to begin to perform their part in a perfect anatomy.

2. *No further reference in the listed literature.*

See also→ **ANATOMY**

ARREST

1. About 1931 I started a rapport with the doctors that kept up until 1968. I was doing work in the three largest hospitals in the Orlando area for 38 years when I was arrested for practicing medicine without a license, doing the work for doctors, at the request of doctors, and no one else.

2. The outcome of the arrest in 1968 was that I fought it all the way to the Supreme Court in Florida and won the case. It took me about 5 or 6 years and cost about \$40,000. For 2 years they did not even allow me to practice or do anything. But the result of being arrested was for all these 38 years I had tried to give this to the medical profession, and once they had me arrested then I gave it to the world, for anybody who wants to use it for the glory of God.

3. Whenever a policeman arrests me I say, "I will help you to obey the law as you have to obey it." When I'm put in jail I say to the jailer "I will help you do your job, I will help you do your duty." There is no one who you cannot help, or at least offer your help to.

ARSENIC

1. The colloidal phosphate of arsenic as found in asparagus is the mineral for the heart.

2. Arsenic (As) is a cationic element with 1 anion and 74 cation electrons.

3. Arsenic is the mineral for the heart, but in the form of a colloidal phosphate of arsenic. Arsenic of lead, or normal arsenic, is poisonous and will kill. Colloidal phosphate of arsenic is found in asparagus and is suggested almost right down the line for everybody so mark it on your recommendations for about twice a week, a serving each time, because most people are deficient in it and they need it. A deficiency of arsenic may also cause interference with the regular way the heart beats. You have probably heard about people having surgery on their heart valve and having an artificial valve fitted or some other thing put in. The classical medical teaching for the cause of that is either congenital, or bacterial action on the valves from damage, or roughening of the heart which normal blood bacteria built up on, like a rheumatic valve. Doc maintains it is the lack of arsenic, simple as that.

See also→ **ARTIFICIAL VALVE; ASPARAGUS; BEETS; COLLOIDS; PEANUTS; POISONING**

ARTERY

1. There are basically two different kinds of blood vessels: **arteries** and veins. The standard medical definitions are an artery is a blood vessel that goes from the heart out to the tissues, and a vein comes from the tissues towards the heart. Medically, if there is any vessel that is leading towards the heart it is called a vein and if it is leading away from the heart it is called an artery. There is a difference in the anatomical structure of an artery and vein such that an artery has a thick layer of smooth muscle fiber around it and veins have a thin layer of smooth muscle fibers, and they also have valves.
2. As far as the anatomical effects of moving blood through the system, **arteries** have muscle fibers and veins have no muscle fibers, but valves. The blood actually moves through the arteries by the muscular pumping action of the blood vessel itself, pulsation it is called, where the artery is pulsating and that is why when you put your fingers on your wrist you feel that little thunk, thunk, thunk, thunk. That is the artery that is pulsating. The blood moves back through the veins because of muscle action, and the valves in the veins keep the blood from moving backwards.
3. With the **arteries** and veins a high salt level causes the smooth muscle to lose tone, which means a loss of blood pumping power in the arteries and a weakening of the walls. Doctors will tell you that arteries and veins cannot be rebuilt, and when they tell you that, they simply mean there is no drug that will rebuild them. We see them rebuilt all the time.

See also→ **ANGINA; CHOLESTEROL; CRYSTALLIZATION; DEPOSITS/SPURS; ENERGY IN/OUT; FIBER, MUSCLE; BLOOD PRESSURE, HIGH; INTESTINE; PHLEBITIS; RESISTANCE, LEAST; TISSUE DAMAGE; VEIN**

ARTHRITIS

1. Many doctors classify any pain in the joint as **arthritis** which many times it isn't. True arthritis is a loss of the oil in the cartilage in the joint and then an oxidation process starts. The basic cause is too much of one kind of calcium and not enough of pantothenic acid, Vitamin B-5. It is the same cause as for rheumatoid arthritis, lumbago, neuritis, and so forth. There is too much oxidation in the muscle, or the joint or the system. When you are into the field of calciums you are into a terrific field. Inflammatory arthritis is caused by too many delta cells, or cancer cells, anywhere in the system. Generally it is also brought about by a malfunctioning of the liver. The liver malfunctions because it has too much of one kind of calcium and not enough of another. Therefore nature will try and store up the calcium it has too much of, and it'll store it in the cartilage and in the joints because that is the place that will accept it. Consequently too much is too much, and then the delta cells that are somewhere else in the system collect in that area because there is an oversupply putting extra pressure on the tissue, weakening the area and inflammatory arthritis results. It is the easiest of all diseases to control. Very easy, and I have never seen one case yet whose body did not respond that had it. Inflammatory arthritis is generally not full arthritis and even though it is classified as being very painful and very aggravating, it is one of the easiest of all types of arthritis to handle. Drinking distilled water, correcting the calciums and taking pantothenic acid will clear it rather quickly. You may have swelling of the joints for years and years and I have seen people where their arms and legs looked like posts, and yet they did not have arthritis but were being treated for it, and I have seen those people become perfectly normal in 2 to 3 weeks' time. The cause of the swelling was deterioration, or a deficiency of mineral, in another organ of their body, and it was collecting in the joints in their arms. With inflammatory arthritis deposits of calcium form in the joints and the joints become deformed. When you correct the condition those deposits may break loose and once they break loose they will start working themselves out through the skin in little chunks the size of beads, and then healing takes place rather rapidly. Although the joints swell, the swelling will go away. I have also seen calcium deposits almost like horns sticking out like claws almost through the skin and pushing the skin upward and I have seen those dissolve and come out through the skin. They are a little sore for a few days but heal right up. If you have somebody with inflammatory arthritis and they are overweight and they will not lose weight or cannot lose weight then they still have their problem. Those cases you have to send to a retreat. True arthritis is a loss of oil in the cartilage in the joint which is brought about by high alcohol, but the person does not have to drink alcohol and may never have drunk alcohol. Their own pancreas manufactured too much alcohol and it ruined their liver even to the point of being cirrhotic, and the calcium collects in their joints and everywhere else because this arthritis is generally all over the body. When people die with arthritic conditions they also have cirrhosis of the liver. One of the symptoms of true arthritis is muscle soreness, but there are also other causes of muscle soreness. In true arthritis you seldom find someone with cold hands and feet, because of the alcohol production.

2. Not only is Royal Jelly given for the equal distribution of many different kind of calciums for **arthritis** and especially for soreness of the joints, it is an excellent product and highly beneficial in all leukemia cases along with the carrot and cucumber juice.

3. For instance, if you have an inflammatory type of **arthritis** then most times water near the ocean aggravates your condition so badly, and causes the swelling to be so great till you cannot stand it.

See also→ **BURSITIS; DEPOSITS/SPURS; DISEASE NAMES; FEVER; HEALING SPEED; JOINTS; NEURITIS; RETREAT, NEED TO GO; ROYAL JELLY; VITAMIN B-5; WASP, GUINEA; WATER, DISTILLED**

ARTIFICIAL JOINTS

1. If a client has an **artificial joint** and is put on a program, the program will not cause the joint to deteriorate further. In other words, the joint will normally continue to deteriorate unless you take steps to keep the minerals sufficient and thereby halt the deterioration. I have seen a person have a foot taken off because of deterioration of the bone of the foot, and then the next thing you know it starts deteriorating there and they have to take it off up to the knee. A little later they have to take it off above the knee and all because they have not supplied the phosphate of calciums needed to replace the damage. The body is not going to regrow the normal structure in the hip bone because they would have taken out the transformer gland for that place. If you take a portion of bone out completely you may join it back together and close it up and the blood supply can carry it, but it is not advisable to try. However this is a patch up and I have known some people to thrive for many years while others survive a few months. When you are deficient in Min-Col nature draws its colloidal mineral from its bone.

2. *No further reference in the listed literature.*

ARTIFICIAL VALVE

1. You have probably heard about people having surgery on their heart valve and having an **artificial valve** fitted or some other thing put in. The classical medical teaching for the cause of that is either congenital, or bacterial action on the valves from damage, or roughening of the heart which normal blood bacteria built up on, like a rheumatic valve. Doc maintains it is the lack of arsenic, simple as that.

2. *No further reference in the listed literature.*

See also→ **ARSENIC**

ASH (POWDER)

1. There are two or three ways to convert things to **ash**. In a crematory they want as much of it to go off through the chimney as possible, but in platinum test tubes you can cremate things without losing any of the hydrocarbons or anything else and you will come up with your total residue.

2. Potassium is the mineral for the brain and the brain contains a higher percentage of potassium than any other tissue. The potassium in the brain is not given up whenever it is cremated to an **ash**, it remains in the ash.

3. If you take a 100 lb person, cremate them, and weigh the remains you will have 1.6 lb of **ash** residue. The rest was lost in four forms: Heat, Electricity, Steam, and Smoke.

ASHES

1. The undertaker had been a good friend of ours since I was a child, he hunted and fished with my father. He was somewhat older than I was, his name was Carey Hand, and I went to him and I said to Mr. Hand, "Could I borrow some **ashes** of cremated people for some research work in my lab?" And I told him what my problem was with the police. I said, "I will not take any of it, use it or abuse it, I will return to you all the ashes, dehydrated in the same form that you give them to me. I do not need them, all I need to know is the ionization of them." and he said, "Certainly." In two weeks I had gone through quite a group of ashes in which I had known the sex, age, height, weight, race, creed, color and so forth, and I was able to distinguish them and to come in on the frequency, and as far as I know this was the discovery of frequency for human beings.

2. *No further reference in the listed literature.*

NOTE: *Many people are curious how Reams determined such as "the heart is rich in arsenic," or "the liver has a high quantity of iron & iodine," or "the brain is higher in potassium than any other organ." If you read between the lines above, you should have no trouble understanding that his insight came from a combination of participating in autopsy plus lab analysis of crematory ashes..*

See also→ RACE

ASPARAGUS

1. The arsenic in asparagus is for the heart and Doc suggests asparagus and beets for almost everybody. Check it because most people are deficient in this and they need it. A serving of asparagus is normally suggested about twice a week.
2. A substance cannot be a chemical colloid and poison too, a true chemical colloid is not poison. For instance, the mineral for the heart is arsenic but only in the form of a colloidal phosphate of arsenic as found in asparagus. Arsenic of lead, or normal arsenic, is poisonous and will kill.
3. If the heart has an irregular, but strong, beat all day (not just after meals), it could be that they've had a heart attack in which case you put them on asparagus two or three times a week. Try asparagus or asparagus soup and it does not matter whether it is fresh, canned, or frozen, but asparagus will bring a heart rhythm back to perfect quicker than anything I have ever seen in my life. I have never seen it fail.

See also→ ARSENIC; BEETS; COLLOIDS; RAW DIET; POISONING; RHYTHM

ASSIGNMENT

1. When you ask God for an assignment He's probably going to give you one that you do not want, wish you did not have and one that will make you cry unto God for mercy, like He did with King David. David was so very "human" and when he was on the mountain top and down in the dumps, he would say, in his Book of Psalms, "Lord destroy those Philistines, cut their heads off." God did, but you know who He sent to do it was David. Be careful what you pray for because He may send you to do the job that you prayed to be done.
2. You cannot run from trouble, and no person worth their salt would run from a Heavenly assignment, you would accept it gladly and master it. God will never give you a problem that you cannot use for a stepping stone to rise to higher planes, providing you do certain things, and that is first cleanse the temple and the mind and unload. Unload all of the things that weigh you down.
3. I said, "Sir, I did the experiments that you required of me at the bench, the others I worked out by mathematics." He said, "Pooh, pooh that cannot be done." I said, "Let's go to the board and let's see if it can be done." So for two hours we worked at the board and he gave me problem after problem and I worked them by math, and he said, "You are too accurate, I am failing you anyway." I said, "OK, it is alright with me." I did not mind, it was my senior year and I was going to have some extra electives, instead of that I could do the year over. So the next year I did his assignments at the bench. However, that year I started working, testing carrots, orange juice, vegetables, beans, tomatoes, or peppers and I begin to find there was a great difference in them. I mean the same variety grown by different farmers and that year I used a stumbling block for a stepping stone that actually really put me in high gear toward food research and food chemistry. [This story from Part 10]

ASSIMILATION

1. We can throw mineral in our mouth all day long but if the pH is off and one thing or another we will not assimilate it.
2. For instance, if the pHs were: 6.00/7.50 you would give both the lactate and oxide forms of calcium. A reading like that means first, a Vitamin D deficiency in the body, and even though there is enough for the liver, the liver is not utilizing it (neither assimilation nor manufacture for the body) and it is throwing it out. When you use the lactate it will turn more energy loose in the liver, which then increases the energy in Vitamin D and you will see the urine pH begin to climb a little. Now this will not happen if they are not drinking enough water or if they are drinking too much alcohol which is destroying the liver's functioning. Second, there is too much of one kind of calciums and not enough of the other kinds of calciums, especially the phosphate of calcium, and third, is that the "E" is too low, your energy is too low and the lower the energy the greater the variation in zones.
3. CLOD: The taking of vitamin C does not mean that the body assimilates it at all. You may take vitamin C by the pound and the body not accept one milligram. Vitamin C has low pH and if your body chemistry has low pH it rejects vitamin C.

See also→ CALCIUM DISCUSSION; DIGESTION; MATURING EARLY; LEUKEMIA; ORGANS, SEX; SKIN; VITAMIN A; VITAMIN B-17/LAETRILE; WHITE BLOOD COUNT (WBC)

ASTHMA

1. There is one cause of **asthma**, lack of calcium. You can have a pH of 6.70 or 7.50 or 8 and still have asthma because you can have too much of one kind of calcium and not enough of others. You can have a constipated asthma patient and it is often the case.
2. When the family returned to Africa she was in perfect health, and that child would have been **dead with asthma** if she had not been given the right kind of calciums in the right amount at the right time. Asthma is caused because of lack of calcium.
3. ARM: You will find a key to **asthma** in the pH readings, either high or low. This is always caused by calcium deficiency. You may have too much of one kind and not enough of 6 other kinds. If the pH is below 6.40 and they have asthma, they are deficient in 6 different kinds of calcium. If it's above 6.40, it could be that they are deficient in 5 or 4 kinds. Handle this by calciums. Most of the time they are over-oxygenated. When the urine pH is low, use Cal II, Vitamin D, and lime water.

See also→ **CYSTIC FIBROSIS; HEALTH PERFECT; POLLUTION; SMOG**

ATHLETE'S FOOT

1. The mineral deficiency that affects the **feet** first, then the sinuses, is benzene (beryllium). For all foot and sinus problems use "hot" foods like Mexican food, chili, onions, horseradish, radish, etc.
2. ARM: **Athlete's foot** : Use Ting. Wash feet in good hot water, 20 or 30 minutes. Dry feet? Put on Ting you get at a drug store.
3. *No further reference in the listed literature.*

ATHLETE'S HEART

1. He said, "My family was afraid that I was going to have a heart attack and to satisfy them I cut my diet down and I lost 25 pounds, and I feel so terrible, I have got no get up and my go went, I feel awful." I said, "Well you put the 25 pounds back on because you have **athlete's heart**, you must keep your weight in proportion to the size of your heart."
2. One cause of overweight is related to the heart, more specifically to the size of the heart. People who have **athlete's heart**, that is an enlarged heart from strenuous sports or activities while they were young, must keep their weight in proportion to the size of their heart, or your heart does not have enough to do, and it will begin to skip and give you all kinds of trouble.
3. Normal weight is related to the size of the head, feet, bones, joints, hereditary aspects, the condition of the thyroid, and size of the heart (**athlete's heart**) and many other things.

See also→ **FEET; OBESITY; WEIGHT**

ATHLETES

1. One of the amazing things that you are going to find is that many of our **athletes** are some of the sickest people we've got in this country. They are way out in their body chemistry.
2. *No further reference in the listed literature.*

ATOM

1. An **atom** is a combination of charged particles which results in the making of an element, and all elementary atoms and compound atoms are made out of anionic and cationic energy. Whenever you begin to deal with the atomic elementary structure of a molecule, the variables will cause it to synchronize into a compound substance on one frequency. There are nuclear physicists and particle physicists who claim to have found many new particles when they have bombarded the atom but what they have really found (but not identified properly), is the loss of energy from the atom. They have picked up the loss and change of energy in it, and the energy is either a negative or positive, or anion or cation, or proton or neutron (which is saying the same thing in three different ways) and they are trying to classify at certain levels the difference in substance, like water. The purest of water, pure H₂O, does not all weigh the same, there are all kinds of water, and I'm not talking about compounds in the water. For instance, you have heavy water, you have light water, you have dry water and then you have just water, it is a variation of the energy of your anions and cations that make it up. The lower the energy number of the anion and electrons in water the drier the water, the greater the energy number, the heavier the water.

2. When we talk about minerals we are actually talking about the **atomic** structure. It is the lack or abundance of them that determines health.

3. Whenever you begin to deal with your **atomic** structure, the atomic elementary structure of a molecule, the variables will cause it to synchronize into a compound substance on one frequency.

See also→ **ANGSTROM; CHELATE; CHEMICAL; ELECTROMAGNETISM; ELEMENT; HYDROGEN; ISOTOPE; NEUTRON; NUCLEUS**

ATOMIC MODEL

1. The current teaching of chemistry is wrong and it has been taught incorrectly for many years. For instance, any time in math, or physics or chemistry, that you have a ratio of 1:1, you have the same thing. In chemistry you were taught that you had to have the same number of protons as electrons, or as we say, the same number of cations as anions. Hydrogen has one proton and one electron, or one cation and one anion, a ratio of 1:1. Therefore, anything that has the ratio of 1:1 should be hydrogen because nature would follow the Line of Least Resistance to make it so. Therefore, if oxygen had 8 protons and 8 electrons the physics of that structure would follow the line of least resistance and break it down to be 8 atoms of hydrogen. But since that does not happen it means that either nature does not follow the Line of Least Resistance or the currently taught atomic theory in chemistry is wrong. Since nature does follow the Line of Least Resistance, it can only be that the current **atomic model** is incorrect.

2. Some books say things like, "an isotope has the same atomic number but a different atomic weight than its parent element." An isotope can change directions when subjected to a powerful enough energy field. It tends to follow the greatest amount of energy "pull." That is correct, but all it is saying is that during this change there is a loss of energy whenever the electrons and cations change places. There is a loss of anions and cations is what it is saying in plain simple English.

3. *No further reference in the listed literature.*

See also→ **THEORY ATOMIC STRUCTURE**

ATOMIC NUMBER

1. In the Periodic Table the **atomic number** and specific gravity do not agree with the Biological Ionization system being taught, and will never agree. In Biological Ionization the atomic number and specific gravity are one and the same thing, but in the other course it isn't. In the other course you cannot figure energy and in this course you should be able to figure energy because as long as you have a ratio of one to one regardless of what you are dealing with, you come up with the same thing.

2. An element is any substance with the same **atomic number** that cannot be reduced to any other substance and has two or more atoms in a definite energy ratio to one another.

3. Again this does not apply to density. We said that density was a factor of the atomic particles within those atoms. The greater the density, the greater the frequency. It is a gradient of the **number of atomic particles**, the greater the frequency within that atom, and as you think back and apply this to the factor of the energy state that the body has to be converting to. In other words, if the digestive juices are not strong enough, or if there is not enough resistance, then we cannot convert [to our use] the heavier elements, the more dense elements, as we go down the atomic chart.

See also→ **ATOMIC WEIGHT; WEIGHT**

ATOMIC WEIGHT

1. The atomic number of an element is the position of that element in the periodic table of elements, and the **atomic weight** of an element is determined by the number of electrons and the number of units of energy per cation or anion. Or you can say the atomic weight is the frequency of an element, and is also the atomic energy in a given space. In working with the Periodic Table of Elements, the greater the atomic weight, the greater the frequency. The atomic weight gives the total number of cations and anions in the outer and inner shell of any substance. If you had a cationic element (counter-clockwise electron rotation) with 1 anion and 40 cations you would not have calcium, you would have a new element that hasn't been named yet. It would have an **atomic weight** of 40, the same as calcium, but the elementary properties would be different because the direction of electron spin is different and is of great importance.

2. The greater the number of Milhaus Units of energy in an atom, the greater the **atomic weight**.

3. In looking at the digestion, you need to keep in mind the atomic weight of the minerals in the foods. You have to know that Periodic Table of Elements from memory like you know the ABC's. The reason is that the higher the

specific gravity of the mineral, the greater the **[atomic] weight** and the greater the number of electrons in orbit, so the stronger the gastric juice of the liver has to be in order to get the mineral from the foods you are eating.

See also→ **ALKALINE ELEMENTS; ATOMIC MODEL; BORON; CALCIUM DISCUSSION; CARBON DISCUSSION; CATION; CHROMIUM; DENSITY; ESSENTIAL; GRAVITY, SPECIFIC; HYDROGEN; IODINE; IRON; MAGNESIUM; MANGANESE; MILHAUS; MOLYBDENUM; NITROGEN; OXYGEN; PHOSPHORUS; POISONING; POTASSIUM; WEIGHT; WORDS**

ATTITUDE

1. Q. "I want to ask if illness starts with a lack of love, maybe fear, and hate, but by changing the diet, or the foods of the person, you may also change the **attitude** of the person?" He wants to know if the beginning of disease is hate and fear and so forth. Well when your calciums get too low you have fear. In other words a lack of calciums causes fear and cramps.

2. With a sugars reading between 5.5 and 7.5, the main characteristic is that anything you ask them to do is just too much trouble, too much effort, and if you push them you are liable to end up with somebody on your hands who is crying. Their emotions are right there at the surface. You may have quite a few young people, teens and preteens, who are this way, and when their sugars are running into the 6's and 7's they are tired. Now if you think about most of the foods that people of that age are eating or drinking then you will understand a great deal why. Many of them have an **attitude** of "put off 'til tomorrow what they should be doing today" and you think that they are trying to con you, but they are not, they really feel this way and it is because of the sugars.

3. A mineral deficiency is the cause of all diseases and there is no exception to that rule, but your mental **attitude**, or your emotional state, can be one of the causes of why the mineral deficiency exists, and this will show up at the earliest stage in all of the numbers as a loss of energy. In other words this is where it starts moving down from and the higher it goes the greater the loss of energy, or the more rapid the loss of energy. A rising urea is the VERY FIRST indication of a loss of energy.

See also→ **FEAR; EMOTIONS**

ATTRACT

1. Most people were taught that "opposites attract" but that is wrong, opposites repel each other. They do not **attract**, they repel. The only reason that you have been taught that opposites attract is because of the "bar" magnet. The strong cation "south" picks up cations, leaving the opposite pole to north. You have been taught the name of it wrong in order to expound a theory that is false. If you consider the "Where" and the "What" are the poles of the earth and what is magnetism? Magnetism is the attraction of cations to cations or the attraction of anions to anions and it is the combination of Boyle's Law and Baer's Law that says, "like things attract," but when trying to relate a bar magnet with the spherical earth there is a problem. The earth is basically cationic, and the north and south poles of the earth are also cationic, or positive. The negative part of the earth, the anionic part, is the hot center. When a bar magnet is suspended over the earth the poles must line up north to south because the positive cationic attraction of the magnet is greater than any anionic attraction.

2. Remember, the practical application of the combination of Boyle's Law and Baer's Law is the law of polarity, which says, "like things **attract**," in other words, anions attract anions and cations attract cations. Anions do not attract cations.


3. It is very easy for anybody to be healthy, to be sick you have to work at it, you have to break all the rules, and you have to be very choosy about your foods. "I do not like this," "I do not like that." Then you can get to the place that your body chemistry will crave the thing that you do not need, that it has too much of and there again is your magnet coming into effect, there again is the Boyle's Law and Baer's Law coming into effect, like things **attract** each other. For that reason an alcoholic craves his whiskey, for that reason a person that is a chain smoker craves his nicotine, and a person who is on drugs craves their drugs because of Baer's Law. Now Baer's Law did not change anything, it expressed a biological fact of why we crave that which we have too much of, but when your body chemistry is perfect you will have an instinct that will let you know what you need for the same reason, so it is cause and effect, loss or gain of energy.

See also→ **BAER'S LAW; CIRCLES; LAWS; POLARITY; PROOF; SCRIPTURE**

AURA

1. If the gastric juice is right it creates energy, electrical energy and heat energy. The heat passes right out of our body in anionic form but the electrical energy that is created from the food we eat forms the **aura** of electrical impulses around our body and that can be picked up by instruments.
2. The United States Army had detectors which were able to see the **aura** and tell whether an enemy was encroaching on them. The detectors picked up the electrical aura of bodies and permitted the soldiers to aim a rifle or a gun at the enemy, but they did not know whether it was male or female or whatnot and so it got the troops into a lot of trouble. They killed innocent people at night when they were prowling around, so they had to stop the use of it in Vietnam.
3. *No further reference in the listed literature.*

AUTISM

 **NOTE:** *No entry for "autism" (by that name) found in a complete RBTI literature search. However, the following story by Reams offers much to think about for those facing autism-like communications or development problems.*

Crawling & Synchronization, Vitamin B-3. *As you know nicotinic acid is Vitamin B-3. I had a case of this 17 year old girl in high school and she was called an idiot even though she was a straight A student. She could not write, she could not put her hand where she wanted to put it, her face was twisted in all kinds of positions and expressions and she would hold her head and walk in the most awkward way that you have ever seen.*

Her mother brought the girl to me in 1975 just before school was out, and her numbers showed that her problem was synchronization, her body could not synchronize itself, and the messages were not going through properly from the brain. For instance she knew she wanted to reach down and pick up a pencil but instead of her hand going towards the pencil it would go any which way. She could not put her hand where it was supposed to go.

The girl had the expression of an idiot but only because she'd been told all her life that she was an idiot. She'd always been told that and naturally she took on the expression of an idiot. I said to the mother, "I want to ask you something about this child, did she crawl when she was a baby?" Her mother responded that the girl did not crawl, she just started walking. I said, "Right now her problem is that she cannot crawl and her diet needs certain corrections." My suggested diet took all meats away from her and also gave her Vitamin B-3 foods as well as supplemental Vitamin B-3.

I said, "I want you to take this diet and give it to the child and I also want you to teach her to crawl."

She said, "Doc. my husband is one of the big engineers for Exxon and to have our girl in senior high school still crawling would embarrass us to death, because there is no place in the house to crawl."

I said, "Well, I have told you what to do now, and it is up to you to do it, I cannot tell you how to do it, or what to do."

So the mother left quite angry with me, she was quite peeved with me and when the father came home that afternoon he called me up and he said, "We have spent thousands of dollars on our daughter trying to get her helped and we believe that there is help. I want to ask you something, your instruction is different from anything that we have ever received in our life, and we'll try anything, but how can we do it without being conspicuous?"

I said, "I will tell you what I would do, I would get a 30 foot culvert about 24 to 30 inches round and I would put cushions on the base and I would have her crawl through this culvert, from one end to the other 3 or 4 times a day."

And he said, "I'm going to try it. We've tried everything else and nothing's worked, but we are going to try this too."

I said, "Good, I would like to see her back in 30 days." I never heard anything about it for 30 days, then she was back and I did not even recognize her. She was so different and the first thing the mother said, "we had the surprise of our life, she could not crawl."

After 30 days she learned to synchronize her body by crawling and could even pick up a pencil. It was a little clumsy, but before school was out she was as normal as any person. Even the expression on her face had changed and you would never dream it was the same girl.

I learned about synchronization in England 50 years ago and time and again we use this system where there is a synchronization problem the person must learn to crawl, as well as correcting the diet. If there is any child that we know of now that does not crawl we start to play a game of crawling with the family and so forth.

I had one case 2 years ago where they started walking but 6 months later they began to make certain motions that got the parents terribly upset. The baby could not take a glass to its mouth and spilled everything it got

a hold of so the parents brought the child to me and I found out that it could not crawl. We started it crawling and in 3 months it was just a normal child again.

But this 17 year old girl had been going the same way from infancy to high school. After she learned how to crawl and regained her synchronization she graduated at the very tip top of her class and you should have seen the difference

AUTOCLAVE

1. I like the disposable colonic nozzles the best but others wash them thoroughly in a soap solution then scald them and then put them through an alcohol bath and I like that better than the autoclave. We've never had a problem in all the years we've been dealing with it where it caused any damage. I have never seen any bacteria come through that pure alcohol after it is dried and put in there hot.

2. *No further reference in the listed literature.*

AUTOPSY

1. It is very difficult sometimes for a doctor in performing an **autopsy** to tell which kind of heart attack it was that killed someone, or whether it was the two kinds of heart attack at once. Many times both strike at the same time.

2. About 1962 Doc asked for, and got, a 5 inch part of an intestine from an **autopsy** and he made a study of it and presented the study to the doctors in the hospital to show them what had happened, and they were amazed. One thing about the walls of the intestine in which there is Arizona Salmonella is it thickens, and ordinary doctors just say it is a type of cancer. Well it is not like cancer. After the villi shed off, the outer cells of this wall do replace themselves. In other words it stays alive, but the food cannot pass through it. Unless those villi are there the body cannot pick up the energy from your food. It is the villi that picks up the energy from your food and if it does not take it into the walls where the blood vessels lay you starve to death, actually you starve to death. This thickening happens in the colon, in the small intestine, in the lining of the stomach, the esophagus, and the tongue.

3. You should buy a good physiology book and read it. The physiology books I have read say, at best, that hydrochloric acid production is poorly understood, down to hydrochloric acid is made in the stomach. Hydrochloric acid is made in the liver, not the stomach, and although you are advised to read anatomy and physiology books I did not say believe in them. Now you can very easily find out with a guinea pig or with any animal where the hydrochloric acid is made. Whenever you do an **autopsy**, or are experimenting with animals, merely take a needle and draw some of the hydrochloric acid from the bile duct, or the gallbladder and then test it and then you will find out where it is made. You do not have to ask anybody.

See also→ **ASHES**

AVAILABLE

1. The minerals you take as supplements and what becomes **available** to your body are two different things.

2. The lower the urine pH the greater the deficiency of vitamin C and the more acid a person becomes, say around 6.00, vitamin C basically becomes not **available** to the system, and a lot of people who are sick at that point think, "Oh, if I could have more vitamin C" so they start piling it in even more. Depending on which C they are taking it could compound their problem and make an acid situation more acid.

3. In other words, it is a lack of Vitamin D. At pH 5.20 start giving Vitamin D at 10,000 units twice a day and above 5.40 you give 400 units according to their weight, 3 or 4 capsules, but not over 4 at any one time. Vitamin D makes the calciums **available**.

See also→ **AGING; PREMATURE; ALCOHOLISM; ALGAVIM; ANEMIA; BREAST; CALCIUM GLUCONATE; CALCIUM HYDROXIDE; CALCIUM OXIDE; SPECIAL CALCIUMS NOTE; CARROT; CATAPLEX A/F; CHAPARRAL; DOLOMITE DISCUSSION; GINSENG; VITAMIN B-17/LAETRILE; LEUKEMIA; MOLYBDENUM; MUSCULAR DYSTROPHY; PATIENCE; SMOG; VITAMIN A; VITAMIN B-15; VITAMIN D**

BABY

1. A perfect new born baby girl, weighing between 6 and 7 pounds, would have reserve energy of 8, and a baby boy would have a 10 for the same weight. After the **baby** is born you can start testing them anytime after they get home from the hospital, say two weeks or so and you would introduce the drinking of water for the baby before it is six weeks old. There is no age that people cannot take lemonade, we even start two week old babies on lemonade, and

people should expect to consume the lemonade for a long, long time. I have been on it over 70 years now and I drink it as often as I can get it and I try to drink some every day. Occasionally I go for two or three days and drink it every hour but then when your body is in almost perfect harmony you will know when you need it and then go get it. One of the most amusing things is if the mother has to go on to a lemon water diet because her blood sugar is too high, or for some other purpose, and she's nursing a baby. About the second day, the baby will not nurse because the milk tastes like lemonade, it is a change in flavor and baby fusses at mother, "What is going wrong with you?" After 3 or 4 more days it clears up and the milk tastes good again to the baby. However, there are about 2 or 3 days when mother's chemistry is in withdrawal that the baby really puts up a fuss and then the mother gets very, very disturbed thinking that her baby might starve to death. Give baby a little bit of water and a little bit of fruit juice if it is old enough, and if it is young enough just do the best you can with it. The baby will not starve for 2 or 3 days and it'll even learn to like the lemon flavored mother's milk. A baby resists any kind of a change in diet whatever and will tell you when it does not like it.

2. Many times mothers may say, "My baby's urine smells so strong of ammonia and it is really rough to change the diaper." In that case the diet is too rich in proteins for the baby and if she's nursing the **baby** then the mother should begin taking dolomite.

3. When babies are little they cannot walk, they have no teeth and a lot of them have no hair. When their liver manufactures enough substance for them to have hair, then they start growing teeth and their joints get strong enough for them to walk, and so forth. After **baby** gets these things and goes past that stage he does not need them any more, so the liver does not manufacture any more. Later, whenever the young man comes into young manhood and the young woman comes into young womanhood other things need to happen and then the liver starts manufacturing a substance necessary for that age. Therefore nature distributes the elements to the direct parts of the body as required by the ionization of that system.

See also→ **BREASTFEEDING; DETERGENT; FETUS; MOTHERS**

BACKACHE

1. Now in a case with these exact numbers you ask, "Do you have a **backache** on the right side?" "Yes, come to think of it I do sometimes." That is from that kidney there. Also in this particular case he needs colonics but you could give him K-Min first. A coffee enema would be alright too. In this particular case I would give Cal II twice a day and 1000 units of vitamin C twice a day and it will form a lactate, but in this case you need another test in two weeks so it will not last too long. Try to see the person in the numbers. Study them closely.

2. *No further reference in the listed literature.*

See also→ **ENEMA**

BACTERIA

1. It is a very good idea to get a medical book on parasites and fungus and **bacteria**. There are a lot of books on it but when you read the first book you will think you know it, get your second book and it contradicts the first one, get your third book and it contradicts the first two and then get your microscope and go to work on it if you really want to know something about them. Many times in the books you do not know whether they are talking about fungus or bacteria, plants or animals. They will talk about a fungus with all the descriptions of bacteria and bacteria with all the description of a fungus. It is a bit like a blind men describing an elephant, and you will find bacteria and fungus that are in the wrong classification but those are the names they were given to start with and those are the ones that stuck. Do not get excited about the confusion. The difference in one-celled animals is whether they use oxygen or not. Bacteria and animals use oxygen, and fungus and plants use carbon dioxide (CO₂). It makes a lot of difference and if you know what you are dealing with it makes a lot of difference in the food and the diet that you are working with, for instance, colitis is an inflammation of the colon, and basically it is a bacteria. Look into the family of it and see.

2. Viruses should not be in the blood, but some **bacteria**, like aerobic bacteria and the ones you find in yogurt are normal and indeed a number of bacterial families should be in the blood, even a minor amount of some of the salmonellas should be in there in order to ward off the other salmonellas.

3. Fevers are mainly brought about because of a fungus or **bacterial** chemical action and normally it is chlorine and boron that become the agents in our system to keep the bacteria and fungus from eating us up.

See also→ **ACIDOPHILUS; ACTIONS; AGING, PREMATURE; ARIZONA SALMONELLA; ARSENIC; AUTOCLAVE; BOWEL/STOOL ODOR; BUTTERMILK; CARBON DIOXIDE CO₂;**