

Carey Reams' constant mantra... *Go by the numbers*

Lesser known is his insightful... *You misunderstood me perfectly*

This reference manual is dedicated to the biological ionization science that Carey Reams wanted us all to know, love, and share. Humans being what they are, error and distortion were certain to creep in right from the beginning as his students fanned out over the years with the mission of teaching others what Reams had struggled to teach them.

Those who study human nature deeply understand that many distortions, spelling errors, mistakes, misunderstandings, and other confusions appeared almost immediately. For example, Reams mentioned "ground itch," a worm common to those who go barefoot. The transcriptionist heard that as "groundage" and it has been uncorrected in the Alphabetical Reference Manual for almost forty years. While some think it only a minor matter, others understand it is a shining example of how errors creep and creep and creep.

In my opinion, the best way to minimize both error and distortion is to critique and compare. That is easily done by simply listing the basic terms that Reams used and comparing his words with those of his students. While requiring review and study, ardent seekers of truth should be able to unravel many mysteries by having the various items presented table-like in alphabetical order.

What is the original impetus for this book, which has grown large starting with a series of original personal notes? Here is a story that may give insight. Many years ago I noticed a 3-hole binder on ABE (Advanced Book Exchange) claiming to be transcripts of RBTI lectures by Dr Clarence Johnson. It was priced at \$500. I followed the notebook online for several days thinking that perhaps the seller might lower the price. I was shocked to notice that someone quickly bought the binder at that princely sum---possibly sure that it contained the answers to many great mysteries. That is not much of a story until we fast forward quite a few years and I was gifted with faint mimeographed copies of Johnson's original lectures. As I reviewed them, I was shocked to realize that Johnson did not have that great a grasp of RBTI concepts. The essence of his work is held up for critique in this book and I suspect that many readers will decide that the 139 inclusions illustrate that his knowledge, while great in many ways, was limited in others.

A concept that needs to be understood by all readers of these pages is that the attributed statements are drawn from written works of years past. While it is possible---probable---that the author quoted may deny certain claims of long ago in today's arena, the fact remains that the authors either stated their studied thoughts in front of a formal class or they wrote them down for publication.

Publication---public sharing---is a key point. We are not interested in personal notes. Further, it is improper to critique or comment on private lessons such as those of Michael Olszta. We only want to review commonly available works that can be easily checked to see if our favorite author really meant what they said. Further, commonly available works make it possible for others to determine whether this publication has taken something out of context or is just plain wrong.

Some may think this book merely a collection of quotes from copyrighted material, but it is far from that. Among other "*fair use*" permissions specified by the US Copyright Office are these special cases: "*quotation of excerpts in a review or criticism for purposes of illustration or comment AND/OR quotation of short passages in a scholarly or technical work, for illustration or clarification of the author's observations.*" Falling within those parameters, the primary purpose of this book is to allow new generations the ability to better understand the teachings of Carey A. Reams through review, criticism, illustration, and clarification of short portions (clippings) of the collected works of himself, his various students, and transcribers. The secondary purpose is to illustrate the RBTI literature of various teachers, authors, or transcribers so that new generations can become interested enough to purchase the quoted source books and other materials from their authors or distributors. My hope is that at least a few will locate the RBTI-wise guru they have been seeking by reviewing the critiques here.

There are severe space limitations in a work of this kind. For instance, almost 350,000 words far too quickly filled the printer's imposed 300 page limit. That maximum continually forced me to return and shrink wordy entries by careful editing as I uncovered fresh material. I also had to search for ways to combine similar terms. These actions can easily lead to charges that the selected material is out of context. Perhaps a later edition will ease this problem. Is this work free of error? Likely not, for each proofing manages to find yet one more mistake. Rest assured that reports of any technical errors such as mis-attributions will be incorporated as received.

A major purpose of this book is to cast light on possible misunderstanding by reviewed authors as kindly as possible. If an

author feels offended, all that needs to be done is for the author to send me written assurance that a correction of the specific item will be made in any further distribution of their work. If an author feels their words were misquoted, they can submit new phrasing and proper correction will be made.

I also suggest that readers train themselves to clearly identify direct quotations by an author that the reader knows from experience are misleading. As stated before, this collection is meant to be a critique and the word implies that wrongness should be corrected or at least noted. Having said that, there should be no exasperation when it becomes apparent that an author let something inaccurate pass through. Reams, himself, often made wrong statements during lectures and evidently counted on his audience to provide corrective feedback. Apparently, he was never offended when it came. Similarly, Michael Olszta actually begs his students to provide proof-reading and correcting. He knows that to err is human and the solution is to make corrections. My hope is that every criticism offered in this book will be met with that same spirit. Critiqued authors may be annoyed, but I hope they understand that my intention is to make RBTI greater.


It is difficult to decide any order of trustworthiness. Certainly, if a later teacher writes something contrary to Reams' own *Choose Life Or Death* we should adopt a hard stare. The same is true when comparing a later writer's comments that clash with transcriptions. The transcriptionist tries hard to type out exactly what Reams said or what another said if Reams was present in the room. An exception is that Clarence Johnson lectured without permission.

Some RBTI common terms show up thousands of times in the studied documents. And, yes, some RBTI common terms are mis-used by almost everyone---Reams included. For instance, "*blood sugar*" is used over 700 times in the searched listed documents, but seldom did an instance actually address blood testing.

Is every utterance about every term by every author included? Of course not. Judgment was necessary to quote a fair or illustrative amount. However, judgment was also needed not only to keep from swamping the project with too many quotes, but to also keep within the printer's limitation. For instance, if Rob Owen's massive "Class 1-5" document had dozens---even hundreds---of references to a term, I might include in rare cases as many as ten to set the stage. Other authors might then be allowed a proportionate number. In most cases, however, two or three instances from each author does the job. It is hoped that feedback from both authors and the RBTI community at large will make future editions far more concise and meaningful. That feedback should address my human failures and also suggest new terms or better ways to highlight the already present terms.

Obviously this will prove an imperfect book and I apologize beforehand, but I feel it is a start toward knowing what Reams really meant and it could help us all avoid "*misunderstanding him perfectly.*"

Rex Harrill

 **NOTE:** About paraphrasing: Transcripts are transcripts. The transcriber often has to attempt to capture words in a fast back & forth. Other times they must struggle to hear long ago nuances from a decaying tape. The document you are reading examines transcripts and often must paraphrase. For instance this direct verbatim transcription:

(Lack of vitamin C.) Vitamin C deficiency and vitamin - . (A.) "A" deficiency is right. What causes liver spots? (The lack of D.) Huh? (Lack of D.) Lack of D. (Liver spots -) Not enough calcium. What? (... liver?) Say that again, please. is very confusing.

This book might paraphrase the above as "Liver spots are related to a lack of vitamin D, which is dependent on adequate vitamin C and calcium." However, the reader should understand that document clipping sources and references are always cited for those who wish to research original publications.

SOURCES OF CRITIQUED MATERIALS

ACRES USA: *The alternative agriculture newspaper, ACRES, USA, conducted a wide ranging interview with Reams in 1978. With a particular focus on hypoglycemia and diabetes, these 9 pages contain much wisdom. I later found segments of that interview in the old HEALTHVIEW newsletter and portions in an inhouse newsletter put out by Dr. Douglas Jesse. It is easily downloaded from the internet.*

ANATOMY: *This 209 page transcript of a seminar conducted by Reams and Manthei in 1983 is rich in content that is not always present in other documents. Thomas Giannou freely shares this most excellent transcript.*

ARM: *The Alphabetical Reference Manual has been a mainstay of the RBTI curious and the RBTI experienced for almost 40 years. In 1975 and 1976, Stanley and Gertrude Gardner attended a series of Reams Biological Theory of Ionization classes so that they could be trained as testers. At that time there were almost no written protocols and Reams taught from his personal notes. The Gardners taped the classes and later had them transcribed---a procedure common, then and now, for those attending highly technical seminars. However, the Gardners did not stop there. Rather than simply creating a transcript, they decided to break the material apart and create a 136 page closely-typed alphabetical compilation wherein every part of the material that concerned a specific subject was placed together. In essence, they created an "A to Z" of the RBTI, although they failed to list many terms.*

BEDDOE: *Dr. Alexander Beddoe was a primary student of Reams and has taught the RBTI for over 35 years. His **Biologic Ionization** textbook of 339 pages is highly regarded. Beddoe also publishes articles and essays about RBTI in print and on his website.*
<http://www.advancedideals.org/>

BEDDOE Q&A: *A multi-page document prepared by Dr. Beddoe and installed on his website.*

CHALLEN: *Dr. Challen Waychoff currently teaches RBTI and consults from his office in Wheeling, WV. He has developed the following publications. **The Health Theory; Introduction to the RBTI; Choose Life; The Secret is in the Diet; The Only Health Guide You Will Ever Need; RBTI Level I; RBTI Level II; and RBTI Level III.***
<http://www.heavenlywater.com>

C.H.E.M: *The **Christian Health Education Ministry** is based in Camden, TN. They operate a year round RBTI retreat as well as teach basic RBTI in a classroom setting and also via a 182 page correspondence course. The owners, Peter and Cossil Lewis also operate a health food store (731-279-0350).*
<http://www.christianhealtheeducation.com/education.html>

CLASS 1-5: *Robert Owen, of Australia, has transcribed hundreds of hours of Reams audiotapes of lectures, seminars, and classes. He organized this information for his own personal use, but the width and breath of almost 900 pages of directly on-topic RBTI information is entirely too valuable to keep private. Accordingly, anyone can now purchase the massive pdf document and arrange instant-download by contacting brixmanus@gmail.com. A 45 page preview of the document can be downloaded from this location."*
<https://dl.dropboxusercontent.com/u/11543729/class1-5preview45pages.pdf>

CLOD: *Doc Reams' **Choose Life Or Death** at 179 pages has been reprinted many times. Later printings had June Wiles' preface inserted in place of Reams' preface. The "missing" Reams preface is online in many places. CLOD is difficult to read, but full of extraordinary wisdom. **Choose Life Or Death** can be obtained from Pike AgriLab, Promise Outreach, or Living Well Herbs in McMinnville, TN. Living Well (the copyright holder) has plans to reprint the book with both the original preface and an extensive index.*

DAILY: *Jim Daily owned an electronics manufacturing business and lost his health. He ended up with Reams at Blue Ridge, GA. When Reams suggested someone should undertake to manufacture the essential supplements that Reams employed to help people regain their health, a refreshed Daily stepped forward. Daily bought the encapsulating machinery and sold off everything electronic from his prior life. To this day, Daily is considered the first stop for those seeking RBTI supplements. The website splash page has a link to Daily's **Layman's Guide to RBTI.***
<http://www.daily-mfg.com/>

DAVIS: *Nord Davis wrote and published **The Curse Causeless Shall Not Come**. The 38 page booklet is widely available at no charge on the internet. In a little pamphlet, **TO SIN BY SILENCE**, published in June, 1978, Nord Davis wrote: "White sugar converts to alcohol and drives out your precious calcium. Then your teeth start to decay. It all comes from a faulty diet, and the authorities are doing all they can to keep me from telling you this in print or in person. " **Curse**," in its own*

way, says it all.

DUNLAP: Frederick Dunlap's 42 page RBTI manual is dedicated to helping people understand the basics of RBTI. Short on theory, but long on specific advice, it is a favorite for many.

EUGENE REAMS: Doc Reams had six children, of which only one attempted to teach RBTI after his passing. According to a period witness, Gene had an aptitude for RBTI and found many appreciative students, but later decided to run a health food store. There are 41 pages of his newsletters in the file.

FONTENOT: Joanne Fontenot was given up as hopeless by the medical community. She was healed after entering Reams' retreat. She was so grateful that she wrote a short booklet, **No Time To Die**, that is even today circulated on the internet. The following brief review from Amazon can help you understand the unique place of **No Time**.

"I have read this book over and over in the last 20 years. It is so full of information that can save your life and make a difference in your health. Amazing information that can help with babies and nursing and all sorts of truths that you will not know even if you are a health person. Strongly advise reading this book."

GREEN PASTURES COOKBOOK: Cheri Van Over's 117 page cookbook is full of recipes suitable for the RBTI student. Our interest is only in those cases where a recipe might have a reason.

HEALTHVIEW: In 1977, Healthview magazine (no longer published) interviewed Carey Reams and published special issue 6A, covering hypoglycemia/diabetes and also 6B, heart problems. Parts of these interviews were republished by ACRES USA and Dr Jesse.

ION INSTITUTE: The World Ionization Institute is a now-defunct organization founded in Ft. Lauderdale, FL. Evidently, they were involved with Reams in two efforts: 1) distributing the high-end German Chiron sprayer to Reams' agricultural clients and 2) preparing a comprehensive RBTI manual that reflected a freshened status of RBTI in 1984-1985. I have been unable to locate Institute seminar schedules or classes, but I am aware of multiple copies of the manual in private hands.

JESSE: Dr. Douglas Jesse is an Australian chiropractor who became enamored of the RBTI in the earlier days and took the various courses offered. He developed an excellent understanding of the formula and how to pinpoint human disorders. Having a long and successful history in homeopathy, Jesse created an amalgam of RBTI & homeopathy that allowed him to deal efficiently and effectively with his clients. After writing several books expounding his take on RBTI, Jesse undertook an international tour and taught his understanding to many students in various countries. I was personal witness to Dr. Jesse testing 24 students at a symposium in Baltimore, MD in which he thoroughly amazed all with his ability to pinpoint very specific ailments based solely on "the numbers." However, Jesse's failure to fully accept Reams' dictum that "all disease is a mineral deficiency" caused his RBTI + homeopathy mixture to gradually fade away. Jesse's books are easily obtained from online used book stores such as Amazon. Quotes from only one, **The Ionic Body**, are included in this desk reference. RBTI, with its emphasis on "a great variety of foods" and basic mineral supplementation continues its march toward the future.

JOHNSON: Clarence Johnson, a chiropractor who attended Reams seminars, found the RBTI useful in his practice and in 1977 began lecturing. Although the years after that are not clear, his lecture notes of over 300 pages from March and also April of 1977 touch on many direct RBTI concepts and are worthy of inclusion. It should be noted that the Reams organization was unhappy with Johnson's lecturing.

KIRBAN: Salem Kirban (1925-2010) was a Christian author who wrote numerous books about the Apocalypse. In 1976 he heard about Carey Reams' Blue Ridge Retreat and decided to go there to interview Reams and to undertake a RBTI program. Kirban's 180 page **Health Guide For Survival** made a big splash for the urine/saliva testing process. Audio recordings of Kirban's lengthy interview with Reams are spread around the internet. A decade later, Reams murmured assent when someone said that they thought the book was "60%" accurate. No one has ever performed the study needed to ascertain which part is accurate and which may not be, but listening to the tapes while reading the book indicates Kirban strove hard to be faithful to Reams.

MANTHEI: Dr. Joseph Manthei D.C., taught RBTI for many years and operated retreats in several locations. Many considered him a star pupil of Reams. Manthei retired from active teaching in 1999 and turned over everything RBTI to Su & Mike Aberle. Copyrighted Manthei publications (of perhaps 600-1000 pages are sometimes available from Promise Outreach (see). There are hundreds of entries in this book traceable to Dr. Manthei that help the reader understand where he stood with the majority of RBTI notables and where he differed, sometimes in direct opposition."

MOSES: It is not known who ghost wrote Reams "biography," but it was never published. Private copies are in circulation for research only.

OLSZTA: Michael Sigurd Olszta conducts an online RBTI teaching ministry. His work covers many hundreds of pages, but his private lessons are proprietary and passages cannot be critiqued here without damaging his business. The only documents available to critique are his Diet Booklet plus several sample lessons that are publicly distributed by him. <http://www.olszta.com/>


PROMISE OUTREACH: When Dr. Manthei retired from teaching RBTI in 1999, he arranged for Su & Mike Aberle, trading as Promise Outreach, to take over all his copyrights, publications, lectures, retreat work, and teaching. They currently train RBTI interns and conduct a retreat in Wisconsin. They also sell certain of Manthei's publications via a website. Their 162 page **Promise In a Nutshell** has been thoroughly searched to see how well it agrees and disagrees with Reams' teaching.

REAMS ANALYSIS: Is a 65 page general guide to proper use of RBTI. Although Reams' name is attached, it clearly is not Reams but thought to be the work of Paul Braddock. It can be downloaded from the Daily website.

REAMS/BLACK: Thomas Giannou's 191 page transcript of very early audiotapes from a Session 1 seminar conducted by Carey Reams & John Black serves in conjunction with **Choose Life Or Death** to introduce many to RBTI. Thomas' respect for Carey Reams' teaching led him to allow the transcript to be shared by all. This is an ongoing project with occasional minor revisions. Be sure to obtain a later revised copy as earlier partial copies do exist. Thomas has also started a transcript of a set of tapes from another Session 1 seminar. My intention is to critique the two for inconsistencies once he is finished.

REAMS/MANTHEI COOKING: Is a 198 page transcript of a 1982 class conducted by Reams. This document has been privately shared around for many years.

REAMS/SKOW COOKING: Is a 104 page transcript of a cooking class rich in RBTI theory that was conducted by Reams in 1982.

 **NOTE:** While defying ordinary critique, **Johns List** is an important tool for the RBTI seeker. It is attributed to Thurman McCoy who owned a health food store in Duluth, Georgia and became an enthusiastic supporter of RBTI when he met Reams in 1973. McCoy later provided 40+ acres of land in the mountains near Blue Ridge GA that Reams turned into a RBTI retreat. The retreat closed in 1976, but McCoy remained a close confidant of Reams until the latter's death in 1985.

 ABDOMEN	 BATH, SITZ	 CATALYST	 COPPER
 ABORTION	 BEDWETTING	 CATAPLEX (Royal Lee)	 CORPUSCLE
 ABSENTMINDED	 BEHAVIOR	 CATARACTS	 COUGH
 ACCIDENTS	 BERYLLIUM/BENZENE	 CATION/CATIONIC	 CRAMPS
 ACID	 BILE	 CATNIP TEA	 CRAVINGS
 ACIDOPHIILUS	 BIOLOGICAL	 CELERY	 CRYSTALLIZATION
 ACIDOSIS	 BLACKOUTS	 CELL DEBRIS/ALBU...	 DEATH
 ACNE	 BLADDER (urinary)	 CELL, ALPHA	 DEFICIENCY
 ACUPUNCTURE	 BLISTERS	 CELL, NORMAL	 DEHYDRATE
 ADDITIVES/PRESER...	 BLOAT	 CELL. DAMAGED	 DEIONIZED
 ADHESIONS	 BLOOD	 CELLS, DELTA	 DENSITY
 ADRENAL	 BLOOD PRESSURE	 CELLS, OMEGA	 DEPOSITS
 AGING	 BLOOD THINNER	 CHAPARRAL	 DEPRESSION
 AIR, FRESH	 BLOOD VESSEL	 CHARCOAL	 DIABETIC
 ALCOHOL	 BONES	 CHEESE	 DIAGNOSIS
 ALFALFA	 BORON	 CHELATE	 DIARRHEA
 ALGA----	 BOWEL CONDITION	 CHEMICAL	 DIET
 ALKALINE	 BRAIN	 CHEMISTRY, BODY	 DIGESTION
 ALKALOIDS	 BRAZILIAN TEA	 CHEMOTHERAPY	 DIGITALIS
 ALLERGIC	 BREAST	 CHEWING	 DISEASE
 ALLSPICE/ASH	 BREASTFEEDING	 CHILD	 DISEASE, PARKINSON
 ALOE VERA	 BREATHE	 CHIROPRACTIC	 DISEASE, WILSONS
 ALS (Lou Gehrig)	 BRIX	 CHLORINE	 DIVERTICULITIS
 ALUMINUM	 BRIX/ACID RATIO	 CHLOROPHYLL	 DIZZY
 AMINO ACID	 BRUISES	 CHOCOLATE	 DOLOMITE
 AMMONIA	 BURN/SUNBURN	 CHOLESTEROL	 DOUBLE ACID/ALKA...
 ANALYSIS	 BUTTER	 CHROMIUM	 DRUGS
 ANATOMY	 BUTTERMILK	 CHROMOSOMES	 EARS
 ANEMIA	 CABBAGE	 CIRCLES	 ECZEMA
 ANGINA	 CAKE TESTER	 CIRCULATE	 EFFICIENCY
 ANGSTROMS	 CAL-II	 CIRRHOSIS	 ELECTRICITY
 ANION/ANIONIC	 CALCIUM (TRI)	 CLAW	 ELECTRODE
 ANTIBIOTICS	 CALCIUM CARBONA...	 CLINITEST	 ELECTROLYTE
 APPENDIX	 CALCIUM GLUCONA...	 COBALT	 ELECTRONS
 APPETITE	 CALCIUM GYPSUM	 CODES, DISORDER	 ELEMENTARY SUBS...
 ARIZONA SALMONE...	 CALCIUM HYDROXIDE	 COFFEE/CAFFEINE	 ELEMENTS
 ARSENIC	 CALCIUM LACTATE	 COLD HANDS & FEET	 ELIMINATION
 ARTERIES/HARDENI...	 CALCIUM MAGNESI...	 COLITIS	 ELLIPSE
 ARTHRITIS	 CALCIUM OXIDE	 COLLAGEN DISEASE	 EMOTIONS
 ASHES	 CALCIUM PHOSPHA...	 COLLOIDS/COLLOID...	 EMPHYSEMA
 ASPARAGUS	 CALCIUM(S)	 COLON	 ENEMA
 ASTHMA	 CALCULUS	 COLONIC	 ENERGY
 ATHLETE	 CALORIE	 COLOR	 ENERGY IN/OUT
 ATOMS/ATOMIC	 CANCER	 COMA	 ENERGY, RESERVE
 ATTRACT	 CAPILLARIES	 COMFREY	 ENZYMES
 AUTISM	 CAPSULES/TABLETS	 COMPOUND	 EPILEPSY
 BABY	 CARBOHYDRATE	 CONDIMENTS	 EQUATION
 BACKACHE	 CARBON	 CONDUCTIVITY	 EXCHANGE, BASE
 BACTERIA	 CARBON DIOXIDE C...	 CONSTIPATION	 EXCHANGE, ENERGY
 BAKING SODA/BICA...	 CARBON MONOXIDE	 CONVERSION	 EYE
 BALANCE	 CARCINOMA	 CONVULSION/SEIZU...	 EYE READINGS
 BALDNESS	 CAROB	 COOKWARE	 FACTORS

 FADS	 HEREDITARY	 MATHEMATIC	 pH
 FAST	 HERNIA	 MEAT	 pH- SPLIT
 FEAR	 HIVES	 MEAT, FAT QUALITY	 pH - SALIVA (SpH)
 FEET	 HORMONE	 MEAT, TENDERIZER	 pH - URINE (UpH is o...
 FERRO TONIC	 HORMONE, SEX	 MEDICAL PRACTICE...	 PHLEBITIS
 FETUS	 HOT FLASHES	 MENSTRUAL/MENO...	 PHOSPHATE
 FEVER	 HYDROCHLORIC-HCl	 MERCURY	 PICTURE, NO
 FIBER	 HYDROGEN	 MESSAGE	 PICTURE, THE
 FIGHT OR FLIGHT	 HYPERTENSION	 METABOLISM	 PNEUMONIA
 FINGERNAIL	 HYPOGLYCEMIA	 MICRONAGE	 POISONING
 FIRE	 IDENTITY	 MICRONAGE, MILLI	 POLARITY
 FLUID	 ILLNESS	 MICRONAGE, MILLI ...	 PONS
 FOAM	 INDIGESTION	 MICROSCOPE	 POST MORTEA
 FOOD	 INFLAMMATION	 MICROWAVE	 POTASSIUM
 FOOD QUALITY	 INJURY	 MILHAUS UNITS	 POTASSIUM CITRAT...
 FOOD, BABY	 INSOMNIA	 MILK	 POTASSIUM NITRATE
 FOOD, RAW DIET	 INSTINCT	 MIN-COL	 POTATO
 FOOD, RESTRICTED	 INSTRUMENTS	 MINERAL	 PREGNANCY
 FORGETFUL	 INSULIN/FLUSH/SH...	 MISCARRIAGE	 PRESSURE
 FORMULA X	 INTESTINE	 MOISTURE	 PROSTATE
 FRECKLES	 IODINE	 MOLECULE	 PROTEIN
 FREQUENCY	 IONIZATION	 MOTHERS	 PRUNES/ JUICE
 FRUIT	 IONS	 MOUTH	 PSORIASIS
 FUNGUS/VIRUS/BAC...	 IRON	 MUCUS	 PTSD
 GALLBLADDER/STO...	 ISOTOPE	 MULTIPLE SCLERO...	 RADIATION
 GARLIC	 ITCHING	 MUSCLE	 RAISINS
 GAS	 JOINT, ARTIFICIAL	 MUSCULAR DYSTR...	 RANGE NOTES
 GELATIN	 JOINTS	 MUSTARD	 RATIO
 GENETIC	 JUICE, GASTRIC	 NERVE, CENTRAL	 RECTUM
 GERM	 JUICES	 NERVE, LOCAL	 REPRODUCTIVE OR...
 GINSENG	 K-MIN	 NERVE, VAGUS	 RESISTANCE
 GLANDS	 KIDNEY	 NERVES	 RESISTANCE, LEAST
 GLAUCOMA	 KINDS (genetic)	 NEUTRONS	 RETREAT
 GLUCOSE	 KOSHERIZE	 NITRATE	 RETREAT, NEED
 GLYCOGEN	 LAETRILE/CYANIDE	 NUMBERS, COMPLEX	 ROYAL JELLY
 GMO	 LAXATIVE	 NUMBERS, GO BY	 RUPTURE
 GOITER	 LECITHIN	 NUTRITION, FROM A...	 SALT RETENTION
 GOLDENSEAL	 LEMON WATER/LEM...	 NUTS	 SALT, SEA
 GOVERNOR	 LEUKEMIA	 OBESITY	 SALTS
 GREEN DRINK	 LIME WATER	 ODOR	 SCARS
 GROUND ITCH	 LIVER	 OIL, BODY	 SCHIZOPHRENIA
 GUMS	 LONGEVITY	 OIL, COD LIVER	 SICKNESS, MOTION
 HAIR	 LUNGS	 OIL/FAT/BUTTER	 SKEPTIC
 HATE	 LUPUS	 OPIUM	 SKIN
 HEALING	 LYMPHOMA, NON-H...	 ORANGES	 SMOKING
 HEALTH	 MAGNESIUM	 ORGAN	 SOAP
 HEALTH, PERFECT	 MAGNETIC	 OSCILLOSCOPE	 SOY
 HEALTHY	 MALADIES	 OXYGEN	 SPECIFIC GRAVITY
 HEART	 MANGANESE	 PAIN, GROWING	 SPINAL COLUMN
 HEMOGLOBIN	 MANUFACTURE	 PAINS & ACHES	 SPINAL MENINGITIS
 HEMORRHAGE	 MARGARINE	 PANCREAS	 SPLEEN
 HEMORRHOID	 MARIJUANA/POT	 PARASITES	 STARCHES & SWEETS

 STOLE/STOLON	 VITAMIN D	 JOHNS LIST printplay	 RADIUM
 STOMACH	 VITAMIN E	 KETOSIS	 RANGE D
 STRAIGHT/MIXED	 VITAMIN K	 KINDS	 RATE
 STROKE	 VITAMIN P	 LACTIC ACID	 REALM
 SUGAR-SALT RATIO	 VITAMIN, GENERAL	 LAW	 RECIPROCAL
 SUGAR SUBSTITUTES	 VOMITING	 LEGS	 REFRACTOMETER
 SUGAR, BLOOD	 WALKING	 LEPROSY	 RELATIVITY
 SUGARS	 WARTS	 LEVEL	 RELIGION/CULTURE
 SUPPLEMENTS	 WATER	 LOGARITHM	 REMINERALIZE
 SWEAT	 WATER, DISTILLED	 LOSS	 RHYTHM
 SWELLING	 WBC (white blood co...	 LYMPH	 ROOT
 SYNCHRONIZATION	 WEAK POINTS	 MAGNET	 ROT
 TASTE	 WEAK SPOT	 MALARIA	 RULE
 TEETH	 WHISKEY	 MALFUNCTION	 SALIVA
 TEMPERATURE	 WINE	 MANTISSA	 SCALE
 TEMPERENCE	 WITHDRAWAL	 MATTER	 SCURVY
 THROAT	 WORMS	 METAL	 SEX ORGANS
 TIME	 WRINKLES	 MILLET	 SICK
 TISSUE	 YEAST	 MIND	 SLEEP
 TONGUE	 YOGURT	 MINERALS, ALT SOU...	 SMELL
 TONSILS	 ZEST TONIC	 MOON	 SODIUM
 TOXIC	 ZINC	 MORNING SICKNESS	 SOFT TISSUE
 TRANSFORMER	 ZONE OF MISERY	 MOTHER CARE	 SORCERERS
 TRI-MIN	 -----...	 NAPTHA CAPSULES	 SPECIES
 TRICHINOSIS	 BELOW THIS LINE	 NAUSEA	 SPIRULINA
 TUMOR	 UNDER RESEARCH	 NECK	 STETHOSCOPE
 TUMOR, BRAIN 220	 FOR FUTURE EDITION	 NITROGEN (an isotope)	 STOOL
 TUMOR, DEAD SEA	 ADVICE, MEDICAL	 NOSE BLEED	 STRAIN
 ULCER	 ASTIGMATISM	 NUMBERS JUMPING	 SUGARS TOO LOW
 UNDIGESTED FOOD	 BAER'S LAW	 ONION	 SULFUR
 UNDIGESTED PROT...	 BOYLE'S LAW	 ORGANIC	 SULFURIC ACID
 UREA	 CANDIDA	 OVARY	 SYMPTOMS
 URINATION	 CASCARA	 OXIDIZE	 TELLTALE
 URINE	 CHROMOSOMAL CEL...	 PALE	 TEMPERMENT
 UTERUS	 COCONUT	 PARABOLA	 TENSION
 VACCINATE	 CONFLICTING CALCI...	 PARTICLES	 TEST
 VAGINA	 DETOX	 PATTERNS	 TESTIMONIAL
 VARIETY IN DIET	 DIFFERENTIAL	 PEANUT BUTTER	 THROMBOSIS
 VEGETARIAN	 DIVORCE	 PECTORIS	 THYROID
 VEINS	 ELECTROMAGNETIC	 PEPPER	 THYROXINE
 VILLI / COLI	 ENERGY, FROM SUN	 PEPTO-BISMOL	 TIME OF TEST
 VINEGAR	 ENID	 PICKLE JUICE	 TOE
 VITAMIN A	 FOCUS	 PILL, THE	 TRANSITION
 VITAMIN B-1	 FOODS, TROUBLESO...	 PNR	 UNLICENSED PRACTI...
 VITAMIN B-2	 FOURTH DIMENSION	 POINTS	 VITAMIN B
 VITAMIN B-3/NIACIN	 GOLD	 POLYNOMIAL	 VITAMIN B-4
 VITAMIN B-5 (panto...	 GRAPH	 PRESSURE POINTS	 WASTE
 VITAMIN B-6	 HARD	 PRINCIPLES	 WHO CAN BE HELPED
 VITAMIN B-12	 HEARING	 PROLAPSE	 X-RAY
 VITAMIN B-15	 HEAT	 PULSE	 YELLOW LIGHT
 VITAMIN B-17	 HEPATITIS	 QUALITY, FRUIT/VEG...	 ZONE
 VITAMIN C	 HIGH STRESS FOODS	 RADICAL	

ABDOMEN

ANATOMY: Reams: Let me give you a case, one time I had in the hospital, this woman was dying of what appeared to be a heart attack. but her hands were like ice, her feet were like ice, shortness of breath and pains in her abdomen, and I gave her the ordinary things to make her burp, and she wouldn't. She was ready to give up the ghost, and I took a long hypodermic needle, and pressed it into her stomach, and you should have heard that gas whistling out through that needle!!! Never did her any harm.

ARM: Bloating of the abdomen is caused by three things: swollen liver (from chemotherapy), gas, or delta cells.

ARM: Spleen, dual-function. Separates the upper and lower abdomen to help hold the organs in place. Also the most sensitive organ in your system; it's a thermostat to control your temperature.

BEDDOE: The water should be deep enough to cover the hip joints and part of lower abdomen. Circulation will increase to these areas, and, it will help to remove delta cells by bringing the amino acids to their appropriate location. Use the Sitz as often as necessary, generally a minimum of two to four times a week. If salts stay too high, use the sitz bath 30 minutes daily.

C.H.E.M: Anytime there is a mineral deficiency affecting the lower colon, rectal area, reproductive organs such as the prostate, uterus, ovaries, or high salts that don't want to come down, use the sitz bath.

CLASS 1-5: 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.

CLASS 1-5: A sitz bath is recommended for those people who need to have heat to the lower abdomen [for high salts].

CLASS 1-5: When people have had a lot of cobalt and chemotherapy it is important to make a correct assessment of the physical situation because you need to know whether the flesh is cooked or not cooked, whether it's hard, whether there's swelling of the abdomen and so on because you do not want to put people to a lot of expense whenever ALL of the odds are against them.

CLASS 1-5: [With] a vitamin C deficiency the colon loses its muscle tone and it tends to drop or prolapse. This shows quite often in the protruding abdomens that you see walking around our country.

ION INSTITUTE: Observe the child's bowel movement and examine the abdomen; if there are any hard lumps the child is constipated.

JOHNSON: Get in the bath tub and let that water come clear to your chest, hot as you can stand it and just lay there and relax for a half hour, at least every day. That heat penetrating the abdomen will help restore the muscle tone, flexibility and elasticity and health to the organs.

KIRBAN: [Gallstone/gallbladder pain] is usually found high in the abdomen, beginning abruptly several hours after a heavy meal.

KIRBAN: Chemotherapy damages the liver, and often causes the hair to fall out. The individual may not die of cancer but they will die of a liver problem. Their livers swell to such an extent that the women look like they are pregnant.

MANTHEI: ..the lower digestion is slow, so there will be a tendency toward a large abdomen, like the "beer belly." [at some point Reams calls a beer belly a "German goiter"]


MANTHEI: What actually happens with swelling of the feet, edema? The liquid is not being removed. The water is not being removed out of the kidney, and so it is cationic, and it is having a tendency to settle in amongst the tissue. When it gets real bad, it is in the abdomen.

REAMS/MANTHEI COOKING: I know one person that cannot eat onions. They will blow up like you can't believe. And it doesn't matter whether they know the onions in there or not. It will still cause swelling of the abdomen for days – not just an hour or two, but for days. And it's not like a gas swelling; it's just plain swelling.

ABORTION

ARM: If you want to bring about an abortion, you may lower the sugar; it will bring about a natural one. But you've really got to know what you are doing to do it. You can also prevent an abortion by raising the sugar content in most cases, not always.

ARM: Bring it [abortion] about by keeping the sugar below 1 for 3 to 5 days, because the fetus requires 300% more oxygen than we do and its only source is through the blood. Never give K-Min.

 **NOTE:** *There are printed copies of the ARM that have the abortion entry and there are other printed copies that DO NOT HAVE an abortion entry. One or the other has probably been changed to be politically correct.*

CHALLEN: Baby - nature will throw the baby out before the sixth month if the body is not perfect A) Heartbeat should be between 120 to 130 times a minute.

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

CLASS 1-5: Unwanted, uncalled for and undesirable abortions are caused because of low blood sugar [urine Brix], and a sugar reading of 1.0 is the point at which it must not drop below or it will abort.

CLASS 1-5: We had a woman come into the retreat last August and she was having labor pains when they brought her in. She was about half way through her pregnancy and the couple wanted their baby, they did not want it to abort. The first thing we did was run the test to see what was happening and we found the sugar reading to be 0.8 Brix, so we immediately took dietary steps to raise the sugar reading for it to be above 1.0, and after a week and a half we got it up to 1.6 or 1.7 and finally got it to around 2.0 at which we kept it. The baby, a boy, was delivered on Christmas Eve and the parents did a terrible thing, they named it after me. Poor little fellow. What did he do to deserve that to start with?

CLASS 1-5: It is my opinion, and this is the only opinion that I will have during this course, the rest of it I go by the numbers, it is my opinion from the Scriptures that a body does not become a living soul until he breathes one breath of air. So, if the fetus never breathes a breath of air it is as though it has never been. I get my thoughts from the Scripture and I may be very wrong, but this I use with patients who have the unfortunate circumstance of a child who aborts when they don't want it to. They want to know if it's saved or not saved. It's as though it has never been, it does not become a living soul according to the Scripture until it's breathed the first breath of life. However an abortion may occur wherein the child, or fetus, does breathe a breath of life even at four and a half months, and although it's highly improbable it's perfectly possible, so be careful in what you do.

JOHNSON: To prevent spontaneous abortion, raise blood sugar.

REAMS/MANTHEI COOKING: Diet, too, can also bring about an abortion, or it can prevent one. A fetus uses 4-500 % more sugar/carbohydrate than we do as an adult. (Response: How much was that figure?) A fetus before its born. (Response: How much?) 400 to 500% more. Oxygen at least oxygen, which it takes the carbohydrate, in order to bring it because it is growing so very rapidly. See, the base exchange of a fetus when its real young is almost 100% every 2 days and or else it wouldn't grow. But as it grows older, it slows down some. So, it needs more. And you just cut that supply of oxygen off for 2 or 3 days, and it will abort. But I advise you, every one of you, never to do it, only as a last result, in order to save the mother's life, and then only with the consent of the parents and the grandparents on both sides, if they are still living, or guardian. And never have I brought about abortions, but that is the only way that I ever at all bring one about. So long as things are working normal, I refuse to do it., I've had many ministers bring their daughter to me to give them a diet to abort: no way! It's normal; I won't do it. No way. Not money. And I've had \$10,000-\$20,000 offered me just to do it, but no way. No way. I don't care about that money. I am not for sale at any price.

ABSENTMINDED

ANATOMY: Don't forget that absentmindedness can also occur when the sugar drops too low.

ANATOMY: We were taught that when you're born you have only so many brain cells and that's it. No more. And you will not get any more through your years. And that's not true. That's not correct. There is a base exchange that does take place in the brain itself. But memory occurs when those nerves are broken in a given area. Whatever electrical impulse causes those nerves to be broken is how the memory is stored in the brain. Which is responsible then for putting the wrinkles into the brain also as those nerves are broken. So therefore, if a person is going to try and recall what ever thought it was, what ever electrical impulse it was that broke those series of nerve fibers, that same thought must pass over that same area in the brain for you to remember it. And if it does not, you cannot recall it, therefore you can have absentmindedness or forgetfulness and there are [also] other causes for those if you will think about it.

ANATOMY: Manthei: Lots of times forgetfulness is damage of that nature [shooting trauma] or it's hardening of the arteries, an advanced potassium deficiency. I'm sure, but also old age. Reams: Right. That's a sure sign of forgetfulness. I don't remember the other three.

ARM: Anytime the potassium goes down in your blood chemistry and in your brain---it must be supplied constantly---then you become absentminded. There's a whole lot of difference between absentmindedness and forgetful. When you forget something, there is no recall. But if it's absentminded, you can recall it later.

ARM: [Symptoms] ABSENTMINDED - Not enough oxygen because sugar is too high or too low.

BEDDOE: It also appears that what is referred to as dementia would be a part of the effects of low potassium. Dementia is defined as acquired persistent impairment of intellectual function with difficulties in at least three of the following spheres of mental activity: Language, memory, visio-spatial skills, emotion or personality, and cognition. Alzheimer's is probably one of the most recently talked about types.

CHALLEN: Symptoms of low sugar in children; overeats or does not eat at all, amnesia (in severe cases), not sleeping well (nightmares sleepwalking, or bedwetting), does not learn, absentmindedness, mischievous, laziness, mental fatigue, dullness, indifference, lack of initiative, and severe inability to make decisions.

C.H.E.M: Some of the symptoms associated with very low sugar reading are dizziness, motion sickness, lightheadedness, blackouts, headaches, absentmindedness and coma if the sugars stay low too long. Seizures, hallucinations, suicidal tendencies and depression, do occur with low blood sugar. Technically, low blood sugar has a very wide range of symptoms often misinterpreted.

CLASS 1-5: When the salts are under 6 the body is lacking electrolytes and therefore there is dullness, absentmindedness, forgetfulness and things of this nature because the nerve message is not going through.


CLASS 1-5: Definite 220 case. The tumor has formed and it's not a minor problem, it's a major problem and those people should be gotten into the retreat at the earliest date possible. They may look perfectly healthy as though there's nothing wrong and about the only thing that they will notice, and sometimes they don't notice it because it depends on where it is in the brain, that they are absentminded or forgetful.


CLASS 1-5: 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.

CLASS 1-5: Here's a question to ask, "Are you absentminded, are you forgetful." Most of the time she will say, "no" but her husband will say, "yes, she is too. She remembers the day and the hour of every mistake and every wrong I've ever made in the last forty years and she can't find the car keys five minutes after she puts them down. She loses everything in the house, she's forgetful [note the misuse] and she doesn't realize it. She spends half her time hunting for something and this is a sign of a potassium deficiency..

CLOD: If there is a potassium deficiency then electrical impulses do not travel in the desired paths to locate the information in the cluster in which it is stored. Therefore, we are absentminded. But don't let that excite you at all because absentmindedness is a sign of genius. Now, if it gets to the place where it is forgetfulness, it is rather serious because then delta cells are beginning to form and maybe the recall is gone forever.

ION INSTITUTE: When potassium is depleted from the blood and brain, the brain suffers from an oxygen deficiency and the person becomes absentminded. If this persists, a brain tumor will develop. A brain tumor indicates a potassium phosphate deficiency. Never use dolomite when potassium deficient.

 **NOTE:** The RBTI teaches that there is a correlation between the "urea" readings (AN + NN) and potassium availability to the brain via the blood supply. Too low (below 12 total for normal weight people) implies a shortage. Too high (20 or more), on the other hand signals an increasing stress on the heart. Several teachers very clearly want you to understand that overweight people are potassium deficient no matter the urea total, but they are careful with food suggestions to not include high protein foods that might improve potassium, but also increase urea.

 **NOTE:** Language being what it is, all too often we will find that terms like "blood chemistry" are used when there are no blood tests whatsoever performed. Be alert! You may also notice that casual speakers will interchange "forgetful" and "absentminded." Reams carefully defines each.

ACCIDENTS

ARM: Discourage travel if the blood sugar is less than 1.0. It is my opinion that 50% of the automobile accidents are brought about by low blood sugar.

ARM: If the liver is functioning normally and the central nervous system is functioning normally, then the back is much harder to damage by serious accident.

CHALLENGE: Two causes of high blood pressure - pressure from within (hypertension) - other cause is due to an accident or lesion.

C.H.E.M.: A person may be healthy with a 100 on the Reserve Energy scale today, and be killed tomorrow, due to an accident. His Reserve Energy would have dropped from 100 to 0, which is death.

CLASS 1-5: Low blood sugar [urine Brix] is the cause of motion sickness and is also the cause of about 50% of the automobile accidents. Highway hypnosis is always low blood sugar, never high blood sugar.

CLASS 1-5: Low blood sugar is also the cause of about 50% of the automobile accidents.

CLASS 1-5: If their sugar number is below 1.0 then do not let them drive because they could blackout at any moment and have a serious accident.


CLOD: It would be unsafe for this person to drive a car because the blood sugar is so low [urine Brix 0.9], and this can cause as many accidents as people who are intoxicated by alcohol while driving. It slows down their emotions. They may temporarily blackout, and do not know until it is too late.

DAVIS: The sudden drop in blood sugar is far more serious than many people realize. Not only does it cause "blackouts" where the person becomes unconscious at the wheel of a car—a major cause of unexplained auto accidents, - but convulsions in babies is usually low sugar.

ION INSTITUTE: Sometimes a fall or an accident can cause a problem to occur instantly. But usually problems develop over a period of time without a person ever being aware of when or how it is happening. Slowly the body adjusts and accustoms itself to a lower level of performance. The diminishing supply of energy decreases physical strength, agility and the range of motion. It also may affect or restrict the circulation of blood, functions of organs or the secretions of glands.

KIRBAN: Medical doctors call strokes Cerebrovascular Accidents. I believe that it is more than an "accident." It is a tragedy, much of it brought about by the American way of life, of improper eating, and the competitive, tense society in which we live.

KIRBAN: Cerebrovascular accidents are the most frequent cause of brain damage. They are internal accidents arising from a variety of different causes. These impair circulation of blood to the brain.

 **NOTE:** See STROKE for cerebrovascular accidents.

ACID

ARM: When glands swell up in the neck, the body is too acid to accept vitamin C. Raise the urine pH.

ARM: When the body urine pH is acid, you do not give vitamin C or calcium lactate.

ARM: Apple cider vinegar is a good blood thinner for those with alkaline system only [high urine pH]. Do not give if they are acid [low urine pH]. Be sure you know where your blood chemistry [urine pH] is before you use a heavy cationic substance. Every substance slowly gives off ions.

BEDDOE: A double acid situation like this [example 5.4/5.9] is very dangerous. It would not take much to push this chemistry into acidosis. These persons over the age of 12 will be very tired.

BEDDOE: Alkaloids are organic salts of acids like acetic, oxalic, lactic, tartaric, and fumaric, that are produced by various plants and usually taste very bitter. Some plant alkaloids are very well known, such as nicotine, belladonna, coca, and opium.

CHALLENGE: In order to become pregnant you must be slightly on the acid side. You cannot become pregnant if you are double alkaline [urine pH and saliva pH].

CHALLENGE: ...baking soda with citrus provides a short-term boost of vitamin C. This form does not remain in the body for very long nor will it build levels for the long run. It is very useful for an acid person suffering from a cold.

CLASS 1-5: The difference between acid and alkaline is considered in a new light: acid is cationic and the electrons in the outer shell travel counter clockwise whereas base is alkaline or anionic and the electrons in the outer shell travel clockwise.

CLASS 1-5: 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, 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 Counterclockwise in an acid, which is also a cationic substance, and Clockwise in an alkaline or base, which is an anionic substance.

CLASS 1-5: If hydrochloric acid was not a base you would not take HCl tablets to help digest your food, because the liver bile and gastric juice should be anionic.

CLASS 1-5: The more acid the urine pH the lower the vitamin C and the easier they bruise.

CLOD: The D Range is a more serious Range than the B Range because the body is extremely too acid, causing extreme nervousness, abnormal fear, and except for the grace of God, almost a maniac.

CLOD: It is rather strange too that we call hydrochloric acid an acid when it really is not an acid, it is a base. In bases the electrons are anionic, therefore they travel clockwise in the molecule, and acids are cationic and therefore travel counterclockwise. So this is the actual physical difference between an acid and a base. The foods that go into our stomach are cationic, when the bile is released it gives off heat and electrical energy in both anionic and cationic form.

CLOD: Therefore the liver doesn't have the material to make the amino acids that the pancreas needs to manufacture the thyroxine to control the body weight.

DAVIS: Can you imagine my problem with a urine pH of 5.80 and a saliva pH of 8.00? The urine was far too acid and the saliva far too alkaline.

DUNLAP: In the acid state [low urine pH], there is a more pronounced tendency for atherosclerosis and collagen diseases. Tension in the neck and shoulders will be more common when there is an acid urine pH. The body rejects vitamin C when it becomes acid. Emphysema finds a home in these kinds of conditions. Nervousness is more prevalent in an acid environment. Weakness and

generalized distress show throughout the body. The body rejects calcium in these acidic conditions. Because of the calcium deficiency, other mineral losses must follow. The digestive juices will be too weakened to pick up potassium, magnesium, manganese, iron, iodine, and the other heavy minerals so vital to good health.

FONTENOT: If a person's urine pH is on the acid side, that is, the urine pH is "low," the dietary approach is quite different than if the urine pH is alkaline or "high."

MANTHEI: Another fad suggests the use of apple cider vinegar and honey. Some books have been written that tell us this is good for everything that ails you. I disagree and want to tell you that if you are a borderline diabetic and are highly acid [low urine pH] and have headaches, then apple cider vinegar and honey will cure your headache just like cutting off your head will cure your headache—permanent! So there is a time to use it and a time not to. We go by the numbers.

📌 **NOTE:** *Reams divided all substance into either anions (alkaline) or cations (acidic). Each had an energy level that he was able to use to calculate via the Milhaus technique to determine the overall energy in such as foods or fertilizers. The energy that we survive on is a byproduct of the energy released in an endless interplay of anion vs. cation, or anion vs. anion, or even cation vs. cation.*

📌 ACIDOPHILUS

ARM: Use acidophilus only when the system is highly alkaline.

ARM: Never give a person lactate if pH is less than 6.20. No buttermilk nor acidophilus.

BEDDOE: After having colonic therapy, it is a good idea to use foods or supplements that help reinforce the aerobic bacteria of the bowel. Use a cup of plain yogurt, or several capsules of acidophilus supplements.

CHALLENGE: A person should not drink acidophilus milk if their pH is low.

CHALLENGE: Below [urine pH] 6.2, use yogurt, and above [urine pH] 6.8, use acidophilus or buttermilk.

C.H.E.M.: Always replenish the flora after enemas, colonic, or colemas. May use yogurt or acidophilus. Acidophilus will affect the pH, so for acid chemistry, use an alkaline strain of flora.

CLASS 1-5: If you give buttermilk or acidophilus to people with low acid pH you are aggravating the condition and you're making them worse.

CLASS 1-5: When the pH is above 6.40 they can have the lactate type (acid) products: buttermilk, whey (which is bacterial liquor), and acidophilus culture.

CLASS 1-5: But most people don't even know the difference, for instance your yogurt is a CALCIUM GLUCONATE, almost a neutral, but acidophilus and buttermilk or others in that field are a lactate.

DUNLAP: Yogurt, buttermilk, kefir milk and acidophilus would be good for people with high [urine] pH.

EUGENE REAMS: Most frozen yogurt, which is actually acidophilus, contains sugar and should be avoided.

JOHNSON: Yogurt is always recommended. Acidophilus milk when the urine pH is alkaline.

MANTHEI: The type of bacteria that creates buttermilk, acidophilus milk, and kefir milk helps to bring down a high pH.

MANTHEI: Dannon is an acidophilus; it's tart. It does not have a sweet taste to it.

REAMS/MANTHEI COOKING: The difference in acidophilus and yogurt is yogurt has a pH about 6.40 and acidophilus has about 5.40.

REAMS/MANTHEI COOKING: Buttermilk, acidophilus milk, and kefir milk—the bacteria that are used to make those cultured milk products are all rich in calcium lactate, and calcium lactate helps to lower a high pH.

📌 ACIDOSIS

ARM: The blood of the body has to be maintained in a narrow margin of pH; otherwise you run into alkalosis or acidosis.

BEDDOE: Up until this time, it had been felt that blood sugar problems were only a factor of selective disordered insulin production. However, it has been found that the most seriously curtailed function is that of the production of bicarbonate and proteolytic enzymes. This discovery has pointed to the fact that when acidosis is a result of carbohydrate problems it is not only due to the incomplete metabolism of carbohydrates, lipids, and proteins, but also due to loss of production of bicarbonate by the pancreas.

BEDDOE: A double acid situation like this [example 5.4/5.9] is very dangerous. It would not take much to push this chemistry into acidosis. These persons over the age of 12 will be very tired.

CLASS 1-5: [example given: 5.30/5.10] What I'm trying to show you here as long as these numbers, the sugar and pH's (representing the "energy in"), are coming toward the perfect equation they're 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's happening here is you're losing a patient and you'd better do something real fast because you really got a problem on your hand. This is acidosis.

CLASS 1-5: 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're near dead. This patient is in pretty bad shape but the only reason that they're not near dead is because of their weight [5'10" 210 lb female], nature is drawing on the stored up fat.

JESSE: Should the body not be able to remove these wastes quickly enough, an alkaline condition develops, which, in time, as the wastes multiply, sends the body tissues into a state of acidosis.

JESSE: The yeasts and their toxic wastes often enter the blood-stream through inflamed, weakened and distended intestines. This produces a state of acidosis with the pH becoming very acid.

📌 ACNE

ARM: When people have acne, I give them the food and correct the condition without naming the disease.

BEDDOE: Acne Pattern: Reflected in an increase in anionic ratios which push excessive energy into skin resulting in thickening of the skin itself. Excess energy is unusable and will result in toxicity which the body will try to remove via the skin resulting in skin lesions (pimples, boils, etc.). Especially true when anionic ratios are slowing digestion severely resulting in excess toxicity for lack of proper elimination.

CHALLENGE: Acne - Not enough water and too many carbohydrate foods.

CLASS 1-5: Now I know there's acne there because there's more poisons inside than can get out through the normal channel so it's got to come out through the skin, and acne is caused by a deficiency of vitamin A and vitamin C. So, you've got a vitamin C deficiency therefore you've got a minor case of acne here.

DUNLAP: The lemon may be used externally. People with acne wash their faces with lemon juice. It destroys the bacteria associated with the lesions as it cuts the oil on the skin and acts as a mild antiseptic.

EUGENE REAMS: Children and teenagers who have a severe acne problem and are given zinc and Vitamin A and don't respond, do respond when HCl is added to their diets.

REAMS/BLACK: Acne is always caused because the patient does not drink enough water and uses too much Iodine. Iodized salt will aggravate acne. Or too much meats and not enough raw vegetables. Too much sweets for their body chemistry. It's a malfunctioning of the body chemistry. I've never seen a case of acne that couldn't be handled with diet.

ACUPUNCTURE

ARM: Acupuncture glands, or transformer glands, let you know whether or not blood is circulating properly through the primary and secondary organs. They are controlled through the spinal column.

ARM: When the glands in your neck swell, or acupuncture glands, blood not properly circulating, become swollen; it is a vitamin C deficiency.

CHALLEN: Acupuncture glands (transformer glands) are controlled through the spinal column - these glands determine whether an organ receives enough blood. If the glands in the neck are affected, there is a Vitamin C deficiency.

CHALLEN: Acupuncture gland for menstrual cycle is under breast.

CLASS 1-5: If you want to know where the transformer glands are you could check the acupuncture points, but they're 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 just makes the transformer glands work a little bit better, a bit more efficiently.

CLASS 1-5: 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're not in the same place in every person, they're a variable.

JESSE: The study of ionization is the study of the electromagnetic function of the total biological organism. Once we begin to appreciate this concept, many other unrelated factors begin to fall into place. This is found to be especially true in the practice of Chiropractic, Homeopathy and Acupuncture.

ADDITIVES/PRESERVATIVES

ANATOMY: If you have a weakened area and you take in food additives or preservatives, or some of these other substances that the orthodox community wants to say are carcinogenic or cancer causing, sure they may reside in that area where it's already weakened, but they were not the initial cause.

ANATOMY: Now, as we brought out in the morning lecture, the omega cells in the area, or in some cases the delta cells, could be weakened areas which are going to take on additives or preservatives or some other chemical substance that, once that is turned loose might create a reaction, or might cause a problem in the body.

ARM: Food that is so poor in quality that it requires a high amount of additives to keep it from rotting is mineral deficient. The more mineral deficient the food is, to prevent it from decaying, the more dangerous it is.

BEDDOE: Remember though, that it is best to avoid the majority of prepared meats because of the nitrates that are used for a preservative.

CHALLEN: The major preservative in corn beef is potassium nitrate or saltpeter.

CHALLEN: Decaffeinated coffee will kill you. They use an acid to remove the caffeine and then to keep the coffee from spoiling they add a lot of preservatives to the coffee. There isn't anything in the world that has as many preservatives in it as decaffeinated coffee.

CHALLEN: Bring the water to a boil and then let simmer for one hour (this will remove the fat, blood, and preservatives out of the [corned] beef).

CLASS 1-5: In your choice of foods go by the numbers and do your best. For instance, there's lots of things that I would desire but it's not possible, I would like to get a lot of foods as natural as I can with no preservatives in them but it's impossible. People make all kinds of complaints about the foods we serve, yet we're getting results.

CLASS 1-5: People that have a low undigested protein content should eat the meats, the all-beef wieners, all-beef baloney and so forth with the saltpeter in it, which is a preservative, and can do so without harm, but 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 because it's too high in urea (potassium nitrate) which is a preservative for the meat so therefore be careful if you have high ureas.

CLOD: Some people are so afraid of food additives until the fear of the food additive does them more harm than the additive itself.

CLOD: These additives make our foods safer and have a more lasting result than all the vaccines that some doctors give.

DAILY: More damage has been done with coffee, dyed processed oriental teas, alcohol, drugs, etc., than has been done by all the food preservatives put together.

FONTENOT: In addition to these two additives [fluoride/chlorine], the water companies are permitted by law to insert numerous other chemicals into the water to "kill the bacteria" ignoring the fact that if these chemicals kill harmful bacteria, what are the side effects upon the human system?

KIRBAN: We need to eat as much fresh vegetables right out of the garden so we don't have to buy the food with all the additives that are put in them. I would never suggest you eat ice cream. It's embalmed! That is, unless you can buy it natural, without additives.

KIRBAN: With his goals redirected, Reams began to analyze fruits, orange juice, carrots, tomatoes and beans. He began to find a very great variation in the nutritional value of the foods. He found out that a carrot was not always a carrot because some of them contained up to 300 parts per million of iodine (or 300 milligrams of iodine per gram [???]) while others only contained 2 parts of iodine. This was in the day before DDT and additives. Armed with this information Reams decided to study to become a dietitian. In his first year of

instruction he became discouraged because all the teachers approached the subject of diet by teaching students to simply count calories. This meant nothing to Reams because anybody could count calories, but you could not evaluate how many calories any individual was going to get out of their foods.


MANTHEI: Some people say that the canned and the prepared foods have lots of preservatives and should be avoided. They want you to read the labels. I admit that there are a few people, few and far between that do have an allergy to one or more of these preservatives or additives. But our foods are much safer today than they have ever been. These preservatives will not fit into our body chemistry just like a Volkswagen part will not fit onto a Cadillac. So there are times to avoid them and other times when you don't need to. What is food for one person may be poison for another. Don't throw out all processed foods and label them as "no-no" foods because some people may need that food and it will help their numbers come closer to perfect.

OLSZTA: Dr. Reams says that more damage has been done to human health by consuming processed oriental teas than all the food preservatives ever used.

REAMS/BLACK: I told you that unlearning was going to be difficult in this class. And you will find this to be true whenever you hear about this preservative and that preservative causing cancer, it's not true, it is not true. And I'll tell you why. In weak tissue, in tissue that cannot be, the blood cannot circulate in there to take out the old cells, you will find most any impure product that there is, but there is no man living that can tell whether you took that in through your digestive tract. Or if you took it in by ionization.

REAMS/MANTHEI COOKING: You have to go by the numbers on the preservatives. Some people can eat one, some can't; some can eat another. I prefer food where there is as little preservative as possible, but there are times whenever foods that we have would not be safe without some preservative in them. Of course, the people that argue about the damages of preservatives have exaggerated it terrifically in order to get someone to pay attention to them. But it's not quite as bad as they make out like. But if they told it like it was, no one would pay attention to them.

REAMS/SKOW COOKING: In the preparation in many of the meats today, they add potassium of nitrate or saltpeter, which is a preservative to keep them from spoiling. It would be better to add salt than saltpeter because saltpeter accumulates in the body and brings about maladies that shorten lives.

 **NOTE:** Please also review the SUGAR SUBSTITUTES entry to help with understanding the treatment & handling of artificial chemicals in the body. When all is done, it appears to be best to remember to minimize artificial chemicals and "go by the numbers."

ADHESIONS

ANATOMY: The weak spot is already there. In other words, there is an adhesion or something there, that creates a deficiency so the blood cannot pass through the capillary. So it is like a log jam in a river when a log gets caught on a rock, there is no where for it to go.

ANATOMY: Manthei: To me, it would be like an adhesion, which means There is a loss of vitamin C. And so there is a base exchange that is less than normal, and we'll talk about that. But that is still a deficiency of vitamin C. Correct? (Reams: Yes.)

ARM: Adhesions prevent the blood from circulating, develops a chain reaction.

ARM: If you have a sore or swelling, use a vibrator on it to circulate the blood. Adhesion is the word to use between cancer cell and perfect cell. Use ordinary diet for adhesions.

ARM: Fatty tumors, they call them. But hey are not a tumor—a wattle, fat. They are not even adhesions, just a fat.

BEDDOE: According to Reams, a tumor forms when an adhesion (abnormal union of tissue) develops a core of dead cells.

BEDDOE: The higher the sugar, the further back the adhesion or tumor would be [in the brain] and the lower the sugar, the closer it would be to the front.

CHALLEN: This makes the cell swell, which is carcinoma. After several cells swell, it is an adhesion.

CHALLEN: Adhesion is similar to scar tissue.

CLASS 1-5: When you begin to study carcinoma you're going to be into adhesions in advanced stages and you're going to find all of it a mineral deficiency.

CLOD: If there is a mineral deficiency adhesions form and the flesh is hard. But 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.


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 and there is not enough mineral to force them into the blood stream, or to break them loose from the nerve ending, and for a new stolon to form and a new cell to come into being.

KIRBAN: If this condition is allowed to continue, then an adhesion forms. The tissue becomes swollen.

KIRBAN: One symptom is when the breast begins to feel like little cords inside or like feeling like a ball of twine that has been put into a balloon and blown up; this is one of the first signs of adhesions forming in the nerves [tissues?] of the breast. Then you are said to have carcinoma of the breast.

MANTHEI: And when the lung cell is deteriorating, it's forming something like an adhesion.

MANTHEI: Adhesions inside the body are due to the same cause as stretch marks in the skin – a vitamin C deficiency.

 **NOTE:** See SCARS entry.

ADRENAL

ANATOMY: Manthei: What form of nitrogen is that ammonia in the smelling salts? Cationic, is correct. And in some cases, when the adrenal glands are malfunctioning, you will notice that their ammoniacal Nitrogen is down around four or sometimes even three, which is a lot lower than what it should be. Because there is not enough cationic Nitrogen and they will say they are tired. And it's because the adrenal glands cannot do what they are supposed to do. Adrenalin is made with calcium, vitamin C, and vitamin B-5. It could also need pantothenic acid. Adrenalin is one of the most powerful electrolytes there is in the body. Reams: If you have plenty of calcium it will prepare you to fight. If the calcium is low, it will prepare you to run.

BEDDOE: Coffee, because it upsets the stomach, unnaturally stimulates the adrenal and related glands, aggravates high blood pressure and over stimulates the heart and the whole system, interfering with the natural biorhythm of the body.

BEDDOE: Exercise balances blood sugar. When the activity of the body increases, the adrenal glands raise their level of activity.

Thus hormones that effect a better blood sugar response between the liver and pancreas are then released.

BEDDOE: It was explained to her how she had put her adrenal glands through a lot with all the Pepsi, and that the caffeine had also tended to work against the tranquilizers; making the body require a higher amount for what it was given for.

BEDDOE: Adrenal gland effect in this pattern is more exaggerated in a male than a female, but it will effect both drastically. They are angry and short tempered.

CHALLENGE: Causes for morning sickness: 1) deficiency in calcium, 2) Eating too heavy of a meal in the evening, 3) a minor deficiency in oxygen and the way to correct this is before you get up in the morning have some zwieback toast or toast that is just toasted crisp (toasted real crisp in the oven not in the toaster) and just lay there and nibble that toast slowly for 10 to 15 minutes then get up slowly and you will not have any morning sickness. This will start the body functioning normally. This will start the gastric juices to flowing, the adrenal glands to working and you'll have sufficient oxygen that you will not have morning sickness.

CLASS 1-5: Very low blood sugar is one cause of children having convulsions or spasms or seizures, which are all the same thing. About 80% of all the medically diagnosed epileptics in the United States are not epileptics at all, they are having low sugar seizures, and most of the time the doctor gives them Dilantin which effects the adrenal glands and increases the ionization between the brain and the vital organs through the vagus nerve and helps to bring them out of a seizure, or even keeps them from going into one, but you have to know what the blood sugar is doing, whether it's a low blood sugar seizure or not.

CLASS 1-5: The primary purpose of the adrenaline glands is the "fight or flight" response. To prepare you to either fight or to run and it's got nothing to do with who's the biggest, or who's the littlest, but it's the calciums in your system that determines it.

CLASS 1-5: The most needed mineral for the adrenal glands, besides calcium, is phosphate. Take care of those two and you won't have to worry about the rest.

CLOD: The person feels like he is going to die, or may have a blackout. It is one of the worst feelings in the world. By the time he can get to a doctor, the doctor can find nothing wrong because the adrenalin glands have started to flow and the blood sugar is back to normal, and the doctor says, —It is all in your head.

EUGENE REAMS: The adrenal glands are a pair of small structures situated just on top of each kidney. They are made up of two different types of tissue. The outer layers of these glands are so important that life will not continue for more than a few days if they are destroyed. The inner portions of these same glands are less vitally necessary, but have highly specialized functions to perform. This inner part is called the medulla, and is actually a part of the sympathetic nervous system. When impulses travel down the sympathetic nerves, as during any emotional experience, the medulla of the adrenal gland is stimulated. and the response is a secretion of the hormone called epinephrine or adrenalin.

EUGENE REAMS: To help furnish more energy, the adrenal glands produce epinephrine (also incorrectly referred to as adrenalin) which converts glycogen stored in the liver and muscles back to sugar for energy. When this happens on a continual basis, the body reaches adrenal exhaustion.

ION INSTITUTE: The relationship of insulin to the endocrine glands is complex. The pancreas, adrenal glands, liver, pituitary, and thyroid are all interrelated in the metabolism of carbohydrates.

JOHNSON: Adrenal gland exhaustion is linked to abnormal sugar and salt readings.

MANTHEI: REAMS: So when I chew them out, I am trying to get their adrenal glands to flow in order to bring them back to life. I lost two people after chewing them out. Someone said to me, Are you not ashamed of yourself, chewing them out?" I said, "No, I am not: it was the last thing I knew to try in order to get their adrenal glands to flow. I was only trying to get them angry enough to fight for life. They had already given up and I was trying to get them angry enough to fight or life."

REAMS/MANTHEI COOKING: And you will not have any morning sickness because then it will start the function, the body functioning normally. The morning sickness is a sign of a minor deficiency in oxygen — just a minor, minor, minor — very minor one. And this will start the gastric juices to flowing, the adrenal glands to working. And you'll have sufficient oxygen that you will not have morning sickness.

AGING

ANATOMY: As they get older, generally the man's breasts will become larger and the female's breasts will become smaller. And it's a type of growing old. It's a part of aging.

ANATOMY: The less sexual harmony you have in married life, the faster you grow old.

ARM: Any disease you want to name is only premature aging - too rapid loss of energy.

ARM: The amount of time and energy it takes to make one cell is the process of aging.

ARM: If we have enough mineral content in our system, we will not start to rot or age. That is what disease is, premature aging.

BARNES: A neighbor had a beautiful old red setter that seemed to be aging rapidly and had become very listless. Her formerly shiny red coat had become dull and lifeless and she seemed very sad; we definitely thought a change of diet and some supplementation of vitamins and minerals would be helpful. It certainly would not hurt the dog, so we laid out a program for her and amazingly, the dog's energy returned, her eyes brightened up and she acted like a puppy instead of the old dog we had seen just a few weeks earlier. Hey, this program was first was used in animal husbandry in Germany for cattle; why not use it for a smaller animal...actually, we have used it over the years for many of our own pets.

BEDDOE: Arresting the aging process completely requires advanced levels of being aware of who we are. Outside of this, we can never get rid of the aging process; but, by following the proper body chemistry principles, it can be kept to the greatest possible minimum.

BEDDOE: Interestingly, it is free radical formation, resulting from "energy leakage" of anions to oxygen, that results in the natural aging process.

CHALLENGE: When food does not fit the body it causes: Premature aging, not enough oxygen to the brain, and cannot retain.

CLASS 1-5: Also one of the processes of aging is a lack of vitamin A, and practically all senior citizens over 60 need some Alga~~~ to help make vitamin A available, and it does a fabulous job. Carrot juice is rich in vitamin A but you don't give carrot juice to anyone that is on insulin, diabinese, orinate or diabinate because it is high in sugars.

CLASS 1-5: The process of aging is the cell staying in too long which is also the process of cancer, is the cell staying in too long because there's nothing to replace them. The link between longevity and cancer is the same for both, the cells are staying in too long and when you have a 4M reading you can tell that the cells are staying in too long.

CLASS 1-5: Cancer is only a state of decay, premature aging even at 100, even at 150, premature.

CLOD: Omega cells are premature aging and death has started.

CLOD: The process of aging can be delayed by an intelligent diet, proper exercise, and proper thinking.

CLOD: Every cell in our body, from the brain to the tip end of the toe should be exchanged about every six months. The proof of that is the fingernail. They grow out about every six months. As long as this is happening, cells being replaced through-out the whole system, you are in perfect health, and in for a ripe old age.

FONTENOT: Therefore, every cell in the body should be replaced about every six months and if it takes longer than this, then we are aging prematurely. Because of this, it is very important to eat a wide variety of foods and to choose our foods with great care. The concept here is that by selecting a diet that contains the needed minerals, the body will have the necessary raw materials with which to replace the dying cells of an organ or gland.

ION INSTITUTE: The 4M in indicates that there is a problem somewhere in the body, a relatively large amount of energy is being lost and consequently there is accelerated aging.

KIRBAN: Reams: Cancer is premature aging due to a mineral deficiency in our diet. This may occur before a baby is one year old!

KIRBAN Reams: This leads to one very interesting fact. Cancer is only premature aging!

MANTHEI: Therefore, the greater the amount of energy it takes to build a cell, the older we are. The process of aging is only how much time it takes nature to build a cell.

AIR, FRESH

ACRES USA: Then we use the same dietary program to correct deficiencies in minerals and chlorophyll and to rebuild the patient's body. As with hypoglycemia, we insist on fresh air and exercise.

ANATOMY: Pressure from without is diet, a lack of broadness in your diet, lack of minerals, lack of fresh air, lack of walking, sunshine, and so forth. That is pressure from without.

ARM: There is a lesser mineral content in the [fresh] air at the time of the increase of the moon, and there is a greater mineral content in the air on the decrease of the moon. A colder air at these times will hold more mineral than hotter air.

BARNES: Put the right foods into the body and drink plenty of water, get plenty of exercise, plenty of fresh air and sunshine, take time to rest and restore the natural balance of the body and, barring accidents, you can live in good health.

BEDDOE: Especially susceptible are the lungs. They are the most delicate tissue from the standpoint of the mineral variety. This is partly because of the vast variety of mineral that is in the air we breathe and so it can be brought in through the lung tissue in very minute amounts.

BEDDOE: Make sure that you are sleeping with good ventilation in your bedroom. If you cannot open a window in your bedroom, then open one in the nearest room and keep the doors between open. Fresh outside air not only contains oxygen; but, the incoming air contains fresh supplies of electrical energy called negative ions.

CHALLEN: We are able to pick oxygen up from the air we breathe and from the water we drink.

C.H.E.M: If you have the best nutrition this world offers, the most scientifically accurate nutrition, yet lack water, you will not benefit from that diet. You will lose energy and become ill. With perfect nutrition and maximum water intake for your body weight, if you do not get enough fresh air, exercise or rest, you will lose energy and become ill.

CLASS 1-5: People with emphysema are candidates for the retreat where their lungs can be restored by a good diet and where they'll be out in the fresh air.

CLASS 1-5: So you have to start this person to walking out in the fresh air. This is one of the problems you have with senior citizens, not enough walking, not enough walking in the fresh air.

CLOD: The RBTI deals with the whole man, the whole woman, the whole boy or girl; such as a tailor-made diet, distilled water, fresh air and supervised exercise according to the reserve energy rating. All this is done on an individual basis pre-determined by the body chemistry.

ION INSTITUTE: Obtain fresh air and walk after meals. This will also help digestion.

JOHNSON: Keep warm. Use more covers. Keep windows open for continuous fresh air.

PROMISE OUTREACH: Fresh air for the liver makes oxygen available to the lungs.

REAMS/BLACK: One of the things that we recommend to people as soon as their energy is high enough is to walk at least 30 minutes in the open air with absolutely nothing in their hands. They say, "I walk five miles a day in my house." That does not count. Out in the open fresh air with nothing in your hands.

ALCOHOL

ARM: The greatest enemy of alcohol is caffeine. It releases the alcohol quickly and makes the face red.

ARM: Pancreas not manufacturing quite enough alcohol, cold hands and feet, and generally troubled with gas.

ARM: And the glycogen goes over to the pancreas, and it makes alcohol out of it. This regulates our temperature

BEDDOE: One poor habit that strongly aggravates the dehydration of body tissues is alcohol consumption. Alcohol consumption, because of the dehydrating reactions, can significantly contribute to salt problems.

BEDDOE: In fact, alcohol alone, without help from increased conductivity, can cause enough agglutination to interfere with blood cell movement through tiny capillaries. When this happens in the brain, brain cells die due to lack of oxygen.

BEDDOE: Excess alcohol in the blood causes the blood cells to stick together.

CHALLEN: Too much alcohol in your system, whether you're drinking it or making it by your own pancreas, will destroy calcium.

CHALLEN: [Different alcohols affect the brain differently] 1) Bourbon- fall forward 2), Rum - fall backward 3), Wine and brandy - fall to the right, Gin- fall left, 5) Sterol - go in circles.

CHALLEN: If a person has a pounding headache, suggest drinking coffee. Headaches are caused from too much alcohol. That is why

drunks drink coffee! Coffee is the enemy to alcohol.

CLASS 1-5: "Zest Tonic" was developed by Carey Reams and is the closest substance to the alcohol manufactured by the pancreas that's ever been formulated.

CLASS 1-5: The pancreas manufactures alcohol to keep the body warm and functioning at the right temperature and if it's making too much alcohol you are too hot all the time. To reduce the amount of alcohol in the body drink some Brazilian Tea made from coffee (weak black coffee where you can see the bottom of a teacup, and NOT one like molasses that's strong enough to stand up and dare you to attack it) and in those cases the coffee often makes them sick at their stomach, and that's exactly what you want to happen, and praise God it is because it's trying to change their body chemistry. If they won't drink coffee because they don't like the taste of it then shame on them. Suggest they make out their last will and testimony.

CLASS 1-5: Another way of talking about alcohol production in the pancreas is that in the liver it is the starches, carbohydrates and fats and oils that give up the sugars, not the proteins. The starches act as a catalyst to collect and hold the sugars much like a sponge and this is where your carbons come in.

CLASS 1-5: If the body manufactures the least bit too much estrogen or testosterone the person shifts toward a vegetable tendency line on which they're going to start using too much of something, become hooked on something, such as too much alcohol, too much coca cola, too much cherry pie, too many sweets, too many cigarettes, too much pop, too many potatoes (I found one that was hooked on Irish potatoes).

CLASS 1-5: ...in fact acute indigestion is related to the lack of pancreatic alcohol.


DAILY: More damage has been done with coffee, dyed processed oriental teas, alcohol, drugs, etc., than has been done by all the food preservatives put together.

ION INSTITUTE: Vitamin C is also lost through fever, high stress, infection, anxiety, fatigue, lack of sleep, heavy metal poisoning, the use of alcohol, tobacco, drugs, antibiotics and pain killers among other things.

MANTHEI: If you don't have enough [hormone] being produced, then it's very easy to develop cravings, and to get hooked on something – cigarettes, alcohol, dope, white potatoes, cherry pie, Doritos.

MANTHEI: Reams: No, sir. that is intoxication. for example, If you get intoxicated on bourbon, you will fall forward. If you get intoxicated on gin, you will fall backward. If you get intoxicated on wine, you will fall to the right. If you get intoxicated with rum, you will fall to the left. So if they fall backward, their own pancreas is manufacturing too much alcohol in the form of gin. Student: And if they fall forward, it is making too much bourbon? Reams: That's right, it is too strong for them.

REAMS/MANTHEI COOKING: Your liver manufactures a substance known as glycogen, and that's coming from your liver. The pancreas will use that to make three things: insulin, alcohol, and thyroxine.

 **NOTE:** See entry ZEST TONIC

ALFALFA

ANATOMY: Manthei: Other than alfalfa, what else has vitamin K in it? Reams: Sumac tea is one of the richest sources. Student: What about barley? Does it have K in it? Reams: It has some, yes. Barley has some, but sumac is the greatest source that I know.

Student: Do you use the leaves? Reams: No, the dried seeds.

ANATOMY: Student: I want to get back to chlorophyll. I buy this liquid. It says pure liquid chlorophyll, from alfalfa. Manthei: And it's rich in vitamin K. And if your blood is already too thick, it's a no-no.

BEDDOE: The less calcium in your food the less overall mineral energy you get out of your food. Example: A cow eating alfalfa hay with a 16 Brix level of sugar (the Brix level represents the percentage of sugar dissolved in a solution) requires only 10-12 pounds of grain to give 100 pounds of milk; while a cow eating alfalfa hay with a 7 Brix level of sugar requires at least 30 pounds of grain to give 100 pounds of milk.

CHALLEN: Comfrey and alfalfa tea should be used by people that have a high sugar [urine Brix]. This tea should be consumed without a sweetener. Helps the pancreas to produce more insulin, therefore, will help to bring down the sugar [urine Brix].

CHALLEN: Comfrey and alfalfa green drink would be very good for a person with high blood sugar [urine Brix] but do not use these on a person that has low sugar.

CLASS 1-5: People who have hemophilia, bleeding that you can't stop, whose blood is too thin and therefore bleed too freely, should use Vitamin K, which you'll 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.

CLASS 1-5: 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 only 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.

EUGENE REAMS: Usually one of four things will help the body to utilize A: (1) alfalfa, (caution: do not use alfalfa with people who have problems with blood clots or are on medication to thin the blood)...

JESSE: Alfalfa should be used only sparingly, both sprouts and tea. Alfalfa is very rich in Vitamin K and will tend to thicken the blood. The majority of tests indicate a [prior] thickening of the blood, so alfalfa should not be used regularly in the diet.

JOHNSON: One thing detrimental to the majority of the people is alfalfa in any form. That's alfalfa sprouts, alfalfa tea, alfalfa tablets, detrimental and monitored in 955 out of 1000. The reason being is that alfalfa is a rich source of minerals and vitamins but the one it's most noted for (Vitamin K) thickens the blood so that if a person needs Vitamin E to thin their blood then you give them Vitamin K to thicken the blood.

MANTHEI: Comfrey tea and alfalfa tea we use in our retreat for people that have sugar


[Brix] readings above 5.5, and these are unsweetened. Comfrey tea or alfalfa tea helps to bring down a high sugar [urine Brix], helps the pancreas to produce more insulin.

MANTHEI: Alfalfa tea does help time sometimes with high sugar people to help bring their sugars down, but I do not use it as much as I use the comfrey. I will use it once in awhile. The alfalfa tea also helps if the lady is having a tremendous amount of flow.) Menstrual.

REAMS/SKOW COOKING: Alfalfa grass is excellent to use for pain; so is wheat grass.

 **NOTE:** See entry for VITAMIN K

ALGA~~~

 **NOTE:** *Algavim, Algazim, Alganim, and AlgaLife (or others) are similar formulations of a low-sodium Norwegian sea plant harvested from fjords. "Alga~~~" is used here as a stand-in for all. Your personal consultant may have a preference.*

ARM: The older and weaker or the lower the reserve energy, the more they need Alga~~~ and Min-Col. These are good to give pregnant women to help restore the body of mother and baby.

ARM: Alga~~~ is excellent for cataracts. The cataracts go away without any operation. Also good for glaucoma. Use Alga~~~ 2, 3, or 4 times a day with meals. Alga~~~ makes vitamin A available to your system.

BEDDOE: [Alga~~~] is a source of an enzyme that is a catalyst to the uptake and availability of vitamin A.

BEDDOE: Alga~~~ is used for four primary reasons. One, it has a low salt with proper oil content, while still having good levels of available iodine for feeding thyroid needs. Each capsule has .225mg of iodine naturally available. Two, it is a general vitamin and trace mineral supplement. Three, it is a source of a type of potassium that is easily used by the body. Four, it is a source of an enzyme that is a catalyst to the uptake and availability of vitamin A. The organs that especially benefit from its use are the eyes, skin, lungs, blood, pancreas, liver and brain.

CHALLENGE: Bone cancer - Heavy amounts of Min-Col and Alga~~~.

CHALLENGE: If, on the initial test, the client has a total of the ureas of 11 or less, then they probably have a 220 or brain tumor. The messages are not getting through to the rest of the body. Never tell the client, because they are already too nervous. Never put this client on a fast because they cannot afford to lose any energy. Just put them on a good diet and lemonade and retest and if urea total is greater than 12, then they are gaining on tumor, if less than 12 the 220 is the same. These clients cause the most trouble and are not responsible for what they say. Should eat lots of potassium foods i.e. hominy, salmon, sardines, Alga~~~, bananas, etc.

CHALLENGE: If no inflammation or pus on cataract, then use Alga~~~ and a good diet.

C.H.E.M: Alga~~~ is a bromeliad, which means that it does not have any roots, but it has bromelain similar to pineapple. It is not a kelp, it is a bromeliad. It is harvested once every seven years in the coldest month of winter. When it is taken out of the sea and put up on the deck of the ship, it freezes instantly, and the salt is crystallized out of it; it turns almost pure white. When the ship is brought into port, fresh water is used to wash the salt off and then it is processed to remove the oil. That which is left over is the supplement

Alga~~~. It has no salt or oil.

C.H.E.M: Whenever the pancreas is manufacturing too much or not enough insulin, Alga~~~ is needed.

CLASS 1-5: Alga~~~ is a powder and it does a marvelous thing for people who have cataracts and eye trouble. It's a rich source of mineral, free of salt and sodium.

CLASS 1-5: Also one of the processes of aging is a lack of vitamin A, and practically all senior citizens over 60 need some Alga~~~ to help make vitamin A available, and it does a fabulous job. Carrot juice is rich in vitamin A but you don't give carrot juice to anyone that is on insulin, diabinese, orinate or diabinate because it is high in sugars.

CLASS 1-5: When people take Alga~~~, plus getting their body chemistry in top shape, in about 5 to 6 months of taking it regularly the cataract disappears. Doc saw people that were totally blinded by it, that had to be lead everywhere, and their problem disappeared completely in one year.

DAILY: Min-Col and Alga~~~ are long-term minerals. They are used initially in assisting to restructure the body chemistry and are continued to help maintain this balance and keep the body from slipping back into its old patterns. Do not be surprised if you're told to take Alga~~~ for at least a year or to take Min-Col for the next 43 years, etc. It's his way of telling you that you are always going to need mineralization. The vast majority of these should come from your diet. Each year however, tests show foods slipping in nutritional value. A study in Iowa showed corn protein down 15% in ten years. To hedge against this food value loss, Reams will have you continue some minerals indefinitely. Health is a worthwhile investment.

DUNLAP: Alga~~~ is green and is helpful when sugars are in high ranges. Alga~~~ assists vitamin A to assimilate more easily. Reams would have said that Alga~~~ makes Vitamin A more available to the body.

ION INSTITUTE: Individuals with an extreme potassium deficiency or who sweat profusely should use 3 [Alga~~~] capsules 3 times a day.

ION INSTITUTE: Alga~~~ has little to no effect on the pH. The vitamin and mineral materials are used to rebuild the liver. This will be reflected in improved saliva pH readings over an extended period of time.

ION INSTITUTE: The brain's need for potassium and hence Alga~~~ increases when the ureas are low and/or any type of heavy metal poisoning occurs. Alga~~~ is the brain's most nourishing overall food.

JOHNSON: Alga~~~ is used for both high and low sugars, as is distilled water.

MANTHEI: Question: What kind of potassium are you using? Manthei: I use Min-Col and Alga~~~ first and foremost, hominy every day, and celery juice and food sources.

MANTHEId: What are the two food supplements that are the richest source of minerals for the body? The answer is Alga~~~ and Min-Col.

ALKALINE

ARM: Apple cider vinegar is a good blood thinner for those with alkaline system only [high urine pH]. Do not give if they are acid [low urine pH]. Be sure you know where your blood chemistry [no! Urine pH is the proper term] is before you use a heavy cationic substance. Every substance slowly gives off ions.

ARM: Cancer of the skin is vitamin A deficiency - too much vitamin D, body alkaline.

ARM: The liver has to manufacture the alkaline chelate for the bones, teeth, etc.

ARM: Loss of energy in body chemistry shows up in saliva pH too alkaline, won't budge.

BEDDOE: Use the Calcium Dose Rate chart to help you choose how to team up the anionic and cationic calciums when the pH is split, i.e. the urine is acid and the saliva is alkaline or vice versa.

BEDDOE: Calcium lactate (CL) originates from sour milk products. It is a cationic calcium and is used when the body chemistry [urine pH] is too anionic—in high alkaline resistance ranges.

BEDDOE: Calcium carbonate is a high energy calcium for a stronger digestion; but, it should not be used by an individual who has an alkaline chemistry pattern.

CHALLEN: In order to become pregnant you must be slightly on the acid side. You cannot become pregnant if you are double alkaline [urine pH and saliva pH].

CHALLEN: You can use sulfured molasses if your body [urine pH] is alkaline.


CLASS 1-5: The pH is measured on both the urine and saliva and the test range is from about 4.80 to 8.20, and a reading of 6.40 is the mid range, or perfect, or neutral (on the scientific scale, a reading below 7.00 is said to be acidic and a reading above 7.00 is alkaline). Consequently: 4.80 to 6.39 is low pH or acid, and 6.41 to 8.20 is high pH or alkaline.

CLASS 1-5: The difference between acid and alkaline is considered in a new light: acid is cationic and the electrons in the outer shell travel counter clockwise whereas base is alkaline or anionic and the electrons in the outer shell travel clockwise.

CLASS 1-5: The electrons in calcium always travel clockwise and therefore calcium is always anionic, or alkaline, and there is no exception.

CLASS 1-5: 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, 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 Counterclockwise in an acid, which is also a cationic substance, and Clockwise in an alkaline or base, which is an anionic substance.

CLASS 1-5: The electrons in calcium always travel clockwise and therefore calcium is always anionic, or alkaline, and there is no exception.

CLASS 1-5: Suppose that the hydrochloric acid had become too alkaline, too much of a base, way up high in the urine pH. What would happen? The food would digest too slowly, constipation would set in and then they need colonics.  *NOTE: Be careful of a contradiction in terms here.*

CLOD: It is rather strange too that we call hydrochloric acid an acid when it really isn't an acid, it is a base. In bases the electrons are anionic, therefore they travel clockwise in the molecule, and acids are cationic and therefore travel counterclockwise. So this is the actual physical difference between an acid and a base. The foods that go into our stomach are cationic, when the bile is released it gives off heat and electrical energy in both anionic and cationic form.

DAVIS: Now, can you imagine my problem with a urine pH of 5.80 and a saliva pH of 8.00? The urine was far too acid and the saliva far too alkaline.

DUNLAP: Living conditions are perfect for parasites when the body become so alkaline.

FONTENOT: If a person's urine pH is on the acid side, that is, the urine pH is "low," the dietary approach is quite different than if the urine pH is alkaline or "high."

FONTENOT: While the key to good health is partly found in the acid/alkaline balance, there are other factors which weigh into this balance.

FONTENOT: [If] the urine is acid while the saliva is alkaline. This person will bruise easily, be prone to colds, have a problem in the lungs. This person is very irritable and, if a woman, has menstrual problems possibly even showing symptoms of menopause.

FONTENOT: If a person's urine pH is on the acid side, that is, the urine pH is "low," the dietary approach is quite different than if the urine pH is alkaline or "high."

JESSE: Should the body not be able to remove these wastes quickly enough, an alkaline condition develops, which, in time, as the wastes multiply, sends the body tissues into a state of acidosis.

JESSE: Cranberry juice is used when a person is too alkaline. It is high in manganese which assists the function of the reproductive organs. The average intake for women is 15mls, and men 30 mls.


JOHNSON: Yogurt is always recommended. Acidophilus milk when the urine pH is alkaline.


KIRBAN: The gastric juice produced by the liver is anionic (alkaline energy) also.

REAMS/MANTHEI COOKING:

Reams: Well, in order to be pregnant, you have to be slightly on the acid side. You can't become pregnant with a double alkaline.

REAMS/MANTHEI COOKING: Some people that are in Ranges D and E can still get vitamin C, and here's how you do it. You make an alkaline Vitamin C, available to you by using baking soda – one-fourth to one-half teaspoon of baking soda added to a glass, like a tumbler, and then add your juice, half full – your grapefruit juice, your orange juice, your pineapple juice, or your apple juice – and then stir it around. Let it sit for 30 seconds. Let the soda settle to the bottom and then drink it. That's a vitamin C pop, like for children.

 *NOTE: Reams divided all substance into either anions (alkaline) or cations (acidic). Each had an energy level that he was able to use to calculate via the Milhaus technique to determine the overall energy in such as foods or fertilizers. The energy that we survive on is a byproduct of the energy released in an endless interplay of anion vs. cation, or anion vs. anion, or even cation vs. cation.*

 *NOTE: Michael Olszta reported that in a phone conversation that Carey Reams advised him that food combining (i.e., acid/alkaline balancing) was mostly "false doctrine." It appears that food combining in Reams' eyes was "a little bit of truth."*

ALKALOIDS

BEDDOE: It is a good practice not to use it longer than 30 days because alkaloids in the goldenseal tend to accumulate in the system, especially when used in very high and concentrated amounts.

BEDDOE: Alkaloids are organic salts of acids like acetic, oxalic, lactic, tartaric, and fumaric, that are produced by various plants and usually taste very bitter. Some plant alkaloids are very well known, such as nicotine, belladonna, coca, and opium.

CLASS 1-5: All foods have alkaloids in them but it's the sulfur that could do damage and it could only do damage whenever the pH gets below 6.0.

DUNLAP: Lemon and olive oil on salads help soothe the gallbladder. Olive oil also removes unwanted alkaloids and dissolves

cholesterol gall stones.

ALLERGIC

ARM: Chocolate, Lipton tea, carob cause people to have kidney pain. [In people who are allergic]

ARM: Some people are highly allergic to chaparral and it gives them diarrhea, very bad diarrhea.

ARM: Allergic to lemonade - swollen kidney. Stop lemonade. After few days, try bicarbonate of soda; let settle. See if they can drink it without causing swelling.

CHALLEN: All allergies are due in one way or another directly to a deficiency in calcium.

CHALLEN: If a person is allergic to prune juice, have them eat more fruit and change the [lemonade] sweetener every day.

CHALLEN: More people are allergic to potatoes because pancreas turns potatoes to sugar so quick that people become hyperglycemic.

CHALLEN: Give Ginseng if people are allergic to chaparral.

CHALLEN: If a baby is allergic or cannot handle any milk products then you can put him on vegetable milk.

CLASS 1-5: After adding the yeast and vitamin D to it [Cal-II] we had no problem, it works very, very well unless you have other problems that offset it, like allergies to yeast, but just go by your numbers.

CLASS 1-5: The medical profession considers that a person that has low blood sugar {glucose?} is allergic to all carbohydrates so they feed high proteins and tell you to discontinue your carbohydrates.

CLASS 1-5: 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 don't 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.

CLASS 1-5: Some are allergic to cabbage, some allergic to onions, you name it, and somebody's allergic to it. Remember, go by your numbers, let your numbers determine whether something's 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's high stress, if they're 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.

CLASS 1-5: Cal Forte, the egg shell calcium which is used if people are allergic to the CAL-II. Take the whole egg [shell included], put it in a blender, and blend it up. Make milkshakes out of it.

CLASS 1-5: There are as many allergic effects as there are people, for instance, an allergy to chaparral affects different people differently. With some people it makes them very hot and they might wake up in the middle of the night just burning up in which case take them off of the chaparral and they'd stop burning and there are some people that it will give them a very severe case of diarrhoea and they can't take it and in others it stops the kidneys from working. Go by the numbers.

CLOD: Some people are allergic to lemon juice. Those allergic cannot urinate, it stops the kidneys from letting the water pass out into the urinary tract. Also, if one has ulcers it burns the stomach so badly the person cannot stand the burning, then they must be taken off of the lemon and given freshly squeezed cabbage juice three or four times a day (this must be used within 20 minutes from the time it is squeezed), the amounts regulated by the tester, and this will heal any ulcer. I have never seen anyone allergic to cabbage juice that had ulcers. After the ulcers are under control, six weeks to three months, then the person can start on the lemonade and it will rebuild the liver and almost make them look like they have had a bath in the fountain of youth.

DUNLAP: At [saliva] 7.4 or higher, the function of the spleen is restricted. Anemia is common because iron cannot be processed. This means that the stage is set for allergies, hay fever, pneumonia, emphysema, and asthma.

ION INSTITUTE: If a person is allergic to chaparral, use Aloe Vera and Ginseng.

KIRBAN: However, there are people who are allergic to lemons. Then we use vegetable juices.

MANTHEI: [You may eat] Whole wheat if there's no allergy. Triticale? Some people still react to triticale as they would to whole wheat, so that you have to check out on an individual basis. Oatmeal bread. Rye bread. Rice bread. Bran breads. Roman meal. Pumpnickel.

MANTHEI: Sometimes an allergy to honey drops the sugar. I am allergic to honey, but I get by okay with Whidden's Royal Jelly. It does come packed in honey.

REAMS/BLACK: STUDENT: Doctor, have you encountered allergies to lemon juice? REAMS: Yes. There are people who have an allergy to lemonade. STUDENT: What do you do then please? REAMS: Well, then I just use plain water. I do not know of any food that some body doesn't have an allergy to. I would say that 20 to 30 maybe 40% of the people are allergic to lemonade.

REAMS/BLACK: STUDENT: What's the sign of an allergy to the lemon juice? REAMS: We will tell you that later because what a lot of people call an allergy is not an allergy at all. They think that just because it makes them sick to the stomach, that's an allergy. That's not an allergy.

REAMS/MANTHEI COOKING: All allergies are due, in one way or another, directly to a deficiency in calcium. It's the third time we've said that in this course.

REAMS/MANTHEI COOKING: I know one person that cannot eat onions. They will blow up like you can't believe. And it doesn't matter whether they know the onions are in there or not. It will still cause swelling of the abdomen for days, not just an hour or two, but for days. And it's not like a gas swelling; it's just plain swelling. And other people can't eat garlic. Some people can't eat eggs. Some people can't eat this or that or the other. But there's no reason whatever to make a rule to fit everybody just because somebody is allergic to something. Doesn't make sense, does it? That's what we call fads.

REAMS/MANTHEI COOKING: If you're allergic to MSG, you shouldn't eat it.

ALLSPICE/ASH

ARM: Lungs have the most variety [of minerals]; need all of them, 84. Best food for the lungs is Allspice. 84 different kinds of minerals in the lung tissue, if you are in perfect health.

BEDDOE: The nutritional value of vegetables can be enhanced, and at least partially restored, by adding, while cooking, these items: 1/2 to 1 teaspoon of blackstrap molasses, 1 to 2 teaspoons of Maple syrup, dark Honey or other liquid sweetener; plus 1/2 to 1

teaspoon of high grade cold pressed corn oil and sometimes a pinch of allspice. [see GMO entry]

BEDDOE: ALLSPICE TEA—Most people who are acquainted with allspice, know that it is used as a seasoning. However, it makes a very good addition to juices and teas. It is an herb that has a vast variety of minerals that are especially good for the lung tissues. The lungs have the greatest variety of mineral of any organ; and, allspice fits in very well in helping supply those mineral needs for weakened lungs. Use about 1/8 to 1/4 teaspoon as an addition to other herb teas. The same amount added to fruit juices also works very well.

CLASS 1-5: The Allspice for the lungs I was speaking of is made up of a mixture of many, many different spices and not just the spice called allspice.

MANTHEI: And then we'll also put in a little bit of seasoning. Sometimes we'll use that All Spice and Herbs and then some soaked dry fruit for example, raisins or dates, if you can handle them, or apricots for variety, or peaches or dried apples, whatever. Just use a variety there. And then bring the water to a boil, and then you add the oatmeal into that and stir it until it becomes thick.

REAMS/MANTHEI COOKING: Question: Allspice does have some nutmeg in it, doesn't it? Manthei: All Spice and Herbs does have a little bit of nutmeg in it.

REAMS/MANTHEI COOKING: Some of you may not be familiar with that product. That's not the same as allspice you get in the grocery store. So All Spices and Herbs (ASH) is something we've put up.

ALOE VERA

ARM: One tablespoon aloe vera once a day in 3 ounces carbonated drink good for sunburn and bruises.

ARM: Give chaparral for emphysema. It's a mild laxative. It also has a wonderful healing agent in it, something like aloe vera. It helps replace the cells quicker than anything else.

ARM: Ginseng is a laxative but it does not have the healing agent that chaparral has. If you put them on ginseng, also put them on aloe vera gel.

CHALLEN: 1 tablespoon of Aloe Vera Gel in 4 oz. of fruit juice will repair colon.

CHALLEN: Aloe Vera jell can be added to green drink and for people in ranges D and E it is a must.

CLASS 1-5: 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.

CLOD: People with digestive problems such as just 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 helps shrink hemorrhoids. It is one of the finest healing agents for digestive problems.


ION INSTITUTE: If a person is allergic to chaparral, use Aloe Vera and Ginseng. If the colon is sluggish, chaparral can be used as it is a mild laxative.

ALS (Lou Gehrig)

ANATOMY: Manthei: On this other condition which is called Amyotrophic Lateral Sclerosis (ALS), the difference between that and MS is only the part of the spinal cord that's involved, the part that is deteriorating. Multiple Sclerosis (MS) is involving the whole thing whereas this other condition (ALS) is involving just a part of it. Reams: Either that or a tumor inside the spinal column. Manthei: Okay. If there is a tumor on the spinal column, is that corrected by diet? Reams: Yes. I have corrected those by diet. Yes. In one case I had to have the x-ray technician to keep taking pictures and keep taking pictures. I was paying for the pictures. But the 25th picture, he got a picture of the tumor inside the spinal cord. But he lost the picture of the bone and he had to take one of the early pictures and place this one over it in order to locate exactly where it was, but it was exactly where I said it would be.

MANTHEI: 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've never seen a case that didn't respond.

YAHOO MESSAGE 15561: A lecture by Eugene Reams indicated that people with ALS needed colonics and they would be fine. He also indicated that the four medications prescribed to people with ALS will create the symptoms of ALS. The side effects of those four medications match up with ALS. Those four medications will kill everyone who remains on them. This is why in 3-5 years after people start taking those medications, they are dead. The side effects of those meds are ALS. This is a great example of how supposedly well meaning medical doctors are actually killing their ALS patients. According to Reams, all those people needed to have was colonics and they were fine after that. That means those people probably had high urine pH readings. (Thomas Giannou)


 **NOTE:** *ALS is a difficult subject to address. Above you see where Reams stated he had never seen a case that did not respond to a proper RBT1 diet. The statement comes from a transcript that Manthei published in April 1982.*

ALUMINUM

ARM: Potassium is not an electrolyte and aluminum is.

ARM: Electrolytes in your system are hydrogen, potassium, but nitrogen is the important one. Aluminum going to the brain acts as an electrolyte.

ARM: Carrying the message from the brain to the organs [are] aluminum, copper, silver, gold salts.

BEDDOE: This is why the use of mineral colloid (MC) from soft rock phosphate will never cause a toxic situation in animals or humans.  **NOTE:** Beddoe is speaking of "heavy" metals (including aluminum) in colloid form.

CHALLEN: Cut the stem end off of a cucumber before you use it because it is high in aluminum.

CHALLEN: Aluminum is not poisonous and has nothing to do with Alzheimer's or any other mental condition, 10% of the earth is aluminum.

CLASS 1-5: With a very low urine or saliva pH that won't shift they may live in an area with very high aluminum, or very high sulfur, and it is quite a job sometimes to get it [pH] up, but you should get it up. In other words, it's a lack of vitamin D.

CLASS 1-5: The brain also contains traces of aluminum, gold, silver, copper and so forth but these are in colloidal phosphate form.

CLASS 1-5: The part in the brain that's responsible for the messages getting out and through to the organs is the electrolytes and while potassium is not an electrolyte, the aluminum, copper, silver, gold, salts, and so forth are electrolytes.

CLASS 1-5: A colloid is what makes "the diamond in the dew drop" and in the colloids there's 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's 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, way less than the potassium. It has just a good trace amount of aluminum.

CLASS 1-5: With a very low urine or saliva pH that won't shift they may live in an area with very high aluminum, or very high sulfur, and it is quite a job sometimes to get it [pH] up, but you should get it up. In other words, it's a lack of vitamin D.

MANTHEI: Clean aluminum ware is not poisonous. 7% of the Earth's crust is aluminum. And if it was poison, all of us would be seriously dead.

AMINO ACID

ANATOMY: So once the brain has communicated with the liver via the vagus nervous system, the liver begins to manufacture the amino acid in skeleton form necessary for [in this case] the left arm. However, it may not manufacture them, even though it's been told to. Why not? Student: It doesn't have the right kind of... Manthei: That's exactly right. Nature can't make something out of nothing.

ARM: Amino acids travel throughout the system. Electrical attraction draws them to the organ they are programmed for, because they take the path of least resistance, because they fit perfectly.

ARM: As the blood goes through that gland [any particular transformer gland], it breaks down into all those tiny capillaries and then it comes back on the other side. The blood circulates around through there, picks up ionization, picks up mineral or amino acids coming in, and coming out a little bit different from than when it went in.

ARM: Forming of amino acids: Nitrogen, calcium, oxygen; and water as a catalyst and carrier. You might add iodine and iron next.

ARM: This is why hate is the best cancer seed. When it blocks the mineral coming in, it affects amino acid development programmed for cell function, which has a response back to the brain, the central nervous system. Body and mind are related.

ARM: In reality there isn't anything as a perfect/complete amino acid, because before the amino acid molecule is completed, each organ is beginning to snatch off what it needs to replace, to ionize the stolon on the end of the nerve where the cell is being replaced.

BEDDOE: The liver is the organ which is responsible for making the primary amino acid structure for all the rest of the body. If the liver does not carry out this function to its fullest extent, then eventually there will be some organ, gland or tissue that will suffer some lack. So, from a physical standpoint, the liver receives the full attention in the Biologic Ionization concepts.

BEDDOE: The water should be deep enough to cover the hip joints and part of lower abdomen. Circulation will increase to these areas, and, it will help to remove delta cells by bringing the amino acids to their appropriate location. Use the Sitz as often as necessary, generally a minimum of two to four times a week.

C.H.E.M: The circulation will increase to these areas [by using the sitz bath] and it will help to bring the amino acids that are programmed for those areas to their appropriate locations, which will help to increase the reserve energy.

C.H.E.M: When one eats fish will the liver increase or decrease the frequency to make it part of us? Increase the frequency.

When will the fish amino acid lose its identity so that you could no longer call it fish? When it reaches the stomach, colon or liver? The liver is correct.

C.H.E.M: If we liken the liver to a manufacturing plant and the supply department does not furnish the necessary minerals or vitamins for the weak areas to be rebuilt, the amino acids will not be produced, causing that weak area to lose too much energy and become weaker.

C.H.E.M: The blood stream may be likened to a main street in any city. On a given day you may see trucks carrying new cars to the showroom heading in one direction. Going in the other direction are trucks carrying old, worn-out, squashed-down flattened cars to the junkyard. The trucks with the new cars are likened to the minerals that are bound to the amino acid wagons by the liver, that are being carried to organs within the body where they will be ionized and form new cells.

CLASS 1-5: For the beginning of cell structure Boyle's Law tells us that, "like attracts like" at the cell stolon. The system has programmed the amino acids for upbuilding of various organs.

CLASS 1-5: 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's 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 didn't, nature will pull out the one that fits. The line of least resistance of this is it'll fit right in there very easily and that's where you get the "like attracts like" and that's why we say Boyle's Law again. Now this aspect has not been explained by anyone else in the world, this is something new.

CLASS 1-5: If a distorted message, which is a malfunction, becomes the controlling factor in the vagus nerve then the malfunction can block the liver function as mineral is coming in, and this is why Doc says, "hate is the finest cancer seed in the world" because it blocks the mineral coming in and when that happens it affects the programmed amino acid construction for the cell function which then has a response back to the brain, via the cranial nervous system.

CLASS 1-5: Remember, all of your energy comes from carbohydrates and carbohydrates are the sugars. If the energy comes from carbohydrates then the proteins transmit energy to the various parts of the body and store it also. Proteins both transmit and store the energy, and if that were not true there would not be any such thing as an amino acid. Amino acid stores protein and this is why the amino acid is so valuable to you.

CLOD: The liver manufactures amino acids.

CLOD: The liver dumps this unfinished amino acid into the blood stream. The blood stream takes it by some 284 transformer glands in our body. It then either adds anionic or cationic energy to the amino acid, or gives off something through the glands, according to the magnetic micronage structure attraction of the glands. As the blood carries the amino acids through the body they become the building blocks for our system. Each organ takes the kind of building block from the amino acid in cationic form that it needs to rebuild and restore and keep perfect that organ.

CLOD: Therefore the liver doesn't have the material to make the amino acids that the pancreas needs to manufacture the thyroxine to control the body weight.

EUGENE REAMS: Insulin is a protein made up of fifty amino acids as two peptide chains linked by sulfur bridges. It has been found that the pancreas of a diabetic contains only one-seventh the amount of zinc compared to the pancreas of a non-diabetic which produces adequate insulin. Zinc deficiencies are usually a result of a lack of adequate hydrochloric acid in the stomach.

ION INSTITUTE: The most important function of iron is the bonding with calcium, vitamin C, copper and amino acids for the manufacture of hemoglobin, myoglobin and the pigment of red blood corpuscles.

JESSE: The protein elements in our food are normally broken down in the gastrointestinal tract to produce amino acids.

MANTHEI: The thing about it is when your body starts to build an amino acid, which is what we're really talking about here, it must put the nitrogen in first.

REAMS ANALYSIS: Anytime there is double acid, there is extreme mineral deficiency especially of the calcium. The liver is not getting the minerals it needs to manufacture a sufficient amount of amino acids to maintain the reserve energy and thus you have a great loss of reserve energy. This person is getting sicker as you sit there and look at them.

REAMS/MANTHEI COOKING: When your body starts to build an amino acid cell, which is what we're really talking about here, amino acids – when your body starts to build it, it must put the nitrogen in first.

✓ **NOTE:** *Conventional science speaks to a total of about 500 amino acids, with 20 classified as essential and the human body unable to synthesize 9 or so (supposedly these must come directly from food). It does not take deep study to realize that Reams wanted us to understand far more about amino acids--particularly that while one amino acid might be programmed for the heart, another was set up for, say, a kidney. Another point is that it is not always easy for a specifically programmed skeleton amino acid to find its way to its intended home. Exercise and such as sitz baths make fine sense when the consultant realizes that. The diligent RBTI student may find benefit from returning to this reference entry time and again.*

📄 AMMONIA

ANATOMY: Manthei: What form of Nitrogen is that ammonia in the smelling salts? Cationic, is correct.

ARM: Urine with strong odor of ammonia has a very high urea, and it foams when you are making the test.

ARM: Nitrogen oxide is nitrate nitrogen. Nitrogen sulfate is ammoniacal nitrogen.

BEDDOE: Urea, in simple terms, is a combination of two well-known compounds: ammonia and carbon dioxide. Some interesting things happen when it is added to body chemistry. First, when it is added to a solution of a given conductance, it will reduce the conductance.

BEDDOE: ...when bicarbonate buffers are depleted, the effect can be seen in a very low ammonia nitrogen number.

BEDDOE: The last part of the equation is made up of two numbers: the nitrate nitrogen number on top the ammonia nitrogen number below.

BEDDOE: Left Side Weakness Pattern: Cationic pH, history of injury, high conductivity, high urea with excess ammonia nitrogen.

CHALLENGE: The stronger the ammonia odor is in the urine, then the higher the urea numbers are.

CLASS 1-5: Many times mothers may say, "my baby's urine smells so strong of ammonia and it's 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.

CLASS 1-5: If your system retains the protoplasmic parts of these dead cells for three days they'll start breaking down into ammonia salts, which then build up the toxicity and increase the salt content.

CLOD: Other salts can be magnesium chloride, iron chloride, ammonia chloride, potassium chloride, carbon chloride, etc.

CLOD: Urine with strong odor of ammonia has a very high urea, and it foams when you are making the test.

CLOD: There are salts that do not contain chlorides in them whatever. Some are ammonia salts, nitrogen salts, and a number of carbonate salts.

ION INSTITUTE: The last 3 numbers: albumin, urea (nitrate nitrogen) and urea (ammoniacal nitrogen) represent energy leaving the body; a short term expression for this is energy in and energy out.

JESSE: A high ammonia nitrogen urea may indicate an over-abundance of putrefying protein, and also provide a measurement of the bacterial count. Bacteria thrive when supplied with a culture medium containing an abundance of nitrogenous substances in some form. These organisms will give rise to a destructive change that in organic substances is called putrefaction. This class of bacteria produces ammonia and other poisonous substances which are said to sometimes exceed the venoms of poisonous reptiles.

JOHNSON: These factors reflect blood viscosity and efficiency of protein digestion. High ureas put stress on the heart and blood vessels. The top number--nitrate nitrogen--affects the left side of the heart. The bottom number--ammoniacal nitrogen---represents the right side of the heart.

MANTHEI: What is the other factor that regulates body temperature? It is nitrogen, especially in the form of ammonia. If there is not enough, the temperature will swing from one extreme to the other very quickly. When will there not be enough ammonia (NH3) in the system to buffer the BODY temperature? In a potassium deficiency.

REAMS ANALYSIS: Toxins from this putrefaction are absorbed and up go your ammoniacal nitrogen numbers.

REAMS/SKOW COOKING: The next thing you want to know is what about the urea. Is the nitrate nitrogen too high or too low, or is the ammoniacal nitrogen too high or too low? If you find a sugar reading less than five forty-nine [5.49] down to two [2.0] and a salt reading that is high, in Range C or D or E [?], and a high urea and a high albumin, you're going to find a person that is not drinking enough water.

✓ **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 claim that ammonia comes via absorption of toxins from intestinal putrefaction.*

📄 ANALYSIS

ARM: You have a right to do an analysis. There is no law against it. When you have an analysis at your fingertips, then you know how to make them a diet. These analyses that we are doing are more accurate than any that are made. Don't fear anyone who disagrees

with you.

ARM: You have a right to do an analysis, but you can be accused of diagnosing, and you are not diagnosing.

BARNES: Again, the premise of the program made great sense, and when we heard about the way that the testing – a simple urine/saliva analysis – could point out deficiencies of needed nutrients, we became excited about the possibilities of getting answers to our concerns about what was happening to our bodies.

BEDDOE: Biologic Ionization Analysis sets up a mathematical “picture” of the magnetic effects of mineral energy loss. Biologic Ionization, therefore, is not a program for diagnosis of disease.

CHALLEN: Hair analysis is accurate only if you shave the head everyday because the hair sample is two or three days old.

CHALLEN: Believe in the [RBTI] analysis - go by the numbers

C.H.E.M.: One of our clients was told by her medical doctor that her heart muscle was deteriorating. She had a hair analysis performed, which showed very high levels of arsenic. She was told that she was toxic. Where did the arsenic come from? It came from the deteriorating heart muscles.

C.H.E.M.: A blood analysis may often times prove to be inconclusive or yield erroneous results that would be discerned if the physician had these numbers at his fingertips.

CLASS 1-5: The difference between a diagnosis and an analysis is that an analysis can be proven, and the diagnosis may or may not be proven.

CLASS 1-5: These tests show: Quantitative analysis, quantity, how much of a substance you've got, and Qualitative analysis, quality, the kind of substance you've got.

CLOD: RBTI is not a system of diagnosis. It is a system of analysis. An analysis is something that is very accurate. It is very difficult to find a group of doctors that agree on any diagnosis, but if one million people did a RBTI test all of them would come up with the same answer and it would be accurate.

DAVIS: While a blood “test” can fool the doctor, the urine sugar test is more accurate, and more indicative of the health in general. That is science! That is the difference between a scientific analysis and a guess-type diagnosis.

EUGENE REAMS: ...each number in the [RBTI] analysis is a measure of ionization, whether it be too much, just right, or not enough.

FONTENOT: The next morning, she finds her baby dead. Her medical doctor, even after an autopsy, can not find a thing wrong and reports another mysterious “crib death.” It is not mysterious at all! An RBTI analysis will show the urea at 28 or higher.

ION INSTITUTE: This is a contradiction of orthodox physiology which says all cells pass out through the bowels. A very thorough examination and analysis of the fecal material will reveal that it is primarily undigested food.

KIRBAN: What to the layman appears to be a very simple urine/saliva test, Reams makes a qualitative, quantitative analysis.

KIRBAN: Urea, as defined in the Reams test analysis, is undigested protein.

MOSES: I also did a hair analysis, the very first, as far as I know, ever being done. I was on ground that, as far as I knew, had never been trod. I was amazed at how much duplication I had.

REAMS ANALYSIS: Once you have all the numbers, is that the complete analysis? No. Your eyes will be checked to determine the extent of vascular distortion and engorgement.

REAMS/BLACK: For instance, you may test someone and the test will show that their body has a very high cholesterol, and yet they go get a blood analysis and it shows that there is a low cholesterol. Or both may be done at the exact same time for that moment, and one will say high, the urine analysis will say high cholesterol, and the blood analysis will show low.

REAMS/BLACK: I have seen people with a perfect blood sugar and in thirty minutes, they would be out in a comma because of low blood sugar. Low blood sugar is caused because the pancreas produces too much insulin. Your own pancreas produces too much insulin and drops the sugar too low. So urine analysis is much more accurate than blood analysis.

ANATOMY

ARM: The density factor: If you can imagine the human anatomy and you can imagine the color of the various organs, the brain would be less dense than the heart, the liver more dense than the heart. Iron in the liver, more elements; more concentration within that atomic structure, so you have a density, more dense.

CLASS 1-5: 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's a reason for them being there and you must learn why they're there. And as you learn why they're 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're 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's absolutely important.

CLASS 1-5: 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's called “aroused effect”, or a quick energy. In other words, it's only stimulated energy, it has not actually 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.

CLASS 1-5: The numbers themselves will teach you nothing, it's what you know that the numbers mean that means everything and any time those numbers are on that scale there's a reason for them being there and you must learn why they're there, and as you learn why they're 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.

CLOD: It was then I started from the knowledge of frequencies I had on grapes. It was the only thing I knew the frequency of at that time to calculate, or you might call it “dead reckoning,” what a human anatomy should read if it were perfect. I'm sure that an angel held my hand for in four days I had come up with a formula which I consider today to be perfect for human anatomy, regardless of the age of the person.

EUGENE REAMS: This is taught in class 7, which is the Advanced Anatomy course. If you are interested in group instruction,

please write and let me know.

KIRBAN: Reams: And then by just mathematical calculations and phenomena of the things I had studied about food, chemistry and math, I began to print an equation that a human anatomy should read like. This was four years before I had discovered human frequency.

MANTHEIb: Extra study materials that should be purchased: The Anatomy Coloring Book by Wynn Kapit & Lawrence M. Elson

REAMS/BLACK: RBTI does not start with anatomy. It does not start with disease. It starts with energy. Energy itself. Now, you who are doctors will not need these amount of books that I have here on my desk. But you who have not had anatomy and studied anatomy, I recommend you get this set of books. It's about \$80 and you can order and it will help you understand something about anatomy.

REAMS/BLACK: Then I picked up my pencil and started calculating what perfect was, what is perfect. Then I worked out an equation much longer than the one that you will be taught here on what a human anatomy should read like if it was perfect. And at that time I did not even know anything about frequency. This was about three years before I discovered what was the frequency of a human being.

REAMS/BLACK: As you begin to work and study and to understand something about this anatomy, this body of ours, the more you understand about it, the easier it will be for you to comprehend the problem that the numbers denote.

REAMS/MANTHEI COOKING: I'd like to mention something, though, about a class in anatomy to be given in February, I believe. I don't know whether what I'm saying is going to agree with Dr. Manthei or not. I haven't told him about it but it is his suggestion.

The tuition will be \$600.00. It will be a six-day course. It will be five hours a day only, and that's 30 hours. And it's only 20 dollars an hour. Is that right? 20 times 30, 600? It was when I went to school. Now you're going to learn something that will help you with the numbers and the diet that you've never learned before. I have some 7,000 or 8,000 dollars worth of equipment to teach you with. I have a real human skeleton that I bring into class to teach. I also have it in plastic to show you how it works, how the male and the female organs work in plastic. And it is well worth the money spent and the time spent to know how you're made. Most people know more about the automobile than they do about themselves. In fact, one young man came in. I said, "Your problem is your colon." He said, "I don't have one." I said, "Did you have surgery?" "Oh, no, I never had any surgery." He thought a colon was something one little dot above another, little dot below another little dot or something. That's all he knew about a colon. So really, you'll learn something about anatomy.

ANEMIA

ANATOMY: Manthei: I'd like Reams to comment on sickle cell anemia. Are you familiar with that, where the shape of the blood, the red blood corpuscle is not as it normally is? Is that a genetic condition or a dietary problem? Reams: Dietary. Manthei: Dietary? Reams: Yes. Manthei: From a deficiency of calciums, primarily? Reams: Basically, yes. Manthei: Okay, but it is in the book as being a hereditary, genetic kind of a condition. Reams: That will change.

ANATOMY: When it becomes advanced anemia, you can look at their gums, tongue, and their finger nails, because they will start to turn either blue or black and blue.

ANATOMY: Manthei: Because generally a leukemia is an anemia. Reams: Anemia is the beginning of leukemia. Student: And Hodgkin's disease? Manthei: In Hodgkin's disease there is swelling of the lymph nodes, in leukemia there is not.

ARM: There is no difference between anemia and leukemia. WBC out of ratio. This means a vitamin A deficiency. If this body condition existed and you gave vitamin A by the pound, it would not be available to the system. Cucumber is one of the richest sources of vitamin A, skin and all, juiced.

ARM: When you have a vitamin C deficiency, you have a vitamin A deficiency; and when you have an A deficiency, you have an iron deficiency. Hence, they are anemic.

ARM: An anemic person will accept carrot juice quicker and faster, and increase the WBC, than any other substance.

ARM: Leukemia, anemia: not enough iron and iodine. Replace iron and iodine in the liver, the basic substance for the manufacture of vitamin A.

BEDDOE: Vitamin B-12 Anemia Pattern: This is very apparent anytime the saliva pH is at 6.4 or below when all the numbers are out of range A.

BEDDOE: Raw Egg and Grape Juice: This is the best way to stimulate vitamin B-12 uptake in a body that is resistant [and anemic]. There are enzyme reactions between the raw egg and the concord grape juice that are indispensable. When the saliva pH wants to stay at or below 6.4, with all the other numbers away from Range A, it is recommended that you use this potent mixture to help B-12 uptake. Simply speaking, the egg and concord grape juice mixture is the closest thing to a natural blood transfusion.

CHALLEN: Anemic - Too many white and not enough red blood cells [corpuscles?]-B12 for this plus Ferro- tonic.

CHALLEN: Pale skin and a high salt level means a person is anemic. Therefore, give Ferro tonic because it is natural.

CLASS 1-5: 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's a chain reaction and consequently the body does not manufacture or accept or receive from the foods enough Vitamin A, and 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.

CLASS 1-5: The cause of glaucoma is a mineral and vitamin A deficiency and is very closely connected with anemia or leukemia.

CLASS 1-5: When the pH gets to be about 5.4 then watch for anemia.

CLOD: Most anemic people are much whiter than usual because the liver is not getting enough iodine, iron or calciums.

DUNLAP: At [saliva] 7.4 or higher, the function of the spleen is restricted. Anemia is common because iron cannot be processed. This means that the stage is set for allergies, hay fever, pneumonia, emphysema, and asthma. Living conditions are perfect for parasites when the body become so alkaline.

ION INSTITUTE: Anemia is a lack of iron and iodine which prevents the blood stream from carrying and transporting the full capacity of oxygen throughout the system. The symptoms of anemia are blue fingernails, abnormal tiredness and pale skin.


JOHNSON: The next item is anemia and we're going to do a little changing here in this equation. When the saliva pH is 7.4 or higher we have anemia or anemic tendency.

KIRBAN: [Glaucoma] is another form of anemia—or another form of leukemia. Leukemia is a Vitamin A deficiency and is a type of anemia.

MANTHEI: Vitamin B-12 is used to help rebuild the red blood corpuscles [when anemic] and especially should be used whenever Ferro Tonic is not available.

MANTHEI: Spleen is under control by your vagus. Student: What did you say caused the spleen to get real large? Manthei: Anemia or leukemia, they're related, causes the spleen to swell and get a lot bigger.

REAMS/SKOW COOKING: I have never been a person who claimed to eat all raw food that did not look anemic and sick and never one to live very long. They all died within 10 years.

 **NOTE:** Reams claimed great success dealing with anemia and leukemia. The serious student should consult with various RBTI practitioners to fully understand this subject. See also the LEUKEMIA entry.

ANGINA

ACRES USA: One of the more exotic symptoms of low blood sugar is heart palpitations. You can feel your heart skip a beat and slow down. It feels as if your heart is trying to stop. Although these palpitations aren't quite as intense as real angina pains, they're understandably frightening, particularly since the hypoglycemia has made the person quite nervous to begin with.

ANATOMY: ...a piece of that cholesterol will break off, plugging the vessel of the heart. And that is known as an angina heart attack.

ARM: The angina heart attack is caused because the body retains too much salt. It doesn't matter from what source the salt comes. **ARM:** Angina and pectoris heart attacks can be blotted out of the nation within two weeks, anytime the people demand it. The cause[s] of heart attack are known, and what to do about it.

ARM: If you want an angina heart attack, use sea salt.

ARM: The final thing that triggers angina heart attacks, a piece [of cholesterol] turns loose and plugs up the heart.

BARNES: For example, if you insist on putting salt on every food you eat, eventually it will build up as plaque along your arteries, narrowing them, and making you a candidate for a heart problem—either a mild heart attack, angina, or, if your reserve energy is low enough, it could trigger a major heart attack.

CHALLEN: Thrombosis - Angina and pectoral heart attack - clot going to heart and stopping it.

CLASS 1-5: 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 ureas is what the medical profession call uremic poisoning and crib death is caused because of the high ureas.

CLASS 1-5: Generally, when the salts have been high for a while they experience dryness of the mouth from 35C and at 40C angina pains start showing. The danger zone for cholesterol is from about 45C to 48C.

CLOD: There are other people who do not use any salt, or salt substitutes, and yet their salt is dangerously high. Sometimes high enough to cause or bring about an angina heart attack. It is not how much salt you use, it is how much salt your body retains.

CLOD: The next number 45C [from the example] shows the body is retaining too much salt and that the person is in the zone for a major angina heart attack, however, with his age it is probably 10 years away if this pattern continues.

CLOD: ...there is no such thing as a minor angina heart attack.

DAILY: Anywhere above a combined total of 16C you may experience angina pains, palpitation, or skipped beats during periods of high physical work or other stress.

DAVIS: Too much salt is the only cause of angina heart conditions. Yes, that is right: An angina heart attack cannot happen if the salt level is kept at normal.

DAVIS: By the way, a thrombosis is an angina and a pectoris heart attack happening at the same time

DUNLAP: The angina heart attacks are either major or fatal. It occurs when the salts are above 35C. Angina heart attack results from a piece of cholesterol breaking from the lining of a blood vessel and lodging in a valve of the heart or in another vessel.

FONTENOT: This is what your doctor will diagnose as an "angina heart attack." Its only cause was simply the failure of his patient to drink enough water to reduce the salt levels. Your doctor should know this, but have you ever heard it before?

FONTENOT: Depending upon a client's age, he may have angina pains which are confused with indigestion.

HEALTHVIEW: HV: Does that [distilled water program] also work for angina heart attacks caused by salts? Reams: Yes, and interestingly, the process often reverses obesity also.

JOHNSON: Also, when the cholesterol builds up, then we've set the stage for varicose veins, phlebitis, angina heart attack, stroke and in some round about way that I'm not familiar with, it has to do with gout also.

KIRBAN: Angina causes [is?] pains in the chest and stomach area.

MANTHEI: If the body retains too much salt over too long a period of time it can lead to one type of heart attack, called the angina heart attack.

REAMS/BLACK: So this is what I mean by angina heart attack and pectoris heart attack. And it is perfectly possible to have both kinds at the same time.

ANGSTROMS

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. A3 angstroms refers to the distance apart they keep, that distance from themselves. They are not together. You're actually dealing with a figure-8 setup; and this type of movement is around and through, so that is that exchange. Angstrom is the distance the electrons keep themselves apart. These angstroms represent how far apart the electrons are in orbit in the shell of a molecule

ARM: If you took the brain and spread it out it, would cover about a third of an acre, computed to a size of 50 angstroms.

BEDDOE: Zeta Potential—A measure of the net electrical potential (in millivolts) carried by particles in the size range of about 10 Angstroms to 10 microns. If this charge is relatively high (30 to 85 millivolts), colloids will remain separate and discrete.

CLASS 1-5: Angstrom represent how far apart the electrons are in orbit in the shell of the mol. Now 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. ($0.0000024 = 2.4 \times 10^{-6}$). Reams and Black came up with the term 'angstrom per second' while studying this together and trying to find a term, and they agreed on "angstrom per second" and the symbol for angstrom is A with a little circle over it (D). When I originally saw it I couldn't figure out what that meant because we got to talking about it and an angstrom is 10^{-8} centimeters and if it took a whole second to go that little bit they're moving awful slow you'd hold it in your hand. It's 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's many times no English word for some of these things, or terms for what we're trying to say or do, and we're trying to get the nearest one that we can find in the dictionary to fit what we're trying to explain.

CLASS 1-5: 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.

MANTHEIc: There are 10,000 Angstroms in 1 micron and 1 micron is equal to 10^{-6} meter.

ANION/ANIONIC

ANATOMY: Now, heat and electricity can be either anionic or cationic. Either one, they can be anionic or cationic. He made reference to that this morning also, where at times you can have electrical energy being anionic; you can also have it be cationic. Heat, as you know, can be either also – for example, a fever in the body, which is heat leaving out through the top of the head, is actually an anionic form of heat loss. But the heat that we would be getting off of the wood stove this morning is cationic, and it's bombarding your skin with cations, causing friction in the skin, which is actually creating the heat.

ANATOMY: Student: Is it in the stole where the DNA and RNA are? Manthei: The DNA and the RNA are the anionic and cationic parts of the cell, but that is where the code is locked. Student: Is it in the stole? Manthei: It's in the stole.

ARM: Paper, cork, glass, what makes the difference in weight? The number of electrons. Anions and cations form the elements into nine geometrical energy patterns. It is a mystery to us today how there are 120 elements and all of these elements and compounds are made with only nine different patterns of energy. In any element you can have a variable number of anions and a variable number of cations within the same element to make it form into one of these nine patterns, but the energy is a synchronized energy which equals the specific gravity.

ARM: Our livers manufacture bile or hydrochloric acid and it's an alkaline substance, an anionic substance.

ARM: Anionic [plant] food makes growth; cationic food makes fruit.

BEDDOE: Biologic life shows a relationship to the earth and its radiation belt, much as the iron filings do to the magnet. The movement of anions and cations is what is influenced. Since we know that like attracts like, anions are attracted toward the anionic Van Allen Belt and the cations are attracted toward the cationic earth. It is through this relationship, that the student can begin to get a feel for potential symptomatic patterns that are shown by the urine and saliva test.

BEDDOE: When the urine pH goes anionic the bone tissue will demineralize, or give up its mineral in favor of soft tissue.

BEDDOE: Potassium Chloride—This is a type of potassium that would be an anionic type. It is used for extra potassium in the diet, especially when the individual's line of resistance needs help in the anionic direction.

CHALLEN: Use an oscilloscope to see which way an electron travels to determine whether a substance is cationic or anionic.

CHALLEN: Lemonade is the only food known to be anionic.

CHALLEN: All anionic or cationic substances in the elementary molecular form under the same temperature and pressure are the same size. This is not true in compound states. Anionic substances in compound form are variable in size and weight even in the same kind of substance, i.e. light water, heavy water, or dry water.

CHALLEN: An isotope is able to change from an anion to a cation or vice versa, in other words, the electron in the outer shell changes places with the nucleus.

CHALLEN: Two anions can become one but two cations cannot become one.

C.H.E.M: The nitrate nitrogen is the anionic form of nitrogen and the ammoniacal nitrogen is the cationic form of nitrogen.

CLASS 1-5: The electrons in calcium always travel clockwise and therefore calcium is always anionic, or alkaline, and there is no exception.

CLASS 1-5: Now calcium is always anionic, or alkaline, and there's 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, but 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.

CLOD: Because of the difference in the anionic and the cationic molecular chemical and mathematical structure of the micronage, the milli-micronage, and milli-milli-micronage, their synchronization divinely and physically determines the frequency.

CLOD: It is rather strange too that we call hydrochloric acid an acid when it really isn't an acid, it is a base. In bases the electrons are anionic, therefore they travel clockwise in the molecule, and acids are cationic and therefore travel counterclockwise. So this is the actual physical difference between an acid and a base. The foods that go into our stomach are cationic, when the bile is released it gives off heat and electrical energy in both anionic and cationic form.

CLOD: There is no way that energy can be calculated or figured by mathematics with the old theory of equal number of anions and cations in an element, unless you figure the cationic energy versus the anionic resistance. There is no way to figure energy, because the total number of Milhaus units determines the total amount of energy.

CLOD: What is a single anion? It is the smallest amount of energy in existence. The discoverer of this was Mr. Milhaus, and he called it a "Milhaus unit of energy." This term is no longer in use. It was a very common term fifty years ago (c. 1920?). It means a millionth of a millionth of a particle of energy, until there is no more. There is nothing else to divide.

CLOD: Anions and cations form the elements into nine geometrical energy patterns. It is a mystery to us today how there are 120 elements and all of these elements and compounds are made with only nine different patterns of energy. In any element you can have a variable number of anions and a variable number of cations within the same element to make it form into one of these nine patterns, but

the energy is a synchronized energy which equals the specific gravity.

DAVIS: In reality, the cause of any illness, including cancer, is the improper balance between the anions and cations necessary to produce energy. Remember, any day that you do not produce more energy than your body consumes, that day is the first day of your illness, regardless of how well you might feel!

FONTENOT: Sick people have one thing in common: They do not get enough anionic substances in their diet to allow them to get the maximum resistance, and thus the maximum energy from the cationic foods that they are eating.

FONTENOT: If the lemon is the only anionic food, where is the liver supposed to get the anionic materials needed to make bile? It is supposed to get its anionic materials from the minerals found in cationic foods. There are only three: potassium, calcium, and chlorine. If you are deficient in these three, count on it, you are sick. There is no way that your body can operate without them.

MANTHEI: What is the element in the core of every cell? Nitrogen. Is it anionic or cationic? Anionic. Therefore the electrons rotate in a counter-clockwise direction, and our body is referred to as cationic.

REAMS ANALYSIS: When we don't get enough anionic substances in the body, the body's energy level drops because we are not assimilating our food properly.

REAMS/BLACK: For instance, lemon is the only anionic substance known to man and it can be converted into some six billion different enzymes with less chemical change than any other natural organic substance.

📌 **NOTE:** Reams divided all substance into either anions (alkaline) or cations (acidic). Each had an energy level that he was able to use to calculate via the Milhaus technique to determine the overall energy in such as foods or fertilizers. The energy that we survive on is a byproduct of the energy released in an endless interplay of anion vs. cation, or anion vs. anion, or even cation vs. cation. Also, you should understand that any substance with a pH less than 6.4 was cationic (or acidic) as opposed to substances with a pH more than 6.4 and which were considered "anionic" (or alkaline).

📌 ANTIBIOTICS

BEDDOE: Anytime there has been history of antibiotic therapy and long standing acidity or alkalinity, Colon Aid should be used at the rate of one per meal for the first 2 months of the program. Then it can be reduced to one per day.

CHALLEN: Antibiotic kills aerobic bacteria and paramecium (a one-celled, elongated animal having a large mouth in a fold at the side and moving by means of Cilia) in the colon.

CHALLEN: One of the main things that will kill the good flora are antibiotics. Antibiotics will make you sterile. They kill the bad and the good bacteria, however sometimes an antibiotic is necessary. When so then eat a cup of yogurt every day and it will replenish the destroyed good bacteria.

CLASS 1-5: Doc mentioned treatment with antibiotics to fit the body chemistry. Go by the numbers. For instance, certain people have allergies to penicillin, and many people know it by trial and error, others don't know it. Go by the numbers.

CLASS 1-5: In pneumonia there's a certain amount of this happening in the lungs but it's not like water because it's covering all of the lungs, it's mucus that's more like an oil, or a scum, and it's kind of stiff and if you put a stethoscope on a lung and they've got pneumonia it sounds like you're wadding up paper and then you need to see a medical doctor and get penicillin, streptomycin, aureomycin, terramycin and what not, whatever fits that person's body chemistry. Go by the numbers. For instance, certain people have allergies to penicillin, and many people know it by trial and error, others don't know it.

EUGENE REAMS: When used internally, it fights infection better than antibiotics. Antibiotics kill all bacteria, good guys and bad guys. Food grade hydrogen peroxide kills only the bad guys and feeds the good guys. Antibiotics destroy the B Vitamins, hydrogen peroxide doesn't.

ION INSTITUTE: Vitamin C is also lost through fever, high stress, infection, anxiety, fatigue, lack of sleep, heavy metal poisoning, the use of alcohol, tobacco, drugs, antibiotics and pain killers among other things.

JOHNSON: We had one lady spend three weeks in the hospital because all the medical profession could see were all these toxins in the blood stream and thought she had an infection. They gave her antibiotics like they were going out of style. We knew what was happening, the lady knew what was happening, but the medical people didn't. She spent three weeks in the hospital because she did not get her colonics.

MANTHEI: Some of you may wonder why we used so many mushrooms last week. Both my children were fighting a cold, and mushrooms are an antibiotic, a natural antibiotic.

MANTHEI: Pneumonia is different though, because that is when the lungs rattle. If it is from a bacteria, and it forms like a mucus or a thick scum, an oily kind of substance in the lung. When they breathe, there's a rattle to the lungs. Sometimes you need an antibiotic to take care of that.

PROMISE OUTREACH: Mushrooms (natural antibiotic).

REAMS/MANTHEI COOKING: Some of you may wonder why we used so many mushrooms last week. Mushrooms are an antibiotic, a natural antibiotic.

📌 APPENDIX

ARM: If people take colonics, they will not need an appendix operation. Colonics good for diverticulitis.

CLASS 1-5: You who have studied surgery know something about how important it is when you operate to miss those glands, especially for appendicitis because that one down in the appendix area controls the basic metabolism of the brain waves within the brain, and if you disturb it very much you almost become a vegetable. I have seen people that were made a vegetable by an appendicitis operation. Also there's one right close to it somewhere in the area between the appendix area and the navel that also controls the valve at the neck of the bladder, you massage these and do a marvelous job with them.

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.

KIRBAN: The purpose of this colonic is to exercise the colon and get it back to where it is flexible and also to clean out the pockets that ordinary laxative and purgatives do not do. It also cleans out the appendix.

MANTHEI: Reams has often said that appendicitis can be prevented with colonics.

APPETITE

BEDDOE: Vitamins B-1 and vitamin B-2 are used to help increase the appetite.

C.H.E.M: Vitamin B-1 & B-2 Vitamin B-1 and B-2 are used to increase the appetite. They can be used whenever the body is underweight and will help to gain weight. Use 250 to 300 mg of each about 1/2 hour before meals. They should not be used by anyone that is overweight.

CLASS 1-5: People that are overweight should not have yeast or vitamin B-1 or vitamin B-2, that's if it's just an overweight problem, because it makes you more hungry and you eat a lot more food. People who's 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 don't believe in obesity as a disease in itself, it is the result of other body conditions.

ION INSTITUTE: A small percentage however, while in the process of deworming, may experience one or more of the following: a loss of appetite, nausea, vomiting, bloating, swelling, dizziness, headaches or similar effects.

MANTHEI: Other vitamin supplements that were not mentioned are B-1 and B-2. I would ask that client about poor appetite, because she's underweight, she has worms, and her colon is stopped up, sluggish. Such people generally don't feel like eating much and don't eat much at a meal because everything's backed up.

MANTHEId: Signs of too much vitamin A are loss of appetite, stiffness of neck, headache, shortness of breath.

PROMISE OUTREACH: A constipated child will either have a never-ending appetite (they are not assimilating their nutrients because of toxins) or have very little appetite (they're backed-up).

ARIZONA SALMONELLA

ARM: Arizona Salmonella is a bacteria shaped like a pecan. It gets inside of the lining of the digestive tract and causes it to swell and the blood cannot circulate, carrying the digestive juices or the energy from it.

CHALLEN: Arizona Salmonella - from eating pork---never saw it in people from eating beef.

CHALLEN: Solo Rama board - 45 elements in board - gives off anionic wave length and gives bugs a fit - mainly needed for Arizona Salmonella.

CLASS 1-5: Two main things which cause the villi to shed off are: Arizona Salmonella, and a lack of mineral in your diet over a long period of time. One thing about the walls of the intestine in which there is Arizona Salmonella is it thickens, and ordinary doctors just say it's a type of cancer. 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 can't pass through it. Unless those villi are there the body cannot pick up the energy from your food. It's the villi that pick up the energy from your food and if it doesn't take it into the walls where the blood vessels are, you starve to death.

CLASS 1-5: In many cases too 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. Now 6 to 9 months is a long time for anyone to live once it sheds off because it's not been known to rebuild at all for anyone.

CLASS 1-5: 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 can't pass through it. Unless those villi are there the body cannot pick up the energy from your food. It's the villi that picks up the energy from your food and if it doesn't take it into the walls where the blood vessels lie you starve to death, actually you 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.

CLASS 1-5: When the nail gets big and thick and fat it's caused by a bacteria that gets within the nail, a bit like 126 Arizona Salmonella, and it's very difficult to get them out.

JOHNSON: ...what they're doing is slowly starving to death because the colon absorbs less and less and less as this [Arizona Salmonella] moves around the colon and it will, so I understand, also move all the way through the small intestines, through the stomach and into the throat and tongue and the person will actually suffocate as the tongue swells with this parasite.

JOHNSON: RBTI cannot reverse Arizona Salmonella---[but it can] keep it from spreading---and that is the only one [disorder] I know about that you don't get rid of completely.

Also see TRICHINOSIS entry

ARSENIC

ANATOMY: Reams: Suppose, though, that the brain message is going to the heart, and the blood pressure is still low. Now, what would cause that? A weak heart. And what would cause that? Lack of arsenic.

ARM: Arsenic, calcium, and phosphate determine the structure of the heart.

C.H.E.M: One of our clients was told by her medical doctor that her heart muscle was deteriorating. She had a hair analysis performed, which showed very high levels of arsenic. She was told that she was toxic. Where did the arsenic come from? It came from the deteriorating heart muscles.

C.H.E.M: The weaker the gastric juice, minerals such as iron, manganese, arsenic, and iodine are less capable of being absorbed from the diet. Therefore in order to correct [for example] an iron deficiency, it is not enough just to take an iron supplement. The gastric juice must be made stronger so that more iron [iodine, etc.] can be assimilated from the diet.

CLASS 1-5: Asparagus (rich source of arsenic needed by the heart)---eat it one time per week.

CLASS 1-5: Now 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. Reams maintains it is the lack of arsenic, simple as that.

CLOD: If there is enough arsenic in colloidal phosphate form in the diet you will not have heart valve trouble, heart weaknesses or heart skips, which develop in later life.


FONTENOT: The quantity of any helpful mineral in the water is very insignificant when compared to the minerals taken in through the food. While there may be some good calcium, iron, or magnesium ions in the public and private water systems, why also risk the

excesses of copper, lead, **arsenic**, mercury, and cadmium?

HEALTHVIEW: Do you use any special foods for people with heart disease? Reams: yes, we do. To rebuild the heart, we use foods rich in **natural arsenic**, those being asparagus and celery. The natural arsenic in these vegetables is in the phosphate form and is not poisonous and is in fact vital for a strong heart! The asparagus is better cooked or canned, than raw. We use the celery in salads and as celery juice, giving 4-5 ounces a day.

REAMS/SKOW COOKING: Question: Is it all right to eat asparagus raw? Reams: Yes, but with great caution, great care, because there's a little bit **more arsenic available in it raw** than there is cooked.

REAMS/MANTHEI COOKING: One of the things about asparagus that's in it is **arsenic**, and that's one of the minerals needed by the heart. Student: Why not too often raw? What's the reason? Reams: Arsenic poisoning. Get arsenic poisoning. Manthei: A little bit is good, some people think a whole lot would be better, but in the case of that it can kill you. Reams: I have had patients that had arsenic poisoning who were superintendents of asparagus farms. So please don't eat too much arsenic if you work on an asparagus farm or you're a superintendent of something. And it can kill you.

 **NOTE:** Elemental arsenic is toxic. Reams always spoke of non-toxic colloidal arsenic such as found in foods or Min-Col. See entry for ASPARAGUS

ARTERIES/HARDENING

ACRES USA: As a result, mineral salts accumulate in the blood vessels. This causes **hardening of the arteries**.

ACRES USA: The insulin the doctors give does not act the same as the insulin naturally produced by your own pancreas. This induced insulin forms a crystalline salt which oxidizes and hardens the walls of the blood vessels. The result is **hardening of the arteries**.

ANATOMY: Reams: **Hardening of the arteries** in many cases doesn't affect the heart beat at all. And many times not the blood pressure. My wife and her family, blood pressure was normal, and they died with hardening of the arteries. Her family on both sides. Yet, their blood pressure was normal right up to the time they died.

ARM: If your body does not get rid of the salt out of your system, it's then going to get into your brain - **hardening of the arteries**.

ARM: The cause of cholesterol is the body retaining too much salt. Smooth, glistening coating of cholesterol. No relation to what comes in through your mouth and **what comes out in your arteries** and veins.

BARNES: For example, if you insist on putting salt on every food you eat, eventually it will build up as **plaque along your arteries**, narrowing them, and making you a candidate for a heart problem—either a mild heart attack, angina, or, if your reserve energy is low enough, it could trigger a major heart attack.

BEDDOE: This healthy dispersion is reversed and destroyed when the conductivity [the "C" factor] of the colloidal fluids increases beyond the proper range. As the conductivity increases the Zeta Potential is adversely affected to the point that coagulation or agglutination (termed by colloidal chemists as "salting out") takes place at an ever increasing rate. The "salting out" process is what causes the "Dead Sea Syndrome." When coagulation or agglutination takes place, the viscosity, or thickness, of the blood increases. The best known coagulation byproduct is cholesterol. Hence the cause and effect of **atherosclerosis, known to many as hardening of the arteries**.

CHALLEN: Insulin is actually a salt and will **crystallize the arteries** and veins in the system, causing them to eventually crack open (like dry lips) and hemorrhage.

CHALLEN: Lack of oxygen in the system is why the body permits organs to grow old too fast and **permits arteries to grow hard, strokes** to occur, and degeneration of brain is caused from lack of oxygen.

CLASS 1-5: Also from 12C up you begin to lose tone and elasticity in the intestines, veins and arteries. Instead of them having an elasticity to them they begin to harden and become solid tubes through which the heart has to pump the blood. You're setting the stage at whatever age for **arteriosclerosis** later on. Remember, the higher the salt the more rapidly the blood vessels and intestines lose their elasticity and the more cholesterol forms on the inner walls.

CLASS 1-5: With the **arteries** and veins remember that 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 can't be rebuilt, and when they tell you that they simply mean there's no drug that will rebuild them, we see them rebuilt all the time.

CLASS 1-5: If the salt is stored in the body then it'll be stored according to the line of least resistance, and as it hardens the arteries and veins and causes cholesterol to be deposited that will happen all over the body, even in the brain and cause hardening and **crystallization of the arteries** there too.

CLASS 1-5: The higher the total salt reading, the more cholesterol there is on the **arteries** and veins, not necessarily how much is in the blood.

CLOD: When our bodies retain too much salt, the **blood vessels** lose their ability to expand and contract and cholesterol forms in them, and it causes the intestines to lose their ability to expand and contract and they form pockets or diverticulitis. Nature is robbing from one part of the intestines to supply mineral for another part.

CLOD: Insulin is a salt which causes the intestines to have **diverticulitis** areas (pockets), causes cholesterol to form in the blood, a breakdown of blood vessels, and causes hardening of the arteries of the brain.

DUNLAP: In the acid state [low urine pH], there is a more pronounced tendency for **atherosclerosis** and collagen diseases. Tension in the neck and shoulders will be more common when there is an acid urine pH. The body rejects vitamin C when it becomes acid. Emphysema finds a home in these kinds of conditions. Nervousness is more prevalent in an acid environment. Weakness and generalized distress show throughout the body. The body rejects calcium in these acidic conditions. Because of the calcium deficiency, other mineral losses must follow. The digestive juices will be too weakened to pick up potassium, magnesium, manganese, iron, iodine, and the other heavy minerals so vital to good health.

FONTENOT: While chemical insulin does appear to control his disease for a few years, it causes **hardening of the arteries**, especially the delicate ones in the eyes and brain. This eventually causes blindness and is often followed by a "stroke" when the insulin destroyed blood vessel in the brain finally ruptures. Because it is a "salt", chemical insulin causes cholesterol to form in the blood and takes away the elasticity of the intestines. Eventually, the diabetic on insulin develops colon problems and high blood pressure as well as varicose

veins.

HEALTHVIEW: Reams: The blood is actually squeezed and pushed along by muscles expanding and contracting rhythmically in the walls of the arteries and veins.

ION INSTITUTE: The loss of vessel integrity and elasticity through the build-up of salt and cholesterol is referred to as hardening of the arteries. The veins and arteries normally expand and contract to control the flow of blood; but with hardening of the arteries, the vessels are so clogged and congested that they become inflexible. This results in high blood pressure.

JOHNSON: High salt slows down the movement of cholesterol, a very important ingredient needed to lubricate the arteries and veins, causing it to build up on the walls of the arteries especially producing arteriosclerosis.

KIRBAN: Reams: Angina causes pains in the chest and stomach area. He [Reams] believes this is caused because the body is retaining too much salt. The salt causes the loss of flexibility of the arteries and veins, and even the intestines. Then nature puts cholesterol in there so the blood can get to the capillaries through the arteries and back to the heart through the vein.

KIRBAN: Reams: Brain oxygen deprivation may also be caused by thrombosis, which is formation of a clot within the brain. This usually comes as a result of severe arteriosclerosis, which is a thickening of the cerebral blood vessels until a blockage occurs.

MANTHEI: As the body retains more and more salt, the arteries and veins will give up copper and lose their elasticity.

MANTHEI: A very dangerous fad is the indiscriminate use of lecithin to help lower high cholesterol levels in the blood. This fad can cause serious health problems because lecithin is an emulsifier of fats and oils. If a person uses lecithin and they have a high cholesterol level, it is possible that too much cholesterol can be turned loose by the body. If some of the cholesterol would plug up one of the arteries it could cause a heart attack or strokes. I remember one patient who suffered a heart attack shortly after starting on spirulina with lecithin added.

MOSES: All of them are salts. And all of them can cause the blood vessels to lose their power to expand and contract and they lose the power of dilation and coming back to normal. And then cholesterol forms on the lining of the blood vessels in order for the blood to get from the heart through the arteries, to the capillaries, and through the capillaries back to the veins and back to the heart.

REAMS/BLACK: But when we say that there is a high cholesterol, we are not talking about the oils that's in the blood. We are talking about the oils that are actually in the arteries and veins. I have seen autopsies performed in which the medical report showed that cholesterol was normal and yet find the arteries and veins clogged with cholesterol.

See entry VEINS

ARTHRITIS

ANATOMY: In inflammatory arthritis – the problem is not the joint itself, but it's because of this very thing we're talking about. Delta cells and omega cells are not being removed in the normal length of time and it's causing a problem some place else where they are accumulating

ANATOMY: You may have too much of one kind [of calcium] and not enough of five others. And that is one of the causes of [inflammatory] arthritis. You've got too much of one kind. Arthritis is never a disease within itself.

ARM: When they don't get enough oxygen to the brain, they will complain of stiff joints or arthritis. If this existed for 10 years, you would expect calcium deposits in the joints and deformed hands and toes. Colonics will help. Also water will help the liver restore its ability to manufacture enzymes. They probably have worms.

ARM: Arthritis is never a cause; it is only a result of carcinoma cells somewhere else in the system that are not being washed out. That is the inflammatory type. There is another kind, when the cartilage loses its oil. For this give high amounts of pantothenic acid - this is B5 - or Whidden's Royal Jelly

ARM: For arthritis, rub on [Formula X], except kidney and bladder area.

BARNES: Betty went to be with the Lord in 2003 at age 91; she had been a living example of how the program worked because she had no more arthritis in her neck and back which had severely handicapped her movements in 1976 before we found the program.

BARNES: We saw many other remarkable recoveries in the year and a half that we were at Tinker Mt. Retreat. We saw people with severe arthritis throw away canes and walkers.

BEDDOE: This pattern is also showing very heavy amounts of calcium phosphate deficiency. This means the body is going into the stores of calcium phosphate that are the easiest to get. That would be in the cartilage or softer bone material. When this happens, joint deterioration sets the stage for arthritis problems.

BEDDOE: This is why calcium appears to be in excess in some degenerative states, such as arthritis, gall stones, kidney stones and other sclerosis problems, while actually there is an overall calcium deficiency.

CHALLEN: Use Royal Jelly for arthritis and bursitis.

CHALLEN: Arthritis is the loss of oil in the joints. Vitamin B-5 is pantothenic acid. Pantothenic acid is the governor for calcium in the joints. If you lose pantothenic acid, then you lose calcium out of the joint and pain or arthritis sets in.

CLASS 1-5: 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.

CLASS 1-5: For instance, if you've got 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 can't stand it.

CLASS 1-5: 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 B5, and it's the same cause as for rheumatoid arthritis, lumbago, neuritis and so forth and there's too much oxidation in the muscle, or the joint or the system. When you're into the field of calciums you're into a terrific field.

CLASS 1-5: If you have somebody with inflammatory arthritis and they're overweight and they won't lose weight or can't lose weight then they still have their problem. Those cases you have to send to a retreat.

CLOD: Coffee many times can be an asset to people with arthritis or bladder or urinary problems, even weight problems.

DAVIS: Most of these minerals [in well or spring water] are passed on out of the body, but some of them get involved in the anion-cation exchange and do get sloughed off into the joints and build up deposits there. Are you now beginning to see the

BIOLOGICAL THEORY OF IONIZATION as applied to arthritis? Now, what do you suppose would happen if you drank the correct amount of cationic distilled water in which the ions are still free to pick up the anionic calcium ions? The distilled water ions will pull the offending calcium out of the body.

DUNLAP: Arthritis will have started before the pH turns acid. As soon as acidity gets a foot in the door, arthritic conditions manifest.

FONTENOT: An honest drug company would also tell its listeners that arthritis sufferers need more raw, uncooked foods, more pure water to drink, a good calcium phosphate supplement, and a product available from health food stores called ROYAL JELLY, which is the finest source of natural, organic pantothenic acid known.

ION INSTITUTE: Royal jelly is used anytime there is a stiffness, pain, swelling or arthritis in the joints. This is due to a pantothenic acid deficiency causing a decrease in the volume of synovial fluid and the loss of oil from the cartilage. If the sugar is high, 5.5 and over, do not use royal jelly because it is stored in honey for preservation.

JESSE: Salt is eliminated from the blood stream and deposited into the tissues, especially the connective tissues. Should these tissues surround the joints, a person will experience pain and stiffness in these areas. Often the sufferer is told that they have arthritis.

JOHNSON: Below urine pH 6.4 the liver is toxic and weak and cannot function well. The bile is weak. There is loss of energy, increased oxygen requirements, too rapid digestion and possibly diarrhea. The kidneys become lazy and there may be bone problems and arthritis.

KIRBAN: Reams: Through proper diet, the cause of arthritis and rheumatism can be treated and the individual will respond. We have proved this hundreds and hundreds of times. Of 24,000 people I tested in 1970-1971 alone, there were 10,000 that were termed terminally ill by their doctors and during that two years we only lost five.

MANTHEI: Reams: That type of case [9 y.o. with rheumatoid arthritis] should be handled in a retreat for about ten weeks. It takes a hospital to handle that or a retreat. It is something that has to be handled with great accuracy but I have never seen a case of rheumatoid arthritis that didn't walk out again. They walked away and never were bothered with it again.

MANTHEI: And as we have said before, if you have got a long standing case of constipation, it's going to draw oil from the cartilage of the joint, eventually giving you an arthritis problem.

ASHES

ARM: In testing human ashes, you only measure carbons in thousands of years of life.

ARM: Notice closely the bowel movement, and if there are white flecks in the bowel movement that look like ashes, white ashes, then it is a gallbladder problem.

CHALLEN: Frequency never changes even when turned to ash.


CLASS 1-5: In two weeks I had gone through quite a group of [crematory] 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. Now Doctor Northrup in Germany discovered the frequency of grapes, and he was the one who taught me what the frequency of grapes was, but I was the one who discovered the frequency of human beings.

CLOD: It is the resistance that makes it possible for a potential synchronization, or a leveling point which will establish the frequency in a human being. God created us with this frequency. We cannot do anything whatever to change this frequency. Even when a body is burned to an ash, the ash will still bear that frequency.

CLOD: I returned to the crematory every atom of the ashes.

CLOD: When I discovered frequency it was brought about by two police officers bringing some ashes from a building that had been burned. They had reason to believe that the ashes were from humans, or possibly an animal. The undertaker had a crematory (he and my father had been friends). I had known him all my life. I went to him and told him my problem, and asked to borrow some ashes of a corpse where he knew the sex, age, height, weight, and color of hair. In two weeks I had established the frequency upon which human beings live, and could even tell the race, but could not tell anything about the age because the age of carbon is measured in thousands of years. I returned to the crematory every atom of the ashes.

REAMS/BLACK: I said [to the crematory owner], I need to borrow some ashes to do some laboratory tests on to find out if I can tell whether or not this was a human being or an animal. And he gladly cooperated with me and I returned every speck of the ashes to him. I did not take any of it, did not need it. I tested those ashes of quite a few people that he knew of, even different races. And I found out that these ashes that had been brought into me was not one person, but three people.

 **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..

ASPARAGUS

ANATOMY: Student: Is there another source for arsenic besides asparagus? Reams: Turnips, parsnips, celery and Min-Col, but none as rich and available as asparagus.

ARM: Asparagus is one of the finest heart foods there is. A sign that you need asparagus is a heart that skips or is out of rhythm.

ARM: Pulse in the 40s and irregular. Send them home and advise to eat some asparagus.

BEDDOE: Remember, the value of asparagus as heart food. It should be eaten at least once or twice per week.

BEDDOE: Beets and asparagus should be included. Beets are a laxative vegetable, and contain a good source of copper and other nutrients that she needs. Asparagus is a source of a colloidal arsenic that is vital to heart rhythm.

CHALLEN: If the client comes to you and their pulse is in the 40's and irregular, send them home. They should eat asparagus and drink green drink.

CLASS 1-5: Asparagus (rich source of colloid arsenic needed by the heart) eat it one time per week.

CLASS 1-5: Reams maintains it is the lack of arsenic, simple as that. The lack of arsenic caused the heart valves to deteriorate, and remember, you get your arsenic from asparagus.

CLOD: They ran a test and found that she had had a heart attack and that there was slight heart damage. I said, "You know what to do,

and in the meantime I am going to suggest something for the hives. Put her on the lemon and water according to the weight, every hour, and water every half hour for ten hours a day. Also, give her asparagus twice a day, with some bread, and for the dinner meal only raw, leafy salads."

DAILY: Asparagus is frequently recommended by Reams as a natural source of minerals for assisting the body to repair an overstressed or damaged heart muscle.

HEALTHVIEW: Do you use any special foods for people with heart disease? Reams: Yes, we do. To rebuild the heart, we use foods rich in natural arsenic, those being asparagus and celery. The natural arsenic in these vegetables is in the phosphate form and is not poisonous and is in fact vital for a strong heart! The asparagus is better cooked or canned, than raw. We use the celery in salads and as celery juice, giving 4 - 5 ounces a day.

MANTHEI: We also needs the phosphate form of arsenic. The vegetable that contains this mineral in the most easy to digest form is asparagus. We need a certain amount of arsenic for a healthy heart but if a person would eat asparagus every day for thirty days they could die. Some people think that if a little is good, a whole lot will be even better. This is not true in working with the body.

REAMS/SKOW COOKING: Question: How often can we have asparagus. Reams: f you have a high urea, about four times a week – and that's the two [urea numbers] added together. But if it's down, anywhere from 12 to 20, maybe once every two or three months.

REAMS/SKOW COOKING: Question: Is it all right to eat asparagus raw? Reams: Yes, but with great caution, great care, because there's a little bit more arsenic available in it raw than there is cooked.

REAMS/MANTHEI COOKING: One of the things about asparagus that's in it is arsenic, and that's one of the minerals needed by the heart. Student: Why not too often raw? What's the reason? REAMS: Arsenic poisoning. Get arsenic poisoning. MANTHEI: A little bit is good, some people think a whole lot would be better, but in the case of that it can kill you. REAMS: I have had patients that had arsenic poisoning who were superintendents of asparagus farms. So please don't eat too much arsenic if you work on an asparagus farm or you're a superintendent of something. And it can kill you.

ASTHMA

ACRES USA: Hypoglycemics are also highly prone to allergies. Asthma attacks, too, can be precipitated by low blood sugar.

ARM: Calcium deficiency unnerves people and certain kinds of neuroses cause the upset in their breathing, asthma, and they breathe too much air most of the time. Over-oxygen, the same as under oxygenation.

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 6.49 [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're deficient in 5 or 4 kinds. Handle this by calciums. Most of the time they are over-oxygenated. When it's low, use CAL-II and vitamin D and lime water.

CHALLENGE: Asthma - low calcium.

CLASS 1-5: There's only 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's often the case.

CLASS 1-5: 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.

DUNLAP: At 7.4 or higher, the function of the spleen is restricted. Anemia is common because iron cannot be processed. This means that the stage is set for allergies, hay fever, pneumonia, emphysema, and asthma.

JESSE: Often hay fever results from the suppression of eczema during early childhood. The suppression of eczema with coercive drugs tends to push the taint internally, which then either manifests as asthma or hay fever, depending on the constitution.

REAMS/BLACK: Asthma I have only said is caused by a calcium deficiency. And you have to find out which calcium it is. And there's no exception to that rule. Asthma is caused because of a calcium deficiency. You have to know which calcium you are dealing with.

ATHLETE

ARM: Athletes are some of the sickest people in the nation because they diet, diet, then burn up more energy than they take in.

ARM: An athlete's heart is an enlarged heart. The primary cause is that strenuous exercise or athletic programs; hard work during youth causes athlete's heart.

ARM: [For athlete's foot] use Ting. Wash feet in good hot water, 20 or 30 minutes. Dry feet. Put on Ting or Old 97, it's a liquid and really does the job.

BEDDOE Q&A: It is amazing that more athletes don't avail themselves of proper pH testing and calcium information, as it would make a dramatic difference in their performance.

CHALLENGE: For athlete's foot, wash feet in hot water for 20-30 minutes dry them and apply Ting (may also use Old 97).

CHALLENGE: [Range A allows] more meat for athletes, laborers with heavy physical labor, executives and CEO's.

C.H.E.M: A baby will choke if given meat to eat and a professional athlete will lose strength if restricted to milk. Some work activities are more stressful than others and will affect the body's ability to respond to this program.

CLASS 1-5: 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 the heart doesn't have enough to do, and it will begin to skip and give you all kinds of trouble.

CLASS 1-5: One of the amazing things that you're going to find is that many of our athletes are some of the sickest people we've got in this country. They're way out in their body chemistry.

CLOD: This last group (those very sick and don't know it) is a sad group, and this is particularly true of athletes. At the retreats when moving the body chemistry of young men from Range C to Range A, they will go through severe withdrawal, vomiting like an alcoholic would go through when he is sobering up. I have these athletes tell me, "Mr. Reams, if I ever get over this, I'm going to whip you, soon as I get well. I've never been this sick in my life." They feel so good when they get over the body chemistry [Range] change they forget to whip me.

KIRBAN: There is one more cause for overweight, and that is “athlete’s heart.” This is not a bad thing, providing you keep your weight in proportion to the size of your heart. Athlete’s heart comes from strenuous exercise when you are young. There are times when ones heart may grow back to normal, but many times it does not.

MANTHEI: There’s nothing wrong in an athlete’s heart. It’s just worked harder, and so the heart had to be larger in order to do the work. And after being an athlete, if he goes back to normal type of work, the heart will go back to being a normal size.

MANTHEI: Beryllium helps to make copper more available to our body. Copper gives a substance the ability to stretch. If you notice in the produce section at times some of the fruit and vegetables are split. It is due to a deficiency of copper and beryllium in the soil. When our body gives up copper, it allows the skin to lose its elasticity. Also the intestines will sag which produces the characteristic “beer belly” in men or the protruding tummy below the navel in women. It can also be responsible for varicose veins, athlete’s foot, or any pain/burning in the feet. Beryllium can be found in the food section where the hot peppers, horseradish, Tabasco sauce, or cayenne pepper are.

REAMS/BLACK: And the sickest, some of the sickest people in the world I find are athletes. Some of them are athletes or ball players. They really are. They are in bad, bad shape.

REAMS/MANTHEI COOKING: Now you also need to take into consideration the profession, as Dr. Reams was talking about here. People that are in heavy physical labor, or athletes, or even executives, need a heavier diet and can tolerate more meats than others.

ATOMS/ATOMIC

ARM: The bone works like an antenna; call it an ionizer. The ionizer draws electrons, draws energy out of the air. Atomic particles coming from the atmosphere, the music of the spheres. Frequency programmed by the brain, not just from the food we eat [but] from the atmosphere, the energy that the body receives other than, say, literal food.

ARM: Potassium and calcium, with **39 and 40 [atomic weight]**, are anionic substances. Always. There’s no exception to this rule.

ARM: The density factor: If you can imagine the human anatomy and you can imagine the color of the various organs, the brain would be less dense than the heart, the liver more dense than the heart. Iron in the liver, more elements; more concentration within that atomic structure, so you have a density, more dense.

ARM: Density is a factor of the atomic particles in the atoms. The greater the density, the greater the frequency. The greater the number of atomic particles, the greater the frequency within that atom. If the digestive juices are not strong enough, or if there’s not enough resistance, then we can’t convert the heavier elements, the more dense elements.

BEDDOE: The higher the specific gravity, or atomic weight, of an element, especially metals, the more phosphate is needed per atom. When available colloidal phosphates decrease, in the foods and diet, the first mineral elements to be affected are the heavier trace elements.

BEDDOE: When the atomic weight is considered, from the ratio standpoint, it begins to reveal unique electromagnetic ratios of anions to cations in each element. It is this ratio that gives all the electro-chemical, electro-physical and electro-magnetic characteristics to each element. An element’s ability to conduct a current, its color, its density, and its ability to bond with other elements in a new ratio relationship are all dependent on this ratio.

BEDDOE: When the atomic weight is considered, from the ratio standpoint, it begins to reveal unique electromagnetic ratios of anions to cations in each element.

BEDDOE: The greater [atomic] mass of the cation means greater magnetism. Therefore, as the polarity or electronegativity increases, there is a corresponding decrease in the higher mass cations, so the biologic entity becomes less dense.

CHALLEN: Frequency divided by the atomic weight of an element gives the % of the element needed in the body to be healthy.

CHALLEN: 110 elements are known in the atomic chart. 120 elements are to be found - when all the elements are found then the world will come to an end.

C.H.E.M: Remember when we talked about the atomic weight of an element earlier, we said that the atomic weight of an element and the specific gravity are the same value. The atomic weight also means the number of electrons. The greater the amount of electrons in an element or molecule, the greater the specific gravity.

CLASS 1-5: All atoms under the same temperature and pressure are the same size. If that were not true you could not establish any table of weights.

CLASS 1-5: When we talk about minerals we’re actually talking about the atomic structure and it’s the lack or abundance of them that determines health.

CLASS 1-5: 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.

CLASS 1-5: The best thing you can do in a chemistry book is to memorize the atomic weights, that’ll help you a lot especially when you get into equations showing lead poisoning and things of that nature.

CLOD: The truth is that all atoms under the same temperature and pressure are the same size but they do not weigh the same. (I realize that this statement will create much controversy and some will label this author a quack, but as they begin to prove these statements they will find that these statements are true.)

CLASS 1-5: Chlorine (Cl) Atomic weight 35.5 (1 Cation, 35 Anions---anionic element)

CLOD: If you would look at the atomic chart of the specific gravity of the elements you will find that hydrogen has the specific gravity of one; (I am giving these figures in whole numbers) but helium has a specific gravity of four; lithium has a specific gravity of six; nitrogen 14; oxygen 16; phosphorus 30; potassium 39; calcium 40; manganese 54; iron 55, etc. All of these elements and many more are necessary to maintain life.

ION INSTITUTE: The symbol for Iron is Fe and the atomic weight is 55.


MANTHEI: We have an atomic reactor in our body. It is called the liver.

MANTHEI: in an atomic bomb, the substances that are used come apart, giving up 100% of their energy. in what form is that energy given up from an atomic bomb? heat. in what form – anionic or cationic? Anionic.

MANTHEI: There are [nine] known energy patterns which form the structure of all matter. The different sections of each organ

contain more of that one element than another, and there is a varying degree of energy between the **atomic structure** of the elements. **OLSZTA:** With each of these Periodic Table of the Elements before you, let us first look at Hydrogen, H, which is the first Element on the Table and it's up in the left hand corner. Its Atomic Number is 1 which is in the left hand corner of the square box that it is located in. Its Atomic Weight is in the right hand corner and it is 1.0079.

REAMS/BLACK: All elementary **atoms** under the same pressure and temperature are the same size. Do you realize that? If that was not true, there would be no such thing as a standard of weights or specific gravity stabilized. There has to be. Or else everything would be in conflict with itself. It has to be. That is a rule. Under the same pressure and temperature all elementary atoms are the same size.

 **NOTE:** Some RBTI teachers lump "atomic weight" and "specific gravity" together. In the scientific world, the two terms are not synonymous. Atomic weight is a precise term relating to the mass of any particular atom. Specific gravity is a ratio of what a certain mass or amount of any given substance is in relation to the same volume of distilled water. For instance, lead has a specific gravity 11 times that of water.

ATTRACT

ANATOMY: Do negatives **attract** or resist positives? Resist, is right. And this is what keeps the orbits around the core, and this is what helps make the cell as it is. It helps give the structure to the cell itself.

ARM: Amino acids travel throughout the system. Electrical **attraction draws them to the organ they are programmed for**, because they take the path of least resistance, because they fit perfectly.

ARM: Cations **do not attract anions**, never did. It's the resistance. They begin to tear each other apart to find the synchronization point, the answer or level. The particles that they lose is the energy we live on.

BEDDOE: Also be aware that body fat is nature's natural detoxifier. This means that it has a strong propensity to **attract** and pick up toxic waste the body is having problems eliminating. Waste salts are a major group of "toxic" waste material stored in the body fat. Excess salts that are a result of lack of calcium, poor digestion, and dehydration are pulled into body fat before they can be eliminated. This is a reason why on overweight people you may not see excessive conductivity numbers when all the numbers indicate otherwise. Also be aware that when the body starts mobilizing and metabolizing stored body fat, due to improved chemistry, there could be an increase in the conductivity number, as well as a significant potential for a healing crisis caused by excess toxic waste mobilization. Like elements attract each other. That is why gold is found in veins.

BEDDOE: Like elements **attract each other**. That is why gold is found in veins.

CHALLEN: Positive **attracts** positive and negative attracts negative.

CHALLEN: Like things **attract** each other.

CLASS 1-5: Most people were taught that "opposites attract" but that's wrong, opposites repel each other. They do not **attract**, they repel. The only reason that you've 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've been taught the name of it wrong in order to expound a theory that's 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.

CLASS 1-5: 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.

CLASS 1-5: 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 upbuilding of various organs. Now remember the one rule, nature does not like to fight it's way around, it goes by the line of least resistance.

CLASS 1-5: 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, you have to be very choosy about your foods, "I don't like this", "I don't like that" and 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 that's on drugs craves their drugs because of Baer's Law. Now Baer's Law didn't change anything, it just 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's cause and effect, loss or gain of energy.

CLOD: We have a proverb: "Birds of a feather **flock together**." So it is with the elements.

CLOD: This then lets us peek into the mysteries of the creation of this universe. It is called the process of ionization. The process of ionization is LIKE THINGS **ATTRACTING** EACH OTHER. Nature follows a line of least resistance, and as it follows the line of least resistance like things attract each other.

MANTHEI: The effect of colloids is explainable in part by electric action. Sick and dead and broken down cells are **attracted** to the colloids by electromagnetic force as iron filings are attracted to a magnet. The colloids carry those decayed or poisonous substances into the blood stream. and they are eliminated, the system meanwhile adapting what it needs of the colloids.

MANTHEI: As the anions and cations are passing through the blood in milli-micronage form, when they arrive to where the new cell will be built, they are **attracted** by magnetic attraction. Like attracting like. The cell will begin to plate on the end of the stole, and will get larger and larger, growing by ionization until it gets to a certain size, and then it stops growing.

REAMS/BLACK: These colloids are so fine that even gravity has no **attraction** upon them. In fact, they are repelled by both the negative and positive poles.

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 couldn't write, she couldn't 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've 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 can't 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's no place in the house to crawl."

I said, "Well, I have told you what to do now, and it's up to you to do it, I can't 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's 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'll tell you what I would do, I would get a 30 foot culvert about 24 to 30 inches round and I'd 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're going to try this too."

I said, "good, I'd like to see her back in 30 days." I never heard anything about it for 30 days, then she was back and I didn't even recognise 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's any child that we know of now that doesn't 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 couldn't take a glass to it's mouth and spilled everything it got a hold of so the parents brought the child to me and I found out that it couldn't 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.

📖 **BABY**

ANATOMY: If there were no exchange there would be no growth. Dr. Manthei just explained about a baby chick. If a baby chick didn't change cells it would be a baby chick forever.

ARM: The older and weaker or the lower the reserve energy, the more they need Alga~~~ and Min-Col. These are good to give pregnant women to help restore the body of mother and baby.

ARM: A newborn baby girl will have energy of about 8 on a table of 0-100.

BEDDOE: Bathing is one area that causes vitamin C loss. When the oils are washed off the skin, the moisture that is coming out of the skin brings the vitamin C with it. When the oil is kept on the skin, it works as a barrier to allow only the moisture out. In newborns this is critical. Bathing them with soap and removing the natural oils will cause a lot of vitamin C loss for their size. Hence their health may not be too good; as evidenced by many of symptoms like runny nose, etc. A newborn should only be wiped clean with a damp cloth, and have olive or baby oil applied during the bathing process.

BEDDOE: Whenever a woman becomes pregnant, she should increase the mineral colloid (MC) to two capsules two times per day, as a minimum throughout pregnancy and lactation. This will supply sufficient mineral for the teeth of the mother and baby, and for proper formation of the baby's bones. Any time there is an advanced mineral deficiency of the bones and they ache or are very brittle, two capsules of mineral colloid (MC) should be used three times per day, from one to three years. Then the amount can be decreased to two a day.

CHALLEN: A baby should start having water when he is two weeks old.

CHALLEN: Convulsion in babies is low blood sugar [low urine Brix].

C.H.E.M: When a boy is born, he is capable of having maximum reserve energy of 10, and a baby girl will have maximum reserve energy of 8. This difference is due to the difference in frequency.

CLASS 1-5: Many times mothers may say, "my baby's urine smells so strong of ammonia and it's 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.

CLASS 1-5: Many mothers are highly depleted in calcium or other minerals and this is the very reason that a mother's teeth decay while they're having a baby, because nature is drawing the mineral from the mother's teeth.

CLASS 1-5: One of the causes of deformity in a fetus occurs where there is a high count of carcinoma cells in the uterus and ovary area at the time of pregnancy. Others causes are malfunctioning ovaries, malfunctioning uterus, as well as some drugs.

CLOD: A newly-born baby girl looks in perfect health, has a reserve energy rating of approximately 8 [boy about 10]. She would be weighing between six and seven pounds. The reserve energy rating decreases if it is below or above this.

DAILY: Remember, what's good for you will be good for your baby.

DAVIS: Now do you see the "unexplained" cause of "crib deaths?" Check the urea level and you will always find it around 30. The poor little baby's heart was pounding away so hard that it just couldn't take it anymore.

DUNLAP: Whenever a woman becomes pregnant, she should increase the Min-Col to 2 capsules B.I.D. [twice a day] as a minimum throughout pregnancy and lactation. This will supply mineral for the teeth of the mother and the baby. It will help to insure that the baby has healthy bones.

ION INSTITUTE: It is very important that a baby drinks his share of distilled water whether he is breastfed or not. In a baby high ureas may be caused by constipation. Observe the child's bowel movement and examine the abdomen; if there are any hard lumps the child is constipated.

MANTHEI: Numbers that are perfect, which is Range A, can apply to whether you're a baby or if you're 80 years old. It doesn't make any difference. You can have perfect numbers throughout all of life. And when your numbers are in the perfect range, you can eat anything you want to. But when they're not in perfect, that's when you've got some dietary things to include and things not to include.

MANTHEI: One of the storehouses of mineral is the mother's teeth. This is why some women will remark "it was after my pregnancy that my teeth went bad." It is simply due to nature taking the tooth apart by ionization and sending that energy to the fetus to help insure that the fetus will be as healthy as possible.

MANTHEI: Student: I am pregnant and I heard this morning that you can tell the sex of the baby—whether it would be a boy or girl. Reams: Well, we're pretty accurate but I do miss every once in awhile. I'm right about 95% of the time and about 5% I miss it. (Student: How do you tell?) The numbers. Haven't you learned how to do that yet? (No, I am very interested.) Let me ask you something about the numbers. How many of you are looking at the numbers only? Just at the lab numbers? I mean the numbers individually or are you looking at all of them at the same time or each number individually? Student: We're trying to see the pattern. Reams: It's the pattern. Look for the pattern. Look to your patients. (Student: Patterns between all of them?) Yes, in all of them.

REAMS/BLACK: I know mothers that are breast-feeding their babies who are diabetics, yet they are not high enough for insulin, but the baby also has the same urinary sugar reading that the parents have. In other words, they are a candidate for it. Babies do not have the resistance that older people have and therefore they become diabetics.

REAMS/MANTHEI COOKING: Now another thing in Ranges D and E is they need highly prepared foods. Soft foods. Sometimes at the retreat, when we have somebody that's that weak, we have to even give them baby food because they do not have the ability to take [minerals] out of the food. They do not have a strong enough gastric juice to take out of the food the minerals that they need to get healthy.

REAMS/SKOW COOKING: At two weeks a baby should start on water.

BACKACHE

BEDDOE: One very valuable help to an overloaded kidney is baking soda. This is an old fashion remedy, but it works. If there is a lot of kidney pain, suggest the use of 1/8 to 1/4 teaspoon of baking soda in 6 ounces of concord (purple type) grape juice. Use this for several days, 1 to 3 times per day, depending on the size of the individual. This works to supply a larger amount of buffer through the blood and help the kidneys dilate for easier function.

CHALLEN: If they can't drink the [lemon] juice then their legs will swell, lower backache, and/or hands will peel.

CLASS 1-5: 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 won't last too long. Try to see the person in the numbers. Study them closely.

MANTHEI: For others it [lemon] just gives them such a backache they can't stand it.

PROMISE OUTREACH: Some of the enzyme formulas used through Promise Outreach: Lymph- for all nausea, frontal headaches, low backache, swollen glands.

REAMS/MANTHEI COOKING: Now this is something else that people think they can fool these numbers. They cannot fool these numbers. If they're told to drink it on time, drink it on time. Now it is a must, if they can drink it. There are one or two signs that you can go by that people cannot drink it. And one is that the body will retain water they'll become puffy. I've seen a leg this big around at the ankles when they are small small, or their legs or their arms become flabby because the kidneys could not throw the water out.

Others it just gives them such a backache they can't stand. They just haven't been taken through a retreat through a fast properly yet in order to do it to keep the lemonade from making them ill. And a lot of them say, "Oh, I can't drink lemonade. It makes me sick to my stomach." That's exactly what we want to happen. We want them sick at their stomach. Want you to upchuck. We want the liver to flush. That's a part of it. That's why we want you in retreat is in order to get the liver to flush out those crusty hydrochloric acid droplets that shouldn't be in there to get it out and start rebuilding it anew.

BACTERIA

ANATOMY: Student: What is a toxin? Manthei: It is a substance that is foreign to your body. It is not part of your own body; it's foreign to it. It's coming from a bacteria or it is a bacteria cell or, or a virus, or a fungus, or what have you. It's not part of your own body.

ARM: Mucus discharge from the rectum, bowel movements about every hour, nothing but mucus primarily - it's some kind of a bacteria in there causing it. It's probably amoeba or some kind of bacteria. I would suggest allopathic remedy or bacterial control. There are certain types of bacteria that K-Min does not work on - paramacia, etc.

ARM: Arizona Salmonella is a bacteria shaped like a pecan.

ARM: Most warts are bacteria.

ARM: You can have two kinds of hepatitis [swelling and inflammation of the liver], one the bacterial kind and one that is not.

ARM: Fatty tumors. They do not kill, they are not dangerous. They come from eating pork. It's a type of trichinosis; trichina bacteria causes it. If you correct the diet long enough, I have seen them go away. I have seen people that they were all over them, almost like quills on a porcupine, all over.

BEDDOE: After having colonic therapy, it is a good idea to use foods or supplements that help reinforce the aerobic bacteria of the bowel. Use a cup of plain yogurt, or several capsules of acidophilus supplements.

CHALLEN: Antibiotic kills aerobic bacteria and paramecium (a one-celled, elongated animal having a large mouth in a fold at the side and moving by means of Cilia) in the colon.

CHALLEN: After a coffee enema, eat yogurt because coffee will destroy the aerobic bacteria. The coffee enema should be followed by two fresh water enemas.

CHALLEN: Fungus or bacteria in the body causes a dry tongue.

CLASS 1-5: When the liver is working properly it splits the salts, takes the chlorine and uses it as a germicide, as a cleanser in the body and it's the chlorine that keeps our bugs under control, our worms under control, it keeps us from having too many parasites and keeps the bacteria at bay.

CLASS 1-5: 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.

CLASS 1-5: Fevers are mainly brought about because of a fungus or bacterial chemical action and normally it's chlorine and boron that become the agents in our system to keep the bacteria and fungus from eating us up.

CLASS 1-5: In taking a cough syrup use it the same way as for a mouthwash because you want to get rid of the bacteria in your mouth, throat and esophagus.

CLASS 1-5: The lemon water is removing the bacteria out of their esophagus that is causing their esophagus to rot and have diseases, and for the first time in years they have a clean esophagus. When they keep it up for three days their esophagus becomes like brand new.

CLASS 1-5: Fungus should not be in the blood because the salt would break down any fungus, but it would not break down certain bacteria.

CLASS 1-5: Fungus are plants that require CO2 gas and bacteria require oxygen.

CLASS 1-5: Now 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. Reams maintains it is the lack of arsenic, simple as that.

CLOD: The RBTI maintains that bacteria and fungus are not the cause of disease, however, they will move in when free room and board is furnished. They do aggravate the condition and cause fevers because the body is so deficient in mineral that it (the body) cannot resist their attacks.

FONTENOT: In addition to these two additives [fluoride/chlorine], the water companies are permitted by law to insert numerous other chemicals into the water to "kill the bacteria" ignoring the fact that if these chemicals kill harmful bacteria, what are the side effects upon the human system?

ION INSTITUTE: Vitamin C is essential for maintaining collagen, forming of red blood corpuscles, new tissue growth especially the healing of wounds and burns, also for fighting bacterial infections, colds and maintaining the proper viscosity of the synovial fluid.

KIRBAN: If the colon is coated, energy that comes from foods instigated by the bacteria in the colon cannot get into the blood stream for distribution to all organs in the body.

MANTHEI: If you take a capsule or tablet of, say, iron chelate, iron gluconate, potassium gluconate, or something like that, then the conversion is going to take place in the colon by the bacteria that are in your colon. They are going to make it into phosphate form; they are going to make it into water soluble form. You must have a healthy crop of aerobic bacteria in order for that conversion to properly take place.


MANTHEI: The type of bacteria that creates buttermilk, acidophilus milk, and kefir milk helps to bring down a high pH.

MANTHEI: Pneumonia is different though, because that is when the lungs rattle. It is from a bacteria, and it forms like a mucus or a thick scum, an oily kind of substance in the lung.

MANTHEI:[Client needs] colonic - if foul odor to stool or gas (means anaerobic bacteria present).

REAMS/MANTHEI COOKING: Buttermilk, acidophilus milk, and kefir milk--the bacteria that are used to make those cultured milk products are all rich in calcium lactate, and calcium lactate helps to lower a high pH.

BAKING SODA/BICARB

 **NOTE:** *The RBTI literature makes no clear distinction between baking soda and bicarbonate of soda. Please study the quotes in this entry to develop an understanding of how to use this most valuable adjunct to RBTI.*

ARM: Allergic to lemonade - swollen kidney. Stop lemonade. After few days, try bicarbonate of soda; let settle. See if they can drink it without causing swelling.

BEDDOE: One other very valuable help to an overloaded kidney is baking soda. This is an old fashion remedy, but it works. If there is a lot of kidney pain, suggest the use of 1/8 to 1/4 teaspoon of baking soda in 6 ounces of concord (purple type) grape juice. Use this for several days, 1 to 3 times per day, depending on the size of the individual. This works to supply a larger amount of buffer through the blood and help the kidneys dilate for easier function.

BEDDOE: This discovery has pointed to the fact that when acidosis is a result of carbohydrate problems it is not only due to the incomplete metabolism of carbohydrates, lipids, and proteins, but also due to loss of production of bicarbonate by the pancreas.

BEDDOE: ...when bicarbonate buffers are depleted, the effect can be seen in a very low ammonia nitrogen number.

BEDDOE: ...baking soda does not contain calcium, but will react in the digestion like a tri-calcium compound, altering the resistance in the anionic direction. It is used only in severe situations.

CHALLEN: ...baking soda with citrus provides a short-term boost of vitamin C. This form does not remain in the body for very long nor will it build levels for the long run. It is very useful for an acid person suffering from a cold.

CHALLEN: Baking soda will help to neutralize the acetic acid that is in eggplant.

CHALLEN: You can add just a little baking soda to the eggplant in order to neutralize the acid a little bit and it will make the vitamin C more available to you.

C.H.E.M: If the [urine] pH is less than 5.60, add 1/4 teaspoon of baking soda to the cranberry juice, prior to drinking it.

CLASS 1-5: Not tri-calcium phosphate, just tri-calcium, it's like a soda. Your tri-calcium carbonate is your baking soda. The "Tri" in tri-calcium is three chelates.

CLASS 1-5: In general terms the lower the energy the greater the risk there is, even if the patient looks pretty good. In this kind of a case you wouldn't use baking soda here because it would create so much gas that it would put too much pressure on the heart.

CLASS 1-5: Some people with low pH's can take pineapple juice, grapefruit juice, orange juice, cranberry juice and so forth, and ANY fruit juice EXCEPT lemon juice has to have the bicarbonate of soda in it if their pH is too low. If you have a person that needs vitamin C extremely badly and you want to give it to them you would use any of the fruit juices with bicarbonate of soda and it doesn't matter how much you use or how little you use but wait about a half a minute from the time you stir in the soda, let it fizz and drink it while it's fizzing and you can immediately get vitamin C through that system.

CLASS 1-5: ...the finest thing I know for burning in the urethra is a little bi-carb of soda, level teaspoonful in water couple of times, generally in 24 to 30 hours it will knock it unless there is serious deterioration and breaking down of cell structure even to the point of being really a cancer, and not carcinoma, throwing into the system a form of dilute post mortem keeping the body way too acid all the time.

DUNLAP: If the [urine] pH is between 5.8 and 6.4, add a pinch of baking soda to pineapple, cranberry, citrus, and tomato juices, and onion soup. The soda will nullify the acid condition.

GREEN PASTURES COOKBOOK: Legumes: High in nutrition, they can cause gas for those not used to digesting them. You should use them, but you may wish to cook them with a little bit of baking soda, which removes the gassy property.

MANTHEI: If your [urine] pH is less than 6.40] you can quickly get vitamin C into you by putting baking soda in fruit juice, like grapefruit juice or pineapple juice or orange juice. Several times a day is okay, and then when you are fighting a cold or a flu, you can do it more often than that.

MANTHEI: Baking soda, all by itself, is tri-calcium, which does not belong to any of these groups. It is the only one Reams mentioned that belongs in the tri-calciums. Baking soda is a tri-calcium [Walk carefully here. Manthei may have meant baking powder]. It is the only one he mentioned that belongs there. But baking soda in fruit juice is a carbonate.

REAMS/MANTHEI COOKING: Some people that are in Ranges D and E can still get vitamin C, and here's how you do it. You make an alkaline Vitamin C, available to you by using baking soda – one-fourth to one-half teaspoon of baking soda added to a glass, like a tumbler, and then add your juice, half full – your grapefruit juice, your orange juice, your pineapple juice, or your apple juice – and then stir it around. Let it sit for 30 seconds. Let the soda settle to the bottom and then drink it. That's a vitamin C pop, like for children.

REAMS/MANTHEI COOKING: Manthei: Now also you've said something about adding a little bit of bicarbonate of soda and citric acid to the beans as they are cooking to help decrease the gas? Reams: Actually, acetic acid. Sweet pickle vinegar is acetic acid.

REAMS/SKOW COOKING: The question is she uses a substance [summer savory] that decreases the gas in beans. It's probably a base of bicarbonate of soda, possibly some citric acid added to it, and that causes the bean to digest slower and it doesn't form the gas. The quicker the bean digests, the more gas it forms.

REAMS/SKOW COOKING: The need for increasing mineral content is addressed by the use of various sauces, ASH, and blackstrap molasses and the Min-Col with the meal. On some occasions the use of baking soda was included to reduce acidity.

BALANCE

ANATOMY: So therefore then in a woman that does have facial hair, her hormone balance between estrogen and testosterone is more towards that of a male.

ACRES USA: Moreover, the liver frequently allows the chemical balance of the blood to become too alkaline.

ARM: Sometimes messages are not going through to the brain properly, so therefore there's a deterioration in all vital organs. I know this by the calcium unbalance. If the message from the brain was going through, these numbers would be different.

ARM: Calcium imbalance may not be in the cell.

ARM: Without heat loss, we cannot have cationic life. As long as it's in balance - we are talking about stage 1, as long as the outgo is equal to the income, then you have stability, and you have health, and remain in stage 1. But the minute that the outgo is greater than the income, then you are losing in that reserve energy, going downhill.

BARNES: Put the right foods into the body and drink plenty of water, get plenty of exercise, plenty of fresh air and sunshine, take time to rest and restore the natural balance of the body and, barring accidents, you can live in good health.

BEDDOE: On the other hand, the "meat and potatoes" diet is apt to demonstrate a greater problem with conductivity balance due to the high level of waste salts.

BEDDOE: Besides that, walking promotes balanced circulation.

BEDDOE: Personal religious beliefs are related to carbohydrate balance from two points. First, some religions and cults have strict eating codes associated with them. This could mean a very restricted diet, thus the variety and amount of mineral is not available to the system. Poor digestion then results from not getting enough energy out of the food.

BEDDOE: Exercise balances blood sugar. When the activity of the body increases, the adrenal glands raise their level of activity. Thus hormones that effect a better blood sugar response between the liver and pancreas are then released.

BEDDOE Q&A: When the general extra-cellular fluid environment of the cells cannot maintain a proper acid-base balance, the liver tries to compensate by using its ability to influence general body pH by pulling in the opposite pH direction. We call this a "split" pH and

it is an indication of chronic indigestion.

BEDDOE: Many symptoms, such as edema, glaucoma, headaches, shock, high blood pressure, uremia, and ascites can be related, in part, to this sort of malfunction in fluid pressures. Urea has a potential for counteracting these types of fluid imbalances because of its effect in reducing conductivity.

CLASS 1-5: The liver manufactures an enzyme that controls the estrogen and testosterone flow in people. In the natural liquid form, I [Reams] was taught testosterone, but in the specific hormone form they call it testosterone. If the body does not manufacture enough estrogen or testosterone the person becomes extremely violent, almost insane and it can then upset the Vitamin B-3 and Vitamin B-5 balance. If the body manufactures the least bit too much estrogen or testosterone the person shifts toward a vegetable tendency line on which they're going to start using too much of something, become hooked on something, such as too much alcohol, too much coca cola, too much cherry pie, too many sweets, too many cigarettes, too much pop, too many potatoes (I found one that was hooked on Irish potatoes). The least bit too much estrogen or testosterone breaks their resistance, they can't resist something, they're going to get hooked on something and if it continues to increase a little bit further then they'll become a vegetable.

CLASS 1-5: When you look at an isotopic atom there's a constant change from the "center" to "out" and "out" to the "center" and that makes it a balanced isotope.

CLASS 1-5: Sugar is a chelate because it becomes a binder for oxygen transfer, it grabs onto the oxygen to hold it in on a transfer basis, and in our system this is why the sugar's important, as a transfer mechanism. Now in the equation of cause and effect and the relationship of foods, the sugar range of between 1 to 2 is the place of our ideal balance, where we get our ideal oxygen transfer.

CLASS 1-5: A significant calcium deficiency is generally the cause of severe depression or even mental imbalance and there are individuals who can become so depressed, or so discouraged, that they would actually go off and die.

CLASS 1-5: Adrenal corticosteroid hormone aldosterone (which regulates water balance through the kidneys) and cortisone (for the synthesis of glucose for the fight/flight response and the suppression of inflammation) are also made from cholesterol.

DAILY: [Min-Col and Alga~~~] are used initially in assisting to restructure the body chemistry and are continued to help maintain this balance and keep the body from slipping back into its old patterns.

DAVIS: In reality, the cause of any illness, including cancer, is the improper balance between the anions and cations necessary to produce energy. Remember, any day that you do not produce more energy than your body consumes, that day is the first day of your illness.

EUGENE REAMS: Hormones are substances produced in living organisms to affect growth, metabolism, digestive function, mineral and fluid balance.

FONTENOT: While the key to good health is partly found in the acid/alkaline balance, there are other factors which weigh into this balance. One of these is the level of carbohydrates being thrown off by the body through the urine, regardless of how well you might feel!

FONTENOT: As Reams explained more about the body chemistry's need to be in balance, it brought understanding.

FONTENOT: While the key to good health is partly found in the acid/alkaline balance, there are other factors which weigh into this balance.

ION INSTITUTE: Another body chemistry pattern will present itself from time to time. This pattern is referred to as a "no picture" and indicates that the overall chemical balance in the body is in a state of change.

MANTHEI: And if the numbers are perfect, they will not remain that way for long on a total raw food diet. There needs to be a balance between cooked and raw foods.

PROMISE OUTREACH: Skin rashes can vary greatly, from eczema, to acne, to psoriasis and dozens of types in between. The first step is to balance the sugars and pH and be sure the organs of elimination are functioning well.

PROMISE OUTREACH: Colloidal phosphate mineral cannot be destroyed, burned, frozen or eliminated in any way. Results observed include rebuilding bones, teeth and nails, as well as balance and stabilization of the body chemistry.

BALDNESS

ANATOMY: Children should have a full head of hair if there's enough mineral in their diet. They should not be bald for a year or two years or three years before they grow hair.


ANATOMY: If there is one [a hair follicle] for every pore in the skin, that is a dietary baldness.

CHALLENGE: Baldness: the cause is the skin's inability to hold oil. Lightly massage the scalp with oil.

CLASS 1-5: Hair loss is caused by a vitamin A deficiency and also the skin is not absorbing enough oil. Now you need to examine the scalp under a very fine power magnifying glass, up to 20 power, and see if there's a hair coming out of each pore. Sometimes there are genetic problems wherein the pores enlarge in size and yet he may have six hairs on top of his head and yet there's only six pores up there. I've exaggerated really a lot but a hair can't come out just anywhere, it has to come out of a pore. He might have six per square inch, or ten or twelve or something like that but if there's a hair in every pore there's nothing you can do about it, but if there's a lot of pores without hair in it you can do a lot of things about it. One thing I would suggest would be to use Johnson's Baby Oil and rub it gently into the scalp each night, gently for about 15 minutes with a very soft baby hair brush. Never use a stiff brush on it because the young hair that comes out is very brittle and it will break off, so use a very gentle brush on it providing that there are a great number of pores without hairs.

CLASS 1-5: Hair loss is caused by a vitamin A deficiency and also the skin is not absorbing enough oil from the diet causing a loss of oil in the scalp. Once in a while hair loss is caused by an increase in the size of the scalp cells. Sometimes there are genetic problems wherein the cells enlarge in size, and the pores reduce in number, and he may have six hairs on top of his head and yet there's only six pores up there. That's an exaggeration, but a hair can't come out just anywhere, it has to come out through a space between the cells, a pore, and when the cells enlarge on certain people then their hair thins because you can only have one hair coming out of each pore, the little corners between the cells. He might have 6 hairs per square inch, or 10, or 12, or 50, but if there's a hair in every pore there's nothing you can do about it. However, if there's a lot of pores without hair in it then you can do a lot of things about it. But remember, grass never grows on a busy street, and I've never seen a bald-headed man whose head didn't remind me of Heaven, "there'd be no

parting there." So there's advantages to most all situations but you need to look at the scalp under a 20 power magnifying glass and see whether or not there's a hair in each pore or not, and if it is that's the maximum number they can have. Now for patients with no hair, put them on the proper diet and God does the rest. I don't make any promises at all but I have seen hair grow on bald heads that have been bald for forty years.

 **NOTE:** A careful reading shows that the two seemingly identical Class 1-5 quotes are not. They came from different sections of the document.

BATH, SITZ

ARM: For uterus or prostate trouble, hot sitz baths half hour a day. Also for carcinoma in lower colon or high salts numbers that you can't get down.

ARM: Some tonsils are so bad that you can't take a chance with diet. You have to give them cold and hot compactions, hot baths, and so forth, in order to get them down where the child can swallow. Strep throat patients should see a physician so he can give them tablets or shots.

BEDDOE: Hot Sitz Baths, a form of hydrotherapy mentioned earlier in this chapter, are very effective in helping reduce the high level of stored salts in the system. If the salts number remains high for too long, the sitz baths can be used as much as once per day, each lasting at least 30 minutes. Anything that will make the body sweat will help it remove the stored and excess salt substances, provided sufficient water is being consumed.

BEDDOE: Use the sitz as often as necessary, generally a minimum of two to four times a week. If salts stay too high, use the sitz bath 30 minutes daily.

BEDDOE: A Sitz bath is taken by filling a bathtub with hot water so that when you are sitting the water comes just over the hips. Sit in the tub with your knees pulled up so they are out of the water and only your feet and buttocks are covered with the hot water.


CHALLEN: Take a hot sitz bath 1/2 hour every day for carcinoma of prostate, uterus, lower colon, or a high salt that will not come down.

CLASS 1-5: A sitz bath is recommended for those people who need to have heat to the lower abdomen [such as for high salts].

C.H.E.M: Anytime there is a mineral deficiency affecting the lower colon, rectal area, reproductive organs such as the prostate, uterus, ovaries, or high salts that don't want to come down, use the sitz bath. Sit for 20 to 30 minutes in a tub of hot water and gradually increase the temperature. The water should be deep enough to cover the hip joints and part of the lower abdomen. Then pull up your knees so that they are out of the water, and only the buttocks and feet are in the water. Maintain the temperature during the entire time by gradually adding more hot water. The circulation will increase to these areas and it will help to bring the amino acids that are programed for those areas to their appropriate locations, which will help to increase the reserve energy. Use the sitz bath as often as necessary, generally from 2 to 4 times a week. A tablespoon of ginger may be added to the water to increase your vitamin C level. **CLASS 1-5:** Other things like hot sitz baths and leg lifting exercises will help to tone up these muscles and help the colon to get back its elasticity...

ION INSTITUTE: Sitz baths are used when there is poor circulation in the colon, rectum, prostate gland, reproductive organs, ovaries, uterus, or when there is a problem with hemorrhoids or constipation.

JOHNSON: The next item is to take 30 minutes of hot sitz bath. I recommend this for everyone. I was taught that people over 60 should do this everyday. Soaking seems to expedite flexibility and elasticity in the internal organs, particularly the small and large intestine. I suggest doing this for at least 90 days for people are not having real serious colon problems and 30 days for children at about 15-20 minutes a day. This will start restoring health to those organs and that's part of what we're after here. It's real good for all the internal organs and most people enjoy it, just laying there and soaking.

 **NOTE:** The term sitz bath is derived from the German word Sitzbad, meaning a bath (Bad) in which one sits (sitzen). A sitz bath is a hip-bath, that is, a bath in which a person sits covered with water up to the hips. Hip baths were originally a European relaxation custom, although nowadays sitz baths are used mainly for therapeutic purposes.

BEDWETTING

ARM: From the naval of a child down on the right hand side, there is a transformer gland. It controls the blood flow at the neck of the bladder. Use vibrator, stop bedwetting.

ARM: Pressure points, bedwetting, from the naval of the child there's a zone something like this, somewhere in this zone there is what we call a transformer gland. Find that gland. It will be sore. Put a vibrator on it, the naval; it's on the right hand side. It is a gland that controls the blood flow at the neck of the bladder

CHALLEN: Symptoms of low sugar in children; overeats or does not eat at all, amnesia (in severe cases), not sleeping well (nightmares sleepwalking, or bedwetting), does not learn, absentmindedness, mischievous, laziness, mental fatigue, dullness, indifference, lack of initiative, and severe inability to make decisions.

DUNLAP: Low sugar is a major cause for wetting the bed. With low sugar it is difficult for the body to hold the urine. Holding the sphincter muscles becomes a more difficult task Low blood sugar causes people to get less sleep and rest. They are disturbed frequently at night with the need to empty the bladder.

MANTHEI: Many transformer glands have never been named, but we have the lymph glands, the endocrine glands, the saliva glands, tonsils, et cetera. One of the problems that you run into sometimes is frequency of urination, where a person is running to the bathroom a lot and they cannot hold very much urine in their bladder. Or it could be bedwetting, same problem. There is a problem with the transformer gland that controls the neck of the bladder. The gland needs to be vibrated with a hand vibrator, perhaps five or ten minutes, once or twice a day. It is located in different people in slightly different places. You have to search for it and find it. It will usually be tender. It is somewhere between the navel and the symphysis pubis (where the pelvic bones come together).

BEHAVIOR

CLASS 1-5: Diet has everything to do with your behaviour and your child's behaviour, also with what you think and with what you do, and it goes back to the strength of the gastric juice that is manufactured by your liver and stored in the sacs of your stomach.

CLASS 1-5: A sugar reading that is either too low or too high will result in lowered oxygen to the brain, and lowered oxygen to the brain can cause symptoms like irritability, fuzzy thinking, strange or unusual behaviour, and even blackouts.

KIRBAN: In three weeks they [the two boys] were no longer wild ruffians but pleasant little gentlemen. Quite amusingly, the nine-year-old said: Doctor, I want to ask you a question. Before I went on my diet, my teacher was an old hag. But now she's the sweetest teacher in the world. How did my diet help my teacher?

MANTHEI: What about her behavior? Very irritable, nervous, easily upset, will not have as much patience, feelings will be easily hurt, at times will scream at the kids.

OLSZTA: A theory is a logically self-consistent model or framework for describing the behavior of a related set of natural or social phenomena.

PROMISE OUTREACH: A constipated child will be "hyper," not able to sit still at the dinner table or in school and exhibit more behavior problems.

REAMS/BLACK: In one week [of following RBT], you should have seen the difference in the behavior of those children. They sat there like little gentlemen in my office. A complete change. I gave them a diet for the second week. And there was still a greater change, the third week I dismissed them after the test. I said you don't need to come back anymore. You know how to prepare food for these children.

REAMS/SKOW COOKING: This time they were told if you are expelled from school because of behavior, you will be taken away from the parents and sent to the state reform school. And that was the condition the people finally lived in when they moved, when they came to see me. And they had just moved to the fourth place.

BERYLLIUM/BENZENE

ANATOMY: Reams has said that even though there is a copper deficiency, he has never found anyone that needed copper, generally it is the lack of substance that makes copper more available, and that is beryllium or benzene, or whatever you may call it.

ARM: When I was in college they called this benzene, now they call it beryllium.

CHALLENGE: Parsnips are rich in iron, benzene, and selenium (nerve tissue needs selenium).

CHALLENGE: Benzene - good for circulation - Hot peppers, raw turnips, radish, mustard, and hot peppers.

C.H.E.M.: Hot foods such as horseradish, cayenne, watercress are rich in the phosphate form of Benzene, which is needed most by the sinuses and the feet. This benzene is not the same as the six carbon ringed hydrocarbon that is toxic to biological life.

CLASS 1-5: He has another minor problem, but rather noticeable, and that is about his feet. There's a benzene deficiency here, in other words, if he stands on his feet very long his feet hurt and you read that from the vitamin C deficiency.

CLASS 1-5: For all foot and sinus problems use "hot" foods and anything that has a hot flavor is a source of benzene [beryllium]. The best source of benzene is foods like Mexican foods, chillies, cayenne pepper, onion, horseradish, radish, Tabasco sauce and so forth. Learn to eat hot foods and try to get some in your diet every day if you can, and the best time is when you have soup at night. If it's real hot only use a couple of drops, whatever you can take. Also eat your radishes, onion and so forth.

CLASS 1-5: Ground itch is a worm, it gets under the skin and crawls all everywhere but it doesn't make round circles. If you haven't had ground itch you missed about half your life. It's a benzene deficiency and a liver malfunction.


CLASS 1-5: Benzene/Beryllium. It's for feet, sinuses and to keep the flesh attached to the bone. To us that have had chemistry, technically speaking Benzene is called an aromatic hydrocarbon and is also a six-sided structure with six carbons in it. Now we asked him about benzene and he said it's beryllium, the fourth element right next to lithium. See, the atomic symbol for Beryllium is Be, they called it benzene, we call it beryllium, and it says beryllium is not appreciably attacked by acid but suffered decomposition upon fusion with caustic potash, potassium hydroxide. In peppers and onions the potassium comes in a hydroxide form and that's what gives you the burning on your tongue and when I was in college many years ago they called this benzene, but it was an element and now they call it beryllium but for some unknown reason there's been a change in this particular book, but if you go back to some of those old, old books, and those old, old atomic charts you'll find that there's some difference. We're saying it's beryllium and it's in our sinuses and feet because God put it there and I don't know why He did it. The foods high in benzene are hot peppers, chillies, Mexican food, radishes, cayenne peppers.

KIRBAN: Reams: Cancer of the foot is a benzene [beryllium] deficiency.

MANTHEI: Beryllium helps to make copper more available to our body chemistry. Copper gives a substance the ability to stretch. If you notice in the produce section at times some of the fruit and vegetables are split. It is due to a deficiency of copper and beryllium in the soil. When our body gives up copper, it allows the skin to lose its elasticity. Also the intestines will sag which produces the characteristic "beer belly" in men or the protruding tummy below the navel in women. It can also be responsible for varicose veins, athlete's foot, or any pain/burning in the feet.

MANTHEI: Beryllium can be found in the food section where the hot peppers, horseradish, Tabasco sauce, or cayenne pepper are.

REAMS/BLACK: A benzene [beryllium] deficiency will mean a cancer of the foot or the intestinal walls or intestinal tract. So benzene deficiency, yes, the feet, the lower legs, or the lining of the wall or cancer next to the bone.

 **NOTE:** Reams consistently used the term benzene when he meant beryllium.

BILE

ANATOMY: Student: But when you are sick you are upchucking all this stuff. Reams: withdrawal still means the same thing. Manthei: that is withdrawal. But there are some people out there that say: "Oh, that Reams program puts you through a heavy detoxification." They do not understand what we are talking about, to be perfectly honest with you. But what we're trying to get the person to go through is withdrawal. And that is your own body tissue. It's your own liver bile. They are your own delta and omega cells being sloughed off.

ARM: A urine pH of 6.40 and a liver pH bile of about 6.40, and then this is perfect.

ARM: When the liver takes in calcium from your food and it does not have enough oxygen to turn that into hydrochloric acid, then it oxidizes in the liver, and you have cirrhosis of the liver. When this happens, the liver cannot make its average amount or volume of

bile, so you get less and less digestive juices to digest your food

ARM: Cause of the tumor? Not enough potassium, bile too dilute. [probably a brain tumor]

ARM: Digestion includes the bile working against the foods that you eat and that the electrical energy is not too high or too low in the liver.

BEDDOE: The fat metabolism may be from an effect directly on the cell and/or through the bile salts.

BEDDOE: When one chooses to go on a lemon water fast for three days, at the suggestion of their counselor in order to speed up the chemistry changes, often they will go through a very deep change, in which the liver reverses itself causing vomiting (even of bile) and great discomfort.

CHALLEN: Hiatal hernia - heart lies in front of stomach- when the opening at the top of the stomach is not the highest part of the stomach, then gas will form in that part and create pressure on the heart - must strengthen bile. Slow food digestion creates gas.

CLASS 1-5: All the foods that we eat are cationic, and the liver manufactures a substance called bile that's an anionic substance, and remember this rule, the pH of the saliva equals that of the liver bile. That's pretty close to constant and most of the time absolute.

CLASS 1-5: If hydrochloric acid was not a base you would not take HCl tablets to help digest your food, because the liver bile and gastric juice should be anionic.

CLASS 1-5: It's a vicious cycle that you have to break because the pH reflects the strength of the bile and the digestive juices and if you cannot digest the food it begins to putrefy in the bowel and you reabsorb the toxins from the bowel. That then affects the liver and the liver then can't do its task properly of making the bile and the digestive juices the right strength and you go round and round.

CLASS 1-5: During withdrawal also check the temperature of their hands and feet. Many times if their hands and feet are cold it's not the withdrawal giving them so much of a problem, it's problems that's within the stomach, or food that has not digested or the bile is so powerful and so strong until the stomach is in convulsions, and the valves lock themselves, and the gas can't get out, and therefore at that time I recommend a little bit of Zest Tonic in 4 oz of fruit juice or skim milk.

CLOD: The foods that go into our stomach are cationic, when the bile is released it gives off heat and electrical energy in both anionic and cationic form.

CLOD: After you have become ill and you have problems in the colon you will find that the liver bile is too dilute to break down the cellulose enough for it to be effective, and the lower the reserve energy, the weaker the digestive juices and the less minerals you get out of the food.

CLOD: However, there are other symptoms that show that there is a loss of energy in the digestion of foods because the bile has been in the gallbladder too long, and it is in a rather fermented state and therefore it upsets the digestive system.

DAVIS: As these cationic foods enter the stomach they meet the anionic liver bile.

DUNLAP: Lemon assists in increasing the strength and availability of the bile salts.

FONTENOT: If the lemon is the only anionic food, where is the liver supposed to get the anionic materials needed to make bile? It is supposed to get its anionic materials from the minerals found in cationic foods.

ION INSTITUTE: The bile is the strongest when both pHs and in particular the saliva pH consistently remain at 6.40.

ION INSTITUTE: The liver, the most important organ of the body is responsible for the manufacture of the bile which is stored in the gallbladder.

JOHNSON: Below urine pH 6.4 [saliva] the liver is toxic and weak and cannot function well. The bile is weak. 📌 *NOTE: Be careful of a contradiction in terms here. Bile is usually considered in terms of saliva pH.*

KIRBAN: In most cases gallstones are single or multiple hard nodules of cholesterol, which in some people apparently precipitate into solids in the gallbladder during the process of concentration of bile.

MANTHEI: Is the bile the same strength at 6.40? No, in a baby it is weaker – pH is only a measure of resistance.

MANTHEI: The digestion includes the bile working against the foods eaten and that the electrical energy is neither too high nor too low. therefore, cells are being made as fast as they need to be exchanged.

MANTHEId: The pH of the saliva reveals the health of the liver, and it's a measurement of the liver bile. Reams has said that saliva is actually made by the liver. Whether this is true or not, I can't tell you. The saliva has been made by the liver, and there are tiny tubes which lead from the stomach to the salivary glands; there are tiny tubes which lead from the stomach to the salivary glands. And when food is eaten and the stomach starts to pump and churn, the saliva goes up through these tubes into the glands and is dumped into the mouth, and that's where the process of digestion begins. That's what Reams says.

REAMS ANALYSIS: Also your bile may be so weak that you cannot digest raw foods properly.

REAMS/BLACK: We are going to learn this because the liver produces a substance called bile which is a hydrochloric base, better known as a hydrochloric acid.

📁 BIOLOGICAL

BEDDOE: Biologic life shows a relationship to the earth and its radiation belt, much as the iron filings do to the magnet. The movement of anions and cations is what is influenced. Since we know that like attracts like, anions are attracted toward the anionic Van Allen Belt and the cations are attracted toward the cationic earth. It is through this relationship, that the student can begin to get a feel for potential symptomatic patterns that are shown by the urine and saliva test.

C.H.E.M: Hot foods such as horseradish, cayenne, watercress are rich in the phosphate form of Benzene, which is needed most by the sinuses and the feet. This benzene is not the same as the six carbon ringed hydrocarbon that is toxic to biological life.

CLASS 1-5: [Reams] I had to have a teacher to teach me the knowledgeable part and you also have to have a teacher to help you to understand these principles that create a biological living realm.

CLASS 1-5: For that reason an alcoholic craves his whiskey, for that reason a person that is a chain smoker craves his nicotine, and a person that's on drugs craves their drugs because of Baer's Law. Now Baer's Law didn't change anything, it just 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's cause and effect, loss or gain of energy.

CLOD: The possibilities of what can be done with the Reams Biological Theory of Ionization equation are so great as to be

incomprehensible by the human mind.

JESSE: The study of ionization is the study of the electromagnetic function of the total biological organism.

MANTHEI: There are seven groups of calciums, of which one is toxic to all biological life.

REAMS ANALYSIS: There are seven groups of calciums, one of which is toxic to all biological life. It is hydroxide. The way to remember the calciums is the words, "*DOG PATCH*." They are: Dolomite, Oxide, Gypsum, Phosphate, (no A), Tri-calcium, Carbonate, Hydroxide (avoid). The body needs some from the non-toxic six groups to be kept in perfect health.

BLACKOUTS

ACRES USA: As the body is detoxified and rebuilt, many hypoglycemics experience a "healing crisis" similar to what drug addicts go through in "withdrawal." Nausea, vomiting and blackouts often occur. Vomiting is just one of the means by which the body rids itself of the poisons accumulated over the years. The blackouts occur, paradoxically, because the body is getting well so rapidly.

ANATOMY: As well as lightheadedness, dizziness, and a person can even blackout if the sugar drops too low.

ARM: High blood sugar and dangerously low blood sugar have the same symptoms. It [HBS] prevents oxygen going to the brain because there is too much sugar in the blood and oxygen can not get to the brain. That is what happens when a blackout takes place.

ARM: Potassium is just as necessary for the brain as oxygen. You may have plenty of oxygen but not enough potassium, and go into a coma. You may blackout just as quickly from a potassium deficiency, over a given period of time, as from an oxygen deficiency.

BARNES: I had had periods of blackouts and tremendous headaches that totally incapacitated me. I often could not get my thoughts together in order to function at the simplest task; for instance, I recall standing in my kitchen, coffeepot in hand, not knowing what to do with it.

BEDDOE: In fact, they will blackout, at a high sugar number, if the conductivity number is lower. Likewise, a person can get along with a lower carbohydrate number, if the conductivity number is a little higher. Also, the carbohydrate could go to zero if there was any extra weight. This is because the body will draw on the fat for needed energy if it is available.

CHALLEN: ...not enough oxygen to the brain, then blackout or convulsions- hyperglycemia.

C.H.E.M: Some of the symptoms associated with very low sugar reading are dizziness, motion sickness, lightheadedness, blackouts, headaches, absentmindedness and coma if the sugars stay low too long.

CLASS 1-5: Now with blackouts there are two general types:

- ◆ Slow Blackout: This comes on slowly and you recognize the feeling and you know you've got to lay down and you don't care where it is, you've just got to lay down or you'll fall down because you're blacking out.

- ◆ Fast Blackout: You could be walking along and just like a snap of your fingers you fall, blacked out, and you don't remember falling or anything. One second you're standing and the next you're getting up off the ground.

- ◆ In Between Type: Is a combination between the two, you may or may not feel "odd" and you may or may not have time to lay down before you blackout.

CLASS 1-5: If their sugar number is below 1.0 then do not let them drive because they could blackout at any moment and have a serious accident. Even if they have to call somebody to come and drive their car home for them, do not permit them to drive when their sugar is below 1.0. When the sugar comes up then it's safe for them to go home.

CLASS 1-5: A sugar reading that is either too low or too high will result in lowered oxygen to the brain, and lowered oxygen to the brain can cause symptoms like irritability, fuzzy thinking, strange or unusual behavior, and even blackouts.

CLASS 1-5: In this case here the messages are going through fairly well but it's the pressure on a particular part of the brain that's causing their blackouts, and that's where the tumor is located.

CLOD: The person feels like he is going to die, or may have a blackout. It is one of the worst feelings in the world. By the time he can get to a doctor, the doctor can find nothing wrong because the adrenalin glands have started to flow and the blood sugar is back to normal, and the doctor says it is all in your head.

CLOD: It would be unsafe for this person to drive a car because the blood sugar is so low [urine Brix 0.9], and this can cause as many accidents as people who are intoxicated by alcohol while driving. It slows down their emotions. They may temporarily blackout, and do not know until it is too late.

DAVIS: The sudden drop in blood sugar is far more serious than many people realize. Not only does it cause "blackouts" where the person becomes unconscious at the wheel of a car - a major cause of unexplained auto accidents, - but convulsions in babies is usually low sugar.

ION INSTITUTE: Royal jelly is also used for low blood sugar. Whenever the sugar reading drops below 0.4, a person could experience a blackout or go into a coma. If a person feels faint or thinks he may blackout, place 1/4 tea spoon of Whidden's Royal Jelly under the tongue.

MANTHEI: Remember that anytime anyone is on a lemon water, lemonade, or plain water fast, they should not drive a car. If the sugar level drops too [low] while driving, they could have a blackout, which could cause an accident.

BLADDER (urinary)

ARM: If a person sweats a lot, then the urea comes down a lot slower. Very much salt doesn't come out with sweat; it [mainly] has to go out through the bladder.

ARM: For arthritis, rub on [Formula X], except kidney and bladder area.

ARM: Pressure points, bedwetting, from the naval of the child there's a zone something like this, somewhere in this zone there is what we call a transformer gland. Find that gland. It will be sore. Put a vibrator on it, the naval; it's on the right hand side. It is a gland that controls the blood flow at the neck of the bladder.

BEDDOE: The bladder is made of smooth muscle. And the weakening of the bladder smooth muscle is especially shown when the pH is cationic because it is putting more energy into that lower body area that is unusable. Can have two types of pain associated with bladder. One is a result of acids being in excess in body so the urine is too acid and this causes a burning upon urination. Two can be from an alkaline body chemistry that results in pain within the bladder itself anytime and not just limited to urination.


BEDDOE: In addition, if the individual is leaning straight forward, it could be both kidneys that are giving trouble. Kidney stone

formation can be associated with infection, as well as symptoms of **burning, in the bladder** and urine passage ways during urination.

CHALLENGE: Watermelon is recommended for people that have kidney or **bladder** problems and for most diabetics.

CHALLENGE: Formula X has turpentine - never put turpentine over kidney or **bladder** because it restricts the flow of water.

C.H.E.M.: The urine should be freshly voided, not mailed, nor should it remain in the bladder for longer than two hours. The first void in the morning is usually too concentrated as it has been in the bladder for longer than 2 hours. While the numbers may be checked almost anytime, the best time to check them is 11:00 A.M. and 2:00 P.M.

CLASS 1-5: He's sweating out too much of his water and what you sweat out doesn't count, it's only that which goes out through the **bladder** and the urine that counts.  **NOTE:** *What might seem a contradiction is not. Beddoe correctly teaches that sweating removes salts. Reams is pointing out that sweating does not remove ureas and old dead cells that must go out via the kidney.*

CLASS 1-5: You need to watch both the calcium and manganese content because if the manganese goes down the **valve to the bladder** may become weak and then you'll have to go more often even if your bladder is large.

CLOD: Coffee many times can be an asset to people with arthritis or **bladder or urinary problems**, even weight problems.

DUNLAP: Low sugar is a major cause for wetting the bed. With low sugar it is difficult for the body to hold the urine. Holding the sphincter muscles becomes a more difficult task. Low blood sugar causes people to get less sleep and rest. They are disturbed frequently at night with the **need to empty the bladder**.

DUNLAP: Low urine pH suppresses the sex drive because of a lack of manganese. There is a tendency toward **urethra and bladder inflammation**, sinusitis, colitis and diverticulitis when the urine pH is acid. Understandably this lack of mineral tells you that the body is fighting for its life.

FONTENOT: Doctors tell us that everyone needs to drink 6-8 glasses of water per day. The body can only assimilate 4 ounces every half hour, so an 8 ounce glass will accomplish no more than a four ounce glass, the rest **filling the bladder**.

ION INSTITUTE: When there is a **bladder or kidney infection** in an alkaline environment, use small amounts of cranberry juice alternated with distilled water throughout the day. An increase in fluids helps to flush these ureas.

MANTHEI: There is a problem with the transformer gland that controls the **neck of the bladder**.

REAMS/MANTHEI COOKING: Watermelon is what we recommend for kidney problems or **bladder problems** and for some diabetics.

REAMS/BLACK: The point is that some of that stuff that's coming out in that urine sample, may not necessarily be actual waste salts coming out, but may be valid necessary ions that the kidney is unable to reabsorb before they are **lost [in] to the bladder**.

REAMS/SKOW COOKING: Watermelon is rich in nutrient that's need for the kidney tract, for the **kidneys and bladder**. Anything that's causing a problem there, watermelon is very good for it.

BLISTERS

ANATOMY: There cannot be cancer cells in the body, unless there is a cancer for it to come from. There's got to be, somewhere in the system, a cancer for the cancer cells to originate. And, it may be in the ear, it may be in a pimple on your face, and it may be in a **little blister on your tongue**. It may be anywhere in the system, a teeny little dab, and these cells are cancer cells. But if the body was healthy, they would not be there. In other words, they do not become cancer cells after the omega cells are put into the blood. It's got to become a cancer cell while it is still attached to the nerve.

ARM: I've never seen **blisters** on the brain.

ARM: Nature is trying to restore. A lot of withdrawals happen with fever **blisters and ulcers** in the mouth, when they haven't even been on lemonade.

ARM: Urea reading low, this would mean they are overworking, drawing on their energy too much; or it could mean a brain tumor has developed. Sometimes a brain tumor can develop in 3 days time, just like a boil or a **fever blister**.

CHALLENGE: **Fever blister** - liver malfunctioning and a colonic will help.

CLASS 1-5: For skin disease, sunburn, **blisters**, steam burns and things of that nature you use the yellow light because yellow light is rich in vitamin A and the skin uses most of the vitamin A.


CLASS 1-5: When someone has changed their diet and is going through withdrawal they are often nauseous, and feel like vomiting. We want them to vomit, and if they don't then the cells that flush from the liver will go out in the form of a hydrochloric acid and will burn you very, very badly in the rectal area, **it won't blister** but you'll think it does.

CLASS 1-5: To get the fluid out of the lungs a mustard poultice (or mustard plaster) is sometimes used but occasionally **that may blister**, but often heat on the chest will do the same thing.

EUGENE REAMS: When you find swelling in the body that is not due to an injury, you are finding a body surrounding damaged tissue with fluid in an effort to protect it from further degeneration. For example, **when you get a blister**, the "heat" that caused the damage is so great that the body surrounds that area with fluid to protect it from further damage and to allow it time to heal.

REAMS ANALYSIS: When you find swelling in the body that is not due to an injury, you are finding a body surrounding damaged tissue with fluid in an effort to protect it from further degeneration. For example **when you get a blister**, the "heat" that caused the damage is so great that the body surrounds that area with fluid to protect it from further damage and to allow it time to heal.

REAMS/BLACK: And if you've got food in your stomach when it flushes, something's coming up or you're going to be deathly sick. And if it doesn't come up, it's going to go out through the colon and it's going to set almost, burn you so bad it will set the woods afire almost. Boy does it burn. **It actually blisters**. I have known it to have actually blister[ed] the rectum.

 **NOTE:** *this "brain blister" entry can cause one to wonder about the exact number of autopsies Reams was invited to attend during his 38 years association with Orlando hospitals.*

BLOAT

ARM: **Bloating** of the abdomen is caused by three things: swollen liver (chemotherapy), gas, or delta cells.

ARM: **Bloating** in the abdomen is caused from 3 different things. One is a swollen liver, or chemotherapy liver, gas, or delta cells. You have to determine the cause of the swelling.

BEDDOE: It is not any different than the gas and bloating adults experience, resulting, also, from indigestion. Colic just means indigestion.

BEDDOE: If the pH of the urine is slightly cationic, between approximately 5.6 and 6.0, and the pH of the saliva is strongly anionic, over 7.0, there will be more tendency for rumbling and bloating type reactions in the upper parts of the digestion (the areas of the stomach and upper small intestine).

CHALLEN: Too much water will cause bloating.

CHALLEN: Paratinitus [peritinitis?] - kidney malfunctioning - not releasing water to system - bloating.

CLASS 1-5: I have seen a tongue swollen [because of Arizona Salmonella] so badly until it was sticking out of the mouth an inch and a half and they couldn't even get it in, the face was all bloated, eyes closed, and terribly, terribly bad shape, in fact, dying.

DUNLAP: [Brix] 1.5 to 5.5 - Misery zone. The liver flushes glucose into the system and could result in light-headedness, a sensation of tired, weak hands or feet, bloating, urinary problems, general weariness.

FONTENOT: The energy of the body is the working power needed to carry on the functions of life. It is this energy, or vitality, that helps the body make new cells, to tear down old tissues, to assimilate the minerals from the food and to eliminate all waste material. Suppose that the energy required for proper functioning of these organs isn't sufficient ... then this material is retained in the system poisoning the brain and nervous system so that we are weak and listless, poisoning the lungs so that we have bad breath; the digestive organs so that we are distressed and bloated; poisoning the blood so that the skin is sallow, unhealthy, and foul smelling.

ION INSTITUTE: A small percentage however, while in the process of deworming, may experience one or more of the following: a loss of appetite, nausea, vomiting, bloating, swelling, dizziness, headaches or similar effects.

OLSZTA: We should learn to eat just enough so that we are satisfied but not full to the point of discomfort and bloating.

BLOOD

ANATOMY: The weak spot is already there. In other words, there is an adhesion or something there, that creates a deficiency so the blood cannot pass through the capillary.

ANATOMY: In other words, they do not become cancer cells after the omega cells are put into the blood. It's got to become a cancer cell while it is still attached to the nerve.

ANATOMY: Manthei: Let's talk about the blood. There are three main groups of corpuscles in the blood that we can talk about: the red and the white. Most people think about the platelets as being something different. The platelets belong to the red group. We will talk about RBC and WBC, and the platelets.

ARM: If you have a sore or swelling, use a vibrator on it to circulate the blood.

ARM: Acupuncture glands, or transformer glands, let you know whether or not blood is circulating properly through the primary and secondary organs. They are controlled through the spinal column.

ARM: From the naval of a child down on the right hand side, there is a transformer gland. It controls the blood flow at the neck of the bladder. Use vibrator, stop bedwetting.

ARM: As the blood goes through that gland [any particular transformer gland], it breaks down into all those tiny capillaries and then it comes back on the other side. The blood circulates around through there, picks up ionization, picks up mineral or amino acids coming in, and coming out a little bit different from than when it went in.

ARM: Prune juice is very, very rich in iron, and it's also rich in calcium. It's also in concentrate form, and therefore you begin to build up in the liver, the hemoglobin in the blood; and you're building up the liver, reinforcing the liver.

ARM: [Excess] Thyroxine can either be thrown out through the kidneys, or go into the bloodstream and into the stomach - nausea.

ARM: And the carcinoma or cancer cells, whichever it may be, get into the blood, and it gets thicker and thicker.

ARM: There's be a brownness in the urine, an amber color; it's the broken-down blood cell [corpuscle].

BEDDOE: The organs that especially benefit from its [Alga~~~] use are the eyes, skin, lungs, blood, pancreas, liver and brain.

BEDDOE: Lifestyle habits like smoking in any form will affect the blood-forming organ because of carbon monoxide stress destroying red blood cells [corpuscles?].

BEDDOE: Excess alcohol in the blood causes the blood cells to stick together. This is called agglutination.

BEDDOE: This [cucumber] juice is also valuable for individuals who have a low white blood count.

BEDDOE: This [baking soda] works to supply a larger amount of buffer through the blood and help the kidneys dilate for easier function.

BEDDOE: ...and hot mustard foot baths to help the blood filter through the kidneys at a greater rate.

BEDDOE: Simply speaking, the egg and concord grape juice mixture is the closest thing to a natural blood transfusion.

CHALLEN: Yellow root tea (goldenseal) can be used in ranges B and C. Kidney dilator and a blood purifier. High in sulfur.

CHALLEN: Acupuncture glands (transformer glands) are controlled through the spinal column. These glands determine whether an organ receives enough blood.

C.H.E.M: The blood stream may be likened to a main street in any city. On a given day you may see trucks carrying new cars to the showroom heading in one direction. Going in the other direction are trucks carrying old, worn-out, squashed-down flattened cars to the junkyard.

C.H.E.M: Orthodox biochemists say that the iron in the blood carries the oxygen. Lets look closer at what's actually occurring.

The iron in the blood stream is usually found as hemoglobin in the red blood corpuscles. The globin part of this molecule is a complex structure made out of Carbon, Hydrogen and Oxygen. These three elements are carbohydrates and too often credit has been given to the iron (heme) part of the hemoglobin, when in actuality it is the carbohydrate part (=globin) that is responsible for the oxygen.

C.H.E.M: It [an enema] assists in the removal of toxins, ureas, salts, etc., from the lymph, blood and colon.

CLASS 1-5: ...vitamin E is to make sure their blood stays thin enough so their heart will not beat too hard trying to get rid of the ureas and the excess amount of delta cells and omega cells that are being thrown out during repair.

CLASS 1-5: A fetus uses 3 to 5 times more oxygen than we do and it gets its oxygen only through the mother's blood stream.

CLASS 1-5: 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.

CLASS 1-5: Goldenseal is a blood purifier and it works by dilating the capillaries in the kidneys, letting large particles of albumin (delta cells and omega cells) get out into the urinary tract.

CLASS 1-5: 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 only 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.

CLASS 1-5: ...in fact cases of phlebitis will often show normal cholesterol in the blood and many autopsies have also confirmed normal blood cholesterol yet the arteries and veins were clogged with it.

CLASS 1-5: The average blood chemistry over any 24 hour period will equal the average urine readings over the same 24 hour period.

CLASS 1-5: Now, if there's a change in the blood pH there'd be also a change in viscosity.

CLASS 1-5: Our blood is not chelated. It may contain chelated particles but our blood is liquid, and liquids are not necessarily chelates.

CLASS 1-5: Carbohydrates are the sugars and the sugar level determines the amount and type of oxygen that the blood will carry. In general the lower the urine carbohydrate reading the greater the oxygen in the blood, but the more the reading is below 1.5 Brix towards 0.0 Brix the more unusable the oxygen is to the brain, i.e., it will not release to the brain, and the higher the urine carbohydrate reading the lower the oxygen in the blood because there's not enough room in the blood for both the carbohydrate and the oxygen. In summary, a urinary Brix sugar reading that is either too low or too high will result in lowered oxygen to the brain, and lowered oxygen to the brain can cause symptoms like irritability, fuzzy thinking, strange or unusual behavior, and even blackouts.

CLASS 1-5: Anyone having "Perfect" health will have 4,500 micro grams of Vitamin C per gram of blood and this level of 4,500 mcg of Vitamin C actually means perfect health and remember this, the loss of Reserve Energy is directly related to the number of micro grams of Vitamin C per gram of blood, a constant. In other words the exact degree of the loss in Reserve Energy can be measured in direct ratio to the number of micro grams of Vitamin C per gram of blood. This scale of energy is based on 0 - 100. There's no illness in anyone when there is 4500 mcg of Vitamin C per gram of blood, there can be more than that, but at 4500 mcg there is no illness.

CLOD: A pectoris heart attack is brought about because the system has not thrown out the delta cells, and the salt in the blood has broken the cell down to a urea.

CLOD: there is not enough mineral to force them [old cells] into the blood stream, or to break them loose from the nerve ending, and for a new stolon to form and a new cell to come into being.

DAVIS: While a blood "test" can fool the doctor, the urine sugar Brix test is more accurate, and more indicative of the health in general. That is science! That is the difference between a scientific analysis and a guess-type diagnosis.

DUNLAP: With acid saliva, the ability to absorb vitamin A decreases. The lack of vitamin A causes a decline in the red blood count and a rise in the white blood cells.

EUGENE REAMS: . If the villi (small finger-like projections) in the small intestines (which are used to absorb and transport nutrients into the blood stream) are clogged with excess mucous, the absorption will not adequately take place.

FONTENOT: Eventually, the diabetic on insulin develops colon problems and high blood pressure as well as varicose veins.

FONTENOT: Suppose that the energy required for proper functioning of these organs isn't sufficient ... then this material is retained in the system poisoning the brain and nervous system so that we are weak and listless, poisoning the lungs so that we have bad breath; the digestive organs so that we are distressed and bloated; poisoning the blood so that the skin is sallow, unhealthy, and foul smelling.

ION INSTITUTE: The most important function of iron is the bonding with calcium, vitamin C, copper and amino acids for the manufacture of hemoglobin, myoglobin and the pigment of red blood corpuscles.

ION INSTITUTE: Conversely, when an excessive amount of pancreatic alcohol is suddenly over secreted and dumped into the bloodstream, a hot flash is experienced.

JESSE: However, if undigested food proteins (peptides) do enter the bloodstream, the immune system activates specific white blood cells to engulf, digest and destroy the undigested food substances.

JOHNSON: These factors [urea] reflect blood viscosity and efficiency of protein digestion.

JOHNSON: So the 16 is undigested protein that is thickening the blood.

KIRBAN: Vitamin E is a blood thinner. This can thin out the blood made too thick by urea or other substances. This may delay a heart attack.

KIRBAN: Reams: These unclean meats release energy too quickly for the body to make use of them. They digest so fast that you cannot use the proteins, which turn into urea and dump into the bloodstream so fast that the kidneys cannot eliminate them.

MANTHEI: A very dangerous fad is the indiscriminate use of lecithin to help lower high cholesterol levels in the blood.

MANTHEI: Vitamin B-12 is used to help rebuild the red blood corpuscles [when anemic] and especially should be used whenever Ferro Tonic is not available.

MANTHEI: The liver will then start to manufacture a smooth glistening substance known as cholesterol to try and help the blood get back to the heart.

MANTHEI: The definition of DYING is a LOSS of ENERGY. When it happens in a CELL, the cell begins to come apart. Then VITAMIN C, which is the BINDER, starts to be lost. It is possible to measure the RESERVE ENERGY level of the body, and it is in DIRECT PROPORTION to the loss of VITAMIN C. Anyone with PERFECT numbers will have 4,500 PPM of VITAMIN C in their blood.

MANTHEI: As the anions and cations are passing through the blood in milli-micronage form, when they arrive to where the new cell will be built, they are attracted by magnetic attraction. Like attracting like.

MANTHEI: The colloids carry those decayed or poisonous substances into the blood stream, and they are eliminated, the system meanwhile adapting what it needs of the colloids.

MANTHEI: Vitamin K thickens the blood by throwing water out of the blood. Vitamin E thins the blood by making the blood hold

more water.

OLSZTA: He [Reams] once said there are 4,500 mg of Vitamin C in 1 gram of blood in a person who has perfect numbers. Uh, no, because 4,500 mg of Vitamin C is 4.5 times more in weight than that 1 gram of blood. What did the genius MEAN? He MEANT 4,500 parts per million or 4,500 micro grams per gram of blood. Someone in the class called him on it. He thanked the person, admitted he was wrong, and simply marched on.

REAMS ANALYSIS: These [old cells] accumulate in the blood and tissues and interfere with proper tissue metabolism and oxygenation. This especially affects the heart muscle as proper building blocks and oxygen are vital to its continuing a normal cardiac output.

REAMS/BLACK: For instance, you may test someone and the test will show that their body has a very high cholesterol, and yet they go get a blood analysis and it shows that there is a low cholesterol. Or both may be done at the exact same time for that moment, and one will say high, the urine analysis will say high cholesterol, and the blood analysis will show low.

REAMS/BLACK: Anyone having 4,500 PPM or milligrams of vitamin C per gram of blood, never has any illness of any kind.


REAMS/BLACK: Women who are in absolutely perfect health, the menstrual flow is transparent. It is crystal clear. There is no redness in it at all. It's absolutely transparent. It is clear. There should be no blood cells in it when you are in perfect health.

REAMS/MANTHEI COOKING:

In koshering the meat, then, to get the blood out of the meat this would be for chicken or turkey or for beef, veal, lamb, venison any meat that would have blood in it; this is not for fish we use 1 cup of salt per 2 quarts of water.

REAMS/MANTHEI COOKING: Most doctors do not know how blood circulates through bones.

REAMS/MANTHEI COOKING: That means, take the blood out and the fat off and cook it well done. And be happy, be healthy.

 **NOTE:** *Would that I had the power to instantly convert every erroneous instance where an RBTI person has used "blood sugar" when indeed they meant "urine Brix." While the urine Brix is ordinarily a reflection of the "blood sugar," they are not the same and Reams never meant to imply they were.*

BLOOD PRESSURE

ANATOMY: Reams: Hardening of the arteries in many cases doesn't affect the heart beat at all. And many times not the blood pressure. Never! My wife and her family, blood pressure was normal, and they died with hardening of the arteries. Her family on both sides. Yet, their blood pressure was normal right up to the time they died.

ANATOMY: Reams: Suppose, though, that the brain message is going to the heart, and the blood pressure is still low. Now, what would cause that? A weak heart. And what would cause that? Lack of arsenic. **ARM:** If we've got thick blood in the legs, or hypertension, or high blood pressure - walk, walk, walk.

ANATOMY: Manthei: One of the finest things we find to drop blood pressure, besides walking, is colonics.

ANATOMY: Manthei: Reams said the only time that he's found that vitamin E has caused the blood pressure to go up was when the pHs were very low - five-forty [5.40] and below.

ANATOMY: People who are heavy chocolate eaters, of Liptons, Nestle, Tetley, far eastern teas, which contract the strainers that separate the water from the blood in the kidneys—that will cause high blood pressure.

ANATOMY: Student: Chlorophyll - does that have a direct effect on blood pressure? Reams: I haven't found it to be a fool-proof thing. However, it does help a lot. I wouldn't call it a cure directly, but indirectly, it does a lot of good.

ANATOMY: Student: Does coffee affect high blood pressure negatively? Reams: It does the opposite on most people. It lowers it. However, let me give you an exception. A person that has low blood sugar and low alcohol, cold hands, cold feet or has a, has a urine pH below 6 and a liver above 7 are subject to indigestion, there's another exception to the rule. It can upset you terrifically.

ANATOMY: MANTHEI: [Reams] said the only time that he's found that vitamin E has caused the blood pressure to go up was when the pHs were very low [5.40] and below.

ANATOMY: You can have a very thin blood and high blood pressure, just as well as you can have a thick blood, but it's more apt to be a thick blood.

ARM: When the veins lose their ability to expand and contract, you have high blood pressure

ARM: If we've got thick blood in the legs, or hypertension, or high blood pressure - walk, walk, walk.

BEDDOE: High conductance also causes blood cell agglutination. When this happens, the smallest capillaries cannot get any blood through them. But when the blood pressure increases it forces some thick blood cells through the fragile capillaries and this can cause rupture.

BEDDOE: Coffee, because it upsets the stomach, unnaturally stimulates the adrenal and related glands, aggravates high blood pressure and over stimulates the heart and the whole system, interfering with the natural biorhythm of the body.

BEDDOE: Brisk walking is good therapy for high blood pressure.

BEDDOE: Many symptoms, such as edema, glaucoma, headaches, shock, high blood pressure, uremia, and ascites can be related, in part, to this sort of malfunction in fluid pressures. Urea has a potential for counteracting these types of fluid imbalances because of its effect in reducing conductivity.

BEDDOE: High blood pressure is also the result of salt problems in the body. The high salts will make the fluid flow from the body into the blood vessels at a higher rate.

CHALLENGE: Getting well is a hard job and you are just as tired at the end of the day when a body is rebuilding new cells and shoveling out the old as if you had worked at hard manual labor. So expect people to be tired or weak at the end of the day, whatever you want to call it. But, watch the vital signs; blood pressure (know that well before you put them on a fast), heart beat (rhythm of the heart), and make sure they drink their water and juice on time.

CHALLENGE: Blood pressure will only start to rise when there is a deficiency of calcium in the diet.

CHALLENGE: Two causes of high blood pressure - pressure from within (hypertension) - other cause is due to an accident or lesion.

CHALLENGE: Revenge - causes high blood pressure — use niacin (B-3) not niacinamide

CHALLENGE: High blood pressure — do not make the person angry -the higher or lower the blood pressure the person Will usually live

longer - sudden **change in blood pressure is dangerous.**

C.H.E.M: The finest thing for persons with high **blood pressure** is to walk, walk, and walk. The high blood pressure occurs because the blood is too heavy and thick, so it pools in the lower extremities. So by thinning the blood and walking, the muscles of the legs will begin to increase the blood circulation, which will help to lower the blood pressure. Start walking gradually and increase the time and distance systematically.

CLASS 1-5: Some normal symptoms of withdrawal when the body chemistry is changing patterns are [that the] **blood pressure** may go up.

CLASS 1-5: But the thing about **blood pressure is be alert for a quick change**, for instance, if your blood pressure's made for 140 over 80 and all of a sudden it goes to 210 over 110 you're in trouble because the blood vessels have not toned themselves to that kind of a pressure and you are asking for a stroke or other problems.

CLASS 1-5: So many times I've heard chiropractors say, "I **lowered the patient's blood pressure** in 30 minutes" and it's true, he put them on a table and used his methods and techniques and got them relaxed and then the blood pressure came right down. So most people's **blood pressure jumps up 50 points** just because of excitement, that's nothing unusual. Now there is no relationship between the pulse and the blood pressure and everyone should know their own blood pressure.

DUNLAP: If there is a condition of **high blood pressure**, Reams said that the best remedy, aside from drinking distilled water, is walking. "Walk. Walk. Walk!"

EUGENE REAMS: Individuals with **high blood pressure** must use caution when taking Vitamin E. Even though Vitamin E thins the blood which reduces blood pressure, it initially raises the blood pressure for about 3 hours.

FONTENOT: Eventually, the diabetic on insulin develops colon problems and high **blood pressure** as well as varicose veins.

HEALTHVIEW: Turning now to a related subject, what causes high **blood pressure**? Reams: there are 2 main causes. One is pressure from within and the other is pressure from without! pressure from within develops, when a person has a chip on his shoulder and hates somebody or wants revenge for something or another. Pressure from without is caused by scar tissue and swellings in the tissues, that press inward on blood vessels. When this happens, the heart has to pump harder to get the blood to the capillaries.

ION INSTITUTE: The loss of vessel integrity and elasticity through the build-up of salt and cholesterol is referred to as hardening of the arteries. The veins and arteries normally expand and contract to control the flow of blood; but with hardening of the arteries, the vessels are so clogged and congested that they become inflexible. This results in high **blood pressure**.

JOHNSON: The next one is **blood pressure rising** and we see this in two things, high salts and high urea totals.

JOHNSON: Blood Pressure Rising - as cholesterol builds up so does **blood pressure**.

KIRBAN: Hypertension is **not necessarily high blood pressure**. Reams believes there is only one cause of hypertension that he has ever found – and that is when food digests too slowly and causes constipation.

MANTHEI: One of the causes of **high blood pressure** is thick blood which pools in the legs. The treatment is to walk, walk, walk. By walking, the muscle action against the bone will break up this thick blood and help it get back into circulation.

REAMS/BLACK: While we are on blood pressure, it might be interesting to know, there's **no such thing as a perfect blood pressure**, or a really normal blood pressure. Now there is a group in which most peoples blood pressure will be. However, that's no sign it's perfect. I think I have patients with a blood pressure that runs 80 over 55 all their life. It's perfectly normal. I have others that runs 200 over 120 and its run this way all their life. Their arteries and veins are built for it. The only time that blood pressure becomes dangerous is when it runs out of its own category. For instance if you had a 140 over 80, and all of a sudden it jumped up to 200 over 110, you'd be in trouble, because the blood vessels and arteries are not built for it.

REAMS/BLACK: Going too fast, never taking a rest, is one of the causes of **high blood pressure**.

REAMS/MANTHEI COOKING:

Getting well is a hard job, and you're just as tired at the end of the day when a body is rebuilding new cells and shoveling out the old as if you had worked hard at a hard manual labor. So expect people to be tired or weak at the end of the day, however, they want to call it. But watch the vital signs like the **blood pressure**. Know that well before you put them on a fast.

BLOOD THINNER

ARM: Apple cider vinegar is a good **blood thinner** for those with alkaline system only [high urine pH]. Do not give if they are acid [low urine pH].

ARM: The higher the [blood] pH, the greater the viscosity; the lower the [blood] pH, the less the viscosity, the **thinner the blood**.

BEDDOE: Remember, vitamin E is used as a sort of **blood thinner**.

BEDDOE: Vitamin E is very useful for assisting the kidneys in their function. It should be used whenever the cell debris count is 4M or above. Its function is similar to a **blood thinner**.

BEDDOE: [Magnesium's] initial response is to react with the ureas to release them from the body. This is why dolomite is not used as a calcium supplement, but rather as a magnesium source to counteract the excessive high ureas that show in the urine and saliva test. Magnesium will then **work as a blood thinner** as it binds with the excess ureas.

CLASS 1-5: The herb Goldenseal is a blood purifier, **not a blood thinner** in the sense of Vitamin E, it's a blood purifier and it works by dilating the capillaries in the kidneys, letting large particles of albumin, delta and omega cells get out into the urinary tract.

CLASS 1-5: The higher the [blood] pH the greater the viscosity or the thicker the blood, and the lower the [blood] pH the less the viscosity, or the **thinner the blood**.

CLASS 1-5: People with blood that's too thick from the salts, ureas and debris should have Vitamin E because it is a **blood thinner**, and while it really doesn't cure any heart disease, it thins the blood so the heart can beat softer without it getting any worse and then it generally heals itself.

CLASS 1-5: The lower the urine pH the more work the heart is called upon to do, and the greater the pressure on the heart. Now, if there's a change in the blood pH there'd be also a change in viscosity.

HEALTHVIEW: Will vitamin E help prevent heart attack? Reams: Not necessarily, but since Vitamin E is a **blood thinner**, which can thin out blood made too thick by urea or other substances, it will often delay a heart attack.

ION INSTITUTE: One function of vitamin E is to thin the blood. Vitamin E aids the system in the elimination of delta and omega cells. When cellular debris and waste products in the blood are removed, the viscosity of the blood changes becoming more fluid or thinner.


ION INSTITUTE: Vitamin E thins and purifies the blood enabling it to flow more abundantly through very fine capillaries, the tiny blood vessels of the eyes, ears and brain and increasing circulation to the prostate and uterus. The blood is able to supply more oxygen to the brain thus increasing memory, creativity, the power of reasoning, power of concentration and receptivity. Urea has a tendency to thicken the blood. Vitamin E does wonders for the heart by lowering the ureas and thinning the blood; this reduces the workload of the heart.

JOHNSON: Blood viscosity or how thick the blood is (that's what you're measuring when you're measuring urea) is high.

KIRBAN: Vitamin E is a blood thinner. This can thin out the blood made too thick by urea or other substances. This may delay a heart attack.

MANTHEI: The higher the pH of the blood, the greater the viscosity of the blood; the lower the pH, the less the viscosity or, in other words, the thinner the blood is. We are talking about blood pH, not urine, not saliva.

MANTHEI: Vitamin E thins the blood. And when it is thinner, it can carry more oxygen.

 **NOTE:** Pay special attention to Dr. Manthei's specific explanation that blood pH, not urine pH and not saliva pH affects blood viscosity. However, you should also pay attention to the CLASS 1-5 comment entry that implies lowering the urine pH causes additional work for the heart.

BLOOD VESSEL

ACRES USA: As a result, mineral salts accumulate in the blood vessels. This causes hardening of the arteries.

ANATOMY: [Manthei speaking] Varicose veins, hemorrhoids, aneurysms I believe we can lump all those together, and where they occur in the body is going to determine what you're going to call it. These are areas in which the blood vessels have become larger than normal. The first cause here is that the body is retaining too much salt.

ANATOMY: And alongside of every nerve – don't forget this point either – alongside of every nerve there's a blood vessel.

ARM: Strokes come from broken blood vessels in the brain.

BEDDOE: The blood vessels in the sclera are very delicate channels. It is the only place in the whole body where blood vessels can actually be observed in their uncovered state. These vessels are highly subject to showing a sort of sympathetic reaction when other parts of the body are under an extra load. The load that is showing relates to the energy loss in the glands, organs, and tissues.

BEDDOE: Niacin, also known as vitamin B-3, has a nerve stimulating effect for rebuilding nerves. It also will stimulate circulation in the peripheral blood vessels. It does so by dilating the blood vessels. When this dilation takes place there is corresponding increase in blood circulation and then oxygenation. This is especially valuable for brain stimulation and increasing the circulation in that area.

BEDDOE: Due to high salt, high blood pressure, and blood vessel deterioration, a rupture of blood vessels in the head is much more likely with this pattern.

CHALLEN: Each eye has 80 miles of blood vessels - if one does not drink enough pure water then the vessels of the eye will dilate worn out particles will collect in the vessels of the eyes - the sclera of the eyes are not used to tell what is wrong with the body, but is used to see if the body is healing or is shutting down.

CLASS 1-5: The higher the albumin reading the greater dilation of the blood vessels in the eyes so you see there is a link between the albumin reading with that in the eye.

CLASS 1-5: It's the villi that pick up the energy from your food and if it doesn't take it into the walls where the blood vessels are you starve to death.

CLASS 1-5: Those are the levels of increasing and decreasing salt, and remember, the further away from perfect the greater the loss of energy, and now you can understand that cholesterol forming in the blood vessels is actually a loss of energy.

CLASS 1-5: The blood vessels that relate to the upper abdomen in the eye [readings] go around vertically, and the blood vessels that relate to the lower abdomen go around the eye horizontally.

CLASS 1-5: But the thing about blood pressure is be alert for a quick change, for instance, if your blood pressure's made for 140 over 80 and all of a sudden it goes to 210 over 110 you're in trouble because the blood vessels have not toned themselves to that kind of a pressure and you are asking for a stroke or other problems.

CLOD: When our bodies retain too much salt, the blood vessels lose their ability to expand and contract and cholesterol forms in them, and it causes the intestines to lose their ability to expand and contract and they form pockets or diverticulitis.

CLOD: Insulin is a salt which causes the intestines to have diverticulitis areas (pockets), causes cholesterol to form in the blood, a breakdown of blood vessels, and causes hardening of the arteries of the brain.

CLOD: . By writing down the eye numbers of the sclera when it is checked off on our little checkerboard scale form, then the greater the amount of numbers or little boxes we have in the eye that has dilated blood vessels, the greater the number the delta cells, or even omega cells, that should be thrown out of the body.

HEALTHVIEW: Turning now to a related subject, what causes high blood pressure? Reams: there are 2 main causes. One is pressure from within and the other is pressure from without! pressure from within develops, when a person has a chip on his shoulder and hates somebody or wants revenge for something or another. Pressure from without is caused by scar tissue and swellings in the tissues, that press inward on blood vessels.

ION INSTITUTE: Vitamin E thins and purifies the blood enabling it to flow more abundantly through very fine capillaries, the tiny blood vessels of the eyes, ears and brain and increasing circulation to the prostate and uterus.

ION INSTITUTE: A short, thin person with high salts will store the salts in the muscles. The salts will be stored in the fat cells if the person is overweight. This may make it more difficult to lose weight. It would be more dangerous for the thin person, because the muscles have more blood vessels and the salt will cause nature to deposit cholesterol there. When salts are stored in the muscles, a person becomes more "wiry."

ION INSTITUTE: When the blood vessels crystallize over a long period of time, they become almost as brittle as glass tubes.

JOHNSON: These factors reflect blood viscosity and efficiency of protein digestion. High ureas put stress on the heart and blood vessels.

KIRBAN: A stroke (known also as apoplexy) is the most common of cerebrovascular accidents. This is the destruction of brain tissue due to hemorrhage or rupture of a blood vessel within the brain.

MANTHEI: What is a caution about correcting this pattern? Inflammation of the veins – caused when the vessels that are larger in diameter than normal begin to shrink back to their proper size. Sometimes small pockets (diverticuli) will form because of the uneven healing. Blood could pool in these pockets and form clots. It could form an inflammation, causing pain and fever. Must be careful about bringing down the salt (52 C) because the veins have lost their elasticity (pockets, diverticuli); if too fast, the veins might heal unevenly and cause abrasions.

MOSES: All of them are salts. And all of them can cause the blood vessels to loose their power to expand and contract and they loose the power of dilation and coming back to normal. And then cholesterol forms on the lining of the blood vessels in order for the blood to get from the heart through the arteries, to the capillaries, and through the capillaries back to the veins and back to the heart.

MOSES: All of them are salts. And all of them can cause the blood vessels to loose their power to expand and contract and they lose the power of dilation and coming back to normal.

BONES

ARM: If there was a phosphate calcium deficiency, the bones would be affected the most; first shows up in the fingernails. Our soils are depleted in phosphate. Take colloidal phosphate [Min-col] the rest of your life.

ARM: The liver has to manufacture the alkaline chelate for the bones, teeth, etc.

ARM: Nature draws from the bones to supply the tissues to hold us together to prevent cancer a little while longer.

BEDDOE: When the urine pH goes anionic the bone tissue will demineralize, or give up its mineral in favor of soft tissue.

BEDDOE: Whenever a woman becomes pregnant, she should increase the mineral colloid (MC) to two capsules two times per day, as a minimum throughout pregnancy and lactation. This will supply sufficient mineral for the teeth of the mother and baby, and for proper formation of the baby's bones.

CHALLEN: Bone cancer - Heavy amounts of Min-col and Alga~~~.

CHALLEN: Formula X is good for abscessed teeth rubbing on the outside of the face, burns but do not wrap, cracked bones, and toothaches. Made from tincture of Myrrh and turpentine. Wash formula X off with alcohol.

CHALLEN: Many times an expecting mother will develop cavities because the colloidal material that normally goes to her teeth is rerouted to create strong baby bones first. All expecting mothers should take extra Min-Col to prevent bone loss.

C.H.E.M: Min-Col is one supplement that every one can use. It rebuilds the bones, fingernails and teeth as well as supply colloidal minerals for other tissues.

CLASS 1-5: 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.

CLASS 1-5: The colloidal minerals in Min-Col are for bone problems like deterioration of the bone or bone cancer and so forth (the 66 minerals in Min-Col are a bone builder). Anyone having lupus or bone cancer, which is the same thing so to speak, or senior citizens who fall over when their bone breaks, they use Min-Col and the bone grows back almost as rapidly as a child's bone and much surgery on hip joints and the breaking of bones on senior citizens could be avoided if they start with Min-Col in time.

CLOD: This is also the cause of cancer of the bone. There is not enough mineral to supply the other elements so nature will rob a bone here and there in order to supply the mineral to maintain life.

DUNLAP: Any time there is an advanced mineral deficiency of the bones they may ache or become brittle.

DUNLAP: Whenever a woman becomes pregnant, she should increase the Min-Col to 2 capsules B.I.D. [twice a day] as a minimum throughout pregnancy and lactation. This will supply mineral for the teeth of the mother and the baby. It will help to insure that the baby has healthy bones.

FONTENOT: In my case, I was so depleted of calcium that my body, in a last ditch effort to survive, began to rob the calcium phosphate from my bones. This was what was causing my bones and back to ache.


ION INSTITUTE: The worn out cells from all over the body are cast out through the urine in the form of cellular debris. These are delta cells and omega cells (dying and dead cells) from muscle tissue, bones, nerves, organs, glands and all the various types of tissue in the body.

ION INSTITUTE: K-Min has mineral material for forming healthy bones, teeth, hair and nails.

MANTHEI: There is a problem with the transformer gland that controls the neck of the bladder. The gland needs to be vibrated with a hand vibrator, perhaps five or ten minutes, once or twice a day. It is located in different people in slightly different places. You have to search for it and find it. It will usually be tender. It is somewhere between the navel and the symphysis pubis (where the pelvic bones come together).

REAMS/BLACK: Each true chemical colloid is a complete solar system within itself. It can not be taken apart. It can not be divided. There is just so many of them and no more. And without the colloids we would not have any bones or teeth or fingernails.

REAMS/MANTHEI COOKING: Most doctors do not know how blood circulates through bones.

 **NOTE:** Near the end of his life Reams started teaching that some harder body tissue (teeth, bones) required two years for replacement.

BORON

CHALLEN: If the core of the grapefruit is hollow or loose then there is a boron deficiency.

CLASS 1-5: A chicken manufactures boron in its body and chicken meat is rich in Boron. Boron is also a germicide the same as the chlorine that comes from the salt that you eat which keeps your body from being destroyed by parasites. So meat eating isn't quite as bad as some vegetarians would have you believe.

CLASS 1-5: Fevers are mainly brought about because of a fungus or bacterial chemical action and normally it's chlorine and boron that

become the agents in our system to keep the bacteria and funguses from eating us up.

MANTHEI: Another thing that can be noticed about some potatoes is that the heart will be dark. This is due to a **boron deficiency**. In the state of Maine there is real concern among the potato growers because the potatoes are having more and more evidence of black hearts. This is simply due to a boron deficiency which can be corrected easily.

REAMS/MANTHEI COOKING: If the core of the grapefruit is hollow or loose it means there is a **boron deficiency**. And if the segments of the grapefruit or the orange are the same size, then it means it is high quality; it's high in mineral.

REAMS/SKOW COOKING: [Reams holding up grapefruit] This grapefruit has a tight core in the middle. A lot of holes [in grapefruit cores] are big enough that you can stick your thumb in the middle. What does that mean when it's got a hollow in the middle? (Answer: Too little mineral) Yes, but what mineral? There is a **boron deficiency** whenever fruits have an inappropriate hollowness. But this grapefruit is almost perfect in its boron content.

BOWEL CONDITION

ARM: Mucus discharge from the rectum, **bowel movements about every hour**, nothing but mucus primarily - it's some kind of a bacteria in there causing it. It's probably amoeba or some kind of bacteria. I would suggest allopathic remedy or bacterial control. There's certain types of bacteria that K-Min does not work on - paramedia, etc.

ARM: **Loose bowel, high pH** because down in the coli there is a lot of material that's been glued down, really stuck; food can't go through. Just because you've got diarrhea does not mean that you do not have some material in there that looks like vulcanized rubber.

BEDDOE: pHs that are in the anionic direction will slow the digestive speed and as the digestion slows causing the fecal matter to remain too long and putrefy. **Slowing of the bowel** also will change the colon bacteria from an aerobic to an anaerobic type.

BEDDOE: Duodenum: This is the first part of the small intestine. Sort of the transition from the stomach to the small intestine. More cationic than stomach but less cationic than further on in the small **bowel**. Excess cations cause thinning and tendency toward ulcerations, while excess anions cause thickening and tendency toward polyps or growths. This will be true in principle for the rest of digestion.

BEDDOE: One of the major contributing factors to subhealth in humans today is the lack of schedules. The poorer the health, usually the more disorganized the lifestyle is. They do not eat at the same time every day. They do not go to bed at the same time, nor get up at the same time. Their **bowel movements** are irregular. Also, their exercise habits are irregular and their spiritual life is extremely irregular. It is regularity in everything that allows the body to function at its peak.

CHALLEN: How can a person know if they have gallstone/gallbladder trouble and what the physical symptoms are? If they have white specs in their **bowel movement**. The foods do not digest properly, they have a sick feeling, and they feel nauseated most of the time.

CHALLEN: Artichoke or spinach spaghetti does a very good job in **slowing down the bowels**.

CLASS 1-5: There is **putrefaction in the bowel** and the body is reabsorbing all types of toxins and that in turn affects the liver. It's a vicious cycle that you have to break because the pH reflects the strength of the bile and the digestive juices and if you cannot digest the food it begins to putrefy in the bowel and you reabsorb the toxins from the bowel. That then affects the liver and the liver then can't do its task properly of making the bile and the digestive juices the right strength and you go round and round. It's our task to break that cycle using foods and minerals.

CLASS 1-5: Urine pH 8.2 describes constipation because the food is digesting too slowly. The slower the digestion the higher the pH and the higher the pH the greater the **bowel congestion**.

CLASS 1-5: The more acid the system becomes the more you can look for digestive problems. The lower [actually this is a transcription error and should be "higher"] the urine pH the greater the **putrefaction in the bowel** and the body is reabsorbing all types of toxins and that in turn affects the liver. The lower the urine pH the more abnormal or irregular the ionization taking place, especially in the bowel area and such things as ulcers, colitis, spastic colon will show up.

CLASS 1-5: 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 don't 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.

CLOD: If you have **loose bowels**, cheese is an excellent food.

FONTENOT: As the **colon becomes clogged**, so does the mind. Ever notice how irritable and irrational you become when constipated? Therefore, we can reason logically that what we eat has more to do with our thinking than what we think has to do with our choice of foods.


FONTENOT: Since the **colon, or bowel**, is one of the most neglected and ignored parts of the body, let me bring some very important findings to your attention.

KIRBAN: Reams recommended a series of colonies to get their **bowels unclogged**. The kids were living on hamburgers.

MANTHEI: All worn out cells in the body are cast off through the urine, none pass out **through the bowels**.

MANTHEI: Whatever is not used by the body is **passed out in the bowels**.

MANTHEI: If there are more than three **bowel movements** a day, then do not include prune juice as part of the diet. Wait until the calciums have built up in the body and then include it.

 **NOTE:** Please give your best attention to the "Class 1-5" clips on this page. While one claims that "the more acid the system becomes" you should expect greater putrefication in the bowel, the other says that at "urine pH 8.2" you can expect constipation. You can't have it both ways. A guess is that the trouble lies with a transcription error. The RBTI community understands very well that a urine pH higher than 6.4 paves the way for sluggish bowel, constipation, and putrefication.

BRAIN

ACRES USA: The liver malfunction causes low blood sugar. When your blood sugar is too low, your **brain becomes starved for energy**. This is because the brain burns only sugar, unlike other parts of the body which can burn either fats or sugars for energy. Natural consequences of a lack of fuel in the brain include the migraine headaches, dizziness, and the symptoms of mild mental disturbance.

ANATOMY: So once the brain has communicated with the liver via the vagus nervous system, the liver begins to manufacture the amino acid in skeleton form necessary for the left arm. However, it may not manufacture them, even though it's been told to. Why not? Student: It doesn't have the right kind of material. Manthei: That's exactly right. Nature can't make something out of nothing.

ANATOMY: Reams: Suppose, though, that the brain message is going to the heart, and the blood pressure is still low. Now, what would cause that? A weak heart. And what would cause that? Lack of arsenic.

ARM: When they don't get enough oxygen to the brain, they will complain of stiff joints or arthritis.

ARM: Electrolytes in your system are hydrogen, potassium, but nitrogen is the important one. Aluminum going to the brain acts as an electrolyte.

ARM: Carrying the message from the brain to the organs: aluminum, copper, silver, gold salts.

ARM: The density factor: If you can imagine the human anatomy and you can imagine the color of the various organs, the brain would be less dense than the heart...

BEDDOE: The organs that especially benefit from its [Alga~~~] use are the eyes, skin, lungs, blood, pancreas, liver and brain.

BEDDOE: The higher the sugar, the further back the adhesion or tumor would be [in the brain] and the lower the sugar, the closer it would be to the front.

BEDDOE: Excess alcohol in the blood causes the blood cells to stick together. This is called agglutination. Of course, when this happens, blood circulation through the very small capillaries will be seriously restricted. This means oxygen starvation to certain critical cells, especially noted in the brain, but it can happen elsewhere.

CHALLEN: When food does not fit the body it causes: Premature aging, not enough oxygen to the brain, and cannot retain.

CHALLEN: [Different alcohols affect the brain differently] 1) Bourbon- fall forward 2), Rum - fall backward 3), Wine and brandy - fall to the right, Gin- fall left, 5) Sterol - go in circles.

CHALLEN: Lack of oxygen in the system is why the body permits organs to grow old too fast and permits arteries to grow hard, strokes to occur, and degeneration of brain is caused from lack of oxygen.

C.H.E.M: Whenever the pancreas is manufacturing too much or not enough insulin, Alga~~~ is needed. The brain needs potassium.

C.H.E.M: Niacin (Vitamin B-3) is used to help make potassium more available by dilating the blood vessels in the brain. The corresponding areas of the body that are controlled by the respective dilated area of the brain will get the usual flush reaction.

CLASS 1-5: The brain also contains traces of aluminum, gold, silver, copper and so forth but these are in colloidal phosphate form.

CLASS 1-5: You who have studied surgery know something about how important it is when you operate to miss those glands, especially for appendicitis because that one down in the appendix area controls the basic metabolism of the brain waves within the brain, and if you disturb it very much you almost become a vegetable.

CLASS 1-5: 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.

CLASS 1-5: Carbohydrates are the sugars and the sugar level determines the amount and type of oxygen that the blood will carry. In general the lower the urine carbohydrate reading the greater the oxygen in the blood, but the more the reading is below 1.5 Brix towards 0.0 Brix the more unusable the oxygen is to the brain, i.e., it will not release to the brain, and the higher the urine carbohydrate reading the lower the oxygen in the blood because there's not enough room in the blood for both the carbohydrate and the oxygen. In summary, a urinary Brix sugar reading that is either too low or too high will result in lowered oxygen to the brain, and lowered oxygen to the brain can cause symptoms like irritability, fuzzy thinking, strange or unusual behavior, and even blackouts.

CLASS 1-5: ...most of the time the doctor gives them Dilantin which affects the adrenal glands and increases the ionization between the brain and the vital organs through the vagus nerve and helps to bring them out of a seizure, or even keeps them from going into one...

CLOD: The high count of delta cells in the brain would be in the top of the head, toward the front of the brain, in the medulla oblongata.

CLOD: A potassium deficiency in the brain means that the brain cannot accept enough oxygen, and if you have this condition and a low sugar condition, you really have a problem because the low sugar lets you know that there is something seriously wrong, but with the potassium deficiency there can be something seriously wrong and you may not be aware of it.

DUNLAP: Do not use dolomite if the combined urea is less than 12 because the magnesium in the dolomite will throw out the potassium that is needed in the body cells and especially needed by the brain.

FONTENOT: While chemical insulin does appear to control his disease for a few years, it causes hardening of the arteries, especially the delicate ones in the eyes and brain.

FONTENOT: The energy of the body is the working power needed to carry on the functions of life. It is this energy, or vitality, that helps the body make new cells, to tear down old tissues, to assimilate the minerals from the food and to eliminate all waste material. Suppose that the energy required for proper functioning of these organs isn't sufficient ... then this material is retained in the system poisoning the brain and nervous system so that we are weak and listless, poisoning the lungs so that we have bad breath; the digestive organs so that we are distressed and bloated; poisoning the blood so that the skin is sallow, unhealthy, and foul smelling.

ION INSTITUTE: The brain's need for potassium and hence Alga~~~ increases when the ureas are low and/or any type of heavy metal poisoning occurs. Alga~~~ is the brain's most nourishing overall food.

JOHNSON: We went through what a no picture was; that's when the salt and sugar and urea are all low - you have no picture. That's a no picture situation and when is there a valid reason for the urea being low in the first test and would it really be a picture. Yes, there is reasons. Dope is a reason. That's one reason. Or, and this is true if it's legal or illegal drugs. If a person is on a strong diuretic, you can't get a picture until they've been off it for about a week, and advanced brain tumor. All those would be reasons.

JOHNSON: ...that is a weak spot in his body, so a brain tumor sets in at a weak point. It would find the weakest spot to start and that's where it would start, because there was an old injury there.

KIRBAN: Cerebrovascular accidents are the most frequent cause of brain damage. They are internal accidents arising from a variety of different causes. These impair circulation of blood to the brain.

KIRBAN: Reams: Brain cancer indicates a potassium deficiency.

MANTHEI: If there is an injury to the stole, the message returns to the brain and it is perceived as pain.

MANTHEI: Here is a very important rule: NEVER use Dolomite if the body chemistry is a 220, which is the mathematical expression for denoting a brain tumor.

MANTHEI: So that when the messages are coming down from the brain, they hit this line of carbons, and they have no place to go. And they cannot generate or recreate or, or produce another joint beyond that line of carbons.

REAMS/BLACK: Because a mineral deficiency of potassium will mean a brain tumor.

REAMS/MANTHEI COOKING: Your smell and taste buds are connected in the brain. That's why, if you plug your nose, you can't taste.

REAMS/SKOW COOKING: So, this is a corpuscle, and they do divide. But any cell that is connected to the brain does not divide. Now make that clear, make it or clear up a lot of thinking for a lot of people, because you can watch the corpuscles divide, but you cannot watch the cells divide because they do not divide. I don't know why the name corpuscle was ever taken out of the medical vocabulary, but it has been.


BRAZILIAN TEA

CHALLENGE: Brazilian Tea is the best diuretic known. Brazilian tea is coffee that is so weak that you can see the bottom of the cup through the coffee—should use Maxwell House coffee

CLASS 1-5: The pancreas manufactures alcohol to keep the body warm and functioning at the right temperature and if it's making too much alcohol you are too hot all the time. To reduce the amount of alcohol in the body drink some Brazilian Tea made from coffee (weak black coffee where you can see the bottom of a teacup, and NOT one like molasses that's strong enough to stand up and dare you to attack it) and in those cases the coffee often makes them sick at their stomach, and that's exactly what you want to happen, and praise God it is because it's trying to change their body chemistry. If they won't drink coffee because they don't like the taste of it then shame on them. Suggest they make out their last will and testimony.

CLOD: Coffee many times can be an asset to people with arthritis or bladder or urinary problems, even weight problems. Coffee with chicory is good for people with low calciums and who have nervous disorders. Coffee should be weak enough for you to see the bottom of the cup for it to be a diuretic [Brazilian tea].

PROMISE OUTREACH: A weak cup of coffee (NOT decaf!) works well as a diuretic. Doc Reams said, "Make it weak so you can see the bottom of the cup." He called it Brazilian Tea.

 **NOTE:** also review *CAFFEINE/COFFEE*

BREAST

ANATOMY: And as they get older, generally the man's breasts will become larger and the females breasts will become smaller. And it's a type of growing old. It's a part of aging.

ARM: Menstrual cramps: Find the gland under the arm from the breast to ovary. In the crotch, glands on pelvic bone, use vibrator.

ARM: The sex organs, including the breasts, are also rich in manganese.

BEDDOE: Left Breast: Anionic urine pH and its ratio with saliva pH, manganese deficiency.

BEDDOE: Right Breast Pattern: Anionic pH, manganese, lymph, excess conductance.

CHALLENGE: Acupuncture gland for menstrual cycle is under breast.

CHALLENGE: A person should drink cranberry juice if they have carcinoma in the uterus, prostate, breasts, or in the kidneys.

CHALLENGE: If there is a problem in the uterus, then there is a problem in the breasts.

C.H.E.M: Manganese is needed by the reproductive organs; in males the prostate gland and testes, in females it is the vagina, ovaries, uterus and breasts. Whenever the body becomes manganese deficient these tissues will be affected.

CLASS 1-5: So the ovaries, testes, uterus, vagina, prostate and breasts are the same functional organ in the male and female, and the same remedy applies to both, make manganese available.

CLASS 1-5: The breast is a filtering system for milk, whether an animal or person and just as the kidney filters waste out the blood the breast filters out the milk, it's the exact principle. During intercourse the breasts are supposed to become very firm, and if the woman is really getting the maximum amount of pleasure they should become very firm, but after a woman's had 3 or 4 babies, and is past the 50 mark then it's not so true as under 45. Now if this is not happening then the woman is quite mineral depleted.

CLOD: The numbers show advanced delta cells in the vagina, uterus, ovary area, and in both breasts a high emphysema in both lungs a cystic condition the kidneys are not functioning normally because the liver is not manufacturing enough enzymes to maintain the energy needed to restore the energy used each day. They have to drive themselves to do everything that they do.

DUNLAP: If the urine pH is 7.2 or above and the saliva pH is 6.2 or less, this shows that a degenerate disease is present. It could show up in the reproductive system. It could appear in the breast, prostate gland, ovaries, or any area of the sex organs. The problem does not necessarily limit itself to the reproductive organs; however, the likelihood of it starting there is common.

ION INSTITUTE: The breasts, sex and reproductive organs have the highest concentration of manganese in the body. These are the first tissues affected by a manganese deficiency. The further the urine and saliva pH are from perfect and the longer the condition has existed, the greater the manganese deficiency.

JOHNSON: In the book they use for physiology and pathology at the Palmer Chiropractic school, in talking about breast cancer it plainly stated that carcinoma is a pre-cancerous condition. This means there is no justification for removal of the breast on a young lady. The people who run these biopsies can't really differentiate between the two. When they see a carcinoma cell they say it's cancer. This because if you go to your medical dictionary and look up carcinoma cell it will say cancer. So that is the way the medical people look at it, but there is a definite difference. The first thing they'll do is cut on you, or use radiation, or chemotherapy, or whatever else they can sell you.

KIRBAN: One symptom is when the breast begins to feel like little cords inside or like feeling like a ball of twine that has been put into a balloon and blown up; this is one of the first signs of adhesions forming in the nerves [tissues?] of the breast. Then you are said to have carcinoma of the breast.

KIRBAN: If there is damage to that branch of the [vagus] nerve that goes to the **breast**, then surgery is essential.

KIRBAN: I have often seen women who have had a **breast removed** suffer from what appears to be a common aftermath. Their arm swells up sometimes two to three times its normal size.

KIRBAN: Reams: The reason there is **breast cancer** is because of a manganese deficiency.

KIRBAN: Is there any one mineral that is of great benefit in the prevention of **breast cancer**? Reams: Manganese. Manganese has the power within itself to leave offspring. Manganese is a very essential element to the reproductive organs in both male and female.

MANTHEI: And that [manganese deficiency] could lead to formation of delta cells in what part of the body? The reproductive organs, and **the breasts also**. Would this person have more of a tendency for belching or for lower bowel gas? Belching is right. Saliva is higher than the urine. Therefore, which tissue would you expect the delta cell count to be higher than the reproductive organs, in the breasts or in the ovaries or uterus area? The breasts is the correct answer. There would be more in the upper abdomen, not in the lower abdomen, because that's where the loss of energy is moving to the greatest, is up rather than down.

BREASTFEEDING

ARM: I have found children that are **breast-fed** have a high urea because the mother has high urea.

ARM: Children that are **breast fed** [have] just as high urea as those that are not, because the mother's urea is too high. Crib deaths.

CHALLEN: calcium gluconate - give to **expecting mothers or mothers with nursing babies**

CHALLEN: If the child is **breast-feeding** and the mother's milk is not agreeing with the child then use a soybean milk product (soymel or soyagen) You may add some white Karo syrup to this and it will be all the baby will need until he is about 6 months old.

CLASS 1-5: The breast is a filtering system for milk, whether an animal or person and just as the kidney filters waste out the blood the **breast filters out the milk**, it's the exact principle.

CLASS 1-5: Many times mothers may say, "my baby's urine smells so strong of ammonia and it's 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.

CLASS 1-5: The pHs and ureas show the baby is on a diet that is too heavy for it, the parents may be giving him meats and snack foods, or if the mother is **still breast-feeding** him, then her diet may be wrong and causing problems for her baby. It is possible for high ureas at this age to quite often come from what the mother has been eating and passing the ureas right on to the nursing child, and when the child's urea gets to 30 then another "unexplained" crib death occurs.

CLASS 1-5: In Course Six the starting point is the ovum, the germ of life in the ovary, and the sperm and we're going to watch it minerally develop with the moisture and the water into a complete, perfect, normal, human being and the whole course is devoted to how it does it, and where the bone starts, where milk comes from, how does milk get in the breast-milk, **when does milk get in the breast**, when does actual movement start in the fetus and why it starts in the fetus at such and such a stage, also the butterfly call (or the butterflies), which is the first sign of life in a fetus and so on.

CLASS 1-5: Breast-Fed Babies. It is NOT true that **breast-fed babies** can live off mother's milk alone for maybe 2 or 3 years of age.

CLOD: Ninety-five percent of the crib deaths could be prevented because many times the **proteins in the mother's breast-milk are too high** for the child and his little heart beats too hard and the heart just stops, and the mother finds the baby dead in the crib.

ION INSTITUTE: Crib death is caused by a combination of high ureas and high salts. Many times the mother who is breast feeding has high ureas and passes on her body chemistry to the child. This statement should not be interpreted as a criticism against breast milk but a warning. **Breast feeding by a healthy mother provides the best possible start for any child.** Mothers should watch their own urea readings and all readings in general, in order to maintain the highest quality of milk.

MANTHEI: Now if the child is **breast-feeding** and if the mother's milk is not agreeing with the child, then there are some things that you need to consider.

MANTHEI: As soon as a specimen can be obtained from the baby, the numbers should be run. A baby needs water whether it is **breast-fed or not**, so try to get the baby to accept some water, even if it is only a dropperful.

MANTHEI: To change a baby's numbers, **if it is breast-feeding**, the numbers of the mother need to be changed.

PROMISE OUTREACH: If your baby is discontent or not flourishing, you can **check the Brix of breast milk** on your refractometer. It should be 15 Brix. If it's lower than that, the mother should consider increasing her mineral intake (Colloidal Excellence recommended). Excellence has been seen to increase the Brix.

REAMS/BLACK: I know mothers that are **breast-feeding their babies** who are diabetics, yet they are not high enough for insulin, but the baby also has the same urinary sugar reading that the parents have. In other words, they are a candidate for it. Babies do not have the resistance that older people have and therefore they become diabetics.

REAMS/MANTHEI COOKING: If the **child is breast-feeding** and if the mother's milk is not agreeing with the child, then there are some things that you need to consider. One would be Soymel or Soyagen – soybean milk product. You may need to add an additional sweetener and we use white Karo syrup. That is generally all that the child needs up to about 6 months old.

REAMS/SKOW COOKING: If the baby is having a problem with **breast-feeding**, then use Soygen or Soymel; use a little white Karo syrup, just enough to make it taste. Generally, that will solve the problem

BREATHE

ARM: Calcium deficiency unnerves people and certain kinds of neuroses cause the upset in their breathing, asthma, and they **breathe too much air** most of the time. Over-oxygen, the same as under oxygenation.

ARM: You get a lot of mineral out of the water you drink, **out of the air you breathe**, and out of the ionization of the atmosphere about you.

ARM: Did you ever notice on a cold morning **when you breathe**, the steam that seems to come from your lungs? If there's more steam forming in there than you can breathe outward, then the steam condenses and moisture forms in the bottom of the lungs, cutting off the oxygen supply.

BEDDOE: Disease (better expressed as sub-health) will be demonstrated in the light of perfect or ideal health defined by the parameters of Biologic Ionization, as it reflects the chemistry of the lifestyle (what one eats, **breathes**, drinks, thinks and does.)

CHALLEN: Below the [reserve] energy level of 50, a person **does not breathe deeply** enough and emphysema sets in.

CHALLENGE: We are able to pick oxygen up from the air we breathe and from the water we drink.

CLASS 1-5: It is my opinion, and this is the only opinion that I will have during this course, the rest of it I go by the numbers, it is my opinion from the Scriptures that a body does not become a living soul until he breathes one breath of air. So, if the fetus never breathes a breath of air it is as though it has never been.

CLASS 1-5: 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.

CLOD: We can connect the deficiency in vitamin C to a direct cause of lack of calciums in the system. The vitamin C is deficient because of the lack of enough varieties of calciums in the system, plus the oxygen that we breathe, plus enough iron and iodine for the liver to function normally.

MANTHEI: The air we breathe is one source of oxygen; what's another source? (Response: Water.) The water we drink is right.

MANTHEI: Pneumonia is different though, because that is when the lungs rattle. It is from a bacteria, and it forms like a mucus or a thick scum, an oily kind of substance in the lung. When they breathe, there's a rattle to the lungs. Sometimes you need an antibiotic to take care of that.

MANTHEI: The spleen is what's controlling the diaphragm. You can breathe with your ribs without using the diaphragm, but the spleen helps. When you really want to take a deep breath, you've got to tighten out that diaphragm.

BRIX

ARM: Brix measured in percentage, how many pounds of sugar there are in 100 pounds of urine.

ARM: Most people die at 11 urine Brix, and practically all die at 13 urine Brix, if it stays there long enough.

BEDDOE: However, when blood carbohydrates [actually urine tests] show from 2.0 Brix to 5.49 Brix (referred to as the "Zone of Misery") the oxygen levels are actually higher than need be—but unavailable. When the oxygen goes high or low there is a decrease in calcium. The decrease is because over-supply of oxygen or under-supply of oxygen interferes with the liver's ability to pick up calcium. So, to have proper oxygen levels maintained in the blood, the blood carbohydrate must remain within certain levels as measured by the refractometer.


CHALLENGE: Any fruit that is seedless is deficient in manganese but you can still have a high Brix reading.

CHALLENGE: When diluting your frozen juices you should have a brix reading of 10 or 12. Usually you need to add one more can of water to the concentrate than what the directions say to add.

CHALLENGE: When dealing with produce, Brix test 1 or 2 times per week and then this will help you to understand what people are actually eating.

CLASS 1-5: Carbohydrates are the sugars and the sugar level determines the amount and type of oxygen that the blood will carry. In general the lower the urine carbohydrate reading the greater the oxygen in the blood, but the more the reading is below 1.5 Brix towards 0.0 Brix the more unusable the oxygen is to the brain, i.e., it will not release to the brain, and the higher the urine carbohydrate reading the lower the oxygen in the blood because there's not enough room in the blood for both the carbohydrate and the oxygen. In summary, a urinary Brix sugar reading that is either too low or too high will result in lowered oxygen to the brain, and lowered oxygen to the brain can cause symptoms like irritability, fuzzy thinking, strange or unusual behavior, and even blackouts.

REAMS/MANTHEI COOKING: The higher the carbohydrate, the higher the mineral. And remember there's no exception to that rule. The higher the carbohydrate, the higher the Brix, the higher the mineral content.


 **NOTE:** See entry for SUGAR

BRIX/ACID RATIO

ARM: In citrus fruits you have an acid ratio to deal with. The Brix is designated as a "b" and the "a" is an acid. Divide a into b to get your ratio.

REAMS/MANTHEI COOKING: Remember we talked about the Brix-acid ratio yesterday, and that is the Brix reading, which is your measurement of carbohydrate divided by your acid reading, which also tells you what it's going to taste like.

REAMS/SKOW COOKING: Also, in fresh fruit you have got one thing to consider, you have a ratio between acid and Brix. Divide a [acid] into b [Brix], and you'll get your ratio – acid into Brix is the ratio that determines whether it tastes sweet or is not sweet. If you have a ratio of one to 14 [1:14], one Brix and 14 acid, then – or 10 Brix and 14 acid, it is going to taste tart to you. Where you have it the opposite, 14 Brix or even 12 Brix, 10 acid, it will taste slightly sweet to you. But if you have a 1 acid and a 12 Brix, it will be very, very sweet to you. So it depends on the amount of acid that is in the fruit as to whether or not you like it or dislike it, whether it is sweet or sour.

 **NOTE:** The above will help you understand the relationship of Brix and acid. What it does not do is help you understand that a 20 Brix orange of a certain B/A ratio tastes far better than a 14 Brix orange of a similar B/A ratio. The same is true of all fruits.

BRUISES

ANATOMY: Student: Can you comment on the situation for a child? Reams: A child is just as subject to it [bruise blocking blood flow and therefore setting the stage for gangrene] as anybody else. Student: Was it a bruise? Reams: It could be a bruise. I know one child that had a firecracker explode in its fingers and, and gangrene set in, and the child died at five years old.

ARM: Bruises are a result of vitamin A deficiency.

ARM: One tablespoon aloe vera once a day in 3 ounces carbonated drink good for sunburn and bruises.

ARM: Calluses on the feet are caused by improper fit of shoe when they are young. It causes the bone to start a growth. If it's cut out, it just grows back if the shoe is too tight. It bruises the bone, cartilage forms, hardens.

C.H.E.M: If this amino acid is not produced, the salt will begin to be stored, first in the arteries and veins, and later in the colon, fat cells and muscles. These blood vessels will begin to lose elasticity and instead of resembling small rubber hoses they become like little glass tubules, cracks develop in these vessel walls and they rupture easily or break open causing bruises. Persons who have been on insulin for a long time usually complain of bruises and hemorrhaging in the eyes and kidney.

CLASS 1-5: The more acid the urine pH the lower the vitamin C and the easier they bruise. The capillaries break and bruising takes place, without even any bump. In fact, again using a husband wife situation, if the husband even so much as helps his wife out of the

car, later that day she can show an arm and here is the whole hand print right there. The body chemistry is reflecting what it does.

CLASS 1-5: Anywhere in the 7's the person heals slowly, cuts, bruises, nicks, whatever because of the vitamin C deficiency.

CLASS 1-5: When you cut your finger, or your arm, or in an operation when the nerves are cut and when the brain starts to knit it will put another stole on the end of that nerve and then it'll put it on that nerve and then it will regrow another cell, otherwise once you had an incision, or cut or bruise it would not ever heal, but the brain itself will grow another stole on the tip end of that nerve which will start the process of knitting, and the associated pain is called "knitting pains", and when you have patients that are seriously ill with cancer and they start to get well one of the complaints that they will have is, "I have sharp, shooting, lightning pains, that are very great. It's paining me." Then you can ask, "Is it sharp shooting pains—quick as lightning, or is it a slow nagging pain that hangs on?" They say, "it's sharp, shooting pains like lightning." That's knitting pains and that's good kind of pains, but one that gets on and hangs on like a bulldog is not good.

CLOD: This process repeats itself and a cell comes into being. It does this on both sides of a cut, or bruise as an incision from an operation. This process is called knitting.

CLOD: Whenever there's not enough insulin being manufactured to control the carbohydrates, there's not enough vitamin C for cuts, bruises or burns to heal.

DUNLAP: People who bruise easily usually have high salts. Years ago, I had a teacher who taught that bruises were caused from a lack of bioflavonoid. Take a look at it from this view. Bioflavonoid are related to vitamin C. That which robs the body of vitamin C is probably the same culprit that robs the bioflavonoid. Now I might ask . . Is the problem of bruises from a lack of bioflavonoid—or is it from an excess of salt?

FONTENOT: [If] the urine is acid while the saliva is alkaline. This person will bruise easily, be prone to colds, have a problem in the lungs. This person is very irritable and, if a woman, has menstrual problems possibly even showing symptoms of menopause.

JOHNSON: Salts 18-24C: Arteries and veins beginning to lose elasticity; liver begins to supply cholesterol to circulatory system; joints and articulations may show some irritation; colon walls start to lose elasticity and permeability; easily bruised, small broken veins.

MANTHEId: After you get a cut or you have a wound or a bruise or a real bad injury, it's about the third day that's the most serious.

BURN/SUNBURN

ACRES USA: Reams: The liver malfunction causes low blood sugar. When your blood sugar is too low, your brain becomes starved for energy. This is because the brain burns only sugar, unlike other parts of the body which can burn either fats or sugars for energy.

ANATOMY: The first warning is heartburn, meaning that there's too much gas in the stomach and it's stretching, it's the lower part of the stomach where there is most pressure on it – stretching it equally all over. But the pressure is on the bottom of the stomach, where the food lies. You say I have a heartburn; inside the stomach is burning out the heart.

ARM: Urine pH of 5.20 is where they burn when they urinate.

ARM: One tablespoon aloe vera once a day in 3 ounces carbonated drink good for sunburn and bruises.

ARM: The [unclean] meats that digest too quickly burn you up too fast, burn up your body and cells.

BEDDOE: One is a result of acids being in excess in body so the urine is too acid and this causes a burning upon urination.

BEDDOE: Kidney stone formation can be associated with infection, as well as symptoms of burning, in the bladder and urine passage ways during urination.

CHALLENG: If the urea level suddenly drops below 12, it means that the person is burning too much energy.

CHALLENG: Fire is an anionic substance that unhooks the chelated electrons and then burns.

CLASS 1-5: A very acid urine will burn, irritate and tenderize the lining of the urethra. It is the salt, either urea salt or chloride salt, extracted from the system by the kidneys that actually causes the burning.

CLASS 1-5: The complaint of, "All that lemon juice is burning me up from the time I put it in my mouth till it hits my stomach, it sets me afire" causes me to say, "Praise the Lord." The lemon water is removing the bacteria out of their esophagus that is causing their esophagus to rot and have diseases, and for the first time in years they have a clean esophagus. When they keep it up for three days their esophagus becomes like brand new.

CLASS 1-5: ...the finest thing I know for burning in the urethra is a little bi-carb of soda, level teaspoonful in water couple of times, generally in 24 to 30 hours it will knock it unless there is serious deterioration and breaking down of cell structure even to the point of being really a cancer, and not carcinoma...

CLASS 1-5: In peppers and onions the potassium comes in a hydroxide form and that's what gives you the burning on your tongue...

CLASS 1-5: The intake of carbon monoxide burns the tip ends of these [lung] nerve cells, it dehydrates them.

CLASS 1-5: For skin disease, sunburn, blisters, steam burns and things of that nature you use the yellow light because yellow light is rich in vitamin A and the skin uses most of the vitamin A.

CLASS 1-5: Burn matter and you get heat energy.

CLOD: Naturally the excessive heat energy will burn out the weakest place first, so the numbers in the test then come forth and we can zero in on the organ, or organs, that are affected.

CLOD: Whenever there's not enough insulin being manufactured to control the carbohydrates, there's not enough vitamin C for cuts, bruises or burns to heal.

CLOD: Also, if one has ulcers it burns the stomach so badly the person cannot stand the burning, then they must be taken off of the lemon...

CLOD: The first day that anyone, after the age of 18 to 20 fails to take in as much reserve energy as they burn up in regular energy, this is the first day of illness.

ION INSTITUTE: Vitamin C is essential for maintaining collagen, forming of red blood corpuscles, new tissue growth especially the healing of wounds and burns...

ION INSTITUTE: Vitamin E is used in the building of new tissue to replace tissue destroyed by burns...

MANTHEI: Carbon monoxide burns the tip ends of these nerve fibers off, dehydrates them.

MANTHEI: It [beryllium shortage] can also be responsible for varicose veins, athlete's foot, or any pain or burning in the feet.