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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.

ANATOMY: Manthei: Cellulite is a picture that is involved in women sexually, I suppose cellulite could be in men also, but it is in the thigh and the upper or the lower part of the abdomen and the buttocks region. My personal opinion is there is not enough thyroxin being made by the pancreas. Reams: Correct.

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 is a thermostat to control your temperature.

ARM: Diarrhea, alkalitis [?]; and if there is pain in the abdomen, it is colitis. If there is no pain, it is just diarrhea.

ARM: When a baby cries, examine its abdomen to see if there is any ball in its abdomen. Easy to massage that ball and get it working out. An enema helps a lot.

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.

BEDDOE: Yet, the lower digestion is slow [where there is a large split in the pHs], so there will be a tendency toward a large abdomen, like the "beer belly."

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: 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: 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 is 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 lie 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 [large abdomen].

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.

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.

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.

CHALLEN: Baby - nature will throw the baby out [abort] before the sixth month if the body is not perfect.

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 bloodstream. In places where there is 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.

DAVIS: This is off the subject of this booklet, but note that most preachers today do not preach any of these three things! Most of them do not take issue with Devils. They do not speak out against Communism or the AMA abortionist in their very midst. They preach only the Gospel of personal salvation which is just the easy part of the Gospel of the Kingdom, and they do little or nothing to heal the sick. In fact, they are helping their congregations become sick by teaching that, since the Cross, God's Laws for perfect health are null and void.

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 400-500% more sugar/carbohydrate than we do as an adult. Response: How much was that figure? Reams: 400 to 500% more oxygen because it is growing so very rapidly. The base exchange of a fetus when it is real young is almost 100% every 2 days or else it wouldn't grow. But as it grows older, it slows down some. If you cut that supply of oxygen off for 2 or 3 days, it will abort. But I advise you, every one of you, never to do it, only as a last resort, 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 any guardian. I have brought about abortions, but that is the only way that I ever at all will 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 for any price. 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. [Grammar improved]

 **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.

ABSENTMINDED

ANATOMY: Do not 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 is it. No more. And you will not get any more through your years. And that is not true. That is 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 whatever thought it was, whatever 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 is hardening of the arteries, an advanced potassium deficiency. I am sure, but also old age. Reams: Right. That is a sure sign of forgetfulness. I do not 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 is a whole lot of difference between absentmindedness and forgetful. When you forget something, there is no recall. But if it is 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.

CHALLEN: Absentmindedness is sign of a genius — able to remember eventually. Forgetfulness is a sign of old age --- never able to remember.

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 is 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.

CLASS 1-5: A diet will help absentmindedness if they're not a genius because absentmindedness is a sign of genius.

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 do not let that excite you at all because absentmindedness is a sign of genius. 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.

MANTHEI: What other symptoms might she experience? Dizziness, headaches, motion sickness, constipation, chest pains, **absentmindedness**. [F40 5'2" 190# Wh. 0.8 7.3/7.6 36C 4M 7/12]

👍 **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. On the other hand, Too high (20 or more), 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 increase urea without necessarily improving potassium.

👍 **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.

See also→ SENILITY

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**.

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: A very orderly and planned lab procedure will not only assure accuracy, but will prevent **accidents** with caustic chemicals.

BEDDOE: On the other hand, aspirin is the leading cause of **accidental death** in children under five. In 1983, for example, the annual report of the American Association of Poison Control Centers indicated that, while there were no deaths from taking vitamins, there were 59 confirmed deaths from taking both prescription and nonprescription drugs.

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

CHALLEN: Hypoglycemia is the cause of most **accidents** and about 85 to 90% of all seizures.

CHALLEN: [Some clients are] **accident** prone because of low blood sugar -usually these people will have their hands all nicked and scratched, cause of at least 50% of all accidents, (oxygen does not get carried to the brain and the brain does not function properly and the person will become dizzy).

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: 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**.

CLASS 1-5: If anyone is involved in an **accident** where they have internal bleeding take two tablespoons full of cayenne pepper in a glass of warm water and force it down them. Count to five and the bleeding will stop but it'll only hold it for about 27 minutes - giving you time to get them to hospital.

CLASS 1-5: Let's see what happens whenever the ureas numbers begin to rise. What's happening inside that makes them so tired? When I was in college I learned the cause of it by **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.

FONTENOT: At least 25% of the population have low blood sugar and most are totally unaware of it! Some believe that low blood sugar is a major cause of those "unexplained" auto accidents as the driver literally passed out for a few seconds.

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.

JOHNSON: If anyone is ever involved with anyone in an accident where they have internal bleeding, take 2 tablespoons full of cayenne pepper. Put it in a glass of warm water and force it down them. Count to five and the bleeding will quit. It will hold for about 27 minutes, giving you time to get them to the hospital.

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.

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: 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. Rest is an absolute essential while fasting.

MANTHEI: They were never the same once the spleen is taken out. Harry was in a bad car accident and had his spleen taken out. He has never been the same; you know, he is deteriorating.


MOSES: [Grown man reporting to Reams who had saved him as a child] Later, when I was about seven, we had a little fender-bender accident and I went into shock. I had a light seizure then; it only lasted for two minutes, but I've never had one since."

MOSES: And do not let anyone who is on a fast anytime, drive an automobile, because their sugar can drop too low, quickly, and they can have a fatal accident.

SESSION 1-1975: You'll also notice that you have a box of baking soda on the table. In case if you get any of this sulfuric acid on your hand accidentally just put some soda on it and it will neutralize it instantaneously.

SESSION 1-1975: And I have found cancer tissue that had these pesticides [2-4-D and 2-4-5-D] in them. But the only reason that they were in them to start with was that the cell was so damaged, it couldn't repel it. It just stuck there because it was a spongy mass. It just happened to get caught there by accident.


SESSION 1-1975: They were not asleep. They were in a blackout. I will rejoice to see the day come in which the test of this nature is made to determine who is in danger of having an automobile accident because of low blood sugar.

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

ACID

ACRES USA: Reams: In other cases, the liver allows the blood to become too acidic. This increases insulin's potency, allowing the blood sugar to get too high.

ACRES USA: Reams: In diabetes, the liver frequently allows the blood to become too acidic. This reduces the potency of the body's insulin. The consequence is that, overall, there is too much sugar in the blood.

 **NOTE:** One ACRES USA statement is "increases" and the other says "decreases." They both state the sugar gets too high, so I assume excess acidity *DECREASES* insulin's potency.

ANATOMY: [Reams addressing uterus problems] And in this case, there is a dangerously high delta cell count, and you need immediate attention. Also, a small ulcer culture is growing there because the body is too 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.

ARM: Craving for cigarettes and whiskey comes from too much acid in the system.

ARM: The more cationic cells in your body, the more acid your body becomes, the shorter your life is.

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- 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:** Sometimes the use of colonic therapy can be helpful in chronic diarrhea. Over-acidity causes the bowel to be in this condition.
- BEDDOE:** Gum Disease Pattern: This is shown by highly acid pH where there is breakdown in the soft tissue and congestion in the hard tissue.
- 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.
- 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:** The last pH configuration shown on the chart is when the urine is alkaline, the saliva is acid, and the average is acid. Symptom patterns will all be similar to the previous pattern with one addition. This is what is called a stroke pattern in older individuals. 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.
- BEDDOE:** 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.
- CHALLENGE:** In order to become pregnant you must be slightly on the acid side. You cannot become pregnant if you are double alkaline [both urine pH & 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.
- CHALLENGE:** 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.
- CHALLENGE:** The more acid a material, the better the conductor of electricity.[Challen probably means "less resistance"]
- C.H.E.M:** There are instances when the digestive juices are so weak that the individuals do not get the energy from the other calciums, and the pHs stay acid or alkaline for a long period of time. Calcium gluconate is used in these instances. Such cases may be a double acid chemistry and sometimes double alkaline chemistry.
- CLASS 1-5:** For a highly acid system you can also get the calcium oxide in saline solutions 5 cc, which does a marvelous job for neurosis, nervousness, climbing a wall and so forth. Be aware too that in an acid system the body will store the fat.
- 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 counterclockwise, whereas base is alkaline or anionic and the electrons in the outer shell travel clockwise.
- CLASS 1-5:** The more acid the system becomes the more you can look for digestive problems.
- 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 more acid the urine pH the lower the Vitamin C and the easier they bruise.
- CLASS 1-5:** When some people are double acid they'll experience diarrhea after eating an orange or citrus fruits as the body tries to eliminate the problem food.
- 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.
- 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.

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DUNLAP: With acid saliva, the ability to absorb Vitamin A decreases.

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

DUNLAP: Look for the following conditions when the urine is acid (low pH); Diarrhea (foul odor at pH 5.4 to 5.7); Soft stool (foul odor at pH 5.8 to 6.1)

EUGENE REAMS: If you have more hydrogen ions (represented by H⁺), then that particular area is said to be more acid.

EUGENE REAMS: In cases of too little calcium and too much phosphorus. the body becomes too acid and the body will rob the interior of bones to attempt to supply the needed calcium.

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: 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.

ION INSTITUTE: Cal II has an alkalizing effect on the body. Therefore it is used to raise the pH when the body is acid.

ION INSTITUTE: Electrolytes can take the form of salts, acids or bases in the system.

JESSE: The high acid level of the urine pH shows deeper levels of acidity in the intestines. These produce putrid soft stools with smelly gas.

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.

JOHNSON: Diverticulitis is always an acid urine pH condition.

JOHNSON: Emphysema is usually associated with an acid saliva pH. **NOTE:** *Johnson later associates emphysema with a saliva pH of 8 or higher.*

JOHNSON: There is certainly a possibility that if you have a low acid condition [acid urine pH], where your body's not utilizing Vitamin C, which is the glue that holds the cells together, that it would be reflected in weak muscles and certainly a very strong possibility.

KIRBAN: Reams: Vitamin D often slows down digestion. If you have an acid system, you need Vitamin D, but if you have an alkaline system, you do not need Vitamin D. We should have a slightly acid balance. If we have this balance, the taking of Vitamin C would hinder this proper balance. Vitamin D raises your calcium availability and Vitamin C lowers your calcium availability.

MANTHEI: If the calcium and minerals are taken out of the FOOD, which direction will the stool pH move? It will become more acid.

MANTHEI: At the retreat, oft-times we're asked why we do not use more citrus fruits or citrus juices on a regular basis. Again, it is the same kind of a problem. Usually most of the people we get are double acid people.

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.

MANTHEI: If there is an acid pH [urine] and a tendency for constipation, which does occur with some people, then use chaparral.

MANTHEI: But the source of Vitamin C that can be used when you're acid that is going to last for several days, is onion soup. But it is not going to be as quickly available to you as the carbonated fruit juice or as Andre's. Andre's would be another source. And then again I've trying these different kinds of what they call alkaline Vitamin Cs.

REAMS ANALYSIS: Anytime there is double acid, there is extreme mineral deficiency especially of the calcium.


REAMS/BLACK: The important thing about these tests is they let you know these things. Whether you have too much sugars or carbohydrates or not enough; Whether your body is too acid or too alkaline; Whether your body is retaining too much salt or not enough salt;

REAMS/MANTHEI COOKING: Range B and C are above perfect — higher than perfect. And if you'll notice then as you drift from perfect in an acid direction, the numbers get lower. And so that Range is D and E — all the way down to 4.8 on the pH chart. So alkaline means you're drifting high and acid means you're going low.

REAMS/MANTHEI COOKING: Reams: Well, in order to be pregnant, you have to be slightly on the

acid side. You cannot become pregnant with a double alkaline.

REAMS/SKOW COOKING: We will learn a number of things about it. That is, in some cases you would; and though some foods will make one person more alkaline, they'll make another person way **more acid**.

 **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.

ACID, AMINO

ANATOMY: Remember how many **amino acids** your body should make in the course of a day to be in perfect health? Student: Five billion? Manthei: Five billion. But over the course of a lifetime? Student: Six billion? Manthei: Six billion. So that one billion differential there is where some of this enters in. They're not exactly alike.

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 has been told to. Why not? Student: It doesn't have the right kind of... Manthei: That is exactly right. Nature cannot make something out of nothing.

ANATOMY: Student: Did we come to a conclusion that corpuscles actually carry the **amino acids**? Manthei: No. We said that the red blood – the RBC and the WBC and the platelet count are not the amino acid. Reams: Neither one of them carry the amino acids. Amino acids are just as free as the other corpuscles. They are just caught, like something flowing in the stream.

ANATOMY: If the liver goes down in iron or iodine, trace of copper, then it is not going to manufacture the proper **amino acids** from which the blood corpuscles are made.

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 stole on the end of the nerve where the cell is being replaced.

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: **Amino acids** produced by the liver go out into the bloodstream, and by milli-micronage the body knows where to put them.

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: Alpha cell production, the perfect cell, is directly related to mineral in the **amino acid**.

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.

BEDDOE: Enzyme—Special **amino acid** compounds that promote and become a part of biochemical reactions. They are products of hormones.

BEDDOE: Their [transformer glands] main function is one of being sites for the exchange of nitrogen in **amino acids** and DNA building blocks, known as Nucleotides, which allows the final finishing process of putting the molecule on the proper milli-micronage and milli-milli-micronage. The molecule then has its complete program, which directs it electromagnetically to the right location.

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 programed for those areas to their appropriate locations, which will help to increase the reserve energy.

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- 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:** 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.
- 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:** The bloodstream 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:** The blood goes in there and mixes around, and as it circulates it picks up ionization and the amino acids floating by in the blood are changed by the ionization because of the minerals that are added to them to further complete the amino acid.
- 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 building up of various organs.
- CLASS 1-5:** If you've got the diet for your frequency then those amino acids are going to have the mineral so that your cells are going to be made perfectly, and there is going to be no loss of energy.
- 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 out, the line of least resistance applied from Boyle's Law, like attracts like, all the stuff that is like it tends to drop off that way. If we were to liken this little latticework to the milli-micronage aspect of this and you had two cogs here, one that fits and one that 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 is where you get the "like attracts like" and that is 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:** Carbon in its softest form is a sponge (that's what a sponge is) and carbon in its hardest form is a diamond. The carbon in the body is the governor for water, and the carbons plus ($N \times 6.25$) = proteins, and it is that step that completes the cycle of the manufacture of one complete amino acid cell. **NOTE:** Be wary of the term "cell" as used here.
- CLASS 1-5:** The blood is a transportation system for amino acids.
- CLASS 1-5:** The transformer glands have the job of finishing the ionization of amino acids for specific cells, and there is a specific transformer gland for each part of the body from the brain to the testes and the ovaries and so forth.
- 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. This is why Doc says, "Hate is the finest cancer seed in the world." 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:** All diseases start with one or more of the vital organs which are controlled by the central nervous system, chiefly the liver, but then spreads to other organs because the liver is the one organ that manufactures the skeleton of the amino acid for all the other organs, and the amino acid is the building block that we live on.
- CLOD:** The liver dumps this unfinished amino acid into the bloodstream. The bloodstream 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:** The reason the liver is not manufacturing enough glycogen is that there are not enough calciums of the right kind present. Therefore the liver doesn't have the material to make the amino acids

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that the pancreas needs to manufacture the thyroxine to control the body weight.

DUNLAP: A weak liver is not strong enough to break proteins down completely. This causes a build-up of unwanted amino acids. These acids are urea. An accumulation of amino acids hinders proper tissue metabolism and oxygenation. This situation interferes with all muscles. The muscle that will suffer first and most will be the heart.

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.

FONTENOT: The top number [NN] is an indication of how well the body handles proteins, and the higher the number, the weaker the liver and/or the production of pancreatic enzymes. If these unwanted amino acids build up in the blood and tissues, they interfere with the exchange of new cells.

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 amount of urea excreted into the urine indicates the potential amount of amino acid catabolism. It may also indicate the amount of protein in the diet as well as the efficiency of the digestive tract.

JESSE: As we have seen earlier in this book the health of the body depends on the normal function of the digestive tract, and this is measured by the Ionitherapy [RBTI] Test. The protein elements in our food are normally broken down in the gastrointestinal tract to produce amino acids. Therefore the digestive tract is the first line of defense against allergenic proteins being absorbed into the bloodstream. However, if undigested food proteins (peptides) do enter the blood-stream, the immune system activates specific white blood cells to engulf, digest and destroy the undigested food substances. When both the above protective mechanisms are malfunctioning, food intolerance symptoms result, such as chronic eczema, hay fever, bronchitis, asthma and other respiratory disorders, rheumatoid arthritis, depression, schizophrenia, migraines and many other conditions.

JOHNSON: Nitrate nitrogen relates to digestion in the small intestine. High numbers indicate an excess of amino acids with stress on the liver, pancreas, heart and kidneys.

JOHNSON: If liver function is weak, many proteins are broken down incompletely, causing a buildup of unwanted amino acids.

MANTHEI: Student: What's your definition of a corpuscle? Reams: It is an amino acid. An amino acid that has a high variable. In other words it's strictly made by ionization.

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.

MANTHEI: How does chemotherapy destroy the liver, or what does it do to the liver? Student: Makes it hard as stone. Manthei: No. That is cirrhosis. It destroys the nerve cells, the little nerve fibers that are involved here in these little sacs, these little reservoirs. It destroys them so that the liver is unable to make normal 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 necessarily long Desk Reference entry time and again.*

✔ **NOTE:** *Interestingly, neither Promise Outreach, Reams/Black, Reams/Skow, Kirban, Session 1-1975, nor Davis mention "amino" and I have yet to discover substitute terms. This seems odd considering*

"amino" is a key part of Reams' outline for constructing cells. "Amino" is mentioned over 1400 times in the remaining literature. Blaming transcription errors does not appear fruitful.

ACID, HYDROCHLORIC-HCl

ACRES USA: Another reason for a sluggish liver is that the person may be eating large amounts of certain foods which put stress on the liver. I'm referring to foods such as nuts & nut butters, meat, whole milk, and cheese. These foods require lots of hydrochloric acid for their digestion. The liver, which must produce the acid, wears down trying to meet the demand.

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

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.

BEDDOE: All foods that we eat are cationic, with the exception of lemon. This is one reason why we recommend fresh lemon juice water or lemonade: it is nature's form of natural dilute hydrochloric acid, and the liver can take lemon juice when it is taken systematically, and in not too large amounts, and convert it into enzymes with less chemical change than any other natural substance known to man. Then the body begins to take on more calciums and corrects these conditions. The next best substance to use would be a man-made substance: hydrochloric acid tablets. If the mineral deficiency condition has existed a long time, a person will need both the lemonade and the tablets.

BEDDOE: He may take the powdered protein and the betaine HCl, along with plenty of rest, and the urea still does not come up enough. When this happens, it will be necessary for him to use a liquid, predigested protein.

CHALLEN: Some people say that they can't drink lemonade because it makes them sick at their stomach. That's good, that is exactly what we want to happen, so the liver will flush out those crusty hydrochloric acid droplets that shouldn't be in there, to get it out and start rebuilding it anew.

CHALLEN: Low pH take hydrochloric acid tablets - when high pH do not need tablets.

C.H.E.M: HCl is an alkaline substance (base) and not an acid. This is only a technical point that should be kept in mind, but for the purpose of continuity we'll call it Hydrochloric acid.

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: For years it's been taught that hydrochloric acid (HCl) is an acid, but using the rotation characteristics of anions and cations it turns out that HCl is really a base because the electrons travel in a clockwise direction according to the oscilloscope, the opposite direction to an acid, and that has everything in the world to do with digesting your foods and gaining energy.

CLASS 1-5: It states in medical books that the stomach produces hydrochloric acid in the cells in the lining of the stomach, but it does not. It stores it there but it does not produce it there. The liver manufactures the hydrochloric acid and between meals the stomach stores this hydrochloric acid in the cells in the lining of the stomach so that it can secrete it at the right time.

CLASS 1-5: The liver is the origin of the stomach's HCl and it moves the ionized particles that comprise it, a little bit at a time, to the storage sacs of the stomach, and all of this does not go through the bloodstream, some of it goes direct and some of it goes by the ionization that takes place within our bodies.

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

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.

KIRBAN: The liver manufactures bile, which is an anionic substance with a hydrochloric base. The lemon juice can be converted into millions of different enzymes necessary to maintain life throughout our lives. It can be converted into these enzymes with less chemical change than any other natural substance known to man. However, there are people who are allergic to lemons. Then we use vegetable juices.

EUGENE REAMS: Another easy method to determine HCl deficiency is looking at the tongue to see if there is any coating. A coating on the tongue is a result of undigested proteins in the intestines and colon, attached to undigested sugars which have already stuck to the wall. Undigested sugars are

sticky because the first step in complex carbohydrate digestion produces a material called dextrin, which is sticky like the substance on the back of a postage stamp.

ION INSTITUTE: God has placed in man a marvelous defense mechanism, digestion. A healthy properly functioning digestive tract will secrete a concentrated hydrochloric acid (HCl) and all the enzymes necessary to digest the food from each meal and destroy (digest) any eggs, larva, worms or parasites as well.

MANTHEI: This substance plus the hydrochloric acid, which is found in the stomach but actually manufactured by the liver and stored in the lining of the stomach, is also anionic. These substances are extremely important in our digestive process.

MANTHEI: Use calciums so the liver can manufacture a stronger, more concentrated bile with a greater concentration of HCl to get more energy out of the food eaten.

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. A base is made up with anions as electrons and acids are made up with a substance with cations as electrons. And that is the difference between an acid and a base. It's the direction in which the electron travels in orbit.

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, 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.

SESSION 1-1975: Lemon juice is the only natural hydrochloric acid in all of nature that I know of and I have analyzed over a quarter million different foods from all over the world and this is the only one that I know of is the lemon water. The liver manufactures a hydrochloric acid also, called bile and in bile there are probably six billion different enzymes that are needed for health or the foundation for them are manufactured by the liver to feed the various glands in our body.



NOTE: Hydrochloric acid (HCl) is an aqueous solution of hydrogen and chloride. *Betaine HCl, hydrochloric acid tablets, and HCl tablets are the same. Please be assured that until the reader understands Reams' insistence that stomach hydrochloric acid is viewed as a base---an anionic base---they have no lasting hope of understanding how to treat a client via RBTI methods. This is a major stumbling block for many semi-RBTI consultants that in turn dashes any hope of countless sick to regain their health.*

ACID, MINOR TYPES

BEDDOE: Vitamin B-15 (known as pangamic acid) and Vitamin B-17 (known as laetrile or amygdalin) help the body pick up Vitamin C.

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.

BEDDOE: Exercise that works the large muscles of your body, causes the muscles to produce a by-product that is very acid. It is called lactic acid. What we have found is that people who have pHs below 6.2 can make their [urine] pH more acid by hard exercise.

BEDDOE: Anaerobic Glycolysis: The breakdown of carbohydrates, for energy, by enzymes in the absence of oxygen into lactic acid. Typically, degenerative tissue functions in this way.

BEDDOE: White vinegar is acetic acid, which is not good for the liver, even though the liver can tolerate it best when the body's pH is above 6.4. When the body's pH is below 6.2 it is especially toxic to the liver's valuable functions. Even what is considered the "good" vinegar, real apple cider vinegar (which is malic acid), is not good for the liver in body pH ranges below 6.2. Whereas, in pH ranges above 6.4 the real apple cider vinegar can be a valuable ingredient to be a small part of the diet on behalf of the liver.

BEDDOE: Cells that are functioning using aerobic respiration (requiring oxygen) are able to utilize a much larger portion of energy available from the sugars than cells functioning in anaerobic

respiration, which results in the production of **lactic acid**.

BEDDOE: Hard physical exercise will produce a higher level of metabolic waste acids, called **lactic acid**, from the muscles. This is where rest can be very valuable in helping control the body chemistry when encountering a cationic excess.

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

CHALLENGE: Rickets are caused from a lack of calcium in the diet, lack of Vitamin D (from milk, sun, and butter), excessive amounts of **phytic acid**.

CHALLENGE: Testosterone is manufactured in the testicles - when have shortage, then schizophrenia can develop. When there is a shortage use Niacin (B-3) - **nicotinic acid**.

CHALLENGE: Best source of **folic acid** is wine.

CHALLENGE: The skin of the navel orange is a very good laxative because it does not have much **citric acid** in it.

CHALLENGE: **Acetic acid** (sweet pickle vinegar)

CLASS 1-5: You need to understand the difference in "urea" and "uric acid." **Uric acid** arises because of the acetic factor in the urine, and urea is undigested proteins. They are two different things entirely and don't get them confused. Uric acid is the **acetic acid** that's in the system which has no direct bearing whatsoever on the ureas. For instance urine that has high ureas smells like ammonia, and there is a lot of foam in it when a man urinates into water. The other, the uric acid, for instance you have burning when you urinate and that's uric acid, that's the acetic acid, two different things altogether.

CLASS 1-5: ...it's the uric acid, the **acetic acid** that damages the lining of the urethra which then causes the salt, the ureas salts or sodium chloride or chloride salts that are being thrown out of the body, to do the burning. Like putting salt in a cut...

CLASS 1-5: Resistance. If you take 2 substances with a different pH and you put them together they're going to synchronize or level off, or two cationic substances such as a very dilute vinegar and a very strong vinegar, or **acetic acid**, and you put them together then they're going to level off to one level. Cations against cations, anions against anions or anions against cations are the measure of resistance.

CLOD: Many times women when they are pregnant crave sour pickles because their body is too alkaline, and they need more energy. By taking in something on the acid side (**acetic acid** or vinegar), it gives them more energy from their food, and therefore supplies the body with the energy needed to produce another person.

EUGENE REAMS: When the calcium from the bones enters the overly **phosphoric acid** environment, it is rendered unavailable and may be deposited on the outside of joints if there is not enough joint lubrication.

EUGENE REAMS: When ionization in the body is working properly certain interrelationships between the numbers can be seen. One of these is when the sugars increase, the salts also increase. This happens because the sugars and salts become more concentrated due to lack of fluid. When sugars decrease, salt decreases because they become more dilute. When this interrelationship fails to occur, the breakdown of hydrocarbons (fats and oils) is not properly taking place. **Linoleic and linolenic acids** are always absent in adequate quantities when the body cannot properly digest oils. Raw linseed oil in its unrefined form that contains the golden yellow color is one of the richest sources of linoleic and linolenic acids. Linseed oil comes from flax seed. Flax seed is also lubrication for the colon.

REAMS ANALYSIS: [About fresh lemon juice] The liver needs energy in large quantities to maintain its enzyme systems, its role as a body detoxifier, the **Citric acid cycle**, bile production and approximately 1600 other daily roles utilizing an estimated six billion enzymes.

REAMS/BLACK: ...there's a substance in the skin made from **acetic acid** called tannin. And this tannin also prevents, toughens the skin, the tannin is made from copper and zinc. And it gathers into the skin and formulates the cell structure of the skin, that bounces the ray of sun...

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/MANTHEI COOKING: And eggplant has **acetic acid** in it, and therefore that should be removed from the vegetable before it's made into a soup. So do not try to peel it as thickly as possible; just peel it under the skin. And then you need to soak it in salty water for 30 minutes to remove the 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.

SESSION 1-1975: [Suggesting pH reagents be used instead of pH meters] They're safe and you know what you're doing, because this solution will not pick up the metallic content. It will only measure the amount of actually acetic acids and other kind of acids and it will let the minerals alone.

ACID, SULFURIC

ARM: You can make it [hydrogen peroxide] raw, right out of the sulfuric acid. Keep the water churning; keep adding just a few drops every few minutes until the water becomes like milk.

ARM: Sulfuric acid: This scale of pH is measured on the scale of 00 sulfuric acid to pure unadulterated calcium of 14. Seven is considered neutral. However this is measurement of resistance. Please remember that. It is not a measure of salt. However, you will use various phosphates in order to correct, or to bring, the pH back to normal.

BEDDOE: In pure sulfuric acid, the electrical energy can travel at the speed of light because of very little resistance.

CHALLENGE: Sulfuric acid is the father of all acids because it destroys everything.

C.H.E.M: Pure sulfuric acid has a pH of 00 and pure calcium has a pH of 14.

CLASS 1-5: Now calcium is always anionic, or alkaline, and there is no exception. If you were to combine anionic calcium with, say, cationic sulfuric acid in a test tube then the calcium will appear to be cationic, or acid, 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.

CLASS 1-5: The current pH system is based on a logarithmic scale and the end points were determined by taking sulfuric acid, H₂SO₄ (the father of all acids) at the most cationic end at 00. This is the greatest resisting thing that there is in all chemicals on the cation side, there is nothing that has greater cationic resistance than this.

ION INSTITUTE: Pure sulfuric acid has a pH of 00 and pure calcium has a pH of 14.

MOSES: In the hydrogen atom is one anion and one cation. It is a circle, and from this I developed a pH system. I had 6 as the middle neutral number of the pH scale, with 00 being sulfuric acid, which is as acid as anything can get. I had 12 as the top number of alkalinity, which is pure calcium. Someone else used 00 to 14, with 7 as the neutral number, 14 being top of the pH scale, which is pure calcium. My scale of 00 to 12 was in use about a year before the 00 to 14 scale was published.

REAMS/BLACK: Gypsum is calcium oxide treated with sulfuric acid.

SESSION 1-1975: You'll also notice that you have a box of baking soda on the table. In case if you get any of this sulfuric acid on your hand accidentally just put some soda on it and it will neutralize it instantaneously.

ACIDOPHILUS

ANATOMY: The aerobic bacteria, the richest source is yogurt. But then if your numbers indicate it, do not forget the other cultured milk products such as acidophilus milk, buttermilk, and kefir milk.

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.

CLASS 1-5: Type 2 is the Gypsum group which is derived from sour milks and includes acidophilus, buttermilk, whey, kefir and cottage cheese. Type 2 should only be used when the pH is above 6.40.

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

DUNLAP: With acid pH, avoid acidophilus and buttermilk, but yogurt is acceptable.

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

EUGENE REAMS: Many individuals will not take yeast because they fear it will cause yeast infections. According to Rodale's Press, acidophilus keeps the harmful yeast under control.

JESSE: It has been shown that hydrogen peroxide will kill bacteria in the intestinal tract including lactobacillus acidophilus, which is necessary for the maintenance of good health.

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.

MANTHEI: Student: So that's why yogurt works, because of the calcium in it? Reams: No, sir. For instance, yogurt has calcium gluconate in it. Acidophilus has calcium lactate in it. If you already have enough of that one, it won't work--you'll still have the problem.

REAMS/BLACK: Reams: Buttermilk would have hormones in it, yes. Yogurt, acidophilus.

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.

SESSION 1-1975: Also in making yogurt, yogurt is a gluconate, but acidophilus is a lactate.

SESSION 1-1975: But acidophilus is quite acid. It's quite tart. And yogurt is almost a neutral pH.

ACIDOSIS

ANATOMY: Manthei: pH of the blood should be 7.3, and if it starts to drop a little, 7.28, 7.27, 7.26, and that person is having problems, that's an acute potassium deficiency. In some cases the only way you can get it into a person is with an IV in a hospital. Student: That's what they did with my daughter. Her blood pH was 6.7 and the only way they could bring her out of it was give her an IV. Manthei: That's right, but that's an acidosis kind of situation. Very common with diabetics.

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 have a problem on your hands. 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.

JOHNSON: Urine pH below 4.5 indicates dangerous acidosis. Get the patient to a hospital; he may need bicarbonate intravenously.

ACNE

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

ARM: How do I know there's an acne there? Vitamin A and C deficient.

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 of lack proper elimination.

BEDDOE: With the pHs shifted to a strong anionic ratio, the person would be more deficient in iron and a strong candidate for acne, but would not be as likely to have menstrual cramps.

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

CLASS 1-5: Now I know there is acne there because there are 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.

CLASS 1-5: You would notice about this fellow, his skin is very oily and there would be some blackheads or acne showing on it because of the poor elimination. The liver is way too alkaline, his food is digesting too slowly, he has barely enough energy to go and his body would be retaining too much oil.

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.

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.

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.

BEDDOE: Now take a look at the last line of Figure 7—4. This says Yin Illnesses on one side and Yang Illnesses on the other side. These lines were included to show how oriental medicine, as expressed in acupuncture theory, is related to the body chemistry patterns.

CHALLENGE: 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.

CHALLENGE: 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.

SESSION 1-1975: Student: What's this gland called? Reams: It's just a gland. That's all it says, just a gland. There's a lot of glands without any names. It's an acupuncture gland that you work on. But do not bruise it. It must be handled softly and easily.

ADDICTIONS/CRAVINGS

ACRES USA: Reams: Once the liver and pancreas are functioning properly, the patients can go from meal to meal - five hours apart - without a single snack. They can eat a wide variety of foods - including many carbohydrates - without fear of low blood sugar. Incidentally, the craving for sweets disappears for good.

ARM: Craving for cigarettes and whiskey comes from too much acid in the system.

ARM: If your body chemistry is not perfect, you will crave that which you have too much of.

BEDDOE: Interestingly, this type of toxic reaction can work just like a drug craving in many people. When the level of unusable energy begins to lower it triggers a chemical reaction that causes a person to crave the very substance that is toxic to them. The body has, therefore, developed a tolerance level which it interprets as a false need.

BEDDOE: Since the brain's electric energy is so vital for the necessary magnetic effects in the liver, anything that alters the electric flow to the liver will alter the magnetism the same way. What would alter the electrical flow to the liver? A mind, not in "perfect peace," will be subject to varying amounts of phobias, frustrations, anxieties, guilt, hate, cravings, depressions, etc.

CHALLEN: If the chemistry is not perfect, then one will crave things that they have too much of.

CHALLEN: If you crave something, then have a little too much estrogen or testosterone.

C.H.E.M: Another factor to be considered is that you tend to crave what the body already has too much of. That further complicates matters. The last thing a person needs with high ureas is a high protein diet or if one has a high urinary sugar they do not need more carbohydrates in their diet.

CLASS 1-5: It's very easy for anybody to be healthy, but to be sick you've got to work at it, you've got to break all the rules, you've got to be very choosy about your foods, "I don't like this", "I don't like that" and then you get to the place where your body chemistry will crave the thing that you do NOT need and that it has too much of. This is what you'll crave most.

CLASS 1-5: Addictions often start about the time that a person comes into puberty and it may originate in one of two ways like this: 1) the soils are deficient in soluble calcium and the foods grown on those soils are also deficient in calcium and other minerals like manganese. When the food is eaten, the lack of calcium weakens the digestive juice and so manganese is not available to the body and 2) Young teenagers tend to be junk food faddists and this is the time they are coming into young manhood or young womanhood. For women at this time they will start to need 7 times more calcium each day than a man.

CLOD: They eat in order to overcome the nervousness. In eating they are trying to get more calciums and yet the body doesn't pick it up. Nature is craving food like an alcoholic craves his drink, as a person who is on pot craves dope. Hence the gaining of weight. Also, we find that by eating it helps to control temper. If these persons don't eat they become very irritable, and very difficult to live with.

CLOD: Caffeine is a stimulant for the heart, and if you are inebriated by [addicted to] caffeine then please do not quit coffee quickly.

EUGENE REAMS: People with glucose handling problems find it difficult to stay on a glucose free diet. Without fructose, they succumb to this uncontrollable craving. It has been found that when fructose is given on a controlled basis to alcoholics, the craving for alcohol is greatly reduced. Fructose has another advantage. When added to the diet of the obese, food cravings diminish. Hunger is brought on by low sugars. Many times the adrenal glands are so exhausted they can't produce enough epinephrine to convert glycogen back to glucose.

EUGENE REAMS: Inorganic substances do not contain carbon. Salts that contain carbon come from celery and whey. Whey is the clear liquid left as residue of milk after separation of fat and casein (curd). Individuals with high salts need to flush out the high salt and use organic salts to help the system to heal. The intake of organic salts helps eliminate the craving of inorganic salts over a period of time. **NOTE:** Eugene, Dr. Reams' son, worked at his side for many years. It is odd that his thoughts on craving appear to be so different from his father or any other RBTI notable.

MANTHEID: If you don't have enough [hormone] being produced, then it's very easy to develop cravings, and to get hooked on something - cigarettes. So, if you don't get enough produced, then you'll develop cravings, and you'll get hooked on something - cigarettes, alcohol, dope, white potatoes, cherry pie, Doritos. It doesn't matter what it is, something you'll get hooked on.


PROMISE OUTREACH: Calcium is needed when there is emotional dependence, addictions, muscle cramps, "nerves."

REAMS ANALYSIS: Usually the body will crave what it needs for proper health, if it isn't an addiction.

NOTE: Please review the Eugene Reams entry above.

REAMS/MANTHEI COOKING: The more nourishing you prepare food, the less craving you'll have for meat.

REAMS/SKOW COOKING: If people have a craving for pork that they cannot get around, you've just got to have it occasionally, get smoked turkey and cover it with sauerkraut in a casserole with lid, steam for 40 minutes, and you've got your "pork."

 **NOTE:** *Be wary: some authors claim craving is for what you already have enough of and others say you will instead crave what you need. The student should consult their teacher to help differentiate between craving for a specific substance and the urge to gorge or overeat in general.*

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.

CHALLENGE: The major preservative in corned beef is potassium nitrate or saltpeter.

CHALLENGE: 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.

CHALLENGE: 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 are 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 who 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. However, a person with a high undigested protein in their system is only buying tickets to the cemetery for a pectoris heart attack if he uses any of the luncheon meats because it's too high in 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 millimeters of iodine per gram [transcription error]) 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.

MANTHEIb: When the body chemistry is abnormal, the moon, air pollution, lights, preservatives, additives, potatoes, pop, salt, crackers, sugar, white flour, etc., will adversely affect the body. Do not be concerned with what to avoid, but rather be concerned with what to include in the diet to strengthen the body chemistry and move the numbers closer to perfect.


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 or that preservative causing cancer, it's not true, it is simply not true. And I'll tell you why. In weak tissue, in tissue that should not 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 who 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 nowhere 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 [i.e., delta]. Use ordinary diet for adhesions.

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

ARM: When you have a mineral lack in your diet, somewhere that cell begins not to give off enough energy; and an open space, in other words air, gives off a CO2 gas. This gas expands this cell, and then it fills with a fluid, and the cell is swollen. It restricts the next cell, and the next; and you have adhesions.

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.

CHALLEN: If the cells stay too long then CO₂ gas is formed, causing swelling which causes adhesions (which are really tumors).

CLASS 1-5: When you begin to study carcinoma you're going to be into adhesions in advanced stages. 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 bloodstream, or to break them loose from the nerve ending, and for a new stolon [stole?] to form and a new cell to come into being.

CLOD: If the mineral is plentiful there will not even be a scar left from the operation. It may be a little lighter in color, or maybe a bit of a marking there for a few months, or even a few years, but there will be no adhesions.

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.

MANTHEI: Student: What causes adhesions in gallbladders? Reams: Generally spasms. Student: Is that the only thing? Reams: Also surgery or injury.

MANTHEI: When the lung cell dies, it dehydrates, and it resembles a burn. It will not let the blood ooze out into the lung like an omega cell normally would. It allows the other neighboring cells to operate without adhesion, or force, or swelling.

See also → SCARS

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.

ANATOMY: Manthei: Have any of you ever tasted adrenaline? Or, if you were able to taste it, what would it taste like? Student: Salty? Manthei: It would have a salty taste is correct because it is an electrolyte.

ANATOMY: Manthei: You cannot have plenty of adrenalin and a low sugar at the same time.

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.

BEDDOE: Consider adrenal pattern also anytime the pHs are out of Range A. Adrenals especially need, alcohol, B-5, and Vitamin C.

CHALLEN: 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

RBTI DESK REFERENCE

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."

DUNLAP: One problem associated with high salts: adrenal stress.

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.

EUGENE REAMS: Many times the adrenal glands are so exhausted they can't produce enough epinephrine to convert glycogen back to glucose.

FONTENOT: Because of a simple calcium deficiency, your doctor may treat you for indigestion. He may prescribe a tranquilizer for nervousness or hypertension. Or, he may treat you for a malfunctioning thyroid or suppose you have an adrenal gland problem.

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.

JESSE: Low mineral salt spillage in the urine indicates that there are weakened cell membranes, and, as such, the cells have lost their tone. There is also an indication of a lack of electrolytes present. In such instances there are high stresses on both the liver and adrenal function. The trace mineral elements in the body become depleted which eventually weakens thymus function and the immune system generally.

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

MANTHEI: Lack of adrenaline is due to lack of the other minerals to supply an even flow of adrenaline. The adrenal glands, part of the 284 transformer glands, are centrally located in the body above both kidneys. The adrenaline that they release is a type of electrical energy, which permits it to flow throughout the body very quickly, preparing the individual for gunfight or flight."

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 for life."

MANTHEIb: There would be swings in her personality from extremely irritable to extremely pleasant without warning. There is a lack of flow from the adrenal glands, and if she is tired and her work is getting to her, she will be irritable. But if she sits down and relaxes, then the whole world is fun.

PROMISE OUTREACH: Do you remember 4th grade science and learning about fight or flight? This was a temporary reaction between predator and prey that caused a flood of hormones (such as adrenaline) to ready the body for fast, muscular action. Simultaneously, digestion slows, capillaries constrict, the heart beat accelerates, but our western cultural tendencies of doing too much means we go-go-go and what was intended as a temporary situation becomes a full time life experience.

Fear, anxiety, stress, panic attacks—constantly living in these emotions leads to adrenal insufficiency or exhaustion. It is so important to experience peace and calm. If you don't slow down, your body will eventually make you slow down. Nourish the adrenals with light protein, protein snacks often help. Choose enjoyable exercise—both adults and children need this.

PROMISE OUTREACH: The dizziness was adrenal exhaustion and potassium deficiency.

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.

SESSION 1-1975: My purpose is to make them angry [by falsely accusing them]. And if I can ever get them angry enough, to get their adrenal glands to flowing. Why, you would be amazed what will happen.

SESSION 1-1975: Many times it [loss of consciousness] comes so slowly, and at other times it comes extremely rapidly, and then their car hits another car and all of a sudden, the adrenalin gland flushes and others, and they come back to reality if they are still living, and wonder how it happened.

AGGLUTINATION/CLUMPING

ANATOMY: Reams: There is no Vitamin C within the cell. Remember that. It's on the outside of the cell. It is the electrolyte that surrounds the cells that causes the cells to stick together. Manthei: So it holds cell to cell, but it does not hold a cell together. Reams: That's right.

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: 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.

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 [including stroke?].


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. In later chapters you will see how this problem is also aggravated by conductivity and urea changes.

BEDDOE: This is due to the fact that the soluble ureas, being of an electrolytic nature, have a viscosity-increasing effect on the blood. The blood cells tend to agglutinate or stick together, thus causing the blood to thicken. When this takes place, the heart is put under a greater load as it tries to pump the thickened blood through the vessels, especially small vessels like the tiny capillaries. In fact, the thickening can get to the point that capillaries are totally blocked. At this point cell death can be caused; and, this is especially true in the brain.

C.H.E.M: Remember also that an increased sugar reading means an increased alcohol production, which causes an increase of density in molecules of the blood, causing the blood cells to stick together. This is termed agglutination. The circulation through the very small capillaries is restricted, the sugar molecules becomes too sticky and oxygen deficiency results.

EUGENE REAMS: Excess salt increases activity and the increased activity creates more heat. This heat decreases the moisture content within the red blood corpuscle, causing dehydration and damage. When the moisture content is decreased, red blood corpuscles are not as healthy as they should be. The outer surfaces become bruised and sticky, and which causes these damaged corpuscles to stick together. This is commonly referred to as clumping.

EUGENE REAMS: The sugar:salt ratio may be less than 5.0 because the body is holding too much salt. If this is the case, the lack of oxygen ionization has already taken its devastating toll on the body. As a result, the red blood corpuscles clump together in the blood stream because they become "sticky" and form clusters. [Repeated verbatim in Reams Analysis notes]

 **NOTE:** *There are major problems here. Foremost is that Reams was very particular in teaching that there are no blood "cells" as such. Instead, there are blood corpuscles. As if this were not a sticky subject (pun intended), the below entry from the Anatomy class (which some consider "Seminar 6") gives us the problem of Vitamin C being described by Reams as what "causes cells to stick together." That might be fine, but how do we justify Reams' frequent statement in other places that "4500ppm of Vitamin C in the blood equals perfect health." Surely, blood "cells" (corpuscles) stuck together does not speak to perfect health.*

AGING/AGEING

ANATOMY: As they get older, generally the man's breasts will become larger and the female 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: I learned this - that the unclean meats digest too quickly. They digest in a period of about 3 hours and the clean meats take about 18 hours to digest. The meats that digest too quickly burn you up too fast, burn up your body and cells. It brings about the process of aging too rapidly.

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: This can be understood in the light of micronage. As was learned before, the micronage is the shape or the way the ions are stacked together in a particular organ or tissue. As the volume changes with age, the micronage is affected. This is why the physical evidence of aging becomes apparent (i.e., skin losing its tone and beginning to sag). You are seeing the volume increase and the efficiency gradually being reduced. This is why the older the person gets, the longer period of time and the greater the amount of mineral it takes to get a proper response.

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.

BEDDOE: Under ideal chemistry, the loss or the base exchange of cells should equal the gain in cells plus the friction loss (aging due to physical oxidation).

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

CHALLEN: The Vitamin C is not being accepted and her cells will not knit and heal, as they should. The operation, unless this chemistry is changed, will take a long time to heal. Nancy has cancer and her organs are aging very fast, because her blood is not carrying enough oxygen throughout her body.

CLASS 1-5: One of the processes of aging is a lack of Vitamin A. Practically all senior citizens over 60 need some Algavim 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 who 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 is 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.

CLASS 1-5: Now with cancer that seems to be alive and growing, what is happening is that the cancer is actually getting larger and larger but it's not actually growing. The mineral deficiency is increasing where the body cannot take it and postmorteia is setting in. In other words it's premature aging and dying.

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 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.

ION INSTITUTE: Two of the many consequences of eating unclean meats are high ureas and premature aging.

ION INSTITUTE: Excessive amounts of unharnessable, unusable energy will burn out the system. This causes rapid premature aging and diminishes the life force.

JESSE: When the human body is in a state of balance, the blood should function at an anionic or alkaline pH level. The normal aging process tends to show a reverse in this pattern. Without this reversal, older people tend to be more prone to illness, unless they are able to maintain the correct pH balance.

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.

MANTHEIb: What is the cause for cells not being replaced every six months? Mineral deficiency, which is the cause of aging.

MANTHEIc: Whether it is a shirt, window curtain, car, animal, person, painting, etc..., it is a product of energy. Slowly, these things, whether they are used or not, are slowly giving off anions. The cations that compose it slowly let the anions slip away. . . anion by anion. Therefore it is aging.

MANTHEId: The longer it takes to make a cell, the greater the amount of energy needed to produce that cell. Again, this is a different way of saying, that the time it takes to produce a cell is the process of aging.

SESSION 1-1975: The meats that are unclean, took or release too many calories of heat too quickly and therefore burn up too many good cells, and therefore causes aging at a too rapid rate.

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.

CHALLENGE: 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 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.

ALBUMIN/ALBUMEN

 **NOTE:** *Albumin is widely defined as "a simple form of protein that is soluble in water and coagulable by heat, such as that found in egg white, milk, and (in particular) blood serum." The similar word, "Albumen" is defined as "egg white, or the protein contained in it." Neither speaks to insoluble fragments of omega cells. Dr. Beddoe meets the problem head on with the following words which are used as a guide for this Desk Reference. Any and all references to either "albumin" or "albumen" that the reader comes across should be mentally converted to "CELL DEBRIS."*

"The urine has two types of substances in it. One type is soluble and the other type is insoluble. It is the insoluble substance that this section will address briefly. These substances were originally called "Albumin." However, because of certain misunderstandings among the students who have professional training, it has been felt that it might be better to use the term Cell Debris. So you will note the use of that term on the Range and Zone Chart in this chapter. Worn out cells are removed from the system in two major forms. One form is the result of being broken down into soluble molecular substances that are conjugated and thrown out through the kidneys. The other major form being expelled by the kidneys is composed of the cell parts that are not entirely soluble. These cell parts, called Cell Debris, become a tool that gives information as to how well the body is responding to nature's laws."

See also→ CELL DEBRIS

ALCOHOL

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 urine pH below 6 and a liver [pH] above 7 are subject to indigestion, there's another exception to the rule. It can upset you terrifically.

ANATOMY: Student: Is the overproduction of alcohol caused by the malfunction of the pancreas, or is because there is too much glycogen sent from the liver? An overproduction of glycogen from the liver? Reams: Yes. Too much glycogen from the liver.

ANATOMY: [Reams'] comment was if you buy a high-quality wine and if you have low blood sugar and not making enough alcohol, get a sweet wine; if you have high sugar, get a drier wine.

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

RBTI DESK REFERENCE

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, 4) 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.

C.H.E.M: Too little alcohol results in cold hands and feet or cold all the time, which may contribute to indigestion, heartburn, and gas.

C.H.E.M: The mineral that is needed more by weight and volume than any other mineral is calcium. Alcohol is the greatest enemy that calcium ever had. Therefore high alcohol, whether drunk or produced by your own pancreas, will lower the calciums in the body.

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

CLASS 1-5: The pancreas manufactures alcohol to keep the body warm and functioning at the right temperature. 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 is strong enough to stand up and dare you to attack it). In those cases the coffee often makes them sick to their stomach, and that is 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 testament.

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 who was hooked on Irish potatoes).

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

CLOD: It is not the use of alcohol that is bad, but it is the abuse of the use of alcohol, and also the using of the wrong type of alcohol. The RBTI tests will indicate which, and how much, of the four kinds of alcohol is the best for your body chemistry.

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.

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.

DAVIS: If the pancreas does not produce enough of the special kind of alcohol the person has cold hands and feet most of the time. If severe enough, he may be cold all over at all times and in all seasons.

DAVIS: [Excessive] 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.

DUNLAP: When a person tends to have cold hands and feet, it is a sign that the body is not making enough alcohol. In this situation, the sugar is usually too low for the sugar salt ratio.

EUGENE REAMS: Alcohol destroys or neutralizes calcium. This neutralized calcium will now work against the body rather than for the body. Calcium, like all minerals, has to be kept ionized to benefit the body. The same calcium that is a building block for the body when it is ionized becomes a stumbling block when it loses its ionization.

FONTENOT: But, remember, a drunk, when he is recovering from his alcohol, has a "hang-over" as a sign of improving health.

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.

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: Potatoes tend to raise the blood sugar. If a person is allergic to potatoes it indicates that they are producing too much alcohol and this is forcing them toward a diabetic range.

JOHNSON: When you see allergies to white potatoes, or potatoes generally, it is because the person is

producing too much alcohol and holding them up in the diabetic range.

JOHNSON: For somebody whose hands and feet are hot all the time, it means your body is producing too much alcohol and you should drink some coffee. I'm in that position so that the alcohol is about like poison to me.

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: What about a person who would have cold hands and feet and have a tendency for low blood sugar and loves coffee? They are drinking the wrong beverage because the coffee is destroying even that little bit of alcohol that their body normally should be making. So if you have cold hands and feet, you should limit your use of coffee. One cup in the morning is enough.

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 is right, it is too strong for them.

OLSZTA: Avoid alcohol - Unless needed to relieve extreme gas and indigestion problems or for rare special occasions.

OLSZTA: Coffee is the greatest enemy of alcohol. People with low sugars are already low in alcohol so drinking coffee will only aggravate their condition.

REAMS ANALYSIS: Foods that bring on the degeneration process are white flour, cane sugar, coffee, commercial teas such as Lipton and Tetley, chocolate, and alcohol, just to name a few.

REAMS/BLACK: The diet differs for different races. The darker the skin, the more energy they pick up from the heat of the sun. This is why the colored race is generally a much happier race and a much more relaxed race than the white race is because their dark skin picks up more energy and therefore turns more of the carbohydrates to alcohol in their system, everybody has got a built in whiskey still, and that's what controls our body temperature causing them to be more relaxed and a happier people because it's automatic, it's natural, it's not any extra, it's just the normal thing to do. And therefore, they enjoy the hot weather more than they do the cold weather because the heat draws out of their skin a moisture long before it does our skin, and as the air strikes it they are cooler than we are even though their temperature is giving off more heat.

REAMS/BLACK: Now in the studying of alcohols in our system, which we will get into in a later course, it becomes a very, very interesting subject because people who are cold all the time, their pancreas is not manufacturing enough alcohol.

REAMS/MANTHEI COOKING: If you've got too much insulin, that means your sugars will be too low. And, therefore, you will not produce enough alcohol, and so you will have cold hands and cold feet.

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

REAMS/SKOW COOKING: The carbohydrates do a lot of things. In some people they turn to alcohol, and they're too hot all the time. In others, they, they're not turned to alcohol, they turn to other things or to nothing or just pass out as carbohydrate overflow through the urine, which is leaning toward a diabetic.

SESSION 1-1975: Sometimes you need to find out where their allergy is. Sometimes it's wheat. Sometimes it's milk. Sometimes it's fish. Sometimes it's alcohol, and on through the list.

SESSION 1-1975: She was hooked on Irish potatoes. She had to have them three times a day and they were turning to an alcohol in her system, and the alcohol was causing her to be inebriated. The inebriation was causing her food to be preserved and not digested.

See also→ ZEST TONIC

ALCOHOLIC

ARM: A little girl 9 years old, 72 years old in the rate of energy she's getting from her food. Brought about by an alcoholic great-great-grandparent.

ARM: Alcoholics - another reason is that the system will manufacture too much, either estrogen in women or testosterone [testosterone] in men.

ARM: If your body chemistry is not perfect, you will crave that which you have too much of. An alcoholic craves his whiskey, and the smoker craves the opium in his cigarette. Build up the calciums for a smoker, and they will find it easier to kick the habit.

BEDDOE: When reduced oxygen is caused by low blood carbohydrate, the change in mental response can be severe: ...alcoholic tendencies...

CHALLEN: If female secretes too much estrogen or the male secretes too much testosterone, then one can become hooked on something — one cause for alcoholics.

CHALLEN: Always give high amounts of calcium to alcoholics because the liver must be able to produce bile to digest foods.

CLASS 1-5: For that reason an alcoholic craves his whiskey, for that reason a person who is a chain smoker craves his nicotine, and a person who is on drugs craves their drugs because of Baer's Law.

CLASS 1-5: That is where cirrhosis of the liver starts, that is where the malfunctioning of the liver starts, that is where alcoholic beverages have their first effect upon the liver, on the part under the left shoulder blade.

CLASS 1-5: An alcoholic's liver MAY be restored [via RBTI], but it all depends on where the cirrhosis is and how far advanced it is.

CLASS 1-5: She was allergic to Irish potatoes and we'd taken her off them, but also told her, "you're going to crave Irish potatoes like an alcoholic craves his drink, and when you think you've just got to have them call me up, day or night, and I'll help you."

CLOD: They eat in order to overcome the nervousness. In eating they are trying to get more calciums and yet the body doesn't pick it up. Nature is craving food like an alcoholic craves his drink, as a person who is on pot craves dope.

CLOD: 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.

EUGENE REAMS: It has been found that when fructose is given on a controlled basis to alcoholics, the craving for alcohol is greatly reduced.

FONTENOT: A few foods which must be eliminated from your diet. I do not have space to give the reason for each except to say that RBTI tests show that they all cause a decrease in reserve energy. ...alcoholic beverages...

ION INSTITUTE: Any person who is irritable, excitable, nervous or indulges in alcoholic beverages, tobacco and drugs will have low calcium reserves.

MANTHEI: The problem with alcoholics, drug addicts, or food addicts has something to do with the amount of estrogen and testosterone produced. It may be the ratio between the two because everybody produces some of both.

MANTHEI: Alcoholics, drug addicts, and food addicts need lots of water.

OLSZTA: Reduced oxygen levels in the blood due to low sugars can cause a person to experience...alcoholic tendencies...

REAMS/SKOW COOKING: [For indigestion] They may have those two things [wine or instead Zest Tonic], but if they have been an alcoholic or have had need to go to AA for alcoholism, it is a no-no. Then you substitute fruit juices for wines.

SESSION 1-1975: This brings up that he's an alcoholic and he doesn't drink a drop, no whiskey, no alcohol at all. What is happening is his pancreas is manufacturing too much alcohol.

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 who 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. 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 wheatgrass.

See also→ VITAMIN K

ALGAVIM

 **NOTE:** *Algavim, Algazim, Alganim, and AlgaLife (or others) are similar formulations of a low-sodium Norwegian sea plant harvested from fjords. Your personal consultant may have a preference. All instances in this document have been changed to read "Algavim" as that is the name Reams used 100 times in the ARM.*

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

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

BEDDOE: [Algavim] is a source of an enzyme that is a catalyst to the uptake and availability of Vitamin A.

BEDDOE: Algavim 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 Algavim [can help].

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 [old-fashioned], salmon, sardines, Algavim, bananas, etc.

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

C.H.E.M: Algavim 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 Algavim. It has no salt or oil.

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

CLASS 1-5: Algavim 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: One of the processes of aging is a lack of Vitamin A. Practically all senior citizens over 60 need some Algavim 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 who is on insulin, diabinese, orinase or diabinate because it is high in sugars.

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

DAILY: Min-Col and Algavim 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 Algavim 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: Algavim is green and is helpful when sugars are in high ranges. Algavim assists Vitamin A to assimilate more easily. Reams would have said that Algavim makes Vitamin A more available to the body.

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

ION INSTITUTE: Algavim 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 Algavim increases when the ureas are low and/or any type of heavy metal poisoning occurs. Algavim is the brain's most nourishing overall food.

JOHNSON: Algavim 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 Algavim first and foremost, hominy every day, and celery juice and food sources.

MANTHEIa: Student: How long does it take to get rid of cataracts on a patient? Reams: I haven't seen any that took over 18 months. For cataracts, get your body chemistry into range A first. Then take Algavim 2 - 3x/day, if your weight is under 130 lbs and if it is over 130 lbs take 2-4x/day. The first three or four bottles that you take, you won't be able to tell any difference. In 18 months I've seen them go completely away. Student: What about glaucoma? Reams: Same thing. In glaucoma, it generally works a little quicker.

MANTHEId: What are the two food supplements that are the richest source of minerals for the body? The answer is Algavim & 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 counterclockwise 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 [**alkaline**] 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: 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 **becomes so alkaline**.

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: 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 who 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 is 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 gallstones.

ALL SPICES & HERBS

ARM: Lungs have the most variety [of minerals]; need all of them, 84. Best food for the lungs is **Allspice** [All Spices & Herbs] 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: ½ to 1 teaspoon of blackstrap molasses, 1 to 2 teaspoons of Maple syrup, dark Honey or other liquid sweetener; plus ½ 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 ¼ teaspoon as an addition to other herb teas. The same amount added to fruit juices also works very well. **NOTE:** *Beddoe does not make the distinction that Reams makes between ordinary allspice and All Spices & Herbs made from many different spices.*

CHALLEN: Eggplant casserole ingredients: **All Spices & Herbs**.

C.H.E.M: **Allspices & Herbs** is the best source of minerals for the lungs. When the body is very deficient in minerals, as in a double acid case, nature will pull minerals from the lung tissue, and increased amount of delta and omega cells will form.

CLASS 1-5: The lungs require a greater variety of mineral than any other part of the body and the best food for the lungs is **All Spices & Herbs**, a mixture of several different spices.

CLASS 1-5: The **All Spices & Herbs** 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.

GARDENING: ...you have to add a little honey, **allspice** and blackstrap molasses according to the phosphates in the soil from which they were grown. And what a dish, what a dish! They're just as soft and the Yankees call them black-eyed beans, but they are very high in natural protein and they are very nourishing and it sticks to the ribs.

MANTHEI: And then we'll also put in a little bit of seasoning. Sometimes we'll use that **All Spices & 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 Spices & Herbs** does have a little bit of nutmeg in it.

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

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.

ALLERGY

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 who 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. 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 that case take them off of the chaparral and they will stop burning. There are some people who it will give them a very severe case of diarrhea and they can't take it. In others it stops the kidneys from working. Go by the numbers.

CLASS 1-5: If you ever analyze a person with ptomaine poisoning and you get a look at the numbers, it's the craziest bunch you ever saw. You might think that it's not possible for a person to be walking around with those kinds of numbers, but yet there they are. Then you know it's an allergy and therefore a temporary poison.

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 is 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 theres no reason whatever to make a rule to fit everybody just because somebody is allergic to something. Doesn't make sense, does it? Those are

what we call fads.

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

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.

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

CHALLENGE: 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 RBTI 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.*

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

CHALLENGE: 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: The brain also contains traces of aluminum, gold, silver, copper and so forth but these

are in colloidal phosphate form.

CLASS 1-5: **CLASS 1-5:** The electrolytes in the brain are responsible for the messages getting out and through to the organs. 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 is a sufficient amount of the phosphate of aluminum to charge the brain sufficiently to be the beginning of electrical responses to follow the entire nervous system even to the end of the toes. So the brain is very high in colloidal substances, and that is where it gets its aluminum from. There is no feeling in the brain, "no brain - no pain" and the brain has more aluminum in it than any other part of the body but way, 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.

AMMONIA

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

ANATOMY: Student: Then, what you're saying is that the reason why the nitrogen is being thrown out of an omega cell would show up in the ammonia, is because that is your strongest pull, and it's an isotope, so since it comes in contact with it, they pull it from anionic to cationic. Manthei: Right!

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: Now take a look at the Range and Zone Chart, Figure 10-6. In the column for ureas, you will see that the range of potential urea levels extends from 0 to 30. Remember, the urea number is the sum of both the nitrate number and the ammonia number.

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

BEDDOE: During this time the ammonia nitrogen number has gone lower; but, it will never go all the way to 0. Usually it will lower not more than about 4. It is during the time that the numbers raise back toward a total of 12 that the person will begin to feel better. When the urea total gets to 12, it is time to break the fast and begin the light diet phase.

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

CHALLEN: When a person's sweat smells like ammonia then their proteins are changing to nitrogen very fast and are being expelled through the skin.

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

C.H.E.M: What does the last letter of the equation represent? Answer - It is the other part of the urea, called the ammoniacal nitrogen, and it can affect the cardio-vascular energy. Together with the salts, pHs, and albumen, it can give an indication as to proper kidney function.

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.

CLASS 1-5: For instance urine that has high ureas smells like ammonia, and there is a lot of foam in it when a man urinates into water.

CLASS 1-5: The cause of foam in urine is nitrogen. The higher the nitrogen the more it foams. For men, urine should not foam whenever they urinate into the water. If it forms too much foam it means a high ureas and if it smells of ammonia it also means a high ureas because the ammonia occurs from the urea breakdown in the proteins that are thrown off. If you can smell the extremely strong odor

RBTI DESK REFERENCE

of ammonia then it's a very high concentration, in fact, you're on the verge of a major heart attack in that condition.

CLASS 1-5: The last two numbers (Nitrate Nitrogen, **Ammoniacal Nitrogen**) are the ones that denote the loss of energy.


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: Urea is in two forms-nitrate nitrogen and **ammoniacal** nitrogen.

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

DAILY: This protein passes into the lower bowel and colon only partially digested and there it putrefies.

Toxins from this putrefaction are absorbed and up go your **ammoniacal** nitrogen numbers. 

NOTE: *There is little to no support for this thought among serious RBTI students. Perhaps if this were true, one's feces would smell of ammonia instead of one's urine.*

DAVIS: The last part of this equation is the reading of the cationic nitrate nitrogen on the top and the anionic **ammoniacal** nitrogen on the bottom. Why are we interested in this? It is the level of undigested proteins in the body chemistry.  **NOTE:** *This is absolutely backwards. Nitrate is anionic and ammonia is cationic. Perhaps a transcription error.*

DUNLAP: When the bottom urea is high, an excess of **ammonia** is present. The ammonia is a stimulant to the heart. Simply put, it will not let the heart rest. It drives the heart and overworks it. The bottom urea tells about the kidney, not the heart, but it lends understanding to the heart. When the bottom urea is too high it shows that the kidneys are under stress.

EUGENE REAMS: Reducing the high salt content of the blood with the use of pineapple juice is only one step in the right direction of healing. If there is inadequate Vitamin A, the body will not heal after flushing out the high salt in the blood. Anytime there is a high urea number (nitrate nitrogen) over a lower urea number (**ammoniacal** nitrogen), there is a Vitamin A deficiency.

FONTENOT: Urea is simply undigested proteins (nitrogens) in the system. It, too, is a salt. There are two kinds: anionic nitrate nitrogen, and cationic **ammoniacal** nitrogen.

FONTENOT: The bottom number [**ammoniacal** nitrogen] is also an indicator of protein digestion. A high number here likewise may indicate a very slow base exchange -- the throwing out and replacing of dead cells. Or, either number very high could indicate that the person just isn't drinking enough distilled water.

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.

KIRBAN: Urea is two forms of nitrogen: nitrate nitrogen and **ammoniacal** nitrogen. This buildup is what causes the heart to beat harder and harder and harder.

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.

MANTHEIb: In our kidneys, there is more nitrogen, in the form of **ammonia**, than in any other tissue. In what factor of the equation would this show up? Urea — ammoniacal nitrogen.

REAMS ANALYSIS: Toxins from this putrefaction are absorbed and up go your **ammoniacal nitrogen** numbers. **NOTE:** *There is little to no support for this thought among serious RBTI students. Perhaps if this were true, one's feces would smell of ammonia instead of one's urine.*


REAMS/BLACK: Whenever you urinate and you smell ammonia, the **ammonia** odor to it, that is the urea in soluble form.

REAMS/BLACK: If you take some household ammonia and pour Epsom salts into it the nitrogen will come out immediately and if you pour just the right amount you've got clear pure water. If not, you've got magnesium oxide water in the bottom because if the ammonia has turned the sulfate into an oxide providing it didn't get too much. If it's too much you've got magnesium sulfate. You've got Epsom salt water. So in your system, the magnesium releases the soluble nitrogen or urea in your system, so that your heart won't beat so hard.

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.

SESSION 1-1975: Reams: In what form do we find those two [ammonia and nitrogen] in the body? Students: No answer. Reams: In the form of a salt. [To assistant] bring that bottle from my desk of that urea salt that we have extracted from urine. It will be interesting for the students to see.

SESSION 1-1975: An elevated ammoniacal doesn't cause the heart to pound much as the nitrate nitrogen. In other words, we'll say if you have a 12 reading of ammoniacal nitrogen and we'll say just for argument sake, a 3 reading of the nitrate nitrogen the heart wouldn't be pounding nearly so hard as if it would with the opposite with a 12 nitrate nitrogen and a 3 ammoniacal nitrogen.

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

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: 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, cannot 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. 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 coma 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.

ANALYSIS TIMING

ARM: Test on urine sample must be done in **two hours at the most**. It cannot be mailed through the mail. You lose the picture after about 2 hours; the picture fades out. The bacteria and the temperature of that urine, when it gets out and strikes the air, changes and it's worthless. **NOTE:** *Some current students have experimented and found that retests of the same sample at ever increasing time intervals indicated more stability than one might assume.*

BEDDOE: ...an analysis of a **freshly voided specimen** of urine and a small amount of saliva.


CHALLEN: Urine specimens must be **less than two hours old** - less than one hour in the hot summer sun. If frozen, it is ruined. Picture is blank.

C.H.E.M: The urine should be **freshly voided**, not mailed, nor should it remain in the bladder for longer than two hours.

DAVIS: Please do not mail your urine samples to me. Our tests are so accurate that samples more than **two hours old are worthless**.

JOHNSON: [For a terribly shy client,] They can even bring it in a bottle the next time they come. But according to the teaching, it's only **valid within two hours** after excreting, which leaves a lot of question in your mind when you realize that the bacteria actually starts breaking down [the sample] within 30 minutes after excretion.

PROMISE OUTREACH: Doc Reams required urine and saliva samples to be **screened within 2 hours**. This was the accepted standard operating procedure for a while. But as more people learned about RBTI, there were too few qualified screeners and so many desperate people wanting to be screened that alternate methods were sought out. In the early 1980's, assessments revealed that samples packed in approved kits and shipped under strict conditions gave clinically reliable results.

 **NOTE:** *A well-respected RBTI teacher has pointed out that shipping of samples is fraught with the possibility of confusion or even malevolence on the part of medical societies determined to stamp out every health message, Biblical or otherwise, not originating with them. That teacher believes there must be a high level of trust between consultant and client. Any shipping or receiving of samples should be only between friends, family, or clients who clearly are not out to do harm to either.*

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 is 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 is 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.

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 books that I have on my desk. But you who have not had studied anatomy, I recommend you get this set of books.

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 the frequency of a human being.

REAMS/BLACK: As you begin to work and study and to understand something about **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 a class in **anatomy**. It will be five hours a day for six days. 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. 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 is all he knew about a colon. You'll learn about anatomy.

ANEMIA

ANATOMY: Manthei: I would 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**.

RBTI DESK REFERENCE

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.

BEDDOE: Spleen Pattern: Away from range A. Related to adrenal patterns, kidney patterns, anionic pH, high conductance, anemia patterns, carbon monoxide poisoning, carbohydrate problems, respiration impairment.

CHALLEN: Anemic - Too many white and not enough red blood cells [corpuscles?]-B 12 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.

CHALLEN: A blue or black tongue and also a streaked tongue are symptoms of a Vitamin A deficiency and also anemia.

C.H.E.M: Iron is needed most by the liver and the bone marrow, These tissues are responsible for making the red blood corpuscles, so anemia could result from an iron deficiency. An iron deficiency may be due to a calcium deficiency, which causes the pH to drift from perfect, thus weakening the gastric juice, so the energy from the iron in the diet is not being extracted. This is cause and effect.

CLASS 1-5: Doc Reams quite often spoke about carrot juice as being one of the most perfect juices you can have, providing it comes from good, well grown carrots. Not only is carrot juice rich in Vitamin A but it is also rich in minerals and iodine, if it is grown in good soils that have sufficient iodine in them. Carrot juice is good for many things like the liver and skin and is an excellent thing for leukemia and anemia.

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: Gum recession of the teeth is a lack of Vitamin A. It could also be anemia, a lack of iron, or Vitamin B-12, or Vitamin B-6. I need to have all the numbers to zero in on it, but supplements like Min-Col cannot cause the gums to recede at all.

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: Use Vitamin B-12 in all cases of anemia. 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.

DUNLAP: Anemia is also related to high salt. High salt causes an oxygen deficiency. Oxygen deficiency causes a Vitamin C deficiency. The Vitamin C deficiency creates a lack of Vitamin A, which creates an iron deficiency. Iron deficiency is anemia. Look at all the numbers and think about their wonderful relationships.

ION INSTITUTE: Anemia is a lack of iron and iodine which prevents the bloodstream 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**.

JOHNSON: Vitamin A is not utilized properly and at [SpH] 7.4 or higher the spleen is affected and **anemia** common.

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/BLACK: Iodine is a very important element. Without it, Vitamin A cannot be available to your system. Iodine is absolutely necessary. And your liver uses more Iron and Iodine than any other, is more than any other organ in the body. And without it, Vitamin A cannot be assembled. And without Vitamin A, the WBC either goes too high or too low. And that is Leukemia or **Anemia**. Anemia and Leukemia are the same thing only a different stage.

REAMS/BLACK: You need to understand that **anemia** is caused because of a lack of Vitamin A. And suppose that they're deficient in Iodine and you gave Vitamin A by the pound. It wouldn't do a bit of good. Just because they are anemic, or have a high WBC or a low WBC, giving the Vitamin A, it will not become available. The body will reject it. You cannot put it in there. You cannot force the body to take it. What you have to do is to get the liver to accept the Vitamin A and manufacture it into a quality molecule of energy that will replace the old cell that is no longer functioning and decrease the WBC to bring it in ratio with the RBC.

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.

SESSION 1-1975: For instance, if you have a patient that you know is **anemic** or leukemic, you will know that it's a type of cancer of the blood cells. Nothing more or less. You know it's a Vitamin A deficiency. You know which way to work on it.

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

See also→ LEUKEMIA

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." The 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.

ANGSTROM

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 (Å). 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 are 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 stolo 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 stolo? Manthei: It's in the stolo.

ARM: Paper, cork, glass, what makes the difference in weight? The number of electrons.

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 is no exception. If you were to combine anionic calcium with, say, cationic sulfuric acid in a test tube then the calcium will appear to be cationic, or acid, 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 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 counterclockwise 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 property.

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

ARM: For strep throat, let the doctor give them mycin tablets, penicillin, or even shots, but tablets are better.

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.

CHALLENGE: 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.

CHALLENGE: 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.

CHALLENGE: When the tonsils are swollen, it means that the child is not drinking enough water and dead cells are collecting in the tonsils (tonsils are the body's garbage bags). Tablets, not shots of penicillin, are all right for child with strep throat.

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 is 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 is 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. 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.

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 bloodstream 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. 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: There is a time to use drugs and a time not to. If the child has sore throats, then he should get some penicillin tablets.

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.

REAMS/BLACK: Mushroom soup is very rich in penicillin. **NOTE:** *It is easy to think that Reams mis-spoke here and probably meant "antibiotic."*

APPENDIX

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

BEDDOE: Since the appendix is at the beginning of the ascending colon it is affected anytime there is a pattern showing constipation. It is also a lymphatic organ therefore is also showing stress when the lymph system is showing congestion.

CHALLEN: Appendicitis - no black pepper, fig seeds, or any small seeds.

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 who were made a vegetable by an appendicitis operation. Also there is 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 this and do a marvelous job for them.

CLASS 1-5: I believe in surgery. There are times for surgery, like in the case of the Dead Sea brain tumor, or whenever you have ruptures, or when you have acute appendicitis. There are many times you need surgery but the thing about it is try to coordinate the diet with your surgery to see if surgery can be prevented. There are acute cases in which you don't have any time, there are times when the appendix has already burst and you have to do something and do it quickly, there are times when the hemorrhaging is very severe and something has to be done very quickly, there are times for heart massage in which surgery is necessary, so don't think for one moment that I'm against surgery, don't think for one minute that I'm against medicine or chiropractic adjustments, or other things, all I'm saying is to coordinate your diet with your treatment and you will get a lot better results.

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.

JOHNSON: An acid urine pH would indicate inflammation of the ileocecal valve, cecum, appendix area, ascending colon up to the hepatic flexure and across the transverse colon.

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 ½ hour before meals. They should not be used by anyone who is overweight.

CLASS 1-5: People who are overweight should not have yeast or Vitamin B-1 or Vitamin B-2, that is if

it's just an overweight problem, because it makes you more hungry and you eat a lot more food. People whose system naturally manufactures too much B-1 or B-2 actually are hungry all the time and they eat too much. That is one of the causes of obesity but I 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.

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

CHALLENGE: Solo Rama [Solarama] 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 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.

MANTHEIa: Student: I thought the K-Min was only supposed to be used for a month. Reams: No, sir, I have some people who are on K-Min for the rest of their lives. Some have done so for the past 15 years. Because they have Arizona Salmonella and in that case they take it for the rest of their life.

See also→ 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.

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

ARM: It determines the structure of the heart. Arsenic is to the heart what iron is to the liver.

BEDDOE: Asparagus is a source of a colloidal arsenic that is vital to heart rhythm.

BEDDOE: The Heart is vital because it functions as the pump. It works harder, physically, than any other organ. Therefore, it requires two important trace elements for its special needs: Iodine and Arsenic.

CHALLEN: If the heart is beating too hard, then one is using up the arsenic and throwing it out of the system. Eventually, they will have a deficiency of arsenic and will have a heart attack.

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 muscle.

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. The lack of arsenic caused the heart valves to deteriorate, and remember, you get your arsenic from asparagus.

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.

ION INSTITUTE: Asparagus is rich in arsenic, a key trace mineral needed by the heart. Arsenic in this food form will help strengthen the heart and regulate the heart beat. Use it 2 to 3 times per week for maximum benefit. Do not use asparagus on a daily basis, this can be counterproductive.

JESSE: Asparagus has a high proportion of natural arsenic. Arsenic is excellent for the correct functioning of the heart especially where there has been pressure on the heart or general cardiac problems. It should be eaten twice weekly in such instances. It is effective when cooked, raw or canned. Although cooking destroys vitamins and enzymes, it does not destroy the elements.

JOHNSON: Shortly after a heart attack, where there has been heart damage, rheumatic fever, or any of these things, asparagus three times a week. And this is for the arsenic,

JOHNSON: The next item is asparagus. We are after the arsenic here for the health of the heart. This is used in cases where there has been pressure on the heart or some real heart problems. Use this two times a week.

KIRBAN: The arsenic in vegetables is in the phosphate form and is not poisonous. In fact it is vital for a strong heart! Our hearts contain a large amount of arsenic compared with the other organs and this is what really makes the heart different from all the other organs.

MANTHEI: We also need 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/BLACK: Well that [heart] defect is brought on because of a mineral deficiency. And the best way to correct that is by the eating of asparagus before it ever happens. In other words, a mineral deficiency is the one that brings about that effect. The heart contains more arsenic than any other organ in the body. And asparagus is a very rich source of arsenic.

REAMS/MANTHEI COOKING: One of the things about asparagus that is in it is arsenic, and that is 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.

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

SESSION 1-1975: So I made him a diet to bring the [toxic] arsenic out of his system. And within six weeks he had lost his walking sticks and walking straight completely, but the odor of that arsenic coming out was kind of rough. It come right out through the skin like salt. And then he said to me, he said "Now I remember where I got the arsenic from." He said, "When I was a boy between ten and eleven years old, I had a heart murmur and at that time it was advisable to give high amounts of arsenic." He said "It was then that I got arsenic in me and I have been sick all my life." He said, "I am feeling better now than I have felt in 25 years." He had been in the hardware store business for most of his life, then he retired and he bought an orange grove.

 **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: Salts at 48: Liver starts to manufacture cholesterol. 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, 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 is 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 atherosclerosis.

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 loose 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 are 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.

REAMS/BLACK: The reason for high cholesterol in the arteries and veins is too much salt retained in the body.

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.

ANATOMY: Reams: There are four different kinds of arthritis.

ANATOMY: Student: I've kept bees more or less all my life and I guess I've had a million stings. Still I got arthritis pretty bad. What is that? Reams: Is it inflammatory type? Student: Do you see my fingers, how crooked they are? Reams: There are four different kinds of arthritis. This is a inflammatory type. Student: I see. Reams: The others you have to treat differently. Manthei: Do you want to clarify that? I was under the impression that it's mainly for the degenerative type and not the inflammatory type. Reams: No, it is for inflammatory type. The bee sting is for the inflammatory, swelling kind, which is the easiest of all to take care of. In a case like that, there is a problem somewhere else in your system that is robbing the joint of its oil. And that's the kind that can be very deforming. So, find out. Generally, it takes tests to find out, but it's quite easy to do, to find out which one it is.

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 B-5 - 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, gallstones, 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 B-5, and it's the same cause as for rheumatoid arthritis, lumbago, neuritis and so forth and there is 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? 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 bloodstream 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 year old 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.

MANTHEIa: Student: I was wondering if there was a possibility that magnets could be used for affecting the ionization, say in broken bones? Could magnets be used to help re-ionize that? Reams: Copper bracelets do as well and do an excellent job provided you take enough Min-Col. It will also help a lot of people with arthritis---not the rheumatoid, but the degenerative kind. There are easier and better ways to correct those problems.

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 who 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.

CHALLEN: Asparagus - should be eaten at least once a week and if heart trouble then twice a week.

C.H.E.M: California carrots are very rich in iodine for the liver and asparagus is a very rich source for phosphate of arsenic for the heart. Yet if one were to eat asparagus every day for one month, it might prove fatal. It should not be eaten any oftener than three times per week.

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.

CLASS 1-5: If the heart has an irregular, but strong, beat all day and not just after meals, it could be that they've had a heart attack in which case you put them on asparagus, two or three times a week. Asparagus, asparagus soup and it doesn't matter whether it's fresh, canned or frozen, but asparagus will bring a heart rhythm back to perfect quicker than anything I've ever seen in my life, and I will say this, I have never seen it fail.

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.

ION INSTITUTE: Asparagus is rich in arsenic, a key trace mineral needed by the heart. Arsenic in this food form will help strengthen the heart and regulate the heart beat. Use it 2 to 3 times per week for maximum benefit. Do not use asparagus on a daily basis, this can be counterproductive.

JOHNSON: The next item is asparagus. We're after the arsenic here for the health of the heart. This is used in cases where there has been pressure on the heart or some real heart problems. Use this two times a week.

KIRBAN: What are the foods that contain arsenic and why are they good for you? Reams: **Asparagus** and celery. The arsenic in vegetables is in the phosphate form and is not poisonous. In fact it is vital for a strong heart! Our hearts contain a large amount of arsenic compared with the other organs and this is what really makes the heart different from all the other organs.

MANTHEI: We also need 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.

PROMISE OUTREACH: The heart needs **asparagus**—twice a week strengthens the heart.

REAMS/MANTHEI COOKING: One of the things about **asparagus** that is in it is arsenic, and that is one of the minerals needed by the heart. Student: Why not too often raw? What's the reason? Reams: 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. It can kill you.

REAMS/SKOW COOKING: Question: How often can we have **asparagus**. Reams: If 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 [Weeks, perhaps: transcription error?].

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.

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-oxygenation, 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.

BEDDOE: Your body can show chronic or continued long standing symptoms of toxic conditions such as post nasal drip, **asthma**, hay fever, etc., that you have just learned to live with. These situations are sort of a continual ongoing healing crisis that never seems to end.

CHALLEN: **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.

CLASS 1-5: When the nerve ends are damaged they cannot pull oxygen into the body and the name of this condition is emphysema. A deficiency of oxygen can also occur if there are other types of lung problems like mucus, **asthma**, cystic fibrosis and even smog and pollution can affect the oxygen availability to the liver causing the gastric juice to be too dilute.

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.

JESSE: Therefore the digestive tract is the first line of defense against allergenic proteins being absorbed into the bloodstream. However, if undigested food proteins (peptides) do enter the blood-stream, the immune system activates specific white blood cells to engulf, digest and destroy the undigested food substances. When both the above protective mechanisms are malfunctioning, food intolerance symptoms result, such as chronic eczema, hay fever, bronchitis, **asthma** and other respiratory disorders, rheumatoid arthritis, depression, schizophrenia, migraines and many other conditions.

JOHNSON: High saliva pH (6.4-8.4) sets stage for allergies, hay fever, pneumonia, emphysema. With alkaline urine pH as well, easily get pneumonia and/or asthma.

JOHNSON: Alkaline saliva pH will bring about things like asthma and bronchial trouble.

REAMS/BLACK: Asthma is caused by a calcium deficiency and you have to find out which calcium it is. 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.

REAMS/BLACK: I have asthma patients come to me from all over the world. And they will come to you. Every time their problem is in the calcium availabilities.

ASTIGMATISM

ANATOMY: Manthei: Astigmatism is as I understand it, as you are looking at the eyeball and the pupil and the iris, is a squashing of the eyeball. It's a malformation in the shape of it caused, I think, by dietary problem.

ARM: [RBTI tests] will show you astigmatism in the eye or [ringing in the] ear, or an ingrown toenail.

ARM: If they [your clients] hold their head one or the other side, it means two things. They either have astigmatism - you'll get used to seeing that in the numbers - or else they have a neck that needs adjustment, or they have one leg that is shorter than the other.

CHALLENGE: If a person holds their head to one side it could mean astigmatism, a neck that needs adjusting, or one leg is shorter than the other.

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: 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: 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.

HEALTHVIEW: Most people feel terrible, during this fast. I've had big, bulging athletes go on the program and complain that they've never felt so sick in their lives! They hate me, during the fast, but they feel so good, that when it's over, they have forgotten what they said and that's what really counts!

ION INSTITUTE: For an athlete, or one who exercises strenuously, nothing works faster than spirulina to get glycogen directly into the blood.  **NOTE:** see entry SPIRULINA

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 one's 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.

MANTHEIa: 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.

MANTHEId: Remember that benzene [beryllium] needs copper to make it available and copper needs benzene [beryllium] to make it available to the body. And both of these substances have — well, copper gives the tissue ability to expand and contract, or elasticity. And if you've got foot problems, though you've got a benzene [beryllium] deficiency; and if you've got athlete's foot, you've got a copper problem there because it is a fungus. And yet you can control athlete's foot by taking hot peppers or horseradish or Tabasco sauce or foods like that.

PROMISE OUTREACH: The best exercise is walking, swimming, or biking. Some of the sickest people I've met are athletes who over-stress their bodies without the nutrients to maintain cell integrity.

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/BLACK: You were an athlete. Or you did a lot of hard work " He said, "Yes." I said, "Your test shows here that you have athlete's heart. An enlarged heart which is nothing wrong with an enlarged heart, providing you keep your weight and diet in proportion to the size of your heart to keep it busy."

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

REAMS/SKOW COOKING: Wherein office workers would only need light meats, once or twice or maybe three times a week at the most, these heavy loggers, working where it's very hard, must have, or athletes that are training where the training is really rough and they're trying to reach that goal of accomplishment first, then they're going to need more meats.

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.

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

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.

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.

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 is 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 is false. If you consider the "Where" and the "What" are the poles of the earth and what is magnetism? Magnetism is the attraction of cations to cations or the attraction of anions to anions and it is the combination of Boyle's Law and Baer's Law that says, "like things attract", but when trying to relate a bar magnet with the spherical earth there is a problem. The earth is basically cationic, and the north and south poles of the earth are also cationic, or positive. The negative part of the earth, the anionic part, is the hot center. When a bar magnet is suspended over the earth the poles must line up north to south because the positive cationic attraction of the magnet is greater than any anionic attraction.

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 building up 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 who is a chain smoker craves his nicotine, and a person who is on drugs craves their drugs because of Baer's Law. Now Baer's Law 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 bloodstream and they are eliminated, the system meanwhile adopting 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.


AURA

BEDDOE: As the changes spoken of take place, there is an effect that is registered in the urine and saliva. These changes show up as greater and greater differentials from the ideal ranges. Not only was the line of resistance altered at the hyperfine (nuclear spin structure) level in the beginning, but the end result is the alteration of the electromagnetic aura of the whole body.

CLASS 1-5: If the gastric juice is just the right strength it creates electrical energy and heat energy. The heat passes right out of our body in anionic form but the electrical energy that's created from the food we eat forms the aura of electrical impulses around our body and that can be picked up by instruments.

ION INSTITUTE: Clothing made of synthetic fibers should be avoided as much as possible as this interferes with the ionization that occurs on the surface of the skin and in the aura.

AUTISM

 **NOTE:** No mention of "autism" (by that name) found in a complete RBTI literature search. Reams grew up in an era when any child who did not fully function was given a label, such as "idiot," "semi-idiot," "retarded," "moron," perhaps worse. The words that might have signaled "autism," or "autistic" are not so easily uncovered. However, the following lecture stories by Reams offer 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 is 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 and when the father came home that afternoon he called me up and said, "We have spent thousands of dollars on our daughter trying to get her helped and we believe that there is help. I want to ask you something, your instruction is different from anything that we have ever received in our life, and we'll try anything, but how can we do it without being conspicuous?" I said, "I'll tell you what I would do, I would get a 30 foot culvert about 24 to 30 inches diameter 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 heard nothing for 30 days, then she was back and I didn't even recognize her. She was so different and the first thing the mother said, "We had the surprise of our life, she could not crawl."

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

I learned about synchronization in England 50 years ago and time and again we use this system where there is a synchronization problem the person must learn to crawl, as well as correcting the diet. If there is any child that we know of now who 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 a baby 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.

This 17 year old girl had been going the same way from infancy to high school. After she learned

RBTI DESK REFERENCE

how to crawl and regained her synchronization she graduated at the very tip top of her class and you should have seen the difference.

Miss Fitz

I had Doctor Henry Williams in Lancaster Pennsylvania bring me a girl named Miss Fitz, she was 22 years old, of a German family, and she had been in Harrisburg Insane Asylum for six months and they heard of us coming to that area so Doctor Williams took this girl out and they brought her to see me. Well, she was a complete vegetable and her hands went in any kind of a direction and she was acting like an idiot, she couldn't even talk, she would try to talk but she couldn't dress herself and she couldn't feed herself.

I asked Doctor Williams for permission to give her 1000 units of Vitamin B-3, nicotinic acid, every two hours until I gave her 20,000 units, and he said, "It's alright with me if you keep testing her." So we started this and in seven hours that girl was normal and she's still normal to this day. She's married and has a little girl who is as cute as can be. However the little girl developed spasms which were low blood sugar, they called me and I told them what to do. Doctor Williams saw this case with his own eyes.

The "moron"

When we walked in there was this little boy between 4 1/2 and 5 rolling around on the floor acting like an idiot, and the little girl was there and very happy because we had come to visit her parents. We told them exactly what happened and why we had come, all because their little girl was entirely too sad.

Her father was in his mid 30's and we found out that he had retired from the military on sick leave from a heart condition, so we suggested some dietary measures to help his heart, the use of asparagus, avoiding the unclean meats, water and so forth and all the time his wife was writing it all down. While this was happening I was also watching the little boy rolling around on the floor acting like an idiot but I noticed that he made a few movements that indicated great intelligence and I said to the parents, "this child does not look like a moron to me, will you have him do some handwriting for me so that I can see his writing." They said, "he can't read and he can't write."

I said, "I know he can't read or write but he can make marks on a paper and it's the scribbling I want to see. Would you have him do some writing for me?"

I said to the little girl when she started out, "After he writes the page you bring it back to me to read the handwriting." So this little girl got some paper and took him in to the dining table and she began to write and show him what to do, so he then began to scribble and make marks all over his page and so forth, and you know how a kid marks a paper.

So I read the little girl's hand writing and then I looked at the little boy's markings and he was extremely interested to know what was going to happen. Now a moron makes a certain type of mark on a paper that can't be made, or won't be made, by a child unless it is a moron. Whenever the moron starts to make a straight line he can't do it, he can't make the straight lines like the kids who aren't morons make, so it was the difference in those two marks that showed me that the kid was not a moron.

After I'd looked at the child's scribbles I said to the parents, "This child is not a moron. He's a genius. He has outsmarted you, the doctors and everyone." Up to this time the boy had never spoken one word to anybody, yet he cried at times, and I said, "All you need to do to him is to treat him like a human being. He's been told so long that he's a moron until he is as sick and tired of it because he knows he's outsmarted you, and he's got you folks wrapped around his finger and he wants to be treated like a kid and you're treating him like a moron. You're forgiving him everything he does because you think that he's crazy and he can't help it," I said, "He can help it, he can obey." And I said, "as soon as we leave here this afternoon you put a bridle, saddle and spurs on him and make him toe the line. What he needs at times is a good spanking, and treat him like a kid and he will love you for it."

You know what that kid did? He got up off of the floor and crawled up in my lap and put his arms around my neck and almost broke my neck, lovin' me, because I had called his time on it and they said he had never done that to anybody before. That kid knew every word I said, and they did crack down on him and the next morning he says, "I want oatmeal for breakfast." And he went to school the next year and he was a star student, I mean he starred in the kindergarten and he was a tiptop A1 student. Now that kid was simply a genius who outsmarted the best psychology doctors. Everytime

he would see me or my wife he'd wave and come over to us to talk.

That little fellow was an intelligent little fellow, but you can tell somebody they're a moron long enough for them to believe it. When treating it the thing about it is not only to give a diet but treat them like a human being, the best of human beings. If the moron problem started at birth, if it's a genetic condition, you cannot do anything about it by diet, however we're learning to do a lot through mental telepathy on some of these people who were thought to be impossible before when we start with them young enough.

The moron's behavior is not necessarily reflected in his equations. You'll find some morons who are the best behaved children in the world, they don't cheat, they don't give any trouble, however they're generally loners and they don't mix with other children, but you may find that if their digestive tract is upset they'll be quite a problem child.

She looked like an idiot

Since I was here at Copper Hill last March, a mother brought a 19 year old girl to me. She looked 70. She graduated from high school two years late because of another problem and she looked like an idiot. Her face carried the expression of an idiot and she had been termed a moron. She actually had been a straight A student in school, but she could not put her hands anywhere she wanted. She contorted her face and made all sorts of contortions. She jerked her head. It was something to behold. But when I ran her urine/saliva tests they were just almost a perfect reading. But there was one little tell-tale thing in it that indicated to me that her problem was coordination. She had never learned to coordinate her brain wave with her muscles.

I said, "I'm not even going to give you a diet. I'm going to tell you something to do, and I want you to come back in a month and do it. And here is what I want you to do." "I want you to learn to crawl." And the mother's face I could see, and the daughter's too, I could see their disapproval written all over. They had no intention of doing such a foolish thing as that. However, their father was one of the executives in the copper mining industry and when they told him what happened, he said, "We have spent thousands and thousands of dollars and everything else. It has done no good, but we are going to try that too. So he called me up and had a talk about it and he said, "How can I do it?" He said, "How can we do it?"

I said, "If I were you I'd get a culvert about 30 feet long, out in the yard, and I would have her crawl through that culvert time and time again." And that's exactly what he did. He bought a culvert and put a rug inside and she started crawling through this culvert about 10 or 15 times a day, and still going to school. They came back to see me in a month and I would have never known the girl. Her whole facial expression had changed and she was almost perfectly normal. You could still see some telltale signs of the earlier trouble. The mother said to me, "We thought you were crazy. We thought you were a quack. But we were so surprised when we found out that my daughter couldn't crawl. She couldn't crawl." Two months later, I dismissed her, a perfectly normal girl, and all her problem had been was that she hadn't learned to crawl when she was a baby.

AVAILABILITY

ANATOMY: And when the body retains too much salt, there's too much electrical current carried on the wiring system in your body, which is the nervous system. And a substance then is driven off or is lost from not only the nerve but from the tissue that it is supplying, and that substance is copper. Copper is thrown out or copper no longer becomes **available**, and copper gives tissue the ability to expand and contract. And when copper is thrown out, the tissue loses its elasticity and causes those tissues to become larger than normal or to swell or to balloon out.

ANATOMY: Student: what does the Jason Winters tea do for the blood? Reams: Makes Vitamin C **available**.

ANATOMY: Student: You mentioned earlier that the minerals in the phosphate form in Min-Col can be used regardless of the numbers? Manthei: Correct. Student: So then why can we not have phosphate of calcium **available** in the body? I mean, why is it throwing it off then? Reams: One is colloidal, one is not.

ARM: The first number [urine Brix] tells you the amount of energy available. The second number [urine pH] tells you that you are getting the exact amount of mineral from the food that you eat - not energy, but mineral. This determines the mineral content that is **available** to your body, which also has a lot to do with energy.

ARM: Also when the pH is low in a child, it's not assimilating enough Vitamin C. See to it the child has calcium it needs to make Vitamin C **available**.

BEDDOE: [Algavim] is a source of an enzyme that is a catalyst to the uptake and **availability** of Vitamin A.

RBTI DESK REFERENCE

BEDDOE: Calcium is vital to the proper making of plant sugars. Without calcium there will be improper buffering of plant acids, thus the taste can be dramatically affected by the presence or lack of acids according to calcium availability.

BEDDOE: Four, it [Algavim] is a source of an enzyme that is a catalyst to the uptake and availability of Vitamin A.

CHALLEN: Insulin is necessary for Vitamin C to be available to the system and is necessary for cells to knit together.

CHALLEN: Vitamin D makes calcium available to the body.

C.H.E.M: Therefore the ability of hormones to function, producing vitamins and enzymes is dependent upon the availability of minerals.

C.H.E.M: If we eat a wide variety of foods, a wide variety of minerals will be available to the liver.

CLASS 1-5: When the nerve ends are damaged they cannot pull oxygen into the body and the name of this condition is emphysema. A deficiency of oxygen can also occur if there are other types of lung problems like mucus, asthma, cystic fibrosis and even smog and pollution can affect the oxygen availability to the liver causing the gastric juice to be too dilute.

CLASS 1-5: Thick blood also reduces the availability of oxygen which also heightens the stress on the heart, cholesterol to be deposited on the inner walls of the blood vessels, and hardening of the blood vessels.

CLASS 1-5: In cases of CF, or where there are lung problems like mucous, then a deficiency of oxygen can occur, which also effects the oxygen availability to the liver causing the gastric juice to be too dilute.

DAVIS: Without an analysis of the cations and anions available and the resistance called "pH" is known, good diet is, at best, a lucky guess. But why guess when you can know for sure?

DUNLAP: Lemon assists in increasing the strength and availability of the bile salts.

FONTENOT: With the saliva pH at 5.40 and the urine pH at 7.40, only one-thousandth of the energy is available as if both were at 6.40 - divided by time.

FONTENOT: Just as juices help the body assimilate minerals from the food, mineral supplements also make these minerals directly available to the body. But, how do you know if they are doing any good? How do you know if you are taking too many vitamins, or not enough? The purpose of these supplements, when it comes right down to the bottom line, is to help the body shift its chemistry. You will know their effect by the RBTI test results and by no other means which I know about.

ION INSTITUTE: When the blood is deficient in oxygen, the availability of calcium from the liver to the system decreases.

ION INSTITUTE: The richest and most digestible and absorbable [available] form [of Vitamin B-17] is in the cereal millet.

JOHNSON: And this is [needed] for the arsenic. This is also available in celery, to a lesser extent.

KIRBAN: Reams: Vitamin D often slows down digestion. If you have an acid system, you need Vitamin D, but if you have an alkaline system, you do not need Vitamin D. We should have a slightly acid balance. If we have this balance, the taking of Vitamin C would hinder this proper balance. Vitamin D raises your calcium availability and Vitamin C lowers your calcium availability.

MANTHEI: What effect does salt have upon calcium, the availability of calcium? What effect does salt have upon the availability of calcium? Student: Causes the body not to accept it. Manthei: Well, in what way? An increase in salt, most of the time, causes a decrease in the availability of calcium.

MANTHEIb: Algavim is very good; it helps make Vitamin A available.

MANTHEIc: This Vitamin C is in what form? Carbonate - gas form; therefore immediately available.

MANTHEId: So potassium deficiency, as seen in the urea, can also contribute to a person being overweight, as there will not be enough available for the thyroid gland to make the correct amount of soap.

OLSZTA: But when a person does this [eats much bread], he/she misses out on valuable minerals and enzymes available in other food sources.

OLSZTA: Some argue (Dr. Beddoe for one) that one shouldn't drink homogenized milk because the homogenizing ties up the calcium making it unavailable to the body. I cannot confirm this and presently drink homogenized whole milk without any problems.

PROMISE OUTREACH: The RBTI screening is an accurate measurement of the potassium availability to the brain.

REAMS/BLACK: We are going to learn a lot about this energy and the concentration of this energy and how much we can get out of the food we eat and the percentage of availability.

REAMS/BLACK: And these frequency numbers have to be in harmony with your numbers or they are not available to you. The food is not available to you.

REAMS/BLACK: Royal Jelly does not make Vitamin C available.

REAMS/MANTHEI COOKING: Now let's just talk about calcium a little bit further. Calcium that's on the frequency of the plant or animal - calcium that's on the frequency of the plant or animal - is not available to you. But it's only the excess of the calcium of that frequency that is available. So it's the excess - in other words, that which is being given off through the digestion of your food.

REAMS/SKOW COOKING: Most people do not eat enough mustard, which makes Vitamin C available to you, and can be used in any range in small amounts.

REAMS/SKOW COOKING: Nettle tea is also excellent in making Vitamin C available to you in vast amounts. It does not have much Vitamin C in it, but it is terrifically high in a catalyst that makes Vitamin C available to you.

SESSION 1-1975: Laetrile makes Vitamin C available to your system.

SESSION 1-1975: Vitamin D makes calciums available to your system. Without Vitamin D calciums cannot become available to your system.

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 Algavim 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 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.

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

CHALLENGE: 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 is 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? Reams: 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 who is 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.

SESSION 1-1975: Little babies need more calcium gluconate than any other form, calcium gluconate. There is an exception to this rule, an infant baby with a very high alkaline system. If they drink milk, it'll curdle on their stomach and they can't keep it down and therefore they need a little different diet.

BACKACHE

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.

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

SESSION 1-1975: Student: Doctor, our minister went to Africa and he couldn't handle the water at all,

so he just drank nothing but Pepsi Cola. That's all he drank. He got such a **backache** that he could hardly walk. Reams: It affected his kidneys. In some of the foreign countries, they put tea as a supplement flavor to Coca-Cola, and it was probably that what he got when it gave him such a back ache. When everything else fails to give you a backache, try Tetley's Tea, or Lipton's Tea. It will generally work. But sometimes, we recommend it when your body does not hold enough moisture. It causes the body to hold more moisture.

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.

ANATOMY: The aerobic **bacteria**, the richest source is yogurt. But then if your numbers indicate it, do not forget the other cultured milk products such as acidophilus milk, buttermilk, and kefir milk.

ANATOMY: What is it really about constipation that causes a headache? Student: A toxin. With a waste product in the blood. Manthei: A toxin? That's correct. Where's that toxin coming from? From what? Student: From the liver. Transverse colon. **Bacteria**.

ARM: What is the cause of mucus in the throat? **Bacteria**. Bacteria puts a coat of mucus over the throat, and the lemon juice cuts the mucus out, right down to what the bacteria are eating on, that manufactures the mucus.

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 - parametia, 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 who 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 parametium (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.

CHALLEN: If outside of pupil turns gray then the cause is cataract, fungus, or **bacteria**.

C.H.E.M: A Vitamin C deficiency is noticeable when there is a coating on the tongue, which is actually from **bacterial** growth.

C.H.E.M: It [the "M"] is called the albumen. It is not a **bacterial** count.

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 bacterias 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 salmonella.

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 bacterias**.

RBTI DESK REFERENCE

CLASS 1-5: Fungi 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.

CLASS 1-5: Now with cancer that seems to be alive and growing, what is happening is that the cancer is actually getting larger and larger but it's not actually growing. The mineral deficiency is increasing where the body cannot take it and postmorteal is setting in. In other words it's premature aging and dying. Many times you'll find various fungi, various bacterias within these decayed areas and then you **blame the bacteria** or the fungus for the cause. They do aggravate it but they're not the cause because if that were true then correcting your mineral deficiency would not cause the problem to go away.

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.

CLOD: Vaccine may kill the undesirable fungus and bacteria but it does not replace the mineral deficiency, and it also kills the friendly **bacteria** which protects our bodies from future attack.

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.

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.

ION INSTITUTE: Always remember this rule after colonics or enemas, re-populate the intestines with beneficial **bacteria**.

JESSE: It has been shown that hydrogen peroxide will kill **bacteria** in the intestinal tract including lactobacillus acidophilus, which is necessary for the maintenance of good health.

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: According to the teaching, it's [a sample] only valid within two hours after excreting, which leaves a lot of question in your mind when you realize that the **bacteria** actually starts breaking it down within 30 minutes after excretion.

KIRBAN: If the colon is coated, energy that comes from foods instigated by the **bacteria** in the colon cannot get into the bloodstream 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: This conversion that I'm talking about, though, if you take a capsule of, or tablet of, say, iron chelate or iron gluconate or potassium gluconate or something like that, that conversion is going to take place in the colon by the **bacteria** that's in your colon. That is what is going to make it into phosphate form; that is what is going to make it into water soluble form.

MANTHEI: In terms of frequency, then, remember humans have five zeros; animals have four zeros; plants have three zeros; one-cell animals or **bacteria** and some insects have two zeros; fungi and viruses have one zero; and your elements have no zeros.

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**).

OLSZTA: Try to always eat yogurt once per day as it is extremely good in restoring the friendly **bacteria** needed by the colon.

PROMISE OUTREACH: Aluminum cookware is porous and is open to **bacteria**. Use stainless steel or glass cookware.

REAMS/BLACK: Student: What about pyorrhea? Reams: Pyorrhea is a mineral deficiency that Min-Col will take care of plus using mouthwash to keep the **bacteria** out. It's a phosphated calcium [calcium phosphate] deficiency.

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.

SESSION 1-1975: When the Vitamin C is high enough in your system, even parasites cannot get in, **bacteria** cannot strike, and you are quite safe and in very good health if you'll keep that Vitamin C high enough.

SESSION 1-1975: There's only one thing that manufactures mucus and that's bacteria. And you can't starve **bacteria** without starving yourself too.

BAER'S LAW

ARM: There are three states of matter or energy. You have solid, liquid, and gas. **Baer's law** applies to solids the same as Boyle's law applies to gas; they both would apply to liquids the exact same way.

ARM: Boyle's Law applies to a gas, and **Baer's law** to a solid. It's just a different form of energy, or matter, being a part of energy.

CLASS 1-5: **Baer's Law** and Boyle's Law didn't change anything, they 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 exact same reason, and that is cause and effect, the loss or gain of energy.

CLASS 1-5: 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: Beer's Law or **Baer's Law**. (Doc Reams' pronunciation was BEER'S LAW). This is Beer's Law and I'm happy to see that there is a law that is at least named close to what Doc Reams referred to as Baer's Law, but it is Beer's Law.

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 who is a chain smoker craves his nicotine, and a person who is on drugs craves their drugs because of Baer's Law. Now Baer's Law 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.

CLASS 1-5: In considering foods and digestion, matter is energy and it exists as solid, liquid and gas and remember, **Baer's Law** and Boyle's Law apply to liquids in exactly the same way and this is the conversion factor that applies in the first stage of digestion, the extraction of the mineral energy from the food we eat and assimilating that into the system.

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.

MANTHEIc: Boyle's Law applies to gases while **Baer's Law** applies to solids.

MANTHEIc: From experimentation we know that Boyle's Law and **Baer's Law** are correct. We also know that the sum of the parts is equal to the whole. So if these laws apply on a large scale (i.e., the body as a whole), they must also apply on a small scale (individual atoms).

Comments by the transcriber of Class 1-5

"The absorption of light by an absorbing solution depends upon the thickness, d , of the solution and upon the molecular concentration, c , of the absorbing material in the thickness of the solution under examination, thus:

This is Baer's or Beer's Law. Where:

- *id is the intensity of light after passing through a distance "d" in the solution,*
- *ii is the intensity of the initial light,*
- *"e" is the logarithmic constant 2.72,*
- *k is the absorption coefficient.*

If you're interested in reading further see "Theories of Organic Chemistry", by F. Heinrich, and this is Wiley and Sons, New York, page 387. There is also a book on "Photometry" that covers this subject.

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 fashioned 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 helps 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 who needs Vitamin C badly and you want to give it to them you could use any of the fruit juices with bicarbonate of soda. 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 postmorteum 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 who 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 is 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

ACRES USA: Moreover, the liver frequently allows the chemical balance of the blood to become too alkaline.

ACRES USA: So in either case, an improper chemical balance in the blood-caused by a malfunctioning liver allows blood sugar levels to go below normal.

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.

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.

CHALLEN: What does it mean when the saliva pH is alkaline and the urine pH is acid? There is too much calcium of one kind and not enough of another. Stones will form in the kidneys because of a calcium imbalance (the amount of trouble this will cause depends on the client's age).

RBTI DESK REFERENCE

C.H.E.M: Energy in Energy out---As we observe the energy diagram, there is balance and harmony. Each cell of the body is constantly taking on a minute amount of energy and giving off a minute amount of energy to remain an alpha cell.

C.H.E.M: Your "genetic weight" is the weight you'll obtain and maintain given a balanced diet.

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 who 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 is a constant change from the "center" to "out" and "out" to the "center" and that makes it a balanced isotope.

CLASS 1-5: If they start getting up into the area of anywhere near 10 or above [urine Brix] they could enter into a coma and many people who are diabetics are acquainted with that. What is happening is they have an imbalance of oxygen and sugar and the body responds the only way it can, it closes down.

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.

CLOD: The tests will reveal secrets about your body chemistry that can be compared to the perfect God-given mathematical equation which will accurately denote the mineral imbalance of anyone's body.

CLOD: The passion drive is so great in some that it upsets the calcium balance and the more the calcium balance is upset the weaker they become, and the weaker they become, the less faith they have, and the less faith they have, the more undesirable they become as a prospective partner.

DAILY: [Min-Col and Algavim] 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, regardless of how well you might feel!

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.

JESSE: When the finely balanced ionic structure of nature is disturbed adverse health reactions occur as they do in all individuals.

JESSE: The concept of health and disease depends on the strict balance of the energy flow throughout the organism.

JOHNSON: It is advisable to purchase one of the calorie guides at your local health food shop. With its help you can learn to set portion sizes to balance that day's caloric intake. **NOTE:** *Johnson may have missed Reams' well-known disdain for "calorie counting."*

KIRBAN: The key [dying 20 y.o.] that triggered Dr. Reams into this ministry of restoring the body to its proper chemical balance occurred that year.

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.

MANTHEI: There needs to be a balance between the outgo and the income, and it occurs perfectly in range A.

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.

REAMS ANALYSIS: Treating the effect may help the cause but treating the cause will correct the chemistry imbalance and allow the body to heal itself.

REAMS/BLACK: You must have the right alcohol in order to supplement your body chemistry in order to keep your balance.

REAMS/BLACK: Balance is what you are trying to strive for.

SESSION 1-1975: And many times, it is not the phosphate — calcium balance that it [dolomite] upsets. It is the protein balance which the phosphates can't operate without it because the proteins are electrolytes.

BALANCED NUMBERS

👍 **NOTE:** *Over the years one or more students attended just enough of Dr. Reams' classes to gain a partial understanding. They then went off on their own and ill-served his pioneering efforts by developing bogus or semi-RBTI methods that they slyly intimated were "RBTI." One instance was the "Dr. Z" and his infamous "I only need the saliva pH to determine the body's needs." Another is Gary Martin's "balanced numbers," wherein he decided that the analysis numbers developed by Reams were inaccurate and required mysterious "balancing." When queried about "balanced numbers," the proponents cannot calculate nor explain any relation to Dr. Reams' work. Those who understand RBTI suggest fleeing when approached by anyone peddling "balanced numbers."*

See also→ **BOGUS RBTI**

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.

ANATOMY: The other form of genetic baldness though is when there's a hair pore, but no hair particle coming out. And of all the students and patients that I've had I've only seen two cases like that in which there were pores with no hair follicles involved. Of all the other baldness I have seen is the dietary baldness.

CHALLENGE: Baldness: the cause is the skin's inability to hold oil. Lightly massage the scalp with oil.

CHALLENGE: Bald - scalp loses ability to hold oil.

CLASS 1-5: One thing I would suggest [for baldness] 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 are only six pores up there. That is 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 is a hair in every pore there is nothing you can do about it. However, if there are 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 will be no parting there." So there are 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 is a hair in each pore or not, and if it is that is 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.

SESSION 1-1975: Another thing that's going to be amazing to you about this of which you don't make any claim or publish or anything else. But when you get the body chemistry correct, many bald heads are going to grow hair again. We never said a word about it but they always tell us. You will be amazed. Now the cause of bald headedness is a loss of oil in the skin. And when the oil goes back into the skin, hair will grow back on there again.

SESSION 1-1975: I know many, many, many baldheaded men that now have hair. They were bald and have hair because they got their diet correct. I make no claims and no promises. I'm just telling you it's amazing how God can restore the desert.

BATH CAUTION

 **NOTE:** See VITAMIN C and OIL, BODY entries which explain how excessive or careless soap use can cause Vitamin C deficiency.

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: Hot Sitz baths for a half hour a day for uterus or prostate trouble.

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 ½ hour every day for carcinoma of prostate, uterus, lower colon, or a high salt that will not come down.

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

CLASS 1-5: If the person has prostate, uterus or hemorrhoid problems I usually recommend they take a hot Sitz bath, or a hot tub bath, for one half hour every day. Just tell them to sit in hot water for a half hour, as hot as they can stand it, without being painful or hurting.


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.

MANTHEIB: What other recommendations [for this case of high salt and low sugar]? Colonics, Sitz baths, deep breathing, Heinz sweet pickle juice, Zest Tonic, yogurt, pears (if fresh are not available, use the Del Monte canned pears), buttermilk, cranberry juice, cucumber juice, Johnson's baby oil, All Spice [All Spices & Herbs] for the lungs, pignolia nuts [pine nuts] for the kidneys, Whidden's Royal Jelly, and mild walking.

 **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 navel 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 navel of the child there is 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 navel; it is 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 behavior and your child's behavior, 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 behavior, 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?

MANTHEIB: 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 RBTI], 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 who 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 food 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 is 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 has 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 is 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

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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.

ANATOMY: But if it's your own liver **bile**, your own delta or omega cells that are being released from an area, and you get sick to your stomach, or nauseated, or have aches and pains, or have diarrhea, or what have you, it's not detoxification.

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.

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

ARM: The greater the concentration of hydrogen and calcium in the gastric juices, the greater the amount of strength the **bile** has.

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.

BEDDOE: In the pancreas, glycogen is utilized to help increase the production of insulin, alcohol, and a thyroid enhancing enzyme that appears to influence the body's ability to successfully handle fat metabolism. The fat metabolism may be from an effect directly on the cell and/or through the **bile salts**.

CHALLENGE: 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.

CHALLENGE: The urine pH will show the state of the fluids of the body and the saliva pH will show the strength or weakness of the liver **bile** that is being produced to digest the foods that you eat.

CHALLENGE: The three reasons why **bile** could be too weak are: 1) low calcium 2) low water 3) low oxygen.

C.H.E.M.: The pH of the saliva closely resembles the pH of the liver **bile**. There are some instances in which they are not the same but in most instances they are. The urine pH reflects what is happening in the rest of the body. Since the liver produces the bile and the gastric juice, the further the saliva pH drifts from perfect the weaker the gastric juice and bile becomes.

C.H.E.M.: During withdrawal, nature will get rid of unwanted substances, including delta and omega cells, **stored liver bile**, and drugs, etc.

CLASS 1-5: All the foods that we eat are cationic, and the liver manufactures a substance called **bile** that is an anionic substance, and remember this rule, the pH of the saliva equals that of the liver bile. That is close to constant and most of the time absolute.

CLASS 1-5: If hydrochloric acid were 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 [saliva] pH reflects the **strength of the bile** and the digestive juices. 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, which then can't do its task properly of **making the bile** and the digestive juices the right strength, so 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 is probably a problem within the stomach, or food that has not digested, or the **bile** is so powerful and so strong until the stomach is in convulsions. The valves lock themselves. The gas can't get out. 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

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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.

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. You are caught in a cycle of a chain reaction when everything you do is wrong as far as correcting your diet.

DAVIS: As these cationic foods enter the stomach they meet the anionic liver **bile**. The electronic resistance between the anions and cations creates the energy. Now suppose the liver stopped working. No bile, no resistance, no energy. Suppose it only worked at 20%: then we have 20% bile, 20% resistance, and 20% energy. (This is for illustration and I am not suggesting that there always exists this linear relationship.)

DAVIS: The liver **bile** as it enters the duodenum to make digestion possible happens to be anionic. Suppose the liver only produced 40% of the bile needed.

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.

FONTENOT: With the saliva pH at 6.80, what do you know? The saliva pH and the **bile** pH should be identical, so you know that the liver is not getting enough oxygen to combine with even the limited calciums, and therefore, you can suspect some lung problems.

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.

ION INSTITUTE: The liver manufactures a substance called **bile**. The liver bile can be yellow, brown or green in color and is alkaline in reaction.

JOHNSON: Saliva pH very closely parallels the alkalinity of the **bile** as it is being produced by the liver.

JOHNSON: Below urine [?] pH 6.4 the liver is toxic and weak and cannot function well. The **bile** is weak. **NOTE:** *Bile is properly considered in relation to saliva pH.*

JOHNSON: To carry us a little bit further, the volume of calcium assimilated determines the strength of the hydrochloric acid and **bile** that in turn, determines our efficiency of digestion and, of course, our overall well being.

KIRBAN: The liver manufactures **bile**, which is an anionic substance with a hydrochloric base.

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: Use calciums so the liver can manufacture a stronger, more concentrated **bile** with a greater concentration of HCl to get more energy out of the food eaten.

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. **NOTE:** *Perhaps copied directly from the ARM for a reason.*

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.

MANTHEI: What effect will a slight calcium deficiency have on the liver **bile**? It will become slightly weaker, causing a deficiency of manganese, which will allow delta cells to develop in the prostate gland your **bile** may be so weak that you cannot digest raw foods properly.

REAMS ANALYSIS: [About fresh lemon juice] The liver needs energy in large quantities to maintain its enzyme systems, its role as a body detoxifier, the Citric acid cycle, **bile production** and approximately 1600 other daily roles utilizing an estimated six billion enzymes.

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.

REAMS/BLACK: I want to show you two or three [problems] that can't be prevented. For instance, you

have an enlarged gallbladder. It's so enlarged until the weight of the **bile** in the gallbladder is crimping the tube that lets it flow into the small intestine just under the stomach and then to be pumped back up into the stomach. Therefore, it ferments and the person is sick and nauseated and sick unto death all the time. Now if it is enlarged to that extent, surgery must be performed.

SESSION 1-1975: Reams: There is **good bile and bad bile**. And there are both kinds, when it gets stagnant and ferments, then it's bad bile. Student: That's why we should keep our gallbladders strengthened then. Reams: Right exactly when the gallbladder becomes enlarged, the enzymes from the liver, the bile ferments and you're in trouble. And if that begins to ferment and a gas forms in there and that tube is so small it goes out of that duct into the lower intestine there which goes into the stomach. That it crimps and more and more and stretches and stretches and stretches. And this is one of the weak points of this system because when that gallbladder stretches, it's just like a balloon. It has no infection in it. It just stretches like a balloon. It's very difficult to pick up, very difficult. But you can pick it up and the loss of energy in that gallbladder. I've seen them as big as a two quart container and yet you couldn't find a trace of infection in it even after it was taken out. Once it gets very large, and the weight of the bile pulls it down, there's nothing to do but surgery to come out of there because you cannot get it back. You can't get that bile to flow out and there's no known way to pump it out that I know of to get it back to normal size. It's just one of those situations that surgery is required as far as I know. It's too far, now if it's just stretched a little, there's a whole lot you can do about it, but when it stretches so far that it's got 8 or 12 ounces of weight in it, you've had it as far as that gallbladder is concerned.

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 who is a chain smoker craves his nicotine, and a person who is on drugs craves their drugs because of Baer's Law. Now Baer's Law 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: **D**olomite, **O**xide, **G**ypsum, **P**hosphate, (no A), **T**ri-calcium, **C**arbonate, **H**ydroxide (avoid). The body needs some from the non-toxic six groups to be kept in perfect health.

BIRTH

ANATOMY: Student: Are these cells that we were calling cancer cells, they are present in everyone at birth. Manthei: No. Student: I see. Then they are different from the cancer cells which the test of psychology at Kimber has found present in every body at birth? He says that he finds cancer cells in everyone and accepts them. I mean people do get cancers, that these cells, which are present in everyone and all the toxins are able to permit rates because the immunity is weakened. And as long as one doesn't weaken the immunity. Even though one has cancer cells in one when one is healthy, you never get cancer. Manthei: Do you want to respond to that? Reams: 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, uh, 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. Manthei: So, in answer to that man's research, there is no such thing as everybody being born with cancer cells at birth. Reams: That's right.

ARM: If a woman wants cancer, give her birth control pills.

ARM: The ovaries are trying to deliver an ovum, and it doesn't have the mineral in her system to make the delivery with. Or many times they can be on the "pill," preventing it from delivering the ovum or destroying the ovum. When everything else fails to give a woman cancer, let her take the birth control "pill."

BEDDOE: At birth the liver is not mature, even though it may be healthy. It will increase in development and function over the next 18 to 22 years until it reaches its climax.

BEDDOE: An infant in ideal health will start out at birth with an immature liver (shown by the reserve energy level from 6 to 8).

CHALLEN: This [Ferro Tonic] will allow muscles to stretch more without tearing during childbirth.

CHALLEN: At birth the energy should be at 7 or 8 and then by the time a person is 18, it should be 100. Then the energy level will stay at 100 until the age of 80, at which time the energy level drops back to 80, and stays there until you die around age 120.

C.H.E.M: This is similar to a mother losing her teeth after giving birth. There was not enough calcium phosphate in the mother's diet, so nature pulled from her teeth and bones to supply the developing fetus.

C.H.E.M: Starting from birth, all that is done to the body in each 6 months period will have an effect upon ones health to one degree or another.

CLASS 1-5: The birth control pill has affected many people, it's thrown their weight out of all proportion and it's one of the causes of an imbalance in your body's ability to control sugar and your fat content.

CLASS 1-5: Iron is necessary in your system during pregnancy in order to make the muscles flexible. If you have plenty of iron in your system your own body will pickup enough copper from the air and between the copper and the iron the muscles become flexible and natural childbirth is very easy.

CLASS 1-5: I also think that damage at birth could cause pressure in the brain.

CLOD: The birth control pill upset the thyroxin manufacturing in the pancreas and therefore it didn't manufacture enough and the lady just kept putting on weight. This is one great cause of overweight.

CLOD: It is his [Reams] desire to see the hospitals emptied, except for those persons that harm themselves, or persons who are accidentally injured, or for childbirth. He believes that women should be in a hospital to bring forth their children because there are many things that could happen and there a physician has everything to do with that is necessary.

EUGENE REAMS: Colostrum is the first milk produced by a mammal after birth of the young. It is loaded with natural antibiotics.

ION INSTITUTE: The reserve energy of an individual from birth to the age of 20 has a propensity to increase up to the maximum of 100. At age 20, the system has the capacity to maintain a reserve energy of 100 with more ease than at any other time in life. After age 20, the reserve energy has a tendency to gradually decline.

JOHNSON: The thing is that K-min has caused malformed or deformed, and stillbirth in dogs and cats [Reams actually spoke of guinea pigs]. We cannot take a chance with humans.

MANTHEIc: Student: Will children assimilate any manganese from birth to twelve years old, or does it all become available at puberty? Manthei: Get some, otherwise organs would not develop.

REAMS/BLACK: Parkinson's disease, sometimes it's a hereditary condition brought about because of a short circuit in the brain or damage to the brain at birth.

SESSION 1-1975: Even if a child is born with an enlarged colon and there is no nerve damage, it will go back to normal, but if there is nerve damage there, you may have to live with all your life if it is a genetic problem that was present at birth.

BIRTHMARK

RBTI speaks to moles and freckles, but birthmarks are not mentioned. Below are two testimonials received about the subject. Perhaps the future will bring more reports in cases where a client has noticed reduction of birthmark or mole while using RBTI methods.

Testimonial 1...

I have had 7 children in the past 12 years - only one was born with a mole on her leg (my 2nd child). All the rest have had clear skin - not one freckle, and clear eyes - no lines when born. (At least I did notice the eyes when I started RBTI - so my last 3 kids).

My 2nd child, when I started RBTI more intensely a couple of years ago - that mole that she was born with became a "halo" mole - meaning that it developed a white area around it and then started to fade. It has faded completely and now matches the skin around it! There is still a lighter spot around where the mole was - very interesting to me.

We do not use sunscreen, and allow for safe sun exposure, and I do give cod liver oil to them when I remember, in the winter months.

Testimonial 2...

I have a couple of birthmarks and they have faded significantly since I started RBTI. Also, here is a quote from the recording of Dr. Manthei's Session D on Moles. Based on what is stated in this it would make sense that it would also apply to birthmarks.

"(When we talk about cancer, I tell him that if cells divided, if you had a tattoo, it should divide and it doesn't.) (And he said, "Well, if cells are exchanging, why don't spots leave your body, like when you might have a mole here and a little spot here. Why does it stay with you all your life?" Why isn't your body exchanging that little mole within a healthy skin there or whatever?) It, it will if, if you've got the mineral and everything it needs. It will come off. (It will come off?) Yeah. I've seen 'em come off of people, I've seen people who had 50 on their bodies. Get their body chemistry right and didn't have any on.

(I've had mine right for a long time; They're still there.) [Chuckle] (I've had people with liver spots have them go away, and I've had people with pimples have them go away, and I've had people with moles shed right off.) I have too. Lots of 'em. Lots of 'em.

When you get older, people who have become, uh, sixty or seventy, often time there are little, uh, moles like, uh, uh, looks like a worm. It's so small; it comes out of the skin. It's just the flesh there. But there's no problem to just pinch those off. (What causes that?) Age. (Age?) Yes. (What about on a young person?) I've never seen 'em on a young person like I'm talking about there. They're not - a little bit bigger than a thread. (Yeah.) Yeah. I've never seen on a young - (Like in the 30's? Would that be premature aging, if they'll come out on them?) Yes, it could be, if it's premature aging. But I haven't seen 'em on any person less than seventy. That is, yeah, I haven't seen any...either."

BLACKOUTS

ACRES USA: When the pancreas suddenly receives this wealth of enzymes, it overreacts and for a short time produces too much insulin. This drives the blood sugar down too low and can **cause a blackout**. It's unfortunate, but it is part of the natural healing process.

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 cannot 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:

1. Slow Blackout: This comes on slowly and you recognize the feeling and you know you've got to lie down and you don't care where it is, you've just got to lie down or you'll fall down because you're **blacking out**.

2. Fast Blackout: You could be walking along and just like a snap of your fingers you fall, **blackout**, and you don't remember falling or anything. One second you're standing and the next you're getting up off the ground.

3. 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 lie 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 is **causing their blackouts**, and that is 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.

CLOD: There is no way to handle this kind of problem without having the person in a place where they can be tested two or three times a day so that **blackouts** or seizures can be prevented. It only takes about two weeks to correct this kind of a condition.

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.

HEALTHVIEW: It's a powerful fast, but then it has to be to repattern your body chemistry! So be sure to do it under supervision! Some people have headaches after the 1st day. A few feel faint, and some even temporarily **blackout**, because their blood sugar drops too low!

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 ¼ teaspoon 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.

SESSION 1-1975: They were not asleep. They were in a **blackout**. I will rejoice to see the day come in which the low blood sugar test of this nature is made to determine who is in danger of having an automobile accident because of low blood sugar.

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 navel of the child there is 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 navel; 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.

CHALLEN: Watermelon is recommended for people who have kidney or **bladder** problems and for most diabetics.

CHALLEN: 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 AM and 2:00 PM.

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 when one reads the "BLADDER" entry 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 into 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.

BLINDNESS

ACRES USA: Diabetes often leads to blindness, loss of limbs and even to fatal heart disease.

ACRES USA: One little diabetic boy, just 14 months old, was well along the way to losing his vision. His eyes were puffy and swollen and looked as if they were going to pop out of his head. If his condition had not been corrected, this child would have been blind by the time he was ten.

ARM: High blood sugar always causes the eye ball to expand, enlarge, dilate, become larger; and if it is just long enough, it will lead to serious eye problems and blindness in some.

BEDDOE: Even smooth muscles related to certain organs, like the eye (ciliary muscles that control convexity of lens during accommodation) and the ear (muscles of the auditory ossicles), can be weakened by high conductivity in the body. Thus, sight and hearing impairment can be related to the "salting out" problem.

CHALLEN: Diabetes causes blindness. Big eyes are a sure sign of diabetes.

C.H.E.M: This is usually due to the blood not carrying enough oxygen to the Retina, which is deficient in Vitamin A. Usually in this situation, there is a simultaneous deficiency of Vitamin D. This chain reaction causes the pupils of the eye to open like the lens on a camera, and allows more light to come into the retina. These individuals usually have problems with bright sunlight or night blindness.

C.H.E.M: Persons who have been on insulin for a long time usually complain of bruises and hemorrhaging in the eyes and kidney. So blindness can result from the long term use of insulin.

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

CLASS 1-5: [From a morning devotional by one of Reams' students about a girl made blind by a doctor's injection for arthritis] *So here in front of me is this crippled blind girl. I didn't know what to do other than what we'd been taught. We tested her, took the numbers and mechanically worked our way through the solution. Her sugar was here, pH's here, ureas here and so forth. Here's your diet, go home and do it. We sent this woman home on a Wednesday night and I'll never forget it because we missed prayer meeting that night, and that occurs on Wednesdays. On Saturday morning she called and asked me if the colors in my area of the country are as beautiful as they are in Rochford. I said, "Don't play games Sharon, you're in bed, you're sick, but don't play on my telephone time." She said, "I'm not playing. I can see."*

DUNLAP: Blindness is often caused by rupture of vessels in the eye. High salt is usually the reason for the ruptures.

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.

ION INSTITUTE: High sugars are a contributing factor to night blindness, glaucoma, cataracts and other vision disorders.

KIRBAN: Glaucoma is a disease in which the pressure within the eyeball is increased. If this increased tension becomes great enough, it can lead to irreparable damage to the eye. The result is blindness.

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.

CHALLEN: 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 [Spectro-Chrome] 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. **NOTE:** *Verified repeat.*

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 on fire almost. Boy does it burn. It actually blisters. I have known it to have actually blister[ed] the rectum.

SESSION 1-1975: Every time you have burning in the urethra, you have found an acid system. The acid damages or blisters the urethra because it is very delicate and then the salt burns it. And the

bicarbonate of soda will cut the acid and will stop that in 24 hours.

📌 **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.

JOHNSON: High Sugar: 2.5 to 5.5 Brix is the "zone of misery." The liver flushes glucose into the system and may result in lightheadedness, tired and weak hands and feet, bloating, urinary problems and the blahs.

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 navel 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 a brownness in the urine, an amber color; it's the **broken-down blood cell** [corpuscle].

BEDDOE: The organs that especially benefit from its [Algavim] 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**.

CHALLENGE: Yellow root tea (goldenseal) can be used in ranges B and C. Kidney dilator and a **blood purifier**. High in sulfur.

CHALLENGE: Acupuncture glands (transformer glands) are controlled through the spinal column. These glands determine whether an organ receives enough **blood**.

C.H.E.M: The **bloodstream** 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. Let's look closer at what's actually occurring. The iron in the bloodstream 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: The **blood** is a transportation system for wastes like carbon dioxide and salts. The water in the blood keeps the salts in solution and the body regulates the salts in two ways, by moving them out through the skin and out through the kidneys.

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 **bloodstream**.

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: If there is a change in the **blood** pH there will also be 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 bloodstream, or to break them loose from the nerve ending, and for a new stolon [stole?] 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 bloodstream) are clogged with excess mucus, the absorption will not adequately take place.

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 bloodstream 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 fair reflection of the "blood sugar," they are not the same and Reams never meant to imply they were.*

BLOOD COUNT: PLATELET

ANATOMY: Manthei: So the platelet count we said should be about four hundred thousand, is actually a smaller RBC. Now, can a large RBC become a platelet? Reams: Of course, it [a platelet] is a baby RBC.

ANATOMY: Manthei: The RBC carries oxygen also, but the platelet is the one primarily responsible for taking it to the brain. They're much smaller. Are not the capillaries in the brain smaller than the capillaries in the feet? Students: Yes.

ANATOMY: Manthei: All you have to do is to remember five million [5,000,000] for RBC; five to ten thousand [5,000-10,000] for WBC; and about four hundred thousand [400,000] for platelets. Those are the values that we should try to reach. Reams: Yes.

ANATOMY: Manthei: The platelet is primarily responsible for carrying oxygen and potassium to the brain.

ANATOMY: Manthei: Do you remember Carol Hason, she had an extremely high platelet count. You're saying that even if it's a very high platelet count, that's not a form of leukemia? Reams: That's right. Manthei: It's a dietary deficiency. Reams: Right.

ANATOMY: Platelets are all red blood cells. It is any cell that will carry oxygen.

ARM: The shape of the carbon atom is a tetragonal. The two carbon atoms join together to form a "V." These V-shaped double carbon atoms go into a whole series of platelets, stacked up. Shape of these carbon atoms is important; it's at the stole.

CLASS 1-5: If they've not been on insulin too long and they're lucky, when their body starts to release this stored insulin then many times they begin vomiting and start to dehydrate, and in the meantime the insulin is still pouring into their system, released from their body actions, and then their platelets begin to drop because the insulin salt is too high in their blood and then you have to get them into a hospital where they can have IV solutions in order to cut it down so it can pass out through the kidneys.

CLASS 1-5: The doctors among you should do blood tests. Blood tests are certainly needed because

when I say a person has leukemia I would also like to know what their WBC is. I need to know, and also a person starts vomiting and you can't stop it, they begin dehydrating, you need to know what the platelets are. There are certain things that you need to know that'll let you know how quickly you have to work or whether you have time to spare, whether death is imminent or not. You can find this out by stepping it by the hour, so I'm not against blood chemistry tests at all.

CLASS 1-5: A platelet is any cell that will carry oxygen and the platelets are all red blood cells. **NOTE:** *Reams was specific that red blood "cells" are corpuscles and therefore, multiply by dividing. Regular body cells attached by nerves to the brain are built by ionization.*

JESSE: Sulphasalazine produces toxic effects such as neutropenia and a reduction in platelets.

MANTHEI: Student: Dr. Reams, one more question pertaining to blood. Can you really classify leukemia as cancer---which we are not doing in this class? Reams: Let me say this. Dead cells in the body are a result of what? Student: Mineral deficiency? Reams: Right. Mineral deficiency. If the blood is not sufficient in platelets, then what happens? The amino acids don't have enough wagons to ride on. The white corpuscles, which are the basis by which---let's go back a little further. A white corpuscle still has to have a protein molecule for it to start with. From there on it is governed strictly by ionization—the line of least resistance. The greater the variety of foods we have the more harmony it will have. If the marrow of our bones does not manufacture enough red corpuscles [RBC] then our flesh is going to start to decay, which is cancer. It's indirect, but it is still cancer.

MANTHEI: What is the actual "wagon" for the sugar in the blood? Student: The platelets? Manthei: The platelet is correct. The platelet is the actual wagon that is carrying the sugar, which is responsible for taking the carbohydrate and the oxygen to the brain. What happens when you have a high sugar reading, and you have an oxygen deficiency? Why do you have an oxygen deficiency with a high sugar reading? Student: Because the sugar is filling up the platelets, so the platelets cannot get cations to the brain? Manthei: Right. It can't unload it, so they also tend to become too sticky sometimes, and they don't perform the unloading as they should. What about with the low sugar in the blood? Why is that an oxygen deficiency? Student: There's not enough carbohydrate to carry. Manthei: Not enough to carry is exactly right. So there is a point where things are ideal. And when you have too much or not enough, it decreases the oxygen that can be taken to the brain.

MANTHEI: A platelet is a red blood cell, and they are red. If you get enough of them, you can see them.

MANTHEI: If there is a deficiency in calcium, iron, phosphates, and if the body chemistry is not accepting Vitamin A, then the bone marrow will not be able to produce enough RBCs or platelets in the blood stream.

BLOOD COUNT: RBC

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.

ANATOMY: Manthei: All you have to do is to remember five million [5,000,000] for RBC; five to ten thousand [5,000-10,000] for WBC; and about four hundred thousand [400,000] for platelets. Those are the values that we should try to reach. Reams: Yes.

ANATOMY: Student: Did we come to a conclusion that corpuscles actually carry the amino acids? Manthei: No. We said that the red blood – the RBC and the WBC and the platelet count are not the amino acid. Reams: Neither one of them carry the amino acids. Amino acids are just as free as the other corpuscles. They are just caught, like something flowing in the stream.

BEDDOE: The body has to destroy carbon monoxide damaged RBC's and build new ones in order to keep sufficient capabilities for moving oxygen and carbon dioxide in the body.

CHALLEN: Lack of [Vitamin] B-6 causes dermatitis (inflammation of the skin), nerve degeneration, blood changes (both red and white cells)...

C.H.E.M: Vitamin A is needed by the body to help manufacture red blood corpuscle whether the RBC count is decreased or WBC count is increased.

MANTHEI: So what are the platelets in the body? Are they red blood cells or are they white blood cells? They are baby RBCs, and they are the cell that are responsible for taking oxygen to the brain. **NOTE:** *Manthei says "cells," while hopefully meaning to say corpuscles.*

MANTHEI: Which bones are responsible for producing red blood cells, red, RBCs, blood corpuscles, besides the leg bones? Any bone with marrow. Any bone with marrow – fingers, arms, ribs.

MOSES: In this article I also stated that a low white blood count could cause leukemia, the same as the high blood count, because leukemia resulted from a deficiency in Vitamin A not being available to the

system. Therefore, the blood could not manufacture the blood that would fit that particular body chemistry. Obviously the **RBC (red blood count)** would outnumber the WBC (white blood count) instead of staying in ratio.

REAMS/BLACK: Just because they are anemic, or have a high WBC or a low WBC, giving the Vitamin A, it will not become available. The body will reject it. You can't put it in there. You can't force the body to take it. What you have to do is to get the liver to accept the Vitamin A and manufacture it into a quality molecule of energy that will replace the old cell that is no longer functioning and decrease the WBC to bring it in **ratio with the RBC**.

REAMS/BLACK: So therefore, nature cannot restore the ratio between the **red [RBC]** and white corpuscles without the pancreas functioning normally, the liver functioning normally, and taking in the correct vitamins and minerals.

BLOOD COUNT: WBC

ANATOMY: Manthei: Let's talk about the blood. There's three main groups of cells in the blood that we could talk about this morning. Actually, there's only two – the red **and the white**. Student: Corpuscles. Manthei: Thank you for helping me. [Laughter] Thank you. It's hard to change how you've been taught. OK, there are three main groups of corpuscles...

ANATOMY: Manthei: Here's another thing we haven't told you about the **WBC**. They can reproduce themselves. They can divide; they can multiply. And therefore, you can go from a low-normal count to a very high count very quickly because they are producing themselves.

ARM: There is no difference between anemia and leukemia. **WBC [White Blood Count]** 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: An anemic person will accept carrot juice quicker and faster, and **increase the WBC**, than any other substance.

BEDDOE: Carrot juice is especially good for persons who may have been told that they have a low **white blood count**. It works better than Vitamin A by itself.

BEDDOE: This [cucumber] juice is also valuable for individuals who have a **low white blood count**.

BEDDOE: Reams indicates that cold sweats are a result of a large temporary decrease in **white blood count** due to their break down. The immune system then reacts and causes the body to produce large numbers of them again.

CHALLEN: Anemic - **Too many white** and not enough red blood cells [corpuscles?]. B-12 for this plus Ferro-tonic.

CHALLEN: Leukemia---cancer of bone marrow - inability of body to accept Vitamin A - **White Blood Count (WBC)** either too high or too low - high WBC dropping towards normal means picking up energy.

CHALLEN: Lack of [Vitamin] B-6 causes dermatitis (inflammation of the skin), nerve degeneration, blood changes (both red and **white cells**)...

C.H.E.M: Vitamin A is needed by the body to help manufacture red blood corpuscle whether the RBC count is decreased or **WBC count** is increased.

CLASS 1-5: You may be taking it [Vitamin A] 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.

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**.

JESSE: However, if undigested food proteins (peptides) do enter the blood-stream, the immune system activates specific **white blood cells** to engulf, digest and destroy the undigested food substances.

JOHNSON: Student: How would you suggest to a person to get a **WBC**? Johnson: If you're going to suggest to them to get a white blood count, you might as well tell them they've got leukemia. That's what you've said anyway. But you can go ahead and give them the diet which will alleviate the situation without indicating it whatsoever. That would probably be the best approach in most cases. Give them the diet: the Vitamin A, the copper, the iron, the beets, the carrot juice, and the Ferro Tonic. You can do all this without even indicating that you suspect it.

KIRBAN: What about leukemia? I know it is a cancer of the **white blood cells** and that the acute form of leukemia is seen most frequently in children and young people under 15. In fact it kills approximately 1500 young people annually in the United States. A total of 34,000 people, including children, die of leukemia each year. It is a very sad thing when you see children dying of leukemia.

Has your urine/sputum analysis been able to detect leukemia and have people responded to your diet? Reams then made some shocking claims. Reams: Yes! We have had children come here with leukemia and we have had 100% success! I repeat, young people and adults have come here with leukemia and we have had 100% success. I don't know whether we can do that in all cases, but so far, we have had 100% success. Leukemia is one of the easiest things to correct.

MOSES: In this [circa 1940] article I also stated that a low white blood count could cause leukemia, the same as the high blood count, because leukemia resulted from a deficiency in Vitamin A not being available to the system, and, therefore, the blood could not manufacture the blood that would fit that particular body chemistry. Obviously the RBC (red blood count) would outnumber the WBC (white blood count) instead of staying in ratio.


REAMS/BLACK: Without Vitamin A, the WBC either goes too high or too low. And that is Leukemia or Anemia. Anemia and Leukemia is the same thing only a different stage.

REAMS/BLACK: Just because they are anemic, or have a high WBC or a low WBC, giving the Vitamin A, it will not become available. The body will reject it. You can't put it in there. You can't force the body to take it. What you have to do is to get the liver to accept the Vitamin A and manufacture it into a quality molecule of energy that will replace the old cell that is no longer functioning and decrease the WBC to bring it in ratio with the RBC.

REAMS/BLACK: So therefore, nature cannot restore the ratio between the red and white corpuscles [WBC] without the pancreas functioning normally, the liver functioning normally, and taking in the correct vitamins and minerals.

SESSION 1-1975: I had a patient come in with only two weeks to live. Cancer of the liver. Yellow as in your yellow paint. The liver was not manufacturing enough enzymes to keep the teeth from bleeding. Blood was under his fingernails. The nose was bleeding heavily. In other words, every symptom of leukemia however, the WBC was normal. You should see the fellow today. He was there about ten weeks doing beautifully well. He will be able to go to work in another four months.

SESSION 1-1975: Leukemia can cause a too high WBC or a too low WBC, either one of them could be indicative of leukemia. But most generally the WBC runs too high. One of the finest ways in order to bring the WBC down to normal is first to carry them through a few days with the lemon water which you will be told about a little later. And keep a close check upon the urine samples, very closely while this process is going on. And as soon as you can, begin to give foods very rich in Vitamin A.

 **NOTE:** Reams claimed great success dealing with anemia and leukemia with one caveat: he insisted no two cases were alike. The serious student should consult with various practitioners to fully understand this subject.

BLOOD PRESSURE

ANATOMY: Manthei: Do you want to address yourself to that point? There are some people who maintain that the kidneys are involved in controlling the blood pressure, and therefore they give diuretics for medication in practically all the cases. Reams: Well, for instance, people who are heavy chocolate eaters, or [drink] Liptons, Nestle, Tetley, far eastern teas, that contract the strainers that separate the water from the blood in the kidneys, and that will cause high blood pressure.

ANATOMY: Reams: There are some exceptions to giving B-5. Do not give B-5 to people with high blood pressure; that is a no-no. Student: Why is that? Reams: It aggravates the condition. It could kill them.

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.

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: 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 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. **NOTE:** Contrast this statement with the ANATOMY statement above where Reams says "it lowers it."

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.

BEDDOE: The last pH configuration shown on the chart is when the urine is alkaline, the saliva is acid, and the average is acid. Symptom patterns will all be similar to the previous pattern with one addition. This is what is called a stroke pattern in older individuals. 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.

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 ordinarily runs 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 is 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.

JOHNSON: There are things that will lower the blood pressure and one thing is to sip on misletoe tea. In about three hours it will drop quite a bit. Also you can lower the blood pressure with the pressure points in the back directly behind the heart, right along the spine. This will help in numerous ways. These are nice to know when you run across some real high pressures where something needs to be done fast.

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/BLACK: One of the great causes of high blood pressure, which has a lot to do with the albumin in your system whether it is released or not released, and that is the morning news, or the late, late show, or the mystery show.

REAMS/MANTHEI COOKING: But watch the vital signs like the blood pressure. Know that well before you put them on a fast.

REAMS/MANTHEI COOKING: In fact, the cause of blood pressure, high blood pressure - high blood pressure will only start to go up when there's a calcium deficiency in the diet.

BLOOD SUGAR

 **NOTE:** The RBTI does not directly measure blood sugar. "Blood sugar" is a misnomer. The correct term is urine Brix. The RBTI literature is riddled with the term "blood sugar" as a stand-in for urine Brix. There is little chance that the naming error will be corrected for general usage all these years later. Research revealed almost two thousand mis-uses in the basic writings, only a few of which have been flagged in this book.

Perhaps the below words by Dr. Alexander Beddoe will help the student keep their thinking straight: Some ask me, "Why not just use a blood sugar measurement instead of the urine carbohydrate level?" The first reason is that the blood sugar may elevate or depress many times in a single hour. The urine carbohydrates tend to be an average of the variations in the blood sugar when taken over a twenty-four hour period. For our purposes this is more accurate, and it is also much easier to obtain samples.

Secondly, blood sugar tests only show one simple carbohydrate, glucose. You see, glucose, the blood sugar that the blood test shows is not the only carbohydrate that is being carried in the blood.

This means, that many times, blood sugar problems may not be demonstrated from just a blood glucose test. All the other, so called minor, blood carbohydrates play a part in the overall blood sugar balance. Therefore, using the urine carbohydrate, as a measure of what is happening in the blood, gives a more complete picture. It is not uncommon to find that an individual, who has just been told that he has high blood sugar, in a seven hour glucose tolerance test, may actually be having low blood sugar problems, when the rest of the complex carbohydrate picture is taken into account, from the refractometer evaluation of the urine.

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 is 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. If there is a change in the blood pH there will also be 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 [or thin] the blood** is (that is 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 a low 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.

CHALLENGE: 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.

C.H.E.M.: 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."

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 ordinarily runs 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 diverticuli.

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 [noted on the form] 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: 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 lose their power to expand and contract and they lose the power of dilation and coming back to normal.

REAMS ANALYSIS: Broken **blood vessels** on face too much salt.

REAMS/BLACK: The calcium deposits in your **blood vessels** are caused because of too much insulin. And that's the only way it can get in there. You are either taking it or your own system is manufacturing it. And that crystallizes the blood vessels and that's the only thing that I know of that will crystallize blood vessels, is too much insulin.

SESSION 1-1975: And in our **blood vessels**, it's the copper that gives you the ability to expand and contract without getting out of shape. But just any copper won't do. It takes certain kinds of copper, and we'll get to that, and I will advise you never because of an energy reading, recommend synthetic copper in any shape form or way. Now it can be gotten in vegetables and foods. Now this is what we are talking about. We are not talking about it as far as drugs is concerned. We are only talking about it as far as food is concerned.

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 Algavim [can help].

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).


MANTHEIa: In the **bones** you need phosphates, heavy amounts of phosphates and you need fluorine and chlorides. It's what hardens bones, the same as your teeth.

MANTHEIa: Student: I was wondering if there was a possibility that magnets could be used for affecting the ionization, say in **broken bones**? Could magnets be used to help re-ionize that? Reams: Copper bracelets do as well and do an excellent job provided you take enough Min-Col.

REAMS/BLACK: Each true chemical colloid is a complete solar system within itself. It cannot be taken apart. It cannot 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**.

SESSION 1-1975: Zinc is used in making the cartilage from which the bones are made but after the cartilage is made and formed into **bone**, then it is no longer present. It loses it when the bone is formed.

 **NOTE:** Near the end of his life Reams started teaching that some harder body tissue (teeth, **bones**) required up to 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 fungi 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 - paramecia, 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 colonics 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 in this entry. While one claims that "the more acid the system becomes" you should expect greater putrefaction 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 putrefaction.

BOYLE'S LAW

ARM: There are three states of matter or energy. You have solid, liquid, and gas. Baer's law applies to solids the same as **Boyle's law** applies to gas; they both would apply to liquids the exact same way.

ARM: **Boyle's Law** applies to a gas, and Baer's law to a solid. It's just a different form of energy, or matter, being a part of energy.

ARM: Atoms do not have the same number of neutrons and protons, or say anions and cations. Based on **Boyle's law**.

ARM: **Boyle's law** has to do with three things: Pressure, temperature, and volume. It's referring to gases. Temperature constant in human body, person healthy, ideal range 1. Take a gas in a cylinder and increase the pressure down on it, volume will reduce. If you increase the volume, the pressure would drop.

ARM: Pressure and volume equal a constant, that's **Boyle's Law**. $PV = C$. Summary of the two laws: Like things attract each other; opposites repel each other.

CLASS 1-5: Baer's Law and **Boyle's Law** didn't change anything, they 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 exact same reason, and that is cause and effect, the loss or gain of energy.

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 is like it tends to drop off that way.

CLASS 1-5: 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: In considering foods and digestion, matter is energy and it exists as solid, liquid and gas and remember, Baer's Law and **Boyle's Law** apply to liquids in exactly the same way and this is the conversion factor that applies in the first stage of digestion, the extraction of the mineral energy from the food we eat and assimilating that into the system.

CLASS 1-5: As I have said before it's very easy for anybody to be healthy, but to be sick you have to work at it, you have got to break all the rules, you have got 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.

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.

MANTHEIC: **Boyle's Law** applies to gases while Baer's Law applies to solids.

MANTHEIC: From experimentation we know that **Boyle's Law** and Baer's Law are correct. We also know that the sum of the parts is equal to the whole. So if these laws apply on a large scale (i.e., the body as a whole), they must also apply on a small scale (individual atoms).

MANTHEIC: When discussing **Boyle's Law**, it was shown that at constant temperature and equal pressure all elementary atoms are the same size.

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 [Algavim] 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.

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

CHALLENGE: [Different alcohols affect the brain differently] 1) Bourbon- fall forward 2), Rum - fall backward 3), Wine and brandy - fall to the right, 4) Gin- fall left, 5) Sterol - go in circles.

CHALLENGE: 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, Algavim 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 Algavim increases when the ureas are low

and/or any type of heavy metal poisoning occurs. **Algavim is the brain's most nourishing overall food.**

JOHNSON: We went through what a "no picture was;" that is when the salt and sugar and urea are all low - you have no picture. That is a "no picture" situation and when it is there is a valid reason for the urea being low in the first test and would it really be a picture. Yes, there are reasons. Dope is a reason. That is 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 is 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: And if you cannot get enough [salts] out of the body, it can over-ionize the **brain.**

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 [see DISORDER CODE] 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 is 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

CHALLEN: 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. 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 is strong enough to stand up and dare you to attack it). In those cases the coffee often makes them sick at their stomach, and that is 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 testament.

CLASS 1-5: Good health is not a lot of do-do's and no-no's, good health is using the right thing at the right time. For instance, the caffeine in coffee is the greatest enemy that alcohol ever had, and if your pancreas is manufacturing too much alcohol and you're hot all the time, or have hot flashes during menopause, then a little bit of **Brazilian Tea** (coffee where you can see the bottom of the cup and not one that'd stand up and dare you to attack it, like molasses), will help dilute that alcohol until you'd be more comfortable.

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.**

See also→ **CAFFEINE/COFFEE**

BREAST

ANATOMY: And as they get older, generally the mans breasts will become larger and the **female 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.

CHALLEN: Acupuncture gland for menstrual cycle is under breast.

CHALLEN: A person should drink cranberry juice if they have carcinoma in the uterus, prostate, breasts, or in the kidneys.

CHALLEN: 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 minerally 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 cystitic 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.

CHALLEN: 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.

CHALLEN: Any fruit that is seedless is deficient in manganese but you can still have a high Brix reading.

CHALLEN: 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.

CHALLEN: 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.

CHALLEN: Hydrometer measures the acid of the produce [hydrometer measures Brix].

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.

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/MANTHEI COOKING: The higher the carbohydrate, the higher the mineral. There is no exception to that rule. The higher the carbohydrate, the higher the Brix, the higher the mineral

content.

SESSION 1-1975: The sugar content is the brix. This is what you will find out with your refractometer when you test the sugar content of food.

See also→ SUGAR

BRUISE

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 so much as helps his wife out of the car, later that day she can show you her arm and his whole hand print will be right there. The body chemistry is reflecting what it does.

CLASS 1-5: Anywhere in the 7's [urine pH] 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 a stole on the end of that nerve and it will regrow another cell. Otherwise once you had an incision, or cut or bruise it would never heal. The brain 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." When you have patients who are seriously ill with cancer and they start to get well one of the complaints that they will hear 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, "They are sharp, shooting pains like lightning." Those are knitting pains and that is a good kind of pain, but a pain 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 is related to Vitamin C. That which robs the body of Vitamin C is probably the same culprit that robs the bioflavonoid. Is the problem of bruises from a lack or bioflavonoid---or is it from an excess of salt?

FONTENOT: 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 is the most serious.

SESSION 1-1975: It's an acupuncture gland that you work on. But do not bruise it. It must be handled softly and easily.

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.

CHALLEN: If the urea level suddenly drops below 12, it means that the person is burning too much energy.

CHALLEN: 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 is 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 [Spectro-Chrome] 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.

PROMISE OUTREACH: Colloidal phosphate mineral cannot be destroyed, burned, frozen or eliminated in any way...

REAMS/BLACK: [Speaking of withdrawal and/or liver flushing] 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 burn you so bad it will set the woods on fire almost. Boy does it burn. It actually blisters. I have known it to have actually blister[ed] the rectum.

BURP/BELCH

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: If you do have gas you'll either belch it, or pass it, or it will go into the blood stream.

ARM: When the stomach expands with gas, it closes the valve at the top of the stomach and you cannot burp that gas out. Then it is going to press the heart, and the heart will go to skipping and jumping, and finally be so pressed that it will stop through fatigue, and of course death is inevitable.

BEDDOE: Some people complain of tasting the chaparral when they belch after meals. These individuals should take their minerals in the middle of the meal, rather than at the beginning or the end of the meal.

C.H.E.M: Symptoms that are associated with this deficiency at varying stages are diarrhea, muscle cramps, bone mineral loss causing bone aching, gas or belching, and nervousness.

CLASS 1-5: In the case of acute indigestion or gas the fastest way to get relief and the thing that you can do is give them a teaspoon full of 94 proof gin, Zest Tonic, or half a teaspoon of pure peppermint essence, in 120 ml (4 oz) of ordinary water, skim milk, grape juice, 7 Up, Coke, or something like that and have them sip it, sitting up, slowly for 30 minutes. Do not let the patient lay down, be sure they sit up and it's also a very good idea to pat them gently on the upper part of the back or use a vibrator on the back to help them burp, and when they start to burp they will get relief.

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. The difference would be in the lower abdomen. If the [urine] pH is 8.0 [and saliva] 6.4 then you will find more lines in their eyes that are horizontal, whereas with burping gas you'll find more of them going perpendicular, because one of it is coming above the spleen [diaphragm] and the other is going below the spleen [diaphragm], indicating where your problem is. This is so easy I don't see why you haven't thought about it yourself. Do you see this. Is it clear? You may not understand it, [but] memorize it and use it and prove it.

CLOD: However, the liver is slightly too acid, and the body chemistry is slightly too alkaline which would be creating some gas after eating, with minor burping, but not serious.

ION INSTITUTE: A deficiency in this type of calcium [Cal II] can cause muscle cramps, gas belching or diarrhea.

MANTHEI: Would this person have more of a tendency for belching or for lower bowel gas? Belching is right. Saliva is higher than the urine.

MANTHEId: Student: I had one client who was always urine acid. There was no way to budge. I wondered what to do because there seemed to be so much D deficiency in the symptoms she was experiencing. I thought - I hadn't tried it but I wondered - what would happen if she was megadosed on Vitamin C and it was counteracted with Vitamin D? What would happen to something like that? What would you end up with? A lot of flatulence? Because there is a lot of energy being created and that energy has to be lost somehow. And you get either a lot of burping or a lot of flatulence when you're not going to harness it.

MANTHEIb: Indigestion in a baby is colic, so that is why the baby needs to be burped.

MANTHEIb: Whenever the pHs are split far apart (e.g., 5.30/7.60), you can expect belching and flatulence, which are forms of energy loss.

REAMS/BLACK: If you have a low pH saliva and that would mean the hydrochloric acid, so to speak, would have a lower pH and then you eat food that is acid, you've got not one acid, but you have got a triple acid there. Consequently, the calciums, the potassium and the chlorine in the food is going to finally break through the coating and when it does, gas is going to form and you are going to burp, burp, burp, burp, burp, because your body chemistry is out of ratio. The proportion isn't equal.

See also→ GAS and FLATULENCE

BUTTER

ARM: If you are a vegetarian, then you should be using some oils and butters in your diet, and eggs and what not.

BEDDOE: High quality butter has been shown to have beneficial effects on the immune system.

CHALLEN: Rickets are caused from a lack of calcium in the diet, lack of Vitamin D (from milk, sun, and butter), excessive amounts of phytic acid.

CHALLEN: The main "no-no foods" which will aggravate all clients' chemistry are: pork, shell fish, fish

without scales or fins, chocolate, American-made tea, black pepper, white pepper, butter, white potatoes, and white rice.

CLASS 1-5: Do not use too much of the animal butterfat.

CLOD: Potatoes are one of the poorest of all foods, lowest in mineral, lowest in everything. If it were not for the gravy, or the butter, or sour cream, or things you put on a potato, we would not even eat it.

ION INSTITUTE: Olive oil can be substituted for butter on toast.

MANTHEI: The Aberles use olive oil and butter. (Olive oil and butter are Bible foods!) The Aberles have also seen much healing with olive oil and butter as we did [with corn oil/butter] for many years at (our retreat) in Peach Bottom, in PA."

MANTHEI: [Speaking about fads] FAD #9 - USE BUTTER, IT'S NATURAL. Butter is made from the fat of milk and we do not recommend eating butter for most people.

REAMS ANALYSIS: Use butter sparingly and do not subject it to the high heats of cooking.

REAMS/SKOW COOKING: Student: How do you feel about butter? Reams: People in Range A can have butter; Ranges B, C, D, and E, I do not give it to them. That's animal butter I'm speaking about; I do give them vegetable butters.

SESSION 1-1975: Student: What would you do with the cream? Reams: Feed it to the cat.

Student: What about butter? We'll use butter. Reams: If you figure it may help you, you may use the butter, but the animal butter requires a lot more solvent than any normal butter or margarine.

BUTTERMILK

ARM: Never give a person lactate if pH is less than 6.20. No buttermilk or acidophilus.

ARM: Gypsum group: lactate, acetate, sulfates. Yogurt, buttermilk, sour milk, etc.

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. This is a high energy calcium because of the high Milhaus units of energy in each molecule. When it goes into the digestion, it will cause a high amount of energy release as it is resisted by the high level of anions. Buttermilk is a good source of this type of calcium.

BEDDOE: Buttermilk: This is an excellent cationic calcium food source. It can be used as often as desired. **NOTE:** *Observe warning above about "less than 6.20."*

CHALLEN: Best sources of hormones: cheese, buttermilk, cottage cheese, fresh squeezed juice, ground wheat (daily), any ground grains.

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

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 pH.

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

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.

BUTTOCKS/THIGHS

ANATOMY: Manthei: Cellulite is a problem that is involved in women sexually, I suppose cellulite could be in men also, but it is in the thigh and the upper or the lower part of the abdomen and the buttocks region. My personal opinion is there is not enough thyroxin being made by the pancreas. Reams: Correct.

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.

BEDDOE: Probably the best cross between a colonic irrigation, by a therapist, and a good high enema, is the effect from using what is called a Colema Board. This device fits over the toilet; and, the person lies down on their back with their buttocks over a hole in the board.

C.H.E.M: Then [in your Sitz bath] pull up your knees so that they are out of the water, and only the buttocks and feet are in the water.

CLASS 1-5: An acid body tends to store fat in the form of increasing sized buttocks, thighs and abdomen.

CLASS 1-5: If you cannot pass water, or your body retains water, or your feet, ankles and legs swell, or your thighs hold too much water and you have pain in your back then you have an allergy to lemons and there are people who have it.

ION INSTITUTE: While using contraceptives larger cholesterol deposits may form in the breasts, buttocks or other parts of the body. Estrogen a hormone commonly used in contraceptive pills and for the relief of menopausal symptoms, can minimize or neutralize the effects of Vitamin E.

MANTHEID: So the delta and omega cells that are not being removed from the body systematically can start to accumulate in the body. Generally in women they'll collect around the buttocks and thighs, and they've been called cellulite.

CABBAGE

ARM: If the stomach continues to burn, it means they have ulcers; and then you have to switch to cabbage juice until the ulcers heal, and then back to lemon again.

ARM: Cabbage juice, if they can't take lemon water [because of ulcer burning]. Give 4 oz. of fresh cabbage juice with 4 oz. of water, twice a day. The second day put them on 6 oz. of cabbage juice and 2 oz. of water BID, and the third day put them on 8 oz. of cabbage juice, pure stuff, BID. I've never seen a case of ulcers that it wouldn't cure.

BARNES: After reading his test results and eye readings, he said Ron was too weak to do the lemon water, it would detoxify him too rapidly. He put him on carrot juice instead. I had seen Doc put a person on lime juice once, another was put on cabbage juice but I had never seen carrot juice used as a detoxifier.

BEDDOE: In persons who have an active ulcer, put them on fresh cabbage juice first, as outlined in Chapter 13. Then start them on water with very small amounts of lemon. Sometimes they should only have as little as ¼ ounce of lemon in the distilled water. Over a period of weeks, they can be worked up to the proper ratio.

CHALLEN: No-no's for green drink are cauliflower, broccoli, cabbage, onions, and radishes because they create too much gas.

C.H.E.M: Persons with ulcers will not tolerate the lemon because it will cause burning in the stomach. Cabbage juice is very good for such persons,

CLASS 1-5: Some people are allergic to carob and others are allergic to lemons. Some are allergic to cabbage, some allergic to onions, you name it, and somebody's allergic to it.

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.

DUNLAP: What exactly is Green drink? It is the juice extracted from variety of green leaves, such as beet tops, spinach, lettuce, collards, broccoli endive, celery, parsley, garlic, radishes, cucumbers, green beans, cabbage, wheatgrass, barley grass, etc.

EUGENE REAMS: Raw cabbage is excellent for helping the body to heal raw spots. If there are raw spots, there also is an organic sodium deficiency.

ION INSTITUTE: It [green drink] can be made from the following: spinach, parsley, cucumber, green beans, celery, cabbage, pepper, clover, dandelion, lettuce, oat grass, wheatgrass, watercress, comfrey, etc.

JOHNSON: ...try and get 8 ounces of cabbage juice down in 20 minutes 3 or 4 times a day and in a month or so you can start them [back] on the lemon water very, very slowly.

REAMS/BLACK: [Making green drink] Parsley's pretty strong it's pretty powerful, and mustard, there's a few things I wouldn't suggest. Cabbage is one, Parsley is another, Radish tops is another,

REAMS/MANTHEI COOKING: Now there are some no-no's for green drink because they create too much gas. Cauliflower, broccoli, cabbage, onions, and radishes – generally speaking, those things create too much gas. And so leave them out.

REAMS/MANTHEI COOKING: Student: Remind them, please, on the cabbage – not to use that as a base for green drink. It does not hold long. Manthei: Cabbage juice. Right. But cabbage is a no-no in making green drink, also.

CAKE TESTER

BEDDOE: [When steaming,] vegetables cook fast and are considered done when a **thin wire cake tester** will penetrate without bending. The vegetables will retain their bright color and have a very slight crispness to them.

CHALLEN: A Radar range is good for cabbage and okra. Cook until just able to stick **cake tester** through it.

CHALLEN: Acorn Squash: 1) Cut in quarters 2) Remove the seeds 3) Bake in an oven until a **cake tester** can just go in.

GREEN PASTURES COOKBOOK: Cook with the lid on until a **cake tester** goes through everything.

REAMS/MANTHEI COOKING: And he who has not a cake tester is not a good cook, I don't care how flavorful it is. I'm talking about, minerally speaking, for your numbers. There's no way to cook it just right without a **cake tester**.

REAMS/MANTHEI COOKING: Reams: Each of you in this class will get a **cake tester** with a ring in it. The second you can push that cake tester into something, stop cooking it right then.

REAMS/MANTHEI COOKING: If you get a cabbage that's been laying in the store for six weeks or two months, you've got to cook it 40 minutes to get the **cake tester into it**. It is as tough as leather, but it's good. It's delicious whenever it does get tender. When that cake tester goes into it, it'll taste almost like fresh cabbage.

REAMS/SKOW COOKING: There's no way to tell when leafy vegetables like cabbage, broccoli, or cauliflower, onions, potatoes, carrots, and whatnot are done without one of these **cake testers**.

REAMS/SKOW COOKING: Don't think because something has been in boiling water three minutes that it's tender, or in 30 minutes it's going to be just right. The **cake tester** will tell you when it's just right to use.

CAL-II

ARM: CAL-MIN plus B-2 equals **CAL-II**.


ARM: We could not get the system to break down CAL-MIN. It would throw it out and throw it out, and the pH would stay down. It would not pick it up. I calculated if I would get CAL-MIN plus yeast, that the body would accept it. I tried about every kind, and it killed the yeast germ. Yeast is a plant, and yeast breathes carbon dioxide and resists oxygen. So I figured it would be no problem at all to get calcium oxide to accept yeast. But it refused, it rebelled. It turned black, or green, or colors that people would be afraid to take. One day we learned how to put the two together, and today we have **CAL-II**, which is calcium oxide [?] and yeast, and the body accepts it readily.


CHALLEN: **CAL-II** is made out of CAL-MIN and yeast because CAL-MIN cannot be absorbed into the system without yeast.

CHALLEN: CAL-MIN is a straight oxide that the body will not accept therefore mix it with yeast and you have **CAL-II** which the body will accept.

CLASS 1-5: **CAL-II** is a hydroxide form of calcium made from brewer's yeast and a very, very pure form of calcium hydroxide, about 99.99% percent pure calcium hydroxide, and probably 100% at zero percent moisture. Originally we used a calcium oxide supplement without yeast called CAL-MIN and their bodies would not always accept it, and you could do what you please but it still didn't do what we wanted. The problem was greater for women with a low pH because their bodies use 7 times more calcium per day than a normal man during their child bearing years. It was a difficult thing to keep that calcium supplied. After adding the yeast and Vitamin D to it we had no problem, it works very, very well unless you have other problems that offset it, like allergies to yeast. Go by your numbers.

CLASS 1-5: **CAL-II** is the preferred calcium hydroxide supplement and when they can't take the CAL-II because of the yeast in it (it causes some people to retain water) we put them on the calcium gluconate 2x 3 times a day and Cal Forte, the egg shell calcium which is used if people are allergic to the CAL-II. Take the whole egg, put it in a blender, and blend it up. Make milkshakes out of it.

 **NOTE:** CAL-MIN was one of Reams' original supplements, but it was harsh and could cause esophageal burns. Ultimately, CAL-II, an improved product, took its place.

 **NOTE:** Even the beginning RBTI student can see that there are conflicting claims above as to how Cal-II is formulated. Perhaps the easiest way to sort it all out is to examine a Cal-II container and see that it is made of "Calcium carbonate and calcium hydroxide plus brewer's yeast."

CALCIUM (TRI)

ARM: 7 different kinds: Phosphate of calcium, oxide calcium, calcium carbonate, tri-calcium, gypsum calciums (lactates), dolomite calciums, calcium hydroxide (toxic to people). 6 are essential to life.

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.

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: But the bone requirements through our food is phosphate of calcium, or phosphates of calciums, in other words there are three kinds of calciums necessary in the phosphates.

CLOD: This number also indicates that the body contains too much calcium oxide and not enough calcium lactate and phosphated calcium, and also dolomite calcium, calcium carbonate, or tri-calcium phosphate. There is too much of one kind of calcium and not enough of five other kinds of calciums, which is creating a digestion problem because the liver has to have some of all six of the calciums every day in order to manufacture 5 to 6 billion enzymes necessary to keep the body in perfect health.

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. It is the only one he mentioned that belongs there. But baking soda in fruit juice is a carbonate.

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.

REAMS/BLACK: [Reams telling students about types of calciums] ...baking soda, don't you remember me telling you? Tri-Calcium. No, I beg your pardon. Baking Powder.

 **NOTE:** For all entries: Be very careful that you understand that baking powder is a tri-calcium, not baking soda (also known as sodium bicarbonate). The two are sometimes confused.

CALCIUM CARBONATE

ARM: 7 different kinds: Phosphate of calcium, oxide calcium, calcium carbonate, tri-calcium, gypsum calciums (lactates), dolomite calciums, calcium hydroxide (toxic to people). 6 are essential to life.

BEDDOE: A well-known source of calcium carbonate is the product "Tums™," a highly effective antacid. It is made of high quality with a little peppermint flavor and sweetener. It is used for the calcium, which is an anionic type (not suitable for improving bone structure).

BEDDOE: Keep the energy release principles in mind. You can always work anions against cations at any chemistry range. Many times some combinations of anionic and cationic minerals and vitamins will work better than others. For example, it is possible to use an anionic calcium and a strong cation along with it to make a cationic calcium reaction. In other words, the use of calcium carbonate and Vitamin C in the right relation can create a cationic calcium when one may not be able to get some calcium lactate. When you try this approach at any time, be sure to test frequently enough until you know that things are going to go as you intended.

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.

CLASS 1-5: ...below 6.40 it is the lack of calcium oxide that caused it to be there, and if the pH is well below 6.40 then you want a calcium oxide or calcium carbonate or a tri-calcium in order to build it up.

CLASS 1-5: Cancer of the bone is caused because of a phosphate of calcium deficiency and the bone requirements through our food is phosphates of calciums because there are three kinds of calciums necessary in the phosphates; Tri-calcium, Calcium Carbonate and Calcium Oxide. Min-Col has all three of them in colloidal form, and food in colloidal form does not have to go through a digestive process, it's already processed, ready for use.

CLOD: This number also indicates that the body contains too much calcium oxide and not enough calcium lactate and phosphated calcium, and also dolomite calcium, calcium carbonate, or tri-calcium phosphate. There is too much of one kind of calcium and not enough of five other kinds of calciums, which is creating a digestion problem because the liver has to have some of all six of the calciums every day in order to manufacture 5 to 6 billion enzymes necessary to keep the body in perfect health.

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. It is the only one he mentioned that belongs there. But **baking soda in fruit juice is a carbonate.**

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.

CALCIUM GLUCONATE

ARM: Milk has a frequency, but within that frequency, the molecule, **the gluconate form of calcium,** also has its individual frequency.

ARM: **calcium gluconate** from: sweet milk, yogurt; also, peas, soft vegetables.

BEDDOE: This would mean that the pH swings, away from 6.4, are likely to occur sooner in a woman. Make sure that women are getting enough calcium for the chemistry levels. Sometimes it is a good idea to use extra **calcium gluconate** because of its ease in assimilation.

BEDDOE: What you see in this Chapter represents more than what Reams used. You need to know that he dealt with approximately eighteen basic substances. Of the substances Algavim, calcium hydroxide (COH), calcium lactate (CL), **calcium gluconate**, chaparral, dolomite (DM), Ferro Tonic, goldenseal root, diatomaceous earth & mineral colloids (DEMC), lime water, mineral colloids (MC), and zest tonic.

CHALLENGE: Yogurt is rich in calcium lactate and **calcium gluconate**.

CHALLENGE: Where do you get **calcium gluconate**? Skim milk!

CHALLENGE: Children need **calcium gluconate** which is in yogurt and skim milk - it is milder than CAL-II or lactate.

CHALLENGE: **calcium gluconate** - give to expecting mothers or mothers with nursing babies.

C.H.E.M: There are instances when the digestive juices are so weak that the individuals do not get the energy from the other calciums, and the pHs stay acid or alkaline for a long period of time. **Calcium gluconate is used in these instances.** Such cases may be a double acid chemistry and sometimes double alkaline chemistry.

CLASS 1-5: The more ill anyone is, or the more debilitated, or the lower their reserve energy, the more **calcium gluconate** they need because their gastric juices are so dilute and weak. The more dilute the gastric juices of the liver the easier it can assimilate calcium gluconate, and calcium gluconate makes Vitamin D available and it's the only calcium that appears to do so. Initial research was able to trace calcium gluconate to Vitamin D.

CLASS 1-5: **Calcium gluconate** is in the oxide group but it is almost a neutral calcium, and is in things like sweet milk, some yogurts as well as peas and the different soft vegetables.

CLASS 1-5: The gastric juice is too dilute and here in the retreat I'd recommend **calcium gluconate**, two capsules, three or four times a day because she's very deficient in calcium and also put her on lime water, even when she's on a fast.

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.

CLASS 1-5: Also you give **calcium gluconate** in addition to CAL-II, lime water, and Vitamin D when the pH is 5.20 and under.

CLASS 1-5: CAL-II is the preferred calcium hydroxide supplement and when they can't take the CAL-II because of the yeast in it (it causes some people to retain water) we **put them on the calcium gluconate** 2 x 3 times a day and Cal Forte, the egg shell calcium which is used if people are allergic to the CAL-II. Take the whole egg, put it in a blender, and blend it up. Make milkshakes out of it.

ION INSTITUTE: Young fresh sweet corn on the cob which has just been picked, has a high content of **calcium gluconate**.

MANTHEI: Will **calcium gluconate** help make the gastric juice stronger? Yes, it will because it is a form of calcium that can be easily digested, it can start to make the gastric juice stronger.

MANTHEI: Cheese [calcium types] are carbonate, oxide, phosphate, **and gluconate**.

PROMISE OUTREACH: **Calcium gluconate** has been used successfully for muscle cramps, female problems including irregular menstrual cycle, hormonal imbalance, menopausal symptoms, cramps, emotions, PMS, hives and shingles.

REAMS/MANTHEI COOKING: He [Shaklee] does a fine job, and I certainly like his **calcium gluconate** very much. It's a very good one, but it's a very mild one. The one that Mr. Daily makes is 300 times stronger than the corn calcium gluconate made from the corn milk. Nothing wrong with either one. It is just the strength.

CALCIUM GYPSUM

ARM: The [calcium] lactates are the only ones that bring the urine pH down, the gypsum group. The others lift them up.

ARM: 7 different kinds: Phosphate of calcium, oxide calcium, calcium carbonate, tri-calcium, gypsum calciums (lactates), dolomite calciums, calcium hydroxide (toxic to people). 6 are essential to life.

ARM: The lactates are the only ones that bring the urine pH down, the gypsum group. The others lift them up.

CLASS 1-5: Gypsum is calcium sulfate and the gypsum group includes lactates, acetates and sulfates.

CLASS 1-5: Type 2 is the Gypsum group which is derived from sour milks and includes acidophilus, buttermilk, whey, kefir and cottage cheese. Type 2 should only be used when the pH is above 6.40.

CLASS 1-5: The Gypsum molecule can be either CaSO_4 or Ca_2SO_4 or Ca_3SO_4 or even Ca_4SO_4 . In a test tube the calcium would appear to be a sulfate, however the anion in the calcium molecule is still rotating in the same clockwise direction. All these forms would still be gypsum because there wouldn't be enough anionic Ca energy (even with a Ca_4) to be greater than the cationic energy. The way Doc learned it you have 4 sulfur and 4 oxygen, your last number represented your total numbers up to your last number. In other words, you could have S_2O_4 and figure the individual atoms but in the case of Ca_2SO_4 I'd figure 4 of each. Count your anions and count your cations either way. Make it Ca if you want to, and make it SO_4 , count your cations and your anions and see what it comes up, but whichever one has the greatest number of Milhaus units of energy is the one that will give you the appearance of being in the test tube. This is what I'm trying to demonstrate, regardless of how you were taught or how I was taught, it's [really] whichever one is the most. If you have more anions than you have cations in Milhaus units, you have a stronger anionic pull, if you have more cations than you have anions you have a stronger cationic pull. In other words, it's magnetic attraction but the very fact that the test tubes said that calcium was a cation didn't make it true at all because if calcium was a cation it had to rotate in the same direction right on and on and on, it couldn't change at all. If it rotates in the same direction, it's still calcium. In other words, you have to change the calcium itself, make the electron go in a different direction and if you did then we'd have an element that hasn't been named yet. Remember, everything that appears to be something in a test tube isn't always as it appears to be.

DUNLAP: The Calcium family names are: Dolomite, Oxide, Gypsum, Phosphate, Tri-calcium, Carbonate, and Hydroxide.

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.

See also→ *UNLEARNING for calcium as an anion perspective*

CALCIUM HYDROXIDE

ARM: 7 different kinds: Phosphate of calcium, oxide calcium, calcium carbonate, tri-calcium, gypsum calciums (lactates), dolomite calciums, calcium hydroxide (toxic to people). 6 are essential to life.

CLASS 1-5: Under the study of Biological Ionization there are 7 different kinds of calcium, and one kind is not available to human beings:

- Calcium Hydroxide (Not suitable for Human Beings as a hydroxide)
- Calcium Oxide,
- Calcium Carbonate,
- Tri-calcium,
- Calcium Phosphate,
- Calcium Sulphate (Gypsum), and
- Dolomite (not available to human beings as a source of calcium).

CLASS 1-5: Calcium Hydroxide is in its own group and is fatal to all biological life in the hydroxide form. However calcium hydroxide is the calcium ingredient that goes into the making of lime water; and in that form it becomes a liquid calcium, but do not drink the sediment. When you put calcium hydroxide with water there is a loss of the hydroxyl, or the OH, which then makes the calcium ion available, and at that point it's no longer a hydroxide, no longer a poison.

CLASS 1-5: The original lime water from IAL was made from a special sulfur water that came from a well in Florida, such that when the calcium hydroxide was added to it, it would not boil. Ordinarily if you add calcium hydroxide to a sulfur ion it boils, but this one didn't boil, and I must

have tested 500 before I found one that wouldn't cause any boiling, or gases to be given up.

CLASS 1-5: Cal-II is the preferred calcium hydroxide supplement and when they can't take the Cal II because of the yeast in it (it causes some people to retain water) we put them on the gluconate 2 x 3 times a day and the Cal Forte, the egg shell.

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.

👍 **NOTE:** Dr. Arden Andersen (himself a serious Reams student) has these words to add: The term "hydrated lime" means that calcium oxide (CaO) has had water added to it to get Ca(OH)₂. Its proper name is calcium hydroxide."

CALCIUM LACTATE

ARM: The [calcium] lactates are the only ones that bring the urine pH down, the gypsum group. The others lift them up.

ARM: High urine pH, indication of constipation. Stool loose or dry, needs water, calcium lactate, pickle juice, goldenseal; eat pears for breakfast, give a series of colonics.

ARM: 7 different kinds: Phosphate of calcium, oxide calcium, calcium carbonate, tri-calcium, gypsum calciums (lactates), dolomite calciums, calcium hydroxide (toxic to people). 6 are essential to life.

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

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. This is a high energy calcium because of the high Milhaus units of energy in each molecule. When it goes into the digestion, it will cause a high amount of energy release as it is resisted by the high level of anions. Buttermilk is a good source of this type of calcium.

CHALLEN: Yogurt is rich in calcium lactate and calcium gluconate.

CHALLEN: Cottage cheese has calcium lactate in it.

CLASS 1-5: 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 [because] it won't last too long.

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.

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

CLOD: Contains too much calcium oxide and not enough calcium lactate and phosphated calcium, and also dolomite calcium, calcium carbonate, or tri-calcium phosphate. There is too much of one kind of calcium and not enough of five other kinds of calciums, which is creating a digestion problem because the liver has to have some of all six of the calciums every day in order to manufacture 5 to 6 billion enzymes necessary to keep the body in perfect health.

ION INSTITUTE: Young fresh sweet corn on the cob which has just been picked, has a high content of calcium gluconate. When the cob stays too long on the stalk or becomes old, it loses its sweet taste and becomes insipid or bitter. The reason for this is that the calcium gluconate changes into calcium lactate. When corn is fully dried the calcium lactate is changed to calcium oxide. The dried corn is ground to make corn meal or grits.

MANTHEI: By using the lactate calciums [acidifying] as a diet supplement, the [high] urine pH will start to drift back towards perfect.

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 urine pH.

CALCIUM MAGNESIUM

See → DOLOMITE

CALCIUM OXIDE

ANATOMY: Manthei: Remember that calcium is needed for proper muscle action and it's primarily the oxide group, also iron, Vitamin A, Vitamin C and oxygen. Those are needed for proper muscle action and proper muscle nutrition.

ARM: 7 different kinds: Phosphate of calcium, oxide calcium, calcium carbonate, tri-calcium, gypsum

calciums (lactates), dolomite calciums, calcium hydroxide (toxic to people). 6 are essential to life.


ARM: Dolomite is composed of approximately 65% calcium oxide, 35% magnesium oxide. These two molecules are together, yet they are separate. When nature breaks down, or separates the magnesium oxide and the calcium oxide, the digestive system rejects both of them. Magnesium in its rejection runs into undigested protein or urea, and turns it into heat or electrical energy, causes it to pass out of the body, evaporate.

CLASS 1-5: Calcium Oxide is a high energy calcium but is not available to the body in certain forms because it is too hard, for instance, ground oyster shell, or ground up bones of animals are not accepted because in an oyster shell the calcium is a very, very hard oxide form and even when you grind it as fine as talc, it is similar to boulders compared to the size it has to be for the calcium energy to actually become available to you. When a report says "too much calcium" or "calcium too high" it means there is too much calcium oxide and they need a colonic, and "the food is digesting too slow" means the same thing. Whenever you get too much calcium oxide for too long it displaces the lesser calciums because of the specific gravity. In other words, the purer the calcium the more precedence it has.

CLASS 1-5: When the pH is above 6.40 it is calcium oxide that caused it to be there. Whenever the body gets too much calcium oxide for too long a time then the calcium oxide displaces the lesser calciums.

CLASS 1-5: For a highly acid system you can also get the calcium oxide in saline solutions 5 cc, which does a marvellous job for neurosis, nervousness, climbing a wall and so forth. Be aware too that in an acid system the body will store the fat.

CLASS 1-5: Over administration, or over consumption, of the calcium oxide group is constipating.

 **NOTE:** Dr. Arden Andersen (himself a serious Reams student) has these words to add: The term "hydrated lime" means that calcium oxide (CaO) has had water added to it to get Ca(OH)_2 . Its proper name is calcium hydroxide."

CALCIUM PHOSPHATE

ANATOMY: What makes it [tooth enamel] so hard or firm or dense? Yesterday Dr. Reams mentioned these three, phosphate of calcium, phosphate of fluoride, and phosphate of silica that form pearl.

ARM: Bones affected the most if there is a calcium phosphate deficiency. Fingernails get ridgy, brittle, soft, and lose their color.

ARM: Calcium phosphate is the most common form that calcium is found in the bone, a variable 24 to 34% of the total mineral.

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: Of all the minerals that the chemical colloids contain, tests only reveal approximately 37 different types — the major one being calcium phosphate. However, Dr. Carey Reams, the scientist who discovered the mineral colloid, estimated that there are at least 66 different elemental minerals in the colloid, but half are in such small amounts that they are extremely difficult to test for.

C.H.E.M: There was not enough calcium phosphate in the mother's diet, so nature pulled from her teeth and bones to supply the developing fetus. As a result, the mother lost her teeth or her nails went bad.

CLASS 1-5: When you run the numbers, observe the person, really see them, and you'll see outward signs and expressions indicating an inward condition, for instance: very thin fingernails with ragged edges. You'll find people with a phosphate of calcium deficiency. Also cancer of the bone is a phosphate of calcium deficiency.

CLASS 1-5: In the body there are 206 bones and they are composed mainly of phosphate of calcium, that is what bones are.

CLASS 1-5: Fluorine, chlorine, silicon form the enamel which is on our teeth and if you look at teeth and see that they're kind of transparent toward the end, it's a deficiency. Or you see little saw edges, or little dents in the end of teeth, that is a [calcium] phosphate deficiency. These are visible signs of calcium deficiencies.

CLOD: This number also indicates that the body contains too much calcium oxide and not enough calcium lactate and phosphated calcium, and also dolomite calcium, calcium carbonate, or tri-calcium phosphate. There is too much of one kind of calcium and not enough of five other kinds of calciums, which is creating a digestion problem because the liver has to have some of all six of the

calciums every day in order to manufacture 5 to 6 billion enzymes necessary to keep the body in perfect health.


DUNLAP: Min-Col usually has about 66 different minerals in the phosphate form. There is iron phosphate, copper phosphate, potassium phosphate, aluminum phosphate, calcium phosphate, fluorine phosphate, arsenic phosphate, etc. . .

FONTENOT: You see, as a child, I was taken to the doctor again and again with complaints of growing pains, but even then my root problem, a calcium phosphate deficiency, was not recognized. *"Nothing to worry about, she'll outgrow them. Many children have these growing pains and outgrow them."* Or do they?

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.

PROMISE OUTREACH: Foods from high-brix gardens are also high in calcium phosphate.

REAMS/BLACK: Student: What about pyorrhea? Reams: Pyorrhea is a mineral deficiency that Min-Col will take care of plus using mouthwash to keep the bacteria out. It's a phosphated calcium [calcium phosphate] deficiency.

 **NOTE:** See PHOSPHATE entry. Also see MIN-COL entry. There is no question but that phosphated calcium is Min-Col, but no one knows why "tri-calcium phosphate" is mentioned so clearly but not as "some of each of the six." Wikipedia does indicate that cow's milk and some forms of burnt bone contain "tri-calcium phosphate."

CALCIUMS

ANATOMY: Manthei: The other thing is, they [Parkinson's sufferers] shuffle their feet. And they look as if they are going to fall over. They take very tiny small little steps. But that's involving the nervous system there, and the finest thing you can do is to clean them out and get their body chemistry as close as you can to range A. Give them colonics, colonics, colonics, and then give them as many different kinds of calciums as you can think of. I also use niacin. And in some cases lithium. Right? Reams: Right.

ARM: Arsenic, calcium, and phosphate determine the structure of the heart. Phosphate is always second in the math and volume. 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.

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

CHALLEN: Arthritis is the loss of oil in the joints. 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.

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

CHALLEN: Asthma - low calcium.

CLASS 1-5: In low blood sugar [urine Brix] the problem goes back to the liver, there is poor liver function and lack of minerals, which also means a lack of calcium, oxygen, iron and iodine. Also not drinking enough water. Everything goes back to the liver.

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: You could have a perfect calcium and have a low blood sugar [i.e., urine Brix] and [still] be temperamental.

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

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

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.

CLOD: The reason the liver is not manufacturing enough glycogen is that there are not enough calciums of the right kind present. 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. For people who are too skinny the thyroid manufactures too much thyroxine. For the overweight it doesn't manufacture

enough thyroxine. This is easily remedied by the correct diet.

EUGENE REAMS: Calcium will not work against the body unless the body is potassium deficient. If the body is deficient in potassium, calcification sets in. Calcification is the final step in the progressive degeneration of most tissue whether it be in joints, arteries, or elsewhere.

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: By using the lactate calciums [acidfying] as a diet supplement, the [high] urine pH will start to drift back towards perfect.

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.

REAMS/MANTHEI COOKING: Another interesting point is that calcium makes up 80% of your body mineral content. If we would remove all the moisture from you and analyze the solid material remaining, calcium is found to be 80% of the total. So calcium is the key mineral that you need in your diet more than anything else.

SPECIAL ADDITION FROM DR. SKOW'S FARMING BOOK: *Carey Reams talked about calciums, plural. By calciums, plural, he meant that every kind of plant had calcium in it, but always in a different organic complex. Each affects a human being differently. Calcium sulfate has a different effect on Homo sapiens than calcium carbonate. Calcium from alfalfa and calcium from peppermint tea are each in a different complex. As a consequence, they affect the cells of the body differently. They have a different pH and a different energy potential. These observations prompt a question over whether we should use different calcium forms on the soil. The answer is, Yes!*

CALCULUS

ARM: Calculus means to evaluate what is needed to do the job. Biological calculus means it's the method used to find the energy, the synchronization point on a given frequency. Calculus is the process of math used to find elements that will make a molecule on the frequency of either male or female, or any other biological life.

ARM: Biological calculus means it's the method used to find the energy, the synchronization point on a given frequency.

ARM: The way the minerals, anions and cations, combine together to produce a cell that will have a frequency of either 24 or 26. The way we learn to do it is biological calculus.

ARM: We have a field of calculus that is called enid, and this is the division of calculus that is the art that an architect uses to draw the picture of a building, bridge, a railroad, or a motor - anything else that's to be built or made. That is the enid plan. What I'm trying to get you to see is the enid, the picture of the results of energy whenever it's expressed in geometrical patterns.

CLASS 1-5: The Theory of Biological Ionization crosses many boundaries, and while it's main use is in analyzing the efficiency of the human chemistry, and monitoring what is happening, the basis of BI is in the sciences; physics, chemistry, biology and mathematics. The Theory was developed by strict application of mathematics (calculus and relative math) and the laws of physics to the process of chemistry and biochemistry. So, no discussion about the Theory of Ionization would be complete without looking at the changes it would cause in the field of chemistry, and the redefining of some terms to reflect a greater accuracy of meaning. Where new knowledge outstrips old definitions, as are used in current teaching, the problem arises whether to modify current terms and use them, or invent new terms and use those. Whichever option is selected both have their own problems. The pioneers of Biological Ionization decided to use the current terms, but modified their definitions; redefining them to be more accurate and more specific. It used to be said that, "he who controls the atom will control the universe", but that is not exactly true anymore. That saying has been refined as our knowledge increases because "he who controls the ion will control the universe." We start with a single anion, a single cation, but we know the power of it. And when you have two knowns, you are in business in mathematics. In calculus many times you start off with no knowns and then you have to create your own knowns. But here, we are blessed by having two knowns or three knowns. For instance we know the frequency, and we know what an anion is, and we know what a cation is, and in the next class we will begin to explain the very basic principles of calculating energy.

CLASS 1-5: The equation and methods used in the RBTI were originally devised by Carey Reams in about 1931 from a number of different sources, including the sciences, mathematics and his own

original research in the realms of physics, chemistry and biology, **all tied together with calculus** and relative math.

CLOD: The equation numbers are not fractions. The fourth number denotes the total salt measurement in micro numbers. This indicates whether the body retains too much salt or not enough. This is done through the process of elimination, which is a mathematical **calculus** equation.

CLOD: By the resistance we can tell whether we have too much or too little calciums, or which calciums are enough and of which ones the man has too much. It is not a quantitative measure, it's a measure of resistance. By a **differential calculus** by deduction we can tell what is happening in the man's system.

MANTHEI: In this section we're going to review the relative math versus geometrical math. We're going to look at the differences between them. All arithmetic, algebra, and **calculus** deal only in the geometrical plane, but many of the principles can be applied to relative math. However, we must keep two complete sets of rules in our mind: one for geometrical math and the other for relative math. And many times the rules are completely opposite.

MANTHEI: **Biological Calculus** is the method used to find the energy, the synchronization point on a given frequency.

MANTHEI: We are going to be studying the way the minerals, the anions and cations, combine together to produce a cell that will have a frequency of either 24 or 26. The way we learn how to do it is **biological calculus**.

REAMS/BLACK: In **calculus** many times you start off with no knowns and then you have to create your own knowns.

See also→ MATHEMATIC

CALORIE

ARM: We don't count **calories**; but if overweight, then watch what they are eating. Eat some of everything but cut down the amount. Watch sugar, keep urine between 1 and 2 Brix.

ARM: Figure energy in calories of heat. A **calorie is how much heat** it takes to raise one gram of water one degree.

BEDDOE: This potential energy is in the **form of heat (calories)**—electromagnetics related to pH and conductivity as seen in the next two chapters, and matter (referring to the actual mineral ions available for molecular health of the cell.)

BEDDOE: High quality butter, on the other hand, has been shown to have beneficial effects on the immune system. However, if you are concerned about **calories**, take it easy with its use. Remember, fats have twice the calories per unit measure as sugar.

C.H.E.M: A hard working farmer or forester will burn up more **calories** than a sales clerk at a clothing store or a receptionist in the office place. They need different diets.

C.H.E.M: Several things put weight on: **Calorie intake** higher than your body needs, deficiencies in calciums, potassium and other minerals, lack of proper exercise, etc.

CLASS 1-5: A **Calorie is how much heat** it takes to raise the temperature of 1 gram of distilled water 1 degree Centigrade starting at 60 degrees centigrade and it's also the energy contained in foods. Do you realize the food that becomes a part of you is the loss of energy from the food you eat, and that the energy you live from is the amount of energy lost [released] from the potential energy, which is the undigested food that passes on out through the colon as stool? In other words, we live off the energy in the food we eat and not the actual food we eat.

CLASS 1-5: **Calories** are only a fad for fat clubs. You go to a fat club to learn how to lose weight and they count calories and about starve you to death. Some people count calories down so low that not only do they lose weight but they also lost strength until they couldn't go on. Sometimes they didn't even lose any weight, but still lost strength. Some of them could lose a lot of strength without losing any weight, so it's only 50% accurate at these fat clubs.

CLOD: No two people get the same amount of energy out of their foods. Therefore I do not recommend the **calorie-counting** system whatever.

DUNLAP: The lemon is an anionic substance that assists in releasing energy making it possible for the body to **burn more calories** and to break down fat.

FONTENOT: Anyone who has eaten from a hospital menu knows that the science of nutrition is far more complex than "**calorie counting**." A calorie, of course, is that amount of heat needed to raise one gram of water 1 C. Because of the difference in body chemistry, no two people get the same amount of energy from any given food, so this measurement by dietitians is meaningless.


JOHNSON: It is advisable to purchase one of the **calorie guides** at your local health food shop. With its help you can learn to set portion sizes to balance that day's caloric intake.

KIRBAN: 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 none could evaluate how many calories any individual was going to get out of their foods.

REAMS ANALYSIS: Vary your salad ingredients, juices, teas and steamed vegetables to give your diet variation but stick to the general pattern and watch the calories. You can pick up a simple calorie counter at your local health food store.

REAMS/BLACK: The counting calories system is just an old wives tale in most cases. It only works in a very, very small amount of cases. It does not work, and we are going to study now for the next few minutes about weight, and fads. Now this counting calories is the most and greatest punishment that has ever been put upon us by the American Medical Association.

REAMS/SKOW COOKING: All of the calories of heat in your body come from carbohydrates.

 **NOTE:** Various writers missed Reams' instructions to ignore, disdain, and dismiss calorie counting. Let us hope at least some will catch up.

CANCER

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: And how large is that [cancer] going to be? That is determined by how much mineral deficiency there is in the diet, or in the air that can be taken in through the lungs, or directly through sunlight and radiation in the air.

ANATOMY: Manthei: And that's why some people say cancer spreads. Because they can find stomach tissue from a cancer that was in the stomach, they can find it in the legs, for example. But cancer does not spread.

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

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: 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 [i.e., delta].

ARM: All cancer is, is a dead and decaying cell regardless of where you find it or what it's in. For those doctors who have problems in their mind of trying to reconcile that a cancer cell is a dead cell because they've seen it growing, think on this, if a banana that is maturing has black spots on the skin, those black spots are the beginning of cancer cells, in other words, the banana is starting to decay.

BARNES: She opted for the Reams program instead of surgery and after several months on the program, the tumor actually shrank and much of it was resorbed into her tissues, she felt so well that she went back to work and, as we followed her for several years, there was no recurrence of the tumor or any spread of cancer anywhere in her body.

BEDDOE: [Quoting someone else] "Hate and bitterness are the finest cancer seed."

CHALLENGE: What is the cause of cancer? A poor diet or mineral deficiencies.

CHALLENGE: Bone cancer - Heavy amounts of Min-col and Algavim [can help].

CHALLENGE: Hate is the finest hybrid cancer seed known. Avoid negative emotion. Hatred takes away the health.

CHALLENGE: A cancer cell has fluid and gives off CO₂.

CHALLENGE: Carcinoma causes swelling of tissue, cancer does not.

CHALLENGE: When a person has an extreme odor in his urine, it means that they either have cancer along the urinary tract or they're on drugs.

CLASS 1-5: "Don't you know that preservatives cause cancer?" Reams: "No I don't know that. I don't know it at all. It has never been proved, it's just a fad, it's just somebody's idea to write a book, and they wrote a book, and it's very good for the writer, but it doesn't work with people."

CLASS 1-5: Remember, a perfectly healthy baby chicken couldn't grow unless it changed every cell in its body every two days. Now those exchange cells are carcinoma cells and in people, if carcinoma cells stay in long enough they may turn to cancer. In other words, they may lose so much energy until they are a decayed cell. Cancer is only a state of decay, premature aging even at 100, even at

150, premature.

CLASS 1-5: Albumin is another name for the cellular waste, or debris, in the urine and even includes delta cells and omega cells (**carcinoma and cancer** cells).

CLASS 1-5: With the debris itself we're dealing in millions, but the main thing you want to know is, "is nature cooperating or isn't it cooperating", and this is actually what this reading lets us know. In some people it may look as though there is pure blood coming out of the kidneys because there is such a massive breaking down of a **cancer** because body cancer cells are the most red, but kidney cancer cells are a light color.

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: 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.

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.

CLOD: **Cancer** of the prostate could likely almost be eliminated if people did more walking. By walking we get more minerals from our foods. The more we walk, the more energy we use. If we do more walking than we take in minerals, then walking could do us harm.

CLOD: Whenever people do not get enough manganese from the food they eat then it is the first sign of the beginning of a loss of energy, and delta cells and omega cells (**carcinoma, or cancer**) are beginning to occur in these organs.

CLOD: If your child should have **cancer of the pancreas**, insulin will not do any good, neither will diet. But cancer of the pancreas is so very rare. You might find one case in a million.

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!

DAVIS: This author may very well go to jail for disclosing the facts contained in this booklet. You will read about a very serious subject: **cancer**. What you will read is the first person account of how this author was cured of a malignant cancer of the descending colon by a simple dietary procedure. It is expected that this very book will be used against this author to establish legally the fact that he is practicing medicine without a license [yes, the prediction came to be].

FONTENOT: Nord Davis' *Curse Causeless* was written about a forbidden subject: a **dietary cure for cancer**. The book might just have well been written about arthritis, diabetes, heart disease, or any other one of Medicine's money making maladies. The legal weakness of *Curse Causeless*, if indeed there truly were one, may have been in the author's use of certain terms, such as "cure," which are seemingly copyrighted by the American Medical Association.

JOHNSON: This is a cancer; we recognize **cancer** right here -- low salt. Low salt, that is where you see it. So that is what you're talking about when the body is retaining excessive salts. You can see in the equation that the salt does not reflect the rest of the equation.

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.

KIRBAN: All **cancers** and all maladies and all diseases are brought about because of a mineral deficiency, even those that are aggravated by fungi and viruses.

KIRBAN: Reams: The reason there is **breast cancer** is because of a manganese deficiency.

HEALTHVIEW: HV: Can distilled water leach-out vital minerals from the body? Reams: No, it cannot, since it is impossible for distilled water to demineralize live tissue or live bone and it only washes out decaying materials from worn-out, broken-down or **cancerous** cells.

REAMS/BLACK: In the medical dictionary, carcinoma is called **cancer**. But also in the medical dictionary there is no word, that I know of, and if there is any doctor in this class that knows of a word that is between a perfect cell and a dead cell, I would like to know what that is. I have a book here that's an authority on the subject, approved by the American Board of Research in Medicine, that clearly distinguishes the difference between a cancer cell and a carcinoma cell and a good cell. This book is my authority. [The Cytologic Diagnosis of Cancer, Graham, Ruth M.]

REAMS/BLACK: There is only one cause of **cancer** and no more. Just one. And that is a mineral deficiency.

REAMS/BLACK: **Cancer** is only flesh decaying because it is starved to death for the nutrient needed in that division. We can do RBTI tests today and you are going to be able to do tests and predict


anywhere from weeks to years in advance where a disease will strike a person if they do not change their ways or their diet.

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.

REAMS/MANTHEI COOKING: I saw an article of paper the other day that said, "Doctor has discovered means of killing cancer cells." Well, wasn't that something---kill something already dead! How can you kill something that is already dead? So what we need to do in dealing with people is to define the words and meanings that we're using.

REAMS/SKOW COOKING: Ginseng is a laxative. It is almost a must for people in B and C range, and in many cases with people with advanced cancer that they know about, it is many times very beneficial.

SESSION 1-1975: I have found this and I believe you will find that cancer, there's only one cause for it and that is a mineral deficiency. A mineral deficiency. No other cause under the sun for cancer. A mineral deficiency. You can analyze children with these systems and predict years in advance where that cancer will strike if that mineral deficiency continues. And do it accurately.

 **NOTE:** *Anyone who uses the "C" word and suggests anything but surgery, radiation, or drug therapy from a licensed medical doctor as a treatment runs extreme risk of attack. In his day Reams was attacked relentlessly because of his teaching that "C" is a simple decay of worn-out cells that can be easily addressed with distilled water washout when adequate fresh minerals and energy are available to allow the building of replacement cells. Those who understand the truth of his teaching and employ his simple rebuilding techniques must do so quietly and away from the limelight.*

CAPILLARIES

ANATOMY: Manthei: The question is about chiropractic adjustment. How much affect does that have upon the blood pressure? It does. Reams: That's a variable because of the blood circulating through the capillaries.

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.

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. In later chapters you will see how this problem is also aggravated by conductivity and urea changes.

BEDDOE: But when the blood pressure increases it forces some thick blood cells through the fragile capillaries and this can cause rupture.

CHALLEN: Chocolate contains tannin like tea. Tannin causes the capillaries that are in the kidneys to shrink. Carob does not cause the capillaries to shrink but once they have shrunk then carob will plug them.

CLASS 1-5: The herb Goldenseal is 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 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.

FONTENOT: Unless the blood is circulating perfectly through the capillaries, it cannot carry the mineral needed to maintain the perfect health of those capillaries.

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: Remember also that an increased sugar reading means an increased alcohol production, which causes an increase of density in molecules of the blood, causing the blood cells to stick together. This is termed agglutination. The circulation through the very small capillaries is restricted, the sugar molecules become too sticky and oxygen deficiency results.

ION INSTITUTE: In evaluating high salt levels, age must be taken into consideration. A salt reading of

45C in a person age 50 is more dangerous to that person than the same salt reading is to a person age 25. A condition that has existed longer is more critical and will respond more slowly. When the blood vessels crystallize over a long period of time, they become almost as brittle as glass tubes. As the tiny capillaries in the brain crystallize, the blood's capacity to provide oxygen to the brain dwindles.

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.

JOHNSON: What happens is the lemon water is causing the body to start throwing out junk [cell debris] and unless the capillaries to the kidneys are dilated to allow the junk [cell debris] to go out then their body will start retaining the fluid.

KIRBAN: 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.

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: 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 thru the capillaries back to the veins and back to the heart. 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: Most doctors do not know how blood circulates through bones. They do not know how blood circulates or what happens in the capillaries. They know the difference in the diastolic and systolic blood flow, but they do not know what causes things. They do not know how a bone grows. They do not know how a bone shrinks (and they do shrink at times). They do not know what causes bones to decay. And when a doctor tells you there is no cure for anything, he means that there is no drug that will cure it; it doesn't mean that there is no diet that will be able to cure it.

REAMS/MANTHEI COOKING: Carob can also be used in place of chocolate unless you have an existing kidney problem. So then it's a no-no. It does the same thing, similar to what chocolate does in the kidney - it blocks up or plugs up the blood capillaries.

CAPSULES/TABLETS

BEDDOE: One note of caution: do not open capsules of calcium hydroxide (COH) in the mouth. It can be irritating to the mouth tissue.

BEDDOE: Activated B-6 supplied in enteric coated capsules is the best. It makes sure the B-6 gets completely released in the small bowel.

C.H.E.M: Capsules are recommended over tablets because the capsules will release their contents quite readily; it is almost like an explosion within the stomach and the contents of the capsules are spread across the stomach wall and throughout the food. The body is able to pick up the energy easier. Tablets are put together under lots of pressure and the body is not able to get the energy out of the tablet at the instant it is needed.

CLASS 1-5: Often times a patient will come back after two weeks to a month and I'll say, "Why didn't you take dolomite like I told you?" They will say, "I did take dolomite." I'll ask, "Did you take the capsules?" "No, I got the tablets, they're a lot cheaper." "Well the tablets you took didn't work." Many times the dolomite tablets are so hard, and the gastric juice is so dilute, they go right through like buckshot without breaking down, whereas the capsule explodes at once like a bang and it gives a powerful punch there.

CLASS 1-5: The dolomite used in the retreats is possibly prehistoric and comes from the Cuttersons [?] in Death Valley, California. It's not known whether it was a seashell or dry land crustacean but it's from the fossil. It's taken from the ground with a stainless steel posthole digger about 4 feet deep, brought up, bagged, cleaned and then made into capsules.

ION INSTITUTE: If a child refuses to swallow capsules, the capsule may be taken apart and mixed with the food or in a drink.

ION INSTITUTE: If the hydrochloric acid is weak or diluted, the system will not be able to break down

or release the nutrients from sustained release or time release capsules or tablets. In fact many individuals may pass whole capsules or tablets in their bowel movement.

MANTHEI: If capsules are passing out undigested in the stool of an adult, do the same thing, open the capsule and mix the mineral in the food or in a glass of juice.

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.

MOSES: I put it [soft rock phosphate] in capsules and sold it by the hundreds of thousands through a wholesale drug company in Tampa. All the capsules had to be filled by hand. The wholesale drug company furnished the capsules, and I would fill. I resolved the right to manufacture and retail them myself, and sold them as Min-Col through my company, International Agricultural Laboratories.

REAMS/MANTHEI COOKING: What we're doing in the Manthei family because my children are yet too small to swallow capsules, is we will take Min-Col and skim milk and add it to cookie batter. And so when they get a cookie, they're actually taking in other forms of mineral as well.

CARBOHYDRATE

ANATOMY: And carrot juice is one of the finest things to help in rebuilding the blood because it is rich in iron and iodine, Vitamin A and phosphates, carbohydrate, and something else I haven't mentioned yet.

ACRES USA: The short-term relief occurs because the [high protein] diet eliminates many carbohydrates to which the patient was hypersensitive.

ARM: Carbon is absolutely essential for your life. It does the same thing in your body as it does in the soil. It determines how much moisture your body will hold. Charcoal is a rich source of carbon. Another source is carbohydrates.

ARM: What is the catalyst for carbon and oxygen, for the manufacture of carbohydrates? Phosphate.

ARM: Any carbohydrate will be picked up on the refractometer; it will read your total carbohydrate. Whether it's honey, orange juice, watermelon, carrot juice, it will pick it up.

BEDDOE: Brisk walking is good therapy for high blood pressure. Besides, it will help lower high blood carbohydrate levels. Exercise in general increases the storage of Vitamin C and reserve energy.

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: The use of "Green Drinks" is extremely valuable in helping the liver and pancreas to regulate blood carbohydrate levels.

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 were any extra weight. This is because the body will draw on the fat for needed energy if it is available.

BEDDOE: If there are high urine carbohydrates, then fresh comfrey should be added to the green drink.

C.H.E.M: A female body will have a higher level of body fat. Thus more salts can be stored in the fat cells; body fat can be a source of carbohydrate.

CLASS 1-5: The medical profession considers that a person who has low blood sugar [glucose?] is allergic to all carbohydrates so they feed high proteins and tell you to discontinue your carbohydrates. What we do is break all rules and find out why. We decrease their protein meats terrifically and put them into a low protein diet, no protein substitutes, or anything of that nature and also put them on fruits and things, one at a time, until you find out which fruit or which carbohydrates causes the pancreas to flush. We then discontinue that one and it solves the problem.

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.

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: 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.

CLASS 1-5: The blood glucose has been known to go as high as 500 mg of glucose, yet they had a 1.5 total carbohydrates in the urine Brix and the glucose didn't affect them.

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: So the doctors take patients [suspected diabetics] off of all sweets and carbohydrates because they have found some whose pancreas flushes because they use certain sweeteners or carbohydrates. They put them on an all-protein diet, which raises the urea, causes them to be more tired, puts them in the zone for pectoris heart attack, and, therefore, "robbing Peter to pay Paul."

DAILY: When protein and carbohydrates are mixed in a meal the body finds it easier to manufacture amylase enzymes than protease enzymes. Therefore it will digest the carbohydrates readily but allow a goodly portion of the protein to go undigested.

DUNLAP: What might I expect to learn from the combined sugar readings? The sugar is a measurement of how much energy is available for the body. It is well known that oxygen is carried in the blood by carbohydrates. When the sugar is either low or high the brain does not get the oxygen necessary for general use. Oxygen deficiency in the brain hinders communication from the brain to the liver and other vital organs. It is often said that disease begins in the liver. It might be more accurately said that problems begin in the brain and develop from there.

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.

ION INSTITUTE: Insulin is a hormone which is secreted by the islet tissue of the pancreas, the Islets of Langerhans. It is discharged directly into the bloodstream and promotes the utilization of sugar in the system. 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.

REAMS/BLACK: We don't take people off of insulin. We give them a diet so they don't need so very much. As they begin to move through withdrawal, in other words coming off of the drug of insulin, they go through holy terror just like any other drug addict. Sometimes we have to put them in the hospital to have glucose given them until we level off the glucose test and then immediately after that, that glucose begins to bounce like a rubber ball. You can't keep up with it. It just about frightens the doctors to death. In the meantime, we keep the carbohydrate down below 1.5. In a few days, it's leveled off to normal and they are doing beautifully. So, what I'm trying to tell you is that Go By Your Numbers.

REAMS/BLACK: The important thing about these tests is they let you know these things. Whether you have too much sugars or carbohydrates or not enough;

REAMS/MANTHEI COOKING: Diet, too, can bring about an abortion, or it can prevent one. A fetus uses 400-500% more sugar/carbohydrate than we do as an adult.

REAMS/MANTHEI COOKING: If you've got too much insulin, that means your sugars will be too low. And, therefore, you will not produce enough alcohol, and so you will have cold hands and cold feet. Another symptom is indigestion or heart burn or gas. And the remedy is to eat more carbohydrates in the diet. People who are like that need to eat more carbohydrates in their diet, and they need to watch their water intake.

REAMS/MANTHEI COOKING: The higher the carbohydrate, the higher the mineral. There is no exception to that rule. The higher the carbohydrate, the higher the Brix, the higher the mineral content.

CARBON

ANATOMY: Remember that the key element that makes up the stole is the carbon. Now, didn't we just talk about carbon? Where was carbon located in the cell? It involves that major ring out from the nitrogen. And don't forget, also, that DNA and RNA both contain nitrogen.

ANATOMY: The carbon starts to give up the water, and the water becomes warmer in the cell, not enough to form a fever, but warm enough to form a vapor. And if the water goes out, the carbon goes out with it. If the carbon remains, that becomes the core of a cancer.

ARM: Charcoal tablets, or bride's toast, is an excellent source of carbon.

ARM: Carbon is absolutely essential for your life. It does the same thing in your body as it does in the soil. It determines how much moisture your body will hold. Charcoal is a rich source of carbon.

Another source is carbohydrates.

ARM: People who contain too much water are lacking carbon. Good source is charcoal tablets or bride's toast. Carbon is the governor for water. When a person is dehydrated, they have too much carbon and they are lacking in water. The way to get rid of excess water (edema) is to drink water.

ARM: What is the catalyst for carbon and oxygen, for the manufacture of carbohydrates? Phosphate.

ARM: All colloids contain carbon.

ARM: 7 different kinds: Phosphate of calcium, oxide calcium, calcium carbonate, tri-calcium, gypsum calciums (lactates), dolomite calciums, calcium hydroxide (toxic to people). 6 are essential to life.

BEDDOE: Dolomite (DM) is composed of calcium carbonate and magnesium carbonate; however, the calcium is not available to the system.

CHALLEN: If you lack carbon, you should take charcoal tablets and eat burnt toast.

CHALLEN: Carbon - governor for water - All colloids are organic and all organics contain carbon.

C.H.E.M: As the sun comes up in the morning, the waters in the leaf starts to heat up, and as water is heated it expands. As the water expands, the plant is breathing in carbon dioxide and breathing out oxygen and carbon atoms are drawn into the water. The catalyst that helps the carbon get into the water molecule is phosphate.

CLASS 1-5: 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: Chlorophyll is carbon, hydrogen, oxygen with nitrogen [?] and is a regulator for the manufacture of insulin. Plant chlorophyll and blood hemoglobin are very similar.

CLASS 1-5: By the use of an oscilloscope over the years the dietary isotopes have been determined and carbon is not one of them. In other words, in an isotope the electrons must be able to change places and that is what gives the seesaw effect, the fulcrum, or the quick gain or quick loss of energy in gasoline, fuel, wood, air temperature or your diet, the principle is exactly the same.

CLOD: ORGANIC chemistry is any substance containing carbon. Inorganic chemistry is any substance not containing carbon.

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

CLOD: Did you ever walk out in the morning and see the "diamond" in the dew drops? This "diamond" was a carbon colloid.

CLOD: [I] 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.

EUGENE REAMS: Sugars are sweet, soluble carbohydrates that make up monosaccharides and disaccharides. Simple sugars are called monosaccharides. Monosaccharides can't be further broken down by digestion and contain a single chain of carbon atoms. (Sugars that are broken down by digestion are disaccharides and trisaccharides).

ION INSTITUTE: All sugars are carbohydrates but all carbohydrates are not sugar. A carbohydrate is a group of neutral compounds composed of carbon, hydrogen, and oxygen.

JESSE: Carbohydrates are carbon to which water has been added. Carbohydrates are actually sugars and starches formed by the plants.

MANTHEI: What about the carbon? Where do you think carbon's going to come from? Carbon is coming from your diet.

MANTHEI: Name the four elements that are needed by all biological life: nitrogen, oxygen, calcium, and carbon.

MOSES: I also discovered that phosphate is a catalyst for joining carbon, hydrogen, and oxygen in the leaf of the plant in the process of photosynthesis, and that phosphate in the soil is the governor for sugar, which went back and interconnected the link I had discovered earlier: the higher the sugar content, the higher the mineral content.

OLSZTA: We first looked up the number of anions and cations in the elements of cationic carbon, hydrogen, and oxygen. They were as follows: Carbon has 1 anion in the core, 12 cations in the shell.

PROMISE OUTREACH: Pentose is the only 5-carbon sugar and is found only in FRESH fruit.

PROMISE OUTREACH: Organic means the substance contains carbon. Inorganic substances do not contain carbon. Salts that contain carbon come from celery and whey.

REAMS/BLACK: Organic chemistry is the branch of chemistry that deals with the carbons, any substance containing carbon.

REAMS/SKOW COOKING: The lower your carbon content, the greener color the fruit has. And the lower the phosphate content, the lower the carbon content.

CARBON DIOXIDE

ANATOMY: The carbon ring is affected next, and that carbon starts to break down, oxidize, and become carbon dioxide. Now, if that carbon dioxide stays within the cell, it's going to be filling part of that cavity that was created by the loss of nitrogen.

ARM: carbon dioxide expands the cell.

ARM: Yeast is a plant, and yeast breathes carbon dioxide and resists oxygen.

BEDDOE: [Agricultural] 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: The body has to destroy carbon monoxide damaged RBC's and build new ones in order to keep sufficient capabilities for moving oxygen and carbon dioxide in the body.

CHALLEN: Carbon dioxide gas will escape eventually and this is why a carcinoma becomes hard over a period of time.

CHALLEN: When a cell starts to die, carbon dioxide is given off and this causes the cell to swell. Eventually the cell dies and shrinks. The void that is left is filled with water. This water has no frequency. This causes a loss of energy, which is given off through the urine.

CHALLEN: Emphysema is like a dry leaf that will not let fluid leak into it. But it lets the cells around it operate normally and does not give off carbon dioxide. A cancer cell has fluid and gives off carbon dioxide.

C.H.E.M: As the water expands, the plant is breathing in carbon dioxide and breathing out oxygen and carbon atoms are drawn into the water.

CLASS 1-5: Whenever you get into the colitis fungus and bacteria you're really into something and many times you cannot tell even under a microscope which type you're dealing with, whether you're dealing with an animal or plant, and the only way to do is to pull them out and put them into oxygen or carbon dioxide chambers in order to determine which one you're really dealing with. Even today some of our finest, best and up-to-date books on parasites, bacteriology and fungus still don't make it clear, and there are a few writers who are being honest enough about it to say, "We don't know which it is, whether it's an animal or plant."

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

CLASS 1-5: The blood is a transportation system for wastes like carbon dioxide and salts.

CLOD: In this manner all biological structure is made, plants using carbon dioxide and animals using oxygen.

KIRBAN: [If] the body simply lacks the raw materials to build new cells. The old cells start to decay. Then they swell with carbon dioxide. Therefore, they retain too much water.

MANTHEI: So, lack of deep breathing results in failure to not only get enough exchange of oxygen and carbon dioxide, but also not to take in enough mineral from the air.

CARBON MONOXIDE

ARM: Intake of carbon monoxide burns the tip ends of these nerves off, dehydrates them [in the lungs].

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: The body has to destroy carbon monoxide damaged RBC's and build new ones in order to keep sufficient capabilities for moving oxygen and carbon dioxide in the body.

BEDDOE: The smoker is putting carbon monoxide into the lungs at a high level and when the hemoglobin comes by to pick up oxygen, it has a 3 times greater attraction for the carbon monoxide. So, it picks up the carbon monoxide in far greater amounts than oxygen. This may not seem so bad on the surface, but once the carbon monoxide is hooked up with the hemoglobin it will never let go. Red blood cells [corpuscles?] that carry the [tainted] hemoglobin will never be able to carry oxygen again, therefore they must be destroyed and new red cells built in order to keep the oxygen levels anywhere close to sufficient.

CLASS 1-5: The intake of carbon monoxide burns the tip ends of these [lung] nerve cells, it dehydrates them.

MANTHEI: Carbon monoxide burns the tip ends of these nerve fibers off, dehydrates them.

CARCINOMA

ANATOMY: Student: May I ask, am I assuming that all dead cells are, in a sense, carcinoma cells?
Period. Reams: Yes.

ANATOMY: I want to call your attention to that cells should be replaced before they become an omega cell, a carcinoma cell. And the only reason that they become a carcinoma or an omega cell is that they've outlasted their ability to function, and then they rot, and then there's cancer or carcinoma.

ARM: A deficiency in these elements means that the cells in the body will not be replaced, cannot be replaced, because there's not enough minerals to make them. A cell becomes a carcinoma cell, from either injury or deficiency in mineral, one of the two.

ARM: And the carcinoma or cancer cells, whichever it may be, get into the blood, and it gets thicker and thicker.

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: A perfectly healthy person, drinking the normal amount of water, should throw out about 40,000 carcinoma cells per quart of urine.

CHALLEN: This makes the cell swell, which is carcinoma.

CHALLEN: Carcinoma causes swelling of tissue, cancer does not.

CHALLEN: A person should drink cranberry juice if they have carcinoma in the uterus, prostate, breasts, or in the kidneys.

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

CLASS 1-5: A perfectly healthy baby chicken couldn't grow unless it changed every cell in its body every two days. Now those exchange cells are carcinoma cells and in people, if carcinoma cells stay in long enough they may turn to cancer. In other words, they may lose so much energy until they are a decayed cell. Cancer is only a state of decay, premature aging even at 100, even at 150, premature.

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: 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.

CLASS 1-5: If you do not tell anyone what's wrong with them but just give them the diet to correct it [based on the urine/saliva analysis] that's legal, it's only illegal when you tell them [for instance] that they have a carcinoma in the prostate or a carcinoma in the uterus or vagina or ovary area, you've got to be licensed to do that without breaking the rules.

CLOD: Whenever people do not get enough manganese from the food they eat then it is the first sign of the beginning of a loss of energy, and delta cells and omega cells (carcinoma, or cancer) are beginning to occur in these organs.

DAVIS: What is carcinoma? It is a cell that cannot produce its normal amount of energy. In other words, carcinoma is a dying cell because of the lack of some needed mineral that would have allowed it to produce energy and live. After carcinoma cells have died they are called cancer.

JOHNSON: This is 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. She has what the medical profession calls cancer, it's carcinoma cells.

KIRBAN: God never repairs a damaged cell. He is not in the secondhand-part business. He throws out the dead cell or the carcinoma cell and puts a brand new cell in its place. Every cell in the human adult should be changed about every six months. If the cell stays in the body longer than that, it becomes a carcinoma cell.

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.

REAMS/BLACK: A carcinoma cell is one somewhere between perfect and dead. And this carcinoma cell may be one that is just beginning to lose energy.

REAMS/BLACK: This is the way carcinoma cells are passed out of our body. They do not go back into the colon. They go out through the urine.

REAMS/BLACK: The lack of copper can cause carcinoma of the digestive tract or it can cause the arteries and veins to lose their elasticity so they will not expand and contract.

CAROB

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

ARM: Back hurts, kidney feels swollen - take off of lemon, double water. After a week or two, start back

on one ounce of lemon to 39 oz. of water. Ask: Have you eaten any chocolate, drunk tea as Lipton, Nestea, or Far Eastern, or carob? Legs swelling, generally [give] more Vitamin E. If sugar is low, put them on watermelon instead of lemon, back and forth until you get the liver rebuilt. **NOTE:** 1 oz. lemon juice to 39 oz. water appears to be a very weak starting point. Hopefully, the client can be gradually increased to the normal 1 oz. lemon juice to 9 oz. water.

BEDDOE: Keep in mind that there are some food items that are very hard on the kidneys: chocolate, black or oriental teas, and carob. All three of these cause the kidneys to constrict to a certain degree. This interferes with the removal of waste products from the body. If there are any problems with kidney function, the person should definitely stay away from these items.

CHALLEN: You can also dip the frozen banana in carob and roll them in wheat germ for a treat.

CHALLEN: Chocolate contains tannin like tea. Tannin causes the capillaries that are in the kidneys to shrink. Carob does not cause the capillaries to shrink but once they have shrunk then carob will plug them.

CLASS 1-5: Some people are allergic to carob and others are allergic to lemons. Some are allergic to cabbage, some allergic to onions, you name it, and somebody is allergic to it.

CLASS 1-5: These things are no-no's for very, very sick people. No chocolate or carob.

MANTHEI: Another thing that Reams has suggested is taking frozen bananas that are on the popsicle stick and run them under hot water just for a little bit to loosen the skin. Then dip them into liquid carob. Next, roll them in wheat germ, wrap, and put back in the freezer. Some people are allergic to carob and others are allergic to lemons.

REAMS/MANTHEI COOKING: Student: If carob does the same thing to the kidneys as chocolate, then why can't I use chocolate? Reams: You misunderstood what he said. It doesn't do the same thing. Chocolate contains tannin, like tea, and it causes the capillaries that are in the kidneys to shrink. But carob does not cause them to shrink. But once they're already shrunk, it plugs them up.

CARROT

ANATOMY: And carrot juice is one of the finest things to help in rebuilding the blood because it is rich in iron and iodine, Vitamin A and phosphates, carbohydrate, and something else I haven't mentioned yet.

ARM: Sugar is a good electrolyte also in the system. The best thing to get the sugar up is green chlorophyll, carrot juice.

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

ARM: Carrots that are grown in Indiana, Illinois, Ohio, Michigan, only contain about 2 parts per million of iodine or iron. Consequently those states are called the goiter states because a deficiency of iodine makes goiter.

BARNES: After reading his test results and eye readings, he said Ron was too weak to do the lemon water, it would detoxify him too rapidly. He put him on carrot juice instead. I had seen Doc put a person on lime juice once, another was put on cabbage juice but I had never seen carrot juice used as a detoxifier.

BEDDOE: Use raw juices with children, such as carrot, and green drinks.

BEDDOE: Carrot juice should be used according to the same weight and volume as the green drink: that is, over 140 pounds, use eight ounces; between 110 and 140 pounds, use six ounces; below 110 pounds use four ounces. Do NOT use carrot juice if the carbohydrate number is over 5.5.

CHALLEN: If a baby is allergic or cannot handle any milk products then you can put him on vegetable milk. This is cooked vegetables pureed (which are vegetables like green beans and carrots and boiling them for a couple of hours until they are extremely soft and blending them in a blender).

CHALLEN: California carrots are the best carrots because they are higher in calcium than other carrots.

C.H.E.M: Carrots grown in California contain up to 150 parts per million of Iodine while others contain 2 parts or less.

C.H.E.M: Any vegetable with yellow or orange color has Vitamin A, such as carrots, pumpkins, squash, sweet potatoes etc.

CLASS 1-5: Carrot juice is rich in Vitamin A but you don't give carrot juice to anyone who is on insulin, diabinese, orinate or diabinate because it is high in sugars. Also carrot juice is an excellent thing for leukemia but if you know a person who has leukemia, or classified to have, they should be in a retreat because there's a lot more to leukemia than just a Vitamin A deficiency. However, it is the primary cause of it but many times the body refuses to accept the Vitamin A in any shape form or way and you have to go, as the old saying is, all the way round Robin's barn to find a catalyst to make Vitamin A available to them.

CLASS 1-5: Doc Reams quite often spoke about carrot juice as being one of the most perfect juices you can have, providing it comes from good, well grown carrots. Not only is carrot juice rich in Vitamin A but it is also rich in minerals and iodine, if it is grown in good soils that have sufficient iodine in them. Carrot juice is good for many things like the liver and skin and is an excellent thing for leukemia and anemia.

CLASS 1-5: Not only is Royal Jelly given for the equal distribution of many different kinds 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.

DAVIS: The best way we know of to rebuild the pancreas is with cationic "green drink" - that is, anything green such as carrot tops, celery, green beans, any edible green leaf, etc., put through a juicer so that the vital juices are separated from the bulk of the plant.

FONTENOT: RBTI tests have shown that many people cannot digest the bulk of many vegetables high in mineral content, such as the California carrot.

HEALTHVIEW: You can also get a potent form of iodine for the liver from organic carrots, especially carrots that come from California, Canada and Arizona, but carrots from Texas, Indiana, Michigan, Illinois and Ohio are very low in iodine and should be avoided!

ION INSTITUTE: Carrot juice is very rich in Vitamin A, potassium, calcium and phosphorous.

JOHNSON: If sugars are high, drink very little carrot juice. Lower the sugars and then carrot juice can be used.

JOHNSON: Give them the diet: the Vitamin A, the copper, the iron, the beets, the carrot juice, and the Ferro Tonic. You can do all this without even indicating that you suspect it.

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 while others only contained 2 parts of iodine.

MANTHEIb: After the sugar reading has dropped below 5.5, carrot juice could be used.

MANTHEId: You want to get the sugar down as soon as you can start giving them some carrot juice to build up the blood.

MOSES: I learned that carrots varied in iodine content ground, 2 parts per million to 300 parts per million, but they varied in sugar content.

PROMISE OUTREACH: Try to buy California carrots! They are much higher in natural iodine.

REAMS ANALYSIS: Carrot and spinach juice give not only the benefits of the carrot juice but the chlorophyll and vitamins and minerals of the spinach plant.

REAMS/BLACK: For instance, carrots grown up in Illinois, Indiana, western Ohio, in that area, have about 2 parts per million of Iodine in them. Two! In North Carolina and South Carolina the Iodine States, known as the Iodine States, they have about a 150 parts per million of Iodine. Out in California, they have up to 300 parts per million of Iodine.

REAMS/MANTHEI COOKING: I found carrots - only from Michigan - they only had two parts per million of iodine. I found them from California had 150 parts of iodine per million per gram. I found them in North Carolina that had up to 300. In Florida carrots only have about 40.

REAMS/SKOW COOKING: There's no way to tell when leafy vegetables like cabbage, broccoli, or cauliflower, onions, potatoes, carrots, and whatnot are done without one of these cake testers.

SESSION 1-1975: Babies should be started on vegetable broths, fresh fruit juices, fresh carrot juice, and one thing I do not recommend for babies is strawberries.

CARTILAGE

ANATOMY: Manthei: As we were talking on the phone his comment to me was, "Min-Col will rebuild that area, whether they respond or not." Reams: That is true. Manthei: Can anybody tell me why? Student: It's a colloid. Manthei: That's correct. It's colloidal. That is absolutely correct. It doesn't matter how strong your gastric juice is, Min-Col will become available to you. But before the vertebra is going to be rebuilt, the cartilage must be rebuilt first. Reams: Right.

ANATOMY: The cartilage is found between bones. In other words, when one bone ends and another bone begins that's where the cartilage is found. And it does not have the same density or the same firmness or the same hardness as the bone itself.

ARM: There is another kind [of arthritis], when the cartilage loses its oil. For this give high amounts of pantothenic acid - this is B-5 - or Whidden's Royal Jelly.

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.

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: Again, this pattern is showing a Vitamin C deficiency and calcium deficiency. The brain is telling the body to borrow the calcium phosphate from the cartilage to correct the problem. Keep in mind that mineral colloids (MC) are the absolute best source of calcium phosphate because it is immediately available.

CHALLEN: Arthritis is the loss of oil in the cartilage.

C.H.E.M: It helps to put back the oil into the cartilage. The oil is lost because of a pantothenic acid deficiency, which is due to a calcium deficiency, which results in a Vitamin C deficiency therefore the oxide form of calcium will collect in the joints.

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.

CLASS 1-5: The doctor calls every swollen joint arthritis and the difference in a swollen joint and true arthritis is that in this particular case there would not be a loss of oil in the cartilage, they're just not drinking enough water to wash out the delta cells and they're collecting in the joints.

FONTENOT: For instance, pantothenic acid (Vitamin B-5) is needed by the body to cause the oil to be in the cartilage of the joints. When the chemical, cortisone, is administered, it destroys the body's pantothenic acid, the very substance the arthritic is already deficient in!

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.

ION INSTITUTE: High salts cause the cartilage to reduce its moisture content. This fluid loss is responsible for some of the pains which develop in the body, especially in the joints.

JOHNSON: High tissue salt retention indicates high cardiac stress, tension in the chest and chest pains as well as collagen tissue breakdown (connective tissue, bone, tendons, cartilage, skin).

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.

MANTHEI: There is also a very high colloidal content in the bones and in the cartilage between the bones. A loss of colloidal material in the bone cartilage means that the deposits of other elements, such as calcium, can form there. This can cause pain in the joints and inflammation.

SESSION 1-1975: Zinc is used in making the cartilage from which the bones are made but after the cartilage is made and formed into bone, then it is no longer present. It loses it when the bone is formed.



NOTE: *The Anatomy transcript has a lengthy section in which Reams first states that a bee sting is the richest possible source of Vitamin B-5 and he then goes on to describe exactly how to prepare the sting and administer it. Perhaps a worthy read for the advanced RBTI student.*

CATALYST

ANATOMY: Reams: A catalyst and a solvent can attract and hold an element outside of the sun, which is the core of the mol of the cell. Cells are made up of many atoms; alternative cells is being under one atom. There may have been many, many, many atoms. This is the principle by which a cell or cells are made.

ARM: What is the catalyst for carbon and oxygen, for the manufacture of carbohydrates? Phosphate.

ARM: Phosphate is the catalyst that forms the chelated energy that becomes you or me. Without it, it cannot form. Water is the most perfect catalyst on earth. Chlorine forms hydrochloric acid; it joins with nitrogen. Chlorine is a catalyst in building urea. Phosphate is the catalyst for your sugars, and there is no exception to this rule. Dolomite is only a catalyst to make protein available to you or to release excessive urea.

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

BEDDOE: Catalyst—A substance, which by its mere presence, alters the velocity of a reaction, but does not become a product of the final element.

BEDDOE: Algavim 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.

CHALLEN: Vitamin D is a **catalyst** that makes the body accept the oxide calcium - should only be used when the equation dictates its use.

C.H.E.M: A **catalyst** is any substance that joins two or more substances without becoming a part of the final union.

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: Stage 1 [of the 4 cell formation stages]: Elementary Cell Formation. The triumbrant [triumvirate?] stage. We'll put the triangular stage there, triumbrant is another term meaning triangular, and the triumbrant stage if you could put at each point of a triangle you could put iron, iodine and oxygen. These are unified with a **catalyst**, and that catalyst is calcium. Now what we are also saying is that in the programming of the cell structure it is the calcium that determines the micronage because the calcium is there with the most and it has the greatest effect of anything else, and that effect is related to micronage.

CLOD: Water is the best and finest **catalyst** known throughout all nature. A catalyst is something that joins two or more elements or compounds together without becoming a part of the union as such. As a minister may marry a man and a woman without becoming a part of the union. The minister would be the catalyst. Also, as a wrench would join a nut and a bolt together without becoming a part of the union. The wrench would be the catalyst, it is the joining agent.

CLOD: The minerals in the fish prevented the minerals that he needed from becoming available. In other words, the digested fish created a **catalyst**, which prevented the potassium and oxygen from performing its duty in the brain. [Can a catalyst prevent joining as well as join?]

JESSE: In the digestive tract, enzymes are secreted by the salivary glands, the stomach, pancreas and intestines. They tend to ferment the food, that is they have the action of a **catalyst**.

MANTHEIc: **Catalyst**: an element or compound that has the ability to join 2 or more elements or compounds together without becoming a part of the union. Example: distilled water.

MANTHEId: Stage one [to make a cell], remember, is the triumvirate, where you've got iron, iodine, and oxygen. And the **catalyst** for those three - iron, iodine, and oxygen - the catalyst is calcium.

MOSES: I also discovered that phosphate is a **catalyst** for joining carbon, hydrogen, and oxygen in the leaf of the plant in the process of photosynthesis, and that phosphate in the soil is the governor for sugar, which went back and interconnected the link I had discovered earlier: the higher the sugar content, the higher the mineral content.

REAMS/MANTHEI COOKING: So we said that the phosphate is the **catalyst** for the carbohydrate, which is the Brix level, and it's calcium in the soil that will neutralize the acid.

REAMS/SKOW COOKING: Nettle tea, nettle tea is also excellent in making Vitamin C available to you in vast amounts. It does not have much Vitamin C in it, but it is terrifically high in a **catalyst** that makes Vitamin C available to you.

CATAPLEX (Royal Lee)

ARM: **Cataplex**: This is a prescription item but you can buy it direct from Royal Lee products. Anytime that people have writer's cramps, tension in shoulder blades or muscles, this is good. 2 T until cramps are gone, and then only as needed. Costs about \$3.00 a bottle [in 1975].

CLASS 1-5: **Cataplex A/F**. Doc knew Royal Lee very well, and one of the finest things that he ever made was the Bitaris Cataplex A/F, and that will do more to make calciums available to you than any other one thing I know besides Vitamin D. When everything else fails to make calcium available then use the Cataplex A/F, but the only thing about Cataplex A/F is that you have to know when you need the calcium and when to stop it, or it'll wear itself out and it won't work at all. Royal Lee's products require a doctor's prescription. Also his tropins, gonadotropin, are very good.

CATARACTS

ARM: If the body responds, the body will heal of **cataracts**. Use Algavim 2, 3, or 4 times a day - with meals if you eat 3 times, then 2 at bedtime.

ARM: Algavim is excellent for **cataracts**. The cataracts go away without any operation. Also good for glaucoma. Algavim makes Vitamin A available to your system.

BEDDOE: **Cataracts**, or a sclerosing of the lens of the eye, and glaucoma, excessive pressure on the inside of the eye ball, are related to this salt excess and reverse osmosis.

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

CHALLENGE: If outside of pupil turns gray then the cause is cataract, fungus, or bacteria.

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

CLASS 1-5: Cataracts are not caused by microwave ovens but by a mineral deficiency, and there doesn't seem to be a single mineral [deficiency] that contributes to cataracts, but a group of them. A deficiency of manganese contributes to cataracts but only in a fetus or unborn child.

DUNLAP: Cataracts and glaucoma are both associated with high salt. Blindness is often caused by rupture of vessels in the eye. High salt is usually the reason for the ruptures.

ION INSTITUTE: High sugars are a contributing factor to night blindness, glaucoma, cataracts and other vision disorders.

KIRBAN: Reams: And we have seen both glaucoma and cataracts disappear just by diet alone! The individual's vision comes back to normal.

MANTHEIA: Student: How long does it take to get rid of cataracts on a patient? Reams: I haven't seen any that took over 18 months. For cataracts, get your body chemistry into range A first. Then take Algavim 2 - 3x/day, if your weight is under 130 lbs and if it is over 130 lbs take 2-4x/day. The first three or four bottles that you take, you won't be able to tell any difference. In 18 months I've seen them go completely away. Student: What about glaucoma? Reams: Same thing. In glaucoma, it generally works a little quicker.

CATION/CATIONIC

ARM: Cationic is acid.

ARM: The more cationic cells in your body, the more acid your body becomes, the shorter your life is.

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: Above 999 [Milhaus units] it [a cation] has an unstable ratio which causes it to split and form 1 anion and 1 cation. It could even form several anions. The cation has a negative charge core and a dominant positive charged shell which rotates in a counterclockwise direction.

BEDDOE: Resistance—The effect produced when anions and anions or cations and cations or anions and cations of differing Milhaus unit value encounter each other. One could say that resistance is a type of friction which causes energy to be given off.

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

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

CHALLENGE: 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 electron of nucleus.

C.H.E.M: Cations are much larger particles of energy and they can either be beneficial to you or detrimental. When you are standing next to the fireplace, your skin can feel the heat being given off. That heat is particles of cationic energy bombarding the skin, causing friction to occur with the cations of your body.

C.H.E.M: All foods are cationic except one, which is the fresh lemon.

CLASS 1-5: A cation is the second smallest particle of energy and is positive. Anions and cations are energy, and energy has many different forms and kinds and shapes and comes in many, many different patterns.

CLASS 1-5: The cation is a positive charge and the electrons rotate counterclockwise, and the anion is a negative charge with clockwise rotating electrons.

CLASS 1-5: The terms "anion" and "cation" are far more specific than just "negative" and "positive." The relationship between anions, cations and electrons is that a cation is a charged particle that is attracted to a cathode. It is the second smallest particle of energy with the direction of electron spin counterclockwise, and therefore cations are positive and are protons. The energy of a cation is a variable between 500 and 999 Milhaus Units. An anion is a charged particle that is attracted to the anode. It is the smallest particle of energy with the direction of electron spin clockwise, and therefore anions are negative particles and neutrons. The energy is a variable between 1 and 499 Milhaus Units. Electrons can be either positive or negative. The electron is the outer shell and the atomic weight gives the number of electrons in that outer shell.

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.

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.

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: 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.

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.

KIRBAN: One cation will incorporate from 500 to 999 Milhaus units of energy. It is a positive ion.

MANTHEI: A cation has Mh units of energy from 500 to 999, with a negative core and a positive electron, spins in a counterclockwise direction.

MANTHEI: Remember the variables of power for anions was 1-499 and for cations was 500-599. If [you] had a calcium with 40 anions and each had 1 Milhaus and the cation had 500 Milhaus versus another calcium which had 499 Milhaus/anion and 999 Milhaus/cation, the body would be able to get the energy the easiest from the first one. But if the gastric juice was strong, it would benefit more from the second one.

OLSZTA: Cation is the next smallest thing the Creator made. One single cation equals 500 to 999 Milhaus units of E1. ... The difference between an anion and a cation is the direction in which the electrons travel. Cations travel counterclockwise.

REAMS/BLACK: The next smallest thing that God ever created was a cation. The smallest cation contains 500 Milhaus units of energy and you cannot take it apart. The largest cation contains 999 Milhaus units of energy.

REAMS/BLACK: The power of the cation is 500 to 999. This is the lowest and this is the highest amount of energy that one cation can contain.

CATNIP TEA

ARM: Very strong catnip tea is good for diverticulitis, and a wonderful thing to make you sleep and relax.

ARM: Very strong catnip tea makes you sleep and relax. When everything else fails to put you to sleep, catnip tea is a sleeping agent.

CHALLEN: Catnip tea or Sleepytime tea can be used anytime to help you fall asleep. Also should be used for people in ranges D and E.

ION INSTITUTE: Very strong catnip tea is good for pockets or perforations in the colon.

MANTHEI: If you have difficulty falling asleep at night, you can have a cup of catnip tea or Sleepytime tea. And Reams also recommends using catnip tea in D and E ranges.

REAMS/MANTHEI COOKING: If you have difficulty falling asleep at night, you can have a cup of catnip tea or Sleepytime tea.

REAMS/SKOW COOKING: Catnip tea makes you sleep, sleepy. It's called "sleepytime tea" – catnip.

CELERY

ACRES USA: Vegetables rich in chlorophyll include such things as lettuce, escarole, endive, romaine, comfrey, spinach, celery tops, onion tops, green beans and so forth. Chlorophyll in the form of "green drinks" is also important. Take the same type vegetables you used in your salad and juice them with a vegetable juicer or a blender.

RBTI DESK REFERENCE

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: Do not mix celery juice and pear because they neutralize each other. You come up with almost zero.

BEDDOE: Take for example the mineral Iron. There is iron in spinach, celery, chard, and bib lettuce. Yet, in each, the iron is different because of the difference in the energy level of the Iron in the unique frequency arrangements of the different plants. The body needs those different types of iron. It is the same with all the minerals. The greater variety of types that are consumed, energy wise, the better potential there is for the body to maintain good liver health.

CHALLEN: Celery very low in calcium.

C.H.E.M: The Refractometer, one of the instruments used to run the RBTI tests, is used to measure the percentage of sugar found in any produce. You will be amazed to find out that not all tomatoes are alike, not all celery is alike, not all oranges, peaches, - bananas, apples, etc., are alike. Some have a higher sugar content (Refractive Index) than the others and therefore have more minerals and are better for our health.

CLASS 1-5: Do not use pear and celery at the same meal, or do not juice them together, because they neutralize each other and you have nothing left but plain water. I mean they just cancel each other.

CLASS 1-5: Celery tops contain Vitamin A and iodine provided they're grown on soils that have sufficient iodine in them.

CLOD: There is only one combination that I know of that I do not recommend and that is mixing pears with celery.

DAVIS: The best way we know of to rebuild the pancreas is with cationic "green drink" - that is, anything green such as carrot tops, celery, green beans, any edible green leaf, etc., put through a juicer so that the vital juices are separated from the bulk of the plant.

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.

JOHNSON: Shortly after a heart attack, where there has been heart damage, rheumatic fever, or any of these things, asparagus three times a week. And this is for the arsenic. This is also available in celery, to a lesser extent.

MANTHEI: Student: What kind of potassium are you using? Manthei: I use Min-Col and Algavim first and foremost, hominy [old-fashioned] every day, and celery juice and food sources.

PROMISE OUTREACH: Celery (for brain).

REAMS ANALYSIS: Salts that contain carbon come from celery and whey.

REAMS/MANTHEI COOKING: Student: Why did you say only use the celery leaf in soup? Manthei: Rather than raw? Sometimes they're real bitter.

SESSION 1-1975: Student: How about a juiced celery top?

Reams: Celery top is very good, but the stalk has more value in Vitamin A than it is in chlorophyll.

CELL DEBRIS

ANATOMY: Manthei: Our base exchange rate that we're measuring on the albumin of the urine is .04 M per second, which is the amount that's being exchanged per second per 100 pounds of body weight.

Reams: This should not change the [cell debris] count in the urine, because if a person weighed 200 pounds instead of one hundred, they should be drinking twice as much water [and therefore produce twice as much urine].

ARM: These two numbers (albumin and urea) in ratio to each other, have much to do with longevity.

ARM: A perfectly healthy person, drinking the normal amount of water, should throw out about 40,000 carcinoma cells per quart of urine.

ARM: A carcinoma cell is between a dead cell and a perfect cell. Every perfect human being should throw off 40,000 cells in a quart of urine.

BEDDOE: The first 3 numbers tell how perfect the digestion is and if the molecular structure is being built as fast as possible and on the right frequency. The beginning of longevity or disease is shown in these numbers.

CHALLEN: Range of albumin is 0 to 100,000,000.

CHALLEN: Any time a client has albumin of 4M they should take 1,000 IU of Vitamin E two times a day if he weighs more than 100 lbs. If he weighs less than 100 lbs then 500 IU Vitamin E BID. With high cholesterol, always give Vitamin E because of veins and arteries.

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: 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: Albumin is another name for the cellular waste, or debris, in the urine and even includes delta and omega cells (carcinoma and cancer cells).

CLASS 1-5: With the debris itself we're dealing in millions, but the main thing you want to know is, "is nature cooperating or isn't it cooperating", and this is actually what this reading lets us know. In some people it may look like there is pure blood coming out of the kidneys because there is such a massive breaking down [and removal] of a cancer because body cancer cells are the most red, but kidney cancer cells are a light color.

ION INSTITUTE: The first 4 numbers: the sugar, urine pH, saliva pH and salt represent energy in the body. The last 3 numbers: albumin [cell debris], urea (nitrate nitrogen) and urea (ammoniacal nitrogen) represent energy leaving the body; a short term expression for this is energy in and energy out.

REAMS/BLACK: People who are absolutely perfect and drink the right amount of water with their weight should have at least 40,000 cells in a liter of urine every day of their life.

SESSION 1-1975: The albumin reading should not drop to normal until that person is well. And the more dead cells they have in their system, the longer it's going to take to get those dead cells out. The dead cells are high in urea. So when you have a high albumin, you have to have a high urea. There are two things there that work hand in hand, a high urea and a high albumin.

 **NOTE:** Nord Davis and Joanne Fontenot rightly claimed that healthy people should throw out 40,000 cell debris fragments per quart (or liter) of urine and then erroneously added "per 100 pounds of body weight." A moment of reflection reveals that if this "rule" were actually so, a 200 pound person would throw out twice as much cell debris per liter or quart as a 100 pound person, a claim that is soundly negated by the Advanced Anatomy recordings, the ARM, and the Reams/Black transcript. See also→ ALBUMIN

CELL, ALPHA

ANATOMY: Once it loses more energy than its frequency, it begins to lose its synchronization, and the cell starts to come apart. And at that point, you cannot rebuild a cell. You can – in other words, there's this line here; this is the threshold line. Once it gets over that line, it cannot come back to an alpha cell. So once it exceeds that threshold, it becomes a delta cell, and it is impossible for it to ever become an alpha cell again.

ANATOMY: Manthei: That cell wants to be exchanged. It's reached its climax of growth, it needs to be exchanged, it sends a message [to the brain]. At this time it's still an alpha cell, but it's getting close to being a delta cell.

ARM: An alpha cell is a perfect cell.

ARM: Alpha cell production, the perfect cell, is directly related to mineral in the amino acid.

ARM: Adhesion is the word to use between cancer cell and perfect cell [i.e., delta].

BEDDOE: Alpha Cell; a fully functioning healthy cell.

CHALLEN: Three types of cell: Alpha - Healthy cell (has all of its energy)

C.H.E.M: In our bodies, perfect cells that have 100% of their reserve energy are called alpha cells.

CLASS 1-5: Alpha Cell - A new, perfect cell.


CLOD: An ALPHA cell is a cell with 100% of its reserve energy.

CLOD: All of the new cells [alpha] in the lungs were so young, his lungs were about as delicate as a newborn baby. They had not yet built up the reserve and strength of adult cells. I warned, "If you do go out in inclement weather you could take double pneumonia and you could be dead in 48 hours. DON'T GO OUT!" (he did---and died).

ION INSTITUTE: A perfectly formed cell in the body with 100% reserve energy is termed an alpha cell.

REAMS/MANTHEI COOKING: An alpha cell is a perfect one.

SESSION 1-1975: The old [omega] cell surrenders it's reserved energy as it leaves to the new [alpha] cell coming in.

 **NOTE:** A read of the Session 1-1975 transcript could easily lead one to think that "alpha," "delta," and "omega" terminology was not yet in use in 1975. Similarly, the Reams/Black Session 1 transcript of June 1977 does not mention any of the three terms.

CELL, DELTA

ARM: A delta cell is one that's already losing energy.

ARM: Adhesion is the word to use between cancer cell and perfect cell [i.e., delta].

CHALLEN: Delta cell - Carcinoma cell (has lost part of its energy and is operating in a less than efficient capacity).

CLASS 1-5: Albumin is another name for the cellular waste, or debris, in the urine and even includes delta and omega cells (carcinoma and cancer cells).

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 and omega cells that are being thrown out during repair.

CLOD: A delta cell is an in-between cell that has lost some of its reserve energy, it is wearing out, but has not yet worn-out.

CLOD: The numbers [in this case] indicate that nature is trying to throw out the delta [dead] cells, but the man's diet is so narrow he is not getting the mineral content to maintain good health.

CLOD: Whenever people do not get enough manganese from the food they eat then it is the first sign of the beginning of a loss of energy, and delta cells and omega cells (carcinoma, or cancer) are beginning to occur in these organs.

CLOD: Our system should throw out a few hundred thousand delta cells every day and replace them with new cells.


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.

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.

ION INSTITUTE: A cell that is losing reserve energy or has lost reserve energy is a dying cell and called a delta cell.

MANTHEI: And the delta cells, or the debris, that gets out into the urine is pieces or chunks of a cell that's broken up that passes out through those little tiny holes also.

REAMS/MANTHEI COOKING: A delta cell is one that is worn out, like an old tire. Still functioning, it'll get you there, but it might not get you back. In other words, the life is going out in it. It's just breaking down; it's dying that particular cell is.

 **NOTE:** A read of the Session 1-1975 transcript could easily lead one to think that "alpha," "delta," and "omega" terminology was not yet in use in 1975. Similarly, the Reams/Black Session 1 transcript of June 1977 does not mention any of the three terms.

CELL, NORMAL

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.

ANATOMY: Manthei: I'd like Reams to comment on sickle cell anemia. Are you familiar with that, where the shape of the 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: 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: Protein is the electrical attraction in matter, the electrical energy in the molecular structure, the protein energy in the molecular structure that holds it together, makes a cell a cell.

ARM: Calcium imbalance may not be in the cell.

ARM: The [unclean] meats that digest too quickly burn you up too fast, burn up your body and cells.

ARM: The more cationic cells in your body, the more acid your body becomes, the shorter your life is.

ARM: It also has a wonderful healing agent in it, something like aloe vera. It helps replace the cells quicker than anything else.

BEDDOE: Our muscle cells require about 80 different elements to construct and maintain their health.

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: The fat metabolism may be from an effect **directly on the cell** and/or through the bile salts.

BEDDOE: High conductance also causes blood **cell** [corpuscle?] agglutination.

CHALLEN: This makes the **cell swell**, which is carcinoma.

CHALLEN: Frequency is defined as the amount of time it takes for an electron to complete one orbit around the molecule or **around the cell**.

C.H.E.M: A female body will have a higher level of body fat. Thus more salts can be **stored in the fat cells**; body fat can be a source of carbohydrate.

CLASS 1-5: Once in a while hair loss is caused by an increase in the size of the **scalp cells**.

CLASS 1-5: The intake of carbon monoxide burns the tip ends of these [lung] nerve **cells**, it dehydrates them.

CLOD: A **new cell** does not develop by dividing. It forms by a process of ionization, the same way that a silver-plated, nickel-plated or chromium-plated process takes place.

CLOD: Until the principle of the **forming of a cell** is understood, all diagnosis can be incorrect.

CLOD: ...on the end of a nerve when it is cut it forms little branches. On each end of these little branches it forms a stolon [stole?] which is a cation of energy which lodges with nowhere else to go. This process repeats itself and a **cell comes into being**.


CLOD: There is not enough mineral to force them [old cells] into the bloodstream, or to break them loose from the nerve ending, and for a new stolon to form and a **new cell** to come into being.

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.

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.

 **NOTE:** *Perhaps copied directly from the ARM for a reason.*

REAMS/BLACK: God never repairs a **damaged cell**. Never! He throws it out and puts a brand new one in its place.

 **NOTE:** *A tenet of RBTI is that regular cell replacement is to be devoutly wished. The range is about six months for most soft tissues up to two years for hard tissue such as bone. Systematic water drinking to wash away old cells while abundant minerals are supplied to create replacement cells is key to living a life of maximum genetic potential. Remember that some tissue must be replaced due to damage such as cells sloughing off because of burns, cuts, or alimentary canal abuse.*

CELL, OMEGA

ARM: Delta cell is puffed up more and more - bigger and fatter until it becomes a cancer cell, or an **omega cell**. No structure in the cell at all.

ARM: Adhesion is the word to use between **cancer cell** and perfect cell [i.e., delta].

BEDDOE: There are two types of pain. The first type of pain is described as an aching, dull, nagging pain. It is due to pressure upon healthy cells from delta **and omega cells** that are deteriorating and swelling.

CHALLEN: **Omega cell** - Cancer cell or a dead cell.

CLASS 1-5: Albumin is another name for the cellular waste, or debris, in the urine and even includes delta **and omega cells** (carcinoma and cancer cells).

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 **and omega cells** that are being thrown out during repair.

CLASS 1-5: Just as we had trouble properly defining these terms we also found in the case of the alpha, delta and **omega cells** that many times there is 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.

CLOD: Whenever people do not get enough manganese from the food they eat then it is the first sign of the beginning of a loss of energy, and delta cells **and omega cells** (carcinoma, or cancer) are beginning to occur in these organs.

CLOD: An **omega cell** is a cell with no reserve energy,

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


ION INSTITUTE: A cell that has died or has zero reserve energy **is an omega cell**.

REAMS/BLACK: [Old dead omega cells not washed out] give you aches and pains.

REAMS/MANTHEI COOKING: Then, [there's] the carcinoma or cancer cell, which **is a dead cell**

[omega].

SESSION 1-1975: The old [**omega**] cell surrenders its reserved energy as it leaves to the new [alpha] cell coming in.

 **NOTE:** A read of the Session 1-1975 transcript could easily lead one to think that "alpha," "delta," and "omega" terminology was not yet in use in 1975. Similarly, the Reams/Black Session 1 transcript of June 1977 does not mention any of the three terms.

CELL, DAMAGED

ARM: Nature never repairs a **damaged cell**. It throws it out completely and puts a brand new one in its place. **NOTE:** With the above words Reams started his basic seminars. Creating a new cell is via the ionization process---a key part of the Biological Theory of Ionization. Whenever you hear a healer---medical doctor, or any other healing process---speak of "repairing" a cell, you can be sure they do not understand the RBTI. The very heart and soul of RBTI is that maximum health calls for cell replacement every six months---a process dependent on mineral availability to build new cells and water intake to wash away debris. Having said all the above, near the end of his life Reams started teaching that some harder body tissue (teeth, bones) required two years for replacement.

BEDDOE: The body has to destroy carbon monoxide damaged RBC's and **build new ones** in order to keep sufficient capabilities for moving oxygen and carbon dioxide in the body.

CHALLEN: God never repairs a **damaged cell** - every cell in the body is replaced every 6 months.

C.H.E.M: Nature will never rebuild a **damaged or worn out cell**. The old cell is thrown away and a new one is built in its place.

CLASS 1-5: The standard medical definition for mitosis is cell division and I don't believe in it. For instance, they take live tissue specimens from a patient, look at it under a microscope, and they see this mitosis, the cells are apparently dividing, but I'll tell you what they actually see, they see nature throwing out a worn out cell. We don't repair a **damaged cell**, the body throws it off as albumin and it's replaced.

CLOD: God never repairs a **damaged cell**. He throws it away and replaces it with a NEW CELL.

ION INSTITUTE: A **delta cell** is never restored or revitalized, instead, it is discarded and a new alpha cell takes its place.

KIRBAN: God **never repairs a damaged cell**. He is not in the second hand parts business. He throws out the dead cell or the carcinoma cell and puts a brand new cell in its place.

REAMS/BLACK: "God never repairs a **damaged cell**---He throws it out and creates a new cell in its place."

SESSION 1-1975: Did you realize that God never repairs a **damaged cell**? He's not in the second hand business. He always puts a brand new cell in its place.

CHAPARRAL

ARM: Ginseng is a laxative but it does not have the healing agent that **chaparral** has.

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

BEDDOE: Aloe vera also has effects in the digestion similar to **chaparral**.

BEDDOE: **Chaparral** is an herb. It is used for a couple of reasons. It has a mild laxative effect. It also has a substance in it that assists the body in kicking out the delta (degenerate) cells.

BEDDOE: What you see in this Chapter represents more than what Reams used. You need to know that he dealt with approximately eighteen basic substances. Of the substances Algavim, calcium hydroxide (COH), calcium lactate (CL), calcium gluconate, **chaparral**, dolomite (DM), Ferro Tonic, goldenseal root, diatomaceous earth & mineral colloids (DEMC), lime water, mineral colloids (MC), and zest tonic.

BEDDOE: When Jason Winters Tea is not available then you can obtain the individual herbs: red clover, **chaparral**, and gotu kola. Combine equal amounts by weight in a plastic bag and mix. Use this combination in place of **Jason Winters** Tea and steep as outlined above.

CHALLEN: **Chaparral** tea helps to replace delta cells, it is a mild laxative, and raises reserve energy.

CHALLEN: One capsule of **chaparral** will make ten cups of tea.

CHALLEN: Give Ginseng if people are allergic to **chaparral**.

C.H.E.M: The herb has been outlawed by you know who, therefore Daily's **Chaparral** is labeled "not for human consumption."

C.H.E.M: If the pHs are acid or a person has a tendency towards diarrhea be careful about using

chaparral, wait until the calciums and Vitamin D have brought the pH closer to 6.40 before using chaparral. If the pH is acid but the person has a tendency towards constipation, which does occur in some people, use chaparral.

CLASS 1-5: Chaparral capsules are used to help the body exchange the dead cells more rapidly by getting rid of them, and if they want they can add chaparral tea extra. On some people chaparral acts as a laxative and on some it does not. If it does have them cut it down. Chaparral is recommended according to how bad their problem is, the more numbers that show up on the card the longer I give them the chaparral. If they don't have too many numbers showing up on their card and they're in pretty good shape I give it to them for maybe 2 or 3 months, and if they have got a whole lot of numbers showing up on their card I usually put them on it from 4 to 6 months.

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 that case take them off of the chaparral and they will stop burning. There are some people whom it will give a very severe case of diarrhea and they can't take it. In others it stops the kidneys from working. Go by the numbers.

ION INSTITUTE: Chaparral was used extensively by the American Indians as a potent healer and was considered a cure-all. **Chaparral** has properties which help eliminate delta and omega cells and at the same time stimulate the building of new alpha cells more quickly than anything else.

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.

JOHNSON: If a person has been on chemotherapy, **chaparral** is the only thing I know of that will get the effect of that chemotherapy out of their system. Of course, they have to be willing to get off the chemotherapy; if they are going to continue chemotherapy, there is nothing you can do for them.

MANTHEI: Chaparral comes in a herb form. You can also get **Chaparral in a tea form**. Both help make Vitamin C available. Chaparral is also a mild laxative.

MANTHEI: If there is an acid pH [urine] and a tendency for constipation, which does occur with some people, **then use chaparral**.

OLSZTA: In the initial months of a program, a cleansing tea like Jason Winters Tea can be alternated during each hour with the lemon water/ade. To make the original tea with the chaparral in it that Winters used to sell in the United States, you must first purchase 3 herbs in bulk form: Red Clover, Gotu Kola, **Chaparral**. These are mixed together using 15 parts Red Clover, 4 parts Gotu Kola, 1 part Chaparral to make the loose tea blend.

REAMS/SKOW COOKING: **Chaparral is an excellent tea**. It's a mild laxative and it makes Vitamin C available to you.

CHARCOAL

ARM: **Charcoal** tablets, or bride's toast, is an excellent source of carbon.

ARM: People who contain too much water are lacking carbon. Good source is **charcoal tablets** or bride's toast. Carbon is the governor for water. When a person is dehydrated, they have too much carbon and they are lacking in water. The way to get rid of [excess] water [edema] is to drink water.

BEDDOE: Charcoal packs can be used very successfully along with the Thermophore. When there is pain, due to toxins, make a **charcoal pack** to place under the Thermophore while it is heating.

CHALLEN: Four things a person can do for gas: **charcoal tablets**, colonics, Zest Tonic. Stay away from cabbage.

CHALLEN: If you lack carbon, you should take **charcoal tablets** and eat burnt toast.

C.H.E.M: Sometimes the gas produced in the stomach is so much that the pain will resemble the pain from a heart attack. We recommend the use of **warm charcoal water**.

CHEESE

ACRES USA: Another reason for a sluggish liver is that the person may be eating large amounts of certain foods which put stress on the liver. I'm referring to foods such as nuts & nut butters, meat, whole milk, **and cheese**. These foods require lots of hydrochloric acid for their digestion. The liver, which must produce the acid, wears down trying to meet the demand.

ARM: An acute case of diarrhea, use Pepto-Bismol, **cheddar cheese**; cut way down on water and lemon water for a few days.

ARM: When you eat yogurt or **cheeses**, you're eating bacteria. You are eating "bugs." It's these aerobic bacteria that are assisting in digesting your food in your colon and in the small intestine.

BEDDOE: Also, our taste buds tend to lead us to foods that are far too concentrated and/or too highly processed **such as cheeses**, white vinegars, highly spiced foods, salty foods and highly processed

or concentrated white sugar/white flour based products. Foods that are too concentrated can act exactly like foods that are toxic to the body. Attempted digestion of these foods cause vital mineral loss along with deposits of toxic residues.

BEDDOE: If you have been having problems with fast digestion and diarrhea then the hard cheeses can be a big help, for a period of time, to slow the food going through the digestion.

BEDDOE: "When all else fails to constipate your children, use peanut butter and cheese!" For this reason, these products should be used rarely for children under the age of 8.

CHALLEN: When all else fails to constipate your kids give them cheese.

CHALLEN: Cheeses are a must for people in ranges D and E, especially cheddar.

CHALLEN: Cottage cheese has Calcium Lactate in it.

CHALLEN: Best sources of hormones: cheese, buttermilk, cottage cheese, fresh squeezed juice, ground wheat (daily), any ground grains.

C.H.E.M: Some foods are more cationic than others; strong cationic foods include meat, cheese and nuts.

CLASS 1-5: Foods do not make mucus, even milk or dairy foods, and for people with colitis or diarrhea you take them off of all milk and wheat products and feed them heavy on cheddar cheese.

CLASS 1-5: In other words, cheese is not any more milk than milk is grass, cheese is actually a meat, we're eating a protein meat and if it's made from skim milk it has less protein than if made from whole milk.

DAVIS: Here are a few more "No-Nos" which I do not have a page each to give the reason: Chocolate, Oriental teas, black pepper, white pepper, nutmeg, processed cheeses, most canned nuts, and peanut butter.

DUNLAP: When the pH is high, the digestion is slow. Do yourself a favor by avoiding foods that are harder to digest. Avoid eating nuts, nut butter, meat, eggs, and cheeses.

GREEN PASTURES COOKBOOK: Limit Cheese: Cheese is a very concentrated food, high in fat and requires very good digestion or it can be quite constipating.

JOHNSON: Sour cream is never recommended and cream cheese is only rarely, such as when a person is having a real diarrhea problem.

MANTHEI: You can fast at any time. Sometimes doing what Reams says is getting clients on water and getting them off the meat and cheeses and nuts and the no-no's and things like that, is just enough to make a difference. And as they start feeling better and get stronger, then they are more cooperative with what you suggest. Cheese [calcium types] are carbonate, oxide, phosphate, and gluconate.

MANTHEI: Someone who has very weak gastric juices should not have breads or macaroni or cheeses or figs or meats or nuts.

OLSZTA: We were taught to use cheese "to taste." Cheese is a heavy food and difficult to digest for many people. It also contains a lot of fat. It is suggested that no more than ½ ounce per 25 pounds of body weight per WEEK be consumed. Example: A person weighs 150 pounds - $150 / 25 = 6 \times \frac{1}{2} = 3$ ounces of cheese per WEEK. It is best to use a hard cheese such as cheddar which has been aged at least one year.

PROMISE OUTREACH: Other good dairy products include yogurt (which we consider to be the best dairy product), cottage cheese, cream cheese or neufchatel, and other whole dairy cheeses.

REAMS ANALYSIS: Any cheese that is pasteurized, aged less than six months or artificially colored [is a no-no].

REAMS/BLACK: When everything else fails to constipate you, you just got to be constipated, eat a lot of cheddar cheese.

REAMS/MANTHEI COOKING: During the class you'll make reference to if you're in B and C, you know, do not eat cheese. But if you're in Range D and E, [and] you eat cheese; cheese is permissible.

REAMS/SKOW COOKING: At this stage [Range D & E], it is very serious. At this stage, I would suggest that they begin to use cheddar cheese, low-wheat products, low-animal milk products and cornbread.

SESSION 1-1975: One of the richest sources of hormones is cheese.

CHELATE/CLAW

ANATOMY: Manthei: Some of you maybe don't understand what we mean by chelate and I want to just clarify that prediction [about enamel weight vs dentin] for you. One time Dr Reams and I were on the phone and we were talking about this very thing, about chelation. And he told me that in one of the museums, one of the scientific institutes, they have a meteorite that's the size of a credit card, that weighs about four tons. That is very high in chelates and chelates are extra moons, extra

electrons, extra atoms, but that is so packed in there, so hard, so tightly, that there is very little space in that.

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

ARM: Any chelated substance is a vitamin. In order for it to be a vitamin, it must be chelated.

ARM: Phosphate is the catalyst that forms the chelated energy that becomes you or me.

ARM: It's the claws that hold man together. When we lose energy, these claws unhook of the molecule.

ARM: It's the chelates that hold it together. The claw, the chelates, a molecule with a claw.

ARM: Chelation. Vitamin C is the one that knits these, that hooks these claws together, to make us up or hold man together.

BEDDOE: A molecule with an extra electron riding along. This extra electron works like a claw, which is the meaning of the Greek word chelate. All matter is made up by interlocking of one chelated electron (claw) with another.

BEDDOE: The lung tissue is super sensitive to the lack of Vitamin C because Vitamin C is the chelate that effects the cementing of the cells together. Lack of C allows the cells to start pulling apart.

CHALLEN: Fire is an anionic substance that unhooks the chelated electrons and then burns.

CHALLEN: Chelation is a molecule with an extra electron acting as a claw. This is how the liver works. Chelation changes the frequency of foods we eat to send them to the desired organ in the body. If the liver could not do this, there would be no life or matter.

C.H.E.M: The next term is chelation, which means, "claw", an atom with an extra electron. All matter is held together by chelation. In our body, Vitamin C is the chelating substance that holds the cells together. It makes up the collagen or the cementing substance that holds the cells together. So Vitamin C is the electricity that holds the cells together; it is the chelating factor.

C.H.E.M: Vitamin C is a chelation factor. Anytime there is a calcium deficiency a Vitamin C deficiency will follow, which is the beginning of a loss of reserve energy, which is the beginning of illness.

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: 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 chelate is a molecule with a extra electron on it and the term chelate means an atom with a claw, "chelate" meaning claw in Greek.

CLASS 1-5: All substance and all matter are put together by chelation and all our substance is put together by the liver.

ION INSTITUTE: Chelate from Greek means a claw, to grab, to bond, to hold together ion upon ion. Vitamin C acts like a cement, glue or mortar that holds and knits the cells together.

JESSE: Many of these methods of chelation involve what is termed "weak chelates". These include common gluconates, citrates and ascorbates. Research has shown that compounds such as these are unstable and are ionized in the stomach, reverting back to the base mineral, with the result that the mineral must either be chelated naturally, or be dumped into the tissues.

MANTHEIC: What is chelation? Substance with extra electron, a claw - as moon is to earth - both rotate around the sun.

MANTHEI: Chelation: Substance with extra electron, a claw - as moon is to earth -both rotate around the sun.

REAMS ANALYSIS: Purchase good quality chelated vitamins and then take regularly. A lot of these supposedly wonder vitamin combinations that have appeared on the shelf these last few years have fallen flat on their faces so far as giving results are concerned.

REAMS/BLACK: We are also going to learn about chelates. We hear today the word chelate. And it sounds so unique to use. It sounds so wonderful. It sounds so magnified, but let me tell you something. You have a liver and the liver manufactures over six billion different chelated molecules. And without chelates there would not be any such substance as matter. Matter could not exist were it not for the chelates. The word chelate means an atom with a claw, or an atom with an additional electron or additional power in one electron. So it can be just a little different, so a chelated material. Now I am not speaking for or against. Some invented chelates are only telling you what a chelate is. If it is substance, if it is matter, it is a chelate---period. Because it's that claw that holds or catches on the next claw and the next molecule to bind the two together. Now we are going to learn something about how these things take place. So this chelation process is what binds us together and we are going to learn how we are bound together and what holds us together and what takes us apart.

REAMS/BLACK: This theory of Einstein's that I put on the board this morning explains to you, should

explain very clearly, the principles of energy and we are built out of chelated energy. This is what we are. Just a bag, or bunch, or group, or mass, or form of chelated energy.

CHELATION THERAPY

ANATOMY: The people who I have had as patients that have had chelation therapy had the same body chemistry pattern after the chelation therapy that they had before, because they did not get at the cause.

BEDDOE: This gentleman had suffered a stroke a few months ago. He had been taking chelation therapy in hopes of opening up blood vessels to rejuvenate the area of brain affected by the stroke. The part that is important in this case is the pattern that is showing in the pHs. Note that the urine is in an anionic direction while the saliva is in a cationic direction. This is classic a stroke pattern. What makes it more of a potential for a stroke, are other related factors such as age, length of time in this pattern, the salts number and whether the person has sufficient potassium. In this case the potassium is low so this along with the age and the fact that previous to the chelation therapy he was not drinking much water, we can conclude that the salts or conductivity was way out of bounds.

MANTHEID: The people who I've seen numbers on that have gotten chelation therapy did not change the body chemistry pattern. They felt better. Some of the people have said they've gotten and felt better. Larry Romans, his father had it in Illinois, and he said he felt a lot better, and it helped one thing or another. I don't remember quite what it was. But I saw his body chemistry pattern, before he got it and after he got it. Same. The guy didn't want to drink water.

MANTHEID: Student: Chelation therapy, again, please. Manthei: That might make a difference, but I've had some patients that I've referred for that, it hasn't helped.

CHEMICAL

ACRES USA: So in either case, an improper chemical balance in the blood, caused by a malfunctioning liver, allows blood sugar levels to go below normal. In addition, when the liver malfunctions it fails to detoxify and remove various waste products from the body. These build up in the blood and also interfere with insulin's ability to control blood sugar levels.

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: In what chemical form does our system store energy? Energy comes from carbohydrates. Even starch has to be converted into carbohydrate form.

ARM: It's the chemical structure of the molecule that makes the frequency. And what is the chemical structure of a molecule? It is the frequency.

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: If people have sugar problems and want to use sugar substitutes it's perfectly OK and the chemicals in it won't affect you one way or the other because it relates back to the frequency of the body. Later you'll learn that if you take something into your body and it's not on the right frequency it'll pass right on through.

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.

DUNLAP: Low saliva pH might hint of metal poisoning. Lead poisoning could be gotten from paint or cans used for processing food. Aluminum from deodorants may be stored in the body. Any number of metals could be a problem from sprays, chemicals, cleaners, smoke, and fumes from factories. Foreign substances are also apt to create a situation that would show up as an acid saliva.

EUGENE REAMS: After one element has chemically combined with another element, neither have the same number of electrons and protons as they did before they combined.

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?

FONTENOT: Reams wanted it understood that all drugs are "chemical therapy."

FONTENOT: There are nine patterns of micronage in the chemical field and nine different shapes and all are three dimensional, by which all matter, whether it be animal, vegetable, or mineral, are made.

ION INSTITUTE: The higher the reserve energy the more stable is the chemical balance in the system.

JESSE: The chemical prescriptions are based on the research of drug companies, and are no longer under the control of the prescribing practitioner. Is there any more healing left in allopathic practice? Do not the drug companies dictate the terms of practice?

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.

CHEMISTRY, BODY

ACRES USA: The dangers of injected insulin shows the fallacy of trying to control blood sugar by external means instead of helping the body to regulate it naturally. We find that improving the body chemistry almost always brings results.

ANATOMY: Withdrawal means when your body chemistry changes from one range to another. Student: But when they're sick you're upchucking all this stuff. Reams: It still means the same thing.

ANATOMY: The people who I have had as patients that have had chelation therapy had the same body chemistry pattern after the chelation therapy that they had before, because they did not get at the cause.

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

ARM: Calcium is one mineral you have to be careful about. Keep testing and change their diet every time their body chemistry changes, because they may change every day.

BARNES: We began to learn all about the program, thanks to Reams' son, Eugene, who was a marvelous teacher....much better than his dad. That was because Doc was so far ahead of us in math and the chemistry used for the formula that he often talked over our heads. Also, he was at least a generation ahead of the rest of the world in recognizing that we could really affect our own body chemistry.

BEDDOE Q&A: The mineral quality of a food can directly effect the pH of your body chemistry.

BEDDOE: If the person chooses to follow the recommendations, and follows them faithfully, completely and persistently, the chemistry can be affected in such a way that the body, in the majority of situations, can be brought back into a more acceptable functioning range.

CHALLEN: If the body chemistry is below 6.4, it is hard to accept Vitamin C. If the body chemistry is at 6.2, it will not accept Vitamin C. If the body chemistry is less than 6.2, it will aggravate the condition. The urine pH reflects the state of the body chemistry.

CHALLEN: If the chemistry is not perfect, then one will crave things that they have too much of.

CHALLEN: What we see in a person's set of numbers is what foods will complement his particular body chemistry and what foods will aggravate it.

C.H.E.M: We want to know where each person's body chemistry IS so that we may tailor a diet to meet the body chemistry's needs.

CLASS 1-5: There are some people who will come close to 1.5 urine Brix but their body chemistry doesn't turn off soon enough and they slide right on by it and down below 1.5.

CLOD: No one is kept in a retreat whose body does not respond to diet. If the body chemistry does not respond in seven days they are allowed to leave because it simply means that the RBTI is not effective for their body chemistry. There is less than one percent of all people tested whose body chemistry will not respond to these tests. There are people who come too late to the retreat. But if we can keep a person living for 30 days, and their body chemistry continues to improve, and they follow through on the diet after they go home, take the test as instructed, as far as we know, they all get well.

DAVIS: I had never even considered that there is a scientific and mathematical relationship -a cause and effect-between certain shifts in the body chemistry and the eventual outbreak of disease.

DUNLAP: When a body is in the stages of rebuilding, it can experience withdrawal. Withdrawal means that the body is changing from one range to another. Chemistry patterns are changing.

EUGENE REAMS: After one's body chemistry is turned around and headed in the path of regeneration, the work is just begun. The individual may have the notion that because he feels better, he is "well." He stops the rebuilding process and returns to the "old way" that got him into trouble in the first place. There has to be an education of how to live correctly so as not to bring back the degeneration process.

FONTENOT: As Reams explained more about the body chemistry needs to be in balance, it brought understanding.

FONTENOT: Carey Reams explained the importance of very sick people throwing up during this cleansing period as it is often a result of the body chemistry favorably changing from one range to another.

ION INSTITUTE: Fasting will repattern the body chemistry and help improve the pHs. The new pH

readings after a fast must be fortified by diet and the use of supplements.

JOHNSON: These allergies cannot exist in that optimum body chemistry.

KIRBAN: This throws them [medicos] into utter confusion because they do not take into consideration that the body chemistry can change one kind of sugar into another kind of sugar and vice versa.

MANTHEI: If you have the best diet, tailor-made to your exact body chemistry, and yet do not know the King of the Universe, the Messiah Jesus, it will profit you nothing; you will be lost.


MOSES: However, you must remember I kept my children's body chemistry in balance. I believe in vaccinations only as a means of last resort, but when it comes to blanket vaccinations, I don't believe in them because every child's chemistry is not alike. Therefore what may help one, may harm others.

OLSZTA: You will note how the numbers begin to drop and gradually get very low. The 4th set of numbers indicates a deep withdrawal meaning the body is going through a chemistry change meaning it is changing from one range to another. Once the body chemistry has gone into a deep withdrawal like the above, the fast continues until numbers like we see on the 5th day are read on the tests.

PROMISE OUTREACH: Doc Reams said, "There are no vitamins or minerals for rest." Rest means doing nothing. We have forgotten what real rest is. When the body does not rest, it does not have the opportunity to rebuild the reserve energy. This causes the body chemistry and digestion to become less efficient.

REAMS/BLACK: Withdrawal is only changing your pattern. Your body chemistry from one pattern to another.

REAMS/MANTHEI COOKING: This [seminar] is giving you information that you will have at your finger tips to know what foods will fit that person's body chemistry and which foods will not agree with their body chemistry.

 **NOTE:** Remember that RBTI is a measure of urine & saliva values, not "body chemistry." When you see "body chemistry" or "blood chemistry," you should read carefully to determine what is being specified. In many cases, "body chemistry" is drawing your attention to the range (A, B, C, D, or E) that best describes one's overall condition.

CHEMOTHERAPY

ARM: Chemotherapy cooks the flesh [damages? destroys? harms?], and it won't show up in this test unless the nerves build into it and create an energy loss around that area. Chemotherapy is murder, legalized.

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.

CHALLENGE: Only 1 in 10,000 doctors knows how to use chemotherapy in this country. European and Canadian doctors are much better at the administration of chemotherapy than American doctors. Rarely does anybody live more than 5 years after chemotherapy and usually not more than 2 yrs.

CLASS 1-5: In cancer treatments chemotherapy does not regress anything, it gives a false hope, and all it does is ruin the liver and makes it impossible for it to function.

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 is 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.

CLOD: [Many people] have lost faith in those medical doctors who give cobalt, chemotherapy, radiation, drugs, and unnecessary surgery.

CLOD: Do you know that it costs \$40,000 [1976] to die from cancer with most medical doctors, and that you can die for free with cancer without radiation, without any cobalt, without any chemotherapy, without any false hopes, and with a lot less suffering? Ask anyone who has taken the chemotherapy treatment.

CLOD: A Baptist pastor in Florida said, "Please, do something to help us. I have just lost one of the fine supporters of our church, only 45 years old with cancer. He had cancer for two years and the cobalt seemed to hasten his death. It breaks my heart to see that. When he was told he had cancer he asked me as his pastor what I thought about it, and I agreed that he should do what the doctors said. Now since we have been enlightened on the dangers of chemotherapy, radiation and cobalt and know it has hastened his death, his wife has left the church. She pointed her finger at my nose and said, 'If you would have counseled us correctly, my husband would be living today.' "

CLOD: Some of the testers are so steeped in fads until it takes two or three years to de-fad them, but don't hold that against them. I would rather trust my life to the poorest tester in the field than to trust my life to the use of chemotherapy, cobalt or radiation.

FONTENOT: In the treatment of cancer, he [a licensed person] dare not suggest any but one of the futile three: Chemotherapy, Radiation, or Surgery. If the patient can afford it, or the State will pay for it, it is expected that a generous combination of all three will be often found necessary.

FONTENOT: Reams wanted it understood that all drugs are "chemical therapy." It has never been established that the cancer treatment known as "chemotherapy" has ever cured any cancer or that it extends the life of the cancer patient appreciably; "Chemotherapy" is not a natural healing method and it almost always destroys the liver of the patient.

JOHNSON: 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.

JOHNSON: Chemotherapy is just poison. Period. I've never seen one person get long range benefit from chemotherapy. They all wound up in the box - every one.

JOHNSON: If a person has been on chemotherapy, chaparral is the only thing I know of that will get the effect of that chemotherapy out of their system. Of course, they have to be willing to get off the chemotherapy; if they are going to continue chemotherapy, there is nothing you can do for them.

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: Nausea, vomiting, diarrhea and temporary loss of hair are some of the side effects of chemotherapy treatment.

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: How does chemotherapy destroy the liver, or what does it do to the liver? Student: Makes it hard as stone. Manthei: No. That's cirrhosis. It destroys the nerve cells, the little nerve fibers that are involved here in these little sacs, these little reservoirs. It destroys them so that the liver is unable to make normal amino acids.

MANTHEI: A chemotherapy liver still may make amino acids, but, but they may be mutant amino acids because the nitrogen never makes the transition from being cationic to anionic.

MOSES: I wish to stop the use of cobalt, chemotherapy and radiation, and the theory that the use of drugs is the only means of healing.

PROMISE OUTREACH: Chemotherapy pills can be over \$1,000 each.

CHEWING

ANATOMY: Student: My teeth get sensitive to chewing if I drink lemon water. What's the cause of that? Reams: Keep drinking it. Because it's not sensitive any more. There is a weakness there and it needs to be thickened.

ARM: A urine pH of 6.40 and a liver pH bile of about 6.40, and then this is perfect. And then if we put acid foods in there, then the saliva in our mouth surrounds the molecules of food that we chew up, the particles. And it goes into the stomach and it very gently begins to churn those saliva particles away from each other, until they begin to work on the food that we have eaten. And very slowly the digestion process takes place.

BEDDOE: This points out how important it is to chew each mouthful extremely well to help the stomach. If it is not masticated well, the speed of stomach emptying is affected. This is one main contributor to indigestion.

BEDDOE: Gum Disease Pattern: This is shown by highly acid pH where there is breakdown in the soft tissue and congestion in the hard tissue. Therefore the gums will be breaking down and become more sensitive. Also Vitamin C and A deficiency will also be a part of it. Lifestyle habits like smoking and chewing [tobacco] are very offensive here.

CLASS 1-5: So if you have someone whose bowel is tremendously involved, or affected or impacted (including diverticulitis and colitis and so forth) you don't want them to have nuts and seeds going down in there because it's similar to ground glass going through the bowel even though you chew it, and chew it, and chew it. Healthy adults have the digestive juices to take care of it but young children and sick people don't.

CLASS 1-5: If clients get light headed or dizzy then tell them to carry a few raisins with them so that

they can **chew them slowly** and immediately the sugar will come back up (because unless you have learned to figure the energy you won't know whether it's going to act quickly or slowly).

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. It doesn't matter **how well you chew** these foods, little particles collect in the decayed spots or in the ulcerated area, or in the colitis where irritated in the intestinal tract, and can cause soreness, protrusion, swelling, and a lot more suffering than is necessary.

DUNLAP: When sugar is low one might expect headache, dizziness, or a lightheadedness. Use a bit of honey or maple syrup under the tongue. Chew dried fruit; **chew it well** to get sugars under the tongue. This often gets rid of headache, feeling of fainting or dizziness.

ION INSTITUTE: If for instance, one particular sweetener used to make lemonade caused the pancreas to flush insulin, immediately discontinue using that sweetener and try something different that will stabilize the sugars. This same rule applies to any food. An individual could slowly **chew** some raisins, try a little honey, blackstrap molasses, maple syrup, sorghum, date sugar or eat a piece of fruit provided that it would not cause the pancreas to flush. This will restore the necessary sugar to the bloodstream allowing it to carry oxygen and strengthen the system.

ION INSTITUTE: The best way to take supplements with the meals is to **chew** and masticate the food very thoroughly. While masticating and secreting the saliva, take the supplements, intermix them with the food and swallow.

JOHNSON: If you give someone dolomite pills, they might just as well go flush a five dollar bill down the stool because it will not do them any good - it will not serve the purpose. **Chew it up**; they cannot get it fine enough.

REAMS/SKOW COOKING: Raw cauliflower is getting pretty hard. You can **chew it** and crunch it, but even so, unless you've got a mighty good digestive system, it'll come through undigested.

CHILD

ACRES USA: One little diabetic boy, just 14 months old, was well along the way to losing his vision. His eyes were puffy and swollen and looked as if they were going to pop out of his head. If his condition had not been corrected, this **child would have been blind** by the time he was ten.

ACRES USA: Insulin should never be used on children except as a last resort. Diabetic **children** respond to diet. I've helped thousands and not a single one required insulin.

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 are growing hair.

ARM: Some tonsils are so bad that you can't take a chance with diet. You have to give them cold and hot compressions, 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. Tablets are preferred to use on children, over shots.

ARM: From the navel 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: Children with elimination problems, give 4 oz. of prune juice in 4 oz. of water every morning before breakfast. Give an enema the night before, then give the prune juice. Regulate the juice if it makes them too loose. Dried fruit an excellent food for **children**.

BEDDOE: "When all else fails to constipate your **children**, use peanut butter and cheese!" For this reason, these products should be used rarely for children under the age of 8.

CHALLEN: The broth from meat or chicken should not be given to **children** under 12 years of age because their digestive enzymes are not strong enough to handle it.

CHALLEN: **Children** under 4 need frequent enemas.

C.H.E.M: Although **children** sometimes have high salt readings, an increase in the amount of fluids usually lowers their salts into acceptable ranges. The salt has not been high in their bodies for a very long time; therefore crystallization of arteries and veins has not begun.

CLASS 1-5: Let us suppose that the child's food is digesting too slowly. Constipation has already set in and he needs help in getting his colon cleaned. If the child is over 12 then colonics are recommended but enemas are recommended for **children** under 12.

CLASS 1-5: Very low blood sugar is one cause of **children** having convulsions or spasms or seizures, which are all the same thing.

CLASS 1-5: As with **a young child**, the more dilute the gastric juice, the lighter the diet must be which also means that the sicker the person becomes, or is, the lighter the diet.

CLASS 1-5: Healthy adults have the digestive juices to take care of it [nuts and seeds] but **young children** and sick people don't.

CLOD: It was his [child's] heart hurting him and not his stomach [ache].

CLOD: Besides meats and nuts the children should not eat shell fish, oysters, clams, lobster, or any soups with meat or meat broth in them. Children cannot digest chocolate, iced tea or coffee.

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.

KIRBAN: A child will tell his mother he has a tummy ache. [Later] the child suffers a heart attack.

FONTENOT: RBTI tests have shown that the gastric juices of children under 8 are not strong enough to properly digest nuts and nut butters.

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

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.

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).

PROMISE OUTREACH: If Momma gives cod liver oil in the fall through the winter until spring or summer when the children are out without jackets and hats, they will have minimal to NO earaches!

REAMS/MANTHEI COOKING: No nuts or nut butters [for children] under age 8; they cannot digest it. The only nuts that we do permit are boiled peanuts, and coconut, a few pinole nuts. Nut milks are also permitted.

REAMS/MANTHEI COOKING: What we're doing in the Manthei family because my children are yet too small to swallow capsules, is we will take Min-Col and skim milk and add it to cookie batter. And so when they get a cookie, they're actually taking in other forms of mineral as well.

REAMS/SKOW COOKING: In making a diet for children under eight years old, there are to be no nuts in that food whatsoever, unless it is nut milk or coconut or boiled peanuts until they are boiled soft.

REAMS/SKOW COOKING: Even if the child doesn't appear to want to eat between meals, [he should eat] between meals because his base exchange is more rapid than that of an adult. Therefore, he needs the extra meal and energy (to infuse him with?) vim, vigor, and vitality.

CHIROPRACTIC

ANATOMY: Manthei: The question is about chiropractic adjustment. How much affect does that have upon the blood pressure? It does. Reams: That's a variable because of the blood circulating through the capillaries. Also, many times, I have had people come into my office, and I'd check their blood pressure, and it would be a hundred and, say, eighty over ninety [180/90], and half an hour later, whenever they got ready to leave, I'd check it, and it was normal.

ARM: Every patient in the clinic has chiropractic adjustments. This is a natural part of healing.

ARM: There is a time for drugs, chiropractic adjustments, and colonics.

BEDDOE: It is interesting to note that the poorer the calcium levels in the body, the poorer the chiropractic adjustments will hold. All persons on an individualized body chemistry program should seek a chiropractic evaluation and treatment, if needed. By the way, exercise and rest are a natural chiropractic adjustment.

BEDDOE: Rest, like exercise, is also a natural chiropractic adjustment.

BEDDOE: While she is going through chemistry changes that may occasionally stir up back symptoms, getting chiropractic help would be advantageous.

BEDDOE: Muscles that hold the spine in place [in this case] are very weak and so this means the back will get misaligned. A chiropractor can help, but adjustments will not hold until calcium balance is restored along with total body chemistry.

C.H.E.M: In many instances, most medical doctors, chiropractors, osteopaths, dentists, etc., are not able to make a diagnosis until the reserve energy has dropped below 30.

C.H.E.M: These numbers will help a physician whether Medical, Osteopathic or Chiropractic, to evaluate a blood or hair analysis.

C.H.E.M: Chiropractic adjustment affects the muscular tissues associated with the vital organs and influences the flow of energy from the brain down through the spinal column and out to the various tissues.

CLASS 1-5: You should be aware that as a tester you may need to tell someone to get a chiropractic adjustment, they'll get the adjustment, and in a couple of hours or a couple of days it's gone. Remember, an acid body [low urine pH] does not have the ability to hold a chiropractic adjustment

because the muscles, the tendons, the ligaments do not have the tone, do not have the Vitamin C to hold them in the proper place.

CLASS 1-5: In order to begin to get his message across to his students, many of them health professionals with medical and **chiropractic** degrees, they often had to "unlearn" what they had learned at school, in college and in medical school. Not only did he show them that chemistry and physics were being taught incorrectly, but that anatomy and physiology were being taught improperly to doctors in medical school.

CLASS 1-5: Don't think for one moment that I'm against surgery, don't think for one minute that I'm against medicine or **chiropractic** adjustments, or anything medical. All I'm saying is coordinate your diet with your treatment and you will get a lot better results.

CLASS 1-5: This is a system of the practice of health and not the practice of medicine, nor **chiropractic** nor naturopathy nor anything else, it is the practice of health.

FONTENOT: Body chemistry can be changed by **chiropractic** adjustments because these relieve spinal pressures on the nerves.

ION INSTITUTE: To improve or maintain good health, have the spine checked periodically by a **chiropractor** or an osteopath. Spinal adjustments are most effective when the proper nutrients are present in the system.

ION INSTITUTE: The greater the mineral deficiency, the greater the organs are affected, including the muscles that keep the **spinal column in place**.

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.


JESSE: Over the years, some chiropractors have distanced themselves from the basic **chiropractic** philosophy which involves innate. This principle has been sacrificed in the pursuit of "scientific" acceptance. Innate is considered "unscientific", mainly because it cannot be measured or quantified. The acceptance, or non acceptance of innate in healing does not negate the existence and activity of innate.

JOHNSON: Question. "Is the inability to hold a **chiropractic** adjustment always caused by low pH?" Not to my knowledge. It is a weak muscle condition, of course, in that the muscles hold the bones in place, and if the muscles are weak, you can go to a chiropractor 4 or 5 times a day and down the street and away your adjustment went. It's a matter of strengthening the muscles. And I don't know that low pH has anything to do with it. There is certainly a possibility that if you have a low acid condition, where your body's not utilizing Vitamin C, which is the glue that holds the cells together, that it would be reflected in weak muscles and certainly a very strong possibility.

MANTHEI: Therefore, **chiropractic** adjustments will help to relieve the pressure on the spinal cord and on the brain. Remember that chiropractic adjustments will never correct a mineral deficiency in the diet nor will diet ever move hard bones off soft nerves!

REAMS/BLACK: You who [wish to utilize RBTI but] are not doctors, I would try my best to get under the wing of a **chiropractor** or some licensed doctor in the state. Try to work under those conditions. Try to work under a doctor, under his wing and you'll be protected a lot more and be able to do a lot more good.

SESSION 1-1975: **Chiropractors** are not really making a great guide for children. Parents feed children meat. No child should have any meats until they are 12 years old. Their digestive systems are not made for it.

 **NOTE:** From "STRAIGHT/MIXED" entry: This is similar to how progressive **chiropractors** tried to mix other healing modalities into the work of Palmer and claim his blessings, only to be denounced as "mixed" by "straight" adherents.

CHLORINE

ANATOMY: The body should assimilate enough fluoride from the air, providing you have enough calcium and chlorine in your system. One of the absolute essentials to solid teeth is calcium chloride. And if that **calcium chloride** becomes deficient, you will grind your teeth at night.

ARM: **Chlorine** forms hydrochloric acid; it joins with nitrogen [transcription error]. Chlorine is a catalyst in building urea.

ARM: **Chlorine** forms hydrochloric acid. Chlorine is an agent against fungus and bacteria. It joins with nitrogen, a catalyst, in building up urea.

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

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 fungi from eating us up.

CLASS 1-5: The conductivity meter reads your total salts whereas the urea salts are only your nitrogenic salts which do not contain chlorine, so you must keep in mind what each thing does.

CLASS 1-5: People who are troubled by viruses, fungi and worms have a dilute hydrochloric acid in their stomach (made by the liver) and their body cannot make use of the chlorine in their diet.

CLASS 1-5: Fluorine, chlorine, silicon and calcium phosphate forms the enamel that is on our teeth...

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.

CLOD: There can be two reasons for the mineral deficiency. One is that the gastric juices are too dilute to digest the chlorine, fluoride, calciums, and phosphorus which are necessary to make the enamel in the teeth. The second is even though the gastric juices are strong enough to assimilate them, the foods may not contain these elements.

EUGENE REAMS: HCl kills parasites because it contains chlorine. When the HCl is adequate, these unwanted microorganisms would never make it past the stomach, the first line of defense.

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.

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: Chlorine is an essential mineral and is one of only 3 minerals that are always anionic: calcium, potassium and chlorine. Chlorine is used in the manufacture of hydrochloric acid by the liver.

MANTHEI: Chlorine is a germicide, and it's also used in hydrochloric acid. And it's also, Reams says, used as a regulator in the manufacture of insulin in the body.

MANTHEI: Manthei: Where do we get most of our chlorine? In the diet, where does it come from? Student: From salt. Manthei: From the salt is right. Chloride salts. Also sometimes there can be chlorine in the drinking water.

REAMS/BLACK: If you have a low pH saliva and that would mean the hydrochloric acid, so to speak, would have a lower pH and then you eat food that is acid, you've got not one acid, but you have got a triple acid there. Consequently, the calciums, the potassium and the chlorine in the food is going to finally break through the coating and when it does, gas is going to form and you are going to burp, burp, burp, burp, because your body chemistry is out of ratio. The proportion isn't equal.

CHLOROPHYLL

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.

ACRES USA: Vegetables rich in chlorophyll include such things as lettuce, escarole, endive, romaine, comfrey, spinach, celery tops, onion tops, green beans and so forth. Chlorophyll in the form of "green drinks" is also important. Take the same type vegetables you used in your salad and juice them with a vegetable juicer or a blender.

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: Chlorophyll from spirulina does unnecessary harm to those using it for chlorophyll. Sure would like to replace it. Reams: To me that's a dirty word – spirulina – because it is over-advertised. And many times does the opposite of what you expect, or what it says it will do, I'll stick with my numbers, or the numbers that we have here, are not in agreement with the advertisement.

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.

ARM: The best thing to get the sugar up is green chlorophyll, carrot juice.

ARM: This [chlorophyll] is the greatest pain killer in the world. Use either comfrey, wheatgrass, green grass out of the yard, white Dutch clover, lettuce, or dandelion, or spinach. Grind it in a food chopper. Then put in a juicer and strain out the pure chlorophyll, and let them drink 4 oz., 3 or 4 times a day.