Wellness Common Sense

Nutripathy®

A Natural Solution To Your Health Dilemma

An Idea Whose Time Has Come!

By Gary A. Martin, DN, DSc, PhD

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A Natural Solution To Your Health Dilemma

This book was originally printed in the 1970's. Due to popular demand, it has been updated and reformatted for e-book readers. It is for anyone desiring to understand Wellness Common Sense coupled with *Nutripathic® Philosophy* as defined by Dr. Gary A. Martin.

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1847 - 1931

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

Thomas A. Edison

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NUTRIPATHY®

A NATURAL SOLUTION TO YOUR HEALTH DILEMMA

INTRODUCTION

In this book you will be introduced to the latest concept in nutrition - NUTRIPATHY®. Nutripathy® is a religious wellness science. Doctors of Nutripathy® DO NOT treat anything. Nutripathy® (pronounced nu tri' pa thee) has NOTHING to do with disease. All diseases are the licensed privilege of your M.D., Chiropractor, Osteopath, Dental Surgeon, Naturopath, etc.

Webster's Dictionary defines "doctor" as: "a learned and authoritative teacher." This is a Doctor of Nutripathy®, a learned and authoritative teacher. In some cases Doctors of Nutripathy® have also chosen to become trained in spiritual counseling techniques to so as to be able to provide invaluable spiritual as well as nutritional counseling to their patients.

You may discover that your local Doctor of Nutripathy® is working in conjunction with a licensed M.D. or other doctor licensed in the healing arts. Many licensed doctors are too busy to take the time required to counsel you concerning your nutritional needs. It is not as easy as giving you a prescription or adjusting your vertebrae, and it takes a lot more time. A Doctor of Nutripathy® satisfies a great need in the practice of an already licensed doctor.

Nutripathy® is based upon the religious concept that God created man with certain nutritional needs and placed the source of those dietary requirements in natural foods. Doctors of Nutripathy® believe that a properly combined diet of natural foods and spiritual consciousness will allow a person to live in a state of perfect health.

The purpose of this book is to examine the evidence indicating that Nutripathic® concepts are valid. Also to introduce you to a method of using a wellness questionnaire and specimens of your urine, saliva and hair, for scientific testing. The results of this testing will allow the Doctor of Nutripathy® to recommend a regimen that works.

We leave "diseases" to your licensed doctor. We do know, however, that many terrible health problems simply disappear when a person concentrates on building their health instead of treating their "disease." We believe that many "diseases" are not diseases at all, but are merely the result of nutritional deficiencies, which result in cellular contamination, which is the end product of improper diet.

CHAPTER ONE

HEALTH

Are you sick? Do you ache? Are you tired most of the time? You can be healthy! You can do what you want, when you want and how you want. Age need be no barrier. The energy is still there. All you need to do is discover how to release it. Think of all the things you could be doing right now, if only you felt like you had the energy to do them.

It doesn't matter how many doctors you have visited who have told you it is just your nerves and then prescribed more medication. If you still feel badly, you probably have been talking to the wrong people. You may have been looking in the wrong places.

Headaches? Swollen, aching joints, arms and legs? Tingling feelings in your hands and feet? Chest pains? Can't get up in the morning? Light-headed and dizzy? Indigestion? Constant gas? Constipation? Pain in your abdominal area? Burning in your stomach? Irritated colon? Low back pain? Maybe you have some worse health problems?

THE PROBLEMS ARE MANY

You could be like so many people who have come to us with long-standing problems and a long history of prescription drugs and very sophisticated medical diagnoses. Many times, mysterious conditions defying medical diagnosis and treatment turn out to be simple nutritional problems. Who knows, you may be able to gain a whole new life of good health by visiting your local Doctor of Nutripathy® . The amazing fact is that your Doctor of Nutripathy® will not mention nor be concerned with your "disease." Legally they cannot, and even if they could, they would realize that the cause of most health problems is nutritional in nature anyway.

NUTRITIONAL DEFICIENCIES

There was a time when the earth was plagued with all kinds of infectious diseases. Thanks to medical science, these killers are rarely a subject of modern conversation

In 1920 life expectancy was 50 years. Today, life expectancy is 67 years. Death from infectious diseases used to be 250 per 100,000 in 1920. Today the death rate has dropped to less than 10 per 100,000. These figures are for the age group 35-44 and represent quite an accomplishment for medical science.

ARTHRITIS, HEART CONDITIONS, CANCER

At the same time that we celebrate this accomplishment, people are "dropping like flies" from blood sugar problems, strokes, kidney failure, tumors, arthritis, heart disease and more. In fact, the death rate from these problems remains at the same level it was over 50 years ago.

Why? Because of inadequate nutrition. Doctors of Nutripathy® know that if they will balance the person's metabolism by using proper nutrition, in the vast majority of cases, good health is the result.

Doctor of Nutripathy® believe that most health problems are nutritional. We also believe that orthodox medical treatment for nutritional deficiencies is failing. When you use medicine to treat a nutritional problem, you get more sick. The older you get, the more medication you require, and, as a result, the cells get so "gummed up" and overdosed that you die. In other words, you don't get a headache because your body is deficient in aspirin!

MORE MEDICATION IS NOT THE ANSWER

You have been led to believe that you should expect to get sicker and less resistant to disease as you get older. Why do you accept this false notion? There are many civilizations in the world where people live well past 100 years of age without losing their teeth, going deaf, becoming blind, getting arthritis or having strokes. Of course, these civilizations exist on wholesome, natural foods, which shows us again that good health is the normal result when mankind's nutritional needs are met.

There are many stories of middle-aged people who were tired of being sick and, upon switching to a natural dietary approach, began living a more vigorous, joyful life. Some of them are now 100 years young and still growing. You, too, can live this active, disease-free life if you take care to see that all your nutritional needs are met. By studying people who do live long and healthy lives, it is possible to determine the nutritional requirements for good health.

PERSONAL PROGRAM

It is possible for a Doctor of Nutripathy® to examine your urine, saliva and hair to determine the end products contained therein. Then we compare it to what we know should be contained in an individual in good health. Using this method, your nutritional needs can be determined and a nutritional program can be designed for you.

There is a great difference between general nutrition as practiced by most professionals and the specific nutritional program you will be given by your Doctor of Nutripathy®. General nutrition is a shotgun approach based upon educated guesswork. The program,

including a personalized diet, that your Doctor of Nutripathy® will be develop for you is tailored to your specific needs as revealed by scientific testing of your urine/saliva/hair and your responses to a wellness questionnaire. The results are usually positive and speedy. Before you realize it, new energy appears and a feeling of zest overcomes you as your health problems disappear and perfect health evolves.

NUTRITION CONFUSION

During my years at Chiropractic College, I became more and more aware that nutrition as well as proper nerve energy reaching the body's millions of cells was the answer to obtaining and keeping perfect health. But what foods, vitamins, minerals and herbs, and how much of each? Was everyone the same, or different? I really didn't know where to turn, since every time I picked up another book on nutrition, I became more confused.

Then, in the summer of 1976, 1 came across a biochemist who was an expert in agricultural nutrition. This biochemist was convinced that the same testing methods used by farmers to produce healthy plants by altering the condition of the soil could be applied to human urine and saliva to develop a picture of that person's nutritional deficiencies.

As this biochemist taught me, I knew he had discovered a great, but simple, way to perfect health. When he was poisoned by the "establishment" and incapacitated for almost a year, I was forced to continue my nutritional education through the "school of hard knocks," and it was in answer to my prayers that the divine idea came. Concept upon concept began to develop until the reality of Nutripathy® occurred. Nutripathy® - a natural way to perfect health by using specific nutrition - is definitely a gift from God, through divine inspiration.

NUTRIPATHY® - NATURAL WAY TO WELLNESS

Man was created by God, in the image of God. The earth was created and man was placed upon the earth with certain nutritional requirements.

Man was expected to eat fruits, nuts, seeds and vegetables as nature provided them. In them are found all necessary requirements for life, except water. (Genesis 1:29, 2:19)

It is certainly no secret that man is made from minerals of the earth. Vitamins come from minerals and have no function without them. Enzymes are found in all foods and are co-factors of vitamins. Cooking kills enzymes which are the life of all foods. You cannot plant a cooked seed and expect it to grow. That should give you a good idea of how much good it does your body. It is sickening that common sense is so ignored today.

COMMON SENSE

Common sense tells us that God created foods just the way God wanted them. When God created foods, all of the nutrients necessary for the assimilation and utilization of that food were put in that natural food. Common sense tells us that anything we do to that food, other than eat it, destroys nutrients, and the result is a nutritional deficiency which manifests itself later in poor health.

The way to perfect health is through proper nutrition. Nutripathy® can be your guide. Allow a Doctor of Nutripathy® to determine your nutritional deficiencies so he or she can prepare a dietary program that will put you back on the road to health.

GOOD HEALTH IS MOST IMPORTANT

When your body has all of its nutritional needs met you can expect a new surge of energy and strength, both physically and spiritually. Health problems will disappear and you, as well as others, will notice the new you!

Without good health, all the money in the world, or anything else for that matter, is worthless. When you are sick it is like being in prison. When you feel well you are FREE!

ARE YOU A PRISONER?

Are you free, or are you a prisoner? Do you have to resort to coffee, cokes and other stimulants? Are anti-acid tablets, sedatives, tranquilizers, laxatives, alcoholic drinks, insulin, drugs, diuretics, glasses, hearing aids or cortisone shots a part of your weekly activity? How are your heart, lungs, kidneys, liver, gallbladder, colon, hearing and memory? Can you run a mile, or even around the block? How healthy are you? Are you already a prisoner?

I could fill this book with stories of how many wonderful people have benefited from Nutripathy®. Instead, I have printed a few testimonial letters in Chapter 23 of this book. I have seen many people, who had almost given up, experience fantastic results in regaining their health through the simple procedure of Nutripathy®. What does this mean to you? It means that your nutritional imbalance may be simply determined and a dietary program can be tailored to your body's needs so that you, too, may experience life just as Jesus said, "I have come so that you may have life and have it more abundantly."

CHAPTER TWO

THE CAUSE OF YOUR HEALTH PROBLEMS

More people are experimenting with themselves today through more types of diet than ever before in history. Many people have been improved from various diseases right before my eyes through correct food science. The thought that should be at the forefront of a progressive doctor's mind today is the food question, including vitamins, minerals and herbs. All kinds of books have been written on how stomachs are filled with "foodless foods," how we are starving amidst plenty and how doctors are looking for a "cure" while our bodies are just suffering from malnutrition.

QUALITY, NOT QUANTITY

You may wonder how anyone in America could not feel well because of nutritional deficiencies. My research has shown that the reason is that quantity is not the same as quality. We have plenty to eat, but in quality we rate as one of the poorest-fed nations on earth.

Government statistics show that there are many countries where a person over the age of 50 has a significantly greater life expectancy than in the United States. Why? The foods available in these other countries are simple, natural foods. They don't have our supermarkets, and, as a result, they don't have our hospitals.

FERTILE SOIL

The human body is a by-product of the soil, and the diet for a healthy individual should consist of many chemical elements, such as Calcium, Silicon, Sodium, Iodine, Magnesium, Potassium, Zinc and many others. These elements are found in fertile soil. They are transmitted to plant life, where the chemicals of the soil become food for man. Thus, to enjoy perfect health, we must eat food containing the elements found in perfect fertile soil.

The progressive doctors of today who are doing research regarding this matter have concluded that much of the breakdown in the human body is due to a lack of important elements in the body, which results from our depleted soil.

The plants are transported to our kitchens, and here another loss of these vital life-giving chemicals takes place.

There are three factors which interfere with the proper chemicals getting into our bloodstream where they can nourish our body. These three factors are the soil, the

processing and preserving of our foods, and the cooking of our foods after they arrive in our home.

SOIL DEPLETION

It is possible to starve on a full stomach if the food you eat is grown on depleted soil. Much of the fertility and life of the soil has been removed through constant crop growing and soil erosion. In many cases it is necessary to use artificial, stimulating fertilizers or hybrid seeds in order to keep up with past records.

Dr. Albrecht conducted an experiment at the University of Missouri demonstrating that the soil in which plants grow has a great deal to do with how much resistance, life and vitality a plant has.

One amazing aspect of the experiment showed that when a healthy plant was grown and entwined with a diseased plant, even though there is direct contact, the disease, bacteria and germ life failed to transfer to the healthy plant.

What has this got to do with our bodies? We need the same chemical care as plants. The foods we put into our bodies mold us. What we eat finds its way to every cell in our body. It helps us grow, build and repair. It gives us the strength and power to overcome disease and the stress of everyday living. Poor soil, resulting in nutrient-deficient foods, results in unhealthy bloodstreams and ultimately thereby builds disease.

PROCESSING AND REFINING

The second stage - processing and refining - is where man “refines” his food through milling, polishing, devitalizing, demineralizing, canning, seasoning, flavoring, coloring and preserving.

For example, in the processing, preserving and refining of wheat, vital life elements are destroyed, leaving only the starchy part of the wheat, void of the necessary minerals, vitamins and enzymes which are needed for healthy body functions, such as proper heart function, bowel regulation and others.

Our chronic diseases of today were developed over a long period of time because of a lack of important elements in the foods. Heart disease is rampant today. The lack of Calcium and Potassium and other minerals causes a lack of muscle tone. The heart is primarily a muscle. Need I say more?

Many clinics proclaim Vitamin E as being a “cure” for heart disease. Vitamin E is best found in the germ of the wheat and in its outside covering. White flour has been devitalized by removing this layer. It is a foodless food

Doctors of Nutripathy® believe that white flour and white sugar are among your worst enemies when it comes to building perfect health.

An experiment was done on a pigeon that was very sickly and unable to walk because of being fed only polished (white) rice. In just three hours after eating rice polishings, which are rich in Vitamin B and contain the "life" of the rice, the pigeon was able to stand, and it seemed to be completely recovered in twelve hours.

DEAD PIGEONS

Doctors of Nutripathy® have a lot of "dead pigeons" coming into their offices to be told to start adding foods to their diet which they have not been eating in the past. Many times the patient has never heard of what should be a common item on the table.

There is in almost every disease a shortage of some chemical element. In every case of ill health there is a body chemistry (metabolism) out of balance. For example, a brain tumor may be caused by a lack of Potassium. Lung cancer may be caused by a deficiency of some 60 different minerals. Breast cancer may be caused by a lack of Manganese. Stomach cancer may be caused by an over-production of Hydrochloric Acid. Ovary and uterus cancer may be caused by a deficiency of Manganese. Prostate cancer may be caused by a lack of Manganese and Zinc. Colon cancer may be caused by a lack of Copper, Iron and Zinc. Skin cancer may be caused by a deficiency of Vitamin A.

Many experiments have been conducted with animals proving that nutritional deficiencies can produce inflamed eyes, heart disease, halitosis, bronchitis, diabetes, kidney malfunction, rickets, mean personalities, poor judgment and lack of alertness. Man is experimenting with himself on a daily basis.

It is no secret to your Doctor of Nutripathy® that the processing of our foods is an important factor in body depletion and breakdown, due to a lack of vitamins and minerals in the foods we buy and the improper handling of those foods before you buy them.

Many cereals today are practically nothing but white flour and various forms of sugar. It behooves today's housewife and mother to take great care in her selection of foods for the family. Avoid processed foods, preservatives and artificial colorings like the plague. If you can't pronounce an ingredient, don't buy the food until you have researched that ingredient and know what it is. Choose as near natural foods as you can obtain. Use whole wheat flour, natural syrups, honey, raw sugar and molasses. You are gambling with your family's lives. You owe it to them to see that this new awareness benefits them as well as you.

HEREDITY IS NO EXCUSE

Many people think that good or bad health is the result of heredity. If this were true we could change the diet of some of those long-living foreigners to that of most Americans and they should continue to live practically disease free lives.

But again studies have shown that when those people change to a typical American diet, they begin to show higher incidences of cardiovascular problems, cancer, diabetes, senility, etc.

The lesson is clear - you are what you eat. Your Doctor of Nutripathy® will tell you that heredity can point you in a certain direction, but what you put into your mouth determines which way you move. The people of Ecuador, Bolivia, Venezuela, Hunza and parts of Russia live on a diet of natural foods. Most of them live long, full lives without the use of drugs, surgery, etc. Yet, when these people come to the land of supermarkets and fast-food meals, they begin to develop the same health problems as Americans. Whether or not you have good health is not a matter of heredity; it is a matter of nutrition.

KITCHEN COOKING

In considering the third step in our problem, it is well to notice that one of the greatest perils to live foods today is your own cooking utensils. According to government statistics, food losses (vitamins and minerals) range from 32% to 75% when the usual high-temperature cooking methods are used.

Our own inventions can be used for our destruction through improper use. Many people do not know the simple difference between a properly prepared potato and a boiled potato. One is alkaline, the other acid. Most people peel off the skin and throw it in the garbage, unaware that 60% of the valuable potassium is directly beneath the skin. The art of cooking can destroy us or build us.

What happens when you eat the wrong foods? They release too much energy. The body cannot assimilate it, and the excess energy burns out the weakest place first. Disease strikes in the weakest organ, and it will show in your Nutripathic® Profile.

A COOKING CHANGE IS DUE

It is generally agreed that minerals and vitamins are lost when food is left uncovered during storage or cooking. Other food elements are destroyed when boiling water is added. Ordinary cooking destroys 1/2 to 3/4 of vitamin C. Many other vitamins are lost through improper cooking procedures. You may have cooked a head of cabbage through the boiling method and had, as a result, a head 1/3 the size it started out, with about 1/2 the food value. This is an enormous waste in dollars and food value.

COOK WITHOUT WATER

Stainless steel is the preferred way to cook. These pans have covers that fit so the foods are tenderized without the addition of water. Therefore, the foods retain their original color as well as their wholesome flavor. Shrinkage is reduced almost entirely.

Foods tenderized in this manner are more desirable because the mineral salts and sweetness are preserved and there is no need to add artificial seasonings. Also, there is no danger of aluminum poisoning which we see occasionally in hair analyses.

Many housewives employ false methods of economy They feel that pans are pans, so the cheaper, the better; and food has to be cooked as quickly as possible, so they cut corners by boiling. I have discussed such matters with many patients who have come to me for advice and help. What they thought was economy was really resulting in doctor bills later.

Why go to the trouble to buy live foods if you are going to boil the life out of them? By using correct methods, you preserve nutrients and improve your body.

There is so much sickness and suffering today that doctors do not have enough hours in the day to care for everyone. People are spending fortunes for “cure-alls” only to end up with another kind of ache or pain later. I suggest you inspect your kitchen and see that the equipment meets with the suggestions of your Doctor of Nutripathy®.

Do you desire beauty? Beauty starts from within. Your body is only as good as you feed it. Just as a chain is no stronger than its weakest link, so our lives are determined by our organs. To be healthy, you must have pure blood at all times. Good blood is made from minerals and vitamins.

We can summarize by saying that today’s stomachs are filled with “foodless foods,” and we are rapidly becoming people afflicted with nutrient starvation symptoms. Many housewives have not been taught the proper preparation of foods and are not aware of the tremendous losses when the mineral-rich juices are thrown away. In proper stainless steel utensils with vapor-seal kids, we have the mineral salts and vitamins preserved for use in our bodies. In this way also, the food is cooked below the boiling point and in heat low enough not to destroy the mineral balance.

CANCER NEED NOT BE A PROBLEM

Interestingly enough, those nations with very low incidence of heart disease conditions also have a near nonexistent cancer rate. All of the research scientists involved reported that they believed it was due to their diet of natural foods. Also, in every instance where the foods of more sophisticated nations are added to their diet, the rate of cancer goes from nothing to alarming levels.

Your Doctor of Nutripathy® agrees that cancer is a nutritional condition. Cancer is the fastest growing health problem and cause of death in this nation. Deaths due to cancer are increasing 6% per year. One of three Americans presently contracts cancer at some point

during their lifetime. Soon it will be one of two, and in a few more years every American will have "cancer" unless we wise up and do something about our intake of preservatives, flavorings, colorings and foodless foods.

What is my personal opinion as to why you don't read more about the overwhelming evidence that diet is linked to cancer? Advertising in the newspapers and other media is placed by companies selling items that are contributing to the very problem we just mentioned. You don't bit the hand that feeds you. Thus, you are forced to turn to so-called underground publications to read the truth.

DIET AND YOUR BODY

The basic functions of your body are simple to understand even though the inner workings are quite complex. By understanding and cooperating with your body functions you can enjoy excellent health.

Your bodily functions can be divided into those that supply the elements needed for life and those that haul away the garbage of the body. As long as cells get the energy needed and as long as the garbage left over from metabolism is hauled away, the cells will function excellently and your body will enjoy good health.

When the supply of nutrients or the removal of waste is interrupted, the cells suffer and operate inefficiently. Then the metabolic balance is disrupted, altering organ functions; and before long, health problems begin to manifest. If nothing is done to correct the problem, even death may occur.

Therefore, your diet is the key. If your body isn't given the proper nutrients, the cells will begin to malfunction. If your body has to spend too much time hauling away the garbage residue of a lousy diet, then that causes undue tissue stress and can result in significant enough irritation to be a causative factor in major health problems.

NUTRIPATHY® - A DIFFERENT APPROACH

Doctors of Nutripathy® maintain that the solution, nutritionally speaking, to most of your health problems is a program that will eliminate the wrong things going into your body as well as supply the proper nutritional requirements. This kind of approach has been used for years by "unorthodox" medical doctors in various parts of the world.

Trying to find published information by such practitioners is not the easiest job I have ever done. It seems that there is some kind of conspiracy against the masses learning that there is an alternative form of health care - namely preventative medicine -that is being practiced by open-minded, "new-thought" medical doctors. A few of those men and their proven methods follow.

Dr. John Tilden had an idea called “Toxemia.” He “cured” many people by placing them on a nutritional program which allowed them to remove the “crud” from their systems. Dr. Tilden died in 1940.

The concept that health problems develop only when the body becomes loaded down with “garbage” and after being deprived of proper nutrition was shared by Sylvester Graham, John Billings and Dr. R. T. Trall.

FOOD IS YOUR BEST MEDICINE

Dr. Bieler, author of FOOD IS YOUR BEST MEDICINE, stated that this 50 years of medical practice taught him several things about nutrition and its relationship to perfect health:

1. It is not germs that cause health problems. It is the impairment of cellular function through improper nutrition and the build-up of toxic waste material surrounding the cells.

2. Drugs and medicine are almost always harmful and should be used only in emergency situations.

3. Food is the best source of the elements needed to cleanse the body as well as provide it with the proper nutrition.

Dr. Bieler lived well into his 80’s and worked with many people who had been termed hopeless and terminal by his medical peers. He was successful where his “co-hearts had failed. The principles of Nutripathy® are proven again.

A short time ago, a friend of mine recommended that I obtain a book authored by Max Gerson, M.D., entitled CANCER THERAPY - RESULTS OF 50 CASES.

It turned out to be a very exciting book. In all 50 cases the 11 cancer disappeared using Dr. Gerson’s dietary methods. He proved, to his own satisfaction, that all chronic, degenerative diseases consist of severe nutritional deficiencies and a great deal of toxemia. Of course, you already know from previous discussions that toxemia consists of accumulated “garbage” caused by environmental and food poisons.

The Gerson Therapy certainly was not complicated. It consisted of filling the system with the necessary nutrients, and complete detoxification of the body through natural means.

For some peculiar reason, Dr. Gerson was largely ignored or rejected, or both, by his medical colleagues. This is hard to believe, because, being a Medical Doctor, he had established the value of his work through the use of physicians, hospitals, biopsies and laboratories. He proved that the “cancer” he was treating, and, of course, which he was legally licensed to treat, was no longer in existence. The amazing thing is that this was not a once or twice happening. Dr. Gerson did it many times, and yet his work seems to be largely ignored by the medical profession.

Dr. Gerson worked with those who had been medically diagnosed as having incurable diabetes, arthritis, cancer, arteriosclerosis, kidney disease, glaucoma, heart disease, multiple sclerosis, cataracts, etc. Dr. Gerson viewed these diseases much the same way a Doctor of Nutripathy® does which is that they are simply different manifestations of the same condition.

DIFFERENT MANIFESTATIONS OF THE SAME CONDITION

This is not hard to accept when you realize that if you have severe nutritional deficiencies coupled with toxemia, a sore throat and aching joints could both be symptoms of the same basic problem. Each part of the body has its own set of symptoms which it may exhibit. Can't you just see a throat attack and a sore heart? It just doesn't work that way Therefore, when you have severe toxemia, if the throat is one of the weaker parts of the body, then your throat will be sore. This should not be looked upon as a sore throat, but as a manifestation of a more basic underlying cause.

Dr. Bieler designed a nutritional program that enabled Gloria Swanson, the famous movie star, to eliminate a uterine tumor. It was Dr. Gerson who helped Dr. Albert Schweitzer Dr. Schweitzer was 75, on insulin, feeling poorly and not getting any results from the best doctors in Europe. Within one month after being treated by Dr. Gerson, Dr. Schweitzer was off insulin and returned to Africa to work for another fifteen years. Isn't the power of natural healing awesome? I firmly believe that the reason it is so ignored, or "pooh-poohed," by the medical profession is because it is a relatively simple procedure and doesn't involve all kinds of fancy machines, drugs, hospitals or doctor bills. This may sound preposterous, but what other answer is there? The only other answer is that natural detoxification procedures don't work. Then what do we do with Dr. Gerson and the many others who have been carrying on similar works for decades? It is pretty difficult to ignore results if we are searching for truth and reality of health.

NUTRIPATHY® IS VALID

The natural condition of man is health. God didn't create us as sickly, puny, helpless beings. It follows then that if you provide your body with all it requires nutritionally and cease contaminating it with flavorings, colorings, preservatives, drugs, X-rays, alcohol and other stimulants, you will be in a state of perfect health. All you have to do to get sick is to not do the foregoing, in varying degrees, depending on how old you are and how much you want to hurt. This is all that disease really is about. If you want to reverse the process, just cleanse the system and supply the proper nutrients.

It should be clear from the foregoing discussions that Nutripathy® is a valid approach to perfect health. Through Nutripathy®, you, too, can develop perfect health, or keep it if you already have it.

CHAPTER THREE

YOU, THE PAWN

So far you have learned that there are countries existing on natural foods that rarely are bothered with the kinds of degenerative diseases with which we Americans suffer. You have learned that when these people change their diet to ours, then they, too, begin to develop our problems.

You also learned that there are many practitioners in the world, medical and otherwise, who have proven that most health problems are caused by improper diet and other contaminants we put into our bodies. And they have proven that by reversing this process, amazing results can be obtained.

But, even with all this proof, the medical profession still ignores their methods and maintains that the only practical methods are related to drugs, radiation, surgery, chemotherapy, etc. This means that millions needlessly suffer and die. Many times their deaths are due to severe nutritional deficiencies misnamed as cancer, arthritis, cardiovascular disease, etc. Don't you ever wonder why?

DRUGS ARE BIG BUSINESS

Americans consume literally tons of aspirin daily. Annually there are millions of prescriptions filled for Valium. People are sick. Sick people buy drugs because we have been conditioned to believe that the way to cure disease is by taking a drug. Absolutely billions of dollars are spent annually on drugs. Is a drug company going to come out and say that Valium causes chronic constipation, colitis or respiratory problems? No way! In fact, a smart drug company will develop a drug to help suppress the ailments that a previously used drug helped create. It gets to be an endless chain. Eighty-five percent of the drugs in existence today were not around 15 years ago. You can see what has happened. People are taking more and more drugs to suppress the damage done by their predecessors. Is it any wonder that cancer and other degenerative diseases are rampant?

THE DRUG CONSPIRACY

Perhaps the best description of how Big Pharma has conspired to "pull the wool over the eyes" of the individual doctors and, hence, the American public, is found in a book by Dr. Robert Preston.

In his book, Dr. Preston discusses the history of Big Pharma and its connections with oil, drugs, the AMA and the Medical Schools. The relationships are unbelievable. His research has been thorough and therefore very convincing. He shows how the Rockefeller

Foundation controls drug education by issuing reports to all the medical schools. He states that all medical schools in the U.S. receive large grants from the Rockefeller Foundation, while at the same time issuing nothing to Chiropractic Colleges or other non-drug healing professions.

Many medical doctors find themselves hounded and harassed by the American Medical Association (AMA) and their own State Medical Board if they deviate from the "standard" medical practices in treating disease. This means that a medical doctor runs the risk of losing his license should he decide to work with nutrition instead of drugs.

There have been cases where medical doctors have merely written a book concerning the results of a nutritional practice and have suffered unbelievable wrath from the "powers that be."

The funny thing about it is that most of the medical doctors I have met, and my brother-in-law was one, are very dedicated, overworked people doing the best they can with the knowledge they have. They believe in what they do. I sure want one around if I fall off a ladder and break a bone. However, I can count on a few fingers the ones I would go to for nutritional advice. They just don't receive that kind of education in medical school, through no fault of their own. Also, their medical practice consists of patients who desire instant relief. Instant relief is related to drugs. So don't be too quick to criticize your local medical doctor. They have their place in our mixed-up society.

TIME TO FIGHT BACK

So, large and greedy organizations such as drug companies, oil companies, the AMA, chemical companies and the news media seek to financially better themselves at your expense. You are being "ripped off" and don't know it. Do we really need a hospital on every corner? Isn't it time you took matters into your own hands?

One of the first things you should do is read each one of the books listed in the combination Bibliography and Recommended Reading List at the end of this book. You will find that there is a massive network established to keep you believing in drugs, and that there were people as far back as the 1800's who were foreseeing the all-compassing medical monopoly we have today. Most people are now the victim of either the drug or medical monopoly, or both. There is lots of money in that business, much more money than treating patients with diet. Besides, who would believe that you are what you eat? Nobody except a Doctor of Nutripathy® would be that crazy!

THE FOOD YOU EAT

A Doctor of Nutripathy® will tell you that most of your health problems come from the food you eat. The food, for the most part, lacks quality. It is deficient in the important nutrients and contains a lot of "garbage" for which our body has no use, thereby making toxicity and contamination a problem.

Our food today is grown on soil that is burnt out by the use of commercial fertilizers. It is contaminated by the dusts, powders and sprays that are applied to defoliate, deform, de-virus or whatever. These poisons seep into the soil and affect the next crop. Can you really believe that these poisons do not have a contaminating effect on your body? Even our own U.S. Public Health Service states that it is not possible to eat food commercially grown without getting poison residues as a result. The poison residue includes nitrates, which cause cell degeneration and death.

WHERE IS OUR MEDICAL FREEDOM?

The public has known for quite some time that our right to choose our own treatment for disease has been abrogated by the AMA and insurance companies, but, lately, several medical doctors have begun to speak out against the system.

In SUPER DRUG STORY by Morris A. Bealle, the author relates to the statement of Dr. J.W. Hodge of New York, "the medical monopoly or medical trust, euphemistically called the American Medical Association, is not merely the meanest monopoly ever organized, but the most arrogant, dangerous and despotic organization which ever menaced a free people in this or any other age. Any and all other methods of healing the sick by means of safe, simple and natural remedies is sure to be assorted and denounced by the arrogant leaders of the AMA doctor's trust as 'fakes, frauds and humbugs.' Every practitioner of the healing art who does not ally himself with the medical trust is denounced as a 'dangerous quack' and imposter by the predatory trust doctors. Every sanitarian who attempts to restore the sick to a state of health by natural means without resort to the knife, poisonous drugs, disease-imparting serums, deadly toxins or vaccines, is at once pounced upon by these medical tyrants and fanatics, bitterly denounced, vilified and persecuted to the fullest extent."

How about that coming from a medical doctor! Pretty strong unless you have experienced what Dr. Hodge is describing, and I know there is some medical doctor reading this book who has experienced it. If so, please write to me and allow me to share your experiences.

Of course, it isn't just the AMA. Other agencies also love to get into the act, such as the IRS, Post Office, FDA and various state bureaucrats. Even the newspapers love to publish articles about the latest "health frauds" now that health and nutrition is the biggest thing to hit this country since sliced bread.

It would be simple for me to write this book if I knew that each of you would do exactly what I told you. Then I could say, "Stop drinking and smoking. Stop the late hours and other excesses. Stop the hot dogs, doughnuts and coffee, salt and soft drinks. Stop aspirin, laxatives and prescription drugs unless your life is absolutely dependent upon them, and I might add that I have seen very few people for whom that is the case. Stop eating processed foods, synthetically treated, pasteurized, homogenized, canned or bottled foods. Stop white sugar and white flour. Stick to fresh, raw, natural foods like greens,

yellows, fruits, nuts and seeds. Get lots of daily exercise, fresh air, sunshine, and allow God to bless you."

Impossible? No! Hard? ONLY at first. Inconvenient? Many times it is. Expensive? Not if you compare it to what the average family spends on doctor, dentist and hospital bills, prescription drugs and non-prescription medications.

A NEW LEAF

You have your good and bad days. You change from day to day in your enthusiasm and convictions about your resolution to begin eating properly. The important thing to do, and the easiest, is to have someone tell you exactly what to eat, how to prepare it and when to eat it. A Doctor of Nutripathy® will do this for you. Do what your Doctor of Nutripathy® tells you for 90 days and you will have "turned over a new leaf" that should put you on the road to better health through a change in eating habits.

If you bought this book because you are sick, you should realize that you are sick because you have violated the rules of healthful living for quite some time. SICKNESS IS THE RESULT OF YOUR BODY TRYING TO GET WELL. True, it is also the penalty and the result of disobeying the laws of perfect health.

YOU PAY THE PRICE

Fortunately, your body is capable of letting you know that you have transgressed proper eating laws and will force you to "shut down" while it goes to work cleaning up the mess. Many times the symptoms are uncomfortable or downright painful, and that is the price you have to pay

IT HAS TAKEN YEARS

Going to a Doctor of Nutripathy® isn't going to instantly cure you. You took years getting into your present shape and condition. Ninety days isn't going to do a whole lot either. It may take you months to get back into robust health. There is no compromise. You must believe that you cannot truly get well any other way You are what you assimilate from what you eat. You must make up your mind to follow the diet your Doctor of Nutripathy® gives you as though it were a matter of life or death. Ultimately, it may be.

Your Doctor of Nutripathy® knows, and you should too, that it is very important to bring a bad Nutripathic® Profile back to normal very slowly. This is important because if the toxins release too quickly, a person could go into a violent withdrawal and end up having a heart attack.

YOUR NUTRIPATH® CANNOT COMMENT

As you begin your new program, I must recommend that you find a doctor who practices the drugless approach. A healthful, natural diet such as the one your Doctor of Nutripathy® will give you is always out of harmony with medicine. Medicines are poison. Poisons and foods do not mix. YOUR Doctor of Nutripathy®, UNLESS ALSO A LICENSED DOCTOR, WILL NEVER RECOMMEND THAT YOU ALTER YOUR PRESCRIBED MEDICATION. The reason is that that area is the legal domain of your medical doctor. Therefore, if you are presently on drugs and wish to alter your prescribed intake, please consult with your medical doctor.

WHEN SICK, GO ON A FASTING REGIME

Another word of caution: when you are ill, you should fast. Fasting means abstaining from all foods except distilled water. You won't be able to find one animal that eats when it is sick. Therefore, don't break another one of God's natural healing laws by eating when you are sick. The only exception, or I should say conflict, is when you are taking drugs and they must be taken with meals to avoid damage to the lining of your stomach or other part of your body. This is a conflict that will have to be worked out between you and your medical doctor. Naturally, a Doctor of Nutripathy® frowns upon prescription medication except in extreme emergencies; however, a Doctor of Nutripathy® is legally unable to recommend that you gradually decrease the dosage as you begin to feel less of a need for the drug. Thus, you continue to have a need for your medical doctor.

You should fast when you have a cold or fever. Eat only when you are hungry? Do you know how to detect hunger? Chances are you think hunger is a gnawing feeling, emptiness, grumbling or grouchiness. Those are merely symptoms of irritation. Hunger and thirst are related. Thirst is not accompanied by stomach aches, etc. You experience thirst in your mind and that is where you should experience hunger. Eat only when you know you truly need nourishment, not out of habit.

Remember, everything you eat either builds you up or tears you down. If it is a live, natural food, it will nourish you from your head to your toes and, ultimately, become a part of your body. When you eat a synthetic, processed, canned, embalmed, preserved and artificially flavored "food," it has to be eliminated from the body at great expense to the energy reserves.

NUTRITION IS NOT ALL

Those of you who follow your Nutripathic® Diet to the letter need to know that nutrition is only part of the solution. The other pieces to the puzzle of perfect health are sunshine, fresh air and exercise.

HELP YOUR FRIENDS

As you gather nutritional momentum through reading this book and visiting your Doctor of Nutripathy®, examine your attitude toward those around you. Spread the good word about your "Nutripathic® Program." Explain that it isn't some new fad, but the only natural way to eat and stay or get healthy. So what if your friends call you "a nut?" Let them see the gradual improvement in the tone and color of your skin and your health.

HEALING CRISIS

As you get your "beauty treatment" from the inside out, you can expect to experience negative symptoms such as hives, pimples, rashes, diarrhea, aches and pains as the toxins come flowing out of your system.

JOIN THE FIGHT

Then, as you regain your health, join the fight for national health. Join organizations such as the National Health Federation. Attend their conventions. Support their activities as well as many organizations like them. Write to newspapers, radio stations and magazine editors. Tell them they should give equal coverage to the "natural approach." Throw away the junk foods in your home and don't compromise when you have company. There are many recipes that can satisfy even a "junkie." Chances are, your friends would love to make the "transition," too, but don't want to be the only ones to carry it "too far." Complain to your grocer when you get unripe fruits and vegetables, or a limited selection, or fruits and vegetables with the nutritious parts, such as the tops, removed. Visit your school cafeteria and complain about the junk food being fed to your children. That's right. Get committed - it is the only way anything gets done. The citizen who stands up for what he believes in is the one who gains the respect of those not having the courage. Lack of courage is why we are in the mess we are in, physically speaking. Your Doctor of Nutripathy® is committed to solving the health problem. Help him, or her, and help yourself at the same time, by supporting your Doctor of Nutripathy® and following their advice. Also support your Doctor of Nutripathy® by referring their services to those you know who need help. Tell all those you care about and join in the national Nutripathic® crusade for a return of natural health

BE BORN AGAIN

In other words, I am saying that you must be "born again," nutritionally speaking, if you are going to break loose from the grip that the giant corporations have on you through their massive advertising campaigns. You should realize that from the time you were a child, they have been brainwashing you to eat what will make you sick and them rich. The longer you follow their advice, the weaker your health will be as you grow older.

Choose to be born again and experience waking up in the morning and bouncing out of bed being eager to start the day. Experience new-found energy Experience growing older as a joy instead of additional aches and pains. Experience a life without doctors and hospitals. Your life should be so good and so much fun that you have to occasionally ask yourself if you are dreaming.

It can be. All you have to do is make the decision that you want the good life instead of the disease-prone life. It may mean that you have the pass up the hamburger joints and other convenient food outlets, but once you do, you will have broken loose from the tremendous grip of the giant corporations of the world. You are about to experience a whole new health and personal freedom.

Nutripathy® can show you how to attain perfect health through proper eating habits. The doing is in your hands. The decision to turn your back on your old ways is up to you. It will be difficult at first, and there will be times when you will succumb to your old eating habits, but don't let that bother you. It is what you consistently do over a long period of time that kills you.

JESUS SAID IT

Jesus told us that we can't serve two masters. "No man can serve two masters; for either he will hate the one and love the other, or else he will hold to the one and despise the other. Ye cannot serve God and mammon." (Matthew 6:24) This means that you will ultimately have to choose between the commercially prepared foods and your health. You cannot have your health and vitality and be a continuous consumer of the commercial food and drug industry at the same time.

When you think about it, you will see that Matthew 6:24 is quite interesting. God created delicious fruits and vegetables. Man has created all kinds of chemically treated "tongue teasers." It should be apparent that we need to choose between the two. We cannot serve both masters and hope to stay healthy.

YOU REAP WHAT YOU SOW

The scriptures also tell us that we should not defile our body. I Corinthians 3:17 says, "if any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple are ye." Man is the temple, and you should not defile that temple; you should not eat, drink or apply anything to your body which destroys, even if little by little, that magnificent temple. If you do, you must expect to reap what you sow. Of course, the harvest is sickness, degenerative disease and death. Believe it or not, the symptoms may begin with a simple little thing like being tired all the time.

There are many studies that show those who use only what God provides do enjoy God's kind of health and zest. How many of them are you going to have to read or hear about until you finally decide to kick the junk food habit?

YOU MUST MAKE A DECISION

By purchasing and reading this book, you have placed yourself at a fork in the road. To your left is a road leading to commercial foods, drugs, illness and agonizing death. To your right is a road leading to all the foods God has created, life, happiness and perfect health as shown by Nutripathy®. Which road are you going to take? When you finish this book, you must make a decision. You must make an appointment to see your Doctor of Nutripathy®, or you will continue to do what you now know is ultimately going to cause you all kinds of problems.

Perhaps you were on a Nutripathic® program some time ago and lost interest, or became discouraged because you allowed the ways of the world to get in your way and, subsequently, destroy your program. Well, now is the be time to make a new commitment. You don't have to be a pawn any longer.

CHAPTER FOUR

THE SOLUTION

Nutripathy® offers you a natural solution to your health dilemma. It consists of a nutritional analysis and personal recommendations. In this chapter we will study, in general, the nutritional analysis. In subsequent chapters we will examine each part of the Nutripathic® Profile. Your Doctor of Nutripathy® wants you to understand your Nutripathic® Profile, how it works, and what it can mean to your health and that of your family.

When you eat, the food is converted to energy by your metabolism. The nutrients are extracted and supplied to the cells via the bloodstream. These nutrients are used to conduct the bodily functions of the millions of cells which make up your body.

YOUR NUTRIPATHIC® PROFILE

Once the nutrients are used, there are waste products with which to contend. This waste must be excreted from your body. It is removed through sweat, urine, breath and feces. Common sense dictates that you can expect changes in the composition of the excreted waste as your Nutripathic® Profile improves or degenerates.

YOUR NUMBERS

Nutripathy® is the science of developing a "picture" of what is going on with your nutrition and metabolism. This is done by developing a Nutripathic® Profile. We use a system of numbers. This allows us to develop a numerical scale for each of the components of your Nutripathic® Profile. Thus, we can measure your "numbers" against what we know are "perfect numbers" and determine what is occurring, nutritionally speaking.

So, one of the tests that a Doctor of Nutripathy® uses involves your waste products. We use the urine and saliva, and when warranted, the hair. We do not use breath because it is too unstable and doesn't contain enough information. The sweat is too difficult to obtain. The feces are largely undigested food particles and do not have that much to do with waste matter resulting from cell metabolism.

URINE, SALIVA AND HAIR

We use urine, saliva and hair because they are easy to obtain. They are a good end result representation of the nutritional reactions of your body. The testing of a specimen of urine, saliva and hair is done to determine specific nutritional information, which is then developed into your Nutripathic® Profile.

MORE THAN ONE SPECIMEN

Please remember that you will be asked to leave a specimen every time you are in your Doctor of Nutripathy® office. This is because many people have "trends" which can only be graphed by having as many specimens as possible. Therefore, do not void your bladder before you see your Doctor of Nutripathy®. Always check with him or her before you relieve yourself.

IMPORTANT QUESTIONS

Certain drugs and medications also influence the Nutripathic® Profile. It is best to have the test done at the farthest point from which you took the last drug or medication. In other words, if you take a drug every 4 hours, then the best time to give the urine and saliva specimens is 4 hours from the time you last took the drug. By all means, let your Doctor of Nutripathy® know what drugs or medications you are presently taking. There are many questions that your Doctor of Nutripathy® will ask you, but the most important ones are:

1. What drugs are you presently taking? For what reason were they prescribed? If you are no longer taking drugs, was there a time when you did take them regularly? If so, when how long, and for what reason? How long has it been since you stopped taking them?

2. Do you smoke? If so, how long have you smoked and how much? Have you quit smoking? If so, how long and how much did you smoke, and when did you quit?

3. Have you had any surgeries in the past 36 months? If so, when and for what?

Remember, your Doctor of Nutripathy® is not a medical doctor. The above information is needed to determine the Metabolic Efficiency and Reserve Energy of your body. These energy readings are important to a Doctor of Nutripathy®. They are used to determine what kind of dietary program you need to bring your Nutripathic® Profile back to normal.

PHYSICIAN'S DESK REFERENCE

What is a PHYSICIAN'S DESK REFERENCE? It is a voluminous book which shows a picture, states the indications (uses), contra-indications, recommended dosage, precautions, warnings and adverse reactions to be expected from any prescription drug

placed on the market. It is an absolute mind-blower! If you don't get mad when you read about all the adverse reactions that the drug is known to cause in a human body, then I doubt that you ever become disturbed. For some reason, it is required that the book be published, but it is not mandatory that the doctor tell the patient to whom he is prescribing the drug about the book, nor about the terrible information published therein. Today, with the advent of the Internet, this information is easily obtained. Be sure to know all of the adverse effects if you are on prescription medication. These are not "side-effects" as Big Pharma would have you believe. These are the EFFECTS of consuming the drug. They simply appear sooner in some people than they do in others.

PERFECT NUTRIPATHIC® PROFILE

The Doctor of Nutripathy® tests the urine and saliva for a total of 7 components. This test involves several chemicals and pieces of laboratory equipment. The components are expressed mathematically They look like this:

1. 5 6.4 / 6.4 7C 1M 3 / 3

The above is the Nutripathic® Profile for perfect health. If you have numbers such as these for at least 90 days, you are in perfect health, or will soon be. Numbers such as these and the results from your hair analysis make up your Nutripathic® Profile.

Now, I know these numbers don't mean anything to you right now, so we are going to begin a discussion of each component. By the time we finish, you will have a good idea of the significance of each, and you will realize how, by proper monitoring, your Nutripathic® Profile can guide you to perfect health.

It is highly probable that your first Nutripathic® Profile won't look anything like the above, but you can rest assured that it means a lot to your Doctor of Nutripathy®. It is a Portrait that tells your Doctor of Nutripathy®what foods you need to be eating and not eating, and what food supplements you need and don't need.

YOUR NATURAL SOLUTION

As your Nutripathic® Profile begins to change, you will begin to feel better than you have in years. This may happen long before your Nutripathic® Portrait looks better. As you begin to experience new zest for living, you, too, will agree that Nutripathy® is indeed the natural solution to your health dilemma.

CHAPTER FIVE

SUGARS

SUGARS TOO LOW

You hear a lot these days about how important it is to stay away from refined sugars, sweets and carbohydrates. Yet, without sugar in your blood, you will go into a coma and die for lack of proper energy to your brain and other vital organs. Sugar (glucose) provides energy and, thus, is very important to your health. Blood sugar being too high can cause as many problems as blood sugar being too low.

Low blood sugar symptoms such as sudden headaches, uneasiness, sweats, light-headedness, disorientation and sudden losses of energy are being experienced by more and more Americans today.

I know many people have learned to cope with this problem by snacking on something sweet. The problem with this is that when they do this, the same problem reoccurs a few hours later and they have to repeat the whole process. As a result, they have a hard time keeping their weight down. Pregnant women have a difficult time carrying a child for the full term if they have a low blood sugar problem. This is because there is a threat of abortion when the sugar drops too low for a long period of time.

An extreme result of low blood sugar is a coma, and, ultimately, death. This could happen at any time. It is my guess that many head-on collisions, bridge collisions and telephone pole collisions which cannot be attributed to intoxication, are nothing more than low blood sugar comas happening while driving.

SUGARS TOO HIGH

When the sugar level goes up, the brain is deprived of oxygen, and, like low blood sugar, this affects your ability to think clearly. You may experience an increased problem with infections. You may notice that you are not healing quite as fast as you used to heal. You may notice that gout is beginning to appear. Headaches may be frequent. You may have a constant feeling of frustration, or being “out of sorts.” Your circulation may become impaired, with your hands and feet feeling colder than they used to feel and your legs “going to sleep” more frequently.

A very high sugar reading, sustained over a long period of time, will begin to cause a weight loss. The more sugars there are in your system, the more the system craves. The

result is a leaching from the muscles and other tissues. There seems to be a constant hunger, but weight continues to drop.

High sugars will also affect other parts of your Nutripathic® Profile, such as pH values of both the urine and saliva. The oxygen supply is being cut off. This means that various stages of nutrition are incomplete due to the inability of certain organs, especially the liver, to properly metabolize your food.

DIABETES

Of course, you have heard of diabetes. A diabetic, which is the opposite of a hypoglycemic, is unable to keep his blood sugar down to a reasonable level. Thus, he is put on insulin. High sugar levels many times mean that your cholesterol, triglyceride and other fat levels are on the rise, although this may also be true in a hypoglycemic. If your high sugar level doesn't kill you, a heart attack may.

REFINED SUGAR

The culprit involved in both the high and low blood sugar problem is refined sugar. Our bodies are created with a mechanism to properly metabolize the naturally-occurring carbohydrates in fruits, vegetables and other natural foods, but refined sugar is absorbed so quickly into the blood that it elevates the blood fat levels. Then this fat interferes with the function of insulin, allowing the blood sugar to rise.

If you are fortunate enough to have a strong pancreas, it will pour out enough insulin to overpower the fat and keep the blood sugar within tolerable levels. However, if your liver converts the sugar into fat faster than the pancreas can tolerate it, then you are going to have a high blood sugar problem.

Therefore, it is important to reduce, if not eliminate, your intake of refined sugar products.

Along with the liver and the pancreas, the kidneys play a major part in excreting excess sugar from the blood and the body. When your blood sugar level drops below 60 mg%, there is no sugar found in your urine and you will have a difficult time staying conscious.

When the sugar in the blood is between 75 and 80 mg%, you will feel great, and the Nutripathic® reading will be between 1.5 and 2.0 on our scale for your Nutripathic® Profile. The farther your sugar number is from 1.5, the less energy you are going to have and the more important it is to see your Doctor of Nutripathy®.

You must improve your sugar nutrition if you ever hope to regain, or maintain, perfect health. It is not uncommon for a person on insulin to be able to reduce the insulin dosage as a result of their Nutripathic® Program. This should always be done under the supervision of a medical doctor if it is going to be attempted. A Nutripathic® Program

holds great promise for you in dealing with your sugar metabolism. It is the only way to a healthier, happier life, the natural way.

CHAPTER SIX

YOUR pH BALANCE

Certainly one of the most important processes in your body is the process by which the pH balance is maintained. Of all the subjects I had to study in order to grasp the significance of the Nutripathic® Portrait, the pH was probably the most technical and complex.

The pH involves the Hydrogen ion. In order to understand pH, you have to know what an ion is. An ion is an atom of some particular element which has lost or gained electrons. Hydrogen is found in two ways, either as a complete Hydrogen atom, or with part of it missing, as a Hydrogen ion. If an atom gains electrons, it develops a negative charge. If an atom loses electrons, it develops a positive charge. Thus, the Hydrogen ion is a positively charged ion because it is a Hydrogen atom with an electron missing.

pH SCALE

The pH scale was developed by scientists in order to measure the number of Hydrogen ions in any solution. Hydrogen is heavily involved in nutrition and some solutions carry more Hydrogen ions than others. The pH scale is an easy way of measuring this amount. The concept is very similar to your Nutripathic® Profile. It is easier to understand by converting the process to math.

Imagine a paper towel and a pool of water on the kitchen floor. Now, this paper towel is going to absorb Hydrogen ions instead of water. As long as your paper towel is dry, it has a lot of potential to absorb Hydrogen ions, doesn't it? The more it soaks up, the less potential it has to absorb Hydrogen ions.

A chemical solution is just like our paper towel. When it has a great deal of Hydrogen ions in solution, the potential of the chemical solution to absorb or attract more Hydrogen ions is very low. When it has only a few Hydrogen ions in solution, its potential to absorb more Hydrogen ions is very high, and we would say that the pH of that solution is very high. This is because the potential to attract Hydrogen ions is high. I hope this analogy helps you gain an understanding of pH.

Scientists have established the pH scale from 0-14. Thus, a solution having a pH of 0 has no ability to attract Hydrogen ions, while a solution having a pH of 14 has a great deal of ability to attract Hydrogen ions. Remember, "p" stands for potential and "H" stands for Hydrogen - the potential of the solution to attract Hydrogen ions.

ACID OR ALKALINE?

If the scale runs from 0-14, then 7 is the midpoint. A pH above 7 is alkaline in nature, and a pH below 7 is acid. Therefore, a pH of 7.2 is alkaline, and a pH of 6.2 is acid. Distilled water has a pH of 7, or is neutral. Vinegar has a pH of less than 7, and is therefore an acid. Baking soda has a pH greater than 7, and therefore is alkaline. Of course, there are some acid solutions which are 'more acid, or lower on the pH scale, than others, just as there are some alkaline solutions which are more alkaline, or higher on the pH scale, than others.

Now, how does this work? Do you remember seeing an alkaline substance being dumped into Sulphuric Acid in high school chemistry class? What happened? That's right, a lot of bubbling and foaming. Why? Because all of the Hydrogen ions that were contained in the Sulphuric Acid (low pH) went rushing over to the alkaline substance (high pH). The high potential of the alkaline substance to accept the available Hydrogen ions present in the Sulphuric Acid was great enough to cause this rushing effect which caused the bubbling and foaming. As soon as the solution was neutralized, the bubbling and foaming stopped. In other words, as soon as there were as many Hydrogen ions present in the alkaline substance as there were in the Sulphuric Acid, the bubbling stopped. We say the solution was neutralized, but that doesn't mean that the solution became 7.0. It only means that the Sulphuric Acid no longer had the low pH it once had and the alkaline substance no longer had the high pH it once had.

pH IS VERY IMPORTANT

Each solution in your body has its proper pH, and it its pH gets too far out of balance, the secretion or solution loses its effectiveness to assimilate or absorb minerals and vitamins. Enzymes are also affected by the pH of the solution in which they are contained. If you are not properly absorbing nutrients from the food you eat, then poor health is ultimately going to result. Blood has a pH of 7.4, and a variance of more than .4 in its pH can cause a coma and death.

Thus, you can see why the pH of the various secretions and solutions of your body is something you just cannot ignore if you wish to maintain perfect health.

Your digestive system has two opposing sets of secretions. One is very acid and the other very alkaline. For the maximum digestive efficiency to take place, these two secretions must balance each other.

pH SHOULD BE BALANCED

The gastric juices of the stomach are the prime source of the acid enzymes which are represented by the saliva pH. The pancreas and liver are the source of the alkaline

enzymes which are represented by the saliva pH. When both the alkaline and the acid enzymes are in balance and at the correct pH, then the pH of both the urine and saliva should balance out by each of them reading between 6.4 and 6.8. This is slightly on the acid side of the pH scale.

In other words, when your urine and saliva pH are in correct balance, with both reading 6.4, it means that the secretions of your digestive system are operating at peak efficiency. It means that you are obtaining maximum nutrition from the foods you eat. It means that your blood is at the proper pH level. When the pH balance is altered and one or both of your pH readings moves away from 6.4, it means that your digestive secretions are out of balance. The enzymes become less efficient, which means that the nutritional process in your body is becoming more and more inefficient. The farther out the balance of the two pH's travels, the more serious health problems you may develop because of improper assimilation of important minerals. This paragraph is true as long as all of the rest of the Nutritional Professional numbers are also perfect.

ACID pH SYMPTOMS

Your urine pH reveals many things to your Doctor of Nutripathy®. A Doctor of Nutripathy® has been trained and educated in the physiology of nutrition. If you have a urine pH that is very acid, let us say 5.0, then you may have a pre-ulcerous condition, depending upon how long it has been that low. This low pH may lead to more serious health problems as you grow older. People with a urine pH that is too low often experience increased heart rate, frequent sighing, restlessness, cold sweats, dry skin, dry mouth, hard stools, halitosis and diminished urination and perspiration. This is usually due to a prolonged alkaline condition which finally results in the exhaustion of the adrenal cortex. The adrenal glands play a very important role in controlling the pH. This book, having been written for the lay-person, is not the place to discuss this very complicated mechanism.

A very low pH means that the food must be passed through the alimentary tract, stomach and duodenum very quickly to keep from irritating and burning the walls of the intestines. This means that the time normally allotted for absorption of minerals and vitamins is greatly decreased, and, as a result, you do not get the proper energy out of the food you eat.

CALCIUM PLAYS AN IMPORTANT ROLE

The more acid your pH goes, the more destruction occurs to certain vitamins. Calcium is also affected. A lack of calcium may cause a decrease in vitamin C, and this permits a weakening of tissues as well as a weakening of the gastric juices, which in turn effects your pH. It is a vicious cycle.

Calciums are important because calcium is the base for many enzymes which are produced by the liver. A deficiency of a certain kind of calcium will cause the pH to go

acid because it depletes the body of alkaline enzymes. The liver is then unable to manufacture the enzymes because it does not have the available raw material.

THERE ARE AT LEAST 6 KINDS OF CALCIUM

There are at least six kinds of calcium that are needed by the body. However, only one needs to be lacking to cause an unbalanced Nutripathic® Profile. This lack of a certain kind of calcium usually affects women differently than men. Women become nervous, uptight, and may often cry. Men become very tired and irritable. Thus, you can see that a deficiency in calcium can cause grave marital difficulties. This deficiency may even be part of the "generation gap," if it exists in your family.

But what kinds of calcium? There are six kinds of calcium needed by the liver in order for it to correctly produce those billions of enzymes. Calcium Oxide, Calcium Lactate, Calcium Phosphate, Dolomite, Tri-Calcium Phosphate and Calcium Carbonate.

You surely have known at least two people who have taken Dolomite, for example. One person says that they sleep much better. The other person says that if they take Dolomite it "drives them up the wall." Why is this? The answer lies in the type of calcium in which each is deficient.

How do you know? Your Doctor of Nutripathy® can tell you by looking at your Nutripathic® Profile.

ALKALINE pH SYMPTOMS

What about an alkaline urine pH? The more alkaline your urine pH travels, the weaker your digestive juices become. Now you do not get the proper energy from the food you eat because your digestive enzymes are not strong enough to break down your food for easy assimilation. You have nutritional problems. People with a high pH often experience increased respiration, stiff joints, muscle cramps, calcium precipitating out of alkaline tissues, discomfort after eating due to a lack of acidity in the stomach, a sudden rush of sugars into the bloodstream, causing insulin stress, and lowered resistance to disease, since viruses, bacteria, fungus, parasites and other microorganisms thrive in an alkaline medium. You tend to have upper lung problems such as asthma, allergies, etc. It is also likely that you have colon problems such as constipation and/or congestion.

Your pH helps your Doctor of Nutripathy® know what foods, as well as food supplements, you should be eating and which ones you should not be eating.

UNECESSARY FOOD SUPPLEMENTS

When you take the wrong food supplements you are wasting money. How do you know if you are taking the wrong ones? Your Doctor of Nutripathy® can tell from your

Nutripathic® Profile. Your Doctor of Nutripathy® also knows that when your pH is out of balance, it means that your energy mechanism is inefficient because you are not extracting the needed nutrients from the food you eat.

For example, have you ever met someone who says that vitamin C doesn't help them ward off flu, colds or infections? Perhaps you have had that experience, and you wonder, after reading many articles about the value of vitamin C, why it doesn't work for you. It is entirely possible that you have the wrong pH and lack alkaline enzymes which are necessary to properly utilize vitamin C! Your Doctor of Nutripathy® can tell you what to do to balance your body chemistry to enable you to take full advantage of Vitamin C.

We have previously mentioned calcium and how it affects and is affected by your pH. I did not mention that women need much more calcium than men. Lack of the proper kind of calcium can make you nervous and tense, especially before menstruation. It usually means that your pH is away from normal and preventing you from obtaining the needed calcium from your diet.

The oil soluble vitamins, A, D, E and K, are also affected by the pH range. Vitamin B Complex is, too.

FEMALE ORGANS

Each of the minerals has a pH range beyond which it is not properly assimilated. Today, it seems like degeneration or disease of the uterus in females and the prostate in males is a frequent diagnosis. This is because manganese, which is vital to the breasts, uterus and ovaries, and zinc, vital to the prostate, are not properly absorbed because the digestive pH is out of balance. When this deficiency accumulates over many years, those organs suffer from mineral starvation. They begin to rot and die. Then a medical doctor usually tells you that chemotherapy or surgery is needed. Perhaps radiation is prescribed. What you actually need is to balance your pH's so your body can pick up the needed minerals and vitamins. If it can do this, it can begin the rebuilding process. You must always keep one thing in mind: matter does have its limitations. It is possible that the disease process has gone too far and the cells will not respond to nutritional therapy. However, this will be evident immediately should it be the case.

Yes, by knowing your pH, you can learn what is happening to your digestive system. It is important to find out as early as possible, because, as you have probably noticed, when the first problem appears, it is only the beginning of many to come. Do yourself a big favor and find out what your Nutripathic® Profile looks like and do whatever your Doctor of Nutripathy® recommends to bring your pH balance back to normal.

SALIVA pH

Now it is time to discuss your saliva pH. The pH of the saliva is very slow to change, and when it does change, it is equally as difficult to bring it back to normal. It is indicative of

the pH of the liver bile, pancreatic fluids and the large intestine or colon. By using the saliva pH as an indicator, a Doctor of Nutripathy® can tell which way the secretions of the liver, pancreas and colon are heading.

WEIGHT - GALLBLADDER - GAS - PROBLEMS

For example, if your saliva pH is very alkaline, it means that your digestive tract is too alkaline. This could cause you to have a real problem keeping your weight under control. It also means that you probably have high sugars and, if you are not careful, could end up on insulin if they are very high. Your liver is overactive, which causes a lot of stress on your gallbladder. When your gallbladder is under stress you run the risk of having gallstones. Another problem caused by too alkaline of liver secretions is gas. The more acid your urine pH, the more gas you may have, because the acid gastric secretions are going into an alkaline system. Remember the Sulphuric Acid and alkaline substance reaction? The same thing happens in your intestinal tract. A large spread between the two pH's means a great internal energy loss due to a very inefficient metabolism. The larger the spread between the two pH's, the more gas you will have. Nothing you take to eliminate the symptom is going to benefit you in the long run. The solution is to put an end to the pH imbalance. Your Doctor of Nutripathy® can show you how.

ULCERS, COLITIS, DIARRHEA

When your saliva pH is too acid, it means, again, that your liver is very inefficient. This time the bile is weak and the liver is toxic. There is a deficiency of the alkaline enzymes. You are not getting the proper energy from the food you eat because the alkaline enzymes, which also play a part in balancing the acid gastric system, are deficient. Carbohydrate digestion is poor due to the toxic liver condition, which means less energy coming to your system. If it should happen that your urine pH is acid, along with an acid saliva pH, it means that you have a very fast digestive action. You will have a tendency toward gastric or duodenal ulcers, colitis, and a problem with loose stools. Our research has shown a correlation between degenerative disease and an acid saliva pH.

CONSTIPATION

When both pH's are alkaline, you have a tendency toward having a very slow digestion. This means "packing away" in the colon. It means putrefaction in the colon. It could mean constipation. Many women have a very difficult time getting pregnant if their pH balance is too far away from normal. Problems with lung disease, heart disease, reproductive organ disease, kidney and bladder disease, and many other degenerative diseases are related to an abnormal pH balance. Your Doctor of Nutripathy® can see this picture by looking at your "numbers" which are part of your Nutripathic® Profile.

There are many other things that a person trained in the science of Nutripathy® can see in the pH balance. A Doctor of Nutripathy® can help you develop a program consisting of a

specialized diet and food supplements which will bring your pH's back into the proper 6.4 balance. Once you do that, the gastric secretions, the saliva, the liver bile and the pancreatic enzymes are all balancing each other and the efficiency of your digestive system increases at a fantastic rate.

As a result of this chapter you now see that your pH is one of the most important parts of your Nutripathic® Profile. When your pH goes out of balance, it causes all kinds of chemistry problems in your body. As you begin to get it back into balance, you experience energy you forgot you had. Many times it seems like a miracle, but it is merely chemistry coming into balance. It is all scientific and mathematical. The numbers do not lie. When your pH comes into balance, your body is on the way to being able to efficiently and properly assimilate the needed minerals and vitamins from the food you eat.

LEARN FROM NATURE

The soil is the same way. Why would your body be any different? An improper soil pH can cause plants to grow poorly and die prematurely, fruit to be too small or not ripen, insect infestation and a myriad of other problems. This can all be due to the fact that when the pH goes outside a specific range, certain minerals are not correctly assimilated. Without these minerals life cannot survive.

Your Nutripathic® Profile holds your key to survival. Your Doctor of Nutripathy® has the knowledge to use that key to unlock, for you, the secret of perfect health. Nutripathy® could very well be the natural solution to your health dilemma!

CHAPTER SEVEN

MINERAL SALTS

The mineral salts in your body are electrolytes. An electrolyte is something that conducts electricity. Water, other than distilled water, is an excellent conductor of electricity because of the mineral salts that are dissolved in the water.

You may be aware of one of the salt group, Sodium Chloride, common table salt. However, Sodium Chloride is only one of the mineral salts group.

POTASSIUM IS IMPORTANT

Potassium salts, for example, are important for the conduction of nerve impulses involving the brain and central nervous system. Potassium is also very important for proper cell function because it relates to electrical function. Brain dysfunction, as well as dysfunction of other vital organs such as the heart, can be traced to a Potassium deficiency.

There are salts that buffer the very acid secretions as well as the very alkaline secretions of the body. This is an important function, one which you cannot live without.

You also have what I like to call inorganic salts in your body. These are salts that your body does not need. You obtain these salts from processed, devitalized foods that are literally sold everywhere. These salts cannot be used by your body and are extremely dangerous to your health. Common sense will tell you that anytime you put something into your body that your body cannot use, it will consume vital energy to get rid of it. If you put too much of this useless material into a system that is already under a great deal of stress, it is going to cause your metabolism to operate even more inefficiently than it already is.

INORGANIC SALTS ARE ENEMIES

You can also end up having too many mineral salts in your system by eating too much protein. The body converts excess protein into salts in order to eliminate them from the system. Often these excess salts are stored in the connective and fibrous tissue. Connective and fibrous tissue includes ligaments, cartilage, tendons and the tissue supporting the nervous and vascular system.

BEEF JERKEY EFFECT

Excess mineral salts cause a “beef jerky” effect, causing this connective tissue to become rigid and stiff. Then what do you suppose happens? That’s right. You begin to experience stiff joints, strained tendons, torn cartilages and other irritating symptoms.

Another more serious problem is that some of the excess salts are being deposited in and around the walls of your blood vessels. The more this build-up continues, the less permeable they become. The liver manufactures cholesterol to “grease” the lining of the blood vessels so the blood can flow more easily. The more cholesterol that is created, the worse the problem gets. Now, we have a problem with the possibility of a piece of the cholesterol breaking off and plugging an arterial passage.

If this happens within an artery supplying blood, and therefore oxygen, to a major organ such as the heart, brain or pancreas, a part of that organ is going to cease functioning and you are going to become seriously ill, if not dead.

HEART ATTACK ZONE

If your mineral salts level is too high, it may mean that your body is retaining too much salt and you are in a zone for a major angina heart attack. This retention of salts may also cause your intestines to lose their elasticity due to the crusting effect on the intestinal walls. As the inability to expand and contract continues, especially in the colon, the transverse colon may get very much out of shape, sag and create the appearance of a “tummy.”

This does not mean that your cholesterol blood count would show high. The amount of cholesterol floating around in your blood is different than the amount of cholesterol build-up on the linings of your blood vessels.

AGE MAKES A DIFFERENCE

Also, the older you are, the more serious a high reading becomes. A person 55 with a salt level of 35 would be a lot worse off than a 21-year-old with a 35 salt reading. Why? Because the 55-year-old has more than likely had the problem for 34 more years than the 21-year-old, during which time the build-up has gotten an extremely strong hold on the system. The 21 -year-old can reverse the situation in much less time because the high level has not had time to firmly seat itself within the body. So, the older you are, the more significant high readings become.

This is the main reason why it is a good idea to find out what your salt level is as soon as you can arrange to do so. On the Nutripathic® scale, a level of 7 is considered perfect as long as all the rest of your Nutripathic® Profile is perfect. The higher you go, the more contamination there is. Many serious health problems can be avoided by simply knowing

your mineral salt level and following the advice of your Doctor of Nutripathy® concerning how to lower it and keep it in balance with the rest of your Nutripathic® Profile.

CANCER

There is a problem that is too technical to get into during our discussion in this book, which is what is occurring when your mineral salt level is too low. This denotes a lack of Potassium and other electrolytes, which may result in severe cell degeneration due to an improperly functioning metabolism. My research has shown that people with degenerative diseases such as cancer tend to have a mineral salt reading out of balance to the low side.

Some of the mineral salts that are found in the urine are Sodium Chloride, Potassium Chloride, Magnesium Chloride, Calcium Chloride and Ammonium Chloride.

You have just been given a glimpse of what your salt level can tell you. Your Doctor of Nutripathy® can tell you a lot more by looking at this level with respect to the rest of your Nutripathic® Profile.

CHAPTER EIGHT

URINE DEBRIS

The cells in your body are constantly dying and being replaced. God does not deal in used parts. When they die, a large number of the cells are removed from the body through the urine. For a person in perfect health, this should not exceed 40,000 parts of cellular debris per liter of urine. However, if we are aging too fast, our cells are breaking down prematurely and the cellular debris found in our urine will increase.

AGING BEFORE YOUR TIME

Common sense will again tell you that when your metabolism is in balance your cells won't wear out as rapidly and there will be less tissue and cell debris in the urine. By calculating the amount of urine debris, it is possible to see just how fast you are aging. This fact could be alarming. However, a Doctor of Nutripathy® knows that this premature aging is due to a nutritional imbalance. The Doctor of Nutripathy® looks at the other numbers in your Nutripathic® Profile and, if the pH and sugar balances are away from normal, then a high cellular debris is expected. If it is not expected, then that could represent a failure of your nervous system to properly command the kidneys, etc., and as a result, the repair mechanism of your body would be malfunctioning. To know this in advance is a very important piece of information.

LOOK AND FEEL YOUNG

It is always exciting to see a person who knows they are beginning to really show their age go on a Nutripathic® program and begin to firm up their sagging muscles, put some contour back into their face, drop their cellular debris to a very low level and feel young again. Why do they feel and look younger after a few weeks of eating foods which give them a balanced Nutripathic® Profile? Because their cells are not breaking down as rapidly as they once were.

Your tissue and cell debris (urine debris) level should be 1M, If it is higher than this, you are prematurely aging. If it is higher than this but out of balance to the low side in your Nutripathic® Profile, it could mean that your repair mechanism is not working properly.

CHAPTER NINE

THE NITROGENS

The last two numbers in the sequence that makes up your Nutripathic® Profile are both 3. They are expressed as a fraction, but they are not a fraction. Neither is 6.4 over 6.4, the urine pH and saliva pH, a fraction.

The first number, which accounts for most of your protein elimination, is called the Nitrate Nitrogen. It is formed when excess amino acids are carried to the liver as urea.

The second number is also a waste product of protein metabolism. It is called the Ammonia Nitrogen. It is produced by the kidneys.

The amount of ammonia in your urine depends upon the acid-alkaline balance of your body Normally, there is relatively little ammonia in your urine. It should range from .5 to 1.0 grams per day, or 2.5% to 4.5% of the total nitrogen content of the urine.

Ammonia excretion increases for a variety of reasons: diabetes, potassium and sodium depletion, hyperaldosteronism, starvation, or just too great a protein intake. The higher this reading, the more pain you will have, the more likely you have increased relationship stress and are sub-clinically dehydrated which can lead to a myriad of health problems.

When your body chemistry is out of balance, certain minerals required to produce the necessary enzymes for perfect health are not assimilated from your diet. This means the liver is unable to properly cope with nitrogen products. It becomes burdened and toxic. If your liver is toxic, it means that your entire body is going to become polluted. This is because your liver is the garbage man of your body.

A high Nitrate Nitrogen in your Nutripathic® Profile indicates a build-up of toxic material in the tissues of your body. This is an indication of the amount of stress your body is experiencing due to this excess undigested protein by-product accumulation.

A Doctor of Nutripathy® believes that all diseases begin with a vital organ that is central-nervous-system controlled. The liver is the most likely organ to be involved because of its detoxification role. The more toxic it becomes, the less efficient it is in producing its billions of enzymes and amino acid formations.

I never cease to be amazed at the concern over protein. With many of my clients, the minute I mention a meatless diet for 30 days, their immediate question is, “Where will I be getting my protein?”

You have been programmed by all kinds of industries that protein is very important to your well-being. You have been brainwashed by everybody from the dairy industry to the makers of shampoos that without protein you will shrivel up and blow away.

PROTEINS ARE IMPORTANT BUT...

Yes, proteins are very important to your body. It is also true that proteins are very hard to digest. If you will remember our previous discussion about pH, the pH balance of your digestive system has-to be just right or you end up digesting your proteins too quickly or too slowly. Both will leave an undigested protein by-product residue which will turn toxic in a few days and create much stress on your system. This stress pulls down your metabolism efficiency and affects your reserve energy.

It takes approximately 30% of the energy generated from protein just to convert the protein into energy. It only takes 6% of carbohydrates to convert the remaining 94% to energy, and it takes a mere 4% to convert fats to energy. Therefore, proteins are not a very efficient source of energy

Given a proper diet, your body will use and reuse its protein storage. Mother's milk is only 3% protein. Many cultures around the world exist just fine on a low-protein, high-carbohydrate rate diet. The key is in quality, not quantity.

All you have to concentrate on is getting the eight essential amino acids. Eight of the amino acids are called essential because your body doesn't manufacture them. You have to obtain them from your diet. When you obtain the eight essential amino acids, out of the approximately twenty, in the proper balance, you don't have to worry about eating a great deal of protein, especially if you eat a great deal of the natural complex carbohydrates.

VEGETABLE OR ANIMAL PROTEIN?

Which proteins are more complete in the eight essential amino acids? Animal proteins. Therefore, you would think that animal protein would be better for you than vegetable protein.

The reason this is not necessarily true is because of the cooking process through which people put their animal proteins. When you cook proteins you change their nature from a substance that absorbs water, digestive secretions and enzymes, into a substance which does not. Therefore, the proteins cannot be broken down by your digestive system nearly as well. This problem is especially compounded if your pH balance is away from normal.

This applies to pasteurized milk, cheese, eggs, meat and other cooked animal proteins. Cooked animal proteins are mucous forming and should be avoided as much as possible, especially if your Nutripathic® Profile is showing a lot of stress on your system. This certainly applies more to babies, who are just beginning to adapt to life, than anyone else. There is a world of difference between the digestive processes and odors of the stools

comparing a baby being fed formula and cooked animal proteins, such as pasteurized milk, versus a baby who is being breast-fed or fed raw certified milk, or better yet if breast-feeding isn't possible, raw goat's milk.

Cooked animal proteins have to be broken down by the E-Coli bacteria in your colon. Because the animal protein has been cooked, the bacteria have to rot the protein in order to digest it. This produces extremely harmful waste products which may be picked up by a urine test which your Doctor of Nutripathy® is trained to administer.

Why is protein important? It is important because it contains the amino acids we mentioned earlier. As these amino acids are broken down, there may be an excess. The excess is changed into urea, or Nitrate Nitrogen, by your liver. Some is changed into Ammonia Nitrogen by the kidneys. Both forms are excreted into the urine if there is an excess of protein or improper metabolism of the available protein.

The problem arises because our body is just not designed to handle a high animal protein diet over a long period of time. It can eliminate a reasonable amount of excess nitrogens, but it is easily overloaded.

PROTEIN LEVEL TOO HIGH

When the excess protein begins to build up in your body it deposits itself in the blood capillaries, and the capillary walls begin to thicken. As these tiny little walls thicken, the blood supply is gradually reduced until the cells surrounding the affected area begin to die. As these cells begin to die, tissues are affected. When the various tissues become affected, an organ is going to slowly lose its proper blood supply and hence, its oxygen and nutrient supply, and it will slowly degenerate. Thus, excess protein can cause degeneration and death if it is not properly flushed out of the body.

If you are balanced nutritionally, most of the excess protein will enter the lymph system and be eliminated from the body. The lymph system is the garbage system in the body. It cooperates with the body's metabolism by removing the crud from your system.

MINERAL SALTS TOO HIGH

Where you run into trouble is when your salt level is too high along with a high nitrogen reading. The lymph system operates between the cells. The amino acids carry a negative charge and, therefore, attract the sodium ions which are positively charged. The result is water retention.

This water retention raises the osmotic pressure in the lymph system, forcing many lymph vessels to close. When these lymph vessels close, excess amino acids, protein, are prevented from being eliminated from the tissues.

Now you have a cell starvation problem along with a contamination problem. A starvation problem arises because the flow of nutrients is going to be interfered with and degeneration will begin because of the lack of proper nutrients as well as the decaying of the trapped protein.

To add to your misery, the blood vessels become constricted, your blood supply to the heart goes down, and your blood pressure goes up. As with high salts, the liver manufactures cholesterol to compensate for the problem. This only makes matters worse, as it creates extreme stress on your heart.

Next, the liver springs into action again, converting the excess amino acids, protein, into urea, which is what we call both the Nitrate Nitrogen and the Ammonia Nitrogen. It dumps this urea into the bloodstream where it heads toward the kidneys. This is fine until the kidneys become overloaded and are unable to eliminate all this urea. When this happens, more excess protein is stored in the tissue spaces. Eventually aches, pains and inflammations are going to begin as this irritant makes its presence known.

This irritation places stress on the heart and makes it beat harder. The excess urea acts as a heart stimulant. If it rises too high, you face the danger of a heart attack without any advance notice whatsoever.

HEART ATTACK

A very high sugar reading, a high pH, and a high mineral salt level combined with a high nitrogen reading could mean that you are in a fatal heart attack zone. You have heard of at least one person who, all of a sudden, unexpectedly dropped dead of a heart attack. Here is one explanation. If you have a Nutripathic® Profile such as this, then you should be very careful not to exercise vigorously, not to lose your temper, and not to place yourself in any traumatic experience. It could be fatal!

The level of protein accumulation in your body should concern you. The level of protein accumulation in the bodies of your family should concern you, also, as it will eventually affect their health. It is possible to overwork your liver with protein digestion. If you do so, it will have a very difficult time taking care of its other duties.

Your Doctor of Nutripathy® will test for the amount of Nitrate Nitrogen and Ammonia Nitrogen in your urine. This is important, as it will tell him approximately how many hours per day your body is involved with protein digestion.

If you place too great a demand on your body, you may find yourself being rushed to the hospital in an ambulance with red and blue lights flashing and sirens howling.

If needed, your Doctor of Nutripathy® will help you prepare a diet which will take the load off your protein metabolism. You may be causing cell degeneration because of the high excess protein. You may be putting extreme cardiovascular stress on your body.

Your Nutripathic® Profile is very helpful to your Doctor of Nutripathy® in determining the extent of your toxicity. It denotes a nutritional deficiency, and, therefore, it can be corrected by proper nutritional adherence. It won't be the easiest thing you have ever done, but it will be worth the effort.

Protein is important. Getting just the right amount of quality protein is even more important. As you begin to bring your protein digestion back into balance as a result of your Nutripathic® program, amazing changes will take place. Heart palpitations may leave. You may feel more relaxed. You may find that you don't get as upset as easily as you used to get. Your blood pressure may go down. Your headaches may disappear. You may have more energy. Write and tell me what kinds of changes you experience as a result of balancing your protein digestion.

CHAPTER TEN

YOUR ENERGY RESERVE?

I have briefly explained what each of the numbers mean. Remember, this is just part of your Nutripathic® Profile. Each component of your Portrait has its own meaning, but is nothing like the picture seen when you look at it as a whole.

To begin to see your picture, separate the formula into two halves.

1. 5 6.4 / 6.4

DECAY, ROT, DEATH

The first half consists of the sugar index, urine pH and saliva pH. This half tells you how much of an energy input you have. In order to maintain perfect health, you need a maximum energy input which would be represented, mathematically, as 1.5 and 6.4 / 6.4. If your first three components read differently, it means that your digestive efficiency is in trouble. When you are operating inefficiently, your body will rob the necessary elements from itself. This is called demineralization. The body must have an ample supply of certain minerals. When it does not, or cannot, obtain them from your diet, either because they are not present or because the pH assimilation range has been exceeded, the void must be filled. This void will be filled by robbing these minerals from your body. This means degeneration, rot, decay and death.

For every tenth of a point the urine pH moves away from normal, you lose a percentage of the efficiency of your gastric system to extract the necessary elements from your diet. The same thing applies to the saliva pH, except that it relates more to the bile and other liver secretions, the pancreas and the colon.

ENERGY LOSS

If you also have a sugar index away from normal, you have additional energy loss due to an inefficient carbohydrate metabolism. When you combine an inefficient carbohydrate metabolism with an inefficient digestive system, you have a very ineffective nutritional process which results in a very low energy input.

The second half of your Nutripathic® Profile consists of:

7C 1M 3 / 3

These are the mineral salts index, urine debris index and nitrate nitrogen over the ammonia nitrogen index. This half of your Portrait tells you how much energy your metabolism is using. As these numbers travel away from normal, it is an indication of more energy being consumed to perform the metabolic functions of the body.

As the mineral salts index rises, it means an increased energy load. As the nitrogens rise, it means your protein digestion is taking much more time than is necessary. This is another energy drain on your system.

ALL AMERICAN DIET

It is not uncommon, on the "all-American diet," for the mineral salts to be 20 +, the urine debris 4M and the nitrogens 10 and 7. This means the salts level is almost 3 times too high, the amount of tissue and cell debris 100 times too high and the protein digestion is taking almost 3 times too long. This puts an enormous energy drain on your system.

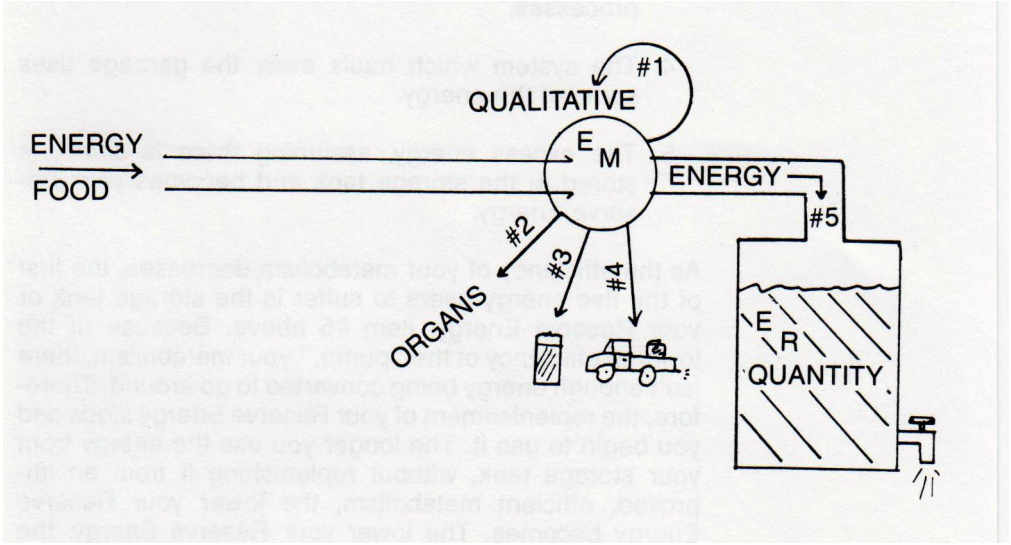
This problem is further magnified when combined with a low energy input such as just described. When you have a low energy input and a high energy drain, it adds up to a low Reserve Energy as well as a low Metabolic Efficiency. This deficit must be taken care of. It will be taken care of by stealing from the bones, tissues and organs. This means degeneration, rot, decay and death.

RESERVE ENERGY

Picture your system as a pipeline leading to a storage tank. This pipeline has a pump between the opening and storage tank. The pump is your Metabolic Efficiency and the storage tank is your Reserve Energy. It is the function of your metabolism to convert the food you eat into energy. As just discussed, your metabolism may be operating at various stages of efficiency.

METEBOLIC EFFICIENCY

It is the job of the pump, your metabolism, to send the converted energy to be used in the following ways:



1. Some of the converted energy is lost in the conversion process. In other words, it takes energy to make energy.

2. The organs need and use some of the converted energy

3. The system which collects the garbage in the body also uses some of the converted energy This garbage is the material left over from cell metabolic processes.

4. The system which hauls away the garbage uses some of the energy

5. The excess energy, assuming there is some, is stored in the storage tank and becomes your Reserve Energy

As the efficiency of your metabolism decreases, the first of the five energy users to suffer is the storage tank or your Reserve Energy, item #5 above. Because of the lowered efficiency of the "pump," your metabolism, there isn't enough energy being converted to go around. Therefore, the replenishment of your Reserve Energy stops and you begin to use it. The longer you use the energy from your storage tank, without replenishing it from an improved, efficient metabolism, the lower your Reserve Energy becomes. The lower your Reserve Energy, the lower your resistance. The lower your resistance, the closer you are to death, especially if your Metabolic Efficiency is in the fatal zone also.

As the efficiency of your metabolism worsens, the energy being converted becomes less and less. Now it begins to affect the system which hauls away the "garbage," item #4 in the list, and your body becomes toxic. This means that there is an environment ripe for degenerative disease to develop.

When your metabolism is operating so inefficiently that there is not enough energy being converted from the food you eat to operate the system responsible for collecting the garbage, you then have an environment ripe for malignancies to develop.

Any kind of Metabolic Efficiency worse than just described is beyond the point of no return. You cannot function at such a low level of Metabolic Efficiency. The organs will not receive the energy they need to properly do their job.

Your Doctor of Nutripathy® has a scale developed for the Metabolic Efficiency If your Metabolic Efficiency falls into the 0-4% range, you are in the fatal zone and need to do something about balancing your body chemistry immediately!

Now, back to your Reserve Energy. Some people have a higher resistance level than others. It takes much more to pull their Reserve Energy down and they can exist for a longer time at a very low Reserve Energy. One thing for sure, and that is that all of us have a breaking point. Matter does have its limitations. You must do something to turn yourself around before your Reserve Energy level reaches that point of no return. If you end up in the fatal zone of Reserve Energy, for example, you certainly want to do all you can to increase the efficiency of your metabolism. If your Metabolic Efficiency continues to decrease, you have no Reserve Energy from which to draw. You will have some very good days and some very bad days. This is because your Metabolic Efficiency is fluctuating and you do not have any Reserve Energy to carry you through the down cycles.

INHERENT WEAKNESS

You can depend upon a low Metabolic Efficiency and a low Reserve Energy to strike your body where you are the weakest. Many people have what Doctor sof Nutripathy® call inherent weaknesses. That is their weak link. Chances are, if your family has a history of diabetes, cancer, heart disease, lung disease, colon problems, etc., you can expect that these are areas which could be inherently weak in your body also. Wherever your weaknesses are, you can expect any energy loss to first take its toll there.

DELTA CELLS

Delta cells, which are worn-out cells or cells that are losing energy, often collect in the weakest part of your body.

This collection of delta cells may cause pain, swelling or other discomforts. Many times your medical doctor will diagnose your pain, prescribe a drug or other treatment, and let it go at that. That is called treating the EFFECT. Your Doctor of Nutripathy® is concerned with the CAUSE of your problem. Your Doctor of Nutripathy® believes that the cause is a mineral deficiency and will examine your Nutripathic® Profile for signs of such deficiency.

Now, don't go running to your Doctor of Nutripathy® just to find out what your Metabolic Efficiency and Reserve Energies are. It isn't nearly as important to know what your energy level is as it is to know how to use your Nutripathic® Profile to guide you to perfect nutritional health.

Your Doctor of Nutripathy® can show you how to regain that delicate balance between energy input and internal consumption. When you do this, you will feel the new surge in energy, drop your excess weight, feel younger, look younger, and put an end to major health problems. How can you do this? By having a Doctor of Nutripathy® reveal your Nutripathic® Profile.

CHAPTER ELEVEN

DETOXIFICATION

After you have had the Nutripathic® Profile taken by your Doctor of Nutripathy® and you have been given your personal recommendations, which will consist of a specific diet and food supplement recommendations, you will be ready to start your Program.

PHASE I

You will be moving through several Nutripathic® phases. Phase I consists of detoxification. Phase II consists of adjustment. Phase III and beyond consist of rebuilding and regeneration.

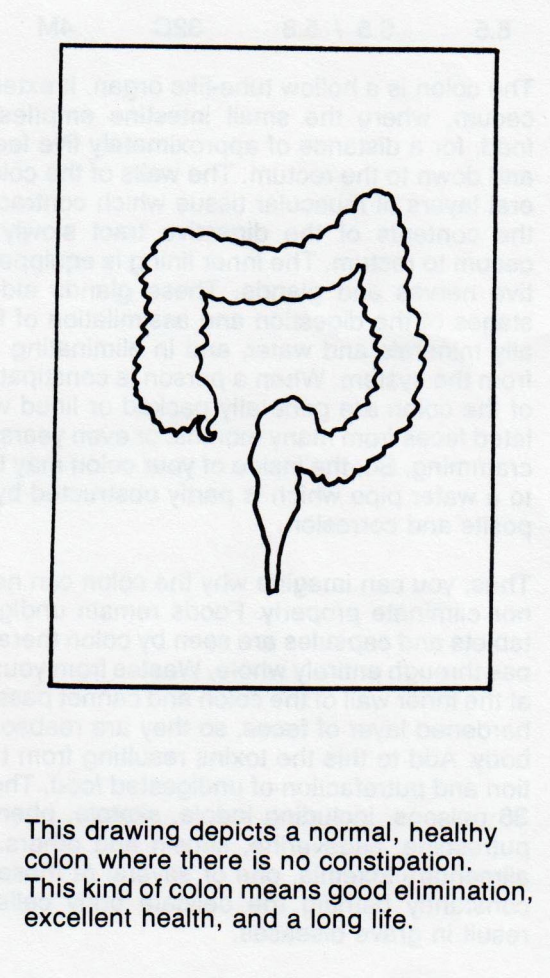
What is detoxification? Detoxification is the removal of toxins from your body. You probably never considered the fact that your body, through improper diet, gets as dirty on the inside as it does on the outside. When is the last time you gave the inside of your body a bath? This bath is referred to as detoxification.

The first step to detoxification is to stop eating the foods that create this internal filth. The foods that act as clean-burning fuel for our bodies are fresh fruits, nuts, grain, seeds and vegetables. The foods that create pollution inside your body are the refined sugar and white flour products, as well as the highly processed commercial foods that are full of preservatives, flavorings, colorings, synthetic vitamins and equally 'gross" things.

FILTHY COLON

Why do I say that these latter foods are filthy? These foods leave a gooey, yucky film of indigestible particles all along the digestive tract, especially the colon. This film is not digestible and therefore it finally rots and interferes with normal digestive activities. This decaying matter produces all kinds of toxic substances which pollute the body. Who needs it? Now that you have been enlightened to the effect of eating the nutritional "no-no's," you probably would like to see a list of some of them. Here is a very brief list of some nutritional "no-no's."

PRODUCT	REASON
Refined flour products	No wheat germ Aged with chemicals Defies digestion Bleached with chemicals Coats colon walls
Refined sugar	No vitamins No minerals No enzymes No proteins No fats Causes fermentation
Chemical food additives	Destroys liver Destroys kidney Confuses enzymes
Excess animal protein	Raises E-coli bacteria Raises urea level Liver stress Colon stress
Coffee, tea, soda, pepper, salt, chocolate, alcohol	Stimulates nerves Upsets electrolytes Cardiac stress Vascular disease Stimulates adrenals



This drawing depicts a normal, healthy colon where there is no constipation. This kind of colon means good elimination, excellent health, and a long life.

This drawing depicts a normal, healthy colon where there is no constipation. This kind of colon means good elimination, excellent health, and a long life.

You must get some of the stress off your liver before it totally ceases to function. Here is a Nutripathic® Profile of a contaminated liver and toxic system:

6.5 6.5 / 5.8 32C 4M 12 / 9

DEATH MAY BEGIN IN YOUR COLON

The colon is a hollow tube-like organ. It extends from the cecum, where the small intestine empties undigested food, for a distance of approximately five feet up across and down to the rectum. The walls of the colon have several layers of muscular tissue which contract and propel the contents of the digestive tract slowly along from cecum to rectum. The inner lining is equipped with sensitive nerves and glands. These glands aid in the final stages of the digestion and assimilation of food, especially minerals and water, and in eliminating body wastes from the system. When a person is constipated, the walls of the colon are generally packed or lined with accumulated feces from many months, or even years, of intestinal cramming. So, the inside of your colon may be compared to a water pipe which is partly obstructed by mineral deposits and corrosion.

Thus, you can imagine why the colon can neither absorb nor eliminate properly. Foods remain undigested. Many tablets and capsules are seen by colon therapists as they pass through entirely whole. Wastes from your blood arrive at the inner wall of the colon and cannot pass through this hardened layer of feces, so they are reabsorbed into the body. Add to this the toxins resulting from the fermentation and putrefaction of undigested food. There are some 36 poisons, including indole, skatole, phenol, creasole, putrescine, cadaverine, sepsin and others. In cases of alimentary toxemia, one or several of these poisons are constantly bathing the delicate body cells, which can result in grave diseases.

You can also visualize that the muscular contractions, known as peristaltic waves, are not able to sweep the packed and hardened fecal matter along the digestive canal. This results in "intestinal stasis," which is the beginning of CONSTIPATION.

To the degree you eliminate all the foregoing foods, the 11 no-no's," from your diet, the sooner you are going to feel like a tiger after beginning your Nutripathic Program.

A VERY TOXIC BODY

What does a very toxic body look like? It looks something like this:

5.5 5.2 / 7.6 32C 4M 12 / 10

What would be the next step during Phase 1, after deciding to do your best to eliminate the "no-no's" from your diet? The answer: Get a series of colonics.

A colonic is important because it is the function of your colon to reclaim the moisture from the material passing through it. This moisture is, or should be, rich in nutrients. It then travels through the portal vein into the liver. It is the function of the liver to process all this incoming material and send it where it is needed most by your body.

Problems arise when the colon becomes clogged with the residue of too many "no-no's." Unfriendly bacteria begin to grow. Toxic waste products are produced and are added to the moisture in the colon. These toxic waste products are transported to your liver. Of course, since the liver is the "garbage man" of your body, it tries to neutralize these toxins. The by-products of this attempted neutralization are then eliminated through the bile salts with the feces, or by the kidneys through the urine.

It is possible that the liver may become so bogged down with its neutralization duties that it simply becomes weaker and weaker. When it becomes weaker and weaker, its enzyme production drops and the weak cells in the body begin to degenerate. This is why it is so important to keep your colon free of crusting, gooey, gluey, 11 no-no" material.

It does little good to enter into Phase I of your Nutripathic® Program without getting your sewer cleansed, if your Nutripathic® Profile shows it is necessary. Why would you want to change your diet only to have it end up in a clogged, gooey, gluey colon?

COLON DYSFUNCTION

You can also understand why it is now not just a simple matter of washing out loose material lying free inside the lower digestive tract. If this were the case, a high enema or flushing with a lot of water would possibly be sufficient to take care of its removal. However, I have seen many cases where the patient passes little more than clear water for the first several visits; then this impacted fecal matter begins to "break down," and the inspection tube of the colonic equipment is filled with thick, putrid, hard, almost black, foul-smelling debris. There are usually many flakes of broken-down mucus and intestinal wall tissue, and often one or more forms of parasites, including tapeworms.

The colon is a sewage system. By neglecting and abusing it, it becomes a cesspool. When it is clean and normal, we are well and happy. Let it stagnate, and it will distribute the poisons of decay, fermentation and putrefaction into the blood. This will poison these systems of the body with these results:

SYSTEM	RESULT
Brain Nervous System	Depression or Irritability
Heart	Weakness or Listlessness
Lungs	Foul breath
Digestive Organs	Distress or Bloating
Skin	Wrinkles, Skin Diseases
Glands	Fatigue, Exhaustion

Lack of Enthusiasm
Lack of Libido
Premature Aging

FALSE VIEWPOINTS

Although incredible quantities of laxatives are consumed by the general public each year, mostly without professional advice or supervision, the real cause of intestinal inefficiency is but rarely understood. Even less understood or appreciated is the resulting practical differentiation of the various types of delayed elimination with the wide variety of symptoms resulting therefrom. This unfortunate and unscientific condition of affairs arises from one of the following viewpoints:

1. A credulous public acceptance of many medical authorities who maintain: "Your bowels, like the universe, will get along very well if you just leave them alone. They will adjust themselves to the body they inhabit and the kind of food it eats." Logan Clendening, M.D., or

2. An equally credulous and inadequate belief that constipation is but an unimportant symptom, easily relieved by taking laxatives or bran, or other equally ineffective solutions to the real problem,

In fact, this part of the eliminative system is responsible for a major part of chronic ailments, ranging all the way from allergies to arthritis; from insanity to skin diseases; yes, even from heart attacks to diabetes. Remember that cancer of the colon ranks next to heart disease as the most frequent cause of death in our country today.

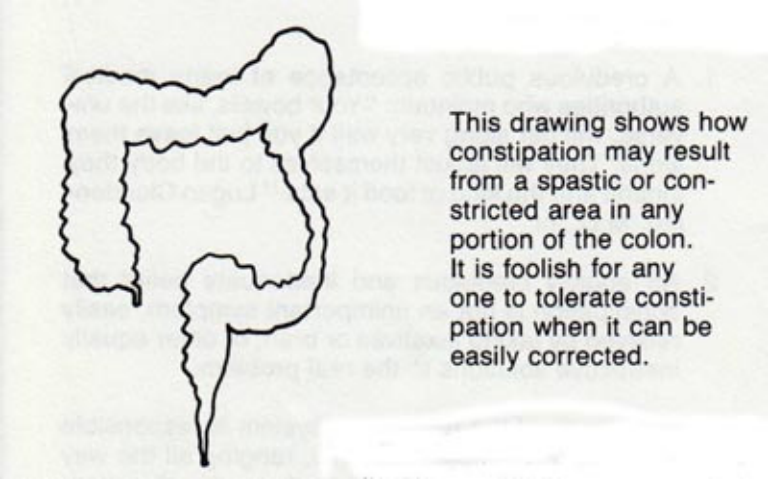
A MEDICAL DOCTOR SPEAKS

In his article, "Gastrointestinal Therapy in Atrophic Arthritis," E. Goldfain, M.D., outlines his concepts for maintaining the digestive tract at its best:

1. A proper food supply. Minerals, especially calcium, phosphorus and iron, should be present in amounts adequate for the needs of the body. Vitamins need be present in proper amounts.

2. Food intestinal drainage. This is, in our opinion, of paramount importance. If the bowels, especially the colon, are to function adequately, the amount and type of food ingested must be such as to avoid an excessive burden on the intestinal tract. If the bulk of ingested food does not overload the lower digestive system, then the colon will automatically function more effectively.

3. Lack of proper attention, or delayed use of the toilet, will lessen the effectiveness of the normal stimulus that advises the need for defecation.



This drawing shows how constipation may result from a spastic or constricted area in any portion of the colon. It is foolish for any one to tolerate constipation when it can be easily corrected.

4. Lack of sufficient exercise is also important in allowing constipation to develop. Not only does this permit the abdominal muscles to sag, but also the internal organs. This places more strain on the entire elimination system. It has to work much harder to accomplish the same result. Since it is already overworked, breakdown results.

5. Stress and tension are major factors in causing intestinal stasis. It has been stated that constipation is the most common basic denominator in disease, and NEARLY 50% OF ALL STRESS OCCURS IN THE DIGESTIVE TRACT. The above diagram demonstrates the effects of stress in the colon. Because of tension that was held inward, the lower portion of the descending colon was greatly reduced in size. Can you imagine the back pressure that was put on the intestines above that restricted area? Therefore, the rest became like a storage tank. That is why it is so enlarged.

COLON DYSFUNCTION SYMPTOMS

The following are common symptoms of colon dysfunction:

fatigue
overweight
gas (upper or lower)
loss of memory
not feeling well
can’t concentrate
headaches
irritability
nervousness
insomnia

nausea
depression
abdominal discomfort
protruding abdomen
indifference
menstrual problems
neuritis/neuralgia (aches & pains)
skin problems
craving for food
bad breath
low sex drive
anxiety/worry
swelling of legs

When these unfortunate sufferers finally visit their doctor, they usually present a history of one or more of the above complaints. Other objective findings might include:

coated tongue
malnutrition
fetid breath
cold hands/feet
sallow complexion
high blood pressure
circles under eyes
low blood pressure
increased body odor
brittle nails & hair anemia
pot belly

CHROHN'S DISEASE

Commonly referred to as “Crohn’s disease,” a condition of “regional ileitis” results when the toxic contents of the cecum drain backwards through the ileocecal valve (a one-way regulator) and re-enter the lower part of the small intestines, the jejunum. This may result from several causes but the “storage tank” problem may stretch the opening and permit this condition to occur.

When this backward flow occurs, the delicate lining of the jejunum will often be seriously damaged. Small eroded areas are usually observed. Sometimes the entire lower part of the small intestines will turn completely black. Swelling occurs and the size of the intestines shrinks. As a result, you cannot digest and absorb your food properly, and the reduced size of the small intestine contributes to intestinal stasis or constipation.

Colon therapy is a very ancient method of treatment and form of healing. It would never have survived through the scientific era unless it had unquestionable value to those recipients of such healing.

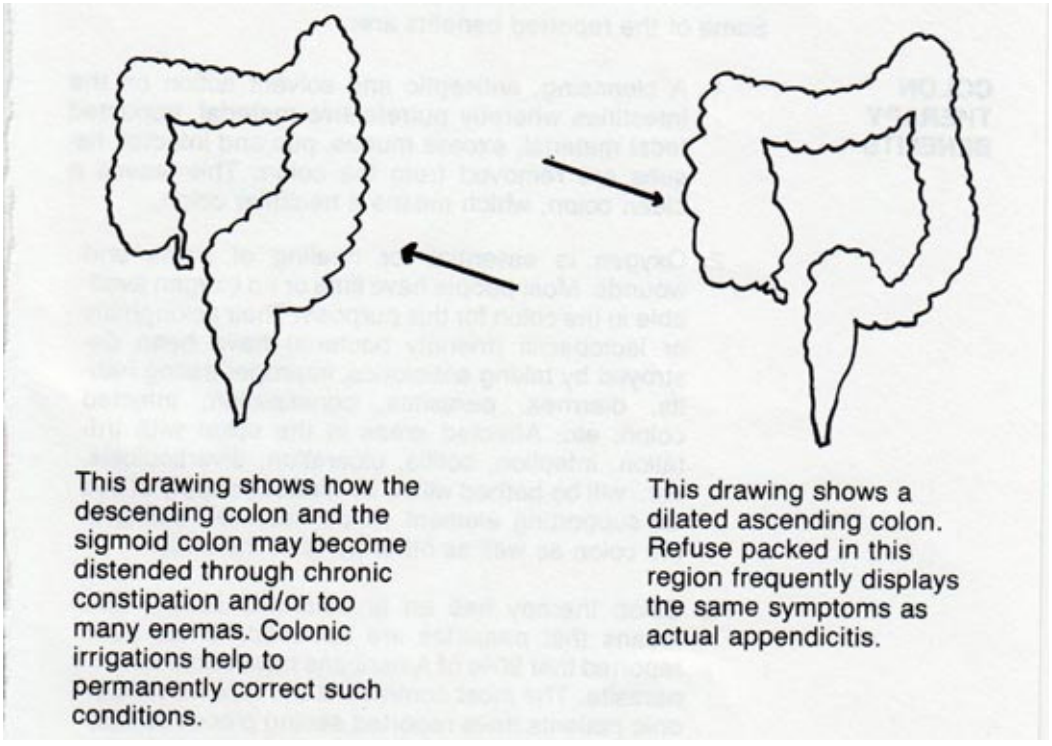
EXPERIENCE IS THE BEST

"It is a curious fact that medical practitioners seem to be either wholeheartedly in favor of or equally vehemently against this procedure. There seems to be no intermediate opinion about it. Those who favor it are invariably those who have had personal experience of its benefits. Those who condemn it are nearly always those who have no such knowledge or experience." J.E.G. Waddington, M.D.

Most adults probably have an instinctive dislike for their own waste products. This may explain why physicians, in general, are so remiss in examining their patients' feces. This would explain why so many bowel conditions are not correctly diagnosed, and, therefore, are neglected. Despite treatment dating back to Biblical times, there still seems to be a great deal of ignorance about the healing benefits of colon therapy.

Some authorities state that, by mixing oxygen or other additives with the water used to flush the colon, miraculous results may be obtained.

This restoring, relaxing treatment is both very pleasant and effective. Most people feel relief after the very first treatment. If you have ever experienced relief from plain colonics or plain enemas, you will be thrilled at the results from colon therapy with oxygen or other additives.



This drawing shows how the descending colon and the sigmoid colon may become distended through chronic constipation and/or too many enemas. Colonic irrigations help to permanently correct such conditions.

This drawing shows a dilated ascending colon. Refuse packed in this region frequently displays the same symptoms as actual appendicitis.

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This drawing shows a dilated ascending colon. Refuse packed in this region frequently displays the same symptoms as actual appendicitis.

COLON THERAPY BENEFITS

Some of the reported benefits are:

1. A cleansing, antiseptic and solvent action on the intestines whereby putrefactive material, impacted fecal material, excess mucus, pus and infected tissues are removed from the colon. This leaves a clean colon, which means a healthier colon.

2. Oxygen is essential for healing of sores and wounds. Most people have little or no oxygen available in the colon for this purpose. Their acidophilus or lactobacilli (friendly bacteria) have been destroyed by taking antibiotics, improper eating habits, diarrhea, parasites, constipation, infected colon, etc. Affected areas in the colon with irritation, infection, colitis, ulceration, diverticulitis, etc., will be bathed with a continuous supply of this life-supporting element which hastens healing in the colon as well as other parts of the body.

3. Colon therapy has an anthelmintic action. This means that parasites are removed. It has been reported that 90% of Americans have some form of parasite. The most common is the tapeworm. Colonic patients have reported seeing pieces of tapeworms in the toilet bowl, varying in length from a few inches to several feet. Tapeworms are usually beef, pork or fish variety. Many vegetarians have parasites, also. Their eggs may be eaten with vegetables or fruit. Threadworms and hookworms may pass through the unbroken skin - sometimes contacted by walking barefoot in the grass, sometimes from pets.

4. Colon therapy also increases the water level and diuretic action. The water is absorbed, which increases the volume of the blood. Circulation is thereby increased, resulting in bathing of the individual cells. This dilutes toxins and flushes them out of the body. It relieves uremia and toxemia, increases the elimination through both kidneys and skin as well as the bowels. This, generally, makes the cardiovascular and the circulatory systems more efficient.

5. The warm water which is used to bathe the colon can be utilized to supply heat to the body, which serves as a stimulant for shock and collapse. This cleansing action is great for relieving colds and flu. Another great benefit of this heat is when a person is tense and irritable. Spastic colons are usually relaxed. Heat also aids in removing parasites from the colon.

6. Conversely, the effects of cool water can be most beneficial when applied in cases of high fever.

7. Colon x-rays have shown decreased liver and gallbladder irritation as a result of colonic therapy.

8. X-rays have shown that the splenic flexure can be very high in the upper left quadrant, which can cause irritation to the heart. Colonic therapy may reduce this irritant.

9. Colon therapy, especially with oxygen, has been reported to have a definite calming effect on the nervous system.

10. Many people are overweight. Some colonic patients have eliminated as much as 10 to 25 pounds from their colon. This is hard to believe until you experience it. It is unbelievable how much packing away can occur in the colon. LACK OF CONSTIPATION IS NOT A SIGN OF A COLON IN PROPER CONDITION.

HEALING CRISIS

During Phase I, you may experience some “bad times” as your body withdraws from all the poisons you have been eating and accumulating for years. Doctors of Nutripathy® call these bad times “healing crises.” Many times they feel like disease crises, except that they only last for a short period of time. These “healing crises” are caused by the "crud" coming out of your connective tissue and cells. As it comes out, it re-poisons you on the way out of your body.

How can you tell if it is a healing crisis you are experiencing? It is a healing crisis if the problem came on suddenly, with great tenacity, and the symptoms were related to a problem you have experienced in the past. As the body detoxifies, healing crisis tend to be related to old symptoms. They usually appear in the reverse order in which you had the problem. They also usually appear in an order from the inside out and the head down. A healing crisis will last only about 3 days at the most. If you used to have earaches when you were young, you may go through a few days when your ear feels like it did when you were a child. There may be any number of developments like this. Anything that you suppressed with medication some time prior to this point in your life is probably going to appear in a healing crisis. It is the body’s way of finally, once and for all, ridding itself of the drug deposit or the cause of the problem.

PHASE II

Phase II consists of adjustment. There will be periods during Phase II when you fall back into your old ways. You have relapses. You feel like you just have to have a glazed donut or candy bar. You have brief healing crises each time your reserve energy climbs high enough that your body knows you can cope with the additional stress which a healing crisis places on your system.

PHASE III

Phase III, and beyond, consists of rebuilding and regeneration. Your Doctor of Nutripathy® continues to recommend a specific dietary and supplementary regime. It is, however, much more general, much less time-consuming and strict than Phase I or II. Your needs are much less because your body is beginning to get the idea that you mean business. It is beginning to more efficiently absorb minerals and vitamins. It is beginning to manufacture enzymes of which it was previously deficient. You rarely have a healing crisis. You rarely have a relapse. You should be in Phase III within 90 days of beginning your Nutripathic® Program.

MONITOR PROFILES

You must also realize that your specific dietary and supplementary needs may change rapidly during the first 90 days of your program. For this reason, your Doctor of Nutripathy® may schedule you for monitors at various times during each Phase. This is to keep check on your progress and to be sure you don't go too far in the direction your Doctor of Nutripathy® is attempting to point you.

YOUR PROGRAM IS PERSONAL

Your Nutripathic® Program will be specific. It will include will include what, how much and when to drink and eat. It will tell I you how to prepare the foods. It will tell you what juices and what supplements you need. It will be personal. It will be created for you from the results of your Nutripathic® analysis. You can be assured that you will feel a new, youthful vitality flow through you as you progress on the Nutripathic® Program.

CHAPTER TWELVE

THOUGHT STARTERS

The common cold, skin rashes, acne, vomiting, headaches, sinusitis, inflammations, fevers, flu and a long list of other disabling and frustrating affections are nothing more than self-healing processes. It is a mistake to try to cure" them, for they ARE a "curing" process. To try to cure" a "curing process" is silly and can cause untold misery It is adding insult to injury

DO NOT HAMPER THE PLUMBER

If a plumber is repairing a pipe and you drug him, he must not only stop pipe-mending, but he is unable to continue. If your body is repairing itself and you resort to drugs (so-called medicines) that poison the body, you are lowering your body's vital powers so it cannot conduct the reparative process. Then your body will remain filled with the offending filth. The vital functions of your body will be that much more impaired.

When your body is poisoned, the reduction of its vital activities will become readily evident, because the symptoms of the reparative process will disappear.

WITHDRAWAL SYMPTOMS

For example, a heroin addict's body will start trying to repair itself after being reasonably freed of the heroin. This reparative process is debilitating and pain-wracking. The heroin addict chooses to re-narcotize his body with more heroin poison rather than suffer the reparative process. Thus, so-called "withdrawal symptoms" disappear after renewed poisoning. The same process occurs with persons addicted to narcotic habits of tobacco.

Headaches, pains and swellings are evidences, or symptoms, of healing processes being attempted by the body. Take a poison, such as aspirin, and you devitalize the body-mending process and the symptoms disappear.

As a general rule, if you become ill, do not fight the illness. This is the same as assaulting the plumber. Instead, until you can see your Doctor of Nutripathy®, go to bed in a warm sunlit room with fresh flowing air. Drink only pure water. Rest, conducting only the most necessary of physical activities. Abstain from all food. Your body will devote itself to a thorough housecleaning and repair festival unlike any you have ever witnessed. With the program your Doctor of Nutripathy® will recommend, at the end you should feel like

new. In fact, you will look greatly rejuvenated. You will be somewhat rejuvenated ... recharged for high-level function for which we humans are admirably endowed.

NOTHING IS MORE IMPORTANT THAN YOUR HEALTH

Yes, I know, you have your job, your boss, your clients to take to lunch, your family, your home, your car, the car pool, the football games, etc. These all seem so important. NOTHING IS MORE IMPORTANT THAN YOUR HEALTH. Do not bludgeon the plumber if you want to stay clear of degenerative disease later in life.

PRINCIPLES OF PROPER FOOD COMBINING

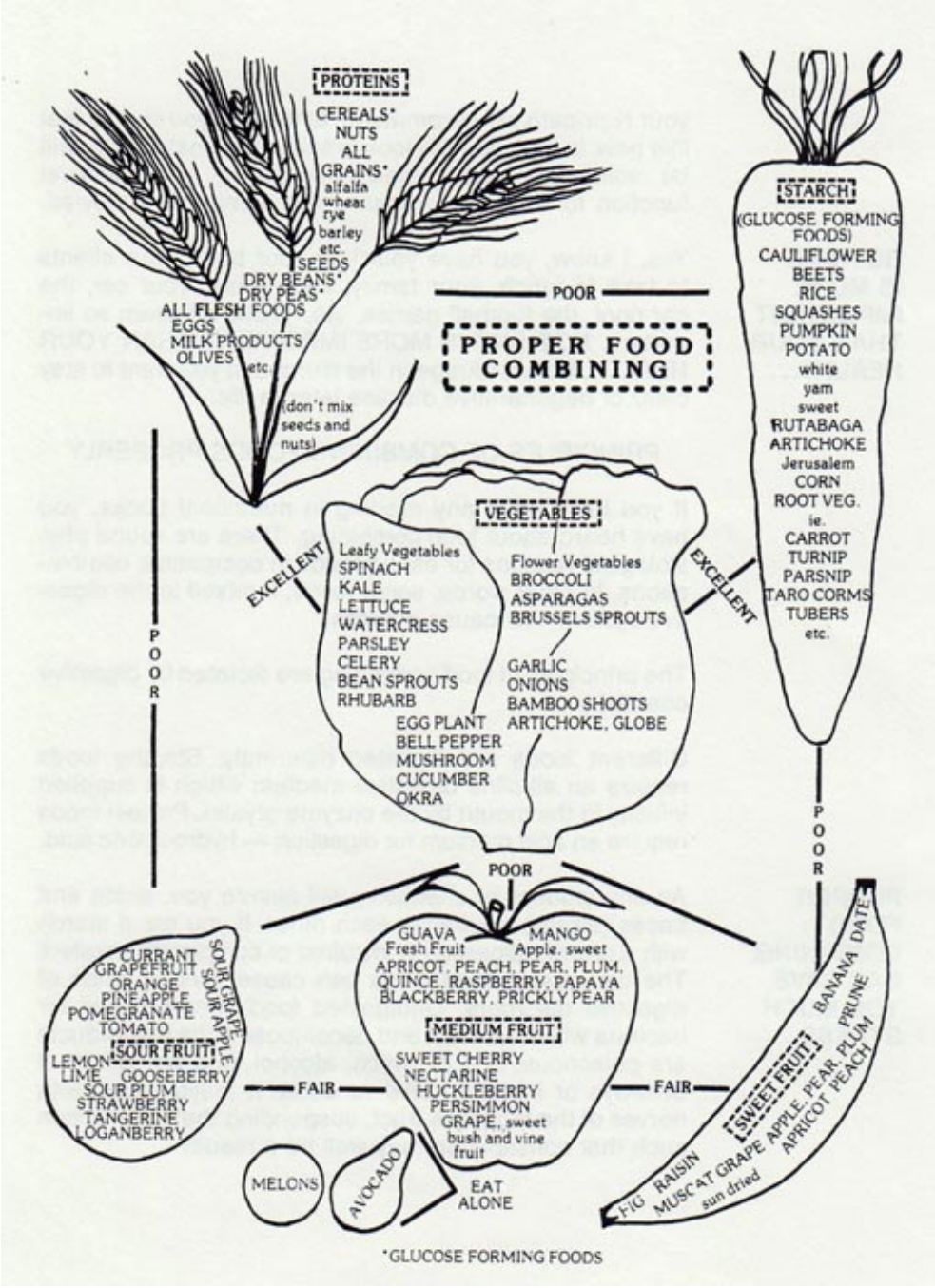
If you have done any reading in nutritional books, you have heard about food combining. There are sound physiological reasons for eating foods in compatible combinations. In other words, some foods, if mixed in the digestive system, will cause distress!

The principles of food combining are dictated by digestive chemistry.

Different foods are digested differently. Starchy foods require an alkaline digestive medium which is supplied initially in the mouth by the enzyme ptyalin. Protein foods require an acid medium for digestion - hydrochloric acid.

PROPER FOOD COMBINING CAN SAVE YOU MUCH STRESS

As any student of chemistry will assure you, acids and bases (alkalis) neutralize each other. If you eat a starch with a protein, digestion is impaired or completely arrested! The undigested food mass can cause various kinds of digestive disorders. Undigested food becomes soil for bacteria which ferment and decompose it. Its by-products are poisonous, one of which, alcohol, is a narcotic that destroys or inhibits nerve function. It plays havoc with nerves of the digestive tract, suspending their vital action such that constipation may well be a result!



Eat according to the following rules and you will never regret it:

1. Eat acids and starches at separate meals. Acids neutralize the alkaline medium required for starch digestion, and the result is fermentation and indigestion.

2. Eat protein foods and carbohydrate foods at separate meals. Protein foods require an acid medium for digestion.

3. Eat one kind of protein at a meal.

4. Eat proteins and acid foods at separate meals. The acids of acid foods inhibit the secretion of the digestive acids required for protein digestion. Undigested protein putrefies in bacterial decomposition and produces some potent poisons.

5. Eat fats and proteins at separate meals. Some foods, especially nuts, are over 50% fat and require hours for digestion.

6. Eat sugars (fruits) and proteins at separate meals.

7. Eat sugars (fruits) and starchy foods at separate meals. Fruits undergo no digestion in the stomach and are held up if eaten with foods that do require digestion in the stomach.

8. Eat melons alone. They combine with almost no other food.

9. Desert the desserts. Eaten after meals they lie heavy on the stomach; requiring no digestion there, they ferment. Bacteria turn them into alcohols, vinegars and acetic acids.

You can rid yourself of gas problems by eating according to the Food Combining chart.

DO YOU HAVE WHAT IT TAKES TO GET WELL?

You have tried drugs and treatments for months or years? These have all failed you? Your health has steadily deteriorated under such direction? You have reached the end of your faith and confidence in such things? You are ready to try something else? Glowing accounts of restoration of health under Nutripathic® Prinicples have reached you? The lame, blind, deaf, bedridden and almost dead, you have heard, have been restored to good health? They have risen, as if by the hand of God, to full, bounding, rosy-cheeked health?

Do not be deceived. The vast number of those who turn to Nutripathy® in their search for health are very sick persons. Not all of these can recover health. Nutripathy® always relies on the operation of the Life Force within you. As a general rule, for good or ill, this Life Force changes body structure slowly. Assuming that you have been long sick and a long time getting sick, you may have been on drugs and this has tampered with the integrity of the powers of life, seduced and perverted your instincts, reduced your structures or portions of them to feeble and impaired action. What, then, may you expect from the adoption of a Nutripathic® Program? How far can you expect to have your weakened organs strengthened, your damaged structures repaired, your impaired functions restored, your sluggish circulation invigorated, your lowered powers rejuvenated?

BODY REVITALIZATION NOT A FAST PROCESS

If you entertain the idea that all of this can be done in a few days or weeks, it is not a reasonable expectation. A week or two of rest and fasting, a short time on a vastly improved diet, a correction of the habits of life - these cannot be expected to perform miracles. It is necessary to realize that the wreckage of years of wrong living can, in time, be cleared away and your weakened and impaired organism renewed. Doctors of Nutripathy® claim no magic overnight cures. If you have heard this, then Nutripathy® has been misrepresented by over-enthusiastic friends.

NO MIRACLE CURE

What we do claim is this: Where recovery is still possible, by means of Nutripathic® measures and materials, health can be restored more rapidly, more safely, more efficiently and more certainly than when these measures are ignored.

Nutripathy® does not claim to "cure" disease. It does not claim to reverse irreversible pathology. It does not claim that health can be restored instantly. It knows nothing of hocus-pocus, attempts no cheateries, avoids the abracadabra of the drug-giver.

JUST WHO ARE THE QUACKS?

Nutripathy® makes full use of the life-sustaining and health-giving means of God. It places its full reliance in those means that have a normal relationship to physiology and depends upon the restorative forces intrinsic to the organism to do the actual work of repair and reconstruction. If this is quackery, then life is a quack and God is one grand cheat!

Health depends upon meeting body needs. To know what will keep it in order is to know what is necessary to restore it to order when it is out of order. Disease comes slowly. Long-continued violation of the laws of health is the cause of disease. Long-continued perseverance in obedience is the only means by which health can be recovered. Healing takes place only if you observe the needs of life. You will have to work at it. Our society has built-in temptations toward the laws of disease. Everywhere you go there is junk food, pollution, deadlines, traffic jams, appointments, tension, anxiety, stress, etc. Keep persevering. DO NOT LET WHAT YOU ARE NOT ABLE TO DO, FOR WHATEVER REASON YOU CANNOT DO IT, HASSLE YOUR MIND SO MUCH THAT YOU DON'T GET ANY GOOD OUT OF WHAT YOU DO ACCOMPLISH ON YOUR NUTRIPATHIC® PROGRAM.

DRUGS ARE A FRAUD

Drugs are a fraud! Physicians may tranquilize you with drugs. They may ease your pain with anodynes. They may provide you with a temporary feeling of increased power with stimulants. They may brace you with their poisons, relieve you with narcotics, but all these effects are fiction. They are illusions which mislead and cheat you. Ultimately, they add to your ruin.

NOT IN THE CURING BUSINESS

Before you enter the door of your Doctor of Nutripathy® office, think seriously about these matters. As you do (or do not) cooperate with your Doctor of Nutripathy® and the recommended Program, you will (or will not) be restored to health. You should fully understand that your Doctor of Nutripathy® is not in the "curing" business. Your Doctor of Nutripathy® offers only education in the ways of life, and your recovery depends entirely upon your own faithfulness in living a truly Nutripathic® life.

Of course, there are failures, Most of them are due to the failure of the sick person to make full and consistent use of what they are taught.

It is sad to witness the want of understanding, the lack of self-control, the unwillingness to abide by the simple rules of health and life. Health, to some, does not seem to be worth the effort, in time as well as money.

If you would make the world right, you must first make yourself right! Your first duty to yourself. If you are doing right by yourself, you will be doing right by others. It is your duty to so inform yourself, to so invest your life with goodness-generating practices and to so live that you will not only experience life for the great joy it can be, but become a shining example of the highest human virtues.

YOU ARE THE ARCHITECT

Americans must be made aware that they are the architects of their miseries and that, more easily, they could build a virtual paradise for themselves. They must be made to realize that erroneous concepts and practices beget tragedy. Equally, they must be made to realize that only if life is led in harmony with truth will they appreciate the highest rewards.

It is a truism that junky foods and practices beget junky bodies and minds. Great foods and practices develop great people. Fortunately, those who cling to bad habits knowingly and deliberately, with self-inflicted injurious results, are in the minority.

YOU HAVE A DUTY

Presently, America is plunging headlong to self-destruction through suicidal, people-destroying pursuits and practices. This debasement and perversion of human resources

must be reversed. It is the duty of those of us who have knowledge to do what we can. Your duty, as an aware individual, is to put your house in order. Become exemplary Devote some of your resources and energies to prudently and wisely bringing the Nutripathic® Program to the attention of others.

THE MEDICINE MYTH

You should realize that there is no such thing as a "healing art." All healing has always been, is, and will always remain the exclusive province of God, the vital Force within you.

You should also realize that there is no such thing as a healing substance. Because there is no such thing as a healing substance, the concept of medicine is a myth.

Many people regard the medical profession as a vestigial remains of voodooism. I think this may be going too far in some instances and quite appropriate in others. Especially in light of some medical studies which have established that African witch doctors have better track records than do the medics with their "science." It would certainly appear that the African witch doctor has the distinct advantage of interfering less with the body.

MEDICAL DOCTORS HAVE THEIR PLACE

In my opinion, only that part of medical practice involved in setting broken bones, repairing the results of injuries such that body healing can better be facilitated and the mechanical correction of physical defects is actually a constructive practice. The rest is a myth. Most "treatment" is erroneous. All patronage of the profession for any purpose, other than those constructive ones mentioned, is a waste of time and money. It is a positive hazard to life. Any treatment received only adds to the miseries, on a long-term basis, which prompted the visit in the first place.

SICKNESS IS NOT ALWAYS SOMETHING TO BE CURED

Recognizing and applying the sterling truths of this message frees you from the grips of a dangerous death dealing and costly superstition. You should save thousands of dollars per year. You can forget the medical profession if your only problem is that you are sick; they do not understand sickness. They regard the symptoms of the healing process as a disease to be "cured." What simple stupidity! All "curing" amounts to harmful interference with the healing process. Because they do not understand disease, they fail to understand health.

If you should be so foolish as to cause sickness in yourself, you should then realize you have indulged and permitted yourself to be subjected to its causes. Then, knowing the great restorative powers within, you should undertake those steps that, in nature, instinct would compel you to follow: nearly complete immobilization, rest, sunny and light-filled

days, fresh air all the time, pure water and sleep as body requirements demand. Take no medicines, because they are a myth.

Freeing yourself of the medical burden should prove such a load off your mind and resources that you can credit this book alone for being worth thousands of dollars to you! You will have a longer, healthier and happier life as a side effect."

ONCE A POISON, ALWAYS A POISON

A poison by any other name is still as dangerous. Because we have been brainwashed into certain beliefs, we are fooled by the names that stand for them. No better example of this can be offered than the case with drugs.

We have been brainwashed into believing the "curing stupidity." Therefore, we believe in curative substances - medicines. That the very concept of medicine is absurd and wholly false is another matter. Here we are concerned with the power of deceptive labels. We humans are manipulated by the concepts to which we subscribe and the names used to induce our indulgence of these concepts.

CHILDREN HAVE MORE SENSE

Take drugs, for example. Is there a reader among you who does not know all drugs to be poisons? Would you deliberately poison your body? Would you let anyone else do it? Yet, when the poisons of the drug trade are called "medicines," we readily assent! Only children know better and refuse. They must be forced. Perhaps you should take Jesus' advice and "become as a little child."

We Americans send trainloads of poisons cascading down our throats and permit them to be injected into us simply because we are sold on the idea of "medicine," a curing substance. Just as valuable truths are rejected because they bear unpopular names, we see the most virulent poisons taken simply because they are called 11 medicines." The term "medicine" is popular and is a delusion of nearly universal acceptance.

In the drug store the skull and crossbones are on almost every container. But, once dispensed, these poisons no longer bear this warning. By some hocus-pocus they have now become medicines. They have been transformed from death-dealing substances into supposedly life-enhancing substances. It is possible that a change in name has changed the character of the substances?

Let us suppose physicians were required to be honest and say, "I am going to give you a dose of this poison three times per day. If that doesn't work I am going to switch you to a more powerful poison." Would you or anyone else put up with that? Indeed not! Only by a semantic deception do we accept poisons prescribed.

MANY ARE POISONED TO DEATH

It is no wonder that “medicines” have so many “side effects” or “adverse reactions.” These are actually the regular effects of these drugs called medicines. About 4,500,000 people are poisoned each year so seriously by physicians as to cause hospitalization! An estimated 200,000 die. The so-called side effects are just reformed language for poison effects. People cannot be poisoned into health. Poisons add problems instead of solving them. To regain health, the ill must be furnished with the materials and influences that enable the body to purify and repair itself. Your Doctor of Nutripathy® is a master of this type of knowledge.

The idea that health can be restored by poisons, even if called medicines, is pure nonsense. The idea that diseases can be prevented or overcome by agencies that are poisonous to the body is mistaken and productive of untold grief. Such an idea is unworthy of thinking men and women.

THE STUPIDITY OF CURING

The ideas that disease can be cured and that it should be cured and that cures even exist came into existence in days of grossest ignorance and darkest superstition. The theory, simply stated, is that health can be restored without removing the causes of its impairment. The idea is that some extra-vital agent or influence can, of its own power, restore health to a sick organism.

When the idea was originated, the small group of self-constituted healers that then existed started a mad search for cures that, despite the failure of all cures so far found, continues with unabated frenzy. The search for cures has led mankind to do rather strange things,, while no amount of failure teaches it any lesson. As yet, the medical profession does not seem to know the nature of disease. Instead of a study of cause and effect, the cure mania has the whole “scientific world” chasing will-o’-the-wisps, all of which seem to give much promise, but also all of which sooner or later prove to be dead fruit.

Cures may come and cures may go, but the curing goes on forever. With the passage of time, the cures become more complex, more difficult and more expensive. The culmination in this futility seems to have been achieved when a profession that confesses it has no cure for the common cold, is stymied by simple indigestion and uncomplicated constipation, and does not know how to deal with a crop of pimples on the face of a teenage girl, is going to be called upon to go into a research huddle and come up with a cure for cancer or some other major disease.

THERE ARE BETTER USES FOR YOUR MONEY

Of course, when the research period has ended and they are empty handed, there is always the possibility of a second term, during which another ten billion or so can be

spent in another futile search for a cure. The cost would not be too great if at the end of the research period, the "scientific world" would learn that there are no cures. This, however, is too much to be expected. There is an enormous amount of money to be made by conducting medical research.

You should cooperate with your Doctor of Nutripathy® to exert all the influence you can in opposition to this madness. Seek for a program of education that will provide the people with the truth about health, disease and healing.

DO MEDICINES REALLY CURE?

Of course not! Only the affected organism has within it the power to heal. There are no other healing powers. Diseases are not symptoms of bodily healing crises. They are an evidence of vital Force (action) to expel morbid matters and to restore normal function.

DRUGS RESULT IN A FALSE SENSE OF SECURITY

Drugs furnish no nutrients. They have no intelligence to create new cells and repair damaged tissue. Instead, drugs form chemical unions that paralyze nerves, destroy cells, suspend vital action, thus causing symptoms of disease to disappear. The person so treated is sicker than before, even though appearing and perhaps feeling better. Drugs which have a stimulant action rather than a narcotic action goad the body into extraordinary eliminative activity, but this exhausts an already exhausted body, resulting in the person being worse off than before

All healing that takes place after the administration of drugs does so in spite of the drugs, not because of them. Drugs and other treatments all rise to glory on the back of the self-healing powers of the body. All drugs are inherently poisonous and dangerous to your body. Where is one real cure? What is the cure for constipation? Indigestion? Colds? Boils? Gastritis? Hives? Pimples? The desire to be cured is so strongly imbedded in the average person that he will have a cure even if he has to die to get it. Indeed, he is usually cured repeatedly, for the "cures" do not "stay put."

THE DRUG BUSINESS IS BIG BUSINESS

You probably have believed in cures. Now, you may not be so sure. You have believed because you have been taught from infancy to resort to treatment when ill. The medical profession exists to treat disease and disorder. They believe they can "cure" disease without removing the cause. This is like saying a salve will cure your foot without removing the splinter. Or that a drunk man may be sobered while he continues to drink.

The discovery, production, distribution and the administration of "cures" is a profitable industry. The "research" people hold down fat, easy jobs. The drug trade pays both the manufacturers and the distributors very well. The physician who administers the various

concoctions is also well paid. The only one who loses by it is the poor sucker who buys the "cure."

Millions of dollars are invested in the manufacture and distribution of "remedies" and the human race is still sick. Why? If medicine and the "curing" is any more than a gigantic and well-paying racket, why don't they cure our "diseases" with their great wealth of cures?

LOSE YOUR BELIEF IN DISEASE

Only one thing can cure mankind's belief in cures. This is knowledge. It is necessary that both physician and layman learn that there are no cures. They must lose their belief in disease, their belief that there are diseases. The belief in disease and cure is the most effective barrier standing between mankind and health.

Knowledge is the greatest need of our blind world. Knowledge of how to live; knowledge of how to eat; knowledge of the nature and purpose of disease; knowledge of the evils and futility of treatment; knowledge of the truth about life. This is the need of the world today. This is the knowledge your Doctor of Nutripathy® can give you.

"My children are killed for lack of knowledge" says the Scriptures. Millions die yearly because they lack true conception of life, health, disease and cure. More people are killed every year by the causes of and the treatment for disease than by any other cause. This is crazy.

NUTRIPATHS KNOW THE TRUTH ABOUT DRUGS

Doctors of Nutripathy® reject drugs and they reject the theory of drug action. Drugs are, in their very nature, poisonous. This is their intrinsic quality. Were they not so, they would not occasion the "therapeutic" effect. It is because they are poisons that defensive, expulsive action follows their ingestion. We are deceived because we persist in ascribing the actions of the body to the action of the drugs. The body is trying to defend itself against the poison, that is what produces the action.

What happens when we take food? How does it act on the body? Nothing happens! No action follows the taking of food. It is acted upon to digest and utilize it. No sedation occurs, no vomiting occurs, no palpitation occurs. If something does happen, we use the term "food poisoning." Yet, we do not usually see medicines as drug poisoning. This is why the Nutripathic® Program works. It deals with the cause of your problem, not the effects.

DRUGS CAUSE A WEAKER AND WEAKER BODY

If drugs are taken regularly over a long period of time, they gradually lose their effect. Larger doses are given, as the drug no longer has the power to "act" as effectively as when it was first prescribed. The truth of the matter is that it never had any power, but as a result of the continuous defensive and expulsive efforts made by the body it has lost its power to produce the same vigorous actions. The body has become exhausted and weaker. I see this time and time again. The Reserve Energy of people taking drugs is much lower than those patients who have no drug history. It is really depressing to see this.

Every action performed by the body in defense against drugs weakens it. We cannot poison people into health. Drugs do not remove the cause of disease. They do not supply the materials of health. It is a Nutripathic® principle that if substances are harmful to the body in health, they are harmful in disease. It is a strange "science" which teaches us that substances which make us sick when we are well should be taken when we are sick to make us well.

We are fooled because in expelling the drugs the body expends so much vitality that its disease symptoms, evidence of internal vitality employed for purification and repair, disappear, for the energy that was used for that has been diverted to an emergency, which is the expulsion of the drugs. The apparent "cure" therefore is actually a condition that is worse! The body now suffers the toxemia and the poisonous drugs.

The drug delusion is imbedded in our economic system. It is a monstrous industry which involves some $135 billion annually Americans are exploited for adherence to absurd beliefs. The drug delusion is protected by billions of wealth. This industry is not about to suffer a loss even if it is based upon absurdities and superstitions. It defends the errors upon which it is based as if they were sterling truths enshrined in the temple of heaven. But the whole fabric of the drug delusion depends upon a solid base: believers, those who subscribe to it and slavishly pay homage to it. If the minds that embrace the drug delusion could be enlightened, the base upon which it is built would crumble and die a deserved death.

To sustain the drug system, its beneficiaries teach us not to be concerned about our ways of life. We are programmed to go ahead and indulge all the causes of disease and suffering. They will give us relief. Do not worry about the results of your transgressions against your body, the temple of your life. They will cure the results with a dose of this or that and you will be merrily on your way. The belief that we can do as we like and be "forgiven" or "repaired" if the results are bad is responsible for the drug delusion. The deceivers are the foremost supporters of the victims in their bad habits. If you find this hard to believe, watch the advertising closely for one solid week.

Large volumes are published setting forth the alleged action of our armory of medicines. Medical students must spend years studying about actions that never take place because the very things that are supposed to be medicinal actions are, in fact, body defensive measures.

Scientific? A poison is to have its relationship to the body changed by the simple expedient of calling it a medicine? By this hocus-pocus it changes its nature from a death-dealing agent to that of a life-restoring agent? It has become a healing substance? Was any superstition ever more absurd?

FEELINGS ARE NOT A GAUGE

It does not matter that the person taking a poison called medicine may feel better for it. Opium and marijuana users, among other drug takers, feel better (really, they feel less).

The tobacco smoker feels better after a cigarette. The coffee drinker feels better after coffee. The nervous woman feels better after her tea. The headache sufferer feels better after her aspirin. The disturbed individual feels better after a tranquilizer. The weak person feels better after a drink of alcohol.

All this feeling of improvement is illusory. All the above cited effects of drugs are their poison effects. None i: restorative of health. Patients may be fooled, but the physician should know better. It is a case of the blind leading the blinded.

A new era is dawning. More than 10% of Americans are free of medical delusions and will not patronize them. Some physicians are deserting their profession despite its lucrativeness. Coming is the day when the brilliant light of truth will shine upon all. Today's medical drugging will be regarded in the same way we presently regard primitive voodooism, witch doctoring and exorcism. Coming is the day when the simple ways of health will be observed by all and the human race will rise to realize its glorious potential. See your Doctor of Nutripathy® and hasten the day. Remember to refer your friends and relatives.

$35,000 FOR EACH NEW CANCER PATIENT

Each new cancer sufferer is worth $35,000 to the medical profession and allied trades! No matter how much money is spent, the end result is almost certain death for the cancer sufferer.

A medical researcher, Dr. Hardin B. Jones of the University of California Department of Medical Physics, after two years of study, discovered that people who develop cancer and refuse treatment live an average of 12.5 more years after diagnosis. People with cancer who submit to medical treatment live an average of only three more years!

Many people believe that health would improve if the medical profession disappeared from the scene. People would then be forced to be preventative in their living habits and would benefit by living disease-free lives. Many years ago, during the physician strikes, the undertakers were nearly idle. The death rate dropped over 50%. Other than rare cases in which they can mechanically aid the injured, the whole profession is a hazard to

health. If you patronize the medical profession you are taking your life in your hands. Much evidence indicates that they are more deadly than the diseases they treat.

IMMUNITY IS ANOTHER MYTH

There is no immunity to disease. Immunity is a myth. The causes of disease always beget disease. A toxic body condition always begets disease when the body, at its low level of vitality, can no longer tolerate the toxemia.

Mustard oil on the skin of a healthy child will occasion a blister. Upon a feeble person no blister arises. Why? For the simple reason that the vitality of the feeble one is so low it cannot resist the toxic mustard oil. It does not have the power to protect itself. The sick organism that cannot resist drugs such as mustard oil is near death, whereas the child who resists it with a blister has abundant vital resistance. Apropos of immunity: Isn't the feeble person immune because of lack of power to resist? Isn't this the deception called immunity? Just as it is said that "anyone who goes to a psychologist should have his head examined," it likewise may be observed that anyone who would permit his or her body to be drugged in any fashion is brainwashed, deficient in knowledge, understanding and reasoning ability

The absurd belief that bacteria cause disease is giving way to the belief that viruses cause disease. Bacteria no more cause disease than flies causes garbage. In fact, they both play the same role, that of scavenger.

It is illegal to have to take drugs in America, for the reason that drugs are legally recognized as poisons destructive of human life. The fact that physicians can legally prescribe or dispense drugs does not alter the injurious or poisonous character of drugs.

ALLOPATHIC PHYSCIANS

Drugs have always been destructive and always will be. Physicians who treat by using drugs are known as "allopathic" physicians.

Allopathy means to create a parallel affliction to overcome another affliction - to cure disease by creating another disease. Such a concept is insane and has begotten the foolish practice known as medicine. Regardless of the symptoms, the body, instead of being helped, has been doubly jeopardized!

DISEASE IS A BENEFICIAL PROCESS

Disease is a beneficial process, a healing process. It is the body's rescue effort, an effort at unburdening itself of garbage and of repairing damaged parts. It is sheer insanity to interfere with the processes of healing. What you need to do is visit your Doctor of Nutripathy® to find out what may be causing a disease process in your body. Find out

what you can do to speed up the body's elimination process so you do not proceed to a degenerative condition.

THE GREAT SUPERSTITUTION

A terrible superstition holds America in its grip. Ministers, lawyers, architects, scientists, physicians, professors, middle-class people and many others are its victims. Many of these boast of not being victims of superstition, but it never occurs to them how deeply they are enmeshed in the most devastating superstition of all, that health may be obtained and maintained and disease "cured" by drugs, medicines and remedies. They have not taken the pains to investigate, in an unprejudiced manner, this absurd and dreadful belief.

The consequence is that we have thousands of diseases, thousands of physicians, nurses, drug stores, specialists, all entailing a tremendous waste. Millions of dollars are spent engaging false hopes. Except for the few who have released themselves from this superstition, many suffer terribly.

To Doctors of Nutripathy®, it seems amazing that the truths we possess can be ignored so generally and that so many people offer themselves as sacrifices to this great superstition.

Worse than this, there are some so steeped in this superstition that they will use the law of the land to suppress those who would teach the truth and a healthy way of life. They impose their superstitious practices upon children as well as adults. Then they wonder at the increasing prevalence of disease and even at the appearance of what they consider new diseases.

MANY ARE REBELLING

There are millions who are beginning to rebel against what we might almost call the atrocities suffered as a consequence of this superstition. Many who are ill and are being subjected to the remedies and poisons that are administered to them know instinctively, or intuitively, that they are being led astray. In spite of the great show being made to "cure" them of their troubles, while they may get immediate temporary relief, they feel and know that their disease is becoming more and more serious.

These are the ones who can profit by coming in contact with a Doctor of Nutripathy®. If their Reserve Energy has not been totally depleted, it is entirely possible that the correction of the nutritional deficiencies allowing the disease to exist could soon turn them around.

THE MYTH OF IMMUNIZATION

If anything is more absurd than the belief in "cures," then it is the belief in "preventive medicine" through vaccinations, inoculations, etc., introduced into the body hypodermically, orally or otherwise. The whole practice is founded on delusions and misunderstanding of vital body responses. Medical researchers get boundless publicity of their doings over TV and radio. They are constantly developing cancer, cold, flu and a whole host of other vaccines with which to combat the many diseases to which we are subject. Their whole concept of vaccination is simplistic to the core. Let's give a simplistic illustration.

Let us say we try to develop a vaccine that will prevent drunkenness in drinkers. Sounds absurd, doesn't it? It is. That is precisely what the medical researchers are trying to do. In concept you have no doubt that, no matter what kind of vaccine was administered to a drinker, if he drank again he would become drunk again.

No matter what "immune" factors the vaccines caused the body to create - no matter what "antibodies" against alcohol were developed - alcohol in the body would continue to inebriate the drinker into insensibility. About this you and I and even the medical profession have no doubt. We have no delusions here.

VACCINES A DELUSION

However, with vaccinations we are expected to be so aroused that our body responds by creating specific antibodies" or other "immune factors" such that, when the real thing comes around, our bodies call out the troops trained to do battle with this enemy and, ergo, we do not fall prey. The enemy is speedily vanquished. This is the rather simple delusion fostered by the medical profession. It is all mere supposition, but they are able to produce statistics to show that it works!

Just as a beginner taking two or three ounces of alcohol becomes drunk because of the vigor with which his or her vital defenses respond, and it later takes 8-12 ounces to achieve the same effect because of their loss of vitality and consequent inability to resist or defend, so, too, does the vaccinated individual lose his or her ability to so defend himself or herself against toxic substances that cause disease. With loss of vitality due to vaccination, the body has degenerated that much just as the alcoholic's body degenerates from the first drink onward.

VACCINES DESTROY YOUR HEALING ABILITY

Disease symptoms are evidences of body purification and healing. Destroy body vitality and it cannot conduct the disease process at the low level of toxicity it once did. With lowered or destroyed vitality, it takes a much larger toxic load to cause the body to go into a crisis of purification and healing, just as it takes more and more alcohol to produce drunkenness.

The point is that there is a delusion here. Of course the having of measles, or the administration of "measles vaccine" reduces one's chances of again having measles. It IS NOT because the body has developed an imagined immunity against the measles "germ" or "virus." What has actually happened is that the body, in its crisis of purification and healing with an affliction known as measles, an affliction that involves a relatively low body tolerance point, an affliction that only a relatively vital body can develop, has, in the course of the crisis, lost some of its vitality, It will now accommodate a much greater toxic load before its reduced vitality will cause a crisis of purification and healing. We can say that this particular body has a lower vitality and a higher tolerance level.

The inoculated one loses much ability to have such simple healing crises as measles, poxes, etc., where the body ejects its toxic load through the skin. Reduced vitality, not some supposed immunity, is behind the relative absence of further measles, poxes, etc. I say relative because vaccines show a statistical improvement, not an absolute improvement. Not all the inoculated have their vitality reduced so much that they cannot again conduct the type of healing crisis against which they have been inoculated.

YOUR VITALITY GOES DOWN WITH YOUR RESERVE ENERGY, BUT YOUR TOLERANCE MAY GO UP

Inoculations, instead of creating "immune" factors, are just so much more filth put into the system. They lower the vitality of the body. Lowered vitality means the body has greater tolerance for poisons. The body is not as able to resist them and will take a greater load of poisons before reaching a crisis point. The Reserve Energy of the person is lower.

So, instead of having the simple affliction against which the person has been inoculated, MORE SERIOUS disease is in the building! A greater toxic load in the body means that the crisis, when it does happen, will be of a more serious nature. Why? Because the Reserve Energy is lower and the body's vitality is lower. The purification and healing task is now so much greater. The inoculation has laid the groundwork for more disease. Vaccinated people don't have the same disease again, but they do get much more serious afflictions.

Do inoculated people become immune to all diseases? Indeed not. Statistics show that they evolve into more and more diseases, each disease crisis more serious than the previous. Never mind that they do not have the disease against which they were inoculated. It will be a worse fire the next time.

Do you imagine the medical profession could free the human race of disease if it could develop some 20,000 vaccines, one for each disease? The researchers seem bent on developing a vaccine for everything they can dream up. Do you think 20,000 vaccinations will free us of disease? The absurdity of this many vaccinations boggles the imagination. We would die of the vaccine load! But, this is the brainchild and ambition of the medical profession. This is what they envision, specific preventatives for every disease.

DEAD PEOPLE ARE IMMUNE

The more vaccines with which your body is loaded, the less vital it is. Dead people have no vitality and dead people have no diseases. You are a little closer to death with each vaccination. That, precisely, is why "immunization" seems to work.

What to do? See your Doctor of Nutripathy®. Find out what your Nutripathic® Profile looks like. Find out your Metabolic Efficiency and your Reserve Energy. Make your Nutripathic® Profile as perfect as you can. In this way, you are giving yourself the best possible protection, immunization if you will, against developing any of the dreaded degenerative diseases that are plaguing mankind.

THE WORD QUACK WAS ORIGINALLY APPLIED TO THE MEDICAL PROFESSION

The word "quack" means anyone who pretends to have knowledge, powers and abilities that he or she really doesn't have. It means, in short, a con man. The origin of the word is a little hazy, but of this we may be sure: It was originally applied to members of the medical profession and all physicians were referred to as quacks. The word quack" is German and means "quick." Whether it derives from "quacksilver" (quicksilver, or mercury), the poisonous element German physicians were fond of administering, or from "quacksalver" which means "a quick problem solver," or "one who is quick to apply salves," I am not sure.

THERE ARE SOME GOOD TRUTH-SEEKING MEDICAL DOCTORS

Despite the medical profession's success in shedding this damning description and using it to mean any and all outside the medical profession who take business from them, it is my contention that, except for the constructive roles they do play regarding mechanics, reparative surgery and emergency procedures, the most glaring quacks or con men of today are the physicians. Now, I know that there are many honest, truth-seeking physicians and I am not condemning them all. I am condemning the system which educates them erroneously. I have many friends who have had to do a complete turn-around in their medical practice in order to facilitate natural healing methods. This is a hard pill to swallow when you have been taught "from day one" that the medical profession, one to which you belong, has all the answers and those answers center around drugs, medication, surgery, chemotherapy, radiation and other vitality-lowering methods. These members of the medical profession are certainly to be commended. It is like looking for a needle in a haystack when you take the time to find one. Most of them are scared of being "de-licensed" by their peers or subject to a malpractice suit by a smart attorney who knows that a doctor who does not follow the "recommended medical treatment" lays himself wide open to such a suit. The world is crazy. You don't have to add to it.

ALLOUT WAR ON QUACKS

The American Medical Association, the drug industry, the food processing industry and the government have joined hands in what they term an all-out war on quackery. War has been declared on herbs, vitamins and minerals, health food stores and more. The various disease foundations have entered into the fight to get rid of all unnecessary competition. It should be noted that in this glorious land of "free enterprise," few people have confidence in it. Things must be outlawed, controlled, regulated, destroyed. This is not in the interest of anything that looks or smells like freedom, but in the interest of the large interests.

LEGITIMATE TREATMENT?

Disease is big business. The percentage of money taken in by the huge research foundation that is actually spent for "treatments" is usually small. They usually complain about such things as arthritis and rheumatism sufferers spending over $250 million per year on "worthless remedies." If you visit this same institution you are likely to find such patients hobbling around on crutches, canes or in wheel chairs. All this after taking their "legitimate treatment," suffering the tortures of the damned and growing worse year by year as they slowly die. Just who are the quacks?

Then someone like Leonard W. Larson, a president of the prestigious American Medical Association, says, "But, that isn't the worst of it. While arthritics tinker with such remedies, which are at best harmless, the disease progresses and relief grows more difficult. Finally, they lose faith in all medical treatment!" The medical profession, of all people, should know that the disease progresses even while legitimate treatment is administered, that it spreads from joint to joint and that the patient grows into a helpless invalid under the legitimate medical treatment. The irony is that the legitimate medical treatments are NOT harmless, even at their BEST.

IF THEY HAD THE ANSWERS, THERE COULD BE NO QUACKS

Another simple fact is that the great mass of people do not consult someone like a Doctor of Nutripathy® until they have given the orthodox approach a lengthy trial. Therefore, there could be no "quacks" and no "quack remedies" if the medical profession was 1/100th as successful in caring for these sufferers as many people believe. After all, with all the programming we receive at home, in school, over the air, in the press, and in every other way, how could you ever suppose that most all your difficulties are caused by a metabolism out of whack? Nutritional deficiency? Poppycock! Who would ever think that something as "simple" as a nutritional deficiency could be responsible for a major degenerative disease?

YOU DO NOT BECOME SICK OVERNIGHT

Chronic disease does not come into existence instantly and full-fledged. It is governed by the law of evolution. All biological laws are satisfied in the evolution of pathology - a seeding time is followed by germination, development and maturation. In regular order, the evolution of any organic symptom-complex (such as stomach ulcer) germinates as a catarrh (mucus) in early life and runs a course of so-called acute diseases galore, ending in ulcers or other "organic disease." After scores of gastric crises and "cures" have occurred in infancy, childhood and maturity, ulcer of the stomach is one of the common forms of organic changes that result. Wrong living and eating habits not being corrected ultimately result in recurring toxemic crises, so-called acute diseases, which are "cured" repeatedly by the practitioners of the "healing art." Eventually, organic changes such ulcers, goiter, tuberculosis, emphysema, arthritis, cancer and other organic chronic impairments evolve. These are the end results of enervating "treatments."

DISEASE NEEDS A CAUSE

If one understands the so-called acute diseases (crises in toxemia) and corrects the enervating habits, the body will restore its normal state and no more toxemic crises will develop. The end-points in organic disease will never evolve. This means that so-called acute diseases, starting in childhood, are the beginning stage of a harvest of organic "diseases" that mature in middle and advanced age. Chronic disease is not something separate and apart from acute disease.

DIFFERENT DISEASE, SAME PROBLEM

All so-called acute diseases are but different manifestations growing out of the same basic toxemia. Frequent repetitions of acute crises lay the foundation for chronic or so-called organic diseases. This is to say that they pre pare the tissues for chronic disease. Because the medical profession has little true conception of the cause, the inception, course, variations and endings of any symptom-complex, it goes after organic change with the knife. Until they understand cause and have a true conception of the essential nature of so-called disease, this is likely to continue to be true.

CATCH IT BEFORE YOU CAN SEE IT

Examinations, or check-ups, can disclose a pathology after it has advanced far enough to produce a physical sign. This is after it has made too much advancement. They cannot prevent the development of pathology and, until cause is understood, they cannot lead you to the measures that insure genuine recovery.

Few men and women die today who could not have lived 10-15 years longer had they understood how to economize their vital resources. Could people be taught a sane mode

of living and induced to adhere to it, they would soon discover that all the periodic check-ups they undergo and for which they pay handsome fees are as unnecessary as they are futile.

The various tests that your Doctor of Nutripathy® can do will determine if there are nutritional imbalances in your body Such an imbalance is the underlying cause of yet-to-be-experienced acute "diseases." Find out today what your Nutripathic® Profile looks like so you won't be sorry later. The type of analysis your Doctor of Nutripathy® uses is very complete, but would be so much hocus-pocus to your medical doctor. Why? Because it deals with "insignificant" undiagnosable data. Your Doctor of Nutripathy® can detect minute nutritional defects which have no meaning to the medical profession. The medical profession does not believe you are sick unless you have a definable symptom or they can detect a problem with one of their expensive tests or machines. This may not appear until months after your Nutripathic® Profile goes out of balance. By the time it does appear, the disease may be so far advanced that your body may have a very difficult time expelling the toxicity. In fact, the "cure" could kill you. It sure makes sense to me to find out what my "insignificant data" is saying, on a periodic basis, rather than run the risk of one day having a condition worse enough to be medically diagnosed. Doesn't it make sense to you, too?

NEEDLESS RISK IS NOT THE ANSWER

Needless tests, useless X-rays, unnecessary operations are submitted to by our misinformed people because the propaganda to submit to all this "scientific" foo-foo is persistent. We are told that enervating habits do not cause disease; germs and viruses are the causes of disease. Why shouldn't they submit to examinations and operations, instead of changing their way of life? Today, with millions of people carrying hospital insurance, the demand for operations increases. Many times, patients are rushed off to the hospital when there is no real need for it. There is much money to be made. Bills are submitted for the maximum allowed to be paid by the insurance company. Sickness and hospital insurance has given rise to a new growing racket in medical circles. Do not expect the insurance companies to try to abolish the racket. It is the patient who pays, not the insurance company.

NUTRIPATHIC® PROFILE HOLDS MANY PROMISES

Here is the fallacy of check-ups. They are searches for symptoms, effects, endpoints, not searches for causes. With his many tests and instruments of precision, the physician is adept at discovering symptoms and pathology, but he is a babe in the woods when cause is mentioned; without the removal of cause, health cannot be restored. Your Doctor of Nutripathy® is a master at determining cause because he deals with cause. Cause is a mineral imbalance in your body. Cause is also a state of toxicity in your body which disallows proper assimilation of the vitamins and minerals that are present in the food you eat. Go talk to your Doctor of Nutripathy® today. It will be worth whatever it costs

you for just a few minutes of his or her time. This is the only way for you to determine whether you wish to begin on a Nutripathic® Program.

THE HEALTH MYTH

To keep you from underestimating the seriousness of the problem, or the extent of suffering and ruinous practices in America, consider these unpleasant facts taken from BETTER SLEEP FOR A BETTER LIFE by T.C. Fry:

1. The U.S. Public Health Service Recognizes a mere 3,000,000 of our over 215,000,000 population as healthy.

2. 54% of all Americans die of heart disease or cardiovascular problems. Over 50 million Americans suffer from severe heart disease. Almost everyone over the age of 4 already has incipient cardiac problems. Heart specialists say that everyone over the age of 30 has some form of heart disease. Biologists state that a healthy heart should serve for at least 300 years.

3. About one billion visits annually are made to physicians. 250,000,000 are made to hospital emergency rooms and clinics.

4. About 4,500,000 people each year are poisoned so seriously by their physicians as to require hospitalization. Tens of thousands die.

5. The U.S. ranks 89th among nations in its death rate.

6. One out of every 4 Americans will get cancer. That is one out of every family! It is the number one cause of death of our children. Why? There are some countries where cancer is almost nonexistent.

7. Arthritis and rheumatic complaints will affect 77% of our adult population.

8. About 40,000,000 Americans suffer allergies.

9. Over 60% of Americans have defective vision.

10. Over 79,000,000 Americans are obese; far more than half are overweight; yet nearly all are malnourished despite overeating.

11. 106,000,000 Americans suffer from at least one chronic disease or disability.

12. Over 30,000,000 each year will spend some time in a hospital.

13. About 8,000,000 suffer the ugly skin disease, psoriasis. Another 150,000,000 suffer less severe forms of skin disease, such as pimples, acne, eczema, dandruff, warts, rashes, blotches, blemishes, etc.

14. Over 50% suffer chronic digestive disorders.

15. Constipation is the national disease. Nine of 10 suffer from a clogged colon.

16. 500,000,000 colds will affect Americans this year. The average child under 4 will have 8 colds per year.

17. Half a billion dollars will be spent this year on deodorants alone, not to mention what will be spent on colognes, gargles, breath fresheners, etc. Body odors and foul smells are born of foul body conditions. What a terrible stench Americans try to hide and camouflage!

18. $125,000,000,000 was spent in 1975 on health care (that is what they call it; actually it is the disease bill!). The average American has a disease bill of nearly $600. Health is cheap. Disease is very expensive.

19. The rush to build additional hospitals and hospital facilities is so great that there is said to be a "health boom" in the U.S. Actually it is misnamed.

20. There are over 30,000,000 insomniacs in America. Most sleeplessness is caused by our many drug habits.

21. Over 100,000,000 Americans drink alcohol, a narcotic drug, with over 13 million being alcoholics.

22. 109,000,000 narcotize themselves with cigarettes. Nicotine is a deadly narcotic. It is only one of some 1E poisons taken into the body when smoking.

23. There are over 210,000,000 sugar addicts in America Average consumption is about 125 pounds for each and every American. It has been indicted as one of the chief culprits in heart disease and other serious complaints.

24. Americans consume 250 billion cups of coffee a year. Caffeine is a deadly drug.

25. One of 5 Americans under 17 already has a chronic disabling disease.

26. Surveys reveal that America's physicians are sicker and more diseased than the average American.

27. 42,000,000 Americans suffer high blood pressure.

28. Over 7,000,000 children are "mentally retarded," disturbed or otherwise seriously handicapped because of brain problems.

29. 98.5% of the population have bad teeth. 31,000,000 have no teeth of their own. The American mouth is a disaster area despite the tons of oral products sold. The average American child has six cavities by school age. Bad teeth are symptomatic of bad health. Good teeth can serve the human organism for centuries if properly nourished by a healthy body

20. 58.6% of America's children cannot pass a minimum physical fitness test.

31. Over 50,000,000 aspirins are taken DAILY in the U.S.

32. Nearly all Americans suffer from digestive leukocytosis and a pathologically high heartbeat. These conditions are largely the result of a pathogenic diet of cooked, processed and improper foods, drug habits and lack of healthful practices.

33. Over 3 billion sleeping pills are consumed annually.

34. An estimated 13,000,000,000 barbiturate and amphetamine pills, "speed," are taken annually.

Truly, a sick people make a sick nation. Something constructive must be done and that is exactly what your Doctor of Nutripathy® is trying to do. However, he or she cannot do anything unless you make contact with them and say, "Here I am; what do I do next?"

You can be a living example of the righteous way of living, and it doesn't have to be any harder than what you do right now. In fact, done properly, you will find that it is much less hassle.

CHAPTER THIRTEEN

HAIR MINERAL ANALYSIS

Another very important component of your Nutripathic® Profile is a mineral analysis by hair. A Hair Analysis will reveal mineral levels, ratios and trends in your body. It helps us understand your present state of nutritional health, and often it is also possible to predict the future tendency of health and disease. Diagnosing is something that a Doctor of Nutripathy® may not legally do unless also a licensed doctor. Hair is one of the first indicators of metabolic disorders. By the time the blood or urine show a disorder, a metabolic dysfunction could be in its advanced stages. Hair Analysis gives a truer reading of what the body is accumulating, especially in cases of toxic metal poisoning. The blood shows what is in transport through the body and urine what is being eliminated. Hair, though, measures metabolic levels of what the body stores.

TISSUE LEVEL OF MINERALS

Your hair tends to represent your intracellular tissue level of minerals. Hair is like growth rings in a tree in that it carries a history of your nutritional condition. Two to three tablespoons of hair is clipped from the back of your neck, close to the scalp. This sample is sent to a special licensed laboratory where it is washed, ashed and analyzed by a sophisticated and very expensive computer called an atomic absorption spectrophotometrigraph. This computer then lists the mineral content for at least 22 minerals.

It has been reported that potentially dangerous pollutants such as lead, cadmium, mercury and arsenic are concentrated in hair and can be analyzed most accurately by Hair Analysis.

Minerals function in the body as co-factors with many enzymes and hormone systems. Abnormal levels may seriously affect body metabolism, or may be indicator of a non-mineral disease in the body system which, in turn, causes changes in normal tissue, blood or fluid levels of the mineral.

QUANTITIES AND RATIOS

It is important to consider ratios as much as individual deficiencies. For example, it is reported that calcium/ magnesium out of a 5-8:1 ratio can always be considered pathological.

CALCIUM AND MAGNESIUM

High calcium and magnesium can indicate hypoglycemia. When we say a mineral is high, it means that it has left its normal physiological function and deposited itself elsewhere in your body Very high magnesium with low calcium is suspected in demyelinization diseases. Multiple sclerosis may be suspected if the calcium magnesium ration gets around 2:1 or lower.

Calcium is found mostly in the bones and teeth of humans, although a certain amount must be present in the blood, where it is vital to the clotting mechanism. It is also involved with the function of the parathyroid hormones and helps control over-excitability of the nerves and muscles. High calcium levels may be indicative of migration from the bones to the soft tissues. It may lead to growth depression, poor protein utilization, trace element deficiencies, osteoporosis, joint disease, arteriosclerosis, hypercalcemia, hypothyroidism, hyperparathyroidism, and endocrine disorders. Calcium depresses manganese, magnesium, phosphorus and zinc.

Magnesium is essential to most living things and is found in abundance in man. It is involved in the production and transfer of energy, muscle contraction, protein synthesis and nerve impulses. It is a co-enzyme and catalyst involved in innumerable chemical reactions. It is needed to produce cortisone and prevent kidney stone formation; also for cholesterol control, to prevent diabetes, epilepsy, insomnia, hair loss, constipation, heart attacks, tremors and leukemia. Magnesium is rapidly lost with the ingestion of sugar. Low levels of magnesium may result in arteriosclerosis and kidney, liver, thyroid and colon disease. High magnesium can cause depression of the central nervous system. It may be associated with adrenal insufficiency, uremia and excessive intake of phosphorus. High hair levels usually result from prolonged stress, apparently a storage mechanism. High hair levels but low blood levels can occur on a high protein diet or from too high an alcohol intake. Magnesium depresses phosphorus and calcium.

A high calcium with a low magnesium can result in kidney disease, arterial disease, and mental and emotional symptoms such as irritability, depression and anxiety. High calcium with high magnesium may be involved with hypoglycemia and adrenal insufficiency. When calcium and magnesium are both low, there is a lack of vitamin D.

PHOSPHORUS

Phosphorus functions at virtually every level of metabolism in the body. The energy production processes, myelination processes, neuritic processes and hormonal processes throughout the body all involve phosphorus. No real data for its deficiency has been developed. Deficiencies are very rare, however. Excess phosphorus usually results from a junk food diet with a high intake of soft drinks. High levels interfere with iron use. A calcium/ phosphorus ratio out of balance may be associated with arthritis, pyorrhea, tooth decay, overweight and fatigue. Phosphorus depresses zinc, iron, calcium and magnesium.

SODIUM AND POTASSIUM

Another very important mineral ratio is between sodium and potassium. Sodium plays a number of important roles in the body. It regulates the body fluids. It is needed for nerves and muscles to function properly. The adrenal glands rely heavily upon sodium. Animals fail to grow if sodium is unavailable. Sodium excess can be due to aspirin intake, softened water, soft drinks or alcoholic drinks with soda. Sodium is primarily an extracellular element, maintaining osmotic pressure by balancing the intracellular potassium. Potassium in excess may be associated with kidney malfunction, lack of fluids, Addison's Disease, diabetic acidosis, cancer and paralysis. The normal ratio of sodium to potassium in healthy people is 2.5-5:1. When sodium gets too high, it causes a potassium deficiency. This potassium deficiency can lead to depression, an imbalance of the nerve impulse mechanism and more. High sodium levels are found in heart disease, advanced liver disease, kidney disease, hypertension, fluid retention and hypoproteinemia. Very low sodium is often found in schizophrenics.

When both sodium and potassium are low, it indicates overworked adrenal glands (adrenal stress). Sodium/potassium both being high indicates adrenal insufficiency. A high potassium with a low sodium indicates adrenal exhaustion. Sodium depresses potassium. Potassium depresses sodium, iron and manganese.

IRON

Iron is an important element in the body, particularly to menopausal females. It functions in the formation of red blood cells and the oxygen/carbon dioxide transport mechanisms of the blood. A deficiency of iron may be associated with anemia, weakness, fatigue, breathing difficulties, pallor, sore tongue and mouth with cracks around the lips, insufficient hydrochloric acid production and pH imbalance in the body. Iron depresses potassium, phosphorus and copper. Iron is a very difficult mineral to assimilate under the best of conditions, with perhaps only 10% of what is available in the diet being absorbed. So eating a diet high in iron-rich foods may not necessarily be supplying your needs. A Hair Analysis will reveal your standing in regard to this mineral.

ZINC

Zinc is a hard-to-get mineral in the modern diet, with the average intake being only about 7 mg. daily. A deficiency leads to the enlargement of the prostate as iodine deficiency leads to an enlargement of the thyroid gland. Zinc is important in glucose metabolism and is often low in diabetics. It is important to sexual function, especially in the male, where it is depleted with each ejaculation during intercourse. Low levels may cause birth defects, arteriosclerosis, anemia, poor healing, infections, oily skin, acne, some tumors, a poor appetite and sense of taste, dwarfism, eye problems, arthritis, hair loss and cirrhosis of the liver. Very high levels flush out iron and can cause anemia. If zinc and cadmium are both high, the cause is usually industrial pollution. If zinc is low when copper is high, schizophrenia is probable. A low calcium to zinc ratio can result in osteoporosis and glucose intolerance and can be caused by too great an intake of zinc or vitamin D. Zinc depresses iron, copper, phosphorus and cadmium.

MANGANESE

Another mineral which is analyzed in a Hair Analysis is manganese. It is an essential trace element which is necessary for bone growth and development, reproduction, for lipid metabolism and as an activator of several enzymes. It is also important in the formation of the thyroid hormone, thyroxin. A manganese deficiency can be caused by the drugs used for high blood pressure. The cardinal manifestations of manganese deficiency are impaired growth, skeletal abnormalities, disturbed reproductive function, improper fat metabolism, cancer, lupus, myasthenia gravis, poor equilibrium, hypothyroidism, atherosclerosis, diabetes and possibly kidney disease. An improper magnesium to manganese ratio may depress the autonomic nervous system. A high calcium with a low manganese tends toward low thyroid function. This is because the thyroid depends on the presence of manganese for the production of thyroxin and because high calcium levels interfere with manganese. Manganese depresses iron, phosphorus, potassium and magnesium.

CHROMIUM

Chromium is an essential mineral which has not been much discussed until recent years. It is involved in protein functions, glucose metabolism, growth and longevity Its deficiency may be associated with poor lipid and protein metabolism, atherosclerosis, glucose disturbances, shortened life-span and impaired growth. A high level can cause lung tissue degeneration, liver/kidney damage and accelerated collagen cross-linkage.

SELENIUM

Another mineral about which there has been much publicity of late is selenium. Selenium acts like vitamin E and lessens oxidation damage. Vitamin E and selenium may work together in preventing certain types of liver pathology and red cell hemolysis. Selenium protects against the toxic effects of cadmium and mercury. It appears to reduce the chances of several types of cancer. As a very strong anti-oxidant, it may help prevent muscular dystrophy Its deficiency may be associated with impaired respiration, increased production of aging pigmentation, infections, liver or muscle disease and increased incidence of cancer.

COPPER

Copper is a micro-mineral in the body which is needed to use iron. It is frequently high in young women, compensating for blood loss during menstruation. High levels in other ages or males may suggest the side effects of birth control pills, arthritis, high blood pressure, or schizophrenia. Excess copper usually arises from copper water pipes and is strongly linked to stuttering, the destruction of vitamin C, an increased oxidation rate for

adrenalin, senility, autism in children, hyperkinesis, hypoglycernia, depression, premenstrual tension and pre-eclampsia (pre-toxicity of pregnancy). A deficiency may cause the hair to turn gray. Low levels are usually due to poor absorption rather than low intake. Copper depresses iron, zinc and phosphorus.

HEAVY METAL POISONING

Heavy metal toxicity is another important factor that can be disclosed by Hair Analysis. It has been found that potentially dangerous pollutants such as lead, cadmium, mercury and aluminum are concentrated in the hair and can be diagnosed most accurately by Hair Analysis. It has been reported that lead is contaminating thousands of people in the United States. More than 15% of all preschool children have toxic levels. It is probably much higher in adults. Excess lead can accumulate over many years. It often comes from industrial or auto fumes, copper plumbing, lead-base paint or washing your hands in leaded gasoline. Lead has a toxic effect on your nervous system, blood and kidneys. Lead poisoning can cause mental retardation, hyperactivity, cerebral palsy, blindness and kidney disease , constipation or diarrhea, gout, fatigue, nausea, loss of appetite, insomnia, headaches, kidney damage, anemia and muscle discomfort. Lead can really aggravate arthritis symptoms. It interferes with many enzymatic activities in the body.

MERCURY

Mercury is found in fish, due to the pollution of our oceans. It is also used as a fungicidal coating on seeds and is vaporized in dental offices with high-speed drills. It can also come from mercurial diuretics. Its excess in the body will cause an inability to concentrate, unusual timidity, deteriorating intellect, tumors of the hands and face, a loss of memory, extensive brain/nerve damage, deafness, diarrhea, atoxia, speaking difficulties, paralysis and emotional disorders.

ALUMIMUM

Aluminum excess may interfere with biochemical reactions associated with phosphorus and calcium metabolism. It builds up in the body over constant exposure to sources such as underarm deodorants, table salt containing “aluminum trisilicate” to make it pour freely, aluminum cookware, toothpaste tubes, cigarette filters, processed cheese, cosmetics and pharmaceuticals. Its excess may be associated with digestive disturbances, psoriasis, cystic fibrosis and senility.

CADMIUM

Cadmium, another heavy metal, displaces zinc in your tissues. This causes accumulations of fats in the arteries and veins by reducing zinc’s activity in the metabolism of lipids. The two are mutually antagonistic. Cadmium concentrates in the kidneys, liver and

blood. It can cause high blood pressure, vascular disease, arteriosclerosis, cerebral hemorrhage, emphysema, stroke, a metallic taste in the mouth, toxic kidneys, lungs, liver, bones and reproductive organs. Possible sources are processed meat, air pollution, drinking water, candies, galvanized pipes, instant coffee, cola drinks, refined cereals and grains, cadmium-plated cooking utensils, solders, pottery glaze, gasoline, jewelry-making, batteries, cigarette smoke, motor oil and silver polish.

These are just a few of the many considerations that may be made on the basis of a Hair Analysis. It really takes the guesswork out of supplementary needs. You must remember that mineral deficiencies, excesses and ratios are not an absolute diagnosis of any kind. It is common knowledge that certain arrangements may be found in disease conditions, but your Doctor of Nutripathy®, unless also a licensed doctor, is intending to use this information ONLY for a nutritional evaluation. Your Doctor of Nutripathy®, unless also a licensed doctor, is not concerned with disease. This valuable Hair Analysis information is used to prepare a specific diet and supplementary recommendations to correct your nutritional needs. If disease symptoms disappear because of your Nutripathic® program, you should thank God, not your Doctor of Nutripathy®.

Now you see why your Nutripathic® Profile is not complete without a mineral analysis by hair, otherwise known as a "Hair Mineral Analysis."

The Hair Mineral Analysis gives your Doctor of Nutripathy® a QUANTITATIVE reading. In other words, how much of a specific mineral you do or don't have in your body.

The Urine/Saliva evaluation gives your Doctor of Nutripathy® a QUALITATIVE measurement of the nutritional stress on your body.

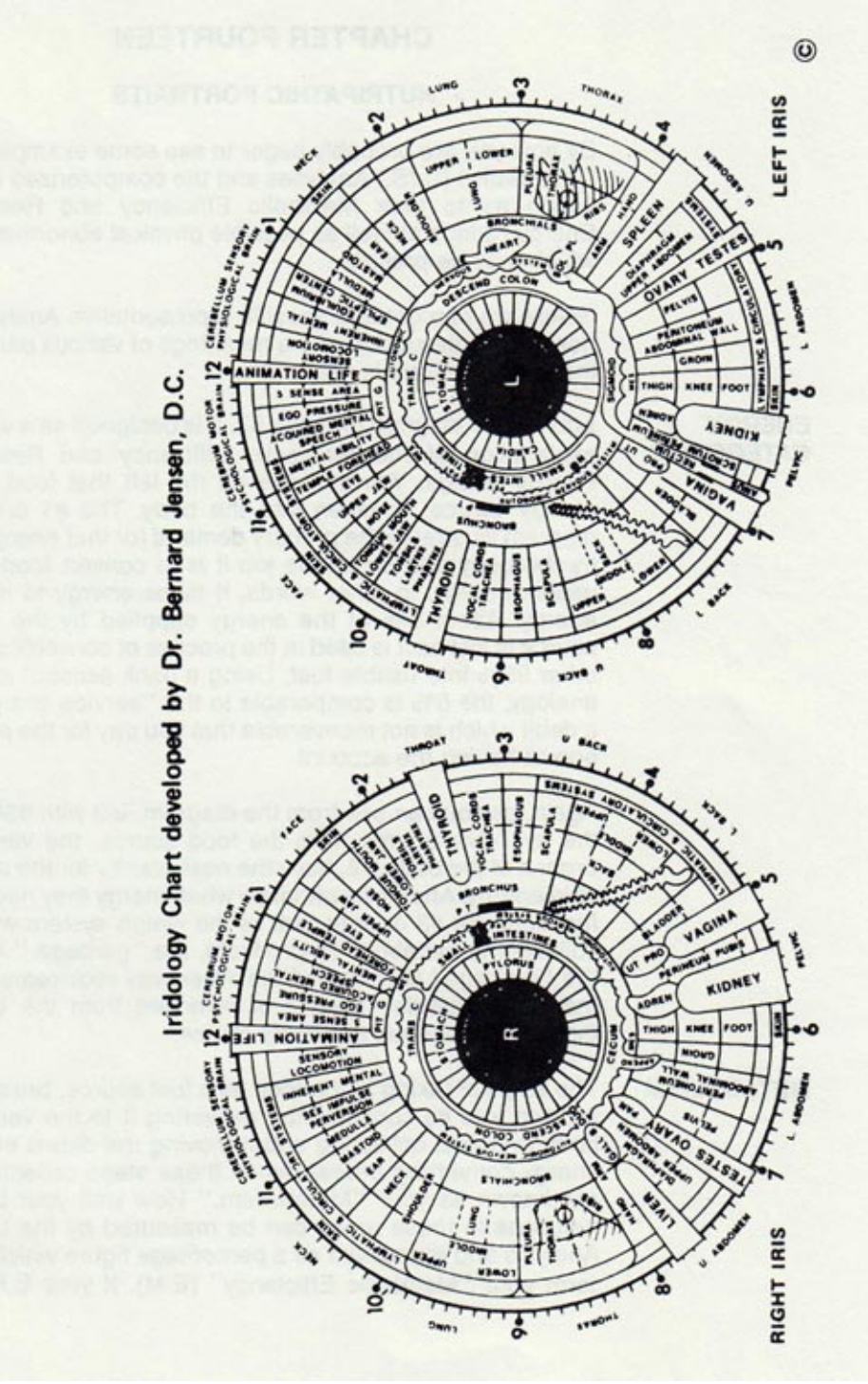
WELLNESS QUESTIONNAIRE

The Wellness Questionnaire gives your Doctor of Nutripathy® information on the diet you presently eat and a nutritional history. This information fills in the gaps left by the other components of your Nutripathic® Profile.

Your Nutripathic® Profile, to be complete, should consist of all three parts: the Nutritional Questionnaire, the Urine/ Saliva Analysis and the Hair Mineral Analysis.

An analysis of the iris (the colored part of your eye), called Iridology, is also done by some, but not all, Doctors of Nutripathy®. This is accomplished by taking a slide or photograph of the iris, or by just looking into the iris with a special light. What the different colors are; where the markings - rings, circles, lesions, streaks, holes - are, all means something to your Doctor of Nutripathy®. The iris, like the sclera, reflects the degeneration of tissue anywhere in the body. A Nutripathic® Profile which includes the examination of both the iris and the sclera will be much more complete.

The iris chart will give you a brief idea how the entire body is reflected in Iridology. It is a most fascinating tool.



CHAPTER FOURTEEN

NUTRIPATHIC® PROFILES

By now you are probably eager to see some examples of urine/saliva analyses and the computerized evaluation as to their Metabolic Efficiency (EM) and Reserve Energy (ER) ratings as well as possible physical abnormalities which may be present.

Before we can get into specific representative Analyses, however, a discussion of the meanings of various parts of the Biological Immunity Analysis® (BIA®) is necessary. The BIA® is a soil chemistry test applied to the human body by testing urine and saliva.

ENERGY CATEGORIES

Look at the Metabolism Efficiency diagram. It is designed as a visual explanation of the Metabolic Efficiency and Reserve Energy ratings. You can see on the left that food, our energy source, is taken into the body. The #1 on the diagram illustrates the primary demand for that energy - by the body system whose job it is to convert food into usable energy. In other words, it takes energy to make energy. About 5% of the energy supplied by the food source is lost as it is used in the process of converting the other 95% into usable fuel. Using a bank account as an analogy, the 5% is comparable to the "service charge," a debit which is not recoverable that you pay for the privilege of having the account.

Again, as you can see from the diagram, left with 95% of the available energy from the food source, the various organs of the body, #2, have the next priority for the available energy. After they withdraw what energy they need to function, the #3 energy user is the lymph system which collects the metabolic by-products, the "garbage." After the "garbage" is collected the #4 energy requirement is that it be "hauled away," or removed from the body through the various excretory routes.

METABOLISM

The steps of taking in the food as a fuel source, breaking it down into its constituents, delivering it to the various body systems, collecting and removing the debris of the energy-converting processes - these steps collectively are known as your "Metabolism." How well your body functions in these areas can be measured by the BIA® and expressed as a percentage figure which we term your "Metabolic Efficiency" (EM). If your EM is good, then you are efficiently converting food into energy which you can function on day by day.

RESERVE ENERGY

If your EM is high, then you are ahead of the game and have sufficient energy left over after meeting all the demands of daily life to make deposits to your "Reserve Tank," like saving for a rainy day. After all the metabolic housekeeping chores are accomplished, the energy that is left over, IF any is left over, is stored as Reserve Energy (ER), pictured on the diagram as a "Reserve Tank." Referring again to our analogy, this is your "savings account" to which you make, hopefully, periodic deposits. If you don't need it, you never have to withdraw from your savings, but if your day-to-day transactions go beyond what you have in your account, then it is good to know that reserves are there to keep your financial dealings solvent. The same is true of our "Reserve Energy tank." Normally our body functions off the metabolic energy which comes from our daily conversion of food into energy and we do not need to dip into our "savings" or "reserves." But if a crisis arises - an illness, accident, shock, etc. - which demands an extraordinary expenditure of energy, beyond what we have available from our daily energy conversion, then it becomes important that we have reserves stored away from which we can draw to meet the demand. Our "reserve tank" really only becomes important to us at the moment of need.

LIFESTYLE ALTERS ENERGY READINGS

Your EM and your ER are affected by other aspects of your lifestyle than just your type of food intake. Many habits not only do not contribute to building up your energy reserves, they actively deplete them. Two major ones are smoking and taking drugs. Smoking patently contributes nothing beneficial to the body and, indeed, is clearly a pollutant with which various body systems must deal. This, of course, is a drain on your energy. Drugs, except in highly unusual circumstances, drag down your energy by requiring detoxification measures to be initiated by the liver and by hiding the symptoms rather than removing the cause of the original problem for which they were prescribed. Many are poisonous; most are useless; nearly all cause more trouble than they're worth. There is a clear relationship between these detrimental practices and your energies which will show in the BIA®.

GOOD DAYS AND BAD DAYS

If your EM is poor, then you are probably experiencing a great deal of nagging persistent symptoms. You probably have no energy and may even get up as tired as when you went to bed. You may be quite susceptible to colds and infections. You may feel the demands of life are too much for you and you just can't take any more. Up to now you have just had to bear with these problems, as doctors and pills and pep talks haven't made any significant improvement in your condition. Through the BIA® you are afforded the opportunity to assess your energy situation and do something about improving your energy efficiency and increasing your energy reserves. You no longer have to guess why

you experience the symptoms, and you certainly no longer can feel that there is nothing you can do to better your condition.

With this explanation, you are now in a position to look at the ENERGY CATEGORIES sheet and understand the ratings of the EM and ER stated there. The ratings, depending upon how high they are, fit into the various self-explanatory categories listed. Obviously, the higher the better. Everyone's EM varies somewhat from day to day The trick is to keep the EM high enough that the ER is not depleted and there is as much in reserve as possible to meet unusual demands. If your EM is consistently very low and you have been drawing on your ER until it too is very low, then it is imperative that you know where you stand. Death is, after all, just the ultimate lack of energy

ADVERSE RELATIONSHIPS

Now let's look at the second half of the ENERGY CATEGORIES sheet, the Adverse Relationships Categories. No organ or gland in the body works entirely on its own. No organ or gland is an island unto itself. All are interrelated with other organs and glands which affect each other's functioning. If the liver fails, its failure will influence the intestines, kidneys etc.; if the kidneys do not function, the whole system will be poisoned; if the heart fails, the entire body suffers; and so on.

ENERGY CATEGORIES

METABOLIC EFFICIENCY

100%-90%	Excellent Health
89%-75%	Caution Zone
74%-65%	Minor Symptoms
64%-56%	Major Symptoms
55%-45%	Minor Degeneration
44%-25%	Major Degeneration
24%- 5%	Advanced Degeneration
4%- 0%	Critical Zone

RESERVE ENERGY

100%-90%	Excellent
89%-75%	Good
74%-50%	Fair
49%-30%	Low
29%-10%	Very Low
9%- 0%	Critical

INTERFERENCE FACTORS

ADVERSE RELATIONSHIPS

0- 1	No Interference
2- 3	Caution
4- 5	Minor Interference Zone (Correction Important)
6- 7	Major Interference Zone (Correction Imperative)
8-12	Severe Interference (Correction Vital)

SPEED OF DECLINE

0	Excellent
1	Caution
2	Minor Decline
3	Major Decline
4	Degenerative Decline

The point here is that, in the BIA®, there are twelve mathematical relationships between the individual numbers in the Analysis. The nitrate nitrogen number should compare in a specific way with the saliva pH; the ammonia nitrogen should relate properly to the salt number; the urine pH should correlate correctly to the sugar number; etc. It is desirable to have none of the twelve relationships be out of line, but this is very rare, particularly on a first test. It is acceptable to have one Adverse Relationship (AR). Two or three are not alarming and probably indicate a body that will respond well to a cleansing regime. Four or five AR's begins to be of concern and signifies the need of correction. Six or seven are serious and mean correction is vital, and eight to twelve is a sign of massive malfunctioning which must be reversed immediately.

SPEED OF DECLINE

Once you know how many AR's your BIA® shows, it is important to know the "Speed of Decline." This is a rating, on a scale of zero to four, of how quickly the AR's are deteriorating the body. Obviously it is best to have a speed of zero, which means that, even though there may be one or two Adverse Relationships, deterioration is not progressing. The amount of concern rises with the Speed of Decline - a rating of four signifies a very fast downhill trend in the body's metabolic processes which must be arrested before energy reserves are depleted and failure of some system(s) ensues.

Now that the stage has been set and the parts played by the various ratings explained, we can discuss in some detail some illustrative BIA® results.

The following BIA® results are just one part of the Nutripathic® Profile. The examples given here are without the confirming aid of a Hair Analysis and Nutripathic® Questionnaire. However, quite a few things may be surmised just on the basis of the BIA®. These tendencies are summaries of abnormal findings prevalent in each subject's BIA®. They are not diagnoses, but nutritional evaluations of imbalances which may be present. Assuming the test was properly done and the patient is not on any metabolism-altering drugs, research has shown that persons with tests such as these would have tendencies toward, but need not have, such symptoms as are listed.

TOXICITY

FEMALE - AGE 37 - 5'4" - 143 LBS. - 5 P.M.

5. 8 5.6 / 7.9 36C 4M 9 / 12

Metabolic Efficiency = 71
AR's = 2
Reserve Energy = 69
Speed of Decline = 0
Biological Age = 46

The above 37-year-old woman is 16 pounds over her maximum ideal body weight of 127 and 1 % over the maximum ideal body fat ratio of 30%; she may be gaining weight for a place to store the toxicity in her body. The acid urine pH may indicate that toxins are being created faster and the bowel is the major toxin storage site. The high saliva pH balances the urine pH enough so that she probably is not experiencing diarrhea but she likely has excess lower gas. Over time, the high salts affect the smooth muscles of the colon, reducing peristaltic action and slowing her digestion; her transcending colon may be enlarging and bagging contributing to diverticulitis and hemorrhoids. Vitamin C is likely not being used effectively, so the tendency to sag is even greater. The bowel may be drooping and pressing on her uterus which can cause female problems. She already confirmed a calcium deficiency which contributes to menopause, pseudo-menopause in this case. There is a likelihood of high blood pressure when the salts and nitrogens are both high. She may be suffering from heavy metal poisoning.

MAJOR HEART ATTACK ZONE

MALE - AGE 62 - 5'6" - 148 LBS. - 3 P.M.

4. 7 6.2 / 6.9 32C 4M 10 / 10

Metabolic Efficiency = 72
AR's = 2
Reserve Energy = 70
Speed of Decline = 1
Biological Age = 67

The above male, with his salts being this high at his age, is in a major heart attack zone, has hardening of the arteries and capillary stress, high cholesterol, ringing in the ears and numb extremities. His colon has been affected by high salts for a long time, resulting in diverticulitis and hemorrhoids. His sugars are low in comparison to his other numbers which may indicate hypoglycemia. The pancreas is expected to be unstable and the cells are likely starved for oxygen.

NEEDS A WATER FAST

FEMALE - AGE 55 - 5'- 115 LBS. - 10 A.M.

4 7.8 / 7.6 35C 4M 7 / 10

Metabolic Efficiency = 58
AR's = 6
Reserve Energy = 56
Speed = 2
Biological Age = 64

The above lady is in a dangerous zone for a major heart attack and needs to immediately go on a six-hour water fast with total rest to bring her numbers down into less alarming zones. The 17 total nitrogens indicate much undigested protein is in her system, over-stimulating her heart and causing fatigue. Her Reserve Energy (ER) at 37 is very low; a sudden drop in ER due to a unusual stress could trigger a heart attack. The alkaline urine pH shows her food is digesting too slowly and is likely sticking to the colon walls, causing constipation. The alkaline saliva pH may indicate that the liver and pancreas systems are malfunctioning. This could affect the spleen causing anemia. Her high salts for her age may put great stress on the heart and cause angina, as well as causing irritation across her transverse colon. The pH range plus high salts suggest parasites in the cecum. The reproductive system suffers first when the pH's go out of range, so female problems are expected. Her liver is expected to be toxic, weak and not sufficiently clearing toxins. She may be exhibiting the symptoms of scurvy, indigestion, colitis, cataracts, headaches, dizziness, numbness of extremities, anemia and tumor formation. She is probably assimilating very little calcium, and may be developing osteoporosis. She needs more complex carbohydrates and trace elements in her diet, especially Calcium, Potassium, Vitamin C and Manganese. With six AR's progressing at a Speed of Decline of 2, she needs to get on the Nutripathic® Program and follow it faithfully for a minimum of six months.

SUGARS TOO HIGH

MALE - AGE 27 - 6'11
185 LBS. - 10 A.M.

7. 2 7.6 / 7.7 47C 4M 14 / 12

Metabolic Efficiency = 56
AR's = 2
Reserve Energy = 54
Speed of Decline = 0
Biological Age = 43

The above male appears to be in serious condition. He is only 27, has a Biological Age of 39 and is already operating at only 62% Metabolic Efficiency. He is likely already a borderline diabetic with periods of dysinsulinism. His digestion is expected to be too slow and colon pockets may be forming. He is in the minor heart attack zone and it is likely that insufficient oxygen is going to his vital organs. He is expected to be vitamin C deficient. He likely has gallbladder, pancreas, liver and adrenals stress. We expect his colon to be irritated and enlarged. His high salts combined with high nitrogens indicates a high level of tissue salt retention. We expect his liver function to be weak, causing his protein to be broken down incompletely, evidenced by the high nitrogens. The proteins accumulate in the blood and tissues and interfere with cellular metabolism and oxygenation. When protein digestion is slow, excess proteins can remain in the bowel where they may ferment and putrefy, producing toxins. With a combined nitrogens total of 12 you may begin to experience cardiac stress, although you may not be aware of it. At

20 the coronary arteries can be under so much stress that they narrow and begin to limit the blood flow to the heart muscle. At 24 the heart muscle may not be oxygenated adequately and the possibility of cardiac arrest exists. At 28 and above you may be walking on very thin ice.

DIABETIC

MALE - AGE 37 - 6'11 160 LBS. - 5 P.M.

9 6 / 7 40C 4M 1 / 12

Metabolic Efficiency = 19
AR's = 3
Reserve Energy = 17
Speed of Decline = 1
Biological Age = 63

The above male is diabetic and susceptible to infections and slow healing. He is likely getting insufficient protein to completely utilize his carbohydrates. He may need more Potassium, Manganese, Phosphorus and Calcium in his intestinal tract. High blood pressure and high cholesterol are expected. He is in a minor heart attack zone. His colon may be irritated and enlarged. He must get on a strict program and be faithful to it if he wants to avoid the devastating consequences that arise from diabetes, or worse.

DYSINSULINSIM

FEMALE - AGE 47 - 57' - 115 LBS. - 3 P.M.

5. 7 6.8 / 6.0 16C 4M 8 / 11

Metabolic Efficiency = 30
AR's = 5
Reserve Energy = 28
Speed of Decline = 1
Biological Age = 66

The above woman has had such frequent periods of very low Metabolic Efficiency that she has been dipping into her Reserve Energy for some time. Her very low ER means that she must do something quickly to build up her reserves. She needs complete rest for seven days. Her sugars indicate dysinsulinism leaning toward diabetes. Her liver is in distress and is likely unable to cope with carbohydrates. There is an imbalance in her fat and protein intake, with not enough fat available to completely use the carbohydrates she eats. She has colon congestion and lacks Calcium and Phosphorus in the intestinal tract. She may have allergies to wheat, white potatoes or milk products. Her abnormally low

salt reading in comparison to her other numbers is a bad sign. She may be developing hot spots in her body

GALLBLADDER AND DIGESTION PROBLMES

FEMALE - AGE 46 - 5’6" - 135 LBS. - 5:30 P.M.

3. 9 4.9 / 7.6 10C 4M 1 / 7

Metabolic Efficiency = 30
AR’s = 9
Reserve Energy = 28
Speed of Decline = 3
Biological Age = 65

The above lady likely has a stressed liver and gallbladder which would affect her digestion. She has a great deal of intestinal flatulence. She alternates between constipation and diarrhea. She is experiencing arthritic and menopausal symptoms because her pH’s are so out of balance. She is not getting sufficient rest and needs total rest for seven days. She suffers from a lot of restlessness, anxiety and tension. She may have heavy metal poisoning and should have a Hair Analysis done to determine if that is the case. Her body is toxic and may be forming tumors.

BREAST CANCER

FEMALE - AGE 73 - 5’3" - 160 LBS. - 2 P.M.

3. 3 7.1 / 7.4 8C 4M 2 / 6

Metabolic Efficiency = 45
AR’s = 9
Reserve Energy = 63
Speed of Decline = 2
Biological Age = 80

The above lady has diagnosed breast cancer. The toxicity in her body is easy to see in her numbers. She is extremely alkaline. Her salts are low for the other numbers, suggesting the presence of a cancer. Her ammonia nitrogen is high even though she is alkaline, another indication of a possible cancer. Nine AR’s with a Speed of Decline of 2 is a sign that the hormones are losing the ability to maintain balance. This gal is really stressed out about something. She must get on a Nutripathic® Program and adhere to it closely.

LEUKEMIA

MALE - AGE 80 - 5’111 “ - 165 LBS. - 2:30 P.M.

3. 2 7.0 / 6.0 15C 1M 8 / 9

Metabolic Efficiency = 51
AR’s = 5
Reserve Energy = 49
Speed of Decline = 1
Biological Age = 85

The above male has diagnosed leukemia. His numbers indicate that something is seriously wrong. His pH’s are flipped, with the saliva pH being acid and his urine pH alkaline. His salts are low for the rest of the equation. The high ammonia nitrogen even though his urine pH is alkaline indicates a very toxic body. The albumin of 1 shows that debris is not being cast off and is accumulating somewhere in the body. At his age, a cleansing regime must be carefully monitored to maintain his energy level.

HYPOGLYCEMIA

FEMALE - AGE 55 - 57' - 135 LBS. - 10 A.M.

.7 5.3 / 5.5 20C 4M 5/ 7

Metabolic Efficiency = 18
AR’s = 10
Reserve Energy = 16
Speed of Decline = 4
Biological Age = 73

The above female has real problems brewing. She has a very poor Metabolic Efficiency and finds it hard to function day to day. Her Reserve Energy has been depleted and will probably be exhausted with a crisis situation. Her sugars are abnormally low and show strong hypoglycemia. With this much acidity, she is experiencing diarrhea and losing electrolytes. She is not absorbing calcium well and showing the consequent nervousness and menopausal symptoms. Her pH’s are very acid, indicating her condition is serious and going downhill quickly Her 10 out of 12 possible Adverse Relationships progressing at the maximum speed confirms this energy loss. If steps are not taken to arrest this energy erosion, her life is in danger.

UTERINE TUMOR

FEMALE - AGE 36 - 5’6" - 121 LBS. - 11 A.M.

2 5.6 / 6 21 C 4M 14 / 10

Metabolic Efficiency = 42
AR's = 4
Reserve Energy = 40
Speed of Decline = 1
Biological Age = 55

The above lady has a tumor in the uterus. She has excessive flatulence, coughing and muscle cramps at night, difficulty concentrating, an eye discharge, swollen ankles in the afternoon, extreme hypoglycemia, very fast digestion so that little benefit is derived from her food, and not nearly enough assimilation of vitamins B and C and the mineral calcium. She has frequent bouts of diarrhea and probably has an allergy to wheat, milk products or white potatoes.

ARTHRITIS

FEMALE - AGE 53 - 5'1 " - 180 LBS. - 5 P.M.

3 5 / 8 33C 4M 13 / 7

Metabolic Efficiency = 69
AR's = 5
Reserve Energy = 67
Speed of Decline = 2
Biological Age = 60

The above female has arthritis, which is to be expected with her very acid urine pH that has, in all likelihood, been that way for many years. She has motion sickness, a metallic taste in her mouth and great distress when she eats greasy foods. This again is understandable with her very alkaline saliva pH. Her gallbladder may be full of stones. She is always exhausted because of the great strain her circulatory system is under. Pressure just wipes her out. High salts with an acid urine pH is a critical situation because abnormal ionization increases in these circumstances and "plating" occurs along the digestive tract. You may find ulcers, spastic colon, colitis or enteritis manifesting. An acid urine pH also breaks down ligament fibers which need vitamin C. Manipulative stress should not be put on an acid system because the overextended ligaments cannot hold the adjustment. The lack of vitamin C in this pH range also reduces the integrity of the cell wall and allows more leakage into the tissues from the capillaries. If the salts are high too, the cells disassociate more easily and breakdown accelerates. The pH is important to remedy because all healing will be retarded without the absorption of vitamin C. She is assimilating few vitamins and minerals. She still has Reserve Energy enough to get her through a cleansing program which she should begin immediately.

CONSTIPATION

FEMALE - AGE 31 - 5'- 100 LBS. - 10:30 A.M.

4. 2 7.2 / 7 46C 4M 13 / 4

Metabolic Efficiency = 64
AR's = 4
Reserve Energy = 62
Speed of Decline = 1
Biological Age = 43

The above lady is experiencing constipation, headaches, depression, tension in the chest area, slow protein digestion, hypoglycemia and probably has parasites. She is in a minor heart attack zone and has a raised fat level in her blood. The very high salts are quite hard on the body and particularly on the colon. The large spread between the nitrogens indicates a protein digestion problem. After being put on a 3 Day Turn Around Diet, her next set of numbers was:

2ND TEST

1 6.1 / 7 14C 4M 9 / 4

Metabolic Efficiency = 74
AR's = 5
Reserve Energy = 72
Speed of Decline = 1
Biological Age = 40

It is obvious that a significant change has occurred. The lemon water and strict diet has initiated a cleansing. The stress on the body has been greatly reduced. The hypoglycemia that was predictable in the first test is apparent in this test with a sugar reading of only 1. The pH's are in a much better range and the body is digesting food much better. The salts have dropped tremendously, relieving a lot of stress on the heart and circulatory system. The nitrogens have dropped as they should at this stage of the diet. Later, during the fast, they will rise as the excess protein byproducts that have been stored in the body are eliminated. If the sugars and salts go down but the nitrogens do not, it indicates that the person did not rest. The Metabolic Efficiency and Reserve Energy have risen in spite of a temporary increase in Adverse Relationships. This is a good sign of progress. From this point the cleansing program is continued with particular care given that the sugars do not go too low in the process. An increase in fruits is necessary rather than a reduction in the fluid intake.

BODY MUST HEAL ITSELF

Stating the tendencies which may be present given each of these sets of BIA® does not mean that they are necessarily manifest. Even if they are present, naming them does not remedy them. The body must heal itself. All we can do is to attempt to change the body's chemistry through diet and cleansing so that its energy level increases to the point where it can itself restore its biological norms. We can tell you what we would do if we had your particular numbers. We can guide, but not command; suggest but not compel. What you do at this point is up to you. What is your choice?

CHAPTER FIFTEEN

COLOR THERAPY

A Doctor of Nutripathy® may be well-versed in the art and science of Color Therapy, also known as Chromotherapy.

USED FOR CENTURIES

Chromotherapy, or the use of color to apply appropriate healing vibrations to weak or damaged human organs, has been in use for centuries. It uses gentle, naturally occurring vibratory emissions of a variety of colors to produce a desired bodily response. Its subtle healing influence is in contrast to the harsh, irritating vibrations introduced into the body by drugs and chemicals.

COLORS HAVE HEALING POWER

Just as the radiation of sunlight is absorbed by the nervous system and distributed by the bloodstream to various parts of the body, the rays of specific colors can be used to accomplish precise aims. Experience and judgment have shown the best rays to use for given results. Minor ailments can thus be treated at home before they become serious diseases.

Color therapy is, however, only one part of your total health program. It must be combined with other Nutripathic® recommendations on proper diet, sleep, cleanliness, breathing, exercise, spiritual growth, etc., to be of greatest benefit.

The following brief discussion of the attributes of the main colors will help you gain an understanding of how the colors are put to use.

GREEN

Green is the most important color. It carries the vital force to all parts of the body for repair. Green is the color of renewal, symbolically and functionally It acts on the body as a disinfectant and purifier. Green is reparative energy. It is the color of nitrogen. Nitrogen is an active element in amino acids, the building blocks of proteins. The potency of protein comes from nitrogen, a muscle and tissue builder.

BLUE

Blue is the ray initially indicated in any case of infection, whether local or systemic. An infectious condition indicates an excess of hydrogen and carbon in the body Hydrogen is red, carbon yellow. Blue is the affinity of red. Oxygen is blue. Radiating an infectious condition with the color blue produces the oxygen necessary for consuming the hydrogen. To eliminate the carbon, oxygen must convert it into carbon dioxide (C02), helping remove the heat producer. Perspiration results from both chemical processes, automatically reducing the fever. Blue contains half green and half violet. The green stimulates the current for the vital force. The violet acts to stimulate the spleen to produce more white corpuscles to bolster the body's defenses.

YELLOW

The color yellow is effective in a variety of conditions. It is the regenerative color for the abdominal region and is effectively used in common cases of indigestion, which can result from an imbalance of hydrochloric acid (HCl) in the stomach. HCl is a compound of hydrogen and chlorine, and is thus characterized by the red and green vibrations. The combination of half red and half green creates yellow. Bile, an essential digestant, is also compounded of half red and half green. The green makes the compound a powerful disinfectant, preventing the growth of harmful or excessive bacteria in the intestines. Whenever symptoms of indigestion or constipation appear, the body chemistry has slipped too far to the blue-violet (ultra-green) side. Radiating with yellow will stimulate the production of HCI. Yellow is a motor stimulant because its red stimulates peristaltic (bowel) movement. It is effective in unclogging the lymphatic system or drainage ducts of the body. When a cold is coming on, yellow is used to help clear toxins from the body It is also the chief color for treatment of paralytic conditions, used as a motor stimulant. It is used for muscular strain if there is no inflammation, which would require the application of blue.

LEMON

Lemon is a chronic alterative, effective in treating persistent disorders. It is half green and half yellow, but yellow itself is half red and half green; thus green, yellow and red are at work when lemon is applied. Red, not previously discussed, burns out garbage. Lemon "digs out" congestion and brings it to the surface. Kidney, liver and gallbladder disorders are greatly relieved by the application of lemon. It is also useful in removing scar tissue and abnormal growths. Lemon followed by green is an excellent tool in the treatment of fibrous cysts or tumors. Cancer responds to lemon. A deficiency of calcium, iron and iodine seems to be associated with cancer. Iron and iodine analyze as lemon, calcium and orange. Lemon is also important as a tissue and bone builder, stimulating the manufacture of collagen, an important component of vessel walls, tissues and bone. It is useful in bronchial congestion and clogged sinuses.

TURQUOISE

While lemon is a chronic alterative, turquoise, its affinity, is an acute alterative. It is applied in acute, sudden and recent conditions. Turquoise contains half green and half blue. It is a skin builder. Acute pain responds to turquoise. It may be further broken down into three-quarters green and one-quarter violet. Violet dulls the pain that usually accompanies acute cases, while the green cleanses and repairs.

ORANGE

Orange is a vitality color. Orange is three-quarters red and one-quarter green. It is a good fatigue color, respiratory stimulant and lung builder, carrying the potency of both calcium and copper. The red and yellow components of orange make it an excellent color with which to expose the abdomen in cases of constipation.

RED

Red is the warmest color, but it is also irritating and seldom used except as a local application. Red is irritating to the eyes and increases any inflammatory condition. It is stimulating mentally and benefits melancholia. When modified to pink, it can be used instead of orange on emotional people.

MAGENTA

Magenta, a dark red, is used when the body needs unusual strength. It is helpful to improve circulation and strengthen the heart.

INDIGO

Having three-quarters violet and one-quarter green, indigo has a powerful sedative action and is used against pain. It also serves as an astringent and a hemostatic.

You should understand that Color Therapy has been a very controversial subject over the years, mostly among non-practitioners, and not every Doctor of Nutripathy® uses this method of bringing the metabolism back into balance. However, the subject was covered during their training.

CHAPTER SIXTEEN

REFLEXOLOGY

REFLEX POINTS

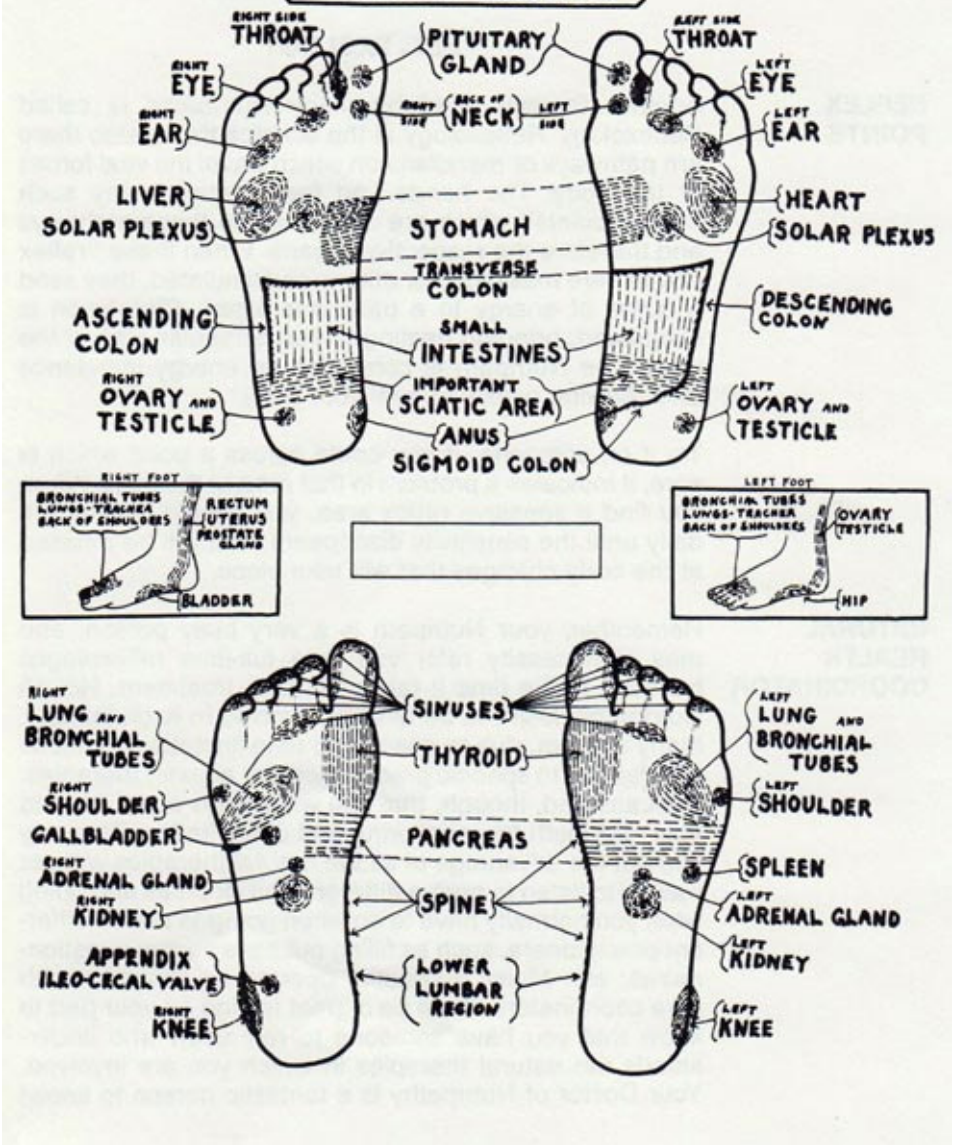
Another therapy used by many Doctors of Nutripathy® is called Reflexology. Reflexology is the science that states there are pathways or meridians on which travel the vital forces of the body The hands and feet contain many such "reflex points" which are connected to these pathways and therefore the respective organs. When these "reflex points" are massaged or otherwise stimulated, they send a surge of energy to a particular organ. Circulation is stimulated, bringing healing to this particular area of the body The Doctor of Nutripathy® is correcting an energy imbalance and allowing nature to heal your body

Try it on someone. If you come across a point which is sore, it indicates a problem in that area of the body When you find a sensitive reflex area, you should massage it daily until the sensitivity disappears. You will be amazed at the body changes that will take place.

NATURAL HEALTH COORDINATOR

Remember, your Doctor of Nutripathy® is a very busy person, and may of necessity refer you to a full-time reflexologist because of the time it takes for each treatment. Not all Doctors of Nutripathy® desire to be directly involved in each therapy Many of them, due to space and time limitations, choose to refer you to specific practitioners for adjunct therapies. Rest assured, though, that you will always come back to your Doctor of Nutripathy® for monitoring and consultation. This way you get the advantage of all the natural therapies without having to listen to twelve different philosophies and doing what you normally have to do when going to twelve different practitioners, such as filling out case history questionnaires, etc. Many Doctors of Nutripathy® operate as natural health care coordinators. It will be a great feeling on your part to know that you have someone to rely upon who understands the natural therapies in which you are involved. Your Doctor of Nutripathy® is a fantastic person to know!

NERVE REFLEX CHART FOR FOOT MASSAGE



CHAPTER SEVENTEEN

METABOLISM TYPES

WHAT IS METABOLISM?

Have you ever noticed that you might benefit greatly from taking a specific vitamin or eating a certain food, but when you speak to someone else about it and they try the same thing, they have no reaction or perhaps even feel worse? The root of this problem is that every person has a distinctive and personal "metabolism." What does this mean? Well, food goes through three processes: digestion, absorption and metabolism, in that order. The first two, digestion and absorption, break the food you eat down and get it through the small intestine and into the bloodstream. The third step, metabolism, is responsible for the chemical reactions that go on inside the cells. It has been compared to the burning of fuel. Its principle product is energy, but it also produces oxygen, carbon dioxide and water. It breaks down carbohydrates, fats and protein into their basic units, a process called catabolism, and puts them together again for specific uses, a process called anabolism. Metabolism converts extra glucose to amino acids or fat, extra protein to glucose or fat and extra fat to protein. It keeps the body at 98.6 degrees. It helps form, maintain and repair every cell in the body. In short, it is the utilization of food.

SPEED MAKES THE DIFFERENCE

So, everyone has a metabolism. What makes everyone different? The difference is in the speed of metabolism, how fast each person burns food for energy. There are slow metabolizers, normal metabolizers and fast metabolizers. If a slow metabolizer, what we call a vegetarian type, eats foods that take a long time to metabolize, they will have a lack of energy, as it has all been used to metabolize the food. Food that takes a long time to digest in a system that is slow at digestion in the first place just remains in the body too long and begins to rot and putrefy rather than digest and nourish, and can produce a variety of disease states. On the other hand, if a person with a fast metabolism, what we call a meat-eater, eats foods that digest quickly, they experience wild fluctuations in energy and will, over a period of time, develop a different set of health problems. Thus, no matter how nutritious the food, if it is the wrong kind for your particular metabolic personality, lack of energy and illness can result from its consumption.

By classifying each person into the proper type, it is easier to determine what foods and supplements need to be eaten to maintain a high degree of Metabolism Efficiency.

THE NERVOUS SYSTEM

The body has two nervous systems: the Central Nervous System and the Autonomic Nervous System.

The Central Nervous System is under the control of the conscious mind. It includes the brain and the nerves.

The Autonomic Nervous System is that part of the brain and nerves that carry on the function of the body and life over which we have no conscious control. The Autonomic Nervous System controls such life-sustaining activities as heartbeat, respiration, etc. It is the master regulator of the metabolism.

THE AUTONOMIC NERVOUS SYSTEM'S TWO PARTS

The Autonomic Nervous System is divided into two parts: the Sympathetic Nervous System and the Parasympathetic Nervous System. Each of these parts sends messages (electrical currents) to various spots in the body. The Sympathetic Nervous System sends messages which accelerate our bodily activity. The Parasympathetic System sends messages that retard our bodily activity.

It is the Autonomic Nervous System that plays the major role in the classification of the 3 Metabolic Types and the 4 Body Types.

SYMPATHETIC / VEGETARIAN TYPES

The first group is the Sympathetic Dominant or Vegetarian group. A vegetable, grain and fruit diet will balance their system better than other types of foods. These types can remain full for some time even without meat.

SYMPATHETIC / VEGETARIAN TYPE

Type 1 is a strict vegetarian. This Type can live comfortably on fruits, green and yellow vegetables and nuts. Meat does not sit well with them.

SYMPATHETIC / VEGETARIAN TYPE - MIXED

Type 2 is a non-strict vegetarian. This Type needs a small amount of animal protein daily, in addition to fruits, green and yellow vegetables and nuts.

PARASYMPATHETIC / CARNIVORE TYPES

These Types need a considerable amount of animal protein to best function. Other types of food will leave them still hungry and depressed.

PARASYMPATHETIC / CARNIVORE TYPE

This is a person who is extremely carnivorous. This Type feels better when consuming a large amount of butter, cream and milk each day. Yellow vegetables are also handled well.

PARASYMPATHETIC / CARNIVORE TYPE - MIXED

This Type is a combination of the extreme meat-eater and a balanced metabolizer. This Type needs meat, but can go several days without it and not incur problems.

BALANCED TYPES

Most people fall into this broad category. The Basic Food Groups do make sense for most of these people. Their Sympathetic and Parasympathetic Nervous Systems work well together in a normal balance of glandular activity.

These Types are a combination of the other Vegetarian and Carnivorous Types. They have a great deal of freedom in what they can eat. Whenever possible, the vegetables should be eaten raw. They are generally healthy, hardy people, but if they do get ill they will generally respond better and quicker to good nutrition than people in the other two groups.

The emotional make-up of people in this group is pretty much middle-of-the-road. They are not hyper like the Sympathetic dominant, nor hypo like the Parasympathetic dominant.

DETERMINATION OF METABOLISM TYPE

You may have grown up as one Metabolic Type and have changed at some point in your life to another Type. Many people go through major lifestyle alterations which end up changing their metabolism.

A questionnaire has been developed which is designed to determine your Metabolic Type. Ask your Doctor of Nutripathy® for the Metabolic Type Questionnaire. It will give you detailed information regarding your Type(s), as well as what to do about it.

There are no incurable diseases when God is involved. “God heals all our diseases” (Psalms 103:3). “You are the Temple of the Living God” (1 Corinthians 3:16). “Be ye therefore perfect, even as your Father which is in heaven is perfect.” (Matthew 5:48)

CHAPTER EIGHTEEN

KNOW YOUR MEMGRAM®

Your Doctor of Nutripathy® is also a Certified MemGram® Processor. What is a MemGram®? The below definitions will help you understand this chapter.

MEMGRAM®

Your MemGram® is the sum of your experiences since conception that have programmed your cells to be addicted to the opposite of what your Mind desires. This program controls you and is unknown to you until you experience MemGram® Processing, which is the process of unraveling, in the exact reverse order, the tightly bound web of experiences that have convinced your cells that happiness for you is most everything that you do not want your life to be. Once you understand what is your MemGram® and how it came to be, YOU will be free to control your destiny. You are here to learn what it *feels* like to be who you are not; you are not here to *be* who you are not, however, most people are living a life that they know is not who they really are. When you Know Your MemGram®, you Live A Transformed Life!

MEMGRAM® PROCESSING

MemGram® Processing is a telephone communication with a Certified MemGram® Processor who is trained to process your MemGram® Chart.

SOUL PATTERN

Your Soul Pattern is your inner strength. Who you really are. Who you want to be. What you want your life to be like. What your life would be like if there were no opposing radiation from people, places, circumstances, events (PPCE) making it difficult, if not impossible, for you to be who you really are; who you want to be; what you want to be; where you want to be; how you want to be. Your Soul Pattern is a gift from God. It is apparent in your personality. Your personality is unique to you. You are a unique, wonderful creation with a little spark of the Creator inside just waiting to bust out as soon as your cells stop believing that your MemGram® is happiness instead of everything that your Soul Pattern represents. You are here to learn to appreciate your Soul Pattern and to realize that you really do have the power that it represents. There is only one way to truly appreciate this great gift from God; you must learn what it *feels* like to be who you are *not*. This should not be confused with *being* who you are not. You can never *be* who you are not, but you can lose sight of, or faith in, who you are. This happens when you are tricked into believing that your MemGram® is real. Your Soul Pattern would manifest by default if it weren't for your Stress Pattern. This is the prime dichotomy of life. The

physical dimension is created by the resistance of dichotomies, i.e., male vs female; hot vs cold; light vs darkness; good vs evil, etc.

STRESS PATTERN

Your Stress Pattern is your inner weakness. An emotional energy pattern that was created when you were young. It was created when your personality internally resisted the people, places, circumstances and events (PPCE) who represented the radiation opposed to your true nature (soul pattern) and how you innately wanted your life to be. This PPCE is still attracted to you today because the cells of your body have become addicted to the emotional "high" that comes from having this opposition in your life. Your cells believe that the stimulation stemming from the negatives in your life represent happiness and life. Your Stress Pattern represents the plan AGAINST your life. It represents everything you don't like about your life. By understanding your Stress Pattern, it is possible to make decisions that help you achieve the happiness, health, success and romance you desire from life. Your Stress Pattern results in your cells developing an *Invisible Belief System*, which is your MemGram®.

BENEFITS

If your physical symptoms are the result of suppressed emotions (many are), then you can expect to see symptom changes. If emotional symptoms are a result of a suppressed MemGram®, then you can expect to see symptom changes. **You can expect more health, wealth, happiness, success and romance in your life. This is absolutely the best life-improvement technique ever discovered.**

YOUR BANANA PEELING

Little Johnny was an empathetic personality. He was sensitive to everyone and would go out of his way to help anyone avoid pain.

Little Johnny hated doctors. He hated doctors because every time he went he had to get a shot. Johnny hated shots because he didn't like the pain associated with the injection.

One day, Johnny had been sick for a week. His mother announced to Johnny that she was taking him to the doctor. Johnny was scared because he didn't want to get another injection. On the way to the doctor's office, Johnny's body was greatly stimulated by the fear of the "what-if" movie that he was experiencing. He was imagining what it was going to be like to get another shot.

At the door to the Doctor's office, someone had dropped a banana peeling on the floor. Johnny didn't see it and slipped on the banana peeling. Johnny fell on his butt, greatly bruising himself.

Johnny and his mother went into the doctor's office. After examining Johnny, the doctor announced that he was going to have to give Johnny an injection. Johnny was anxious, furious and scared. He started crying and wanted to run out of the room. His mother pulled down his pants and the doctor gave him an injection right on his sore butt, not noticing that there was a huge bruise that he could have avoided. Therefore, the injection was even more painful.

Ever since that day, Johnny has been allergic to bananas. They cause him to swell and to have stomach pain.

This is how your **MemGram®** works. Your Stress Pattern isn't necessarily logical. Your cells don't have a Mind, but they do have Memory. Bits and pieces of various memorable experiences can be put together to produce another stressful event. The people, places, circumstances (PPCE) may be different than the original, but the FEELING will always be the same.

When you understand YOUR banana peeling event(s), your entire life will begin to change. I look forward to helping you initiate this change. You CAN enjoy BEING, DOING, HAVING exactly what you desire. It is your birthright. Let your Doctor of Nutripathy® show you how.

A Doctor of Nutripathy® who has pursued his or her education through to the Doctor of Nutripathic Philosophy (PhD.) degree has been trained how to recognize the spiritual factors in your life that can cause your nutritional deficiency! This is a difficult task and also one that is left out of every other natural healing profession. Doctors of Nutripathy® consider this area one of the most important.

In the beginning you may not be ready for MemGram® Processing. Your physical body may be so unbalanced that it has to be approached via the physical level for a few weeks. However, once you become aware of your health improving, you will also be at a different level of consciousness. This level of consciousness will now be one that is ready to listen to what you did to create the mess you were in. You will also want to be sure you do not make the same mental/emotional mistakes again.

You will be amazed at what your Doctor of Nutripathy® will be able to tell you about yourself just on the basis of a few tests and questionnaires. Many times you are too close to yourself to see your problem areas. You cannot count on your friends to point them out to you because they do not wish to offend you. At least that is what they say - actually they do not wish you to think poorly of them. That is the real reason for them not being outspoken.

We are primarily spiritual beings living in a physical world, and to neglect the spiritual part of ourselves is to fail in our principal task in life. Doctors of Nutripathy® believe that disease in the physical body is a reflection of a disease of the spirit, that disease is the end result of mental attitudes, moods or states of mind that are common to the whole man. Therefore, a very important part of healing physical problems is determining where

the spiritual problem lies and healing that. Once that is done, the physical problem will disappear of itself. It is better to treat the attitude of the person who has the disease than to treat the disease which has evolved from the person's attitude.

STRESS = RADIATION

MemGram® Processing is designed to assist in removing the radioactive (stress) emissions emanating from traumas that are continuing to radiate you and steal your physical, mental and emotional energy. Everyone has experienced these traumas and is continually affected by them. For example, when most people are asked to recall at least one past traumatic situation, they find it very easy to do.

TWO CAUSES OF DISEASE

For any disease, there is a physical cause as well as a metaphysical cause. For a permanent healing to take place, both causes need to be identified and remedied. We believe it is possible to determine both causes of disease in the human body by analyzing the urine and saliva. This test is available as the Biological Immunity Analysis®.

PAST TRAUMAS

The traumas we speak of are the result of living a life based on a belief system that is out of tune with our true self. A common example is where a person is compelled by others to practice and live according to guidelines dictated by them instead of allowing the individual to choose to do so because of personal convictions based on personal experience and observation.

SOUL PATTERN

Our Soul Pattern is a pattern with which we are born. It is the result of a genetic focus resulting from our genealogy and past experiences. It cannot be changed. It incorporates the purpose for which we exist. Our Soul Pattern is something we bring into this physical dimension with us. It contains our strengths. However, if we overdo these strengths they become our weakness and cause us all kinds of traumas. Unfortunately, many people find themselves in this position.

STRESS PATTERN

Our Stress Pattern becomes us and we become our Stress Pattern. Unlike our Soul Pattern, our Stress Pattern can be changed, but only by ourselves. In order to change your Stress Pattern, you must change your life. To do this, you must understand your Stress Pattern. This is where Stress Pattern Report provides much help and insight. You can change your life ONLY when you are fully cognizant of your Stress Pattern and who the people, places, circumstances, events (PPCE) are that are the "players" in your movie called "life."

KNOW THYSELF

Once we understand your Stress Pattern, we can then adapt. We understand our Stress Pattern by analyzing a series of traumatic experiences. They all have the same basic format. Once we understand who and what we are, we become a creative, powerful and productive individual, able to achieve whatever it is that we truly desire to be, do and have.

RESISTANCE ENERGY

As we proceed through life based on addictions out of tune with our Soul Pattern, we gradually build up resistance energy. Ultimately, this resistance energy accumulates enough mass to manifest as a traumatic physical experience, symptom and/or disease. When the trauma happens, it may be physical, mental, or emotional. No matter what it is, it accomplishes one important purpose; it temporarily removes the pressure. We become involved in the illusion of the trauma and forget about how it came about. Unless the judgment is resolved, life gets back to normal and we once again begin to build up resistance energy only to precipitate another trauma. This happens time and time again throughout our life until we finally discover a way to get in touch with our Stress Pattern, or we die, never having the experience of being who we really are.

NEUTRALIZE THE RADIATION

Certified MemGram® Processors have the training necessary to help you shine the light of today's wisdom on your past traumas. This neutralizes the radiation of the past traumas and reduces them to nothing more than just a memory. MemGram® Processing helps you get in touch with the emotions experienced during the Trauma so you can see how the same emotions are embedded in your present. *Your present becomes your future as long as you do not change your perception of the past.*

BENEFITS

Once we discover our MemGram®, exciting things happen:

- We learn how we have participated in the creation of our disease process.
- Our life takes on new meaning, purpose and direction.
- By being in tune with our Soul Pattern we discontinue creating new traumatic situations.
- We put an end to premature aging.
- We celebrate abundance.
- We connect with our purpose.
- We enjoy the cellular experience of the joy and grace underlying every moment.
- We become open to giving and receiving.

- We learn to express our talents and gifts by truly integrating our strengths.
- We experience clarity and courage to do what we most love to do.
- We practice unconditional love and support.
- We experience this natural flow of unconditional energy within and without.
- We learn to give up the need to personally control the details.
- We learn to surrender personal will to the direction of Universal will.

CHAPTER NINETEEN

YOUR DOCTOR OF NUTRIPATHY® AND YOU

You probably have a veterinarian, a dentist, a Medical Doctor, an optometrist, a business consultant, a tax consultant, a lawyer, an investment counselor, a Chiropractor, a Naturopath and who knows what else.

Chances are, there is one area of health care presently being neglected: your nutritional well-being. I am a nutrition professional, and I cannot keep up with the avalanche of new information being released daily. It is no wonder that you can't either. Where do you start? Start by consulting your Doctor of Nutripathy®. Your Doctor of Nutripathy® has had some of the best practical nutritional training available. The recommendations you receive will be the result of hundreds, if not thousands, of hours spent in education and training in practical nutrition. It will be personal. It will be specific. Nothing will be done by guesswork.

Your Doctor of Nutripathy® is required to keep abreast of the latest nutritional updates. Through this education, you are assured of a competent Doctor of Nutripathy® to serve you, your family and your friends.

The Nutripathic® profession is new. You may not know of a Doctor of Nutripathy® near you. There may not be enough of them for the telephone company to have created a separate category for them. Check under "Nutritionists." If there is no listing, you may write or call North American University, POB 31322 , Phoenix, Arizona 85046, (855-285-4116. Request the name, address and telephone number of the Doctor of Nutripathy® nearest you. They will send you this information.

It could be that a local Chiropractor, Medical Doctor, Osteopath, Naturopath or someone else near you is fully trained in the art and science of Nutripathy®. It is a good idea to ask.

Perhaps you are interested in the profession? There are Doctors of Nutripathy® who have a full-time practice. There are those who practice Nutripathy® on a part-time basis. Some practitioners, such as Chiropractors, use the Nutripathic® concepts along with their profession. Some take the course to learn more about nutrition for themselves and their families. Some approach the subject with great expectations of building a large nutritional consulting practice. Some take the course to enable them to work in conjunction with a licensed professional in the healing arts.

This book is definitely the first place to start, no matter if you are thinking about going to a Doctor of Nutripathy® or becoming one. You should know everything in here backwards and forwards.

Please don't expect your Doctor of Nutripathy®, unless they are also a licensed professional, to diagnose or treat a disease. Your Doctor of Nutripathy® is only concerned with health. A Doctor of Nutripathy® is not, at the time of the publishing of this book, a licensed doctor recognized by any state government to treat disease.

Therefore, please don't ask your Doctor of Nutripathy® about disease, or to treat your disease, or to confirm that you do or don't have a certain disease. Your Nutripath, unless also a licensed doctor, is not legally permitted to do this. To place your Doctor of Nutripathy® in this kind of position is to place the entire profession in jeopardy.

CHAPTER TWENTY

NUTRIPATHY® AND UNIVERSAL LAW

Nutripathy® is based upon a belief that God created man, earth and everything on it, the universe and beyond. It has been my experience that most, if not all, other sciences are based on the evolutionary or agnostic concept.

GARBAGE IN, GARBAGE OUT

Nutripathy® is a departure from that concept. God created your body to operate a certain way God also created the foods to be put into your body Your body works like a computer, and in computer terms, GIGO - Garbage In, Garbage Out. The garbage out is degenerative disease. Your Doctor of Nutripathy® helps you discover the laws of God which involve nutrition. Your Doctor of Nutripathy® teaches you how to live those laws so you may benefit from the use of them.

1.5 6.4 / 6.4 7C 1 M 3 / 3

The above urine/saliva analysis is a part of your Nutripathic® Profile. This, accompanied by a perfect Hair Analysis, is a Portrait that God has in mind for you. As long as your urine/saliva analysis looks like this, you cannot be sick. When you violate God's decreed diet, your Nutripathic® Portrait will change to reflect the price you will have to pay.

FAITH IS VERY IMPORTANT

If you do not believe in God, and in man as God's creation, then you probably won't believe in the specific dietary needs decreed by God. If this is the case, then you should consider NOT going to see a Doctor of Nutripathy®. Chances are your faith is not strong enough to withstand the detoxification process involved in Phase 1. If you do believe, then Nutripathy® gives you the hope of perfect health.

Good health is no mystery to those who have seen a Doctor of Nutripathy® and followed the personal nutritional recommendations. This is not because the Doctor of Nutripathy® is treating disease; it is because if you improve your nutrition, you will improve your health. It really is that simple. In fact, it is so simple that, when it works on you, you will probably think it is a miracle. It is no miracle. It is simply universal law, a truth, good, love, sharing, another gift of God given to you.

What is not so simple is how to know what to do about your nutritional needs. Have you ever read conflicting articles or books dealing with nutrition only to be more confused?

YOUR FINAL SOLUTION

What to do ... that is the question. Make it easy on yourself. Find out what your Nutripathic® Profile looks like. You could discover, like so many others have before you, that Nutripathy® is indeed the final solution to your health dilemma.

CHAPTER TWENTY-ONE

VITAMIN DEFICIENCY SYMPTOMS AND SOURCES

BIOFLAVONOIDS AND RUTIN

DEFICIENCY SYMPTOMS:
Capillary fragility; miscarriage; susceptibility to infections; purplish spots on skin; easily bruised
FOOD SOURCES:
Citrus, lemons, grapefruit, oranges, especially the white membrane lining the peeling, grapes, plums, black currants, apricots, cherries, blackberries.

BIOTIN

DEFICIENCY SYMPTOMS:
Scaliness of the skin; depression; lassitude; sleepiness; muscle pains; excessive sensitivity to touch; loss of appetite; nausea; heart distress; dermatitis; sore tongue
FOOD SOURCES:
Wheat germ, liver, organ meats, brewer's yeast, cauliflower, beans, peas, peanuts

CHOLINE

DEFICIENCY SYMPTOMS:
Cirrhosis and fatty degeneration of the liver; hardening of the arteries; seborrheic dermatitis; hemorrhagic lesions in the kidneys and heart muscle
FOOD SOURCES:
Green beans, soybeans, egg yolk, lamb kidney, beef liver, peas, spinach, brewer's yeast, wheat germ

FOLIC ACID

DEFICIENCY SYMPTOMS:
Nutritional macrocytic anemia; diarrhea; inflammation of the tongue; gastrointestinal disorders; leukopenia or decrease in white corpuscles; birth deformities
FOOD SOURCES:
Brewer's yeast, liver, wheat germ, soy flour, garbanzo beans, greens, wheat bran

INOSITOL

DEFICIENCY SYMPTOMS:
High cholesterol; constipation; cirrhosis of the liver; skin degeneration
FOOD SOURCES:

Dried lima beans, beef heart, desiccated liver, cantaloupe, grapefruit, peaches, peanuts, oranges, peas, raisins, wheat germ, cabbage, brewer's yeast

PABA

DEFICIENCY SYMPTOMS:
Lack of folic acid production by intestinal bacteria; fatigue; anemia; eczema; skin disorders; scleroderma; lupus; loss of skin pigmentation
FOOD SOURCES: Brewer's yeast, liver, whole grains

PANTOTHENIC ACID

DEFICIENCY SYMPTOMS:
Fatigue; breathlessness; fainting spells; disturbed pulse rate; burning feet; weak adrenal glands; personality changes; dizziness; rapid heartbeat; gastric distress; constipation; numbness of extremities; burning hands and feet; arthritis; hypoglycemia
FOOD SOURCES:
Liver, brewer's yeast, egg yolk, peanuts, wheat germ, dates, legumes

VITAMIN A

DEFICIENCY SYMPTOMS:
Night blindness; increased susceptibility to infections, especially of the respiratory and urinary tracts; ear and mouth abscesses; acne; lack of tears; breakdown of the mucous membranes of the eye, gastrointestinal tract, mouth and respiratory tract; dry, scaly skin; lack of appetite and vigor; defective teeth and gums; retarded growth; itching/burning/red eyelids; frequent colds, sinus infections and pneumonia; poor teeth; hard deposits around hair follicles; hardening of cornea
FOOD SOURCES:
Beef liver, carrots dried apricots, sweet potatoes, collard and dandelion greens, Swiss chard, spinach, pumpkin, papaya, persimmons, cantaloupe, nectarines, oats, butter, whole eggs, yellow foods, tomatoes

VITAMIN B-1 - THIAMINE

DEFICIENCY SYMPTOMS:
Palpitations; fast heartbeat; elevated venous pressure; neuritis; loss of ankle and knee jerk reflexes; forgetfulness; vague fears; feeling of persecution; confusion; loss'of appetite; weakness and lassitude; nervous irritability; insomnia; loss of weight; vague aches and pains; mental depression; constipation; impaired growth in children; periberi; numb, tingling hands and feet; pains and stiffness in legs; energy formation cannot take place; enzymes cannot function; cardiac arrest; enlarged heart
FOOD SOURCES:
Barley, almonds, dry beans, beef heart, wheat bran, cashews, farina, beef kidney, liver, oats, soybeans, brewer's yeast, wheat germ, legumes

VITAMIN B-2 - RIBOFLAVIN

DEFICIENCY SYMPTOMS:
Itching and burning eyes; cracking at the corners of the mouth; inflammation of the mouth; bloodshot eyes; sore, smooth, purplish tongue; scaliness around the nose or ears; burning, dry eyes; distress in very bright light; dizziness; mental sluggishness; susceptibility to infectious diseases; sensation of sand on inside of eyelids, cataracts; energy formation cannot take place; enzymes cannot function; dermatitis
FOOD SOURCES:
Dry beans, cheddar cheese, greens, whole eggs, soy flour, hickory nuts, beef kidney, liver, milk, wheat germ, brewer's yeast, organ meats

VITAMIN B-3 - NIACIN

DEFICIENCY SYMPTOMS:
Pellagra; inflammation of the tongue and lining of the mouth; digestive disorders; mental depression; diarrhea; nausea; insomnia; abdominal pain; irritability; loss of appetite; anxiety; fatigue; numbness in various parts of the body; backache; headache; energy formation cannot take place; enzymes cannot function; dermatitis; dementia
FOOD SOURCES:
Almonds, beef, buckwheat, whole grains, beef heart/ kidney, lamb, liver, peanut butter, brewer's yeast, fish, potatoes, fowl, peanuts

VITAMIN B-6 - PYRODOXINE

DEFICIENCY SYMPTOMS:
Nervousness; insomnia; skin eruptions; loss of muscular control; muscular rigidity and stiffness; dizziness; nausea; edema; numbness of hands and feet; green-tinted urine; anemia (not due to iron insufficiency); dermatitis; smooth tongue
FOOD SOURCES:
Dry beans, liver, beef, cabbage, sweet potatoes, molasses, brewer's yeast, whole wheat

VITAMIN B-12

DEFICIENCY SYMPTOMS:
Pernicious anemia; poor appetite; tiredness; nerve pain; lack of growth in children; gastrointestinal disorders; poor memory; red blood cells affected
FOOD SOURCES:
Liver, egg yolk, cheese, Spirulina, leg of lamb, beef kidney, bananas, kelp, peanuts

VITAMIN C

DEFICIENCY SYMPTOMS:
Hemorrhages in the eye; inflamed gums; joint pain; excessive hair loss; restlessness; irritability; listlessness; lack of endurance; fleeting pains in legs; easily bruised; scurvy; wounds do not heal; poor bone formation; sagging skin
FOOD SOURCES:

Asparagus, greens, cantaloupe, broccoli, cabbage, citrus, parsley, peas, peppers, rose hips, berries, tomatoes, watercress

VITAMIN D

DEFICIENCY SYMPTOMS:
Rickets; tooth decay; retarded growth in children; lack of vigor; muscular weakness; abnormal bone development; osteomalacia (demineralization and softening of the bones); arthritis; fatigue
FOOD SOURCES:
Herring, salmon, tuna, milk, sunlight, sunflower seeds, sprouted seeds, egg yolk, butter, fish liver oils

VITAMIN E

DEFICIENCY SYMPTOMS:
Fragile red blood cells; possibly loss of reproductive ability; muscular disorders; excessive scarring; abnormal blood viscosity; accelerated aging; wounds do not heal; anemia; nutritional muscular dystrophy
FOOD SOURCES:
Butter, corn, wheat germ and soybean oils, oats whole grains, brown rice, peas, whole eggs , dry beans, sprouted seeds, green leafy vegetables, cold-pressed oils

VITAMIN F

DEFICIENCY SYMPTOMS:
Eczema and other skin disorders; arrested growth; raised metabolic rate; kidney disorders; impaired reproductive function
FOOD SOURCES:
Animal fats such as butter, and vegetable fats such as corn, wheat germ and peanut oils

VITAMIN K

DEFICIENCY SYMPTOMS:
Frequent nosebleeds; delayed clotting; internal bleeding
FOOD SOURCES:
Alfalfa, spinach, kale, cabbage, cauliflower, peas, carrot tops, blackstrap molasses, liver, egg yolk, soybean and fish liver oils, green leafy vegetables, tomatoes

CALCIUM

DEFICIENCY SYMPTOMS:
Stunted growth; poor bone and tooth formation; leg cramps and spasms; excessive or lengthy menstruation; nervousness; irritability; rickets, osteoporosis; osteornalacia; multiple sclerosis; heart problems; hypertension; emotion al/nervous disorders; arthritis; high cholesterol; mononucleosis
FOOD SOURCES:

Sesame seeds, seaweed, green vegetable leaves, almonds, citrus peelings, sunflower seeds, kelp, parsley, watercress, wheat bran, okra, cheese, turnips, endive, cauliflower, celery, apricots, eggs, milk, parsnips, potatoes, broccoli, molasses, cabbage

CHLORINE

DEFICIENCY SYMPTOMS:
Digestive disturbances; weight loss; acid/base imbalance; dribbling urine
FOOD SOURCES:
Tomatoes, celery, kelp, kale, turnips, lettuce, avocados, dates, coconuts, watercress, oats

CHROMIUM

DEFICIENCY SYMPTOMS:
Glucose intolerance; possibly maturity-on-set diabetes and atherosclerosis; slow metabolism; slowed growth
FOOD SOURCES:
Whole grains

COPPER

DEFICIENCY SYMPTOMS:
Retarded hemoglobin production; impaired respiration; general debility; limited growth; anemia; skin sores; iron absorption impaired; decreased energy formation; nerve sheathes unformed
FOOD SOURCES:
Nuts, legumes, whole grains, peas, almonds, green vegetables, liver, prunes, raisins

FLUORINE

DEFICIENCY SYMPTOMS:
Tooth decay; spinal curvature; weak eyesight (excess causes mottled teeth)
FOOD SOURCES:
Almonds, carrots, beets, turnips, dandelion greens, spinach, milk, cheese, garlic

IODINE

DEFICIENCY SYMPTOMS:
Goiter; cretinism; susceptibility to infections; general weakness; low body and mental activity; nervous disturbances; dry hair; brittle nails; obesity; bulging eyeballs
FOOD SOURCES:
Kelp, dulse, Swiss chard, turnip greens, watermelon, spinach, asparagus, kale, blueberries, summer squash, cucumbers, seafood, garlic, green vegetables, pears, pineapple, Sprinkle

IRON

DEFICIENCY SYMPTOMS:
Anemia; pallor; limited growth; lack of vitality; shortness of breath; lack of appetite; headaches; enzyme function reduced
FOOD SOURCES:
Dulse, kelp, squash seeds, sesame seeds, green vegetable leaves, liver, brown rice, dried beans, sunflower seeds, apricots, peaches, bananas, blackstrap molasses, beets, prunes, raisins, egg yolks

MAGNESIUM

DEFICIENCY SYMPTOMS:
Soft bones; digestive disorders; exhaustion; irritability; nervousness; fast heartbeat; convulsions, poor complexion; tics and twitches; kidney problems; edema; fatigue; hair loss; senility; temper tantrums; liver ailments; kidney disease; anemia; alcoholism; cancer; prostate disorders; colon problems; ovary degeneration; constipation
FOOD SOURCES:
Kelp, almonds, legumes, dried fruit, dates, bananas, potatoes, green vegetable leaves, whole wheat, peanuts, sesame seeds, carrots, brown rice, oats, celery, garlic, lettuce, nuts raisins, oranges, lemons

MANGANESE

DEFICIENCY SYMPTOMS:
Weak tissue respiration; stunted growth; glandular disorders; reproductive problems; weak ligaments and tendons; possibly diabetes, myasthenia gravis and multiple sclerosis; disturbed lipid metabolism; lupus; poor sense of balance; hypothyroidism; atherosclerosis
FOOD SOURCES:
Parsley, carrots, celery, beets, cucumbers, chives, peas, bran, green vegetables, kelp, egg yolk

PHOSPHORUS

DEFICIENCY SYMPTOMS:
Poor mineralization of bones; stunted growth; rickets; weight loss; general weakness; irregular breathing; arthritis; pyorrhea
FOOD SOURCES:
Seeds, nuts, legumes, grains, seaweed, dried fruit, green vegetable leaves, whole wheat, brown rice, sunflower seeds, meat, fish, fowl

POTASSIUM

DEFICIENCY SYMPTOMS:
Stunted growth; constipation; muscular weakness; incomplete digestion; edema; irregular heartbeat; nervousness; kidney malfunction; diabetic acidosis; paralysis; lung problems; mental disorders; bone marrow problems; thyroid malfunction; glandular control

disorders; acid/base imbalance; poor metabolism of carbohydrates, fats and proteins; energy is not released; cardiac arrest
FOOD SOURCES:
Seaweed, legumes, dried fruit, nuts avocados, green vegetable leaves, bananas, carrots, beets, radishes, brown rice, whole wheat, carrots, eggplant, peaches, squash, onions, olives, plums, watermelons, coconut

SELENIUM

DEFICIENCY SYMPTOMS:
Poor tissue respiration; infections; liver or muscle disease; possibly cancer
FOOD SOURCES: Meat, seafood, brewer's yeast (except Torula)

SILICON

DEFICIENCY SYMPTOMS:
Susceptibility to infectious diseases; poor nail and hair growth
FOOD SOURCES:
Lettuce, dandelion greens, strawberries, cucumbers, sunflower seeds, parsnips, asparagus, rice bran, onions, almonds, parsnips, kelp, beets, apples, grapes

SODIUM

DEFICIENCY SYMPTOMS:
Nausea; diarrhea; muscular cramps; digestive disorders; general debility; weight loss; dehydration; acid/base imbalance; poor circulation
FOOD SOURCES:
Kelp, dulse, beet greens, celery, kale, carrot, raisins, radishes, dried fruit, sesame seeds, turnips, watermelon, romaine, asparagus

SULFUR

DEFICIENCY SYMPTOMS:
Stunted growth; eczema; dermatitis; poor growth of nails and hair
FOOD SOURCES:
Kale, turnips, raspberries, kelp, lettuce, watercress, Brussels sprouts, cabbage, oat straw tea, green beans, meat, fowl, legumes

ZINC

DEFICIENCY SYMPTOMS:
Impaired intestinal absorption, stunted growth; fatigue; susceptibility to infections; slow wound healing; prostatitis; sterility; loss of taste sensitivity; possibly diabetes; skin lesions; learning problems; hormonal disorders; cancer; atherosclerosis
FOOD SOURCES:
Wheat germ/bran, milk, eggs, seeds, nuts, green vegetables, onions.

CHAPTER TWENTY-TWO

HERBS AND THEIR USES

ANISE

Expels gas from bowels when caused by fermentation. Good for colic. Has a licorice-like taste.

ALFALFA

Used for anemia, arthritis, pituitary hormone. Fantastic body builder. Contains more vitamins and minerals than any other plant, also including the 8 essential amino acids.

ARROWROOT

Soothing to the mucous membranes. Nutritious for infants. Superior to cornstarch as a thickener.

BARBERRY

Blood purifier. For the liver, gallbladder. Helps improve the appetite by promoting bile secretion. Useful in high blood pressure, as it dilates the blood vessels.

BASIL

Mild nerve tonic. Use as a poultice to draw poison from a wound.

BAYBERRY

Powerful cleanser. Stimulating and tonic properties. Useful as a gargle in sore throats and for stomach ailments. Stimulates the entire circulation and tones up the tissues. Excellent for female organs, especially the uterus during pregnancy.

BAY LEAVES

Tones and strengthens the digestive organs. Good for flatulence and cramps.

BLACK COHOSH

Black Cohosh is a natural source of estrogen. For hot flashes, menopause. If headaches occur taking this herb, the body has sufficient estrogen and this should not be taken.

BLACK WALNUT

Used successfully in a tincture for poison ivy, ringworm and other types of skin disorders. Used for parasites. May be used as a power to brush the teeth.

BLESSED THISTLE

Increases and makes richer the milk of nursing mothers. Hormone imbalance.

BONESET

Produces perspiration and lessens fever. Expectorant and mildly laxative. Effective in ailments related to the mucous membranes, such as asthma and emphysema.

BRIGHAM TEA (MORMON TEA, SQUAW TEA)

For nosebleeds and sinus problems, the tea is snuffed up the nose. Useful in asthma conditions. Can cause nervousness.

BUCHU

Excellent diuretic and extremely effective in ailments of the urinary organs. Soothes enlarged prostate glands.

BUCKTHORN

For chronic constipation, skin diseases, hemorrhoids, gout, gallstones.

BURDOCK

Blood purifier and cleanser of the entire system. Apply as a salve or poultice for external skin ailments. Helps reduce swelling and deposits in joints. Helps regulate urine flow.

CAPSICUM

Unsurpassed as a stimulant aiding the body in healing itself. Can be used externally and internally. Helps heal ulcers by cauterizing them. Inhibits hemorrhaging. Excellent for digestive and circulatory systems.

CARAWAY

For colds, stomach and bowel disorders, colic in babies. General tonic. Use 1 tablespoon to 1 quart water to make a tea and strain.

CHAMOMILE

General tonic for weak stomachs and nervous disorders. Has been used as a cleanser for those who have been on drugs for an extended length of time.

CHAPARRAL

Used for acne, warts, allergies, arthritis, cataracts, prostate, psoriasis, as a blood purifier and to stimulate hair growth.

CHICORY

Coffee substitute. For jaundice and rheumatic conditions.

EYEBRIGHT

For eye ailments. Has been known to strengthen the eyes and improve the eyesight.

FENNEL

Appetite depressant. For stomach cramps, gas and colic. Excellent as a flavoring. To increase the milk in nursing mothers.

FENUGREEK

Gargle for sore throat. General healing. Intestinal lubricant and healing for intestinal ulcers. Externally as a poultice for skin irritations.

GARLIC

A natural antibiotic which does not harm beneficial bacteria. Diuretic and expectorant, for coughs and colds. Used to lower high blood pressure. Peel clove and insert in anus to heal hemorrhoids.

GINGER

Will open skin pores to get rid of wastes in colds and flu if 3-4 tablespoons are added to a warm bath. Take before each meal and intestinal flatulence.

GINSENG

Regulates male hormones. Increases energy.

GOLDENSEAL

Multi-useful herb, for diseases of mucous membranes, as an eyewash, for internal and external sores. used as a tonic, it is laxative and antiseptic. Best avoided in hypoglycemia (Myrrh substituted).

GOTU KOLA

For age spots, endurance, high blood pressure, poor memory, menopause, mental fatigue, for the pituitary. Overall tonic.

HAWTHORN

For disorders of the heart. Removes crusty matter from blood vessels. Can cause dizziness if taken in large doses. HOPS Relaxer, promotes restful sleep. Use for body/tooth aches. Diuretic.

HOREHOUND

For colds, coughs, pulmonary ailments. External cleanser. For suppressed menstruation.

HORSERADISH

Will clear nasal passages in nursing babies - cut the fresh herb and let the baby smell the fumes. Also good for swollen liver and spleen.

HORSETAIL

High in silicon for strong nails and hair.

HYSSOP

Body cleanser and purifier. Loosens phlegm, increases circulation. Often lowers high blood pressure. Boil in vinegar and rinse the mouth with it for toothache.

JOJOBA

For baldness, dandruff, psoriasis, hair problems.

JUNIPER BERRY

Stimulates kidneys, diuretic. Tea can be applied to insect bites and bee stings. For adrenal glands and pancreas.

KELP

Natural source of sodium. For pituitary, anemia, adrenal glands, thyroid, colitis, leg cramps, eczema, goiter, menopause, prostate, weight distribution.

LICORICE

For coughs and chest ailments. It is fifty times sweeter than sugar and is used to maintain the sugar level in hypoglycemics. Contains natural hormones.

LOBELIA

Powerful relaxant. Loosens excess mucous. Emetic, anti-spasmatic. Thorough and rapid cleanser, so used sparingly. Can be used as tincture for croup, asthma, earache and ringworm.

MARSHMALLOW

Makes milk in nursing mothers richer.

MISTLETOE

Nerve remedy, for female ailments and to lower high blood pressure. Used only in tiny amounts, as it may cause vomiting.

MULLEIN

For asthma and other lung problems. Taken internally or inhaled. Good for glandular swellings. Bowel normalizer for diarrhea, dysentery or rectal bleeding. Food for diaper rash.

MYRRH

Used as a wash for mouth infections. Good antiseptic for sores. Stimulates and heals the lungs and ulcers. Helps heal and prevent infection.

NETTLE

Diuretic. Tea is a good hair tonic.

OAT STRAW

High in silicon for strong nails and hair.

PAPAYA

Contains papain, an enzyme similar to pepsin which is produced by the stomach.

PARSLEY

Diuretic. Useful in obstruction of liver and spleen. Said to expel gallstones. Tea is rich in potassium. Fresh leaves contain much blood-purifying chlorophyll and organic iron, are good for bad breath.

PENNYROYAL

Should not be used during pregnancy, as it may cause spontaneous abortion. Used at time of delivery with other herbs to make the birth easier.

PEPPERMINT

Stimulating to entire digestive system. Allays nausea and flatulence. For colds, headaches. Good as a bath for itching skin. Flavorful tea.

PSYLLIUM

Helps lubricate and heal the intestinal tract. Also moistens and acts as a bulk agent.

RASPBERRY LEAF

Used as a mouthwash for infections. Drink throughout pregnancy to strengthen walls of uterus and for morning sickness.

RED CLOVER

Blood purifier. Soothing to nerves. Heals external sores.

ROSE HIPS

Very high in vitamin C.

ROSEMARY

For stomach and nerves. General tonic. Excellent as a hair tonic. SAFFLOWERS Used in hypoglycemia to alleviate fatigue and muscle cramps after exercise. Reduces uric acid levels. Good for edema, gout, digestion.

SAGE

Gargle for mouth and throat infections. Normalizes menstruation. Tea can be used as a hair rinse to maintain color.

SARSAPARILLA

Blood purifier, remedy for infections. Expels gas from bowel. Eyewash. contains hormones for both sexes. Useful for teenage boys with complexion problems due to hormone imbalance.

SAW PALMETTO

Helps underweight people gain weight. Helps develop breasts.

SCULLCAP

Nerve tonic, anti-spasmodic. For high blood pressure, convulsions. hangovers, hypoglycemia, indigestion, insomnia, nerves.

SENNA

Laxative, but it can cause cramps, so should be used carefully in small quantities. Soak raisins in senna tea for parasite removal.

SLIPPERY ELM

Remedy for weakness and inflammations. Useful as a nutritive thickening agent in cooking. Soothing to wounds, ulcrs, internal and external irritations.

ST. JOHNSWORT

For the afterpain in childbirth, anemia, coughs, diarrhea, gout, the heart, lungs, nerves and wounds.

THYME

For asthma, cramps, diarrhea, digestion, fever, headache, heartburn, menstruation, nerves, stomach.

UVA URSI

For bronchitis, cystitis, diabetes, digestion, female problems, kidneys, liver, obesity, pancreas, prostate, spleen,, uterus.

VALERIAN ROOT

For acne, high blood pressure, colds, digestion, fever, flatulence, heart, hypoglycemia, insomnia, nerves, ulcers.

WHITE OAK BARK

Tea will set loose teeth and heal most mouth sores. Apply tea to a cloth to lay on varicose veins to help reduce size.

WOOD BETONY

For asthma, bladder, bronchitis, coughs, diarrhea, gout, heart, indigestion, inflammation, kidneys, nerves, varicose veins, parasites, neuralgia, migraines.

YELLOW DOCK

Blood purifier, anemia, liver. Useful for itching anywhere in the body.

HERBAL COMBINATIONS AND THEIR USES

APS

CONTENTS:
Capsicum, Valerian Root, Wild Lettuce
USES: For the afterpain of childbirth, arthritis, cramps, headache, toothache

ART FORMULA

CONTENTS:
Yucca, Hydrangea, Brigham Tea, Burdock Root, Chaparral, Black Walnut, Wild Lettuce, Sarsaparilla Root, Valerian Root, Capsicum, Black Cohosh, Chelated Minerals
USES: For arthritis, bursitis, gout, lupus, rheumatism

AST FORMULA

CONTENTS:
Brigham Tea, Marshmallow Root, Burdock Root, Goldenseal Root, Chaparral, Parsley, Capsicum
USES: For asthma, allergies, bronchitis, hay fever, mucus, sinuses, bites and stings

BP

CONTENTS:
Barberry, Burdock, Cascara Sagrada, Chaparral, Dandelion, Licorice, Red Cover, Sarsaparilla, Yarrow, Yellow Dock
USES: A blood purifier, for skin problems, tumors, cleansing

CA

CONTENTS:
Alfalfa, Comfrey, Horsetail, Irish Moss, Lobelia, Oat Straw
USES: For teeth, bones, allergies, arthritis, "charlie horses," nerves, calcium deficiency

CAPSICUM/GARLIC

CONTENTS:
Capsicum, Garlic
USES: High blood pressure, colds, flu, circulation

CC-A

CONTENTS:

Capsicum, Chamomile, Goldenseal Root, Lemon Grass, Myrrh Gum, Peppermint Leaves, Rose Hips, Sage, Slippery Elm, Yarrow
USES: Colds, mucus, tonsillitis

COMFREY/FENUGREEK

CONTENTS:
Comfrey Root, Fenugreek Seed
USES: To draw mucus from the lungs, for hay fever, pneumonia

FEM FORMULA

CONTENTS:
Black Cohosh Root, Sarsaparilla, Ginseng, Licorice Root, False Unicorn, Holy Thistle, Squaw Vine
USES: Female problems, cramps, morning sickness, hormonal imbalance

FENUGREEK/THYME

CONTENTS:
Fenugreek Seed, Thyme
USES: Migraine headaches, mucus in head area

FV

CONTENTS:
Capsicum, Ginger Root, Goldenseal, Licorice Root
USES: Memory, drug withdrawal

HERBAL PUMPKIN

CONTENTS:
Cascara Sagrada Bark, Comfrey Root, Culvers Root, Mandrake Root, Mullein Leaves, Poke Root, Pumpkin Seeds, Slippery Elm, Violet Leaves, Witch Hazel Bark
USES: Parasites

HIGS

CONTENTS:
Capsicum, Echinacea Root, Myrrh Gum, Yarrow
USES: Infections (in hypoglycemics)

HS

CONTENTS:
Capsicum, Garlic, Hawthorn Berries
USES: Heart, arteriosclerosis

HVS

CONTENTS:
Hops Flower, Scullcap, Valerian Root
USES: Insomnia

IGS

CONTENTS:
Capsicum, Echinacea Root, Goldenseal Root, Yarrow Leaves
USES: Infections, earache, sore throat, fever, tonsillitis, lymphatic congestion.

K

CONTENTS:
Chamomile, Dandelion Root, Juniper Berries, Parsley, Uva Ursi Leaves
USES: Kidney and bladder problems, diuretic

LH

CONTENTS:
Comfrey, Lobelia, Marshmallow Root, Mullein, Slippery Elm Bark
USES: Lungs, bronchia, asthma, emphysema

NF-X

CONTENTS:
Blessed Thistle, Capsicum, Cramp Bark, False Unicorn Root, Ginger Root, Goldenseal Root, Red Raspberry Leaves, Squaw Vine, Uva Ursi Leaves
USES:
Female problems in younger women (30 and under), who should avoid Black Cohosh

NRV FORMULA

CONTENTS:
Black Cohosh, Capsicum, Hops, Scullcap, Wood Betony, Lady's Slipper, Valerian Root
USES: Nerves, stress, seizures, asthma, hyperactivity, menopause

P-14

CONTENTS:
Bistort Root, Buchu Leaves, Capsicum, Comfrey, Dandelion, Garlic, Goldenseal, Juniper Berries, Huckleberry Leaves, Licorice Root, Marshmallow Root, Mullein Leaves, Uva Ursi Leaves, Yarrow
USES: Pancreas problems, diabetes

PLS

CONTENTS:
Aloe Resin Leaves, Comfrey, Goldenseal, Slippery Elm Bark
USES: Bone knitter, draws out toxic material when used as a poultice

PS

CONTENTS:
Black Cohosh, Capsicum, Ginger Root, Goldenseal Root, Gotu Kola, Kelp, Licorice Root, Lobelia
USES: Prostate, bladder and urinary tract

SP#1

CONTENTS:
Barberry Bark, Black Walnut, Catnip, Chickweed, Comfrey, Cyani Flowers, Dandelion, Echinacea Root, Fenugreek Seed, Gentian Root, Goldenseal, Irish Moss, Mandrake, Myrrh Gum, Poke Root, Safflowers, St. Johnswort, Yellow Dock
USES: Tumors, growths, general cleansing, M.S.

TRIM FORMULA

CONTENTS:
Chickweed, Saffron, Burdock, Parsley, Kelp, Licorice, Fennel, Echinacea, Black Walnut, Papaya, Hawthorn Berries.
USES: Obesity, weight loss

X-A

CONTENTS:
Capsicum, Chickweed, Damiana Leaves, Cheinacea Root, Garlic, Gotu Kola, Periwinkle, Sarsaparilla Root, Saw Palmetto Berries, Siberian Ginseng Root
USES: Sex rejuvenation, sterility, impotency, male hormone

CHAPTER TWENTY-THREE

CLIENT LETTERS

NOTE: These are included only to show what may happen to symptoms as a result of taking care of your nutritional deficiencies. In not one of these cases was I concerned with, nor treating, a disease, symptom or problem. I simply determined what was the nutritional deficiency and designed a specific diet and supplementary program to fulfill that nutritional need.

Boulder City, NV 89005
July 17, 1981

Dear Gary:

Thanks for the help you have given me. I am glad to report that after following the program you laid out for me I have been greatly benefited. I had not been able to void naturally for over one year. The surgery that was to have corrected my trouble failed. I chose not to add to my woes by submitting further to that which is unnatural.

Now that I am going in the direction of health I have complete recovery in my mental sights. In two weeks after I had made my about-face I was, though very slightly, able to void. Now four weeks later I am voiding, naturally, 40 fluid ounces in 24 hours.

Your reaction to my objective of having a DIRECTORY listing the addresses and names of people who help people naturally, I hope, will encourage me.

Gratefully yours,
Ken Calvert

P.S. You may use the above to help people to make up their minds NOW to go with Nature.

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Phoenix, AZ
August 20, 1981

Dear Geneva and Gary:

Thank you for sending me that material on Spirulina and the other information of Dr. Martin's. I'm sorry that it has taken so long for me to get around to writing you and sharing more of my testimony.

Like I had shared with you on the phone, we also believe as Dr. Martin stated on one of his programs, that every sickness has a spiritual CAUSE behind it. And that as we are made right with God spiritually and in our attitudes, sickness disappears, nervous conditions are no longer, and we are at peace with God when we obey his commandments. I am enclosing some information which may be an inspiration and help to you as it has been to us. This deliverance ministry that the Lord has guided us into gives evidence - that good fruit - that in each area as we obey His Word, we are set "free" (ye shall know the Truth (Jesus) and the Truth shall set you free). John 8:31-32 (I am (Jesus) the WAY, the TRUTH and the LIFE). John 14:6. If the Son therefore shall make you free, ye shall be free indeed. John 8:36

In having suffered from epileptic seizures for so many years, there was a particular fear and bondage in the spirit. It was a condition that no doctor or specialist could "cure" or alter. They tried "exploratory" brain surgery, drugs such as phenobarbitol ("speed"), mysotine and several others. The pain from the surgery was far more excruciating than a migraine headache. Physical pain breaks a person's spirit like nothing else I've experienced or seen. And it causes a cleansing of the filthiness of one's spirit to take place. Pain brings forth the curses and foul language of the heart to be made manifest. And in making a person FACE the FACTS of what REALLY is in his heart, it brings repentance (change of mind - Strong's Concordance). Have you ever thought of how your THOUGHTS come from your HEART? When TRUE repentance comes, your pattern of thought is CHANGED! Hallelujah! And we receive "the mind of Christ." Hallelujah!

When I sought the Lord to know the "cause" of the seizures, I had asked Him for YEARS with no enlightenment. At that time I was still seeking the help of doctors and their counsel and medications. I had to turn my faith TOTALLY to Him, giving up the medication and going through that "valley of the shadow of death" WITH HIM.

It was upon that choice that the results (good fruit) started coming. From the time I went off the medication (cold turkey) on March 26, 1976, until 3 years later, the Lord did a lot of digging at the resentments, anger, fears, etc., that had CAUSED the seizures. On March 26, 1979, while in Canada, a neurologist performed an EEG to read the brain waves and read the results of the brain waves. By this they know the severity and type of seizures. And his words to me were "very good." In his report that he dictated in a cassette recorder, he said the results "were essentially negative." Praise God! The Lord told me it would be 3 years to come through the causes. And 3 years to the day it was.

Most importantly, I learned that WHATEVER condition we find ourselves in, whether physical or mental sickness, mental stresses, it is because of our OWN CHOICES from our spirit. And it is a manifestation of our spiritual condition. The seizures were the result, "evidence," of my rebelliousness (holding resentment is REBELLION against GOD, for He commanded us to LOVE one another and to forgive even as He has forgiven us. We have no excuse to hold any anger, resentments or fears. For in Him, obeying His Word, we are made free. And when you are free from these spiritual causes you are FREE indeed!!!

As the various layers were dealt with, and I gave up my ways, the symptoms left one by one. When I came home from having that EEG done, with the positive results, I opened the Word to this passage, my eyes fell on this message: (and again just now the Word has opened there!)

11 Chronicles 7:14

IF MY PEOPLE, WHICH ARE CALLED BY MY NAME, SHALL HUMBLE THEMSELVES, AND PRAY, AND SEEK MY FACE, AND TURN FROM THEIR WICKED WAYS; THEN WILL I HEAR FROM HEAVEN, AND WILL FORGIVE THEIR SIN, AND WILL HEAL THEIR LAND.

Please take note of the order of each phrase in this scripture. There are four things that WE are required to do before He will hear from heaven. Though we humble ourselves, seek His face and pray - if we do not choose to turn from our wicked ways, how can we expect him to bless in healing our land?

Have you ever wondered why certain women are raped? I did. And then one day, by personal experience, I found out. In 1976 1 was raped by a man I knew, the one whom I thought I was going to marry. What a shamefully degrading experience. Oh, the fury was great as the Lord cleansed my heart - and continually telling me to forgive. “How, Lord?” I spent hours alone with the Father, seeking to know “Why?”

He showed me it had all occurred because of MY OWN CHOICES. At a previous time I had taken on powers of lasciviousness and lusts of the flesh. These powers were emanating from my spirit, even though physically I had recently put on a tunic (a longer knee-length dress-like) garment to cover my body with loose fitting pants and blouse).

I don’t “feel sorry” for women who are raped, because I know it occurred from their choices - and they have to reap what they have sown. Upon realization of my sin, in repentance I fell on my face, weeping, asking God to forgive ME for causing this to come about. At that moment I forgave Him, with a love and compassion and understanding of his actions with complete forgiveness. All of which can only come from God.

If the women of this world could SEE all the evil they work with their bodies, the powers of death (lusts, lasciviousness, jealousy, contempt, etc.) that they emanate from their spirit, they would more than just cover their bodies (even as I do). They would fall on their faces in prayer and weeping (repentance) seeking the forgiveness and deliverance of God. When we turn from our wicked ways, immediately His forgiveness washes us. And He does not condemn us either. Instead He LOVES us! Praise God!

I hope this testimony will be a help to you and many others. I will gladly share more with you and Dr. Martin, whether by phone or letter. I would like to talk with Dr. Martin and you again soon. God bless!

In His Love and Service,
Mrs. Robin R.

P S. I am 27 years old, married, with 2 beautiful little girls, and a possible third child on the way. Praise God! Not many young ones like us are willing to go to the depth of spiritual revealing - not many at any age are willing to pay the FULL price. How many have truly given their all? I hope to reach that point of giving my ALL to Him.

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Dear Dr. Martin:

Several years ago I was diagnosed by doctors as having emphysema. The last time I was tested for breathing (about 7 years ago) I had a breathing capacity of 34% and had to go on disability.

My lungs are much better now. I feel much better, I'm not coughing as hard, and I can breathe more deeply.

Before I began the program I would have to rest all morning before I could get up and do anything, and then I had to PUSH myself to get anything done, Now I have a lot more energy. I can get up in the morning and fix our morning drinks, and breakfast, bathe, clean house, etc. and I don't have to stop to rest.

I know this program is doing me a lot of good, Yesterday I went on a walk, and one of my neighbors stopped me and said, "Mary, what have you been doing to yourself? You look so good, and you're walking so good." She hadn't seen me in about a month.

I even went to bingo night (smokers night) and sat through the whole evening and didn't have a coughing spell all night. I haven't been able to do that for 5 or 6 years.

In the short time that I have been following your recommendations, my health problems have improved tremendously. I am really anxious to hear what my doctor has to say about my breathing capacity when I go back for my physical.

Sincerely,
Mary B.

P.S. I went to my medical doctor since I wrote this letter, and he said my breathing capacity had increased to about 60%! He wanted to know what I had been doing. Needless to say, he was amazed when I began to describe the simplicity of the Nutripathic® Program.

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Dear Gary:

As I was telling you last Wednesday, when I was outdoors one afternoon, having taken off my glasses so that I could assimilate more from the sunshine, I noticed that I could see the houses in the neighborhood without my glasses.

This may not seem much to most people, but before I went on the Nutripathic® approach, I could only see five inches in front of my face, so that meant that at that time I could not even see that there were houses across the street, down the block, etc.

I have had many more benefits than this happen to me, but this is the most significant one and the one that is the most encouraging to me.

I'd be willing to bet you, too, that I could drive without my glasses. I wouldn't be able to read, but if anything ever happened to my glasses while I was driving and I didn't have a second pair in my purse, I would be able to drive home - cautiously, perhaps, but I'd at least get there.

Having been brainwashed prior to 1976 by the medical establishment and also having been on the medical treadmill for 12 years because of my hormone disease, I never realized how important what you eat was to your overall health.

I'm willing to learn more and I hope that I continue to do well because I believe that God helps those who help themselves.

Sincerely,
Mrs. JoAnne L.

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Dear Gary:

One year ago I began jogging but couldn't get past 1/2 mile. I just ran out of energy. I haven't been able to run more than the 1/2 mile all year. My jogging instructor finally became disgusted with me.

I always slept until 7 a.m. and then my daughter would have to roll me out of bed. I was always soooo tired in the morning.

I was considering another facial surgery because of puffiness, etc., around my eyes.

I had to sleep with a heating pad under my back to ease the ache most every night.

I had constant aches and pains in my shoulders and swelling in my feet and legs. I would just ache after a day's work.

After less than thirty days on the nutritional program which you designed for me based on my body chemistry, I HAVE NONE OF THE AFOREMENTIONED PROBLEMS! It is hard to believe, but TRUE! I have even cancelled my cosmetic surgery appointment with my plastic surgeon in Beverly Hills.

Also, I ran a mile today for the first time! Of course I was tired, but the joy f having conquered this goal was worth it.

I have more energy, waking up at 5:30 a.m. and feeling great. My attitude toward life is better. I got a traffic ticket today and didn't even get mad at the policeman. This is something for me.

I am a hair stylist, age 34, and I feel like I have just gotten a new lease on life. I praise God for His grace and thoughtfulness in leading me to you. Your ministry is going to be a blessing to many. I wish you well.

Your friend,
Barbara Y.

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TO WHOM IT MAY CONCERN:

For the past 10 years, my health has continued to decline while costs for medical care climbed out of reason. I have had two back injuries, muscular fibrositis in both legs, arthritis in both hands and a 2-year-old painful knee injury that refused to heal. My gallbladder and appendix have been removed and I have hypoglycemia (low blood sugar). My spastic colon has resulted in hospitalization 3 times and uncounted calls to hospital emergency rooms. I have been hospitalized up to 2 weeks for "complete exhaustion." My weight went from 132 to 183 due to uncontrollable hunger and a craving for food. Yet, the more I ate, the worse I felt. My kidneys were overloaded and gave me trouble. The vascular headaches were disabling.

Last September, 1976, 1 went to an orthopedic surgeon at the request of my diagnostician for another painful back injury which had persisted for over a month. He told me not to sleep on my stomach and to lose weight and charged me $75. After 3 weeks and more weight gain and more pain, I called a chiropractor for my first appointment. The pain was gone within 12 hours after my first adjustment. The headaches can be relieved immediately!

With the head and back pain gone, we could now concentrate on the next problem, the uncontrolled eating. After I filled out a symptom questionnaire, he quickly noted

evidence of mineral deficiencies and suggested I take certain pure food supplements. In less than one month the beastly appetite was gone. Yet, I was tired all the time and had weakness if I didn't eat every 2 hours. I had nausea and my stomach hurt if empty and was bloated if I ate. I couldn't sleep for hurting (stomach empty) and was exhausted when morning came. My heart had begun fibrillating and my shortness of breath and having no energy was depressing. On March 18, 1977, a 5-hour glucose tolerance test and complete SMA 16 blood exam was done at the request of my diagnostician. He sent me a copy of the results with a letter saying everything was normal and advised me to lose weight and take anti-acids.

After having a medical history such as mine, I was skeptical of ever having a normal Nutripathic® Profile or GOOD health ever again. Since there were no drugs involved, and with knowledge and understanding of the nutritional analysis from reading a book, I decided there was nothing to lose and everything to gain. However, I didn't expect to gain in so many areas. I kept a diary noting changes during the first week.

Saturday, April 16, 1977, a urine and saliva test revealed my Nutritional Portrait as follows:

3. 7 6 / 7.2 25C 4M 12 / 8

Metabolic Efficiency = 78%
Reserve Energy = 76%
Biological Age = 64
Actual Age = 60

1 followed the diet plan for 9 days and a second analysis gave a Profile of:

1.7 6.2 / 6.4 6C 4M 3 /4

Metabolic Efficiency = 94%
Reserve Energy = 84%
Biological Age = 61
Actual Age = 60

I sleep all night and feel rested in the morning. There is no indigestion and no bloating. My knee injury is well and my hands are no longer stiff or sore. My waist is 6 inches smaller and I can touch my toes and stay there without effort. My heart doesn't bother me and my blood pressure is 110/70. 1 have no shortness of breath and no spastic colon. There is no problem sticking to this diet, as it is designed for my particular nutritional needs and therefore is totally satisfying. I have noticed my sense of smell and taste as well as touch have increased. This must mean my sensory system is normalizing. I can work in my garden all day without my legs getting stiff and I no longer limp.

I am 50 pounds overweight and plan to keep on the light diet to return to a normal weight so that my Reserve Energy can be increased. My excess weight and hypoglycemia are the

areas of my present concern and effort. Such a small task compared to only 2 weeks ago. A fresh fruit will bring up the blood sugar and I have lost 7 pounds in 9 days. I have energy to be optimistic about regaining GOOD health.

I am a Christian (as is my chiropractor) and feel it is a duty to my God and my fellow people to be of help anywhere and in any way I can. I could not understand why God gave me 6 children to raise and such poor health to do so with. Now, I know I gave me that bad health, not God, just as I have the power to share my health history, and I highly recommend this scientific approach to GOOD HEALTH.

Sincerely,
Betty Sue H.

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Dear Gary:

I will never forget the first day I came to the Natural Health Outreach Counseling Center. There was a very nice woman waiting in the reception area who asked me if it was my first time. I said it was. She replied, "You will never be sorry you came here. I have never felt better and I have been to many places, believe me," that made me feel real good. I was very skeptical because of my past experience in trying to get to the cause of my "problem."

It's hard to say just when my troubles started, but they did! I've always enjoyed working and keeping busy, so when my "get up and go" began to let me "down," I had so little energy that even my mind seemed to function improperly and, at times, I would be almost incoherent. I began running to all sorts of doctors trying to get at the source, but with no success. I only found out that I was very toxic and it could turn into cancer.

Since I've been coming to you and found my body chemistry was wild, I was scared plenty. My hair analysis was really off the chart! But now, about 4 months later, my body chemistry has leveled off and my "dear ole" energy has returned and my nice husband is not bringing any more meals to me in bed. It's sure a great feeling to be "up and at 'em" again.

A cancer specialist told me I was in a condition to get cancer, but it seemed to me that he was leaving it to me as to what to do. So I began running to this doctor and that doctor, to no avail. Everyone took me off nearly all food, and I lost so much weight I did not need or could afford to lose any more. My husband said they almost killed me.

Since I have been on the Nutripathic® Program my weight is coming back up to normal, but what is best of all is that I can eat the best of foods.

It is great what being concerned with nutritional deficiencies has done for me. I will continue go to my doctor for medical advice, and I will come and refer others to you for nutritional advice.

Sincerely,
Nancy H.

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2/2/78

Dear Gary:

I am so thrilled at my progress that I wanted you to know the following:

I can now see a hair net on a counter. This is something I was not able to do before you began counseling me on my nutritional deficiencies.

I am feeling better, I took the stairs to your office today instead of the elevator, and I wasn't the least bit winded! This I couldn't do a few months ago.

I can get up and down easier. I don't have to push myself off my leg in order to rise. It seems that I have more strength.

I always had a problem with my right leg being swollen. Now it is not.

A swelling on my breast has almost disappeared. This was of great concern to me.

I am 74 years old and have lost almost 16 pounds after just a couple months on the program. I am excited.

I know you are not intending to practice medicine in any way and that you do not diagnose, prescribe or treat disease in any way, but I felt you, as well as anyone else reading this letter, would be interested in what a positive influence the correcting of my nutritional deficiencies has been.

My best wishes for your continued success in helping people.

Sincerely,
Name Withheld

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Dear Gary:

About a year ago in the summer time, maybe July, my tongue started to break out. It started like a little pimple, then it gradually worked on the sides of my face and throat. After that it started to go down my throat. Of course, I had been to the doctor. Every three months I was going to the doctor, and instead of getting better it was getting worse. My eyes kept tearing all the time, they were very bloodshot. Then I started getting dizzy spells and vomiting

My daughter called the doctor. He changed the prescription, but that didn't make me any better. He didn't actually change it, just cut down the dosage. I was taking four different kinds of pills, so I asked him if I could cut any of these pills out. He picked up one box and told me I was taking twice as much as I should, and he was the one who told me how many to take in the first place!

By that time I had lost so much weight I was lifeless. My face was so wrinkled! The doctor said, "I think you should go to the eye doctor. I think there is something wrong with your eyes." When I went to the eye doctor, he examined me and told me I didn't need to have my glasses changed at all. He said, "Your eyes are good, but are you taking any medication?" He told me that he noticed something but couldn't put his finger on it ... so he referred me to a regular eye doctor. By then I was so fed up with doctors and being sick that I just told him, "I'm not going; I'm through." So I didn't go.

That was in June 1977. 1 had to go back to my own doctor for a physical. He said I was fine, and that I was a little low on potassium, but he did nothing for it. He said I was anemic and did nothing for that. Then he went off to Switzerland. There I was, dizzy and sick. When he came back I called. I had to call twice because I was told there was no one on call.

I finally went in after two weeks. The nurse said to me, "Well, how are you?" I replied, "I'm terrible." I was very, very sick, dizzy and vomiting, and I couldn't raise my head from the pillow. She said, "Why didn't you call?" I told her my husband had called twice and there was no one on call. She said, "Well, that's impossible."

When I finally went in to see the doctor he said, "How do you feel?" I said, "Terrible." He asked, "What do you mean?" I answered, "Well, you told me I was anemic and gave me nothing. You sent me to the lab three times and got no results, and then you went off to Switzerland."

He was a little "put out" and so he said, "Well, I'm entitled to a little vacation." I said, "You certainly are, but you should take care of your patients." He said, "Well, I'll send you to the lab again."

I couldn't get heads nor tails out of what those tests said. Everything was perfect, but I wasn't getting any better. I was losing weight. I couldn't eat; my tongue was getting worse.

When he told me I was taking too many of those blue pills, I thought, “Then it is the medication that is doing it. The water pills were just draining me out.” So I said to him, “Then, is it the medication?” He said, “No, it isn’t.” Of course, he couldn’t say anything else without contradicting himself.

When he told me he gave me too much medication, I told my husband, “I’ll never go to another doctor again. I’m finished! I don’t care what happens now.”

Ralph, my husband, has his own doctor and sent me to him. He cut down all my medication and said that I was taking four times the recommended amount!

So for one year my tongue has been ulcerated. I couldn’t chew; I couldn’t swallow; I couldn’t eat toast; I couldn’t drink orange juice or milk. All I drank was ice water.

Both doctors told me to have a little operation on my tongue. They said to open it up and clean it out. They couldn’t say what caused the ulcers. I don’t really think I needed that operation, but I had it anyway. It didn’t work.

The only thing that caused any improvement was when my friend told me about Goldenseal and Vitamin E and a few other vitamins. That’s what helped, and quite a bit. Of course, it didn’t cure the ulcers. It didn’t heal them, but it made them bearable. Something else was needed, but A couldn’t get any nutritional advice, where we live, in New York.

When we came to Arizona to visit my sister, I called you because you’re listed as a Nutritionist in the Yellow Pages. In less than 30 days on your program my tongue started to feel better. My stool is normal now. Before when I moved my bowels it would be stringy, but now it’s solid.

I have had two colonics. The last one was Saturday morning a week ago. The therapist told me I was fine and all cleaned out. My feet aren’t swollen and I feel wonderful. My tongue is almost completely healed and I have had no recurrence of dizziness or car sickness, even though I am off all medication. I can’t believe I went through what I did for a year and then came here and have the problem begin to fade in less than 30 days. It’s incredible.

I know you don’t treat disease, but my disease went away because you were concerned with my nutritional deficiencies, so I could care less what you call it. It is ridiculous that you may be looked upon, by some people, as a quack, but I am sure that is only because they have not experienced the problems and relief that I have.

Sincerely yours,
Mary C.

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Dear Gary:

At a time in my life when I was under continual emotional stress, I stumbled into your program.

I truly feel the Lord led me to you as if to say to me that it was worth one more try after all.

I had for years tried all medical methods including 3 major surgeries to correct and relieve my pain and current body dysfunctions, but to no avail. I found you when I was ready to give up, mentally as well as physically, strangely enough at Thanksgiving time.

In less than 2 months, I'm feeling like life's worth living. Not only did you instruct me how to take care of my body, but my soul as well. No doctor had ever cared enough to treat my acute emotional stress or find out why I was so depressed. My sugars fluctuated from high to low so often and so swiftly that I had constant dizziness, fatigue and metal confusion. I know now what foods to eat and which to stay away from. I know what supplements I can utilize and assimilate in my body without over-working my heart, kidneys, colon and pancreas.

Up till now, it all had been an educated guess of my current doctor. I had fought medication and tranquilizers, only occasionally relying on them when I was at the end of my rope.

I now do not need medication of any kind, the diet is doing it all, and, of course, the spiritual help (guidance) which I needed so much is directly my progress, physical and mental, which is just beginning. I am so grateful to Gary Martin and all the staff for their patience, but especially to Gary who's slowly leading me there by allowing me to go at my own pace. No pressures here, no telling anyone what to do, just easy and relaxed.

The day I had my first "natural" bowel movement, my daughter and I cheered and celebrated. I could not remember the day I had ever gone by myself. I am learning to know and accept my body and living with it has become easier.

Ruby S.

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Dear Gary:

I had many problems during the last ten years. Except for low blood sugar, I was told by doctors that there was nothing wrong with me!

For the last year and a half I have had constant diarrhea, pain and cramps and severe spasms in my rectum with constant nausea and headaches and fainting spells a few times a week. I was put on a strict no-roughage diet for four months.

Then I went to another doctor. He diagnosed me as okay, but he put me on the same diet! I became worse! So I went to another doctor, and he discovered low blood sugar again. He put me on a high-protein diet, and after three months I was really feeling bad.

A few months later I was desperate. Through a friend, I came to know about the Nutripathic® Analysis. I had so many pains and symptoms in my left chest that I could not sleep at night. I was extremely depressed about my condition and the fact that nobody could do anything to help me. So I came to see you. I discovered that many things were wrong with me. I was put on a fast and suddenly felt like I had lost the old miseries of my body. My sugars were very high, and I was acid. Also, my salt level was 33. All my numbers were high. After the fast, and as soon as I started my specialized diet, my diarrhea was gone and no more headaches, or fainting spells, or chest pains!

I can now sleep at night, and my Reserve Energy, which was down to zero, has greatly improved. I am still on my lemon water and my low-stress diet and stay faithfully with it because it has helped me so much. Three months have passed and I still have far to go before I am completely recovered. I am so grateful to you and for your patience with me and also for my friend who let me in on your Nutripathic® Analysis.

Your friend always,
Clara G.

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Dear Gary:

I am so thrilled about your nutritional consulting program that I just had to write you this letter. I know you are careful NOT to involve yourself with disease, neither by diagnosing, treating nor curing, but I know you will be happy to hear about some things that are happening to my body by the CORRECTION OF MY NUTRITIONAL DEFICIENCIES.

1. 1 have had my FIRST two normal bowel movements without taking four to five laxatives in four years!

2. My abdomen has shrunk to what seems to be one-half its original size. I looked as though I was six to seven months pregnant! My husband told me that it was common for a 53-year-old woman to have a “tummy,” but I knew better. I had to purchase new slacks because of the difference.

3. 1 have been on high blood pressure drugs for years, even though I could tell it affected my sinuses, etc. I no longer need it.

4. 1 have had to take pain-killing drugs to ward off the pain in my wrists, elbows, hips and knees, especially at night. Now, I only need it occasionally.

5. For years I knew I had cancer of the bowel, even though it was never diagnosed as such. I had terrible pains with each movement. Now, there is none.

6. 1 have been a diabetic for years, and I have already been able to cut my insulin by one-third.

Dr. Martin, the program is an answer to my prayers. I have prayed and prayed to be healed, and now I am on the way. I have been on the program for only 30 days! I highly recommend your nutritional consulting outreach to all those who feel that nutritional deficiencies may be the cause of many of their problems.

Sincerely,
Ruth S.

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Dear Gary:

At the age of 55, 1 really thought that I was heading for the rocking chair. I was tired all the time, aching all over. I was on medication for blood pressure, diuretics, plus tranquilizers. After hearing about your Nutripathic® Profile, I thought it was worth a try.

I am no longer on any medication. My blood pressure is normal. Most of all, I have twice the energy I had before I started on the Nutripathic® Program, I highly recommend your Nutritional Analysis and recommendations to all members of every family. Plus my regular job, I now work another job part time on weekends, which was impossible before coming to you.

Jeannie G. M.

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Dear Gary:

A letter to let you know how much I appreciate your nutritional work at Natural Health Outreach.

Before coming to you, I had the following problems:

1. Generally felt bad. No energy. Had to take a nap daily.

2. 1 had terrific joint pain. I had been taking cortisone for over 4 years.

3. 1 had been taking another potent drug for over 4 years to help keep my inflammatory disease under control.

4. 1 had no success in losing weight.

5. 1 had to take 6-8 aspirins every day.

Now, almost 3 months later, I have no joint pain and no pleurisy. I have an abundance of energy. I do not need a nap daily. I take no cortisone and have cut the dosage of the potent drug by one-half. I have lost 15 pounds, and when I went to the doctor, whom I hadn't seen for quite a while, he thought I had been sick because of the weight I had lost.

When he did the usual blood test, he pronounced me healthy inside and out! Needless to say, he was surprised. I suppose he thought his drugs did the trick, but I know better, and I think you do, too.

Thank you ever so much for your nutritional guidance.

Marlene 0.

P.S. Since this letter was written I have had another physical, and the doctor has taken me off all medication for lupus. I have been taking this for years and expected to be taking it the rest of my life. I am so grateful.

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Dear Gary:

Happy New Year!

Last year at this time I wouldn't say THAT because I was so sick I didn't even care that it was a new year.

Most of my life I've had gallbladder trouble, acid indigestion, constipation, pain in my right side, sore feet, a weak bladder, violent headaches, eczema and terrible spells of depression.

Before I was thirty years old, I'd had five children and three major operations, including a partial hysterectomy, but I was still left with all my symptoms.

Three years ago, the physical, nutritional and emotional stresses really started to take their toll, to the point that I became suicidal; I just couldn't stand it!

Two years ago I was advised by three doctors (me, who hates to go to doctors) to have my ovaries removed to relieve the pain in my abdomen. NO WAY! I felt there had to be another way. Lo and behold! There was! The Nutripathic® Plan.

Several months before I went for the nutritional tests, my skin had gotten oily spots, dry spots, and painful wart-like sores had appeared on my back. My eyes were no longer clear, and my hair was lifeless, dry and brittle. I was so tired and exhausted all the time, and very emotionally unstable.

I started on the Program in March, 1977. My friends and family were all kind of dubious, and I felt they thought it was just a fad and wouldn't work.

At the end of three months, all the mentioned symptoms or ailments had gone away. Not only were they all gone, but I discovered one day that I no longer had the hard, sore lumps in my breasts that I had had since I was a teenager thirty-five years ago.

I feel better now than I have ever felt in my whole life, and I wish everyone would take the opportunity offered by the Nutripathic® tests to better life and health.

Thank you so very much, Gary.

Dana B.

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January 16, 1979

Dear Gary:
Your program has produced such good results for me - I'm really a believer in good nutrition! I have been on the Program for a year now and have never felt better. The first noticeable result of the diet and supplement program, which became evident three months after I began the Program, was the return of pigment to my skin. I have vitiligo, and over the past twenty-five years I have lost almost all the pigment in my skin. Approximately half of my pigment has returned, and I hope that within the next year it will have all come back.

Other positive results of the Program this year have been: no allergies, no cavities and a big gain in energy. I have also been able to reduce by one-fourth the amount of synthetic thyroid I Must take for hypothyroidism. Also, I have not had any colds or other illnesses!

Thank you for your guidance.

Best regards,
Jane K.

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2/9/79

Dear Gary:

Letter writing is not my forte; however, I would be an ingrate if I didn't express my thanks to you for your wonderful healing program.

It was quite by chance that I heard you speak at the Scottsdale Public Library. I am not sure that I believed you, but I am happy that I was able to keep an open mind. After all, I really had no other place to go.

My son, Scott, had been in and out of hospitals at least eight times during the past two years. He had been treated by a number of doctors and specialists. The results were always the same: BAD! He was on all kinds of medication and very red-faced from large amounts of cortisone. The problem was that he could not stand the cortisone, but he was unable to breathe without it. The situation was almost unbearable.

Now, after less than a month, he has been able to cut the cortisone down to half, and he is off all other medication. He does not seem to need it anymore. His body is beginning to rebuild.

I can hardly believe what has happened. He has improved so much in such a short period of time. The healing crises have really been rough, but we both know, now, that it is only a question of time before he will be entirely well again.

As I said before, I would be an ingrate if I did not say thanks and may God bless you for showing us the natural way through the correction of nutritional deficiencies.

Sincerely,
Phillippa H.

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Dear Sharon:

Just wanted to let you know that I had my first colonic today! They aren't bad at all. Got to see the X-ray of my upper G. I. - you wouldn't believe the condition of my colon. The transverse is very impacted, and the descending is so impacted that you couldn't even see the barium in it, and the ascending looks like it's twisted. Really a mess - no wonder I've been in such pain. I'm going to a chiropractor, and he said it would take quite a few colonics to clean up this mess. (Remember, I've been trying to get this pain diagnosed for seven years. Just about had all the M.D.'s I want. I surely would have been near death if you hadn't suggested this.) Can you imagine, my M.D. was just giving me pain pills with phenobarbitol and bentyl? And now I'm having a hard time getting off the phenobarbitol. You don't realize how quickly you can get hooked. The doctor is giving me hydrochloric acid to help my digestion, and he's changing my diet entirely (but that's okay if I can get better). I got a Vita-Mix and have been making juices and bread, etc. I wish you luck with

your further studies, as we sure do need more of this type of practitioner and less of the pill-pusher variety.

Love you,
Mom

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Dear Gary:

You haven't heard from me for a long time - I have some questions to ask - only wish it wasn't so many miles between here and your office. I am feeling absolutely super and now I have such a terrific appetite I have a hard time staying on my diet.

I am wondering what I do from here on. Do I keep on the supplements? I've been taking pretty much the same as you had me on except I have changed to every other day.

I have been using a little sea-salt and a bit of desserts, but all in moderation. What sort of diet should I stay on now?

I am ever grateful for you getting me back to health. I don't have any arthritis pains or swelling at all. So many of my friends are absolutely amazed... I would like to send them to you, too. Ever thanking God and your help in making me so well. Christmas blessings to you and your family.

Hope to hear from you,

Sincerely,
V. H.

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May 17, 1981

Dear Gary:

I'm so elated that I authorize you to use this letter in any manner you choose with the sincere hope that it will help in establishing more interest in Nutripathy® and help individuals who may benefit by this information.

At the writing of this letter I am a student of Nutripathy®. I believe that divulgence of this status enhances what I want to relate. It may inspire someone to become schooled in Nutripathy® and relieve others of years of suffering.

My mother, who is past 80 years old, contracted what was diagnosed as milk leg and arthritic rheumatism when she was 35. At the time she had massive doses of sodium salicylate intravenously and she recovered after a very long period. Over the years she has had cortisone, gold shots and everything else the doctors could think of.

For the past 15 years she has been taking butazolidin. It was intermittent to begin with and has been continued for the past 5 years. Recently she was given a capsule of butazolidin alkaline which resulted in side effects, and the reduction of pain wasn't as good as it has been before.

She is a small, wiry 105 pounds with lots of intestinal fortitude. Even so, she was leery of my suggestions to get on distilled water and calcium orotate. Finally she agreed to try it, and this is how it happened. Five ounces of distilled water 3 times a day after her meals with a regular all-purpose vitamin and the calcium orotate. Four days later she quit the butazolidin completely. She has been on a vitamin schedule for a year, as I was a registered nutritionist before I began this course in Nutripathy®.

She never told me how she was doing till 3 days ago when we had real stormy weather and she broke the good news.

She is completely off any medication and has no pain except for minor tenderness in her finger joints. She states that she hasn't felt so good and been so free of pain in over 10 years.

I will answer any mail inquiries, attesting to this.

Very sincerely,
Kern B.
Mayoworth Route
Kaycee, WY 82639

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Dear Gary:

Since October, 1980, when you "set me straight" and relieved me of bladder pain through cleansing my colon, I've been forever grateful. I've been procrastinating writing this letter, but in a way it's your fault. You made me feel so good in rigidly following your program and being so very active in many phases of life that I've been too busy for letters!

Now, being a bit indisposed from this unexpected freaky bend I took and put my back out of kilter, I'm making up for lost time and catching up on correspondence. George did help last Wednesday and I was at least able to stand up and walk out of the office more

comfortably than when I barely came in. The Olbas Salve did help give me temporary relief, and I hope I'll soon be back to normal.

This last month, because of my "75th," I've been cheating, as you saw from my numbers. I'm determined to go back to my rigid schedule once more, as I've never felt better in my life. I needed at least 8-10 hours of sleep, and now I'm rarin' to go after only 6-7 hours and need no nap during the day. I put in an 18 hour day at times and feel just great. After doctoring for a year with bladder and kidney pain, your lecture at Bnai Brith was a revelation and inspired me to try your program. Thank God, I did. I tell all who will listen about Sprinkle, Dr. Gary's help without drugs or medicine, etc., etc. This last month I've been trying to get rid of a bronchial condition, left from flu last Christmas, and until you gave me AST Formula and suggested using the Toxoid on my chest, I couldn't seem to clear up the congestion.

God give you strength to carry on your wonderful work; you sure gave me strength to do mine. I'm so eager to convey my message to others.

Cordially,
Miriam

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Doctor

Nutripathy®