

WELLNESS

PREVENTIVE CARE VS. DISEASE CARE

Enclosed is an article that I believe would fundamentally change the direction of the United States health care system to a more sustainable model. If adhered to (Preventive Medicine For Our Ailing Health Care System, JAMA, February 3, 1993;269(5);616-618).

With all good intentions, the development of a national health care system or a totally free enterprise medical system will not change a fundamental flaw that is built into our present model. We have a crisis care procedure-oriented health care system that is reimbursed several-fold higher than preventive strategies. No matter what constraints we put on it, if we do not focus on disease prevention, more high technology and capital intensive procedures will be utilized and paid for, eventually bankrupting our health care system.

What needs to transpire is a fundamental shift from procedure-oriented reimbursement to reimbursement for either benefit or preventing illness. I can guarantee a dramatic reduction in expenditures and more emphasis on prevention if procedure-oriented specialists were not reimbursed several-fold higher than the people who deliver primary and preventive care such as pediatricians, internists and family practitioners. In the long run, our health care costs would be reduced dramatically.

Take coronary artery disease as a case in point. More than \$108 billion was spent in 1992 on cardiovascular disease. Of that, \$9 billion was spent on coronary artery bypass alone. Third-party reimbursements and Medicare will pay \$30,000 to \$40,000 for this technology. This does nothing for the underlying cause of the disease, but, at best, is a symptomatic treatment (JAMA, February 3, 1993;269(5);616-618).

What is truly sad about the cardiovascular disease model is we now know, through the excellent work of Dr. Dean Ornish, professor of preventive medicine at the University of California at San Francisco, atherosclerosis can be reversed by diet, Lifestyle and stress management practices (Lancet, July 21, 1990;336;129-133). It is shameful that we will pay \$30,000 to \$40,000 to do a coronary bypass surgery, whether through Medicare or private insurance, and yet we will not pay \$1,000 to \$2,000 for cardiac rehabilitation, which has been shown to reduce the incidence of a recurrent cardiac event by 25% on a program similar to Dr. Ornish's recommendations.

You can take this one example of cardiovascular disease, extend it to each specialty and find a high technology procedure that receives excellent reimbursement. An example in orthopedics might be hip replacements. At a recent talk, I asked the audience if anyone had the estimated cost of a hip replacement. A gentleman, who had just had one, said it was between \$30,000 and \$40,000 for one hip and he was out of the hospital quickly. A related problem is hip fractures. Each year, Americans suffer from 280,000 hip fractures. This number is expected to increase to 650,000 by the year 2050, more than doubling the current number of hip fractures.

This is a very serious problem, resulting in considerable disability and tremendous cost. Preventive strategies to reduce this emerging epidemic include exercise, diet and medication reduction ("As Population Ages, Orthopedists Gird For Increasing Number of Hip Fractures." Medical Tribune, March 11, 1993;16). Let us look at cataracts. If we could delay cataract surgery by 10 years it has been estimated that we could save millions, if not billions of dollars. Cataract surgery and related doctor visits make up the largest portion of the Medicare budget - \$3.2 billion. A 33% reduction in the inci-

dences of cataracts has been shown in people consuming very moderate levels of vitamins C and E (300 to 600 mg and 400 mg per day respectively). "Cataract: Relationships Between Nutrition and Education," *Journal of the American College of Nutrition*, 1993;12(2),138-146). And the list goes on and on.

Another point is now young physicians who make decisions about whether to be specialists or generalists. Look at the excellent review by Dr. Alexander Leaf, *AMA*, February 3, 1993;269(5):616-625). As students go through the medical school system, they see specialists who employ these high technology procedures. They're being reimbursed at several-fold the amount internists, pediatricians and general practitioners do. Students are more driven to fill those particular specialties, especially when they have an incredible debt to pay after graduating. This motivation shifts our medical system into a preventive model, which could be a cost effective alternative to the current high-technology, procedure-oriented model.

Another topic of great interest to me - once part of my livelihood is made compiling and organizing nutrition and preventive medicine research - is the role of therapeutic nutrition in reducing æ •ital stays and subsequent costs. Take for an example the cost of premature infants in neonatal intensive care units. The average cost per day at the University of California at Los Angeles Medical Center for one room only was more that \$1,100. This does not include the doctor or any procedures.

It has been suggested that vitamin A can reduce the incidence of broncho-pulmonary oyspasia in very-low-birth-weight infants (*Journal of Parenteral and Enteral Nutrition* , May-June 1993;17(3);220-225). The question of this study was whether supplementing with 2,000 IU of vitamin A intramuscularly three times a week, beginning on the tenth through the fourteenth day of life, would have any effect on the duration or stay in the neonatal intensive care unit, compared to administering this vitamin on the second to the fourth day of life. As you can see, the length of neonatal intensive care unit stay was significantly reduced from 81 days to 60 days when the vitamin A supplementation by intramuscular injection was given on the second to fourth day of life.

At the bare minimum of cost, giving vitamin A early on would potentially save \$26,400 for just the room charge fee per child. The early vitamin A treatment given to the 24 children in this study equates to a \$554,400 savings. I would dare to bet the total cost including Physicians fees and all the procedures occurring in a neonatal intensive care unit would probably be close to double. Now we're talking approximately \$1 million of savings for 24 infants who were given vitamin A eight to ten days earlier. In reality the savings wouldn't be this much since the children would go to less costly pediatric wards before being discharged, but there still would be substantial savings as compared to staying the neonatal intensive care unit.

I want to emphasize that this is just one nutrient, one type of disease, in one particular hospital scenario. If we truly evaluated functional nutritional adequacy in hospitalized patients and treated them accordingly with therapeutic nutrients, and if we could just reduce the duration of hospital stay by 50%, billions of dollars would be saved each year since nutrient costs are very low. But if nutrients become prescription drugs, they would have a pharmaceutical price tag attached to them.

Another example of the power of nutritional therapy is the editorial entitled "Folic Acid-Preventable Spina Bifida and Anencephaly" in the *JAMA* , March 10, 1993;269(10);1292-93. Folic acid supplementation of 0.4 mg to 4 mgs has been shown to significantly reduce the incidence of neural tube

defects.

The editorial states, "One of the most exciting medical findings of the last part of the 20th Century is that folic acid, a simple, widely available water-soluble vitamin, can prevent spina bifida and anencephaly. Not since the rubella vaccine became available 30 years ago have we had a comparable opportunity for primary prevention of such common and serious birth defects. The many epidemiologic studies that resulted in the identification of the preventive effect and folic acid is a model for the kind of research that needs to be done to identify the cause of and primary prevention strategies for other birth defects, the leading cause of infant mortality in the United States.

The last example I would like to leave with you, Mrs. Clinton, is related to the potential power of nutrient intervention in cardiovascular disease. Cholesterol is one of the known risk factors for heart disease. Recently experts in the field have reported that protection of the oxidation of LDL cholesterol by antioxidant nutrients such as vitamins C, E and beta-carotene can be achieved, theoretically reducing the initiation of the atherosclerotic process. These nutrients are promising therapies.

Yet with all the emphasis on cholesterol's relationship to heart disease, more than 50% of all cardiac events have no known classic risk factors associated with them. The Physicians Health Study found that elevated levels of homocysteine, an amino acid associated with early atherosclerosis and death, was higher in physicians who later developed a myocardial infarction (heart attack) compared to those who did not.

The authors note in the conclusion that there are nutrients specifically from the vitamin B family that can easily reduce homocysteine levels, an independent risk factor for heart disease. These nutrients include vitamins B6, B12, choline, betain and folic acid. Again, these are very cheap and safe supplements. If you read the article from the American Journal of Clinical Nutrition 1993.57:47-53, entitled "Vitamin B12, Vitamin B6, and Folate Nutritional Status in Men with Hyperhomocysteinemia, "you will find that individuals with elevated levels of homocysteine had sub-optimal vitamin status of vitamins B6, B12 and folic acid.

When these individuals were supplemented with small dosages of vitamin B6 (10 mg), folic acid (1 mg) and vitamin B12 (0.4 mg), their elevated homocysteine levels were normalized within six weeks. The authors concluded "Because Hyperhomocysteinemia is implicated as a risk factor for premature occlusive vascular disease, appropriate vitamin therapy may be both efficient and cost-effective to control elevated plasma homocysteine concentrations."

Again, we suggest that these simple low cost, low toxicity nutrients may help reduce a significant risk factor for cardiovascular disease, which is still the number one killer and a great expense to our health care system. The question is this, why are we not aggressively investigating nutritional assessment and intervention strategies in chronic degenerative diseases that can be intervened earlier on, before the actual disease manifests in its most severe form?

As I see it, this research should be given the highest priority if we are to create a sustainable system of health care in the United States. In closing Mrs. Clinton, I encourage you to seriously consider the economic incentives that encourage this unsustainable procedure-oriented, high technology, capital intensive medicine model. Secondly, I suggest researching just one area of nutritional medicine. It would be a very fruitful investment to fund I.T. Services to do an in-depth investigation showing how nutritional

assessment and intervention could reduce hospital stay and, therefore, save millions, if not billions, of dollars. Thirdly, I hope you will encourage more specific research into functional nutritional assessment with subsequent therapeutic trials of nutritional supplements that will help prevent these chronic diseases, costing our health care system phenomenal amounts of money and resulting in incredible suffering. Lastly, I hope you will not support any attempt to make nutritional supplements pharmaceuticals, since this will increase their prices dramatically.

Kirk Hamilton, PA-C, IT Services
3301 Alta Arden, #3, Sacramento, California 95825
916-489-4400/Fax 916-489-1710

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HEALING WITH NATURE: THE SALTS OF THE EARTH

Stephen Byrnes, N. D., P h. D.

Cell salts appear to work by enabling the cells to better assimilate and utilize the mineral compounds they represent in homeopathic potency.

Cell salts are homeopathic preparations of certain mineral compounds which are found within all living things. Developed over a century ago by Dr. William Schuessler, a German doctor and homeopath, cell salts represent a self-contained homeopathic system that lends itself to easy home use. Twelve in number, cell salts are an extremely versatile natural healing modality, especially since the salts are available over the counter at any health food store. Also, due to their low potency dilution (6X to 12X), they are inherently safe for home prescribing, both for adult and child (and pets!).

The Biochemic theory

Dr. Schuessler was heavily influenced by the ideas of the scientist Virchow who theorized that the body was made up of cells. Virchow further asserted that all medical treatment should be directed toward healing these cells. Upon investigating human blood and ashes after death, and isolating minerals from these various tissues, Schuessler knew that minerals were a vital part of the body. He discovered 12 mineral compounds which he called cell salts, or tissue salts.

Dr. Schuessler ultimately concluded that diseases and abnormal states in the body arise because of deficiencies of these 12 mineral salts. By supplying the body with the correct combination of minerals, health is restored and the body heals itself. Time has borne out the work and theories of the great German.

Eventually, Dr. Schuessler concluded that the 12 cell salts contained within them all of the active components of classical homeopathy. Accordingly, he rejected the homeopathic teaching of the similimum, or one correct remedy for a

person's condition. In cell salt theory, a number of salts can and should be employed to correct imbalances.

How they work

Well-nourished cells are impervious to attack for they optimally assimilate all nutrients, and optimally excrete all wastes. Since there is, therefore, a perfect balance of assimilation and excretion, homeostasis, or perfect balance, occurs.

Cell salts appear to work by enabling the cells to better assimilate and utilize the mineral compounds they represent in homeopathic potency. It is physically impossible that a few doses of homeopathically prepared iron phosphate could supply an ailing body with enough organic iron to correct a deficiency. Nevertheless, there is an effect. The only logical explanation is that the cell salts, by homeopathic action, are stimulating the body to use the minerals more effectively.

The Salts of life

The biochemic system of Dr. Schuessler has stood the test of time because it works. One does not need to be a professionally trained individual to reap the benefits of this great man's research, just a keen observer of symptoms. Availing oneself of the cell salt remedies, in all their diversity, is a sure step to take towards self-healing.

Resources:

Judy Jacka, N.D. The Complete A to Z of Common Ailments and their Natural Remedies (Foulsham; Australia)

Linda Rector-Page, N.D, Ph.D. Healthy Healing (Healthy Healing, Inc; California)

Skye Weintraub, N.D. Natural Healing with Cell Salts (Woodland Publishing; Utah)

Stephen Byrnes, N.D., Ph.D., runs a busy clinic in Hawaii and is a soughtafter lecturer at naturopathic colleges. Visit his website at www.powerhealth.net

GREEN HEALTH FOODS IN A BOTTLE

Steve Meyerowitz

In the science of color, known as chromatology, green is the color for healing. There are many shades of green, but the one used for healing is a dark green like the color of common grass. While our Earth has been called the “blue planet,” because from the cosmic view it is mostly ocean, from our perspective as landscapers we would have to call it the “green planet.” No matter what land we journey to on this planet, from the outback “down under” to the 1 inch Arctic tundra of Greenland, the earth grows green.

Another astonishing fact is that the earth grows green even under water! From the popular macroalgae “seaweed” kelp, to the single cell chlorella — there is plenty of greenery. In fact, the ancestors of these microscopic green plants were the very first life forms on the planet 3.6 billion years ago! Did you know that any cereal grain you can think of, from wheat to oats, barley, corn, rye, millet, spelt, Kamut and quinoa, when planted will grow grass? In China, elaborate ceremonies were conducted as early as 2,800 B.C., honoring the cereal grains. Every spring, the Romans celebrated their goddess of agriculture, Ceres, for whom the name “cereal” is derived, thanking her for bringing bounty to the earth. What lessons are we to learn from these fundamental, ancient earth foods? Although you may not be ready to worship them like our ancestors, certainly when we examine the nutritional content of these plants with their ubiquitous presence and longevity, they are indeed worthy of a place in our diet.

Wheatgrass — the first popular green The popularity of wheatgrass today is due almost singlehandedly to the efforts of one woman, Dr. Anne Wigmore. In the 1960s she suffered from cancer and almost had her leg amputated. Being a stubborn Lithuanian, she would not let her doctors touch her. She retreated to a solitary life and applied 19th century techniques learned from her grandmother. She applied common grass to her wounds and chewed and sucked the grass juice. She recovered and in the 1970s started a clinic in metropolitan Boston where people, many of whom the medical profession had given up, came to be treated by this healer with the “wheatgrass” miracle. Many success stories came out of that Boston brownstone and the word spread quickly. Dr. Ann initiated other clinics in Chicago, San Diego, Puerto Rico, Australia and India.

She developed indoor gardening techniques that enabled her to grow the wheatgrass in any kitchen. Unfortunately, her program was not mass market material. Growing wheatgrass indoors, and the strict regimen required for the desired results, was too much for fast paced lifestyle and a quick fix mentality. Worse still, special and expensive juicing machines were necessary to juice the grass. Thus, only the desperate or the committed pursued Wigmore’s juicing program.

Wheatgrass comes in two forms. The original Ann Wigmore style of 10-day-old grass grown indoors and the outdoor-grown grass harvested at the jointing stage — about 30 days. The data on wheatgrass mostly exists on the outdoor style and is very favorable. The indoor grass is rich in sugars and has a strong and sharply sweet bite to it. The outdoor grass is milder to the palate. For those who wish to grow their own, the indoor version is the most economical.

The advent of juice powders Many decry the aggressiveness of American merchandising and complain of its greed and corruption of our values. Although cigarette marketing is a case in point, it would be unwise to condemn an entire industry for its high profile “bad eggs.” Most would agree that American

merchandising has created some very valuable additions to our way of life. One of them, in my opinion, is the bottling of fresh juice powders.

Purism vs. pragmatism Purists may revolt at the concept of using anything other than fresh juice, but without the benefit of powdered bottled juices, these super foods could not be introduced to the average consumer and their availability would be impossible in the case of algae. Usage would revert back to the exclusive club of the desperate or the very committed, as was the case in the early Ann Wigmore days. Even Victor Kulvinkas, who is considered by many to be a co-founder of the wheatgrass movement, is a vocal supporter of powdered green foods.

Kamut & barley grass Along with wheatgrass, kamut and barley grass have developed as powerful sister grasses that provide a similar nutritional profile to wheatgrass. Each has an advantage over the other as their producers will quickly point out, but, as a whole, these super foods are on the same level. Selection should be based on personal preference according to taste, price and availability. It's not that different from choosing tomatoes. You might prefer plum, cherry, vine ripe or organic, and certainly price and availability will influence your decision. Another option is to purchase a combination product (more on that later).

Comparison of dried barley grass juice and common foods:

<u>Food</u>	<u>Calories</u>	<u>Protein</u>	<u>Lipid</u>	<u>Sugars</u>	<u>Fibers</u>	
Grass Juice Powder•	302	45.19	3.2	2.3	-	-
Barley Grain	337	8.8	0.9	79.7	0	7
Milk	59	2.9	3.3	4.5	-	-
Skim milk	359	34.8	1.0	52.2	-	-
Salmon	137	20.5	5.4	0.3	-	-
Peanuts	571	26.3	48.2	17.0	1.8	
Banana	87	1.3	0.4	21.4	0.5	
Spinach	28	3.0	0.4	3.9	0.9	
Lettuce	14	1.0	0.2	2.4	0.5	

Kamut is famous for being the ancient grain supposedly taken from an Egyptian tomb. This is probably just a great story, but it does date back to 4,000 B.C. It is the ancient relative of modern durum (pasta) wheat. The name (pronounced Ka-moot) is Egyptian for "wheat." It is an heirloom, non-hybrid grain which means it has never been cross-bred. Interestingly enough, it is superior to modern hard wheats that have been bred to "perfection" over decades. Kamut has more protein (17 percent vs. 12 percent), lipids, minerals and even taste.

Research into the nutritional content of cereal grasses began in 1935, when a group of scientists at the department of agricultural chemistry at the University of Wisconsin ran a series of experiments. They attempted to learn why milk produced by cows during the winter, on winter rations, was markedly inferior in nutritive value to milk produced by cows in the summer, when they had access to pastures. They began adding grass juice to the winter milk. Guinea pigs were used because they, like cows, are herbivorous animals. It was determined that "the growth stimulating factor of grass was distinct from all the known vitamins." They tested three grasses — barley, wheat and oats — in the dried juice form. All were grown in the same field at the same time.

The study showed that: “Barley grass, which was the most effective, produced a growth rate of 5.3 gm per day from the second to the seventh week of the experiment. The wheatgrass was only slightly less potent than the barley grass. After seven weeks the guinea pigs were taken off the supplement and fed mineralized milk alone. Growth stopped almost immediately. When resumed, once again remarkable growth resulted in animals receiving barley and wheatgrasses. These results show definitely that the grasses contain a nutritional factor that is essential for maintenance as well as growth of guinea pigs.”

More recently, the best research available on the nutritional content of grasses comes from the Japanese and their work with young barley grass. Dr. Yoshihide Hagiwara, a researcher and doctor of medicine, is the discoverer and producer of “Green Magma,” which is spray-dried barley grass juice (Bakuryokusi in Japanese). As we see from the American research of the 1930s, some of the best results with the guinea pigs were obtained from barley grass. Hagiwara says that barley contains the most natural balance of concentrated vitamins, minerals, proteins, and enzymes of 200 different plants and vegetables he tested. He also examined the nutrient levels at the different stages of growth — 5 inches, 10 inches, 20 inches high and more. He settled on 10-12 inches as the maximum nutrient value. This would occur approximately at the seed jointing stage. His grass is spray dried at low temperatures inside a vat, then vacuum dried and sealed in glass jars. This process ensures enzyme activity.

Dried barley grass juice (Green Magma) has 11 times the calcium of cow’s milk, five times the iron of spinach, four times the vitamin B-1 of whole wheat flour, seven times the vitamin C in oranges and an abundance of vitamin B-12, 80 mcg. per hundred grams (an equivalent amount of wheatgrass contains 20 mcg. of B-12). It has high concentrations of magnesium and iron as well as bioflavonoids (hormones), polysaccharides, and polypeptides (low weight proteins).

Chlorophyll is the thing Perhaps the most significant therapeutic ingredient in these grasses is chlorophyll. It accounts for 70 percent of the solid content of wheat grass juice. Chlorophyll is the plasma of plants. Green plants take in sunlight and transform it into food! This photosynthesis is one of the most fundamental processes in nature. Green plants, algae and certain bacteria use the light energy of the sun to form carbohydrate food. Not only do these greens nourish themselves and become the No. 1 food in the food chain, they also produce oxygen, playing a fundamental role in the biosphere of the planet.

Fifty years ago, scientists proved that chlorophyll is bacteriostatic, meaning it kills harmful bacteria. It fights strep and staph infections, bad odors in the mouth, gum disease, and destroys putrefactive bacteria in the digestive tract. It promotes healing of wounds by stimulating the production of connective tissue, helps ear infection, and the list goes on. Famous research scientist E. Bircher called chlorophyll “concentrated sun power.” He said, “It increases the functions of the head, affects the vascular system, the intestines, the uterus, and the lungs. It raises basic nitrogen exchange and is therefore a tonic which, considering its stimulating properties, cannot be compared with any other.”

One of the reasons chlorophyll is so effective may be its similarity to hemin. Hemin is part of “hemoglobin,” the protein fraction of human blood that carries oxygen. Studies done as long ago as 1911 show that the molecules of hemin and chlorophyll are surprisingly alike. The only exception is that chlorophyll is bound by an atom of magnesium and hemin is bound by iron. Experiments have shown that severely anemic rabbits make a rapid return to a normal blood count once chlorophyll is administered. Although the exact chemical transaction has not been proven, the human body seems to be able to substitute iron and rebuild the blood. It is as if the anemic patient has had a transfusion.

Algae – water grown greens Not all vegetables grow in soil. Algae are microscopic green plants that grow in water and can be cultivated like vegetables. We are probably more familiar with the marine micro-algae, seaweeds such as kelp and nori. Like mushrooms, many are toxic and only a few are cultivated for human consumption. Three fresh water microalgae are available to us: spirulina, chlorella and blue-green algae (AFA). Like the land-grown cereal grasses, they have similar nutritional profiles, but as a group they are approximately 70 percent protein as compared with the grasses, which are about 25 percent protein.

The chicken or the egg...or algae? Algae were the first life-forms on the planet. When the earth was formed 4.5 billion years ago, the atmosphere had no oxygen and lots of nitrogen, carbon dioxide and water. Cyanobacteria, the first life forms, used solar energy to break apart carbon dioxide and water into carbon compounds and food, releasing oxygen in the process. Fossils of these 3.6 billion-year-old photosynthetic bacteria resemble spirulina.

The largest naturally available algae lake in the world is in Klamath Lake, Ore. The algae in the lake is called blue-green algae, *Aphanizomenon Flos Aquae* or AFA for short. Cell Tech, INC. is the largest of the commercial companies harvesting AFA from the lake. You won't find their brand in stores because they distribute it through multi-level marketing, i.e. a network of commissionable agents. They trademarked the algae with the name Super Blue Green. Generally it is unfortunate when a natural food is given a trademark name for a commercial purpose. Kamut (tm) is another case. But in the case of AFA, this superb food would not otherwise be available to the public without the benefit of commercial enterprise and secondly, it's a lot easier to pronounce.

Spirulina and chlorella differ in that they are cultivated in man made ponds. Chlorella is mostly grown in Asia and the largest spirulina growers are in the deserts of Southern California (Earthrise) and Hawaii (Cyanotech). These foods represent a new agricultural technology with the promise of producing more nutrition for the world population per acre than any other food. These companies are not just supplement manufacturers, they're farmers!

Choose between all three algae according to personal taste and experimentation. Nutritionally, they are all super. Chlorella has the highest chlorophyll of all foods, about 70 percent, which is why they call it chlorella. It is a single cell plant that has a unique ability to reproduce itself. This chlorella growth factor (CGF) holds the promise of assisting in the repair and regeneration of human tissue. Its nucleus contains lots of nucleopeptides and cell growth factors such as RNA and DNA.

Digestion has always been a concern with chlorella because its tough cellulose wall makes absorption of all these wonderful nutrients difficult. The purveyors of chlorella have different methods for overcoming the toughness of the cell wall. Yaeyama of Japan, the world's largest chlorella grower and pioneer since 1960, uses a patented jet spray process that cracks the individual cells without damaging the nutrients inside.

Talking about DNA, spirulina has the same physical spiral shape as DNA! This food is an immune system booster. Anti-oxidants and phytonutrients are now buzz words in nutrition circles as they well should be. They are some of nature's finest secret ingredients that have the power to normalize, repair and rejuvenate. And spirulina has an abundance of them: Phycocyanin, chlorophyll, glycolipids, sulfolipids, gamma linolenic acid and about 10 carotenoids including the best known — beta carotene.

Spirulina has a soft cell wall made up of proteins and polysaccharides instead of cellulose. Polysaccharides are complex sugars. And it is also a rich source of the rare essential fatty acid GLA. It also has lots of easy-to-absorb iron and is the best place a vegetarian can go to get B-12.

One of the most exciting new frontiers for spirulina is its cultivation with specific nutrient enhancements in the process. Since algae is more responsive to its environment than soil-grown vegetables, farmers can increase, for example, the selenium content of spirulina providing an excellent bio-available form of the mineral in a food. This is not genetic manipulation at all. Instead, it is advanced certified organic farming of the '90s.

Get them all!

Steve Meyerowitz, aka Sproutman, is the author of five books on health and diet including Wheatgrass and the Green Foods Revolution.

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Klamath Blue Green Algae 800-327-1956. Email: algae@snowcrest.net

Cyanotech, Inc. Large grower of spirulina in Hawaii. 808-329-4677. FAX: (808) 329-3597. Email: cyanotech@worldnet.att.net <http://www.cyanotech.com>

Green Foods Corporation. Manufacturer of Green Magma original barley grass powder. 800-777-4430 ext. 434. 805-983-7470. Email: gfc@greenfoods.com [http:// www.greenfoods.com](http://www.greenfoods.com)

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RADIONICS: THE SCIENCE OF THE FUTURE

Radionics is a method of diagnosis and treatment at a distance which utilizes specially designed instruments practitioner can determine the underlying causes of diseases within a living system, be it human, animal, plant, or the soil itself. While Radionics is mainly used to diagnose and treat human ailments, it has also been used extensively in agriculture to increase yields, control pests and enhance the health of livestock.

Radionics as a healing art originated from the research of the distinguished American physicians Dr. Albert Abrams. He was born in San Francisco in 1863 and became one of the most highly qualified specialists of his day. A graduate of the University of California, he wrote several medical text books and eventually won for himself a national reputation as a specialist in diseases of the nervous system.

In the course of his research Abrams made the startling discovery that diseases could be measured in terms of energy, and he devised an instrument which calibrated dials which enabled him to identify and measure disease reactions and intensities. From this work, called E.R.A. of the Electronic Reaction of Abrams, came Radionics as we know it today. Leading British physician Sir James Barr considered Abrams' discoveries to be among the most significant of the day.

Not surprisingly, certain elements of the medical and scientific community attacked Abrams' work and sought to discredit him. In 1924, the year of Abram's death a committee of the Royal Society of Medicine under the Chairmanship of Sir Thomas (later Lord) Horder investigated his claims. To the astonishment of medicine and science, the committee, after exhaustive tests, has to admit that Abrams' claim was proven.

During the 1930's in the United States, Chiropractor Dr. Ruth Drown added further dimensions to Radionics through the discovery that diagnosis and treatment could be carried out from a distance. In the 1940's the main focus of Radionic research switched to England and the De La Warr Laboratories in Oxford. Instruments and techniques were refined and extensive work was done in the field of radionic photography originally initiated by Dr. Drown in California. The 1960's saw completely new concepts emerge for Malcom Raes' research into Radionics instrumentation and homeopathic potency simulation, and the introduction by Chiropractor Dr. David Tansley of a whole new basis for Radionic diagnosis and treatment based on the subtle anatomy (energy fields) of man, which subsequently revolutionized the theory and practice of Radionics throughout the world.

Some Fundamental Principles of Radionics

Basic to Radionic theory and practice is the concept that man and all life forms share a common ground in that they are immersed in the electro-magnetic field of the earth; and further that each life form has its own electro-magnetic field, which is sufficiently distorted, will ultimately result in disease of the organism. Accepting that all is energy, Radionics sees organs, diseases and remedies as having their own particular frequency or vibration. These factors can be expressed in numerical values which are known as 'Rates' or in the form of Geometric Patterns. These provide the means by which the practitioner identifies and treats disease at a distance. Radionics also takes cognizance that there are a number of finely organized fields of energy which lie beyond those identified by science, and that these fields can be utilized for diagnostic and therapeutic purposes. Thus it may be said that Radionics is a healing art where physics and para-physics, science and religion, meet and merge.

The Radionics practitioner in making a distant diagnosis utilizes his intuitive faculty, which science now believes arises for right brain hemisphere functions. The intuitive mind has access to information which lies beyond the reach of rational and logical abilities which appear to be mediated through the left brain hemisphere.

By tuning in both his mind and Radionic instrument to the distance patient, the practitioner by applying his faculties of extra-sensory perception (something we all have to a greater or lesser degree) is able, through observing the reactions of the detection apparatus under his control, to determine what the underlying causes of disease are. By identifying causes which may be hidden for clinical and more orthodox procedures, the Radionic practitioner is able, then, to determine with accuracy the correct treatment which will eliminate this underlying element. A Radionic diagnosis is not a medical diagnosis, but as previously stressed, a means of identifying and assessing the underlying causes which give rise to pathological states and their systems. These may or may not coincide with current medical opinion, but this is to be expected when the practitioner's approach is along para-physical lines.

Radionic Treatment

When the Radionic diagnosis is finished and the practitioner has complete health profile of the patient including the functional integrity of all organ systems, psychological states and imbalances that are present in the energy structures which form the energy fields which underlie the body, treatment can then be properly determined. All pathological states and their causes have their own frequency of energy patterns; these can be treated at a distance through the Radionic instrument by employing 'rates' or geometric patterns. The bloodspot or snippet of hair from the patient (known as the patient's witness) acts as a link between the practitioner, his Radionic instrument and the patient. Essentially treatment is the projection of healing energy patterns; to these may be added the wave form of homeopathic remedies, colors, flower essences and herbal extracts if they are indicated as part of treatment.

It may be difficult to accept that such treatment can be effective at a distance. However, the weight of clinical evidence shows that it is very effective in a significant number of cases. 'Action at a distance' as this phenomenon is called is not new to science. Today a great deal of research is being carried out by scientific institutions in the field and they are finding out that humans, plants and animals respond to projected thought patterns and this phenomenon occurs no matter how great the distance between the subjects under investigation. Their findings now bear out the rationale of Radionics. One of the great advantages of Radionics is that it is often possible to discover potentially serious conditions at an early stage and, by appropriate treatment, prevent them from developing to a point where they become clinically identifiable.

Moreover, as Radionic treatment takes place at a non-physical level, it cannot harm any living tissue or produce any unnatural side effects. Radionics is concerned with healing of the whole man, with the health pattern or entelechy of the individual. The health pattern is a singular, unitary force within the structures of man that ensures adequate and optimum functioning of the systems of his body. The purpose of Radionic therapy is to help the individual to re-establish his optimum pattern of health.

The Scope of Radionics

The scope of Radionics in theory is unlimited; in practice it is limited by the sensitivity, knowledge and

expertise of the practitioner. At one level it can be used to determine the structural and functional integrity of the body, and identify the causes of disease hidden within. At another level, the determination of the states of the energy centers (chakras) provides a picture of energy flows in the body and enables the practitioner to gain a deeper insight into the reasons behind certain physical and psychological imbalances. To this may be added an analysis of the qualities of energy within specific psychic structures. A synthesis of this data will reveal physical and psychological strengths, weaknesses, limitations and capacities and thus provide patients with insights into the personal and spiritual aspects of their nature, which can prove most useful during periods of crisis and stress. The beauty of Radionic treatment is that it is non-invasive. It can be used to complement other forms of therapy, and its efficacy is such that it forms a complete system of healing on its own right.

Further Reading on Radionics

Report on Radionics by Edward Russell. Neville Spearman Ltd. Chakras-Rays and Radionics, Ray Paths and Chakra Gateways and the Subtle Anatomy of Man by David V. Tansley, D.C.

Radionics-Interface with the Ether Fields by David V. Tansley, D.C. Dimensions of Radionics by David V. Tansley, D.C. Radionics-Science or Magic? by David V. Tansley, D.C.

These last four titles are published by Health and Science Press and C.W. Daniel Co.Ltd. Saffron Walden, Essex

For more information on Radionics write to: Dr. David V. Tansley; D.C.(USA), Advanced Radionic Consultants, 38 South Street, Chichester, Sussex, England. or telephone (0243)775383

CONSCIOUS CHILDBIRTH

A Wholistic Perspective

Da Vid, MD, Director, The San Francisco Medical Research Foundation

(Reprint of Coastal Post, January 1, 1995)

Each child in essence a recapitalization of the entire story of the history and development of life here on Earth. Each childbirth, from conception to delivery, is in fact a re-enactment of the nativity scene as depicted in the Bible. Each child, boy or girl, is a Christ child. Each mother is in reality one with "Mary," the Universal mother, Goddess, each father, "Joseph," is one with the Universal Father - God. The child, the son or daughter, a living soul, is in essence one with the Christos, the son - the central ego of humanity who is eternally one with the father/mother/God. Infinite creative life intelligence working through its creative expressions, you and I, brings forth new life, so as to evolve and experience its understanding of itself.

Each new incarnating soul has the power and potential inherent within itself, within the DNA coding of its cells to fully manifest the indwelling creative principle of life . . . to be fully creative here on Earth. Such is the inheritance and potential of every newborn child. It is within the context of this understanding that we need to examine very closely current birthing practices. What I am proposing here is an enlightened approach to New Age birthing practices based upon the following: The awareness that the incarnating soul, chooses its parent to be the vehicle for its new Earth experience. Parents do not own or possess their children, but through inner, subconscious agreements, sacrificial love and the desire for conscious growth have accepted the responsibility to provide to the best of their ability an environment and an education which fosters the evolving soul's journey in consciousness.

The psycho/physiological status of the mother is of crucial importance in the formation of the body of the incarnating spirit. It is highly recommended that the mother be supported and nurtured during this time of inner growth. Her thoughts, feelings, emotions, and nutritional status help create the form of the body of the individualizing ego, as well as being a determining factor in the psychological make-up of the indwelling spirit. She is creating through the genetic inheritance of the father, along with her psychological attitude, the body of the newborn.

Through profoundly complex spiritually engineered and directed subconscious process, the body of the new child is being created within her. Her mental/emotional attitude has a direct and profound effect on these organic subconscious processes. Through awareness, her conscious attitude and actions can either facilitate or detract from the subconscious growth of the embryo within her womb. It is at this time that the mother is in full blessedness and radiance as nature proceeds inexorably in her Great Work. Through sensitivity, common sense, applied knowledge, and aesthetics each and every parent is given the opportunity of providing an environmental milieu which will truly enhance the development of the child. Through education, the expectant parents prepare themselves for childbirth. Childbirth is a natural process which does not necessarily have to be difficult and/or painful. Childbirth is a supremely natural event – and it is incumbent upon us to educate ourselves into this realization.
Creative Childbirth - Birth Without Violence

Leading obstetricians and educators such as Frederick LeBoyer, Joseph Clinton Pierce, and Maurice Odent, M.D. have been educating their fellow colleagues over the past decade into a new awareness

regarding a more sensitive approach to childbirth. Today, a re/evolutionary birthing practice is being simultaneously pioneered in France and in Russia. This profoundly simple wholistic birthing technique is revolutionary in its simplicity and in its ramifications. In essence, it is a water birth - the newborn is born into water - a water baby.

The fetus for nine months has been living in a celestial consciousness, a world of peace and quiet - fully supported in a protective aquatic environment developing and growing moment-by-moment - preparing for the emergence into a new life - it is about to make a dramatic transition into a totally new environment - a new world - from a water celestial environment into an air-breathing terrestrial environment.

The physiological and psychological adaptation into this new environment is profound. Being born is the premier event in everybody's life. Our initial experience upon entering into our new world, our new environment is indelibly impressed into our subconscious minds. The memory trace of these first moments are recorded and impressed into the newborn child's nervous system. The child's nervous system is an open template inordinately receptive to visual, auditory, gustatory, olfactory, and tactile experience.

It only makes good common sense to provide the new being with a totally positive experience. The psycho/physiological consequences of a positive life enhancing introduction into this new world cannot be over-emphasized. This initial impression is carried through the terrestrial experience of the child. I believe as do others that our relative success or inability to successfully adapt to this world can be traced in part to the initial birthing experience.

Upon delivery into this world we are an open book - let us create for this new Christ child a positive greeting, a life-enhancing experience which supports and mirrors the inherent inner awareness and experience of the newborn child. The newborn child, as stated, is living in a heavenly world, a world of profound beauty and peace, a magical, musical world, in communion with reality.

The divine plan for humanity is Heaven on Earth. Heaven is a state of consciousness, a frequency, a resonance that is peaceful and harmonious. Heaven on Earth shall be realized and expanded by the succeeding generations of water babies who have not been shocked out of higher consciousness. Mind you, this is not to say that because many of us have suffered traumatic and unconscious births, that there has been irreparable damage. Fortunately, the Mind has the means to heal itself, however, it makes good sense not to inflict any unnecessary pain or discomfort upon the newborn child. In light of current psychological knowledge and our remembering of nature's implicit simplicity, we will move away from unnecessary drugs, harsh lights, rushed deliveries, and antiseptic, sterile environments. I am not advocating a complete dismissal of technology, what I am advocating is awareness to the subtleties and inherent intelligence of nature acting through woman to return us to a state of awareness and respect for the sacred divinity of emerging life.

As conscious sentient beings who have the unique ability of begetting life, it is time to apply our intelligence to all facets of our life. And what could be more important than ecological childbirths? The answer is there - Water Baby births.

The Process

The players are the mother, the father, the attending midwife, and/or attending physician. The mother is placed in an aesthetically pleasing environment, soft lighting with incense “frankincense and myrrh,” with or without beautiful meditative or celestial music. The mother is placed in a tub of warm water which approximates in temperature and osmolarity of the amniotic fluid as found in her womb, 98.6 degrees F. This serves two very important function:

The warm water, soft lighting, beautiful music, and delightful aromas relax the mother, thereby facilitating and assisting in a natural and smooth childbirth.

By being born into water, the child’s transition from the womb (Heaven) to Earth is hardly noticeable to the child. The child is given the opportunity of making a gradual, smooth, and subtle adjustment to the new environment. It is recommended that the umbilical not be cut immediately. The emphasis here is on allowing the delivery to unfold in its own time. There is no rushing of the process.

The next step is of profound importance and concerns itself with the concept of bonding of the newborn child with his or her mother and father. The initial loving contact (bonding) with the father and the mother is a necessary ingredient for ensuring and enhancing the psychological integration of the newborn child. Current progressive psychological research is strongly alluding to the realization that much of the psychopathology and alienation as seen in our culture and in our world is in part due to our current birthing practices. Unless there is a medical emergency which requires immediate technological intervention, the newly born child should in no way be taken away and isolated from its parent.

The initial love, caring, compassion, and concern on the part of the delivery team has a profound impact upon the developing and emerging psyche of the newborn child. The process of bonding is simple. The child is initially held and makes first identification with the father’ from this moment the child is given over to the mother for nurturance and sustenance.

The breast feeding process is begun. Breast milk, besides being of the highest quality nutrition available to the child, is rich in antibodies and is essential for establishing and maintaining the integrity of the developing immunological system, i.e., the thymus gland. In summation, the water baby in conjunction with breast feeding is the manifestation of wisdom and understanding. It is truly wholistic. It is a safe, simple, and natural process. The future will bear out the truth that this re/evolutionary technique may well be an initiating seed for bringing the Earth spirits who in their humanness remain consciously aware of themselves and their inherent Godliness.

Da Vid, MD Medical Director The San Francisco Medical Research Foundation
20 Sunnyside Avenue, Suite A-156 Mill Valley, CA 94941

THE WATERBIRTH WEBSITE

www.waterbirthinfo.com

This site provides in-depth information on the use of water for labor, childbirth, and early childhood development. It includes fascinating information from the world’s leading waterbirth pioneers, product information on ordering the WATER BABY video documentary and Waterbirth Providers List, dozens of personal waterbirth stories, a Waterbirth Photo Gallery, and lots more!

THE QUANTUM CONSCIOUSNESS MEDICAL INTERFACE SYSTEM

The most advanced bio-resonant medical therapy device in the world today is now being introduced here in the U.S.A. through the joint efforts of the Maitreya Institute of Budapest, Hungary and White Dove Healing Arts. This device is the latest generation and the most current innovation of the eminent Dr. William. C. Nelson, Ph.D.

This new Quantum Med. System now gather bio-energetic data from the body via twenty channels, then sorts and prioritizes the information and automatically begins testing the client 's own energetic reactivity to the issues via all twenty channels simultaneously. This provides much more accuracy and more precise wellness tips for you the health seeker or practitioner.

The most exciting news to announce is that the QMCI system offers many bio-resonant therapies that benefit the client/patient during the session! These therapies are well known, safe, widely accepted, and used daily by thousands of European clients/patients.

The Therapies Are:

Electro-Acupuncture Meridian Therapy: This well known system automatically balances the acupuncture meridians by adjusting them with harmonic frequency techniques.

Rife Technique: This system automatically stimulates the organs and harmonizes the polarity disturbances of the client with Rife frequencies.

Color Therapy: This technique offers the client classical color therapy by selecting, then presenting the most important color that will enhance the person 's healing ability.

Trivector Therapy: This unique method automatically filters body frequencies like the Mora and Bicom devices, plus, adjusts the Trivector Field to precise capacities for maximum health.

Scaler Therapy: This innovative system works with the human hormone/endocrine system and offers photon/infrared support that can boost the energetic values in the client.

Allergy Testing and Desensitization Therapy: This system is an interactive system where the client and therapist work together to achieve a much deeper desensitization to the allergy problem.

Homeopathic Activation Therapy: This approach presents to the body a holo-linguistic energetic form of a remedy, thus stimulating a positive physiological response in the body.

Other Therapies Include:

- Phobia Control Therapy via NLP
- Null Field Harmonizing Therapy
- Pain Control Therapy via Electro-acupuncture Quadrants
- Tens-Therapy for Pain-Control
- Addiction Control Therapy via NLP
- Spinal Energetic Therapy

- Anti-Aging Therapy
- Dental Analysis and Therapy
- Adipose Tissue Therapy
- Subspace Morphic-Transfer Therapy

Plus:

- Biorhythm Charts
- Miasm Analysis Charts
- Detoxification Charts
- Organ Restorative Charts
- Homeopathic, Herbal and Nutritional Charts

To summarize, the basic foundations of electronics came from initial investigations into biology. The inventors of long ago, such as Volta, Ampere, Ohm and many others, tried to understand biology by looking to the laws of electrical reactivity to make sense of it all.

Today the quantum leap for the sincere health seeker and practitioner is the reality and presence of a wellness enhancement system that is safe, effective, gentle and non-invasive, namely the Quantum Consciousness Medical Interface System.

THE HEALING POWER OF LIGHT

Photoluminescence: UV Light Irradiation in the Laboratory

E.W: McDonagh, D.O.

In his 318-page book entitled *Into The Light*, William C. Douglass, M.D., outlines the tremendous powers of light. He delves into the many varied functions, properties and unique abilities of the color spectrum.

Each color has its wavelength that accounts for its activity. The medical use of ultraviolet (UV) in particular is demonstrated by published scientific studies, and patient case histories to have great curative ability in a wide range of disease entities.

Conventional medicine treats patients after the establishment of disease. Early detection and prevention is ignored. Usually irreversible structural change follows functional change that has been in progress for months or years. When “modern medicine” states “nothing abnormal found” but the patient has obvious complaints, the sufferer must wait until he can exhibit sufficient, unmistakable morbidity to be eligible for treatment. At this point the system cranks up to do battle with a vast array of expensive drugs, specialist physicians, surgeries, and hospitalization time. Advanced degenerative diseases are rarely reversed or cured, but controlled so long as the patient continues under the care of his or her physician.

UV Light

Ultraviolet light as a medical treatment has been used since the beginning of the century. The technique is merely using UV light to stimulate the immune system and various enzyme systems. It is a tested and proven therapy that has accomplished incredibly miraculous cures with absolutely no side effects, and yet until recently it has been suppressed and ignored by American medicine.

UV light has been used in disinfection for many years, and it is still used for that purpose. It requires little sophisticated equipment, no complicated drugs, and it cures by stimulating the body's own immune response and various enzyme systems.

A small quantity of blood is treated with UV light (photoluminescence) and amazing things happen upon re-injection into the bloodstream. The body's defenses are rapidly organized to destroy all invading organisms whether viral, bacterial or fungal.

The author cites two cases, husband and wife, who both had the flu. One treatment completely reversed the system in both patients within two hours.

In the case of serious infections, marked reduction in toxic symptoms is observed in 12 to 48 hours.

Mechanisms

Less UV exposure is required to kill bacteria in the human body than is necessary in the laboratory. When a small part of the infected bloodstream is exposed to UV light for less time than is required to kill bacteria in the laboratory, the pathogenic bacteria in the body are usually completely destroyed. In fact, many organisms are destroyed by an amount of irradiation that merely stimulates normal body

cells.

Blood cells are huge compared to bacteria and are stimulated, while the same UV dosage kills the bacteria.

“UV light therapy (photoluminescence) has the remarkable ability to allow the ill body to make rapid readjustments back to normal biological selfregulation.”

Also, certain significant amounts of two photo-sensitive amino acids — phenylalanine and tyrosine — that are absent in most body cells. These amino acids absorb additional UV energy that kills the bacteria.

There is also reason to believe that by destroying the bacteria in the treated sample of blood, an “auto-genous vaccine” is produced that aids in rapid destruction of bloodstream bacteria.

The first article on the benefit of phototherapy was published in June 1934 by Hancock and Knott. By June 1942, 6,520 patients had been treated with UV therapy. The treatment was successful nearly every time. There was complete absence of any harmful effect.

Other effects of UV irradiation of the blood include increased efficiency of oxygen exchange, dilation of coronary arteries, rapid reversal of paralytic ileus (paralyzed gut following surgery), prevention and reversal of thrombophlebitis, restoration of normal autonomic nervous system balance, and dramatic relief in 80 percent of asthma patients.

Ultraviolet irradiation typically causes the body to eliminate uric acid more rapidly, suggesting usefulness as a treatment for gout, gouty arthritis, bursitis and other inflammatory conditions of muscles and joints.

Researchers also have found that blood sugar is temporarily diminished in diabetic patients by UV irradiation. This is probably due to an increase in insulin sensitivity.

The pineal gland, located at the epithalamus of the brain, secretes the vital hormone melatonin. It is the body's chief photoreceptor — a receiver of photons from the eyes, and thus protects the body from light deficiency.

Calcification of the pineal gland occurs in a large percentage of people over 60 years of age. It is not a natural part of the aging process because it doesn't happen in everyone, but it is very common. “If a method could be devised,” says the author, “to decalcify the pineal gland, I believe wondrous health benefits would ensue.” Some of the benefits of chelation therapy using EDTA and/or UV therapy may be due to decalcification of the pineal gland.

It has been our experience that all organ function and glandular function improves as a result of EDTA chelation therapy, but I never considered its beneficial effect on the pineal gland before, I just assumed it should be enhanced as are all other tissues.

ToxinNeutralization

Botulism, a deadly form of food poisoning, causes extreme toxicity and carries a high mortality rate. Photoluminescence is very effective within 24 to 72 hours after treatment.

Miley, writing in Archives of Physical Therapy, Volume 25, June 1944, reports a case of a patient near death from classic botulism neurotoxin. He was unable to swallow, or see. The patient was treated with photoluminescence and within 48 hours was able both to swallow and see, and was completely clear mentally.

As Miley said, "There is, to my knowledge, no record in medical science or of any other therapy that can produce such an effect on a patient in the last stages of botulism."

Patients with advanced pneumonia, acute gangrenous appendicitis, multiple pelvic abscesses, and peritonitis have made hard to believe reversal of the problems in 24 to 72 hours.

The Russians

Necessity is the mother of invention. It would seem to me that the Creator has mixed some good into every catastrophe. Most of us, however, can't find it; maybe we get sidetracked because of the tragedy.

Russia, with its long history of communist suppression and severe financial constraint could not encourage the organized development of high-tech medical hospitals, drugs, and hardware to reverse serious illness in their populace.

Physicians and researchers turned to more natural, more effective, less expensive methods. They have developed photoluminescence to a very effective degree and have published much on the subject for 20 years.

In the field of surgery alone, doctors of the former USSR have used UV therapy in over 100,000 patients. Surgeons Kutushev and Chalenko in St. Petersburg reported that UV therapy cut by 50 percent the number of complications and the necessity of using antibiotics in severe trauma cases. In the past ten years, these two surgeons have successfully treated over 3,000 patients with severe trauma using UV blood irradiation. Cases ranged from crushed kidneys to extensive bleeding into chest or abdominal cavities.

Extensive third degree burns also respond to photoluminescence.

Bacterial endocarditis, an infection of the heart valves, one of the most dreaded infections seen in medical practice, carries a high mortality rate. Dr. Krishtof and associates treated 250 cases that all had undergone prolonged therapy with antibiotics and cortisone with little effect. The patients were given two to three treatments per day.

UV light therapy was so successful that 43 of the patients were able to avoid surgical repair of their heart valves — a remarkable achievement. Those who had surgical repair fared better posts-op than would be expected from such serious surgery, and their hospital stay was significantly shortened. The Russians have successfully treated 128 comatose patients who have been poisoned by organophosphate or had psychotropic drug intoxication.

Twenty-two patients with cancer of the colon and rectum were treated with UV photoluminescence four times daily beginning with the first post-op day. A report from the Krasnoyarsk Cancer Center found:

1. Narcotics often were not necessary, or they could be discontinued on the second day.
2. There were no cases of adynamic ileus, the paralysis of the intestines so often seen following abdominal surgery.
3. Post-op infections were seen in only 10 percent of the patients compared with 30 percent in those patients not receiving light therapy.

A group of St. Petersburg physicians studied the effect of photoluminescence on 145 patients with severe blockage of the coronary arteries, who had suffered a previous heart attack. The doctors chose only patients who had not responded well to conventional drug therapy.

Significant improvement was registered in 137 of the 145 patients treated, as compared to control patients who did not receive UV light therapy. Pain was quickly relieved and analgesics were often discontinued. The dosage of heart medications, such as beta-blocking agents, were reduced in most patients and the attacks of angina were less frequent than the controls.

The authors attributed the good results to a dilation of the coronary arteries, and improvements of oxygen uptake in tissues.

I believe the combination of photoluminescence and intravenous EDTA therapy given simultaneously would produce even more outstanding results.

A. Levin and his associates studied the effect of UV blood irradiation on blockage of the arteries of the legs, a common problem in diabetics and heavy smokers. They reported positive results in eight of 11 cases with significant relief of pain, less dependence on pain killers, better sleep, better appetites and quick healing of ulcerations caused by poor circulation.

Dutkevich and associates reported that 10.3 percent of surgical cases in their series developed some degree of thrombophlebitis or thrombosis following surgery if not treated with UV light therapy. Not a single case developed these venous complications if they had been treated with UV light therapy prior to or after surgery.

The Wistar Institute made public a report in 1993 that Chronic Fatigue Syndrome, which is believed to affect 10 million Americans, is caused by HTLV-II, a viral organism that causes hairy cell leukemia.

Remember, there is no cure for any virus and no cure for any form of leukemia. What will America's doctors do if 10 million young middle class citizens suffering Chronic Fatigue Syndrome come down with hairy cell leukemia?

On the front page of USA Today, August 22, 1997, there is an article by Steve Steinberg entitled, "U.S. Wary of Germ that Resists Drugs." A deadly microbe that has developed resistance to the last of the antibiotics readily capable of killing it has turned up in a Michigan man, health officials warned. His

case marks the first time the microbe, known as Vancomycin-resistant *Staphylococcus aureus*, has shown up in the United States.

Our reliance on the present treatment modalities is obsolete. Many more pathogens will be immune to antibiotics in the future.

Summary

UV light therapy (photoluminescence) has the remarkable ability to allow the ill body to make rapid readjustments back to normal biological self-regulation. The self-regulatory abilities of the body are really responsible for the many healings of medical science. No drug can cure an illness — unless the body's own mechanisms are functioning correctly.

UV light irradiation of the patient's blood can save untold billions of dollars by reduced need for our medical system of hospitalization, drug usage and surgical procedures. For this reason, it will be fiercely suppressed in this country. Any treatment that threatens the status quo, no matter if it is ineffective and outrageously expensive, is always opposed by the old guard.

I wish all my patients and readers of this column sustained, permanent good health and a long, happy life. That is why I try to bring information from the cutting edge of alternative research; information you might not get otherwise. Read *Into The Light*, by W.C. Douglass, M.D., available from Second Opinion Publishing, Inc., Suite 100, 1350 Center Drive, Dunwoody, Georgia 30338, phone 1-800-728-2288.

I have barely scratched the surface of the practical uses of UV light in medical and non-medical areas. Your body has the remarkable ability to keep you well, and to get you well again if you happen to become ill. I am convinced the most effective treatments will be the most natural. The miraculous effects of UV therapy seem to show a higher power than that possessed by organized medicine.

As I have told many a patient, God does the cure, but I take the credit!

Dr. McDonagh is a Kansas City-area physician who utilizes nutrition, conventional and alternative therapies to treat degenerative disease. He is a world authority on the use of chelation therapy.

His clinic is located at 2800-A Kendallwood Parkway, Gladstone, Missouri 64119, phone (816) 453-5940.

Visit the clinic on the internet at www.McDonaghMed.com.

SOUND AND LIGHT
Partners in Healing and Transformation
Da Vid, MD
Medical Director, The San Francisco Medical Research Foundation

Light, the universal substance of all life, manifests itself as color, sound, form and movement. Sound (music) is the rhythm, harmony and melody of the universe . . . the dance of life. The I ching (Chinese Book of Wisdom) declares that “Music has the power to ease tension within the heart, and to lessen and loosen obscure emotions. From time immemorial the inspiring effects to the invisible sound that moves all hearts and draws them together has mystified mankind.”

Inspired music, the expression of universal intelligence, has the power to heal and enlighten us. The power of music to heal has become increasingly well documented. Inspired music, like beautiful art, conveys and transmits the energy and message of love itself. Love, the universal healing power, frees the mind of negative thoughts and emotions. Listening to and absorbing inspired music has a direct and positive effect on the creative super-subconscious mind.

The super-subconscious mind is receptive to suggestion and responsible for the overall health and maintenance of the body. By listening to transcendental music, you fill your heart and mind with beauty.

The same is true with color. You only need to walk in nature, experience a rainbow, a flower, a brilliant sunset to realize the power that art possesses to transform your life. Through a sensitivity to nature and the creative genius of humanity, we can come to appreciate the greater life with which we are intimately connected.

The Science of Light and Sound

A direct innate relationship exists between the 7 colors of the spectrum, the 7 notes of the musical scale and the 7 glandular systems of the body. Each color and note has a unique vibratory pattern which stimulates in a corresponding manner the energy centers of the mind and the body.

Light from the sun enters the body through the optic nerves of the eyes and directly stimulates the pineal gland. The pineal gland is the photo-reactive organ responsible for the production of neurohormonal agents.

The pineal gland is connected to the hypothalamus. The hypothalamus, a neuroendocrine gland, subconsciously mediates from moment to moment all the vital processes of the body via its direct and immediate connections to the pituitary gland and autonomic nervous system, the immune system and the association cortex of the brain. The hypothalamus is filled with chromophilic cells which convert the electromagnetic signal of light into neurochemical impulses which are then carried directly to the pituitary gland.

The pituitary gland in turn secretes hormones which stimulate the secretion of other hormones within the body, thereby maintaining homeostasis.

By exposing the subconscious mind to pure vibration, either pure color or pure sound, the neuroendocrine and immune systems are purified. Pure color and sound also stimulate the ecstasy center of the brain by triggering the secretion of endorphins, powerful natural opiates. In this way, music and color create the experience of healing.

The Effect of Music & Color on the Immune System

Music and color, via the hypothalamus, have a direct effect on the thymus gland. This is the explanation for the beneficial effects music and color have in reducing unaccommodated stress. Unaccommodated stress suppresses the thymus gland and reduces your life energy.

The thymus gland is responsible for:

- Immunological surveillance and the production of special T-cells.
- The availability of a sufficient number of T-cells determines whether you are resistant to disease.
- The strengthening of muscular contractions.
- The flow of lymph throughout the body (which is the body's cellular cleaning fluid), and
- regulating the life force that is flowing in and through your body moment by moment.

The thymus gland is the center of your life energy. A healthy, active thymus gland creates vibrant and positive health. Thus, music and color can stimulate and enhance the proper functioning of the thymus gland. It is from this understanding that one may realize the immense power music and color have on integrating and expanding the mind, and thus affect healing of the mind-body complex. True healing constitutes a positive, permanent transformation of mind with a resultant change in attitude, feeling and behavior.

As a research physician and artist, I have done extensive research on the healing effects of music and color upon the human organism. I have been deeply impressed with the effect New Age music has in the healing process. Creative musical compositions combine acoustic and electronic instruments with state-of-the-art recording technology. The result is an extraordinary synthesis of evocative and inspired musical harmonics which serve to induce a meditative state of mind. This new music is the music of higher consciousness. It delivers in a new modality the eternal verities of love, beauty, grace and freedom.

We all now have the golden opportunity of filling our hearts and minds with light and music. In so doing, we can feed ourselves, our cells, with the spiritual nutrition necessary to "Inspire, Delight, Heal and Enlighten" all levels of our being.

AROMATHERAPY AND ESSENTIAL OILS

Can't Relax? Try Some Common Scents!

Laurel Dewey, Healthy and Natural Journal

Have you ever been so tired that you couldn't get to sleep? You know the feeling. Your head hits the pillow and the endless tape starts to play. You could lay awake for hours, staring at the ceiling. You could count sheep until dawn. Or, maybe, you could "scent" your way to sleep with pure essential oils.

This age-old trick has been used for thousands of years. Cleopatra loved to sink into an oil-scented bath to calm her nerves after a long day of lounging on the Nile. What was reserved for the elite thousands of years ago, is available to you today via your local natural foods store. Pure essential oils are the steam distilled active "heart" of flowers, roots, barks and fruits. They are, in effect, the concentrated essence of a specific plant. Rub your fingers on the inside rind of an orange or lemon and the resulting aroma is that fruit's essential oil.

Over the years, researchers have discovered that there are certain scents in the plant world that produce a relaxed state of mind and body. The scientific explanation for this mind/body scent-tual experience has to do with a part of the brain called the "limbic system." As you breathe in the particular aroma, the scent is stored in the limbic area of the brain which is where we connect that odor to an emotional feeling. For example, one of the most famous essential oils for relaxation is lavender flower. Lavender's clean, fresh, floral fragrance can trigger an emotional sense of calm and well. Lavender essential oil has been used to calm all ages, from a cranky baby to a nervous adult. Blue Chamomile is a potent essential oil known for its strong aromatic sedative qualities, especially for women and sleeplessness due to menstrual complaints.

Since essential oils are extremely concentrated it only takes a mere drop or two of the liquid to release its healing odor. How does one integrate pure essential oils into their life to gain the most benefit? It can be as simple as sprinkling a cotton ball with one or two drops of essential oil and placing it alongside your pillow. Some aromatherapists suggest scattering two or three drops of an appropriate essential oil right onto the pillow case itself to really get a full sensory experience.

Another popular way to relax with essential oils is to combine 10 to 12 drops into a tablespoon of odorless, light "base oil" (such as apricot kernel oil or grape seed oil which are also available at most natural food stores), and add the mixture to a hot bath. As you soak, the oil's scent is activated by the hot water. Lavender essential oil works especially well for this purpose. Finally, the aroma can be diffused into the air via a brass or glazed ceramic lamp ring. To do this, place 10 drops of an essential oil such as Lavender into the ring's reservoir and securely set it upon a cold light bulb that doesn't exceed 60 watts. Turn on the light and within minutes the soft aroma will be released into the air. Now that you know you can relax naturally, doesn't it all make scents?