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BioLiving in a High Tech World

By Allie Dawson

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Meet the Author

Allie Dawson worked for many years as a registered nurse where she held various hospital management positions. Some of her most interesting work, however, involved alternative treatment modalities with end stage cancer patients.

Later, Allie owned and operated a health food store for several years while working concurrently as a nutritional consultant to Chiropractors across the U.S. She was also a Sports Therapist and trainer for TEAM USA-National Martial Arts Team.

Allie's journey as a health practitioner has been enhanced not only by on-going training -- she has also experienced a number of one-on-one apprenticeships with renowned doctors in cancer and sports massage therapy and traditional Chinese medicine.

Currently Allie is the owner of a health clinic, which offers Touch for Health Meridian Balancing, Massage, Cranio Sacral Therapy, Acupressure, Active Release Techniques, Deep Tissue Sports Therapy, and Reiki. In her spare time Allie teaches Women's Self-Defense, Kickboxing, and Tai Chi.

"Complementary medicine" is the emerging health model for the 21st century -- it recognizes that physical, biochemical, psychological, spiritual and environmental factors all play a role in governing the state of our health. Allie's integrated knowledge of both traditional and alternative medicine provides strong guidance for those who realize that excellent health is the result of balance between traditional and alternative medicine and that one is incomplete without the other.



Radio Appearances

- Columbus, OH - WTVN, The Steve Cannon Show
- Burlington, VT - WKDR/WDEV Radio
- Canada - CHQR - Bruce Kenyon Talk News
- Portland, OR - KPAM News Talk with Debra Barnes
- Kansas City - KBEQ The Randy Miller Morning Show
- Cincinnati OH - WKRC with Stephanie Tyler, The Morning Show
- National Syndicated Radio - Mancow
- Toledo, OH - WVKS
- Austin, TX - KLBJ
- New Living Magazine, NY

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- A Message from the Author -



Disease or Health ? It's Your Choice

Prevention does not cure, but it is the better way!

PREVENTION AS DEFINED: keep from occurring, defend against, counteract, fend off, hold back, stave off, ward off; block, bar, deter, thwart, anticipate, nip in the bud, forestall, avoid, preclude, avert, veto, prohibit, rule out, intercept, sidetrack, turn aside, deflect, turn away.

CURE AS DEFINED: restore to health, make well, heal, eradicate sickness from, rid of an illness, remedy, corrective, curative treatment, means of healing, antidote.

By definition there is a distinct difference between *prevention* and *cure*.

Which would you rather experience? There is no ill treatment or harm in prevention, in keeping with that wise old saying, "An ounce of prevention is worth a pound of cure."

In *BioLiving in a High-Tech World* I refer to a paradigm shift taking place between Alternative Medicine and Western Orthodox Medicine. Alternative Medicine holds an entirely different premise on health with it's focus being on wellness and the healing power of nature as well as the intrinsic total restorative powers of the body (which is why the name "Holistic" is used to mean the same thing as "Alternative"). In contrast, the orientation of Western Orthodox Medicine has been the arena of disease with its focus being on treatments with prescription drugs, surgery or chemotherapy.

In this book I do not talk about cures, I do not talk about diagnostic techniques, and I do not talk about treatment of illnesses. I cannot offer you any of those things. The information I give you cannot take the place of doctors, hospitals, emergency rooms, expensive diagnostics, miracle drugs or highly skilled surgeons that save lives. If you are sick, go to your family doctor. That is to be expected. I do talk, however, about prevention, with the hope that one day you will go to the doctor for your regular checkup with the joyous outcome of a clean bill of health. Don't expect this outcome, however, unless you focus on *prevention* rather than *cure*, *vitality* rather than *illness*, *a higher standard of health* rather than symptoms, and *the low cost of prevention* rather than the high price of a cure or lengthy hospitalization. When you make this choice you may *live a long healthy robust life* in your own right rather than masking fatigue, debilitation, depression or prolonged misery with drugs.

Prevention entails education and personal responsibility to lifestyle, diet and exercise. My perpetual routine is to teach and encourage my clients every time I see them and to work my way out of a job! As my clients begin to take on more responsibility for their own mental and physiological health there is no need to come back. They are living the bountiful life, full of health, and are no longer in the dark as to how they live and what brings about sickness or what they can do about it when it does happen. And they certainly get an education! Without exception I have them start reading. It's usually after the third or fourth visit that my clients exclaim, "I never knew these things! I'm learning so much and it all makes sense now. I can't believe what a difference it makes!"

What is something we live with every day? How about pain, to a lesser or greater degree? As a modern society we embrace the only thing we know: Western Orthodox Medicine and TV commercials that tell us when we have pain we should reach for _____. As a rule, we are not at all aware of the complex web that it unknowingly weaves for us that leaves us not knowing the way out.

I recommend two books for your empowerment and for your good health: *Lessons from the Miracle Doctors* by Jon Barron and *Pain Free in 6 Weeks* by Dr. Sherry A. Rogers, M.D. (Resources for finding these books are in Appendices E & F). If read, heeded, and applied they will change your life. Below I have included some excerpts from these two books so that you can begin to have a bigger picture *now*.

Pain Free in 6 Weeks, Sherry A. Rogers, M.D

(By permission, Excerpts from Chapter One)

"What is pain trying to tell you? Regardless of how your pain started, the body is designed to heal. Let's learn what is retarding your natural healing. There are many types of pain from degenerative discs to arthritis to metastatic cancer to fibromyalgia. Did you ever wonder why we have pain? It is to warn and protect us. Pain is designed to facilitate healing by keeping us from using the area. But healing is a limited process. It should not be chronic. Why should we suffer with pain for the rest of our lives because of one injury? The answer is we should not. There is no teleological or protective mechanism or reason for having chronic suffering after one particular injury. Therefore, it is up to us to find out why the body is still having pain and what it is trying to tell us.

Pain means inflammation: Inflammation means reaction to or rejection of something. If there is continual pain in an area, that signifies there is an irritation, an inflammatory response. What is the body reacting to that forces it to continually release chemical mediators from cells, sending signals to bring in inflammatory repair cells and allergic cells? What offender or invader is the body chemistry trying to reject or gobble up?

Wherever there is pain, there must also be inflammation, with varying degrees of swelling, redness, or tenderness. It is through inflammation that the body defends and heals itself. It is these extra cells that in the process of trying to clean up and protect us also put out chemicals or mediators that produce the chemistry of pain. Whatever it is that we are reacting to, the reaction will persist as long as the body has not conquered the stimulus or trigger. Real healing, as with cuts and fractures, occurs over a finite period of time.

Never lose sight of the fact that only when there is a persistent trigger (that the body is reacting to and cannot conquer) does it continue to produce inflammation and pain. **Inflammation and resultant pain should never be chronic.** And when you choose to cover up or mask pain with medications, it allows you to ignore finding the true underlying causes. The chronic inflammation inevitably progresses to much more serious damage and tissue destruction, while the drugs used cause their own damage as well as create new diseases.

If everything heals, why should pain be chronic? When you cut your finger, it doesn't bleed and stay open forever unless there is something else wrong. If there is a non-healing infection from a splinter in a diabetic, the persistence of inflammation alerts us to remove the splinter and regulate the diabetes before healing can be completed. When you break your wrist, you don't have pain forever. So why should a back or any other source of chronic pain be an

exception? Every chronic condition has an underlying cause that can be remedied. It is these causes you are going to learn to identify and correct.

Pain has a way of wearing you down to a point where you'll beg a surgeon to operate. When you have pain, do you reach for Aleve? This and its over-the-counter cousins like Motrin (ibuprofen), Advil, Naproxyn, Orudis and prescription drugs like Indocin, Tolectin, Lodine, Feldene, Clinoril, Anaprox, Toradol, Nalfon, Voltaren, Celebrex, and Vioxx fall into a category of drugs called NSAIDs (non-steroidal anti-inflammatory drugs) with some of the most dangerous side effects known.

Since side effects of drugs constitute the 3rd cause of death in the U.S., it should come as no surprise that over 6,000 people die from NSAIDs a year. Why don't you hear about it? Because the symptoms slowly come on over the years, masquerading as labels like congestive heart failure, kidney disease with fluid retention, suicidal depression, or idiopathic liver disease. The ones who don't die have the misery of cataracts, ulcers, macular degeneration, hearing loss, ringing of the ears, memory loss, headaches, heartburn, fibromyalgia, chronic fatigue, and much more.

For example, one out of four people get ulcers or other intestinal problems from NSAIDs, but are labeled irritable bowel or heartburn and treated with additional drugs which produce further side effects. No wonder statistics show that once you start taking a gut drug you increase your chances of cancer 43 times! For once you start with a drug, you are propelled into the vortex of more drugs either for the side effects of the first or the progression of underlying causes that were ignored in the first place.

But worse is that these **pain-relievers actually cause bone deterioration**, which is ironic because they are taken for relief of bone pain. That's right, they actually cause the condition for which they are being taken to get much worse, often requiring surgery. No wonder we have been hurled into an epidemic of hip and knee replacements! And if that were not enough reason to find the real cause of pain, common pain relievers cause the leaky gut syndrome. The leaky gut can then go on to cause food and chemical allergies, vitamin and mineral deficiencies that accelerate aging, and auto-immune diseases where the body destroys its own tissues. These include diseases like rheumatoid arthritis, multiple sclerosis, amyotrophic lateral sclerosis (Lou Gehrig's Disease), thyroiditis, colitis, and more.

Common pain medications not only fail to cure, but cause bone deterioration with osteoporosis plus eye, kidney, liver and heart disease. Medications guarantee that the sick will get sicker.

NSAIDs not only increase your risk of being hospitalized by 4-fold, but are implicated in contributing to at least one in five cases of heart failure, for which one treatment is now cutting out part of the heart! But that pales when you consider the side effects of steroids used to mask pain. They can cause death of the tiny femoral artery in the neck of the long thigh bone (femur), leading to attempts to artificially replace the ball and socket bone, which carries, at best, a poor prognosis.

Methotrexate, a drug commonly used for arthritis and other recalcitrant pain conditions, as a form of chemotherapy, can actually cause cancer on down the road. No wonder the prestigious *Journal of the American Medical Association* teaches us that prescription drugs kill well over 100,000 people each year in hospitals alone. And this does not count those who die at home, in accidents, with non-prescription drugs, or whose deaths were not recognized as being connected to drugs and their myriad insidious side effects.

Drugs are designed to merely shut down a chemical pathway that is malfunctioning. For example, the malfunction of the cell membrane's inflammatory chemistry results in a prescription for anti-inflammatory drugs, but this allows the underlying condition to accelerate and worsen: the sick get sicker, quicker. Better to find the true underlying cause and fix what is broken and get on with the joy of life. That is what this e-book is all about.

Dr. Rogers' goal is to help you discover what the cause of pain is and get rid of it once and for all and to experience true healing. She unveils important research studies revealing that 74%-90% of the people who ache and hurt, regardless of their diagnostic label or type of arthritis, have a sensitivity to deadly nightshades, the Solonaceae family of plants. She states that it doesn't matter if you have arthritis from old age or degenerative back discs with sciatica, heel spurs, a "bad shoulder", bum knees, or lupus or rheumatoid arthritis. Further, Dr. Rogers maintains that "it doesn't matter if you have fibromyalgia or tendonitis or joint or muscle pain that is not able to be diagnosed. The label given to your type of pain is of no consequence. If by some chance it is not due to this cause it is most likely an unsuspected food allergy. You owe it to yourself to rule out a cause over which you have 100% control." (To obtain a copy of *Pain Free in Six Weeks*, by Sherry A. Rogers, M.D. refer to [Appendix D](#))

Dr. Sherry Rogers is someone with whom I can relate, as she sees both sides of Orthodox and Alternative Medicine. Having worked as a Registered Nurse in many medical institutions and witnessing the scenarios Dr. Rogers describes, along with its debilitating consequences, I finally chose to leave the Medical establishment to follow Holistic Healing. I have just as equally profound stories of my own personal health, having nearly died with kidney and renal failure, to testify as to the ineffectiveness of Western Medicine and the success of other methods.

Personally, I would choose prevention any day over getting sick or succumbing to cancer, or contracting a virus or a cold. Good health is not just an absence of disease. You are healthy when you feel great and *not* when your doctor can't find a diagnosis to give you. Prevention is pro-active. Postponing the little healthy habits, or skipping responsible learning to enhance your health will therefore cause your vitality to fall headlong into this miserable state of affairs.

It used to be that eating sensibly, taking vitamins, and checking in with the doctor once in awhile was enough. In this day and age, this is no longer true. The soil we grow our food in is mineral depleted, our water is poisoned, and our air is at its highest levels of pollution. We live a fast paced lifestyle that even good health can't catch up with. We are surrounded by Electro-Magnetic Field interference and contamination that was not present twenty years ago. We are a people of quick fixes: drugs, fast food, pain relievers, sleeping pills, and so forth.

You may be shocked to find out what our 'bill of health' is here in America:

Lessons From The Miracle Doctors by Jon Barron

(By permission, Excerpts from Chapter One)

"THERE HAS TO BE AN ALTERNATIVE

Thirty years ago, diseases such as colon cancer, prostate cancer, and diverticular disease were virtually unknown. Today, they are almost a certainty if you live long enough. Consider: ¹

What We Pay For Health Care

Never in the history of the world has any other country come close to having as many doctors as we do in the United States: approximately 700,000 according to the US Census.

And never in the entire history of the world has any other country come close to spending as much as we do on health care: a conservative 1 trillion dollars a year. That means that what we spend on health care is more than the entire Gross National Product of all but six countries in the world today. ²

What Value Have We Received...

We lead the developed world in deaths from

- Heart disease.
- Prostrate cancer.
- Breast cancer.
- Colorectal cancer.
- Diabetes.

The American Cancer Society now says that one in every 2.5 individuals will develop some form of invasive cancer during their lifetime -- and half of them will die from it.

Cancer is the leading cause of death by disease in children under the age of 10.

And even though we spend \$100 billion dollars a year on cancer treatment and research, the overall survival rate for cancer patients is NO BETTER than it was 50 or 100 years ago.

And It's Getting Worse.

The incidence of diabetes in the United States has DOUBLED in just the LAST 5 YEARS!

50 years ago, diverticular disease (herniations of the colon) were virtually unknown (afflicting less than 10% of the American population). Today, according to the Merck Manual, 100% of all Americans will have many -- if they live long enough.

30 years ago, colorectal cancer was virtually unknown. Today, it is the single most prevalent cancer among men and women combined.

The number of Americans who suffer from Asthma, according to the Centers for Disease Control, has risen by an astounding 75% in just the last 20 years.

Breast cancer rates are up 30% in just the last 15 years.

And on...and on...and on

And now it's official. In the Feb. 9, 1994 issue of the *Journal of the American Medical Association*, the "War on Cancer" was declared a failure. "In all age groups, cancer incidence is increasing." "Few new, effective treatments have been devised for the most common cancers."

And The Most Shocking Fact Of All

April 15, 1998 *Journal of the American Medical Association* reported that there are more than 2,000,000 drug "reactions" annually in the US, and that more than 100,000 of those reactions are fatal. This makes prescription drugs the 4th leading cause of death in America.

- These numbers only count drugs that are prescribed correctly and at the right dose.
- NOT INCLUDED are patients who are given the wrong drugs, or who are given those drugs at the wrong dosage or in the wrong combination.
- And these numbers do not include the patients who have fatal reactions to the drugs, but whose death is mistakenly attributed to other causes.
- Nor do these numbers include the patients whose cause of death is deliberately obscured to protect the physicians and hospitals involved.

Add in these numbers and you find that deaths from adverse reactions to drugs may number as high as 700,000 a year. (Actually, the FDA estimates that only 1% of all adverse reactions are reported ³ -- which, if true, would make 700,000 an incredibly conservative estimate.) And finally, combine that 700,000 with the numbers of people who die from misdiagnosis, inappropriate treatment or secondary infections received in hospitals, or just plain physician error ⁴, and the startling fact you're left with is: **modern medicine, despite all the great things it may have accomplished, is arguably the single leading cause of death in the United States.**

Understand, this is not an attack on medical doctors -- the vast majority of whom are extremely competent, highly dedicated, and often even heroic. Nevertheless, it is important to realize that when it comes to the major diseases of our time, the modern medical paradigm of searching for "magic bullets" and managing symptoms with drugs has failed miserably.

There Has To Be An Alternative!

There is a network of elite herbalists, holistic healers, and renegade medical doctors throughout the world, performing miracles on a daily basis. The network is not only elite, it is also extremely difficult to penetrate because it is technically illegal to diagnose or treat people for major diseases unless you use the FDA approved modalities such as Cutting, Burning, and Poisoning (surgery, radiation, and chemo).

Thousands of people throughout the world have come to these Miracle Doctors terminally ill, and thousands have left perfectly healthy."

For the rest of the story obtain a free copy of *Lessons From The Miracle Doctors* by Jon Barron. Refer to [Appendix C](#) or [Appendix D](#) to get your copy.

HEALTH IS EXUBERANT ENERGY AND YET SERENE BALANCE. That good health is earned, and as such, is a conscious, informed choice.

We are a product of our culture. What is your mindset? Prevention or treatment? Healing, or masking pain? Prevention, simply put, means boosting your body's defense mechanisms and removing any obstacles to health *before* illness occurs by working within the realm of what you can control. This realm includes environmental factors, daily routines, mental, emotional, physiological stress, diet, exercise (or lack thereof), the water you drink, the air you breathe, your sleep patterns, whether you use a microwave, cell phone, computer, and I might add, the medicating substances you do or don't take, and the extent to which you educate yourself.

Again I will reiterate the important distinction that prevention necessitates increasing body/mind awareness to detect early signs of disease (dis-ease) *before* symptoms appear so that you can restore balance within your system and **prevent** disease. Prevention encourages individual responsibility and learning, and therefore encompasses the use of simple, powerful and natural (as close to nature as God intended) methods that are harmonious with intrinsic balance and inherent replenishing of vitality. The alternative is resorting to drugs for temporary relief of compartmentalized symptoms, which really point to an underlying cause that is never addressed. Therefore, Alternative Medicine cannot diagnose and treat or cure primarily for two reasons; we do not compartmentalize or deal with symptoms, and we cannot take personal responsibility for your health.

Prevention is your part. Your doctor's part is diagnosing, treating and curing illness when indeed symptoms arise and illness ensues. *If you did not do your part, the doctor will have to step in and do his.*

The very success of medicine in a material way may now threaten the soul of medicine. Medicine is something more than the cold mechanical application of science to human disease. Medicine is a healing art. It must deal with individuals, their fears, their hopes and their sorrows. It must reach back further than a disease that the patient may have to those physical and emotional environmental factors which condition the individual for the reception of disease. *Dr. Walter Martin, former AMA president*

IT IS TIME TO LEARN THE WISDOM OF PREVENTION. This is the goal of *BioLiving in a High-Tech World*, so keep reading!

Highlights

- Prevention does not cure but it is the better way.
- Prevention as defined means to keep from occurring, to anticipate, to nip in the bud.
- Cure as defined means to make well, eradicate sickness from or to rid of an illness.
- By definition there is a distinct difference between prevention and cure.
- An ounce of prevention is worth a pound of cure.
- Alternative Medicine is prevention oriented and focuses on balance in nature to initiate healing from within.
- Western Medicine is illness oriented and focuses on symptoms and treatment of separate body parts through unnatural means, i.e. drugs, surgery, chemotherapy, etc.
- Prevention entails education and personal responsibility to lifestyle, diet and exercise.

- With Alternative Medicine even pain becomes part of the healing process and facilitates the process, rather than the current way of masking symptoms with drugs causing a vicious cycle of more pain and complications.
- Thirty years ago the common diseases of today were virtually unknown.
- Never in the history of the world has more money been spent on research and treatment than in the United States, but what do we have to show for it? Americans are simply not healthy.
- Documentation shows prescription drugs to be the 4th leading cause of death in the U.S.
- Good health is earned, and as such it is a conscious and informed choice.

- Introduction -

We live in a world much different from that of our grandparents, and in many ways, a much more dangerous world. Technology has brought us many new and undeniably exciting advancements, but it has a dark side that must be brought to the light if we are to physically survive, much less thrive.

What is BIO-LIVING?

BioLiving is a term I coined to describe solutions to the current plight Americans, and people of other modern nations are facing today. We are living in an environment that includes increased threats of bio-pathogens, toxic water, air and food. Technological advances have brought us the microwave that millions use, totally unaware of the price they are paying to use this simple tool of convenience. All of our electronic gadgetry creates a slow erosion of our energy and immune capabilities by surrounding us with Electro-Magnetic Field Interference. The medical establishment has become a huge machine that is self-serving even at the expense of the health and well-being of those it was designed to serve. The worst part is, people are largely unaware of the many causes that individually and combined are dragging us down into an abyss of ill health, mental and emotional deterioration, and in many cases, premature death.

BioLiving in a High-Tech World describes the basic parameters of BioLiving -- a new way to live in our toxic and often dangerous world. The path to good health in this day and age is filled with challenges that extend beyond environmental issues, however. The most alarming aspect of living in today's world is the way we have been subtly indoctrinated to believe all the disinformation distributed by the government, the AMA, and the corporate giants who all have a singular and shared goal: to inflate their own profits and power.

Often we find that the so-called cures we have today are worse than the problems. We are indeed living longer, but the quality of our lives starts going downhill after the age of 40. My use of the term BioLiving is a call to all people to wake up - to start living in a way that is life-enhancing instead of life-depleting.

With *BioLiving in a High-Tech World* you'll be able to:

- Take the "How Toxic Are You?" personal questionnaire to determine your environmental and health situation -- and more importantly help you decide what to do about it.
- Uncover the shocking, subtle patterns in your life that are sabotaging your health and your ability to fight disease. (It may not be what you start doing but rather what you STOP doing that makes the difference.)
- Boost your energy levels and keep yourself well in spite of everything
- Thrive with the **Survival 5** - the most powerful, life-giving substances on Earth.
- Discover a substance (and where to get it) that has been shown to kill inhaled Anthrax spores and bacteria, with scientific documentation to prove it.

Don Kazmaier writes:

It's funny how things impact our lives. Events of this past year have profoundly touched all of us to some degree. Thinking we were insulated in the mid-west, we would never dream how much it could affect our lives. As a printer I often have the opportunity to see not only the work and talent of local people, but to be privy to their inspiration. That said, we recently had a local author in the shop converting her 'e-book' to hard (printed) copy. I noticed the title and it drew my attention. Having had open heart surgery and continuing problems with my heart, health, nutrition and medical issues command my attention with a renewed interest. With no finished copies at hand, I dug a 'pre-production trial' version from the trash and began to read. WOW!! In the body of this copy lay answers to questions no cardiologist or M.D. had ever provided and yet I sought to no avail, for over 25 years! My irregular heartbeat was tracked down by the author to toxic chemicals and solvents I work with. Not that that was a surprise, but there were remedies to resolve these problems within a guidebook about bio-warfare. 'WOW AGAIN!!' Thanks, Allie. Your caring, knowledge and determination to help have made a big difference in my life.

Respectfully,

Don

BioLiving in a High-Tech World will **guide** you chapter by chapter, step-by-step to your desired outcome of improved health and vitality. It cannot be a manual of how-to's and quick indexed solutions because we are dealing with some very complex subjects. I have attempted to make the learning and implementation process as simple and expeditious as possible.

By obtaining this book you have embarked on a path of discovery that is perhaps new for you. It will bring much enlightenment, encouragement, confidence and empowerment if you will take an hour to read and internalize what is presented as it is presented. The person with many options in their day is in possession of true wealth. You are about to multiply the number of options available to you now that you are in possession of this book. I bring to you thirty years of hard-learned insights and acquired wisdom for your peace of mind and total health.

I caution you not to rush through the material just to get to the answers. It's always best to read the instruction manual first. You are dealing with your health, a high priority item if ever there was one. "If at first you don't succeed, then go read the directions" may not be an option.

Years ago Laetrile was the hottest alternative cure for Cancer, and people sought it worldwide for their dying loved ones. I was privileged to work with the inventor of this substance, Dr. Ernest T Krebs, Jr. Dr. Krebs and his father made a wonderful contribution to science by discovering the Krebs cycle.*

Laetrile received quite a bit of notoriety, to the point that most people who sought the "cure" believed that once obtained, there was nothing else to do but just take it and presto, a miracle would happen. To the uninformed it was truly a miracle tonic.

Let's relate this misperception of the way in which Laetrile was thought to work to our current situation. Some of the disinformation we have to deal with include antibiotics and bio-warfare vaccines that are being reported as Anthrax cures when, in fact, they are not necessarily the answer. Likewise there is a danger in reading the material contained in this e-book and then taking it out of context and thinking that no other lifestyle changes are needed. Dr. Krebs told me that Laetrile's ability to reduce tumors was completely dependent on a patient first following a strict diet of limited protein and a close adherence to enzyme

supplementation. Otherwise Laetrile simply was not effective. It was not enough to just take the pill and expect a cure.

Tell me what you eat, and I will tell you what you are. *Anthelme Brillat-Savarin, 1825*

The key factor was not the Laetrile but the enzymes that digested the protein sheath coating around the cancer cells, which then allowed the laetrile to isolate and destroy these cancer cells. I saw some patients die in spite of the hundreds of dollars they spent on Laetrile. They wanted a quick and easy fix and had totally disregarded the essential steps to a successful Laetrile cure. In fact, I was amazed when one particular patient didn't make it. We were working hand in hand with an Internal Medicine Doctor who had documented the shrinking of his adrenal tumor with x-rays, and yet just as he was almost cancer free, he died. What surfaced later was that he had an insatiable hunger for hot dogs, the worst of processed and chemically laden meats. Sometimes he would eat two or three packages a day, causing his system to become so toxic that his kidneys were fatally overtaxed. It was just a bad little habit, right? It shouldn't have made a difference, but it did. What are your "bad little habits?"

We are living in serious times and we cannot take our health or our way of life for granted. I believe there is new interest in how to create vibrant health instead of focusing on how to deal with disease. Whether you're new to the world of preventative health or whether you've been around the block a few times, absorb the information contained in this book to comprehend, for **life**, each truth, chapter by chapter, step by step. Get the whole picture because it contains answers for the problems we all face every single day.

A man too busy to take care of his health is like a mechanic too busy to take care of his tools. *Spanish Proverb*

* The Krebs Cycle involves the utilization of carbohydrates and the chemical reactions which if taken further from the splitting of glucose into two molecules of pyruvic acid (glycolysis) then the two pyruvic acid molecules converted to two molecules of acetyl coenzyme A (acetyl CoA) enters the Krebs cycle, also referred to as the tricarboxylic acid cycle or the citric acid cycle.

HIGHLIGHTS

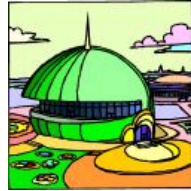
- One hour of reading will bring to you enlightenment, encouragement, confidence, and empowerment with which to face your future.

- Do your best to keep from taking information out of context or altering the steps.
- Chapter by Chapter we will work together to reach our desired outcome of vibrant health.

Comfort Zone Tip:

If time is of the utmost essence for you to align yourself with these preventative measures before you're able to read the strategy behind them then you may go to [Appendix A](#), "**Step-by-Step**" to implement this plan in conjunction with [Chapter 6](#) "**The Survival Five.**" But please return to [Chapter 1](#) Initiating a new health plan requires a certain amount of self-discipline. If you don't understand why you're doing what you're doing you may fall by the wayside and leave yourself at risk.

- Chapter 1 -



Bio-Living: Going Where No American has Gone Before

Here's the Million Dollar Question:



How Do You Fight Something You Cannot See....Before You Even Know it's There?

Where current events and our "new world" since 9/11/01, *BioLiving in a High-Tech World* is a few steps ahead of everybody else giving you cutting edge information which could save your life. We give you the big picture to provide understanding, rid the confusion, and we give you solutions to these problems:

- **If Hospitals are our First Line of Defense - it is too late for anthrax to be treated, which should be within the first 24 hours before symptoms arise.**
- **Anthrax has the same symptoms as the flu. As a safeguard, millions will have to go on antibiotics, counterproductive to a strong immune system. This large influx of antibiotics will mutate super resilient germs precipitating a pandemic year of an influenza flu epidemic that defies all odds. The CDC, FDA, NIH are preparing for any year now, a pandemic influenza year where untold deaths could result.**
- **Antibiotic resistant infectious diseases already 3rd leading cause of death in U.S. "Inducing antimicrobial resistance on a mass scale (w/ antibiotics) would be an even greater triumph for whomever is behind the anthrax scares in the U.S." British Medical Journal**

- For extra bio-safeguards against food fears - the FDA is considering irradiation of our food. Research shows that to eat irradiated food would cause a total collapse of your immune system. Without a strong immune system how can you fight off the flu, anthrax, a common cold, cancer?
- With our present health care system, prevention is not an option. Western Medicine waits for symptoms to appear, to then isolate, diagnose and treat. These scenario's can be averted if the focus is on prevention rather than the cure. An ounce of prevention is worth a pound of cure. Could the cures be worse than the problem?

Is there a better way? We unlock wisdom hidden to the last generation to show you how. YOU WILL GET ANSWERS BEFORE THE FLU SEASON, BEFORE YOUR FOOD IS IRRADIATED, BEFORE ANTIBIOTICS CAUSE MORE GERM MUTATIONS, BEFORE THE CURE BRINGS ON MORE COMPLICATIONS THAN THE PROBLEM....IN BIOLIVING IN A HIGH-TECH WORLD.

Some Facts About Antibiotics and Our Current Situation

- Antibiotics don't work on flu viruses.
- Americans possessing CIPRO have put themselves in a position of self-diagnosis and treatment. Is it the flu? Or is it Anthrax? Should they take the antibiotics, and if so, for how long?
- A 60 day supply of Cipro is needed to treat Anthrax after infection but *only* if treatment begins during the first 24-36 hours of exposure.
- There is no test that tells you that you have Anthrax until it's too late, so we are going on suspicions. **Dr. Bob Arnot, NY News**
- Do you take Cipro for just a few days or do you complete the 60 day treatment dose? Taking it for just a few days, for prevention, could initiate an allergic reaction or create **resistance for the next time when you really need it.**
- Antibiotics aren't for everybody. Some people are allergic to the penicillin family of antibiotics and/or to Cipro & its cousins. Cipro is contraindicated for pregnant women, all children and teens under 18 and pets.
- Every time you introduce a large volume of antibiotics you pose the danger of creating new strains of resistance. **A CNN Medical Expert stated on 10/31/01 that millions of Americans will contract the flu this year and will have to go on antibiotics even though it will not help the flu...but they cannot take the chance that it could indeed be Anthrax.**
- *You cannot use antibiotics for prevention.*

- The Anthrax vaccination program takes 18 months to complete, even if the vaccine were available to the public. We need quicker protection.
- Smallpox vaccinations have been known to have precarious side-effects that can include swelling of the brain, mental retardation, and death.
- The U.S. government is asking for funding to be able to stockpile enough antibiotics to treat 12 million Americans for 60 days. This is six times the amount of current supplies. Yet there are approximately 290 million people in the U.S., which leaves 287 million people without treatment should there be a catastrophic attack. Thus, the increase in funding would provide treatment for only .09% of the American population.
- Dependency on antibiotics weakens resistance and our own immune systems. Antibiotics are immunosuppressive drugs.
- If inhaled Anthrax is not treated within the first 24 hours (first phase) after exposure there is a 90% to 100% mortality rate. Symptoms (2nd phase) *do not show up for 4-7 days*.
- Doctors, unless trained, will not differentiate Anthrax from a severe incident of the flu. This happened in Florida with the first documented case of Anthrax in 25 years. In Washington D.C. a postal worker was sent home from the emergency room with nausea and gastric cramps. He died five days later of Anthrax.
- Even the military may be out of Anthrax vaccine. The only lab that makes it is on hold waiting for a new license. It could be six months before production resumes.
- "In fact, antibiotics are effective only against approximately a dozen forms of bacteria and fungi, but never viruses." *Robert O. Becker, M.D.*

There is an important and obvious factor that hasn't been discussed by the media, however. This factor is **prevention**.

PREVENTION IS THE KEY THAT CAN ALLOW US TO LIVE A MORE NORMAL LIFE

HIGHLIGHTS

- The "cure" can bring about more complications than the problem, a dilemma that creates for us a particularly precarious situation.
- Experts say using antibiotics for prevention or un-discretionary use will only create problems. "An ounce of prevention is worth a pound of cure" has never been so true!

- Prevention is the missing link that can keep us from living on the edge, thus allowing us to lead a more normal life.
- Prevention is our greatest weapon in dealing with the threat of exposure to unknown pathogens as well as every single degenerative disease, including aging!

BioLiving in a High-Tech World will alert you to many sources of silent danger. Our goal is to stimulate you to think of new ways of living, and being, in our modern world, a world that now includes the potential for bio-warfare in addition to air, water, and food pollution, energy toxicity, and mental/emotional problems stimulated by environmental factors. We are dealing with issues *daily* that were certainly not the norm 30 years ago. The good news is that with the help of *BioLiving in a High-Tech World* you can adapt and thrive in spite of everything, and it may even be simpler than you think...so keep reading and learning!

- Chapter 2 -



What's Hippocrates Got to Do with Anything?

There is a positive paradigm shift in the area of Western medicine to acknowledge alternative, non-conventional medicine to arrive at a complementary system which will help alleviate human suffering in more efficient ways. A paradigm shift in medicine means an entirely new way of looking at medical and psychiatric problems. Joel A. Barker, in his book *Paradigms: The Business of Discovering the Future* said it is the explanation of why human beings, especially in groups, organization or societies, are often unable to change their thinking in a timely fashion when new circumstances, discoveries and factors would appear to mandate that their thinking change. Basically, humans are creatures of habit and do not change those habits or that mind-set until a stimulus large enough to dislodge the outdated thinking occurs for each individual - or for a 'critical mass' of individuals- in that group or culture.

Thomas Edison, in a different century and a different paradigm, remarked that "the physician of the future would not employ medicines, surgery or other artificial procedures or mediums to cure illness but would guide the patient in the best way to structure his natural diet and lifestyle in such a way as to achieve maximum health."

When you think about commercial antibiotics and vaccines you look to orthodox (Western) medicine, which has evolved from the technical revolution and pharmaceutical cartels, and has not been with us for very long. Alternative medicine, on the other hand, has its roots as far back as we can remember and it is defined as the original medicine.

With all aspects of the two systems, which I have been practicing for over 35 years, I have come to the conclusion that while a very sophisticated medicine can be of help, a very simple, long forgotten herb or nutrient can sometimes do the job even better. Jan de Vries D. Ho. Med., D.O., M.R.O., H.D., M.R.N., D.ac, M.B.Ac

A natural medicine exists that has been used effectively for thousands of years that covers a panorama of illnesses. It has been shown to destroy over 650 different bacteria, viruses, and fungi. Ancient Greeks lined their eating and drinking vessels with it (as did many other cultures), and pioneers of the American West put some in a jug of milk to keep it fresh without refrigeration.

What is this mysterious substance?

Have you ever wondered why silverware was originally made from silver? An important property of silver is that it kills bacteria on contact within six minutes. It may be that gold and silver were first used as valued currency because of their medical properties.

Alfred Searle, founder of the pharmaceutical conglomerate of the same name, wrote in 1919 that "applying colloidal silver to human subjects has been done in a large number of cases with astonishingly successful results.

Colloidal Silver is a substance where tiny silver particles have been suspended in water. You can make it yourself at home for pennies a gallon. It is safe not only for humans but for pets as well.

To understand how something so valuable as silver got lost in the shuffle over time you need to see how medicine has metamorphosed through the ages.

Let's go way back to Hippocrates, the Father of Medicine. He referred to a highly beneficial healing energy that flowed through all living things as the *vis medicatrix naturae*...the "healing power of nature." This is the foundation upon which the majority of therapies that are considered "alternative" or "complementary" are based.

After Hippocrates came Galen, and then Plato. They all taught that nature is man's best healer. The Indian, Japanese, and Chinese cultures all hold the same belief in this origin of medicine. They all realize this basic tenet, which became increasingly ignored with the evolution of science.

In the 17th century the Hippocratic doctrine was superseded by a new approach that would ultimately embody the philosophy of modern medicine as we know it today. Because this was so radically different, ultimately the principles underlying modern medicine came to be referred to as "Cartesian" because they were based on the analytical model introduced by Rene Descartes. This Cartesian approach separated the mind from the body and consequently the work of natural physicians went into decline. Chemistry and analysis dominated thinking and medicine began its retreat away from nature.

What does this have to do with colloidal silver or any other natural remedy, for that matter? The new philosophy embodied the principle that if plants contained simple, effective compounds then why not make a synthetic version of the active ingredients and bypass nature altogether?

The emphasis of medicine changed from supporting the body's power to heal itself by restoring balance to the mind, body and spirit to one where the body was reduced to structural parts such as organs, tissues, and cells.

The physician in his new role separated the whole into individual parts in an attempt to discern the function of each component; the offending "diseased" part could therefore be isolated and removed by surgical intervention or treated with medication. Over time, as a result of this focus on disease, the goal of medicine became the eradication of disease rather than the enhancement of health. However, this restricted outlook limited the scope and effectiveness of medicine because it has served to equate the cure of disease with the control of symptoms.

The cure of any part should not be attempted without the treatment of the whole. No attempt should be made to cure the body without the soul and if the head and body are to be healthy you must begin by curing the mind, for this is the great error of our day in the treatment of the human body that physicians first separate the soul from the body. *Plato, the Greek Philosopher*

Dr. Bruce West, one of America's most well-known and respected natural health experts who has personally helped over 100,000 patients since 1973 declares that

"We as Americans are on a medical merry-go-round of taking pills for one problem, yet those pills cause another problem. To top it off, the original problem isn't even being solved!"

Our entire generation has known nothing but Western medicine. In China, believe it or not, the doctor is paid to keep his patient well. The minute the patient gets sick, reimbursement for the doctor's services stops! From that point he must pay out of his pocket to restore his patient to health.

What a unique concept! In China the people enjoy exceptional freedom from disease, which is contrary to the health of Westerners. This phenomenon is due largely to *preventative* doctoring.

In the West, our medical professionals are illness oriented in their schooling and practice. The school curriculum only includes one credit hour of nutrition and yet we look to our doctors for nutritional, dietary advice. They are the best trained when it comes to emergencies and skillful surgical procedures and technological diagnostics, so when the need for this type of medicine arises their skills save many lives.

In dealing with bio-terrorism, however, the current disease-oriented mindset of Western medicine does not give us the edge when it comes to our state of health because it does not consider the toxic threats we face daily. Prevention is being overlooked as an approach to dealing with this toxicity to the point that people know no other line of defense than doctors, hospitals, and government agencies. Preventative medicine means taking personal responsibility to become educated and then implementing the appropriate measures to insure our overall health.

A doctor who treats a disease after it has happened is a mediocre doctor. A doctor who treats a disease before it happens is a superior doctor. *Yellow Emperor's Classic of Internal Medicine (ca.2nd Century B.C.*

Today the good news is that we are experiencing a resurgence in the popularity of natural methods and holistic techniques where the aim is to restore the "whole" person.

Until relatively recently allopathic medicine (another name for orthodox medicine) was incompatible with alternative therapies. However, we are swiftly moving towards finding a place where both sides can work together in a fully integrated system of healthcare. Many M.D.'s are now practicing what is often referred to as "complementary" medicine because they are knowledgeable in both areas and can choose the mode of treatment or prevention called upon by each individual's health needs.

The World Health Organization's goal is "health for all by the year 2000." Perhaps in the twenty-first century we will create a system which recognizes that physical, bio-chemical, psychological, spiritual and environmental factors all play a part in determining the state of our health:

A system which respects and accepts the diversity, individuality and potential of each human and where the ultimate aim is to restore equilibrium to all levels of our being and sustain it. *Jennifer Harper N.D., Ph.D from Nine Ways to Body Wisdom*

By reading *BioLiving in a High-Tech World* you have embarked on a path of learning from many, many years of wisdom and forgotten remedies that are now coming of age. You are to be congratulated for caring enough to carve out your own system of bio-defense for BioLiving in these uncertain times instead of relying only on the advice publicized by the media.

HIGHLIGHTS

- A paradigm shift in medicine means an entirely new way of looking at medicine and psychiatric problems.
- Colloidal silver is the long forgotten substance. It is a powerful, natural preventative and antibiotic that has been used for thousands of years.
- With the evolution of science came a departure from healing the whole person to compartmentalization, which limited the scope and effectiveness of medicine and equated the cure of disease with the control of symptoms.
- We are on a merry-go-round of taking pills for one problem while causing another.
- Traditional Chinese Medicine is centered on prevention. The doctor gets paid to keep his patients well. Western medicine is illness oriented, waiting for symptoms to appear then isolating, diagnosing, and treating them resulting in a focus on treating symptoms instead of preventing disease.
- Synthetic drugs have replaced powerful substances found in nature.

- We are coming full circle as we see a resurgence in the popularity and appreciation of natural methods which are more commonly being used along side Western medicine to create "complementary" alliance where both sides work together in a fully integrated system of healthcare.

People who enjoy good health should think of the doctor's bill as an amusement tax. *Anonymous*

This e-book is intended to take you on an enlightening path of learning and healthy accomplishment. We invite you to use your mind and do your due diligence rather than just take our word for it, which is why we have included many resources, references, recommended reading, and internet links.

You are not called upon in this e-book to replace orthodox cures with holistic proposals. Western orthodox medicine can claim cures but holistic medicine is based upon a totally different premise, that the true purpose of medicine is to facilitate healing; the aim should be unblocking the body's powerful healing system to allow it to do its work. Please keep in mind, then, the following distinction between healing, which falls into the realm of alternative medicine through a whole body approach of self-healing, and *treatment* via orthodox medicine; treatment originates from the outside, whereas healing comes from within. There is really no reason why orthodox medicine and alternative therapies can't work together quite compatibly.

**Ignorance is not bliss. Ignorance is poverty.
Ignorance is devastation. Ignorance is tragedy.
Ignorance is illness. It all stems from ignorance.**

**Learning on the other hand is the beginning of
wealth. Learning is the beginning of health.
Learning is the beginning of spirituality and
learning is where the miracle process all begins.
*Jim Rohn***

- Chapter 3 -



The Silver Lining: Putting it all into perspective

PRE 1938 to 2001 DRUG HISTORY: COLLOID OF SILVER

Silver is getting a reputation for being the silver lining in the cloud for its impressive track record. It is the guardian angel of the so-called "heavy metals" keeping company with lead, mercury, cadmium, and gold.

Unlike its heavy metal cousins, you'll be relieved to know, silver is surprisingly non-toxic to people and animals. And unlike the other heavy metals, silver has been around as a successful medical and public health prescription of treatment dating back 6000 years!

We live in an age of miracle drugs that have replaced the prevalent awareness and endorsement of colloidal silver.

It's time to get closely reacquainted with this guardian angel.

The first known silver colloidal suspension used as a medication dates as far back as 1896.

The germicidal properties of silver, although not recognized as such, have been utilized since the times of the ancient Mediterranean and Asiatic cultures in surgical treatment of wounds and broken bones. *N.R. Thompson*

The FDA has stated that because Colloidal silver is (by fifty years) a pre-1938 drug, it may continue to be marketed. (Sept. 13, 1991, letter

received from consumer safety officer Harold Davis, U.S., Food and Drug Administration.)

Moreover, the FDA has no jurisdiction regarding a pure, mineral element.

This is important documentation, in light of any other agency jurisdiction of regulation they might claim to have.

Listed below are the organisms as documented pre-1938 uses of silver particularly in a colloidal form:

1. Anthrax Bacilli
2. Appendicitis (post-op)
3. Axillae and blind boils of the neck
4. B. Coli
5. B. Coli Communis
6. B. Dysentery
7. B. Tuberculosis
8. Bacillary Dysentery
9. Bladder Irritation
10. Blepharitis
11. Boils
12. Bromidrosis in axillae
13. Bromidrosis in Feet
14. Burns and Wounds of the Cornea
15. Cerebro-spinal Meningitis
16. Chronic Cystitis
17. Chronic Eczema of anterior nares
18. Chronic Eczema of metus of ear
19. Colitis
20. Cystitis
21. Dacryocystitis
22. Dermatitis suggestive of Toxemia
23. Diarrhea and Diptheria, Diplococcus
24. Dysentery
25. Ear infections
26. Enlarged prostate
27. Epiditymitis
28. Erysipelas
29. Eustachian tubes (potency restored)
30. Follicular Tonsillitis

31. Furunculosis
32. Gonococcus
33. Gonorrhoea
34. Gonorrhoeal Conjunctivitis
35. Gonorrhoeal Ophthalmia
36. Gonorrhoeal Prostatic Gleet
37. Hemorrhoids
38. Hypopyon Ulcer
39. Impetigo
40. Infantile Disease
41. Infected ulcers of the cornea
42. Inflammatory Rheumatism
43. Influenza
44. Interstitial Keratitis
45. Intestinal troubles
46. Lesion Healing
47. Leucorrhoea
48. Meniere's Symptoms
49. Nasal Catarrh
50. Nasopharyngeal Catarrh (reduced)
51. Edematous enlargement of turbinates without true hyperplasia
52. Offensive discharge of chronic suppuration in Otitis Media
53. Ophthalmology
54. Ophthalmic practices
55. Para-Typhoid
56. Paramecium
57. Perineal Eczema
58. Phlegmons
59. Phlyctenular conjunctivitis
60. Pneumococci
61. Pruritis Ani
62. Puerperal Septicaemia
63. Purulent Ophthalmia of infants
64. Pustular Eczema of scalp
65. Pyorrhoea Alveolaris (Riggs Disease)
66. Quinsies
67. Rhinitis
68. Ringworm of the body
69. Scarlatina
70. Sepsis
71. Septic Tonsillitis
72. Septic Ulcers of the legs

73. Septicemia
74. Shingles
75. Soft sores
76. Spring Catarrh
77. Staphyloclysin (inhibits)
78. Staphylococcus Pyogenea
79. Staphylococcus Pyogens Albus
80. Staphylococcus Pyogens Aureus
81. Streptococci
82. Subdues inflammation
83. Suppurative Appendicitis (post-op)
84. Tinea Versicolor
85. Tonsillitis
86. Typhoid
87. Typhoid Bacillus
88. Ulcerative Urticaria
89. Urticaria suggestive of toxaemia
90. Valsava's inflammation
91. Vincent's Angina
92. Vorticella
93. Warts
94. Whooping Cough
95. More recent articles have described silver being used to treat:
96. Adenovirus 5
97. Aspergillus Niger
98. Bacillius Typhosus
99. Bovine Rotovirus
100. Candida Albicans
101. Endamoeba Histolytica
102. Escherichia Coli
103. Legionella Pneumophila
104. Poliovirus 1 (Sabin strain)
105. pseudomonas Aeruginosa
106. Salmonella
107. Spore-forming Bacteria
108. Staphylococcus Aureus
109. Streptococcus Faecalis
110. Vegetative B. Cereus cells

Keep in mind that this list is representative of documented disease conditions and pathogenic agents against which colloidal silver was shown to be effective prior to 1938. This is a partial list of the 650 different disease-causing

pathogenic microorganisms against which colloidal silver has demonstrated success.

DISCLAIMER:

1. Colloidal Silver is classified by the US Food and Drug Administration (FDA) as a Pre-1938 Drug as long as it is manufactured in the original manner, advertised, and labeled for the same use as in Pre-1938. We represent no other claims for colloidal silver.
2. Pre-1938 uses may not be represented, except as anecdotal events by persons intimately familiar with the claim, and may not represent us, our officers or associates in any post 1938 claims.
3. This informational article has been included to provide a documented overview of the known pre-1938 uses, advertisements, and manufacturing methods of a colloid of silver. The value, benefits, and results of colloidal silver are dependent on the age, general health, weight and the specific metabolism of the user. The responsibility for recommending specific dosage lies with the user.

BIOPROTECT TIP: As in the pre-1938 period, various applications continue to include oral, topical, injection, nasal, ear or eye drops and it can be used on other sensitive tissues. Applications of Colloidal Silver are as varied as the injuries themselves because they are so friendly to soft tissues, the eyes and skin.

Though colloidal silver is inorganic and vitamin C is organic, there are similarities between them. True colloids of silver contain an electrically charged trace element of silver particles that remain suspended in a solution indefinitely. Like vitamin C, if a person ingests more than is necessary, the excess silver is shunted out of the body through the mechanism of metal enzymes. You cannot overdose on true colloidal silver.

Colloids of silver that require a "stabilizer" indicate that the particles are too big and the charge cannot maintain the silver in a dispersed state.

In true colloids the charge keeps the particles evenly distributed and they do not settle out. Why? Because the particles of a true colloid of silver (1-100 billionth of a meter in size) are small enough not to be affected by gravity.

Pre-1938 Silver potency for colloidal silver was as high as 500 parts per million, and that was in a laboratory environment. However, scientists of that period still diluted the product 10, 20 even 50 times in order to gain the optimum level.

Today, through modern technology colloidal silver particles can be produced so small they can be suspended in a clear water solution almost non-detectable to the human eye. A laser beam will show no deflection when passed through a pure suspended solution of Colloidal Silver in a dark room test.

The modern era of Silver usage began in 1893, when C. Von Nageli reported the first systematic investigation into the lethal effects of metals [especially silver] towards bacteria and lower life forms.

The dichotomy is that only primitive life forms perish in the presence of oligodynamic silver. This silver is as toxic as the most powerful chemical disinfectants and amazingly with relative harmlessness to animal life and is therefore greatly respected as a powerful antibacterial drug.

The term "oligodynamic" means a solution in which the metal ion density is many grades of size below that which would be lethal to higher life forms.

From 1900 to the beginning of the modern antibiotic era - circa 1940 with the introduction of sulfa drugs - silver was one of the mainstays of medical practice in Europe and America.

The catalog of illnesses treated with antibiotics does not even begin to exhaust the published medical uses for Silver in Europe and America between the years 1900 and 1940. In 1939 Hill and Pillsbury listed 94 different exclusive silver preparations in use up to that time.

Unlike antibiotics, Silver is an "equal opportunity destroyer" because it doesn't discriminate -- it effectively kills germs of all major types: gram-positive and gram-negative bacteria, spore-forming bacteria, fungi, yeasts, viruses and protozoal parasites.

Then came along a new era. Silver rapidly fell into neglect and the medical 'recall abyss', as it was replaced first by sulfa drugs, then penicillin (post WWII), and since then by hundreds of specialized antibiotics.

By the second half of the 20th century we seemed to gain ground on most of the ancient afflictions. By the late 1980's, antibiotics were so successful research slowed in the R & D department. We were lulled to sleep thinking that

there was no longer any need for progressive development to keep up with the ages. By the 1990's the picture began to shift once more.

Due to an antibiotic-accelerated evolution of microbes, more and more germ species previously controlled by antibiotics began to develop ways to resist antibiotics. This in turn gave rise to so-called 'super-germs'.

The popularity of antibiotics lent itself to overuse by doctors due to patient demand, so much so that they were used for sickness where it was not prudent to do so and where they had no effect, that is, common viral diseases such as cold and flu.

Often patients failed to complete the full course of their prescribed antibiotics, which led to mutated strains of germs, germs that could recover and develop resistance to antibiotics. How well we know this vicious cycle. It has been witnessed over and over again in our lifetime with a cycle of infections that persist and only seem to come back more virulent than the first go round. To complicate matters, consider how the widespread use of low-level antibiotics in animal feed to increase farmer's profits (40% of U.S. antibiotics go into animal feed) have contributed to the development of increased antibiotic resistant strains of bacteria. Some common (and dangerous) germs such as Staph aureus (found especially in hospitals) are now known to be resistant to all but one antibiotic-vancomycin - and soon are expected to be vancomycin-resistant as well.

Documented CDC research shows evidence that "in 1992, 13,300 hospital patients died [in the U.S.] of bacterial infections that resisted the antibiotics fired at them."

Thanks to NAFTA, widespread international air travel, eco-tourism to exotic third-world forests and islands, and massive migration of third-world immigrants to Europe and America, hosts of exotic diseases once isolated to small areas of the planet are now showing up all over the world. Malaria and the Ebola viruses as well as Shigella are surfacing once again in the U.S.

The most alarming synopsis that may present a need for a powerful, broad-spectrum anti-microbial such as silver is the late 1990's threat of bio-terrorism.

There is a good possibility, in light of the latest technology, that those supergerms, when released, have been produced in sophisticated bio-warfare labs, most likely genetically altered to make them resistant to the antibiotics normally used to treat that species of germ.

The most popular antibiotics used to treat Anthrax are tetracycline, doxycycline and ciprofloxacin. Anthrax is the number one favorite pathogen of terrorists worldwide.

BIOPROTECT TIP: It is interesting to note that silver, both in liquid solution and as an airborne-aerosol, has been known since 1887 to be extremely toxic to Anthrax spores.

Medical literature reports various forms of silver, at surprisingly low concentrations, routinely kills germs that are known to be antibiotic-resistant.

Most antibiotics have an optimal effectiveness against only a few different disease germs; even broad-spectrum antibiotics may kill only 10-20 different types of bacteria.

Most antibiotics that kill bacteria will not kill fungus, yeasts, protozoal parasites or viruses; antifungal antibiotics will not kill bacteria, viruses, parasites, etc.

Virtually all known viruses are immune to virtually all known antibiotics.

We have come full circle from pre 1938 to 2001 with respect to health and medicine regarding infectious organisms, with full knowledge of how they can disrupt our way of life. And yet, there is always a silver lining in every cloud. For thousands of years, silver was the hidden ingredient utilized by knowledgeable healers such as Pliny the Elder and Paracelsus to fight infection.

BIO-PROTECT TIP: Hundreds of documented laboratory studies have confirmed that colloidal silver can resolve or mitigate more than 650 types of infections, often with greater effectiveness than drugs, and without the side effects or the exorbitant cost of drugs.

Silver Solution PLUS!

**Find out more about this NEW SUPER 22 ppm Silver Solution! This is the *only* commercially prepared colloidal silver product shown to kill the up to 99% of anthrax spores!! [Click here](#) to find out more and take advantage of the pre-order special ---
No home should be without it!**

Don't confuse the use of a prescription drug, a *protein compound* that contained silver and colloidal silver itself. They are two entirely different things. Hydrochloric acid, for example, is something entirely different than water and table salt, yet hydrochloric acid is composed of the elements found in water and

table salt. Pure colloidal silver is simply a superfine suspension of submicroscopic silver particles in water.

Considering the origins of Western medicine it is easy to see how confusion and panic abound as we face the threat of bio-terrorism, cancer, mysterious energy disturbance illnesses, growing numbers of chronic degenerative diseases and increasing childhood mortality. As a nation we are illness and symptom oriented, not prevention oriented.

It is prevention that makes it possible for you to fight something you cannot see before you even know it's there.

Once you regain nuggets of wisdom that were lost, everything makes sense and it all falls into place. We see that centuries of hidden jewels of wisdom that had gone by the wayside are now coming back to us full circle in a very timely fashion.

CHAPTER HIGHLIGHTS

- Silver is the guardian angel of all heavy metals and its use dates back 6,000 years.
- The FDA states that colloidal silver, a pre-1938 drug, may continue to be marketed and has no jurisdiction regarding a pure mineral element.
- Anthrax bacilli is first in the list of 650 organisms consisting of bacteria, viruses, fungi, parasites, etc. that were documented as being treatable with silver.
- Colloidal silver has many applications; oral, topical, injection, nasal, ear and eye drops. It is the equal opportunity destroyer, with many similarities to Vitamin C. You cannot overdose.
- Silver was replaced by sulfa drugs, then penicillin.
- The 1990's became the era of "super germs" due to an antibiotic evolution of microbes.
- In 1992 13,300 hospital patients died of bacterial infections that resisted antibiotics. Most antibiotics are effective against only 10-20 different types of bacteria and they do not kill fungus, yeast, protozoal parasites or viruses. Antifungal antibiotics will not kill bacteria, viruses, parasites and so forth.

- Medical literature reports that silver routinely kills germs that are known to be antibiotic resistant.
- From pre-1938 to 2001 we have come full circle with health and medicine. There is a silver lining regarding infectious organisms and how they can disrupt our lives. Silver provides us with a powerful, broad-spectrum anti-microbial solution whose resurgence is timely, considering the bio-terrorism threats we now face.

Prevention is how you can fight something you cannot see before you know it's there.

End Note: Colloidal Silver and Argyria

Additional Information In reference to a *Journal of the American Medical Association* article, October 18 1995, volume 274 # 15, where cases of Argyria were cited to have been caused by silver compounds (not colloidal silver) we are including below some excerpts from the book *The Micro Silver bullet?* by Dr. M. Paul Farber 1996 page XII (ISBN 1-887742-00-X) as well as links for additional reading on Argyria.

"These case history presentations represent biased and unprofessional writing. The author's apparent inability to understand the difference between a silver nitrate, sulfide, or other silver compound demonstrates their lack of understanding basic chemical properties. The matrix, substrate, and particle size are all critical to the varied functions and reactions with use of these products."

"That is why there has not been a single case of Argyria from a properly manufactured modern day colloidal silver product. The cases of Argyria reported in the 1920's and 1930's resulted because the technology of the day was unable to produce a colloidal silver product with a small enough particle size."

"The diameter of the capillary lumen is 4-9 microns. Therefore the body has no problem in excreting the silver particles."

For further reading on the subject of Argyria:

[Colloidal Silver Toxicology](#)

[The Natural Connection, Pauline Bellecci, MD](#)

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Keep reading, listening and learning...

It is part of the cure to want to be cured. *Seneca*

- Chapter 4 -



How Toxic Are You?

Note: All information posted in this chapter is the opinion of the author and is provided for educational purposes only. It is not to be construed as medical advice. Only a licensed medical doctor can legally offer medical advice in the United States. Consult the health practitioner of your choice for medical care and advice.

Over the past 30 years, while applying my nursing and alternative health knowledge and continuing my education, I have had the privilege of touching many lives. I have learned from my clients as well. Hundreds of friends, family members, business associates and clients have, over time, helped me to see a pattern of the fabric of daily life defined by the 21st century and how it makes us sick or well.

I marvel that it is the little things that make a difference. The smallest habits, choices and lifestyle preferences can make or break our health, our psyche, our attitude, our future, our life.

It is going back to the basics and the very simple components of life that, when powerfully pure and real, bring life and health to us. Our quandary lies in the extent to which these things are taken for granted in our daily lives, so much so that as they erode we do not see the negative impact on our health of mind, body and spirit, until it is too late.

I am amazed at how we accept a "new normal" as needed; a "new normal" that makes below average health, attitudes, emotional, mental and spiritual health

okay, a "new normal" that we use as our measuring stick for establishing acceptable standards. These "new normals" impact our capacity to live life to it's fullest, never seeing that we left those high standards that allow us to live optimally in the first place.

On more than one occasion I have heard a client exclaim, *"I'm healthy!"* By the time we finished the evaluations it wasn't usually the case. One client told me *"I hadn't realized that I had become accustomed to so many aches and pains as allowable every day well being. I'm dumbfounded to find out I don't have to put up with this miserable dilemma!"*

The accepted "health norm" these days includes aches and pains, migraine headaches, recurrent sinus and allergy problems, depression, hip and knee problems, asthma, upper respiratory infections, colds, flu, high or low blood pressure or blood sugar, fibromyalgia, degenerative diseases such as arthritis and osteoporosis, constipation, chronic fatigue, inability to concentrate, poor memory, constant pain in back and neck, hip problems, severe indigestion and insomnia.

HEALTH IS MORE THAN THE ABSENCE OF DISEASE.

YOU ACTUALLY NEED TO FEEL GOOD.

Our bodies are wonderfully made. We have the amazing capacity to acclimate, adapt, find a middle course, and use our intellect to handle all encumbrances that come into our life. Stress can be good or bad, fire can be beneficial or destructive. Too much cold or too little makes all the difference. They can be advantageous or harmful in kind.

By experience I more often than not see a treadmill of busyness in daily living - the danger lies in the development of a dullness in our perception to the deeper needs of the mind, body and spirit. The first thing I do is to bring my clients back to the basics. The *real* basics, like pure air and water, live food, a healthy colon, detoxification, antioxidant protection, mental and emotional well-being practices, and exercise.

Below you will find a measuring stick that is appropriate for our concern of present day BioLiving and the need to know if our immune system is strong with every potential ability to fight disease pathogens.

Remember, you can't pour dirty water into a clean vessel and get clean water.

HOW TOXIC ARE YOU? (take this test and find out.)

Yes No

____ ____ 1. Have you felt fatigued now and then for no apparent reason?

____ ____ 2. Do you sometimes feel "wooden" and lifeless?

____ ____ 3. Do you feel less alert than you used to?

____ ____ 4. Do you sometimes get a feeling of lightheadedness or a feeling of being "spaced out"?

____ ____ 5. Do you feel irritable without reason or cause?

____ ____ 6. Do you have less energy/vitality than you used to?

____ ____ 7. Do you find it difficult to get excited about people or things?

____ ____ 8. Do you find you feel anxious but don't know why?

____ ____ 9. Do you have trouble learning new things even when you are interested in them?

____ ____ 10. Tea, coffee, pop, sugar, smoking or alcohol in your diet? Any addictions??

____ ____ 11. Convenience or processed meals or foods?

____ ____ 12. White bread (flour), white lard (saturated oils), dairy, extra salt?

____ ____ 13. Do you live in or close to a major city or highway?

____ ____ 14. Do you live under a busy flight path?

____ ____ 15. Do you live near fields that are regularly sprayed?

____ ____ 16. Do you often swim in a pool containing chlorinated water?

- _____ 17. Do you use a mobile phone, palm device or laptop?
- _____ 18. Have you recently had your house treated?
- _____ 19. Do you have central heating or air conditioning?
- _____ 20. Have you recently bought soft furnishings, especially those with 'stain resistant' finishes?
- _____ 21. Do you have your clothes dry-cleaned regularly?
- _____ 22. Is the paintwork in your house very old or have you recently repainted?
- _____ 23. Do you use synthetic air fresheners?
- _____ 24. Do you use pesticides in your house or garden?
- _____ 25. Do you use large amounts of bleach, detergent, household cleaners or disinfectants?
- _____ 26. Do you live near a power station or within half a mile of high-voltage overhead power cables?
- _____ 27. Do you work with a computer?
- _____ 28. Do you live in an area where the underlying rock is granite, shale or sedimentary rock?
- _____ 29. Do you cook or heat your house with gas-powered appliances or use a microwave or electric heating pads or blankets?
- _____ 30. How many hours per day do you spend driving, flying, or watching TV?
- _____ 31. Do you work under florescent bulbs?
- _____ 32. Do you drink tap water?

If you answered "yes" to 8 or more of these questions, you could be experiencing a case of severe body pollution due to food, drink, environmental and/or chemical exposure or ingestion. If you answered "yes" to 4-7 of the

above questions, you could have considerable accumulated toxins, making you feel dull, lifeless and "wooden." If you answered "yes" to 3 or less questions you could have a level of accumulated toxins in your body affecting your ability to think clearly.

If indeed you find yourself in an unacceptable condition of toxicity then get more specific in your awareness:

1. Have you been running a low-grade fever?
2. Are you experiencing general malaise with any of the following—a vague feeling of discomfort, weakness, nausea, dizziness, loss of appetite, chills, or generalized aches and pains in arms, legs, head or back?
3. Is your body having inflammatory reactions of the skin, mucous membranes or glands of localized pain, heat, redness, swelling, or irritation?

It's a good thing to strive for the reachable goal of day to day living with a 100% abundance of physical energy, to be mentally calm and in control and to have the freedom of choice that comes from feeling really good.

If your health is compromised and you answered "yes" to 8 or more questions then changes should be made so that you can better withstand exposure to toxic elements. When the body is toxic it has no ability to fight off disease. By detoxing, which means using methods that eliminate many stored toxins from your body, you also enhance the factors that allow your system to deal with toxins that cannot be eliminated, thus maintaining your health and well being.

The reasoning behind a practitioner's assessment of all these variables in their client's life demonstrates a lesson I learned from Dr. Huggins, a very respected and renowned author and doctor from Colorado. He said "If someone is sick, their immune system will be weak. Do all you can, together, to bolster and reinforce them because they are sinking. They just don't know it yet. Your body, to compensate for this weakened immune system, is simply bailing water out of a boat to keep going, attempting to stay afloat. You get to the point where you accept the water in the boat or, with each wave you either decide to stop the bucket brigade and give up, or you try to go faster and stay ahead of the water. Without lifestyle changes, in either case, you're fighting a losing battle."

Based on the accepted norms of what we have come to accept as "health" we, as a species are sicker than we realize. Our fast pace of life has reduced our health to the point where we are simply masking symptoms and bailing water out of the boat, faster and faster.

We need to control every variable in our lives that we can so that we have every advantage in getting well. A drowning man will suddenly place increased value on the "variable" of air. Even more specifically, a person trapped in a burning house will experience an increased appreciation for *pure* air.

Detoxify and you help your body to cope with the build up of harmful toxins in the body caused by air pollution, pesticides, chemicals, fungicides. Your immune system will become strong again.

Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and all good things will be yours.
Swedish Proverb

CHAPTER HIGHLIGHTS

- **The smallest of particles of colloid of silver has been shown to knock out hundreds of pathogens.**
- **Going back to the basics is the powerful return to life and health. Pure air and water, live food, a healthy colon, detoxification, antioxidant protection, mental and emotional well-being practices, and exercise comprise the basic essentials for good health.**
- **We readily accept the 'new normal' and the resulting below average standards. This is detrimental to our quality of life but we become so accustomed to the lower standards that we are unaware of this unhealthy predicament.**
- **Health is more than the absence of disease. You need to feel well.**
- **Without detoxification practices your body will not have the ability to fight off disease.**
- **Detoxify and you help your body to cope with the build up of harmful toxins in the body caused by air pollution, pesticides, chemicals and fungicides. In doing so, you also strengthen your resistance should you be exposed to agents of bio-warfare.**

- Chapter 5 -



THE DANGEROUS TRIANGLE PHENOMENON

Laura Feeley had been suffering from the effects of a slipped disc in the back. She had been prescribed 'pain killers' by an M.D. in spite of the fact that back problems are not caused by a deficiency of painkillers and in spite of the fact that painkillers are not the cure for a slipped disc. Knowing this, Laura decided to use the less powerful and less dangerous over the counter drug, Tylenol.

Laura took six (6) Tylenol in one day: two in the morning, two in the afternoon and two in the evening. For her body, in its existing condition at that time, this was enough to kill her.

Tylenol is one of the most dangerous of all over the counter (OTC) drugs because it requires that the body have a sufficient supply of a detoxifying factor called glutathione.

Glutathione is used to detoxify numerous chemicals from the body. One molecule of glutathione will bind one molecule of a pesticide (for example) and carry it out of the body in the feces.

The supply of glutathione in the body at any given moment is determined by how much the body produces versus how much of it is being used in the process of eliminating drugs and other poisons from the body.

If a body does not have enough glutathione to handle the Tylenol, one of its metabolites (a chemical produced as the Tylenol breaks down in the body) destroys the liver and this results in body death within a matter of hours after symptoms appear.

Once symptoms appear nothing can be done to save the body short of a liver transplant. Drugs, alcohol and numerous compounds in our environments, to which we are exposed on a daily basis, use up our supply of available glutathione.

On the same day that Laura took the six Tylenol she flew from California to Tampa on an airliner that had been sprayed inside that day with a pesticide. By the time Laura arrived in Florida, severe flu symptoms had appeared. By early evening her condition had deteriorated to the point that her family had to rush her to the emergency room.

It is so common today for people to overdose on Tylenol that one of the things commonly checked for in emergency rooms is Tylenol toxicity.

Upon arrival at the hospital, the emergency room people tested her blood for Tylenol. There it was. The doctors then gave her the antidote for Tylenol poisoning to no avail. Shortly after arriving in the emergency room, Laura went into a coma. The doctors then told her husband, Dan, that she had only hours to live. The doctor then said that there was one last thing that could be done to save her and that a liver transplant which could potentially save her life.

Laura, comatose, was transferred to Tampa General Hospital as a search was begun to find a liver within 24 hours. The doctors said that her liver was dead, that it had completely shut down and that without a new one, she would be dead within that time.

This story has a happy ending but not because a liver was found in time nor because of conventional medicine. Laura returned to health using alternative therapies. To access more information about them refer to the book by Sherry Rogers M.D. "*Pain Free in 6 Weeks.*"

Herein lies the DANGEROUS TRIANGLE PHENOMENON:

1. **Start with bad habits in diet and daily life** – Diet Pop, Lite Yogurt, and other products which use sugar substitutes such as Aspartame and Nutri-sweet which are, believe it or not, deadly silent killers.
2. **Combine toxic lifestyles (see "How Toxic Are You" assessment)** with exposure to chemical pollution of every kind.
3. **Then when aches and pains come because we don't detox and instead mask the pain** with Pain Killers you get ...

1, 2, 3....*A Dangerous Combination* with spiraling complications - and you don't know where to begin or where you started in the first place.

BIO-PROTECT TIP: If the concept of changing your lifestyle seems like a rather daunting task, start in whatever way is comfortable for you but just get started and gradually expand from there in bite-size pieces. A great beginning goal is to stop drinking tap water in any way (even as ice cubes) and start drinking pure water, and more of it. The purest and best water is created by reverse osmosis. Most of the time your local supermarket will have a water station where you can fill up your own gallon containers (buy at least one and more if you can of those blue plastic bottles that they will have in the area) and be sure to push the reverse osmosis button for type of water. It is not enough to buy pre-bottled spring, distilled, or drinking water. If you absolutely don't have access to reverse osmosis water, then distilled would be the second choice.

Surprisingly enough the defeat of our health comes in such subtle ways that no one seems to be able to pinpoint its origin. Even with my 30 years of integrated holistic knowledge I got caught in the Dangerous Triangle Phenomenon fairly recently:

IT WAS A LAZY DAY IN SUMMER. The sun was hot, the cool water felt refreshing. It was good to be alive and have the simple joys of sitting by the pool, anticipating a round of golf with friends later.

What the heck, I seldom splurged with drinking pop, but I wanted to celebrate.

"A tall glass of Diet P_____, please," I said to the attendant at the club.

That 32 oz. glass kept me company throughout the anticipated golf game. I needed the refreshment! It was extremely hot that day on the course – triple digit heat, no wind and there was a golf tournament going on.

Strangely enough, we were in mosquito country and behold! No mosquitoes, well maybe one or two - so the game was even nicer thanks to the absence of pesky bugs. Life was good.

Half way through the golf game the dizziness, sore throat and extreme weakness was hard to ignore. I never get sore throats, nor do I experience dizziness. "I'm just getting overheated," I thought to myself (yet I knew that a

sore throat meant a severely compromised immune system). "We only have a couple of holes left so I'll play to the end."

How I underestimated the subtle nuances of debilitation. I was sinking fast.

That night I crawled into bed and stayed there for an entire week too sick to even eat. One emergency room visit, almost two...and I only seek medical intervention when it feels like I'm on my deathbed! Pain pills, pain shots, cold medicine, Advil, anything to get rid of the tenacious migraine headache that got worse by the minute. Oh, and I never get headaches.

It was thought that it was heat exhaustion. Never did we expect the complexity.

An amazing discovery came when my sister sent me an email telling about the Laura Feeley story. We deduced that chemical exposure had to be involved because of the sore throat, coupled with the aspartame in the diet drink, the heat index of over 86 degrees and then masking symptoms with pain killers rather than detoxing. I had entered the realm of THE DANGEROUS TRIANGLE.

Oh and yes, and because of the golf tournament that weekend the club had sprayed chemical laden pesticides to keep away the mosquitoes—all for our enjoyment!

Think twice before your selection of beverage, especially the "diet" drinks. And do *not* let any beverage containing *aspartame* get warmer than 86 degrees!

When the temperature exceeds 86 degrees methanol toxicity occurs when Aspartame converts to formaldehyde and then to formic acid. It is this Aspartame poisoning that changes brain chemistry which can lead to seizures and changes in neurological and behavioral symptoms.

I discovered the information about Aspartame toxicity when it warms to 86 degrees or more in an article that was actually talking about the "fattening" qualities of Aspartame because it makes you crave carbohydrates and will make you FAT. Dr. H.J. Roberts, diabetic specialist, stated that when he got his patients off aspartame, their average weight loss was 19 pounds per person. He reported that the formaldehyde stores in the fat cells. Interestingly enough, toxins store in fat cells as well.

BIO-PROTECT TIP: Glutathione can be taken as a supplement. Sherry A Rogers M.D., in her book, *Pain Free in 6 Weeks*, recommends a daily detox cocktail of 1 tsp. Of vitamin C powder in eight oz. Of water, 800

Mg. Of glutathione, and 600 Mg. of Alpha Lipoic acid before bed to assist the body to detoxify. Her book gives drug free remedies for pain and can be found at <http://www.prestigepublishing.com>.

To continue with my story, I was desperate and sent a messenger to the local health food store to purchase the necessary ingredients for the detox cocktail. Before bed I took one low dose of 1/5th the recommended strength (mainly because I was chicken) and during the night my two week migraine marathon came to an end *and I slept soundly for the first time*.

I followed up taking two doses at one third the strength for two more days and found that my extreme weakness and the headache were replaced with bounding energy and a complete absence of pain anywhere.

Now, whenever I sense the slightest hint of toxic build up (sluggishness, aches, fuzzy thinking or even a small hint of an impending headache) I take a dose of the Detox Cocktail and I'm back to 100%!

I also avoid pop, any diet substitutes in any food item, and painkillers like the plague, and golf courses! In my research I found out that the cancer and leukemia rate for golf course caretakers is 7 times higher than the norm due to all the chemicals used to make the greens and concourses so lush.

My father died at a young age of 63. He had been the perfect picture of health. He died after only a two-month struggle with a rare bone marrow cancer that even with treatment turned into leukemia, and he then died from complications. The Doctors at M.D. Anderson Clinic said his cancer was contracted by exposure to the strong chemicals found in weed killers that are used for lawn care.

My father was the designer and builder of the local golf course. He loved golf. If you wanted to find him, you knew to go to the golf course. When he wasn't working he was there. When he traveled he was at a golf course, always.

Chemicals, diet drinks, and painkillers are a dangerous combination, and yet it is a readily accepted way of life: Diet pop – any kind, for a pick me up and any acetaminophen formulas to medicate and keep going.

Why do we constantly need to be jump-started? Because we are so toxic we have no energy, no freedom from aches and pains except when we mask them, and an immune system that is so bound to deadly chains that it cannot come to your defense.

See the scenario?

Excerpts from *Sunshine Sharing*, Vol. 12, No. 1:

The first and foremost function of the immune system is to identify what is supposed to be part of the body, i.e., what is part of 'me,' and distinguish it from what doesn't belong, i.e., what is 'not me.' Once something has been identified as foreign, the defensive systems can be called into play to expel the unwanted material.

This applies both to nonliving factors (chemical toxins, poisons, and pollutants) that enter the body and living organisms (bacteria, fungi, yeast, and parasites). It also applies to cells in the body that have been damaged or have become deviant (i.e., cancer cells).

Although these defenses are working all the time to protect us from disease, we seldom pay attention to them—AT LEAST NOT UNTIL THEY BECOME OVERWHELMED AND WE GET SICK AS A RESULT.

Since none of us like being sick, it makes sense to keep 'well-armed troops' at work in our body so we won't be taken down by some 'marauding' microorganism or compromised by some 'terrorist' chemical or 'vandalizing' free radical.

There are ways of enhancing our body's defenses both *before* we come under attack and *after* defenses have been breached. Specifically, there are three aspects to keeping our immune "perimeter" alert and capable so our body is always secure from the threat of invaders:

1. Enhance the production of the body's 'troops', white blood cells, which kill bacteria, cancer cells, viruses and other invaders. Supply and Maintain the Troops. **BIO-PROTECT TIP: Mix a catalyst water, oxygen, and colloidal silver into a spray bottle to use on skin to disinfect. Use an Aloe Vera and colloidal silver preparation for cuts and scrapes. Take colloidal silver orally. Wash your hands thoroughly and often. Use a powerful natural germicidal product for housecleaning and laundry. For our recommendations, see [Chapter 8](#).**

2. Increase the body's eliminative capacity so it can resist environmental poisons & chemical pollutants. **BIO-PROTECT TIP: Use Bentonite & Liquid Chlorophyll orally, as a mouth rinse, douche, or enema solution. Bentonite pulls many times its own weight in toxins out of the body.**

Use Beta glucan for empowering white blood cells. Use Ionic Minerals and Oxygen saturation with daily water intake to ensure cellular health. Colloidal silver stays in your system for 5-7 days fighting on a cellular level. Live green food supplementation is a must for ultimate cellular protection.

3. Boost the level of antioxidants to scour up harmful free radicals. Get antioxidant protection. **BIO-PROTECT TIP: Detox Cocktail helps to purify the blood and carry off toxins. Beta 1,3/1,6 glucan is the star immune defender/antioxidant. Maintain high mineral and oxygen content so that your body chemistry is balanced and you can therefore keep a high antibody count. Live green food, because it is almost identical to the blood molecule, specifically nourishes the blood.**

HIGHLIGHTS

- Tylenol, plain pain killers, aspartame, and chemicals are a very dangerous toxic risk.
- Your body requires a good supply of glutathione to detoxify and avoid serious complications.
- Drugs, pop, alcohol, environmental, household and food additive chemicals, stress etc. use up our supply of "on-board" glutathione that safeguards our bodies against toxic build-up.
- Seemingly harmless bad habits plus toxic buildup from day to day living, and masking the pain of toxic build up, is the Dangerous Triangle Phenomenon.
- It's vitally important to understand how a toxic lifestyle, no matter the extent, can work against your immune system and tear down the function of bio-defense.
- There are pain free and simple Detox formulas to regain balance and 100% output.
- We don't pay attention to our body's defenses to protect us from disease until they become overwhelmed and we become sick.

- Keep well armed troops, before and after defenses are breached, by faithfully using immune boosters to assist your body in resisting environmental poisons. Don't take them for granted.

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- Sunshine Sharing Newsletter; Vol. 12, No. 1, writer: Joan Robinson

It's no longer a question of staying healthy. It's a question of finding a sickness you like. *Jackie Mason*

- Chapter 6 -



Are You Wired?

Are you wired? Wired for electricity? How did you do with the "How Toxic Are You?" Assessment? The majority of my clients who have taken the test find an absolute vulnerability in the area of Electromagnetic Field Interference. If this is the case with you, then you found that you too, are at risk. This form of "toxicity" is rarely recognized or understood in our culture. This chapter will be devoted to this form of BioLiving in our toxic, high-tech world.

Electromagnetic Field Interference (EMF) is a subject mostly overlooked and in serious need of being addressed. I'm finding that experienced Preventative Medicine Practitioners in long time service to their clients have acquired a special wisdom. Their observations will tell you that the common denominator in recovery of illness, successful maintenance, developing vitality and total energy involves the crucial undertone of EMF involvement. The key is to detect and identify the specific culprit of electromagnetic interference which results in toxic exposure, and then removing or neutralizing it's effects by replacing it with healthy magnetic frequencies instead.

Does your Doctor know that you are wired and what is he/she doing about it? This is possibly something that our grandparents rarely encountered in their lifetime but we are totally immersed in our day and age with wired or non-wired high tech gadgets of every conceivable model that we use to make our lives easier.

Just how important is this? The ease of living presented by technology has poisoned us to the point that it may be the one hindrance that

keeps us from getting well, no matter what our attempts at healthy living are!

Conditions which seem to be caused by viruses or bacteria may actually be caused by this toxic exposure. The symptoms may be very similar, including fever, blocked metabolism, and lowered immune response stimuli.

"Bio-Living" in the 21st Century requires a new way of thinking. My "Bio-Living" criteria is that we first investigate our environmental toxic influences and then fashion a viable means of survival as a way of vibrant living - real living. Then other lifestyle changes such as exercise, nutrition, kicking bad habits, better water and a full night's sleep will have a very optimal outcome and quick results.

Bio-Active Frequencies are all around us and in us. We are living matter with electrically charged tissue and micro-organisms. Each species of life has its own unique electronic signature. In other words, every micro-organism has its own specific molecular oscillation pattern of electrons - their movement of life.

Oscillation means swaying, vibration or a waving pattern. Have you ever heard of the Schumann wave? European scientific studies clearly link the earth's resonant wave, the all-encompassing Schumann wave, to biological rhythms, complex behavior, hormone production and metabolism.

The Schumann wave varies, depending on the frequency of lightning discharges in the tropics, oscillating between the ionosphere (gaseous layer of air) and the earth. The average wave is a bio-frequency pattern of #68. This Schumann or earth's resonant frequency circles the globe with less than 10% reduction. It is a basic frequency which all life has apparently come to depend upon on to regulate body functions and basic survival behavior.

Those who live in concrete cities are largely insulated and deprived of this frequency, with resulting insomnia and hormone imbalances.

In many Russian and European experiments, when individuals in deep salt mines and concrete bunkers were deprived of the earth's resonant frequency, gross irregularities were observed in their sleeping habits, hormone/neurotransmitter output, and other biorhythm indicators.

After a short exposure to the Schumann wave (freq. #68), nearly all of the subjects underground then resumed regular neurotransmitter and hormone rhythms.

Other healthy Tissue Frequency Patterns are believed to activate normal cell functions such as repair and regeneration, production of various metabolites, secretion and non-medical application of frequencies to include relaxation, alpha brain wave initiation and energy balancing.

Bio-frequencies can become blocked and fixed rather than free flowing and life enhancing, therefore labeling it an energy disturbance. Generally speaking, these disturbances can originate from the outside as well as the inside of our bodies. Such an "Energy Disturbance" may go undetected for years, draining our energy, hindering our metabolism and ability to remove toxins, and causing a continual drain on the immune system, all without producing obvious disease. But when the person does become ill, the silent disturbance will block recovery with even the best of therapy.

The most exclusive European clinics recognize this phenomenon and have the best diagnostic equipment for electronic detection of silent obstructions. Since a silent blockage is almost without symptoms and is extremely difficult to identify with x-rays, its existence is ignored by U.S. medical schools.

Dr. Josef Issel's highly distinguished cancer clinic in Europe, the Life Extension Foundation (<http://www.lef.org/research/directoryofinnovativeclinics02.html>) and Dr. Ledwoch, M.D.'s Inpatient Clinic - Paracelsus Klinik at Silbersee, recognize that recovery from any chronic condition is almost impossible if an energy disturbance exists. They refuse cancer patients until after any energy disturbance is removed.

Without proper electronic diagnostic equipment, the only sign of really removing the origin of blockage is when the subject responds favorably to therapy without hitting a plateau or frequent relapse. A disturbance of this kind can be "eliminated" with drugs or surgery but frequently returns.

My research does indeed show the connection to radiopathic interference and a cellular effect. The Journal, CTA MEDICA OKAYAMA, 2001, Vol 55, Iss 2, pp 117-127, states:

Deviations in immune system from occupational radiation

The toxic effects to the genes due to occupational exposure to ionizing and non-ionizing radiation were investigated in 25 physicians and nurses working in hospitals and in 20 individuals working at radio-relay

stations. The data showed that total number of chromosome aberrations in people exposed to ionizing and radio frequency radiation were both equally higher than those of non-irradiated individuals. There was also a positive degree of association between the total number of chromosome aberrations and cumulative 6-year dose of radiation. The results emphasize the dangerous effects of prolonged exposure to both types of radiation.

Several hundred European studies clearly link 94% to 100% of cancer and arthritis to DNA damage from exposure to geopathic radiation. What about other mis-diagnosed illnesses such as chronic fatigue syndrome, leukemia, fibromyalgia and MS? How long will it take orthodox medicine to recognize the hazards of this silent and often overlooked killer?

There are dozens of types of geopathic and electromagnetic disturbances that are subtly incorporated into our everyday lifestyles. It's our new way of life - this double jeopardy of the high tech age with power lines, radiation zones, cell phones, hand held palms, microwaves, chemotherapy and the latest radiation "therapy", x-rays, blow dryers, computers, electrical everything, sunglasses which block the frequencies of sunlight essential to health (known to be absent in artificial lighting), big screen TV's, phones, electric blankets and heating pads, airplanes, automobiles, high speed travel going against the earth's magnetic field and on and on and on we go.

We may not know medically what the limits are that constitute a hazardous exposure, yet with so many factors playing an interactive role in our health, sometimes even a very seemingly small component could be the dormant blockage that keeps us from acquiring that "real living" vitality or from overcoming a debilitating chronic illness.

Let me introduce to you one of my clients, Bridgett Lowe. She would like to share with you her story so that you grasp what were are talking about:

It was in the spring of 2001 that I came across a Therapist in the area through a local health food store, Allie Dawson, who used Cranio Sacral Therapy and holistic medicine. I decided to call and see if she could help. Half my lifetime I had struggled with some form of severe fibromyalgia and now MS (Multiple Sclerosis) to the point that I felt I could no longer hold my own.

Swaying medical opinions kept me from knowing which I really had. For the last 15 years my metabolism also seemed to come to a halt causing me to gain over 50 lbs. that for the life of me I could not lose.

Medical Doctors and Alternative Medicine Practitioners alike, had not really gotten to the root of the cause. To my surprise, even the alternative practitioners would just treat the symptoms rather than get down to the real problem. As a result my illness did not get better but became a taxing chronic debilitation to the point that I could not have children.

According to my new therapist, I was a "breath of fresh air" because I was so knowledgeable in preventative medicine and nutrition, even journaling all my meals and snacks and eating very healthily. I had tried all the latest cures and tips for my ailments in the world of medicine and alternative therapies, I thought...

Allie told me that I would have to commit to at least six CST sessions of the Cranio Sacral Therapy till I maintained at an acceptable level of average functioning of the Cranio Sacral Rhythm and that this usually happened at or around six treatments. I soon learned that this form of treatment addresses a very core healing of the body and that in order to really level out, the magnetic/energy centers as well must be balanced and healthy. That was not the case for me. My magnetic centers were practically non-existent and my cranio sacral rhythm very very slow which pointed to a pathological source. Even after six sessions and more like ten to twelve I was making progress but not as much as expected. I had reached a plateau so a new investigation began.

All along Allie had been looking at my every lifestyle "daily mode of living" and life history to find any electromagnetic interference or past energy disturbance. She would ask the funniest questions till one day I happened to tell her I used an electric heating pad at night, every night, for my fibromyalgia. I had not seen it

to be significant but Allie did. She said that was the present blockage. So out went the heating pad replaced with a homemade corn bag for warm moist heat which I found to be very soothing. The next CST session I actually stayed balanced due to the fact that the EMF interference was being discovered and uprooted. These corrections required obtaining a magnetic mattress and switching my bed from East to West to North and South so as not to fight the gravitational pull of the Earth which in itself is a form of magnetism, as I learned from Allie. Also a Teslar Generator watch was needed to be worn 24 hrs. a day and ten minutes of Tibetan Yoga to strengthen my magnetic centers on a daily basis as well as limiting my time on the computer and phone. With these changes I began to make progress for the first time in years.

It's been eight devoted months of CST sessions and aligning of my magnetic centers to where for the first time in years I have lost ten pounds in six weeks on my new regimen. This time however the diet is to really detoxify my liver because according to Allie, obesity is really nothing but toxicity which then stores in the fat. With the electromagnetic Field Interference gone and my magnetic centers strong it seemed to turn on my metabolism like a light switch to where I then responded to my weight loss diet. I still have my good days and bad days but I do have good days now for the first time in a long time. My Cranio Sacral Rhythm has stayed maintained for over 3 months now to the point I only go back once every 3 -to 4 weeks. My appointments now only last 20 minutes versus the 1-1/2-hr. sessions we needed before. Allie has done more for me in just the first four months than the other Doctors, medical or otherwise had tried to do for me in four years."

As you can see from my client's story, it was the EMF interference and low magnetic fields that created hidden metabolic damage that silently prevented recovery using other therapies. Once examined and dealt with many people have amazing results to what was once thought of as chronic debilitating illnesses with no hope of getting better. [Click here](#) to locate a cranio-sacral practitioner in your area.

Consider this carefully: for centuries, our ancestors matured and thrived while spending most of their lives outdoors, exercising continually in fresh air and sunshine, and eating only raw food. Since then our DNA has changed only .0001%, so we still have the same requirements for exercise, sunlight and raw food.

In this day and age we spend most of our time indoors or in transit via an enclosed automobile and 99% of our diet is cooked, refined and extremely processed food. All the while we are surrounded by high tech conveniences which zaps us of any vitality we may have left. Is it any wonder we have strayed away from the most basic requirements of health and real living! BioLiving in a toxic high tech world does not have to be painful; it can actually be a happy process as your body begins to respond and you find yourself feeling more and more ***alive***.

- Chapter 7 -



THE SURVIVAL 5

Your First Line of Defense

Bacteria that have developed immunity to antibiotic drugs pose a large and growing threat to the success of modern medicine. These studies demonstrate that antibiotic resistance is literally streaming across America and what has not been appreciated is the extent of contamination.

**American Society of Microbiology,
Science News, June 5, 1999**

In a medical crisis, were you limited to only a handful of disease-fighting substances to protect your health and immunity, without exception these would be united into one for your survival. In times of crisis we are reduced to just the basics, nothing else. When I was deathly sick with mercury poisoning and bedridden for over a year weighing a mere 88 pounds and too weak to walk or talk, I was only concerned with taking my next breath of air. With a strong foundation you have a better chance to weather the unpredictable invaders, whatever they may be.

The Foundational basics upon which this chapter is based are:

- 1 & 2) Powerful immune defenders**
- 3) *Pure* mineralized water as nature intended**

4) Increased oxygen

5) *Live green foods that are rich in enzymes and nutrition*

See "[Chapter 8](#): Your Safety Net" for credible sources with guaranteed potencies.

ONE of FIVE

Immune System Defender #1

BETA-1,3/1,6-GIUCAN:

(With permission: Excerpts from IMMUNITION™ REPORT; Editor, Frank M. Jordan-NSC-24 Immunity™ from Nutritional Supply Corporation)

Would you want to fight a battle armed only with rocks to throw, or would you rather have powerful bullets that pierce the enemy's armor and kill the invaders? The image of hapless protesters throwing rocks at soldiers armed with automatic weapons comes to mind. Both are weapons, but which one would you want to have in battle?

The enemies are health invaders - viruses, bacteria, fungi, parasites, free radicals and environmental hazards and [bio-warfare pathogens] that assault your body.

As you know, your body is at war every minute of every day to stay healthy and disease free. You are in an arms race to help your immune system defeat the enemies. The body's immune system is the secret weapon in our constant combat against all biological insults to our well being ranging from pollution and emotional stress [to anthrax exposure] to cancer. Our ability to heal ourselves truly can come from within - with help from "immuno potentiators."

Your immune system grows tired with age or deteriorates from viral, fungal, parasitic and

bacterial attacks. The good news is the miracle cure of the century is not a new drug or antibiotic, but your own body through super-potential of your personal immune response.

There is a lot of talk about antibiotics these days.

Antibiotics act as friends and foes, initially helping, but then actually creating more virulent and resistant strains of bacteria. The result is a meteoric rise in deadly infections, combined with cancer and other immune [auto-immune] disorders, [our deadliest "cell to cell" combat]. Infectious disease caused by antibiotic resistance bacteria has risen to be the 3rd leading cause of death in the U.S.A.

Meeting us halfway is an adjuvant called Beta Glucan which is highly effective in the use of antibiotics which makes adjoining compositions (antibiotics and vaccines) much more effective in a smaller dosage [IF they do become necessary]; a critical factor in helping resolve the over dosage of antibiotics in our national health programs today. This will result in less development of resilient super viruses and increase the effectiveness of antibiotics.

Immunologist, Dr. Ken Hunter, states that all the antibiotic does is slow the spread of the bacteria so that the immune system can catch up. Dr. W. Browder's "adjuvant effect" research on Beta glucan, an "immune potentiator" shows it to enable the immune system to *respond faster with more impact*, increasing our defenses.

Beta glucan is also an effective adjuvant, or a catalyst that enables other natural supplements such as Gingko Biloba, CO Q10 and Glucosamine Sulfate (arthritis) to be equally effective in much smaller dosages. However, Beta glucan is a stand

alone nutrient. (bracketed information inserted by the author.)

Is it a Bird? Is it a Plane? Of Course Not!

No, there is no Clark Kent or Immuno-man, but there is Beta glucan which is extracted from yeast cell walls in micronized (extremely small) particle size. It is available in NSC-24 TM Immune Defense Formula products.

There has been extensive international research and testing on Beta glucans for more than fifty years at prestigious universities and research facilities. NSC (Nutritional Supply Corporation) is the only provider of Beta glucan products that is involved in sponsoring a \$100,000 research study to affirm proper dosages and particle sizes in potentiating the immune response.

The antioxidant properties of undiluted Beta-glucan were first discovered during experiments at the U.S. Armed Forces Radio-Biology Institute. Rats were first given a lethal dose of gamma radiation in conjunction with a 20-day oral dose after the radiation exposure. The results were truly remarkable. Seventy percent of the rats irradiated in the study were totally protected.

While glucans exist in other foods such as oats, barley and various medicinal mushrooms and aloe vera, these glucans do not all share the same structural components to activate the immune response. Based on research performed at Harvard, Beta-glucan, is at minimum, an amazing **100 times more effective** as an immune response enhancer.

Because current extraction technology yields substantially purified Beta-glucan as a polysaccharide, *no yeast proteins or endotoxins exist that might cause a reaction to those allergic to yeast.*

Beta glucan empowers your immune system to rejuvenate a compromised or suppressed system while calming down or modulating a hyper-active immune response. Certain large immune cells representing the first line of defense in your body are the white Macrophage cells.

Beta Glucan:

- scavenges free radicals
- enhances platelet production
- fights bad radiation be it from cancer treatment, x-rays, TV, computer screens or nuclear fallout

- fights bad cholesterol, hormone excesses (cortisol)
- fights a myriad of other ill-health invaders that attempt to age our bodies and debilitate our health daily
- enables bone marrow to continue producing blood cells
- helps clear dead tissue and promotes the healing and regenerating of damaged tissue
- enables T immune cells to communicate with the remainder of the immune system, thus alerting it to the presence of even the HIV virus
- yields an impressive 29% reduction in mortality
- brings about a 51% reduction in infection of the blood stream (sepsis)
- has the unique attribute of crossing kingdom lines and enhancing immunity in all known species, including both human and animal.

The FDA granted insoluble Beta-glucan from the yeast cell wall "G.R.A.S." status (generally recognized as safe), enabling production of the NSC-24™ product line. It is available as a dietary food supplement in a classification given to most common food.

Who needs Beta glucan? If you are aging (who isn't); catch colds; are susceptible to flu; have allergies or skin inflammations; are undergoing chemotherapy or radiation treatment; have poor nutritional habits; are subject to environmental toxins in the workplace, school or travel; have chronic diseases (diabetes, fatigue); are under physical or emotional stress or have a high risk of heart ailments you need Beta glucan. In other words, if you are reading this you should be taking this oral dietary supplement daily!

Combine good nutrition, exercise and a positive attitude with these totally natural and safe dietary supplements containing micronized Beta 1-3/1-6 glucan and keep your immune system at peak performance.

How necessary is this supplementation?

Micronized Beta-glucan stimulates immunity where it starts, at specialized immune cells called macrophages, thus tearing away the disguises and identifying the enemies. The macrophages without this assistance grow tired and are unable to recognize the disguised body invaders resulting in illness.

Don't get Sick! Fight back.

The macrophages need help, fast and powerful help from Beta glucan because it super charges the macrophage which then alerts the remainder of your immune system against attack. The enhanced macrophages join your immune T-cells,

creating a chain reaction of activation, multiplication and mobilization of your entire immune system.

Micronized Beta glucan activates and enhances the macrophage in totality to better see, identify, fight and destroy the body invaders determined to damage your good health.

The relationship of the Beta-glucans to the macrophage has been described by others as similar to your automobile key being necessary to your car's ignition.

Beta glucan taken daily keeps your immune system at peak ability, which in turn *prevents* you from requiring a cure from health invaders because you do not get sick!

TWO of FIVE

Immune System Defender #2

GLUTATHIONE -- Claimed to be Your Immune System's Highest Defense

L-Glutathione is a very important key ingredient for the DETOX cocktail - its performance is augmented by the Vitamin C and the Alpha Lipoic Acid.

MEDIA RELEASE, Montreal, March 28, 2001: "The human body is one of nature's finest miracles, and doctors and researchers are still unlocking many of its secrets. A recent discovery has been the importance of **glutathione** in boosting the immune system."

Glutathione is the body's own health AID, acting as an Antioxidant, Immune Booster and Detoxifier.

This small protein, produced naturally in the body, maintains these three crucial protective functions. More specifically L-Glutathione is a biologically active sulfur amino acid tripeptide compound containing three amino acids: L-Cysteine, L-Glutamic Acid and Glycine. In fact, your life depends upon this substance. Without it, your cells would disintegrate from unrestrained oxidation, your body would have little resistance to bacteria, viruses and cancer, and your liver function would cease due to the eventual accumulation of toxins.

Every day our bodies are exposed to factors that drain our levels of glutathione: stress, pollution, radiation, infection, drugs, poor diet, aging, injury, trauma, and burns. These contribute to glutathione depletion which, in turn, lead to cellular aging, disease and death. Concern about maintaining one's glutathione level should be on par with other health concerns that are now common knowledge.

It's remarkable to think of the many advances science and medicine has made over the past century alone -- many of which are now taken for granted. Words such as "vaccination," "cholesterol," and even "vitamin" were unknown by the general public until fairly recently.

"Glutathione is not yet a household word, but it soon will be now that we know how important this substance is," said Dr. Jimmy Gutman, a glutathione expert and former Chief Resident in Emergency Medicine at Emory University in Atlanta and Undergraduate Director and Residency Training Director of Emergency Medicine at McGill University in Montreal. "In the last five years, over twenty-five thousand medical articles have been published on the subject, and this scientific understanding is gradually becoming common knowledge."

Dr. Gustavo Bounous, a leading glutathione expert, concurs that glutathione is food for the immune system. "The limiting factor in the proper activity of our lymphocytes (white blood cells) is the availability of glutathione."

Emergency physicians, toxicologists, lung doctors, liver and other medical specialists already know of some of glutathione's most useful contributions to medicine. Soon you will too.

There are many books available on Glutathione and they will be in our recommended reading list.

BIO-PROTECT TIP: It is our choice of lifestyle that depletes our reserves to a dangerous level, i.e. drinking diet sodas and masking the aches and pains with pain killers, among other things. Soda pop, particularly colas, may be the single worst "food" ever invented. Soda contains approximately 1 tsp. of sugar per ounce of soda, which works out to about 12 tsp. of sugar per can, or 32 tsp. per Big Gulp. Many sodas, particularly colas, are high in phosphoric acid, which leaches calcium out of the body at an astounding rate. All sodas "feature" CO₂ bubbles, and CO₂ is the body's main waste product! Just one can of soda pop can depress your immune system by some 50% for as long as six hours. Regarding diet sodas, Aspartame was once considered by the

military for possible use as a battlefield neurotoxin. How many diet sodas do *you* drink per day? There is no chance for good health, or the elimination of disease, until your immune system has been optimized.

Because glutathione exists within the cells, it is in a prime position to neutralize free radicals. It also has potentially widespread health benefits because it can be found in all types of cells, including the cells of the immune system, whose job is to fight disease. It's the [body's] most important antioxidant because it is within the cell.

L-Glutathione also helps the liver remove chemicals that are foreign to the body, such as drugs and pollutants and it can therefore help your body repair damage caused by stress, pollution, radiation, infection, drugs, poor diet, aging, injury, trauma, and burns.

THREE of FIVE

Pure Mineralized Water as Nature Intended

Article and excerpts from the book "Oxygen Therapy" by permission of Dr. LaMar Diltz

Minerals are naturally occurring elements found in the earth. Liquid Ionic Minerals are trace minerals from the Great Salt Lake.

The body can function without vitamins, but *without minerals your body cannot survive.*

Every second of every day your body relies on ionic minerals and trace minerals to conduct and generate billions of tiny electrical impulses. Without these impulses, not a single muscle, including your heart, would be able to function.

Being ionic, they are water-soluble and bio-available immediately, creating the same basic balance that is found in healthy blood plasma and lymphatic fluid.

It is my opinion God wanted us to drink water -- pure, full of minerals and oxygen. Rain was once pure when it fell on the mountain top. As it ran down the mountain, it absorbed the minerals and as it ran over the rocks, it was aerated with lots of oxygen. Now you can make this same water in your own kitchen by simply adding one teaspoon of Liquid Ionic Minerals to a gallon of pure water (distilled or reverse osmosis) and 20 drops of Liquid Stabilized Oxygen. With the combination of ionic minerals and stabilized oxygen you get the purest of water, Mother Nature's well of life. For just a few pennies, you can turn a gallon of pure water into an alkaline-based, mineral rich, oxygenated drink fit for a king!

According to Senate Document No 264 - 99% of Americans suffer from mineral imbalance and deficiency and that a marked deficiency in any one of the more important minerals actually results in disease.

Our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins, or upon the precise proportions of starch, protein or carbohydrates we consume.

Dr. Joel Wallach, Nobel Prize Nominee in Medicine, states in his book *Rare Earth's Forbidden Cures*:

The preteen and teenage and young adult infatuation with snack foods, drugs, smoking and alcohol appear to be the result of pica (a craving with licking and chewing behavior that has its genesis in mineral deficiencies). Because they are so deficient in minerals they are seeking something, anything, to put in their mouths that will satisfy an irresistible craving for minerals.

Dr. Wallach also states in an article printed in Vol. 15, No 3 "Health Consciousness," "There is a clear and present danger and a potentially fatal effect to each and every one of us as a result of consuming mineral depleted foods, and that hazard is magnified many times by exercise."

YOU NEED MINERALS if you exercise, sweat a lot, are under excessive stress, do not eat a regular healthy diet, have leg cramps and if you have cravings for alcohol or sweets.

Minerals are necessary in every body function and are present in every human cell.

Although the amount needed may be minute, without that trace, problems may occur.

It is known that vitamins and minerals work together. The key is interaction. We need all vitamins and minerals in proper balance or nothing will function properly.

Did you know that sugar loads increase the normal rate of mineral loss in sweat and urine by 300% for 12 hours? Our daily lifestyle causes us to be depleted in life giving minerals more than we can comprehend.

Minerals and oxygen are natural sources of life to all cells.

HOW IMPORTANT IS PURE WATER?

- 75% of Americans are chronically dehydrated.
- 53,000,000 Americans unknowingly drink tap water that is polluted by feces, radiation, or other contaminants. Half of all Americans drink water that has been used at least once before.
- The number one trigger of daytime fatigue is lack of water.
- In 37% of Americans the thirst mechanism is so weak it is often mistaken for hunger.
- A mere 2% drop in body water can trigger fuzzy short-term memory.
- One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- The National Cancer Institute reported a study that showed the drinking of chlorinated water increases one's risks of developing bladder cancer by 80%.
- Unintentional chronic dehydration is at the root of many serious diseases, including asthma, renal dysfunction, endocrine system and adrenal fatigue, high blood pressure and other cardiovascular problems, arthritis, ulcers, pancreatitis, digestive difficulties and lower back pain.
- The primary cause of Alzheimer's disease is chronic dehydration.
- The majority of asthma cases are really misdiagnosed cases of chronic dehydration.

- The mucous that lines the stomach to protect it from hydrochloric acid is 98% water.
- Drinking 5 glasses of water daily may decrease the risk of colon cancer by 45%.
- The risk of breast cancer may also be decreased by as high as 79%.
- To remain healthy, an adult must consume approximately one 8-ounce glass of pure water (NOT tap water) for every other waking hour per day.
- Non-infectious "recurring" or chronic pains should be viewed as an indication of body thirst.
- The "dry mouth" is the very last sign of dehydration.
- Water regulates the volume of a cell from inside and salt regulates the amount of water outside the cell.
- Dehydration causes stress and stress causes further dehydration.
- The most prudent way to prevent migraines is the regular intake of water.
- Research indicates that 8-10 glasses of water daily could significantly ease back and joint pain for up to 80% of sufferers.
- Every function of the body is monitored and regulated by the efficient flow of water.

Tap water, and even purified water, begins with a negative charge that attracts and then eliminates needed minerals from the body. Microwaving food has the same effect. My preference is to start with reverse osmosis water and to then give it a positive charge using catalyst water, liquid ionic minerals, and liquid stabilized oxygen.

Some people prefer distilled water, although there are some misconceptions about it that David Williams, M.D. clarifies quite nicely:

It is believed by some that distilled water attaches to minerals in the body and actually depletes the body. In truth, distilled water does not contain minerals and can leach minerals out of the body. However, the majority of minerals found in tap water are not in a form the body can use. Instead of being used productively, these minerals accumulate in harmful ways, forming kidney stones, arthritic spurring, joint thickening, and possibly even heart valve deposits and atherosclerosis. Without minerals, distilled water lightens the load on the kidneys and actually allows the body to rid itself of these useless built-up mineral deposits. One of the very best things

you can do for persistent kidney problems is to switch to distilled water. Also, many cases of ulcerative colitis that are unresponsive to conventional therapy have healed when the patient switches to distilled water. As far as the issue of distilled water not having minerals that your body needs, this, too, is misleading. To see what I mean, take a look at bottled mineral water, which is specifically promoted for its healthy mineral content. In reality, such water has only microscopic amounts of minerals. To get the Recommended Daily Allowance of magnesium, 400 milligrams, you'd have to drink 34 gallons of the best-selling brand!

FOUR of FIVE

Increased Oxygen

The following material is included with express permission from Dr. LaMar Diltz.

Our body composition is 80% water and 59% Oxygen, therefore we need twice as much OXYGEN than food.

- Oxygen is *the* basis for life.
- AIR, WATER and FOOD are not what they were 75-100 years ago. We have polluted the air, we need over a dozen additives to make our water safe to drink, and our food has lost its minerals and trace elements, which have been leached from the soil.
- In 1959 there were 300 additives in processed foods. The year 2001: over 4,000.
- Most of us eat cooked foods. Heat destroys the oxygen.
- Overeating will cause a real oxygen deficiency.
- Daily stress and subsequent shallow, partial breathing reduces systemic oxygen.
- National Institute of Health: "80% of us spend 90% of our time in controlled environments, breathing the same air over and over again."
- Unfortunately, most of today's raw water is oxygen deficient, and TAP water won't support fish life for more than 2 hours. The fish will suffocate due to lack of oxygen.

- The fourteen chemicals added into water at the plant to transfer it to our home destroys the oxygen.
- "The worst thing was the ground water destruction" 1980's quote from Eckardt C. Beck, Federal Environment Protection Agency Assistant Administrator for water and waste management.
- ALL the body functions are regulated by oxygen and water.
- Chronic Fatigue Syndrome characterized by an overwhelming feeling of fatigue, with aches and pains like the flu, as well as a mental change, which leaves one in a constant state of depression is always the cause of very low oxygen levels in the blood. This also causes low glandular, adrenal, thyroid, and thymus functions.

Two of the 10,000 synthetic organic compounds that are popularly used in our city water are Chlorine and Fluoride.

Chlorine: When it is used to treat water, it doesn't disappear, it shows up as part of thousands of new compounds somewhere else. Remember that it was the basis for mustard gas used as far back as WW II. Dr. Joseph M. Price M.D. counts *"chlorination of city drinking water as the major cause of hardening of the arteries, heart disease, sterility, stroke and other degenerative diseases."*

Tests have shown chlorine has a devastating effect on all living organisms. When present in the body, it causes a premature end to cell life.

Chlorine Versus Oxygen: Compared to chlorine, bacterial and viral disinfecting with ozone (or oxygen) is up to 5000 times more rapid. (McGraw-Hill Encyclopedia of Science & Technology, 5th Edition, P. 728)

Flouride: At this time over 108 million Americans are being poisoned by drinking fluoridated water says, Dr. George L. Wald Bott, M.D. an Allergist and leading authority on fluoride. He describes some of the common disease symptoms of fluoride toxicity:

Intestinal diarrhea or constipation, tiredness, sleeplessness, indisposition, headaches, and giddiness, rash, itching, and other skin conditions, gastric distress (pain and cramps) lack of appetite, nausea and vomiting, joint stiffness and indefinite localized rheumatic aches and pains.

The U.S. House Subcommittee on the Environment and Atmosphere completed a report stating "Fluoride is one of the main contributors of Alzheimer's Disease."

Research shows oxygen deficiency can be the single greatest cause of disease.

The immune system, energy production, detoxification, and overall health depend on a high level of oxygen in the body. For example, virtually all heart attacks come down to a failure of oxygen to be delivered to the hard working heart muscle. Just like you take vitamins to supplement what you're not getting in your food, you need to take *liquid stabilized oxygen* to help you get oxygen that you aren't getting from the air you breath. It is necessary to scavenge and displace deadly free radicals, destroy infectious anaerobic bacteria, parasites, microbes and viruses.

Pollution is everywhere. As toxins contaminate the air, they replace oxygen. The earth's air used to be 40% oxygen, now it's 20% and in some places, like in Japan, it's 12%! Also, any form of stress (emotional, physical, lack of exercise, infections, viruses, drugs and alcohol, polluted air, and contaminated food) uses up the oxygen in your body.

Technically speaking, *Liquid Stabilized Oxygen* is an electrolyte solution containing oxygen attached to naturally occurring salts (sodium content is minimal). When the oxygen is buffered and stabilized, it remains firmly attached to the electrolyte molecule waiting to be released into a bio-active environment.

Liquid Stabilized Oxygen helps you get more oxygen in your system, adding nascent oxygen which helps you get more oxygen out of the air you breathe. Both physical and emotional stresses rob the body of huge amounts of its much-needed oxygen. Any form of stress can cause oxygen deficiency. Stress due to chemical toxicity leads to a reduction of oxygen as the body attempts to detoxify itself through the oxygen reduction system by oxidizing accumulated toxins. Emotional stress produces adrenaline and adrenaline-related hormones, requiring the body to run down its oxygen reserves for their production and eventual oxidation. In short, oxygen deficiency will result from any excessive stressors, whatever the case.

Hostile microbes, anaerobic bacteria and viruses are unable to survive in the presence of oxygen. Oxygen is a powerful free radical scavenger.

Remember, any stress - whether caused by infections, toxic chemicals, emotions or physical trauma, results in an increase of free radicals.

[BIO-PROTECT TIP: Liquid Stabilized Oxygen can be diluted in water separately or along with the ionic minerals. It can be used for water](#)

purification, decontaminating your food, washing your fruits and vegetables, and much more.

This Oxygen product destroys deadly microbes, bacteria, parasites and viruses in water. It has been tested for over twenty-five years by research centers all over the country. Many school districts in California use *Stabilized Oxygen* in 55-gallon drums of water for natural disaster storage.

For more information: See [Appendix D](#): Recommended Reading for information on how to obtain "*Oxygen Therapy, A Natural Approach To Prevention and Remedy*" by Dr. Lamar Diltz.

BIO-PROTECT TIP: Stabilized Oxygen was originally designed for NASA astronauts by Dr. William F. Koch, M.D., Ph.D., as a safe and natural means of shielding the astronaut's bodies from exposure to deadly microbes in space, and preventing these microbes from coming back to earth in the astronaut's body. According to Dr. David Holden, "Stabilized oxygen was designed to destroy any known and unknown microorganisms with a minimum dose, yet maintain its safety to the host." Its purpose was to help the astronauts avoid any germs or foreign organisms in their body fluids before, during, and after their mission.

FIVE of FIVE

Live green foods that are rich in enzymes and nutrition

(References to the article "**Exclusive Formulations for Survival and Back to the Basics Health**" included by permission of Dr. Lamar Diltz).

According to Dr. LaMar, eating right isn't enough anymore.

Dr. LaMar has taken nature's most perfectly balanced food (Aphanizomenon Flos-Aqua Algae) from Klamath Lake and synergistically coupled it together with Super Herbs (Siberian Ginseng, Gotu Kola, Ginkgo Biloba, L-phenylalanine, and ginger) from around the world.

Blended together they make the "ultimate tonic" capable of naturally enhancing our ability to maintain both a healthy body and a healthy mind.

Klamath Lake Blue-Green Algae is, by itself, a very strong natural antibiotic because of its chlorophyll content, but when you synergistically couple it with Siberian Ginseng, Gotu Kola, Ginko Biloba, L.Phenylalanine, and Ginger, it becomes nature's ultimate anti-inflammatory, anti-bacterial-viral-fungal, free radical fighter and immune system booster.

Nature's Most Perfect Live Food:

- Protein: Among the highest found in plants, compared to lean beef.
- Amino Acids: Has all 29, both the essential and the non-essential. (The body's building blocks).
- Peptides: Including those, which strengthen and repair neurosomatic cells.
- Nucleic Acids: The building blocks of DNA and RNA.
- Live Enzymes: Coenzymes, carbohydrates, and lipids in balanced proportions.
- Vitamins: Full spectrum including C, E, K, Inositol, Choline, complete B Vitamins complex including niacin and B-12 (more than spinach or liver).
- Minerals/Trace Minerals: Calcium (essential in prevention of osteoporosis), magnesium, potassium, manganese, phosphorous, iron, zinc, selenium and others.
- Beta-Carotene: (Provitamin A) known to fortify the immune system. More beta-carotene than carrots.
- Lysine: Helpful in treating herpes.
- Chlorophyll: Three times more than spirulina or chlorella, almost identical to the blood molecule.

A revolutionary new patented process for dehydration allows all of the raw food enzymes to remain active. This allows the *Ultra Blue-Green* to be a beneficial live food, similar to yogurt. Perfectly balanced natural nutrition, it is very easy for your body to digest and assimilate.

The nutrients in the Ultra Blue-Green are small enough to penetrate the blood-brain barrier permitting the building blocks (amino acids) to enter the brain cells.

Neuro-somatic nutrients enter the brain cells and contribute to the production of communication chemicals. The function of these *electro-biological stimulants* (neuro-peptides and neurotransmitters) is to transmit from brain cell to brain cell.

The Amino Acids compounds have wide ranging hormonal activities that affect the brain and nerve cells which naturally rebalances the metabolism.

They are very effective against stress by giving the brain a boost in its energy supply. They act against the aging syndrome by helping to establish a positive attitude toward life.

Here's what the experts are saying about *Blue-Green Algae*:

This is the most perfectly balanced food of all....this amazing plant contains all the nutrients required to maintain a healthy body, mind and immune system. *Dr. William T. Barry, Gonzaga University, Washington State*

Glycolipids (combinations of sugars and fatty acids) extracted from the blue-green algae were found to be 'remarkably active' in stopping the AIDS virus in test tube experiments." *National Cancer Institute*

Blue-green algae is a 'super food' capable of stimulating metabolic processes which in turn gives a 'higher level of well-being. *Dr. Peter Clecak, research scientist, University of California-Irvine*

BIO-PROTECT TIP: Beta Glucan is taken orally and can be taken ongoing for immune support so that your own antibodies can do their job. Liquid Stabilized Oxygen can be included in every glass of water you drink. Oxygen has been shown to kill all germs on contact. Colloidal Silver has many applications-topically (skin), orally, soft tissue (eyes). In other words, you can even inhale colloidal silver into the bronchial passages in combination with a zinc moisturizer inhalant (like Zycam) for an added layer of protection even after suspected exposure to Anthrax. Colloidal silver, when ingested stays in your system for several days. You can take Aloe Vera and combine it with colloidal silver and use it on your skin for suspected anthrax exposure.

If you suspect exposure to bio-pathogens by all means go to the Hospital, the Emergency Room or see your Doctor. However, don't wait till the blood tests come back with results which may or may not be a

false negative or positive reading and don't wait till you manifest symptoms. Begin preventative measures right away, as suggested here and throughout the book.

Remember, the CDC said your best defense is to wash your hands often with good anti-bacterial soap. Spray your fruits and vegetables with the colloidal silver, and soak them in purified water with Liquid Stabilized Oxygen before eating. Take your spritzer bottle with catalyst water and colloidal silver added to spray your salads and food at the restaurants, and in your eyes if need be.

There are no side effects to any of these products except maybe the occasional detoxification cleansing effect which can be turned around with increasing your water intake and taking Colloidal Bentonite. I am so confident that these substances found from nature are effective in protecting me against what we face now that I don't feel compelled to go out and get field testers or sniffer machines for my car or wear a gas mask and a chemical suit or wear gloves when I open my mail. I fully incorporate the safety measures offered by the colloidal silver, oxygen, beta glucan and immune builders every day and in every way.

For additional resources and information visit our website at <http://www.biolivingtoday.com> - you will find the best of the best in the following categories (and we always strive to find the best prices for you!):

Green Foods	Home Therapy	Health Consultation	Mental/Emotional	Cancer Therapies
Dental Self-Sufficiency	Electromagnetic Field Interference	Magnetic Therapy	Non-Toxic Home Care	Detoxification Aids
Water Purification	Colloidal Silver	Ionic Minerals	Vitamins	Pain Relief

HIGHLIGHTS

- Bacteria that have developed immunity to antibiotic drugs pose a large and growing threat to the success of modern medicine.

- Antibiotic resistance is spreading across America and we don't realize the extent of contamination.
- In times of crisis we are reduced to just the basics.
- You are in an arms race to help your immune system defeat the enemies.
- The body's immune system is the secret weapon in our constant combat against all biological insults ranging from pollution and emotional stress [to anthrax exposure] to cancer.
- Beta glucan is also an effective adjuvant, or a catalyst that enables other natural supplements as well as antibiotics to be equally effective in much smaller dosages.
- Micronized Beta 1-3/1-6 glucan keeps your immune system at peak performance, which in turn prevents you from requiring a cure from ill health invaders because you do NOT get sick.
- L-Glutathione is a very important key ingredient for the DETOX cocktail that is combined with Vitamin C and Alpha Lipoic Acid.
- The Basics of Life consist of pure water, ionic minerals and Liquid Stabilized Oxygen.
- Minerals and Oxygen are a natural source of LIFE to all cells.
- Research shows oxygen deficiency can be the single greatest cause of disease.
- Hostile microbes, anaerobic bacteria and viruses are unable to survive in the presence of oxygen. Oxygen is a powerful free radical scavenger.
- Ultra Blue-Green Algae is Nature's Most Perfect Food.
- 75% of Americans are chronically dehydrated, which breeds a myriad of ills.

**Look to your health; and if you have it, praise God;
and value it next to a good conscience; for health
is the second blessing that we mortals are capable**

**of; a blessing that money cannot buy. Izaak
Walton, 1653**

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- Chapter 8 -



Your Safety Net

Nutritional or Alternative items listed in this resource guide in no way stand as a diagnostic prescription to the consumer.

Alternative Medicine entails an entire range of vitamins, minerals, amino acids, and more. Be forewarned: *VITAMINS, MINERALS, AMINO ACIDS, AND OTHER SUPPLEMENTS ARE NOT CREATED EQUAL!* Independent laboratory analysis has shown that many brands, even some well known ones, do NOT contain the potency stated on the package and they may, in fact, contain pesticides and other toxic substances. Additionally, the process of creating supplements that can be used by the body is expensive. Beware of low priced supplements that you can buy at your grocery store, discount house, mail order, and so forth. Even health food stores are not exempt from carrying inferior (and therefore useless) supplements. Even the wellness industry has it's junk food of nutrition such as the "one-a-day" type vitamin. You might as well be throwing your money away. We recommend the products and the companies we do in this e-book because we have found they offer the most reputable, potent and safe products available.

Summary of Priorities of the Basic Health Elements

<p style="text-align: center;">Dr. LaMar's Products Co., Inc. P.O. Box 1461 2800 W. 6th Ave. Emporia, Kansas 66801 (877) 375-2627</p> <p>http://www.VibrantHealthMadeSimple.com Ask about Dr. Lamar's exceptional new probiotics line - especially important now due to antibiotics use. Look for more information in an upcoming newsletter.</p>	<p>This company provides Liquid Stabilized Oxygen, Liquid Ionic Minerals, Green Food Supplements, and Colloidal (liquid) Bentonite.</p>
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<p>SILVER PROTECTS, INC. Box 1055 Forest Grove, OR 97116</p> <p>PH: (503) 359-5954</p> <p>Order Toll Free: (888) 505-6005</p> <p>mailto:info@silverprotects.com The owner, Mark Metcalf, is an outstanding colloidal silver expert and his knowledge has withstood the test of time.</p>	<p>This company sells Colloidal Silver Generators and .9999 Silver Electrodes</p>
<p>Detox Cocktail</p> <p>According to Dr. Rogers of "Pain Free in Six Weeks," some Alpha Lipoic Acid is not effective. She gives resources in her book for the right source. Beware of shopping for supplements based on the lowest prices. Independent lab tests have shown that even some well known brands do not have the potency they claim, which means you will not get the results you seek.</p> <p>Take before going to bed to detox overnight.</p> <p>The Cocktail recipe consists of the following ingredients:</p> <p>1 tsp. Vitamin C or Ascorbic Acid Powder (100% pure powder, pharmaceutical grade) 8 oz. of purified water 800 Mg. L-Glutathione 600 Mg. Alpha Lipoic Acid</p>	<p>You can find these ingredients at your local health food store.</p>

I always keep the necessary Detox Cocktail ingredients on hand because it has been my experience that one half to one fourth the dose is sufficient unless there is a need for more intensive detoxification.

Nutritional Supply Corporation
3107 N. Deer Run Rd. #14
Carson City, Nevada 89701

(888) 541-3997 Ext. 905

Warning: marginally effective products have appeared on the oral supplement market in 1998-99 which contain complete yeast cell walls without the Beta glucan being extracted and others containing roughage glucan of huge particle sizes which are difficult and slow to ingest into the system. Beware of inexpensive Beta glucan products with huge milligram content-an almost certain indication of roughage or non-extracted glucan instead of small particle Beta glucan.

This company is a source for high quality Purified, micronized Beta-1,3/1,6 glucan.

Nutrition For Life

<http://www.nutritionforlife.com/185721>

Call the company direct at 800-588-6354. Ask them to assign you to distributor number 185721 and you will be eligible

Bio Water (Catalyst Water) is similar to "Willard's Water" (available in some local health food stores). It helps to nutritionally support the normal elimination of body toxins as it balances the body's pH chemistry. For more detailed information on how to make use of its many

<p>a free e-commerce partner for a 35% discount. You will also receive your own free web site for online ordering.</p>	<p>applications you can order "I See It...But I Still Don't Believe It!" (Appendix D).</p> <p>The <i>Virahol Enviro Defense System</i> includes a powerful disinfectant that works against a wide range of pathogens, including Salmonella, Staph, HIV, and Athlete's Foot Fungus, yet is free of glutaraldehyde, iodophor, phenol, chlorine and ammonia.</p>
<p>The pH Miracle Green Drink Magic: Robert O. Young www.innerlightinc.com/alliedawson</p>	<p>Jon Barron's products (<i>Lessons from the Miracle Doctors</i> - see Appendix D) are Scalar Energy enhanced. This company provides immunity optimizers, detoxification products, natural pain relief, enzymes, vitamins & minerals.</p> <p>(847) 272-3663 ask for Alan Schulz</p> <p>http://www.healingamerica.com</p>

In [Chapter 7](#), *the Survival Five*, we provided information on the basic, minimum products that should be implemented into your health plan. In this chapter we expand on that a bit more. Those products will almost always take care of the foundational health requirements so that you can begin to get well. Everything else that we recommend is very crucial for health but it is adding a layer to the "basics" to allow you to customize your health needs and/or supercharge your body for even more wellness, energy, and vitality. Go to our website at

<http://www.biolivingtoday.com/> to check out the following additional resources:

Green Foods	Home Therapy	Health Consultation	Mental/Emotional	Cancer Therapies
Dental Self-Sufficiency	Electromagnetic Field Interference	Magnetic Therapy	Non-Toxic Home Care	Detoxification Aids
Water Purification	Colloidal Silver	Ionic Minerals	Vitamins	Pain Relief

If you skipped ahead to this resource section please return now to [Chapter 1](#).

- Chapter 9 -



Conclusion

Thank you for reading *Bio-Living in a High-Tech World* and for giving it thoughtful consideration. You have joined the ever-growing regiment of individuals who are interested in living a healthy, independent life. Our pledge to you is to stand with you to help you on this journey of learning and growing, and doing your part to be more diligent in being in control of your own health.

Find the things you can have control over and do just that. People need to feel empowered to do something that they can do to feel safe and at the same time carrying on with their life. Now more than ever we should eat right, sleep well, live safe from day to day and take good care of ourselves to combat the stress. Jerilyn Ross, *Triumph Over Fear*

This is good advice! You are doing just what Ms. Ross suggests by taking action and implementing our 10 Step Plan for Bio-Living. This Plan is only the beginning foundation for you to build a strong, robust, healthy life...we show you how to get the rest!

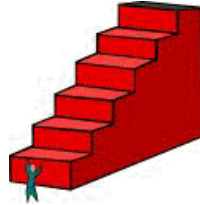
You may never see a close up case of Anthrax that hits home. Keep in mind, however, you will still live with the possibility. The "new" war on American soil won't be over any time soon and we still live in a toxic world where Bio-Living is the new way of thinking.

As you take the new journey where no American has gone before, remember that we are here for you. Keep an eye on www.biolivingtoday.com and make sure to sign up for our bonus reports to stay in touch for continual empowering reports. Our goal is to give you up-to-date information to help you thrive in the 21st century!

The prefix *bio* comes from the Greek word *bios*, meaning "life." "Living" means alive, embodied, animate, prevailing. *Bio-Living* is a new way of thinking. Many of the words that begin with *bio*, such as "bioethics" and "biotechnology" have only come into being in the 20th century. Isn't it odd that this new word, "bio-living," that didn't even have an application prior to this century is now the key to our survival, instructing us in ways that allow us to prevail over life with embodied animation, fully alive. It can be done, and it must be done. Many are doing it, and you can too!

Appendix A

Using *BioLiving in a High-Tech World*



STEP-BY-STEP

Instructions for maximizing the effectiveness of this e-book have been condensed into a step-by-step synopsis to accommodate the busy American in the fast lane. It is not intended to recommend a treatment regimen but to illustrate a flow chart of action items given in the book in condensed form so that you may implement them if and as you choose.

STEP 1

Go to **Chapter 8**, "Your Safety Net," and obtain the products you wish to use. The sources we recommend were selected because of the superior quality of their products. This way your products will be in transit as you read the rest of the e-book.

STEP 2

Read the entire e-book from beginning to end. It takes the average reader one hour to complete.

STEP 3

Take the "How Toxic are You" assessment in [Chapter 4](#) entitled "How Toxic are You?". Make lifestyle corrections accordingly with substitutes you can live with and continue to expand. Be aware of the importance of the Detox Cocktail.

STEP 4

Start drinking pure water and stop drinking tap water in any form. Your purest and healthiest choice of water is that made by Reverse Osmosis. You can either buy a unit and make it at home or you can buy it by the gallon from your supermarket dispenser with your own gallon containers. If reverse osmosis water is absolutely not available to you, the second less desirable choice is distilled water, which you can buy anywhere. Begin using the Detox Cocktail before bedtime. Low doses of 100 mg of Glutathione and Alpha Lipoic Acid and 1/4 tsp. Vitamin C are recommended for daily intake. Both the filtered water and the ingredients of the Detox cocktail can be purchased locally and should be purchased locally rather than having to wait for an order to arrive. Begin this step as quickly as possible.

STEP 5

To enhance 1 gallon of purified drinking water use 1/4 oz. of catalyst water such as "Bio Water" or "Willards Water" (see [Chapter 8](#), "Your Safety Net"). Add [Ionic Minerals and Liquid Stabilized Oxygen](#) as directed. To determine how much to drink take your weight divided in half, plus 8 oz. for every cup of coffee, pop, or tea you consume, and an additional 15 oz. for every 30 min. of exercise. This mixture is **true water**. It should be taken with you everywhere; tap or bottled water should not be consumed again. Spritzer Bottle: mix 1/2 -1 ounce of catalyst water then fill with RO (reverse osmosis) water.

STEP 6

If the threat of exposure to bio-pathogens is a concern for you then implement these measures now for your peace of mind. Rather than waiting for symptoms of exposure to develop, which is the only solution the government has proposed, wouldn't you rather opt for prevention? Purchase **distilled water and sea salt for making colloidal silver** (it is infinitely cheaper to make your own instead of buying it, although we have found a commercially prepared brand that has been proven to kill Anthrax spores and bacteria). Store colloidal silver in opaque glass bottles, never plastic. Consider buying [Zycam](#) to keep on hand with Colloidal Silver to use as an inhalant. Can be purchased at Walmart for approximately \$9.95. Use colloidal silver inhalant only for emergencies such as suspected exposure to a bio-inhalant.

STEP 7

Find substitutes for your "bad" habits: replace sodas with filtered water, fruit juice, frozen fruit smoothies; replace coffee with green tea or ginseng tea; To stop smoking try deep breathing exercises, ginseng chewing gum, real water, and exercise. You can eliminate sugar with *healthy* sugar substitutes (from a health food store only - do *not* use Nutrasweet, Sweet N Low, or other aspartame products). Try to replace empty carbohydrates with nuts, dried fruit, protein bars, etc. You get the idea - there's always a healthier alternative. Don't let yourself become overwhelmed by the need for these changes in your lifestyle. Approach making lifestyle changes in ways that you can handle without too much strain and then grow into it, otherwise you'll burn out and your changes won't be permanent. If for some reason you're unable to make lifestyle changes at all right now, do what you can but at the very least make sure to take the most highly recommended products given in [Chapter 8](#), "Your Safety Net."

STEP 8

Become a student of your health for you and your family's sake for at least six months - it will be a wonderful path of discovery with many benefits and advantages. Order the recommended books suggested in [Appendix D](#) for further information and check out the internet links in [Appendix C](#). Stay informed with our periodical newsletters that will continue to educate you with additional options.

STEP 9

Share your new found knowledge, and even this e-book, with a friend or a family member to give them peace of mind.

STEP 10

Go to our website at <http://www.biolivingtoday.com/> to check out the following additional resources:

Green Foods	Home Therapy	Health Consultation	Mental/Emotional	Cancer Therapies
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Dental Self-Sufficiency	Electromagnetic Field Interference	Magnetic Therapy	Non-Toxic Home Care	Detoxification Aids
Water Purification	Colloidal Silver	Ionic Minerals	Vitamins	Pain Relief

Note: This Appendix works with [Chapter 8](#)

Appendix B



Beyond the Trauma

This was to be a preview of Allie Dawson's upcoming e-book called *Beyond the Trauma*. Enjoy this two minute stress reliever and the other recommendations until further information can be presented to you. We have much to share with you in the area of emotional healing!! Stay tuned.

Let's *relax*.

Stop what you are doing and carry out this TWO-MINUTE balancing of mind and body.

While sitting or lying down:

Cross your left ankle over your right ankle.

Extend both arms straight out in front of you.

Cross your right arm over your left arm at the wrist.

Rotate the palms of your hands so that they are facing and interlock your fingers.

Rotate your hands down toward your stomach.

Continue rotating inward so that you bring your hands up close to your chest.

At this point you have crossed the centerline of your body with your hands, arms and legs.

Once in the proper position, inhale through your nose while touching the tip of your tongue to the roof of your mouth.

Exhale through your mouth, resting your tongue on the floor of your mouth.

Focus your thoughts on the concept of balance. At the same time picture in your mind an image that represents balance. This could be the image of a scale, or a seesaw, or standing on one foot, or a bird floating in the air.

Throughout the approximately two-minute process, breathe comfortably. Keep your eyes closed.

About three fourths of the way through this process you will feel a release of tension and calm will come over you. You may feel surprisingly relaxed and clearheaded after doing the Balanced Breathing exercise. It's a good way to start the day and to use any time you feel out of sorts.

This deep breathing procedure not only initiates a relaxation response as is customary but it also properly polarizes the electromagnetic energy of your body. What you just did, which gave amazing relief is one of the incredibly simple techniques to help relieve ourselves of the emotional hang-ups and stress that can bring us down from day to day.

We now face the most stressful and uncertain period the world has ever seen. Anxiety is the greater stress resulting from living in the 21st Century with its many "silent dangers." Bio-Living is the solution, a prescription for healing the body, mind, and emotions.

This instant emotional healing has had a profound impact on my life. Many of my clients use this technique because it is a simple, innovative self-explanatory approach understandable by even the lay person.

My second e-book on this subject, "*Beyond the Trauma*" is "in the works." I am compiling the best of several experts, two of whom I have had the privilege of gleaning information from personally. It will combine the best of physiological and cognitive theory in developing an Emotional Self-Management Program that will take only ten minutes a day maximum.

If you want to feel better fast (and that's what this is all about), reduce your emotional distress symptoms simply follow the scientifically based techniques,

because they work. The originators of this therapeutic program will go so far as to say that these highly effective techniques can treat everyday emotional roadblocks with immediate and permanent results.

Some common emotional distress symptoms are stress, loneliness, habits, guilt, negativity, fatigue, love, pain, jealousy, grief, claustrophobia, shame, jet lag, procrastination, rage, addictive urges, frustration, rejection, regret, fear of flying, anger, fear of heights, anxiety, loss of any kind, fear of the unknown, dental fears, fear of public speaking, marital conflicts, social anxiety, and more.

Thought Field Therapy is a revolutionary blend of Western psychotherapy and Chinese medicine that uses the body's meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping specific pressure points on the body are used.

This powerful new method gets positive results in minutes. It will remove the expense, drudgery, pain, and inconvenience of conventional treatments that all too often produce poor results. By contrast, this innovative program gets remarkable results with upwards of 80% for most emotional problems.

It is easy to learn and do. It is self-empowering, because once learned it does not require the presence of a therapist. It is non-invasive and doesn't require painful reliving of your past and you will not need to make any embarrassing disclosures.

We all want to enjoy a long and full life in good health, without the concern for medical insurance or dependence on the health care system or family. We can learn to take full control of our health destiny through self-education.

The best prescription is Knowledge! *Senator Janice Lee*

Until "Beyond the Trauma" is ready I'd like to give you another technology that I have wholeheartedly delighted in for emotional, psychological and physiological benefits.

For an extra treat, grab some **stereo** computer headphones and listen to this 18-minute demo online (Click and scroll down to 'demo' left margin):

<http://www.centerpointe.com/links.cfm?ad=27085>

You will benefit from listening to the demo daily even though there is talking. Typically, listeners show impressive improvements in emotional health, a whole range of mental abilities, self-awareness, ability to meditate deeply, personal motivation and **significantly lower stress levels and lower levels of the harmful brain chemicals related to stress.**

It is our philosophical set of the sail that determines the course of our lives. To change our current direction, we have to change our philosophy not our circumstances. *Jim Rohn*

Appendix C



Internet Links for Further Study

[Jon Barrons FREE e book, "Lessons from the Miracle Doctors" - Get this e-book now - it is a "must read!"](#)

[The Life Extension Foundation](#)

[Complementary & Alternative Medicine coming to the forefront of the American medical system](#)

[Guidelines for Holistic Nasal Inhalants and Sinus/Allergy Problems Also click on "Resources" for lots of articles from A to Z on immune-related resources support.](#)

[Natural Rearing.Com](#)

[Who's Killing Who: Food Radiation](#)

[Natural Therapies for Dealing with Skin Problems](#)

[Respiratory Tract Infection \(RTI\) Across the Nation and Natural Solutions](#)

Detoxification

Emergency Preparedness Medical Information

Find a Cranio-Sacral Practitioner in Your Area

The Natural Connection, Pauline Bellecci, MD

Appendix D



Recommended Reading

1. ***Lessons from the Miracle Doctors*** by Jon Barron. FREE e-book that tells the rest of the story!

2. ***Oxygen Therapy; Dr. LaMar's Stabilized Oxygen - A Natural Approach To Prevention and Remedy*** By Dr. LaMar Diltz, 67 pages (This book also covers the subject of pure water in depth)

Dr. LaMar's Products
P.O. Box 1461
Emporia, KS 66801
1-877-375-2627
PRICE: \$5.95

3. ***Colloidal Silver-Making the Safest and Most Powerful Medicine on Earth for the Price of Water*** by Mark Metcalf—An Excellent Instruction Resource Guide for Colloidal Silver. 156 pages.

Silver Protects, Inc.
Box 923
Forest Grove, OR 97116
PH: 503-359-5954
Order Toll Free: (888) 505-6005
PRICE: Approximately \$18.95

4. ***Pain Free in 6 Weeks*** by Sherry A. Rogers, M.D.

A complete and authoritative book on healing pain from arthritis, fibromyalgia, colitis, lupus, migraine, tendonitis, prostatitis, angina, neuritis, Gulf War Syndrome, chronic back pain, cystitis, and End-Stage Cancer.

P.O. Box 2716, Syracuse, NY 13220

315-488-2856

www.prestigepublishing.com or 1-800-846-6687

PRICE: \$24.95 w/ S&H

5. ***Where here is No Doctor: A Village Health Care Handbook*** by David Werner, Hesperian Foundation, Publication Date: May 1992 ISBN: 0942364155 Available from Amazon.com and other online sources.

6. ***Ditch Medicine: Advanced Field Procedures for Emergencies*** by Hugh L. Coffee, Paladin Press, Publication Date: May 1993 ISBN: 0873647173 Available from Amazon.com and other online sources.

7. ***Merch Manual General Medicine***, 16th ed., by Robert Berkow, Merch & Co., Publication Date: December 1992 ISBN: 0911910174 You may need to special order from a bookstore.

8. ***The Gsh Phenomenon: Nature's Most Powerful Antioxidant and Healing Agent*** Barnes and Noble Online (<http://www.barnesandnoble.com>) Alan H. Pressman, Sheila Buff / Hardcover / St. Martin's Press, Inc. / January 1997
PRICE: \$23.95

9. ***I SEE IT...BUT I STILL DON'T BELIEVE IT! (The Amazing Story of Catalyst Water)*** Nutrition for Life, Inc., 888-688-6354, ITEM# 15011, PRICE: \$3.50.

[Another eBookWholesaler Publication](#)