

Dead Doctors Don't Lie

Audio Tape

Dr. Joel D. Wallach

Joel D. Wallach, BS D.V.M. ND 1991 Nobel Prize Nominee - Medicine.

(Mrs. Barbara Nicholson):

Good Evening I am Barbara Nicholson. A little over a year ago my husband dropped dead of cardiac myopathy and it just nearly killed me. A good friend of mine, Dr. Henry Curtis from Denver Colorado, called me and he said "I want you to listen to this tape". I didn't do it but when I eventually did I heard doctor Joel Wallach say that cardiac myopathy is 100% preventable. This really hit me very hard.

Therefore I want to tell you the reason that I am here is that I don't want to see anyone else go thru what I went thru and have been thru this last year. Dr. Wallach is going to explain to you tonight, not only about cardiac myopathy but many other things. I pray that you listen closely and carefully because what you are going to hear may save your life or the life of your loved ones. Dr. Wallach in 1991 was nominated for the Nobel prize, he's had many many fabulous things in his life. There is no way I can tell you how pleased I am to have been here in Kansas City tonight and I want to turn the time over now to Dr. Joel Wallach. Would you all give him a big hand.

(Dr. Joel Wallach, BS, DVM, ND)

How many of you grew up on a farm or still work a farm or have anything to do with livestock? I'll tell you what, your my kind of people, because I grew up on a farm in West St. Louis County back in the 50's and we started out with beef calves and if you raise livestock, the only way you can make money is to raise alot of your own feed for those of you who don't have that experience. And so we raised our own corn, raised our own soybeans and our own hay and we had a truck come out from the mill and this truck would come out from the mill and it would grind up the corn and the soybeans and the hay and then we would add sacks of vitamins minerals, trace minerals and we'd make pellets out of it and this is what we would feed the calves.

In 6 months time we'd ship them to market to be slaughtered or we'd save back some of the best ones for ourself, we'd knock them in the head and eat them.....to put it blountly. It always fascinated me as a teenager that we did that for those calves and in 6 months ship them off to be slaughtered or we'd eat them and we wanted to live to be 100 years of age without any aches and pains, and guess what? We didn't take any vitamins or minerals, and that bothered me, so I asked my dad I'd say "Hey Pops. How come you do that for those calves, you don't do that for us?" And he'd give me this good old Missouri farm wisdom, he'd say things like "Shut up boy. You're getting this farm fresh food and we hope you appreciate it" and of course I was very quiet then because I didn't want to miss out on any meals.

Well, then when I went to school I went to the University of Missouri, the School of Agriculture and I got my degree in agriculture and it was very interesting to me that I got my major in Animal Husbandry and nutrition, my minor was in field crops and soils and then I got into veterinary school. As a freshman veterinary student I learned the answer to my question and the answer is this: We know how to prevent and cure diseases in animals with nutrition and the reason why we do that is because we don't have Major Medical, we don't have hospitalization, Blue Cross/Blue Shield. We don't have Medicare, We don't have Hilary, to watch out for us. If you are going to make money as a farmer you better know how to do stuff yourself and you better do it efficiently with feed and nutrition if you can.

Well, to make a long story short: After I got out of veterinary school I went to Africa for two years and I was able to fulfill a boyhood dream. I was able to be a Frank Buck for two years and work with Marlin Perkins. Many of you will remember him from the Mutual of Omaha's Wild Kingdom, and he's a great gentleman. And, after two years of working with Elephants and Rhinos the people used to ask me "Are you a small animal Vet or a large animal Vet and I would tell them I am an Extra Large Animal Vet, that I worked with Elephants and Rhinos. Well, after two years he sent me a telegram and said "Will you come back to the Saint Louis Zoo and work with us? We need a Wild Life Veterinarian at the zoo for a special project. We were given a 7 and a half million dollar grant from the National Institutes of Health and what we need is a veterinarian who will do autopsies of animals that die of natural causes in the zoo.

I was just overjoyed to do that so I came back and did that and of course I not only did autopsies for animals that died in the Saint Louis Zoo, but the Brookfield Zoo in Chicago, the Bronx Zoo in New York, the National Zoo, the LA Zoo and so forth and my job again was to do autopsies of animals that died of natural causes in the zoo and look for a species of animals that was ultra sensitive to pollution.

This is because in the early 60s we had just learned about pollution and ecological problems and disasters and nobody knew quite what to do and so I was supposed to find a species of animals that was extra sensitive to this and use them much like we did the canaries in the mine, you know the old Welsh coal miners used to put a canary in a little wicker cage and take it down in the mine and if methane gas or carbon monoxide would leak into the mine the canary would drop off the perch and die first and the men knew to get out before the mine blew up or they suffocated.

Well, again to make a long story short: Over a period of some 12 years I did 17,500 autopsies in over 454 species of animals and 300 human beings who lived in close proximity to the zoos and the thing that I found out was this: Every animal and every human being who dies of natural causes, dies of a nutritional deficiency and that fascinated me.

I went back, took me back to those calves and I said gee that's fascinating, everybody's dying of nutritional deficiencies and we could document this at autopsy both chemically and biochemically and so forth in things that you saw with the eye at the autopsy table. Well, that fascinated me and I wrote 75 scientific articles. I wrote 8 multi authored text books and one text book of my own that cost \$140 for medical students and I'm sure the only thing they do is use them for door stops.

And, I couldn't get anyone excited. I was on 20/20. I was on 1700 Newspapers. I was in Magazines. I was on every Network TV that you can think of, and guess what: I couldn't get anybody excited back in the 60s about Nutrition.

So, what I did was went back to school and became a physician and I finally got to use everything I'd learned in veterinary school about nutrition on my human patients and to no surprise to me, it worked. I spent 12 years up in Portland, Oregon in General Practice and it's very fascinating. What I'm going to share with you tonight is what I learned over those 10/12 years using nutrition with my human patients.

And if you take home only 10%, if you take home only 10%, it will save you an enormous amount of unnecessary misery. It will save you a gob of money (and those of you in Missouri know what that means - a gob means a lot) and it will save you and in fact it will add on many healthful years to your life OK it will add many healthful years to your life. Well, you can't do this, you can't get these helpful years and you can't have longevity, you can't live to your genetic potential just falling off a stump. You have to do some things and the first thing I have to do is to convince you that it is worth doing these things.

Now I'm going to start off by convincing you that the genetic potential for human beings is 120 to 140 years. Our genetic potential for longevity. OK, 120 to 140 years. There's no less than 5 cultures whose people live to be 120 to 140.

It starts out in the Tibetans in Western China. Now these people were popularized back in 1934 by James Hilton. He wrote a book called the lost Horizon. Many of you will remember reading that as a Pulitzer Prize winning book way back then. And they did a movie of that back in 1937. It was a very long movie, about 3 hours and you can get it from any Blockbuster Video and I encourage you to get it and look at it when you have 3 hours, it's a great movie.

And the oldest living person that has some documentation, I'm sure there is a certain amount of exaggeration in there but there is some documentation, it was a fellow, a Doctor Li, from China, along this Tibetan border and this fellow, when he was 150 years old, quote/unquote, received a big certificate from the Imperial Chinese Government. He was born in 1677 and 150 years later he was getting a certificate by the Imperial Chinese Government for being 150 years and then when he got to be 200 years they sent him another, 50 years later they sent him another certificate and supposedly he died at age 256 and it's people of that nature, he was written up in the New York Times in 1933 when he died, in the London Times, so this is fairly well documented, but he may have only been 200 years old, I don't know if he was 256, but this is the person that led James Hilton to write that story.

Then, in 1967 or 68 there was a remake of that movie, it was a color version, if you haven't seen that it was called "Shangri-La" and I urge you to see that. Then, in Eastern Pakistan there's a group of people called the "Hounzas" and these....

people are very famous for longevity, 120/140, if you've been in alternate health for any length of time you've heard their name at least. Then in what is now Western Russia, it used to be the Soviet Union, the Russian Georgians were made famous in the 70s by Dannon Yogurt.

You remember the old Crimea War Veterans, they'd get their uniform on and hold a saber up and they would get a cup of Dannon Yogurt and smile a lot and you were supposed to make the mental leap that it was the Dannon Yogurt that made them live to be 120. Then just south of them the Armenians, the Abkassians and the Azerbaijanies are famous at least in the Soviet Union. They were studied for some 60 years because they routinely lived to be 120 to 140.

In fact in 1973 the January Issue of the "National Geographic" 1973 January National Geographic did a special article on people who lived to be a 100 and or older and they featured these people and there's a great pictorial article, you know National Geographic is very good about coming out with pictures and 3 of these dozens of pictures that were in that article, I remember one of them was a lady who was 136 years old. She was sitting in a wicker chair with a big Cuban cigar in one hand and a big 8oz glass of Vodka in the other and she was partying. She was having a good time. She was not in a nursing home, all slouched over and you know, ready to have somebody take another \$2500 out of her checking account. No, she was enjoying herself at 136. Then there's a semi-circle of couples, boy/girl, boy/girl, boy/girl and they were celebrating their 100th, 115th and 120th wedding anniversaries.

Then the third picture that I remember is a gentleman who is picking tea leaves up at the timber line in the "Caucasus Mountains" in Armenia and he was listening to one of those little transistor radios back then and according to his birth records and baptismal records, his military records and the birth records of his children, the National Geographic said that he was 167 years of age and that he was the oldest living person at that time.

Well in the Western Hemisphere the "Vilcabamba Indians" in Ecuador are very famous. They live in the Andes and then in South Eastern Peru my favorite the "Titicacas" and I just like them because I like the name.

There sort of East of the Machu Pechu, the old community, the Titicacas live around "Lake Titikaka" and of course they are very famous for living to be 120 to 140.

Well on May 11th, just about a month ago, the oldest living American at this time and documented through the Guinness Book World Book of Records was: Margaret Skeet, she was from Radford, Virginia, she died at age 115 she died of a nutritional deficiency. You can tell that from her obituary. She died of the complications of a fall. What did she die from? Osteoporosis, very good! She died of a calcium deficiency. She had no heart disease, no cancer, no diabetes, no other infirmities. She died three weeks after a fall because she didn't have enough calcium. Very Interesting. Also, her daughter said she had a craving for sweets until she died and that's a disease called "PICA", we'll talk about that later in a little bit but usually when you have a craving for chocolate, if you are a chocoholic or a sugaraholic that means that you have a deficiency of Chromium and Vanadium and we will talk about that in a minute.

Then in a third world country in Niger, in Africa, a Chief by the name of Bower at age 126 was eulogized by one of his wives, so I assume it's plural it had many wives, and she was bragging about him at his death at age 126 was still in possession of all of his own teeth OK so you assume that other faculties were working too.

Then here's a gentleman from Syria at age 133, he died in July of 1993, and he was in the Guinness World book of records, not because he was 133, there have been many people that have lived longer than that, ah not because he remarried for the 4th time at the age of 80 but because he fathered 9 children after the age of 80 and this meant that if you add up 9 months for each child and a year for breast feeding and a year between each one of the children he was still fathering children after the age of a hundred and that's what got him into the Guinness World Book of Records so there's still hope for you fellas.

And those of you who like science, in November of 1993, those 6 biosphereians came out of that dome in Arizona, they were in there for 2 years, ah 3 couples, and they were supposed to eat the perfect food and recycle the atmosphere and grow their own food and what not and have no pollution in their water....

or air or food, and when they came out they were examined by Medical Gerontologist from UCLA, the University of California at Los Angeles, and they put all of this information, their physical and their blood work and so forth into the medical computers at UCLA and the medical computers said and projected that they could live to be 165 years old if they continued to do what they were doing so all of that just says to you that there's a possibility that you can live to be 120 to 140.

When I grew up on the farm we could grow 200 bushels of corn per acre and with all the labor and all the fertilizer and everything else you did you could make a profit if you grew 200 bushels per acre. But if you only got 100 bushels per acre and put out that same effort and the same fertilizer cost you'd lose money and so I want you to think about it. The average life span for an American today is 75.5. The average life span for an MD or doctor is 58. You want to gain 20 years statistically just don't go to medical school.

If you want to live to be 120 to 140 there's only two basic things, it's real simple, two things to remember. Number One you have to avoid the Pit Falls. You have to not step on the land mines, I call it, and those of you in the Military you now what that means. You do something stupid like step on one of those things you kill yourself wastefully or unnecessarily. If you play Russian Roulette or Smoke excessively or Drink Excessively or wear a black sweatsuit and run down the middle of the highway at 2 o'clock in the morning you're going to get struck by a car. All of those things are foolhardy but it's amazing how many 10s of Thousands of people die in America from doing those stupid things every year.

The last thing I will share with you on that subject of avoiding the land mines is I'd suggest very strongly to you that you avoid going to doctors, and I'm going to back up that statement which is a pretty strong statement with a statement from Ralph Nader's group in January of 1993, just about a year and a half ago, January 13th,

he put out a News Release based on a 3 year study on the causes of death in American Hospitals and it was a 1500 page report, this 3 year study and I'm not going to waste your time or mine by going over the whole thing word but the bottom line says a lot, the bottom line says a lot and here it is, quote: This is from Ralph Nader now: He is a consumer advocate for those of you who don't know him, watches out for us.

Quote: 300,000 Americans are killed each year in Hospitals alone as a result of Medical Negligence, Unquote, I'm going to read that figure again because it's a huge figure. Quote, 300,000 Americans are killed each year in Hospitals alone as a result of Medical Negligence, unquote. Now, he didn't say "Slipped away, quietly, out of neglect in a corner somewhere while that were waiting for an Xray". He used the word "Killed" and when you use the word "Killed" that there was a procedure the doctor was doing went wrong somehow. That means that they gave them a wrong prescription, the put a decimal point in the wrong spot and gave them an incorrect dosage. These people were killed. 300,000.

To appreciate how big a figure that is you have to compare that with out military loses in Vietnam over 10 years where we lost 56,000 people over 10 years or an average of only 5600 a year on a field of battle where people had guns and artillery and explosives trying to kill each other. And millions of people poured out into the streets and protested that war, we had political anarchy in the last 3 years of the war, students took over universities and colleges with guns and explosives. National Guardsmen shot students at Kent State in Ohio. They chased a President out of the Presidency, for 5600 military personnel a year.

And here's one profession that takes your tax money, in the form of Medicare and Medicaid, and kills 300,000 of us a year, according to Ralph Nader, and I believe him, he has no ax to grind, and you can go out in the street any day of the week and there isn't even a crazy street preacher out there with a sign that says protect us from doctors. I want you to think about that folks, that's Number 1. You have to avoid stepping on the land mines.

So there's certain value in treating yourself when you can. Or preventing disease they don't have to get treated. Now the second thing you have to do, number 2, is you have to do the positive things, you have to do the positive things and I'm going to start out here by just putting a figure up on the board, the number 90. You need 90 nutrients in your diet everyday, you need 60 minerals, you need 16 vitamins, you need 12 essential amino acids or protein building blocks and you need 3 essential fatty acids.

You need 90 nutrients in your daily diet, otherwise you're going to get a deficiency disease if you don't have them in complete numbers and optimal amounts. Well I can tell you that I was one of those nerds back when I was in college. I had a clipboard, we didn't have computers back then. So I had a clipboard and I was one of those funny guys with glasses and would walk up and down in the student union there in Columbia and say "Do you take vitamins and minerals?" and I was still fascinated by that and of course people would kind of look at you crazy and say well Yeh I take vitamin E and I would wait for them to come up with the other 89 and they didn't. They'd just say Yeh I take vitamin E. Well today if you ask people "Do you take food supplement" they say oh "Yeh, I take TUMS because that's what, you know, they hear all the time.

Well again, you need 90 nutrients if you are going to make it, but the newspapers know and the magazines and TV and radio know that we are interested in health and longevity and supplements so they all talk to us, not because the medical profession has asked them to do that in their stead.

The medical profession doesn't say "Hey we are so busy saving people with surgery and chemotherapy and radiation and pharmaceuticals "Would you please educate the people on nutrition? They do it because it sells newspapers.

Well my favorite article of all time appeared in Time Magazine April 6th, 1992 and if you haven't read it I urge you to get it out of the school library or Public Library and photocopy it. Stick one copy on the door in the

bathroom and one on the refrigerator. Its a cover article says the real power of vitamins, new research shows they may help fight cancer or heart disease and the ravages of aging.

Again there's six positive pages in here and there's only one negative sentence and was issued by a medical doctor who was asked by the writer of the article "What do you think, what do you think about vitamins and minerals for people as food supplements" and here is what the doctor said quote: "Popping vitamins doesn't do you any good, snips Dr. Victor Herbert, a professor of medicine at New York Cities Mt. Sinai Medical School. We get all the vitamins we need in our diet and taking vitamins just gives you expensive urine." Unquote.

Well to give you the Missouri translation of that, that means you're just peeing away your dollars if you take vitamins and minerals. You may as well just wad up your dollars and throw them in the toilet and flush them away because you're not getting any redeeming value from it.

Those quacks are just taking your money for those vitamins and minerals. That's what he was trying to say. It got published so it must be true.... right? I'll tell you what, after having done those 17,500 autopsies in 454 species of animals from around the world and 3000 humans and liking to be healthy myself and having children and Grand children and in the not too distant future Great Grandchildren I'd rather pee out 50 cents or a dollar a day of excess vitamins and minerals.

It's pretty cheap insurance because if you don't invest in yourself to the tune of a buck a day for vitamins and minerals guess what? You're going to invest in the lifestyle of an MD somewhere, because when you pay the medical doctor the fee for going to see him not one penny of that goes to study how to diagnose or treat or prevent a catastrophic disease in a little child like was in here earlier or how to prevent or diagnose or treat better Breast cancer or Prostate cancer in Adults.

Guess what that money goes for? It pays the doctor's mortgage. It makes his Mercedes Payment. It pays the tuition for his kids to go to medical school at Harvard. You know where Harvard is, up in Boston. It pays the tuition for his kids to go to law school at Yale. I believe because we've made doctors wealthy, between 1776 and the Second World War the U.S. Government spent 80 Million Dollars on Healthcare and Healthcare research and studies. Right now we're 1.2 Trillion dollars a year for health care, and it's free. We all know it's free right? Ha Ha, I like that lady, she says "Like Heck". It's not free but we're supposed to believe it's free and everybody wants more of it and more free stuff.

Well I'll tell you what, if we used a human type medical system for the agricultural industry and the livestock, your hamburger would cost \$275 a pound. On the other hand if you used the Agricultural Health System that we use in animals, for humans, your monthly insurance premiums, for a family of 5, would be \$10 a month. You take your choice.

Well I believe, since we've made them wealthy, thru insurance programs and government subsidies, I believe they owe us something. I believe they owe us at least as much as the industries do, according to, for instance, recall notices.

This was started of course, I don't know, 25 years ago when Ralph Nader learned that the Ford Motor Company had made a Pinto car with a rear end gas tank that blew up when you got hit from behind at 20 miles an hour, fry everybody in the car, people complained to Ford Motor Company they said "Well, you're just dumb for getting in a car accident, we're not going to pay you for that. Well Ralph Nader says "No, it's a faulty design".

So, he went to a federal court and the judge agreed with him and, thru a court order, forced Ford Motor Company to send everybody a recall notice. "With a registered letter bring that car in and we will fix it for

nothing. But they kill 300,000 a year and nobody protests, as long as we get ours free. And that scares me, that attitude.

At any rate, I got a bunch of these recall notices you should have gotten over the last couple of years. I'll go thru them quickly. #1 is ulcers. How many of you have heard that ulcers are caused by stress? OK, everybody's heard that. If you don't raise you hand you've got Alzheimer's or you're fibb'in right? Well we knew 50 years ago in the Veterinary Industry that Ulcers, at least in pigs was caused by a bacteria called *Helicobacter pylori* and of course we couldn't get one of these high priced stomach surgeons from "Mayo Clinic" and in fact we always used to yell hold the Mayo when they'd say stuff like that and ah otherwise your Pork Chops would be \$275 a pound, to pay for that kind of surgery.

And we learned that with a trace mineral called "Bismuth" and the "Tetracycline" antibiotic that we could prevent and cure those stomach ulcers in pigs without surgery. So, that's what we did. It cost 5 Bucks to cure a pig of stomach ulcers with "Bismuth" the trace mineral and "Tetracycline".....

Well the National Institutes of Health now, not the National Inquirer, but the National Institutes of Health came out in February of this year, February 1994, and said Ulcers are caused by a bacteria called "*Helio-bacter pylori*", not stress and they can be cured. They actually used the "cure" word in this medical release. Medical Researchers never do that. They say "I shows promising results or may be beneficial. They used the "cure" word, National Institute of Health, and they say "can be cured with a combination of the trace mineral "Bismuth" and "Tetracycline"

Well, for those of you who don't know what "Bismuth" come in, you get it from any grocery store or drug store. It's Pink and about \$2.95 a bottle and it's called "Pepto Bismol". So a teaspoon a day full of Pepto Bismol and some Oramycin Calf Scour Pellets you can take care of ulcers. Now you can have your choice whether your going to treat your own for 5 Bucks or go get whittled on, it's your choice.

Then, What's the #2 cause of death in Americans? A terrible disease called "Cancer" right. Now when doctors get information on cancer you would think they would photocopy that and when the send you that bill, they should send you some photocopies of this stuff. Well, in September of 1993 the National Cancer Institute, not the National Inquirer but the National Cancer Institute and the Harvard Medical School up in Boston did a study on cancer patients and they came out and they said an Anti Cancer Diet was found.

Well any rate they picked China to do this study because in one province, "Hunan" province in China, they had the highest rate of cancer in the whole world. They took 29,000 people for 5 years in this study and what they did was give them different vitamins and minerals at double the recommended daily allowance for Americans, and that's a trivial amount....

For Instance the used Vitamin C for one group and of course the RDA or Recommended Daily Allowance is 60mg, double that it going to be 120mg. You can't go into the Health Food store and find a Vitamin C tablet or capsule for less than 500mg for an adult. And of course Linus Pauling, the gentleman with 2 noble prizes, says if you want to prevent and treat cancer with vitamin C you got to use 10,1000mg a day.

Well all the doctors that used to argue with him back 35 years ago are all dead and today Linus Pauling is still 94 and he works 14 hours a day, 7 days a week on his ranch on the big surf in California and teaches at the University of California at San Francisco. So you have to make up your choice whether you're going to listen to the Dead Doctors or Linus Pauling. Your choice.

OK, Vitamin C, doubled the RDA, nothing happened. Vitamin A, doubled the RDA, nothing happened. ???Zinc, Riboflavin, the trace mineral molybdenum, niacin and nothing happened. In one group they got a

major benefit. In this group they got then nutrients at one time. They got vitamin E, they got beta carotene and the trace mineral selenium.

Those three were double the RDA and if you get a half a percent benefit in any nutritional or pharmaceutical experiment you've made a major improvement in humanities life. So, these articles get published so I want you to remember that statistic, a half a percent is a major benefit. Well, in this group that received the Vitamin E, beta carotene and selenium for 5 years, deaths from all causes were reduced by 9 Percent. Almost 10 out of every 100 or 1 out of every 10 who were going to die in that 5 years, from any cause, survived. Then cancers, all cancers, 13 percent survived who would have died without those 3 nutrients.

So 13 out of a hundred lived who would have died. And then the type of cancer that was most prevalent in Hunan Province, stomach and esophageal cancer, 21 Percent lived who would have died. 21 out of a hundred lived. Now to me those are significant numbers and your Physician, for the number 2 cause of death in America, should have sent everyone of you a photocopy of that or at least given you information, even if he didn't want to give you advice, give you the information and let you make up your own mind.

Well here is one I think is funny on one hand and on the other side it tells you the attitude of physicians. This has to do with arthritis. It was in September 24th, 1993 that it was released. Again, it was from the Harvard Medical School and the Boston VA Hospital. How many of you in here have every been to a VA Hospital? Anybody in this room? OK good. Well you know, the people who have been to a VA hospital, you have two opportunities to give your life for your country. Once on the field of battle and the other's in the VA hospital, right.

Well at any rate, the title of the release was: "Chicken Protein halts the swelling and pain of arthritis in a patient trial" What they did, they took people who failed to respond in any way to medical treatment for arthritis. These people got Gold Shots, Nesiltrexate. They got aspirin, prednizone, cortisone and everything else you can think of, physical therapy. And the only thing left for them was joint replacement surgery.

OK, before Harvard Medical School or the VA Hospital were going to give it to them, they said look: We are looking for some people who are willing to suffer for 90 more days, just 3 months, because we want to try something, a short term experiment, and they got 29 volunteers.

And what they did to those 29 volunteers, who failed to respond in any way to medical treatment for arthritis was they gave them a heaping teaspoon full of dried up chicken cartilage in their orange every morning, just a heaping teaspoon of ground up chicken cartilage, and in 10 days, according to Harvard Medical School, all the pain and inflammation was gone.

These are people who didn't respond in any way to medical treatment. In 30 days they could open a new pickle jar that had never been opened and in 90 days, 3 months, they had maximum return of function. Now, here is the funny part. The funny part comes by a statement of a guy who was the director of that study from Harvard Medical School and here is what he said quote, listen to the words because it's very important quote: "After 3 months it was clear that the drug was beneficial" unquote.

Because it worked, chicken cartilage had become a drug. You could see he is thinking about patent numbers and his eyes are rolling around with \$300 bucks a capsule, 20 patients, and you can just see him calculating right? That means if you go to Kentucky Fried Chicken and you buy a bucket of chicken and throw away the skin and the meat and eat the ends off the bones, you are practicing medicine without a license.

And if you go to a Kentucky Fried Chicken in the middle of the night, in the dark of the night, and you go to their dumpster and you root through there and you collect 2 Five gallon feed buckets full of chicken bones and

you take them home and, with a hammer, you pound the ends off of those bones and dry your own cartilage in the microwave, you know, you are manufacturing a pharmaceutical and the FDA is going to put you in jail.

Well, if that's a little messy for you don't want to pay those lawyer fees you can go into any grocery store and get some Knox gelatin. Women know about Knox gelatin because it's good for your fingernails and your hair and your skin, and has the raw materials for chicken cartilage, has the raw materials for Your cartilage, is made out of beef cartilage and beef tendon and if you take two or 3 little half envelopes a day in you orange juice and you take it with an ounce per 100 pounds of body weight of colloidal minerals, next time I come by here in 3 months, you are going to come up on this stage and hug me and kiss me if you got arthritis.

How many of you have ever heard of Alzheimer's Disease? Everybody's heard about it today. 50 years ago, when I was a little kid, there was no such thing a Alzheimer's Disease. It's a new disease. One of those thinks that just sort of happened. Now it's a major disease. One out of two people who reach the age of 70 get Alzheimer's Disease. It's pretty scary.

Well, we learned 50 years ago in the animal industry how to prevent and cure in the early stages of Alzheimer's Disease in Livestock. Can you imagine how much the farmer would lose if the pigs were all laying there scratching their heads and saying "Why am I here?" "Where is the feed box?" Because if they aren't gaining a couple of pounds a day, you are losing money. Right. SO, we learned in the Agricultural Industry how to prevent, and in the early stages cure, Alzheimer's Disease. And, we do it with high doses of vitamin E and low intakes of vegetable oil. You say "Wallach, that's crazy, high doses of vitamin E" Well, you should have got a recall notice from your doctor in July of 1992 because the University of California , I mean we are talking about a sophisticated Research Medical School here.

The University of California at San Diego came out and said "Vitamin E eases memory loss in Alzheimer's victims". Now they are only 50 years behind on that from Veterinary medicine, so you might be safer going to a veterinarian.

Then, how many of you in this room ever had a kidney stone? Anybody in here ever get that, a Kidney stone? OK, I see a few in here. What's the first thing the doctor told you to give up nutritionally when you got your kidney stone? Give up Calcium, no Dairy, No Dairy. None of those vitamin and mineral things with calcium in them because they had the stupid naive ignorant belief, that's pretty intense, they had the stupid, ignorant, naive belief that the calcium in your kidney stones comes from the calcium you eat.

When in fact it comes from your own bones when you have a raging calcium deficiency, a raging osteoporosis. Then you get kidney stones. We learned a thousand years ago, in writing in the agricultural industry, if you wanted to prevent kidney stones in livestock you better give them more calcium. You better give them more magnesium, more boron. The reason is of course, bulls and rams, male cattle and sheep have special anatomy, when they get a kidney stone they die, they call it water belly. They die. When you and I get a kidney stone we just wish we were dead.

But no farmer is dumb enough to pay for the feed for an animal and have it die before you can either eat it or send it to market. But we learned how to prevent those things. Well, you should have gotten a recall notice from your doctor, especially you people who have had kidney stones, your urologist should have sent a notice to you. This was about 15 months ago, in March of 1993, it says: "Calcium limits kidney stones risk" and this is from the Harvard Medical School up in Boston by the way.

"In a study that turns conventional medical wisdom on it's head, researchers have found the people's whose diets are rich in calcium run a reduced risk of developing kidney stones. In a study of more than 45,000 who

were ranked in the 5 categories, the group that had the most calcium had no kidney stones. So, it took them a 1000 years to catch up.

Now, about 5 years ago when I started out on the crusade and started lecturing to people all across America and I'm in one time zone to the next and I knew I was going to get crazy out there doing this. Last year I was on the road 300 days out of the year. 300 out of 365 days and so I decided I needed to have a hobby that I could take with me so every time I get a little wacky I could go in my room and do this hobby and I'd be OK.

You know, be kind of like having a little piece of home with me where ever I went. I wanted to have a hobby that would help other people. I didn't want to collect baseball cards because I like football and I didn't want to do just crossword puzzles because it's a good mental exercise but it wouldn't help anyone else. And, I couldn't take my compost pile, I like to garden and the hotels don't like that, you know, so I decided I was going to collect obituaries of Doctors and Lawyers.

Now, as crazy as that sounds, you remember I told you that doctors live to an average age of 58, and we live to 75.5, and here is a group of people, professionals, who pontificate you and tell you "Well this is what you need to do: You need to give up salt and no caffeine and you need to not eat butter and eat margarine and do all these crazy things and They die at age 58, on the average, and of course all those people who live to be 120 to 140, they put a chunk of rock salt in their tea everyday and they drink 40 cups of tea a day, 40 chunks of rock salt, and they cook with butter instead of olive oil and they live to be 120.

SO, who are you going to believe, the people who live to be 58 or the people who live to be 120? It's your choice. Any rate, I got a few of them here, some of my favorites: This doctor, Stuart Cartwright, age 38, he dropped dead in his home, he was a Family Practitioner, of a ruptured aneurysm, that's a ballooning of an artery.

It is a weakened artery, because of the fragmenting or the brittle condition of the elastic fibers in the arteries. Just like when you hit a chuck hole with your car tires, you break the cords in there and you get a balloon. He dropped dead like he was poleaxed OK right in his home, from a ruptured aortic aneurysm. Now we learned in 19- I think it was '57, aneurysms are caused by a copper deficiency. We had a pilot project, 250,000 turkeys, and we made complete food pellets where you put all the 90 nutrients in there and the first 13 weeks fully half of those turkeys died. 125,000 of them. Farmers were out there every morning picking them up by the bushel basket.

They took them to the state diagnostic labs they were autopsied and they found out that they all had died from a ruptured aortic aneurysm. They doubled the amount of copper in there and next year they tried to raise 500,000 turkeys and they didn't lose a single turkey from a ruptured aortic aneurysm. And, they ran that experiment in mice and rats and rabbits and dogs and cats and calves and sheep and pigs and what not and guess what: They found out that there were a whole series of diseases that are caused by a copper deficiency. Gray hair is the first sign.

When you start getting gray hair, regardless of your age, you got a copper deficiency. When you get skin wrinkles because the elastic fibers in your skin are going, those little crows feet around your eyes and facial and body skin wrinkles, you look like you are a little prune drying up. OK. Then, of course, there is the Varicose veins, varicose veins, that's caused by an elastic fiber breakdown.

Then of course parts of your body begin to sag, under your arms, your breasts, your bellies and your legs. All this stuff starts sagging and you can go to a cosmetic surgeon and a plastic surgeon if you want but it's a lot cheaper and a lot more effective and a lot safer if you just take some copper. OK? Well, Doctor Cartwright may have had a medical degree but he didn't have expensive urine so he died of something that even a turkey would have died from.

And here is one: This fellow, he was a doctor's doctor, Dr. Martin Carter. He almost made it. He died at age 57. He got his medical degree from Harvard Medical School and his Ph.D. in Medicine from YALE and of course he was autopsied by the best because he was a doctor's doctor. They said quote: "The cause of death was a ruptured aortic aneurysm." Said Dr. Jules Hearsh, a Rockefeller University Hospital, unquote. What did he die from? Copper deficiency. See, he didn't have expensive urine either.

Here is an Attorney, she was so famous, she was from Detroit, age 44, Ellen Joyce Alter, she was in the New York Times Obituaries. She made the big time and of course she probably had steel buns because she belonged to one of those private health clubs, all these gals want steel buns you know doing their little exercises, but she didn't have expensive urine, because she died of a ruptured cerebral aneurysm. When they don't do an autopsy the symptoms could be called a stroke or a subdural hemorrhage, but very frequently they are caused by a ruptured aneurysm which is a copper deficiency. She didn't have expensive urine.

How many of you here have every heard of a guy named Stuart Berger? Stuart Berger, he wrote 5 best selling books on health and diets and nutrition and he got his medical degree from Tuff's Medical school, which is a very fine Medical school in Boston, not too far away from Harvard Medical School and the books he wrote included the "South Hampton Diet for Weight Loss", he wrote "Forever Young", "20 years younger in 20 weeks" and "How to be your own Nutritionist" and he died at age 40, how would you like to follow his dietary practices?

He died at age 40 of cardio myopathy which is a selenium deficiency, the same causes white muscle disease or stiff lamb disease and any farmer can go to a feed store and get selenium pellets or selenium injections, things like celotox and bozie and so forth and doctor Stuart Burger, a guy who wrote 5 best selling books on nutrition, died of a nutritional deficiency. He didn't have expensive urine.

Now, you can prevent, totally prevent, cardio myopathy for 10 cents a day and if we don't do it we are malignant dumb. I like to call it. You are malignant dumb if you don't take in 10 cents a day of selenium. It's a waste of your life. That is one of those land mines you can avoid. The medical treatment of choice for cardio myopathy is a heart transplant, costs 750,000 dollars. I want you to think about that. They get the heart free from a donor, they get the blood free, for the surgery, from the relatives. They use 2 dollars and 50 cents worth of suture material and they charge you 750,000 dollars for that procedure.

Now, 6 months ago in LA when they had the Earth quake, they were putting people in jail for 60 and 90 days for price gouging for selling these terrified people a gallon of water for 4 dollars. They put them in jail for price gouging for selling them a gallon of water for 4 bucks. Now to me that is Entrepreneurialism, you know, that is being in business for yourself. If you had a way to distill water and make water and you had a car and you could get in there and sell those people a gallon of water for 4 bucks hey, More Power To You, because if you go to a Seven Eleven and buy a quart of Evian water, its a \$1.29, so 4 of those quarts is a 5 bucks.

Kind of interesting isn't it, they said it was price gouging because those people were terrified, well talk about a person who needs a new heart, their terrified, 750 thousand dollars, we should put those doctors in jail, but we bow to them cause Oh that's High Tech medicine, out of 270 million people in America you save about 50 a year, is that cost effective, I don't think so, I don't think so.

Any rate, Dr. Stuart Burger didn't have expensive urine, and here's the last one and many of you may know this woman, her name is Dr. Gayle Clark, she is age 47, she was the chief cardiologist at the West St. Louis County Group of Hospitals, she was the chief cardiologist for the St. Mary's Health Center in Richmond Heights in St. Louis County, she was age 47, guess what she died from?

Heart attack, a cardio myopathy heart attack, you can just see her walking down the hall, she's got the stethoscope around her neck, you know this is their little status symbol, got my stethoscope around my neck, back when I was in school they folded it up very bravely and put it in their pocket, BOOM she falls down, she has a heart attack right in the hall and of course the nurses scoop her up

and put her on a gurney and they call the technicians and another doctor, code 3, code 3, code blue what ever it is and they whip her into the room and you can hear them and lets say your a cardiac patient, your laying there, your all hooked up to the monitors and the I. V.'s and you hear them say, OK tear her clothes off, rip, OK stand back, zap, didn't work, turn it up, stand back, zap, and then you hear that terrible sound when you know that the treatment didn't work (flat line sound) the flat line when you know that the heart is gone, and everybody walks out of the room dejected and you say nurse, nurse what what happened next door and she says well, your cardiologist, you know the chief cardiologist of this hospital age 47, Dr. Gayle Clark just died of a cardio myopathy heart attack, then you can see all the patients they are holding their gowns, and they are running out of that hospital leaving their watches and their shoes and their check books and everything and their plastic credit cards cause they don't want to get what Dr. Gayle Clark got.

To me "Readers Digest" is the magazine that never says anything negative or bad about anybody or any group. It's the sweetest little magazine that ever was. The September 1993 issue features an article that says "Can you trust your doctor?" It list 12 ways that doctors scam your money. Now I'll let you read eleven of them yourself and I'll give you the worst one: In addition to their income for office fees and surgical fees and lab fees and hospitalization, in ADDITION to all of those fees, doctors get a kickback from the labs and the x-ray labs and the clinics and hospitals, they get a kickback of \$ 421 every time they send you in for a Cat-scan or an MRI.

And doctors tell you "Oh we do that because we're practicing defensive medicine cause if I miss something in One in 10 Billion your gonna sue me so I do this just to protect myself. Well it's just to protect themselves and you know them and they know you , 90% of the people would just say: "Oh lets skip it Doc, if you don't really think its necessary lets save the money. But they've got something more than defensive medicine to worry about: The get \$421 Bucks in a kickback for every time they send you in for an MRI or a Cat-scan.

Well, when I practiced for 12 years up in Portland, somebody would come to me with a terrible headache, never had one and I'd just walk up to them and tap them on their Sinuses and if they collapsed to their knees they'd know they had a Sinus headache. "OH Doc, why'd you do that?" Well, that's a cheap lab test (He makes knocking sound and people laugh). Then if they had (Pause) Thank You (Pause) If they had blood dripping out of their nose, if they had blood dripping out of their nose I would take a \$35 X-ray to see if they had a cancer in there. 35 Bucks and a Free Lab Test as opposed to \$421 Bucks.

If I wanted to make that 421 Bucks I'd of been a good thief. What I'd have done is I'd of built a chute right into that Cat-scan machine, because I knew how to build chutes living on a farm and I'd of gone out on the street and I'd of gotten every homeless person and I'd line them up in those chutes and I'd put soup and a Big Mac and the end of that tube you know and I'd say "I'm going to buy you a Dollar Fifty dinner".

I'm a good guy and I'm going to buy you a Dollar Fifty (\$1.50) Dinner and you just have to go through this chute, go through that tube and you get your sandwich and your soup. Man they'd be flowing through their, maybe a hundred a day and then I could start adding some things up and it would be a lot of fun.

Any rate, the average doctor get \$228,660 dollars a year in Cat Scan Kickbacks. A quarter of a million dollars a year. In any other industry if you do that, Politicians, Lawyers, Businessmen, Stock Brokers, They get put in jail. But for Doctors it's OK, because insurance pays for it, Hillary will pay for it. We don't mind if they steal us blind, it's free.

Well remember I told you I was going to tell you about PICA. Pica is a funny disease. PICA., I'm not talking about the typestyle they you seen in typewriters and computers. But PICA is a disease that farmers know about. In horses it's called cribbing, when they chew on the feed bunk, the wooden feed bunk, you know you better give them some minerals otherwise their going to eat that feed bunk.

Also, in cattle, dairy cattle especially, their losing lost of minerals through their milk all the time, intensive milking, You'll see them picking up big rocks in the creek and chewing on them or they will chew on barbed wire or maybe you will see them walking down through a path with a deer bone in their mouth or something, or a shingle. That's called PICA, and a good farmer or husbandryman knows that you better get them some minerals otherwise they are going to eat the barn, or something.

In human beings we see this a funny times. Pregnant women are notorious for PICA. Ah, In the middle of the night they will elbow their husband and say "Hey, you better get up, I want some pickles and ice cream". They are craving minerals because that fetus is pulling minerals out of their body and they need some more minerals so it's recognized as a craving for things like sweets and salt and so forth. We see this in pregnant women.

I used to have people come to my practice and they said "Hey Doc, do I need to go see a shrink? I said "Why is that?" They said "Well, I wake up in the middle of the night and I go outside with a spoon and I eat dirt" "No, that's OK, just make sure it's clean dirt. Then they say "My kid sits there with a kitty litter box between his legs and he has a spoon and he's eating that stuff out of the kitty liter box.

And then in housing projects little kids will eat lead paint off the walls and they get lead poisoning, they get learning disabilities and bone problems and anemia and We are good so we spend 5 Million Dollars to scrape the lead paint off their and repaint it with latex paint when all you have to do is give those kids 10 Cents a day worth of minerals and it would be better for them and save us 5 Million bucks. It's your tax money. If we allow them to throw them away (those dollars) it's kind of interesting.

Any rate, if you have a Selenium deficiency and you don't want to wait until you get Cardio Myopathy and drop dead of a heart attack to recognize it, If you look on your hands and look at the mirror and your face. If you have liver spots or age spots, and I see quite a few from here, you have an early selenium deficiency. That's called free radical damage, and fortunately for you, if you recognize that, and you start taking in some colloidal Selenium, In 4 to 6 months those will all go away. You'll reverse that in 4 to 6 months. When they go away on the outside, they also go away on the inside, in your brain your heart and your liver and your kidneys.

Now, if you have low blood sugar. How many of you in this room have low blood sugar? Anybody in here have low blood sugar? OK, about 10 Percent. How many of you have ever seen a hyperactive kid who gets on sugar? OK, about everybody in the room. People who have sugar problems are like Alcoholics, there's good ones and bad ones.

You know the good alcoholics are the ones when they get two drinks they just go off in a corner and go to sleep right? Same with somebody with low blood sugar. They eat a big meal or they eat a piece of pie and 3 hours later they clunk out and go to sleep. Then there are bad Alcoholics. They are the ones who get two drinks in them and they get violent and enraged and they want to fight everybody. Punch holes in the walls. You know, big brave fellows and kick their wife and kick the dog and take the chain saw and cut their neighbors tree down and all these wild things and drive reckless down the roads and kill people. Those are the bad drunks.

Well, people who have blood sugar problems, there are bad blood sugar people too. They get a little crazy, OK. I don't know how many of you remember the twinkie defense, right, remember, somebody murdered two people and he claimed he ate a twinkie 3 hours before he murdered them so they let him off because he got temporarily insane every time he at sugar. Now, DON'T any of you try that.

Well, Chromium and Vanadium deficiencies will result in these sugar problems, Low Blood Sugar and if you let it go on for any length of time you develop Diabetes. Chromium and Vanadium. Then a Tin deficiency, and the early signs of a Tin deficiency are male pattern baldness, I see a lot of Tin deficiency in this room, (YES) and if you let it go on for any length of time you get deafness.

Then there is BORON deficiency and you GALS should know about BORON because it helps keep the Calcium you take in in your bones, so you don't get Osteoporosis, BORON. Also, it helps you make ESTROGEN, and it helps you fellows make Testosterone. If you don't take in enough BORON you Ladies are going to suffer miserably going through Menopause OK, you're going to have all of those terrible symptoms.

You Fellows don't get enough BORON you can't make enough Testosterone, you won't know whether to lead or follow in the dance floor. (LAUGHS) Your going to be confused. She is saying "He has a BORON Deficiency" Then Laboratory, OH, I should tell you this too, we said this on the show today, some of you may not have heard it, some of you didn't hear the whole show,

The first symptoms of a ZINC deficiency is you loose your sense of smell and taste, food just doesn't taste good any more and you don't have a cold or anything and you say or your wife says "Well, aren't you excited about dinner? I spent the whole day in the Kitchen cooking dinner" and he says "Well, I didn't smell anything when I walked in" you know he has a ZINC deficiency. When Laboratory animals, you know there's some 7 rare earths, these rare earths are trace minerals you need in lesser amount than you need trace minerals and they actually double the life span of Laboratory animals.

They've not been proven in Humans yet, but I'm not going to wait 500 years for doctors to approve it, there still arguing over Vitamin C and Calcium right, so I'm just going to do it. It didn't kill any laboratory animals. It just doubles their life and it's not a drug. These rare earths are called LANTHANUM, PRASEODYMIUM, NEODYMIUM, SAMARIUM, EUROPIUM, YTTERBIUM and THULIUM. There must be a reason why they are named after old testament cities.

Well, remember I told you we needed 90 nutrients. We need 60 Minerals. We need 16 Vitamins., 12 Essential Amino Acids and 3 Essential Fatty Acids. And of course we are lucky in that PLANTS, as a group, can make most Vitamins, Amino Acids and Fatty Acids. Plants can do that because they just take CARBON out of the air and make CARBON CHAINS to make Vitamins, Amino Acids and Fatty Acids.

But you have to eat 15 to 25 different plants a day, in the right combinations, to make this happen. Theoretically it's possible but most Americans don't do it. The average American believes if they eat some Potato Buds out of a Betty Crocker Box they are eating a Vegetable. OK, so you have to be careful what you are considering a vegetable.

Then, of course, people want to do right by their doctor and they eat low fat Turkey breast and they put a half a jar of mayonnaise on there and the put it between two slices of Wonder Styrofoam Bread. Remember that stuff you can insulate your house with? Put in your shoes when you get a hole in your shoe? I remember when I was a kid, 50 years ago, it was a lot of fun because we had Wonder Bread.

We didn't have TV back then on the farm, we didn't even have dryers that went round and round so the only thing you could do in the Wintertime was sit in the kitchen and wonder at a loaf of Wonder Bread. And it had the Blue and Red and the Green and Yellow Balloons on there and if you read the label as many times as I do you know it said things like "Helps build bodies in 12 ways" Then about 15 years later the FDA made them change it to "Helps build bodies in 8 ways" Now if you go to the store and look at Wonder Bread wrappers it just says "Wonder Bread".

So, it kind of gives you a clue, (Pause-Laughter) SO, even though it is Theoretically Possible, it's not likely to happen that you are going to get you Vitamins, Amino Acids and Fatty acids in proper proportions, from your diet, and So, if your life is as valuable to you as mine is to me and my Children's and my Grandchildren's is to me, I would make sure that I take in all of my Vitamins and Amino Acids and Fatty Acids because I GUARANTEE that you WON'T make it to 120 or 140 if you don't. You are just NOT going to do it.

Now, minerals are another story. We have a tragic story when it comes to minerals because Plants cannot make minerals in any way, shape or form. If they aren't in our soil any more then they aren't in our plants. We have for you when you leave a free copy of a summary of U.S. Senate Document number 264. U.S. Senate Document 264 is from the 74th Congress, second session, and it says that Our Farm Soils and Our Rain Soils are depleted of Minerals and the Crops, the grains, the fruits and vegetables and the nuts that are grown on these depleted farms and Raid Soils are Mineral deficient and the people that eat them get mineral deficiency diseases and the only way to prevent and cure them is with mineral supplements.

That's U.S. Senate Document 264, 74th Congress, Second Session. It was written and printed by the U.S. Congress in 1936, 58 years ago. You think it's gotten any better? No, it has not gotten any better. It's only gotten worse and the reason is because if you guys do what we did and people continue to do, is we put NPK on our land, Nitrogen- Phosphorus-Potassium, and you see it as these 3 numbers, in many combinations of ratios and these these represent percentages of these 3 nutrients, Nitrogen, Phosphorus, Potassium, and those of you who don't have any experience on farms, the reason we do this is farmers get paid for tons and bushels.

There is no subsidy that encourages people to put 60 Minerals back into the soil. You get paid for tons and bushels and for \$40 Bucks an acre you can get the maximum yield in tons and bushels. It only takes 5 to 10 years to deplete the land of minerals cause every time you harvest a crop, those plants pull minerals out of the soil. Many pounds per acre, every time you haul a crop out. So, soon those minerals are gone.

And, if you only put in 3 and you take out 60, it's like a checking account. If you only put 3 Bucks in you account each month and write checks for 60, what's going to happen to your checks? Boing Boing Boing, they Bounce, exactly. Well I can tell you that our health is bouncing right now to the tune of 1.2 Trillion dollars a year because there's no more minerals left in our soil. It's our responsibility, each and every one of us, to be responsible for our health and consciously take in these minerals.

I have a lot of people ask me "Well, what did these people do Thousands of years ago? They didn't even have commercial fertilizer, what did they do?" These societies that had long lived people and what not. I want you to think about the Egyptians, the Chinese, people from India that lived around these great Rivers: The Nile River, The Ganges River, the Yallo River in China and what used to happen was every year our soul would flood, just like it did here in Northern Missouri last year, and every time it flooded guess what would happen? It would bring Silt or Rock Dust from mountains from 500 or a Thousand miles away. And those people would pray to every god they had, the Water God the Sky God the Wind God, the Rock God TO FLOOD. We Pray DON'T FLOOD.

They used to pray to flood because they had their floods in Wintertime and it would put Silt and Minerals back in the soil and their grain was very valuable. King Philip, who was the father of Alexander the Great married the 12 year old child Queen of Egypt, Cleopatra. She didn't look like Elizabeth Taylor, all made up in a beautiful costumes. She was a little flat chested teeny bopper, not very sexy, but Philip married her because she controlled the best wheat in the world and if he wanted his Macedonian army to conquer the world, through his son Alexander the Great, he needed the best wheat in the world so you could march 20 hours a day, fight for 6 hours and and win. If they used the wheat from the depleted soils in Greece, they couldn't go 20 minutes without saying "Mommy, pick me up".

Can you imagine these big Greek Soldiers saying "Oh my legs hurt, pick me up". And so they knew, the best place to get wheat was from Egypt. It was those floods that gave them those minerals and all those cultures that came up with all the great art and great technology came from those places because they had more intelligence cause they had more nutrition, more minerals I heard somebody say, very good.

Well, your getting the picture. What I'm going to do here is I'm just going to pick out a couple of minerals, just a couple of them so you get the idea, it applies to all of them. Let's just pick out a common one like calcium. Everybody knows about calcium. Calcium deficiency will result in something like 147 different diseases. They are just different names. They are named after people like "Bells Palsy". Bells Palsy, you know, everybody knows about that. One Side of your face sags. It's not a true stroke it just effects your facial muscles. It's caused by calcium deficiency. We'll take about it in a little bit.

Everybody knows about this one, Osteoporosis. It's the number 10 killer of adults in the United States and it's very expensive. It costs you \$35,000 each, for each hip to replace. It's OK, it's free. Insurance or Medicare or Hillary will pay for it. It cost you \$70,000 for both hips.

As expensive as it is and the number 10 killer, remember Mrs. Skeets from Radford, Majesticia aged 115 years of age and she died of complications of a fall. We don't have Osteoporosis in animals and it is because and it's because of farmers that we don't have osteoporosis in animals.

It goes like this, you have a pasture with 100 cows in it and this year you didn't have any calves, you can't repay your operating loan and you are in Trouble, right, because you paid for the feed and the Vet bill and mowed the pasture and fertilized and maintained the fence and feed the cows and all this, that and the other, you don't have any calves you can't pay back the operating loan and make any money so you call the Vet out and you say "Do I get rid of these cows? What happened here?" and he examines the cows and he say's "isn't nothing wrong with them" He says "Let me look at the bull" and he says "AHA, here's your problem, that bull has Osteoporosis of both hips, can't breed the cows, so didn't have any calves". He says "I'll tell you what though" he says "You give me \$70,000 and I'll put two new hips in that bull and next year you will have some calves."

Well the first thing that farmer says is "Stand back Doc, BOOM, he blows that bull away with a deer rifle and while the kids are grinding the bull up with a grinder and cutting roasts and steaks off that bull the farmer is chewing on a straw and saying "Now Doc", he pushes his Stetson up a little bit and he says "You know" he says "You know I wasn't going to pay you \$70,000 for that old bull" he says

"I can get a new bull every year for 70 years for that" he says "But every once in a while I get a bull that throws good calves and I'd like to keep him. Is there any way I can prevent that Osteoporosis thing from happening to the good bull?" he says "Well yeah, If you'll give a bull calf 10 cents of calcium every day after he is weaned he'll never get Osteoporosis." The farmer says "Now wait a minute Doc, You mean if I give that bull 10 cents worth of calcium from the time he is weaned, I can prevent a \$70,000 disaster?" he says "Oh Yeah, it's that simple" he says "You mean all I have to do is give up a half a cup of coffee a day to do that?" he says "Yeah, that's it" he says "I choose that one" he says "I'll give up the half a cup of coffee" and that what we have to think like. OK?

Then, there's receding gums. Dentist and Periodontist will tell you that if you want to prevent and cure receding gums you better floss and brush after every meal. If you believes that works I have some ocean front property in Montana to sell you. If you all know your Geography you now that doesn't work.

Now as a Veterinarian I have seen hundreds of thousands of animals of all kinds, mice, rats, rabbits, dogs, cats, sheep, pigs, horses, lions and tigers and bears and they don't get receding gums and they don't floss. Now

they do get funky breath but they don't get receding gums. Boy, if you want to smell some- thing you just let a camel breathe on you.

Well the reason we don't have receding gums in livestock is because we dealt with the Osteoporosis Problem. Receding gums is not a deficiency of flossing. It's in fact Osteoporosis of the jaw bones and the facial bones so if you have Gingivitis or Receding Gums you have advanced Osteoporosis

Those bones around your teeth are melting away, little bit by little bit every day and if you take your teeth out at night and put them in a glass next to your bed in that fizzy stuff you'd have major advanced Osteoporosis because all of your bones is melted away, OK. Then there is Arthritis. We talked about that earlier.

Remember the chicken cartilage and the Knox gelatin? 85% of all arthritis is caused by Osteoporosis of the joint ends of the bones. You're talking about degenerative arthritis, Osteo Arthritis, Sciatica, Lumbago, Rheumatism, all those sorts of things. They are caused by Osteoporosis of the joint ends of the bones. I want you to think about something for a minute. If you don't take a pain reliever or an anti-inflammatory for that Arthritis, lets say you have Arthritis of the hips, you're going to kind of favor that a little bit, aren't you? You're going to get a cane or a walker or crutches. You're going to favor it so you don't put any weight on it.

I want you to think about that for just a second because then I want you to think about driving your tractor in a field, or you're driving a Mercedes down the highway, either one, it doesn't matter, whichever you love more. And let's say you didn't put the nut on that oil pan real tight and all the oil drained out. And that light on the dash board comes on and says "I'm getting hot, you better give me some oil" and that light irritates you.

So you stop, you open up the hood and you get your clippers out and you know your fence clippers and you clip the wire to that light and you close the hood and you just keep driving. Would you do that to your tractor or your Mercedes, no you wouldn't. But we take those pain relievers for arthritis and we go out there and square dance and do the Texas two step and do our 5 mile walks and Aerobics.....

"That pill works real good Doc because it killed my pain, and you are just wearing that thing off faster and faster. Then your doctor is really going to get rich because you need joint replacement surgery.

Then there is Hypertension. This is one of my favorites so I will put a star over here. Hypertension is high blood pressure. What's the first nutritional thing a doctor will tell you to give up nutritionally you get high blood pressure? Give up salt. Everybody knows that one. That's been ingrained in our head.

Well they must think we are dumber than cows because what's the first thing you put out for your livestock and it's about that big? A salt block. No farmer, is going to be economically viable if you don't put a salt block out for your livestock. They are going to die. Your Veterinary bills are going to go crazy. But we are supposed to believe that you don't need salt and you can get everything you need out of your lettuce and your whole wheat bread and the stuff like that. Well don't believe that one either. If you believe that I have some more Ocean Front Property in Montana for you.

Remember those long lived people put a big chunk of rock salt, the size of a big black concord grape, in every cup of tea and they drink about 40 cups of tea a day because they live at high altitudes where it's very dry and they have to keep hydrated and they put BUTTER in their tea. They put two pads of butter and a chunk of rock salt, they don't put the pink stuff or the blue stuff, or skim milk, or what do they call it, ah, Creamora or whatever it is. OK? Guess What? The doctors who live to be 58 tell you "No Salt, No Butter" and the people who live to be 120 they put in butter and salt. So you have to make some choices

Well, they took 30 Million Dollars of your tax money and 2 years ago, after a 20 year study, they came out and said that they took 5000 people with high blood pressure, they took them all through medication and put them on a reduced salt diet, a restricted salt diet, and they all died. No great surprise but somebody got a Ph.D.

Degree and everybody was happy right. When they looked at these results they said Oh only 99.7 percent of the people didn't get any results from that before they died. 0.3% did get some results, it dropped their blood pressure 1 point before they died by restricting their salt. So the referees who judged that article said "Oh, it doesn't matter. You might as well let high blood pressure patients eat salted peanuts and dill pickles and salt their food to taste because it doesn't matter. In fact worrying about the salt is more stress than taking the salt.

Then they had a control group, with 5000 people with high blood pressure, and they doubled their RDA of calcium and they stopped the experiment in 6 weeks, because 85% of them were cured of their high blood pressure, just by doubling their calcium intake. Now they didn't cold turkey stop their high blood pressure medication but what they did was they went to the doctor and he said You don't need this medication any more. What are you doing? I said "Well, I'm on this experiment where I doubled my calcium intake." Anybody get a recall notice from your doctor saying it's OK to salt your food to taste and please do double your calcium intake? Anybody get that? Not a single one. That's very interesting.

Then of course there is INSOMNIA. That's where you roll around all night and you get your, you wake up in the morning and you are more tired than when you went to bed. And that's Insomnia. Of course doctors have two treatments for that. They have Halcyon, which is a sleeping pill and they have Barbiturates. They kill about 10,000 people a year with overdoses of those things and that's OK. It's in a prescription and they are watching out for us.

And Remember, Remember ah, George Bush when he went to Japan, they gave him some Halcyon so he could sleep on the way to Japan because of the time difference and when he woke up one of the side effects of halcyon is Nausea and Vomiting. I don't know how you say it in Japanese but it was very dramatic on World TV, right, not very Presidential "Blaaa" and so I'm sure that's why he lost the election, because he puked all over that Japanese Ambassador.

And then of course there's Kidney Stones and then there's bone spurs, heel spurs, and calcium deposits again Physicians will tell you the first thing to give up nutritionally is calcium and dairy because they have this foolish belief, this stupid belief, the ignorant belief that the calcium in kidney Stones, bone spurs, heel spurs and calcium deposits come from your diet when instead it only comes from your bones when you have a raging Osteoporosis. And when you get these things you need more calcium, NOT LESS.

Then there is PMS, Pre Menstrual Syndrome, you know the emotional and Physical stuff. The medical treatment for PMS is what we call a Hystericalectomy. It's been shortened to Hysterectomy. That's a hundred year old treatment and doctors do about 285,000....

Unnecessary hystericalectomies a year but it makes Mercedes payments so they do them. Even the AMA said they are unnecessary but they don't take their Licenses away and people keep going to them. You imagine a poor woman in her Thirties she says "Doc, you gotta to do something. Every time I go out to hang up the clothes my neighbors kids run down in the basement screaming WITCH, my own kids think I'm crazy, my Husband is leaving me I'm going to lose me job. You got to do something."

Well, the University of California at San Diego came out 3 years ago now and said "If you just double the RDA of Calcium intake, you'll get rid of 85% of the emotional and Physical symptoms of PMS. And, when that came out, there were huge lines around the health food stores around the blocks and people had sleeping bags because they closed before they all got their Calcium and every person in line was a man.

They were there for their Daughters and their Girlfriends and their Wives and things like that. OK and Lastly is Low Back Pain. 85% of Americans get Low Back Pain whether you work on a Computer or you Unload Hay or you drive Big Trucks, it doesn't matter. Low Back is a big problem. Low Back is just Osteoporosis of the Vertebrae whether you have a disc problem or what not because if your disc doesn't have anything to hold on

to, your vertebrae had melted away, what's going to happen to the disc, especially if you have a copper deficiency, because they are made out of elastic fibers, they go, like a water balloon with a lot of pressure on them,

Well, I just want you to look at this quickly before we do the last mineral.

Low Back you go to an Orthopedic Surgeon or a rheumatologist you might get a muscle relaxant, you might get Valium and a muscle relaxant, you get a Laminectomy, you get your Vertebrae Fused, you might get a disc operation, and they don't tell you that 75% of the time you won't be the same again, right.

PMS you go to your OBGYN, you can um, go to an internist, you can go to a family counselor, a shrink or a Divorce Attorney.

Cramps and Twitches, you go to a Neurologist, you go to a Sports Medicine Doctor, an Internist. Bone Spurs, Heel Spurs and Calcium Deposits you go to a rheumatologist, an Orthopedic Surgeon or a Podiatrist.

Kidney Stones you go to a Urologist and Internist or a Surgeon.

Insomnia, you go to a Shrink or a sleep clinic or an Internist.

Hypertension you go to a Cardiologist, and Internist or a Surgeon. Arthritis, a rheumatologist, an Orthopedic Surgeon or an Internist.

Receding Gums you go to a Dentist or a Periodontist.

Osteoporosis, you go to all those health specialist, including a TUMS salesman. For Nothing More than a Calcium Deficiency that cost you 10 Cents a day to deal with.

Now, on the average, because Americans have Insurance and we have Medicare and Medicaid, we spend on the average \$25,000 to \$250,000 and we undergo 5 to 10 surgical procedures a year for a Calcium deficiency and we beg the doctors to do it. We beg the doctors to do it. Well, it's our choice.

The Last One I'll share with you is Diabetes. Everybody's touched by Diabetes. It's the number 3 cause of death in Adults in the United States. Number 3 cause of death and it has terrible complications and side effects. Diabetes.

The side effects include Blindness of many kinds, then there is Kidney failure with Dialysis and Kidney Transplants, there is Cardiovascular Disease of all kinds and of course that contributes to the number one cause of death which is the number one cause of death ah then there is amputations, everybody ought to have one of those because they are totally paid for in their health thing. They assume your not going to just get one because you want to get everything on your health benefits.

And then you shorten your life because if you have Diabetes, on the average, you have a shorter life span than someone who doesn't have Diabetes. Now, we learned in 1957, in the animal industry, that we could prevent and cure diabetes with two trace minerals. That's a pretty profound statement, that we could prevent and cure Diabetes with two trace minerals in 1957 in animals. It was published in Federation Proceedings, which is the official journal of the American Science. The National Institute of Health. The Official monthly journal. It was August 1957.....

Well the two trace minerals that you can get to prevent and cure this are Chromium and Vanadium. Vanadium alone, according to the University of Vancouver Medical School, Vanadium alone will replace insulin in adult onset Diabetics, which represent 85% of all Diabetics. Of course they can't quit their insulin cold turkey. They've got to gradually wean off it. Takes 4 to 6 months for most people to slowly wean off of insulin as they

are taking in adequate amounts of Chromium and Vanadium. I've seen it work on hundreds and hundreds of people.

Now to me this is criminal, because if you write to Hill's Packing Company that makes Science Diet Dog Food, they are right over here in Topeka, Kansas. I don't know if I am pointing West but that way, OK. There are all saying that way. Topeka, Kansas. So they manufacturer Science Diet Dog Food and other Science Diet Products, high tech foods for animals.

If you write them exactly and say how many minerals are in Science Diet Dog Food they will write you back and say "There's 40 minerals." You write to Checker Board Square in St. Louis, Ralston Purina, and say "Just how many minerals are there in your rat pellets for laboratory rats and they will say "There's 28 Minerals". I'll give anybody in this room a crisp new \$100 bill if you can find me a human infant formula in a grocery store that has more than 11. So our dogs get 40 minerals. Remember this is what Mike Murphy was saying. His dog never seems to get sick, cause he is getting this canned dog food with all these vitamins and minerals in there

So our dogs get 40 minerals, our rats get 28 minerals and our human infants get 11. Is that fair? No, that's called fraud. HaHa. It doesn't matter if you are talking about SMA, SIMILAC, ISEMIL, PROSOYB, in fact that is why they call SIMILAC Simalac, because it lacks everything.

OK, if I've convinced you that you have to consciously take in all the minerals yourself, that you can't depend on your food. And certainly you can't depend on anything that is boxed or packaged or bottled. There's 3 types of minerals that you have to be concerned about. One is metallic minerals.

The Metallic minerals are essentially ground up rocks. Metallic minerals are things like Oyster shell, Egg shell, dolomite, limestone, ah Calcium carbonate, clays of various kinds, Mt. Morulanite clay, Seabed Minerals, TUMS. They are only 8 to 12 percent absorbable when you reach age 35 to 40 it drops down to 3 to 5 percent. I have to tell you a story here. Some of you heard this on the show today. I ran into a guy at a meeting like this up at Grand Rapids Michigan and this fellow owns a Porta Potty business. You know that's that green or blue colored outhouse. Man if we'd only had one of those back when I was a kid. We had these ones with splinters you know in the wood.

Any rate, he said "I see something that describes that in my Porta Potty business" and I said "What is that?" he says "When we take those things back to the shop to clean them out with a pressure hose" he says "We put a quarter inch grid underneath them because kids throw rocks and sticks and toys in there and if we don't put a grid in there it blocks up the sewer system and costs us Thousands of dollars to fix it." He says "Every time we clean those out we find hundreds of vitamin tablets

" I said "Well, how do you know they are vitamin tablets?" and he says "Well, that's really easy." He says "Right on the coating it says TheragramM, One a Day, Centrum." He says "Come here" and he takes me out in the back of the shop and there is this literal mountain of all these vitamin pills he got out of these Porta Pottys. And, that's because you can't absorb metallic minerals.

If you read the labels on those multiples they say "Your iron comes in the form of Iron Oxide" What is Iron Oxide? Rust. You might as well go out to an old Rail Road Track and take your butter knife and scrape some of that rust off and lick it and you are going to get your Iron Supplement because that is what they are giving you.

Well, to show you how bad it is: If you take something like Calcium Lactate, which is a common metallic mineral, ah lets say it's a calcium tablet of Calcium Lactate, a 1000mg, if you take 2 of those you are not getting 2001 mg of Calcium. In fact I have people all the time say "Well, I took lots of calcium Doc. I hear you on the radio talking about Calcium and Arthritis and I took 2001 mg of a day and it didn't help my Arthritis and in fact it got worse." And I said "What kind of Calcium are you taking?" and he said "Calcium Lactate"

"Well, there is your problem because only 250 mg of that is Metallic Calcium, so let's say you absorb 10% of that, then the other 750 mg is Lactose or Milk sugar. So, 10% of 250 is 25, so if you take 2 of those tablets you are not getting 2001, you are getting 50 mg. So to get what you need, you need to take 90 of those tablets a day. You need to take 30 with each meal and you've got 59 more minerals to go...

Then there are those people that want to do things naturally. Let's see if you can do anything good with 10 pounds of Spinach. Now let's be fair. Let's see if you can get 1000 mg of Magnesium. I picked Magnesium because in green leafy vegetables you have a lot of magnesium because of the chlorophyll, right, it's part of the Chlorophyll Molecule and any pound of anything you've got, 454 grams, in 10 Pounds of Spinach you've got 4540 grams of which most of that, 97%, is water. And let's see, you have one gram of Chlorophyll in that 10 pounds of Spinach, so there's 50 mg of Magnesium. You have to divide that into the 1000 you and you get a factor of 20 which you multiply by the 10. You have to eat 200 pounds of spinach. You have 58 more minerals to go. OK?

So, you'd have to be a pretty big person to accomplish all this. Even as big as I am you can't get it done. So, I prefer to supplement, rather than do those things. Then of course during the 60s the Agricultural Industry came up with Chelate Minerals. Chelate Minerals because farmers aren't dumb enough to pay for a dollar's worth of something that goes into an animal's mouth and have 99 Cents worth of it come out in the Manure.

So, I really have to thank farmers for being that clever. And chelate minerals are just Metallic Minerals with an Amino Acid or Protein or Enzyme wrapped around the metal atom and increase the absorbability by 40%. Then the health food industry jumped on that right away because it was a major improvement in the absorbability of minerals. The most efficient way to absorb minerals is the Colloidal form. Colloidal Minerals are 98% absorbable. 2 and a half times more absorbable than chelate minerals and 10 times more absorbable than Metallic Minerals and, they are very interesting, they are liquid. They can only be liquid

Can't be Pills, Powders or Capsules. They are very small particle size. They are 7000 times smaller than a red blood cell and they are negatively charged. Every particle is negatively charged. Your Intestinal lining is Positively Charged. So you actually have an electrical or magnetic gradient that concentrates these minerals around the lining of your intestine. These 3 things together give you the 98% absorbability

Now Plants have a very interesting part to play in Colloidal Minerals. Remember we said that Plants Cannot create minerals. They are not in the soil so plants can't make them. Remember that U.S. Senate Document 264 says they are not in the soil any more. Any rate, Metallic Minerals are taken up by plants when they are in the soil, plants convert them, in their tissues, to Colloidal Minerals, and this is how we store minerals in our body. This is how we use minerals in our body. This is how we transplant minerals from the storage place to site of use, in the Colloidal Form.

Well our plants, our crops, don't have much in the way of Colloidal Minerals in them because we don't have any Metallic Minerals in our soil. Is this important? Well, yeah. These long lived cultures who live to be 120 to 140, they have certain common denominators. They all live in high mountain villages, they are about 8500 to 14,000 feet in elevation. They all have less than 2% of precipitation each year. They don't have any rain. They don't have any snow. They don't have any dew. OK. Very, Very dry places and guess what? They get all their drinking water and all their irrigation water for their crops from what we call Glacial Milk.

Glaciers in every one of those communities grind up the parent rock of those mountains, about 4 inches a year. There's more than 60 to 72 minerals in each one of those places. The water that comes out from underneath those Glaciers isn't clear like Perrier or Evian Water or Poland Water or Geyser Water.

You take a glass of it up and hold it up and it looks like Jersey Milk. I mean it is either Yellow-White or White-Blue. It looks like milk and it's called in Titicaca, you see I got to say it again, in Titicaca or Tibet they

all call it Glacial Milk, cause it looks like milk. And, not only have the consumed it, drunk it and got 8 to 12 percent until they were 35 to 40 and then 3 to 5% absorption, for 2500 to 5000 years, depending on the culture, more importantly they have irrigated with it, year after year, crop after crop, generation after generation, for 2500 to 5000 years.

They have no Diabetes. They have no heart disease. No high blood pressure. No Arthritis. No Osteoporosis. No Cancer. No Cataracts. No Glaucoma. They have no birth defects. They have no jails full of drug addicts. They have no taxes. They have no Doctors. Yet they live to be 120 to 140 without disease. Are these Colloidal Minerals Important? You bet your life they are important and every time you don't take them in every day you are chopping off a few hours or a few days of your life.

OK, now most people are not going to go to Hunza or Tibet or Titicaca because we don't have Kenmore kitchens there or even Saturn cars or TV changers, channel changers or electricity. They don't have insulated houses. They don't have central heating or air conditioning. But what they do have is Colloidal Minerals.

This is Doctor Wallach with a final message. Information gives you the ability to make decisions with confidence. I hope you have enjoyed my message, by giving your body the proper raw materials everyday, you'll be taking the necessary steps in living healthier and living longer. Make the decision to take control of your personal health and longevity program today. Colloidal Minerals are not like antibiotics, you don't get a prescription which you use for 10 days and then your done.

Your prescription for Colloidal Minerals should only expire when your need for oxygen expires. You need to supplement your diet with the 90 essential nutrients each and everyday of your life. Millions of people have heard my message all across the world and have now decided to make the consumption of Colloidal Minerals a daily ritual. Just as there are many manufacturers of aspirin, there are now many manufacturers of vitamins and mineral supplements.

Be sure to get your Liquid Colloidal Minerals derived only from the very best organic plant source deposits. Colloidal Minerals are the mineral source our bodies were designed to use, not ground up rocks. Since you will most likely be supplementing your diet each and every day, don't get caught paying retail prices. My daddy always said "why pay retail when you can buy wholesale".

One of my trusted colleagues will show you how to purchase the highest quality products wholesale, so you can save gobs of money off the retail price each year. The distributor who's name (Edward Movius) is on this Website will be happy to help you. Live long and prosper..... transcribed from the audio cassette tape "Dead Doctors Don't Lie" authored by Dr.Joel Wallach, BS, DMV, ND.

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