

Older: [How to Win BIG if You're a Millennial. Or a human... for that matter, whenever you were born.](#)



Some

Newer: **insights
on health,**

and why things are the way they are, and why different people need different diets

by [Sophie Benshitta Maven](#) — Tags: [Eggs](#), [father](#), [choose](#), [number](#), [weak](#) — Category: [Great stuff](#), [Healing](#), [Muscle Testing](#), [Raise your vibration](#) — January 10, 2017 [edit](#) [Click to comment](#)
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Some insights on health, and why things are the way they are, and why are people different in their needs...

Yesterday I spent three hours to listen to Dr. Joel Wallach. —¹

I think I have spent, to date, about a hundred hours listening to him. Why so much? He talks too fast, and he isn't saying the things to be understood... In that he is a typical doctor: holding his

cards close to his chest.

But... But knowing where to look, knowing what sort of things to expect, to always expect wrong eating, nutritional deficiency, misguided knowledge, has been my tool, in addition to being able to muscle test, while I am connected to Source.

When I muscle test while connected to Source, I am asking Source. Not the body of the client, not myself, no. Source. Neutral third party... lol.

And when I ask Source, the secret, MY secret is to ask intelligent questions. And that intelligence comes from Joel Wallach... –² I think I have spent, to date, about a hundred hours listening to him. Why so much? He talks too fast, and he isn't saying the things to be understood but to impress... He sounds like a salesman... What he is peddling is health, but it is a lot about him. Big ego. In that he is a typical doctor: holding his cards close to his chest.

But... But knowing where to look, knowing what sort of things to expect, to always expect wrong eating, nutritional deficiency, misguided knowledge, has been my tool, in addition to being able to muscle test, while I am connected to Source.

When I muscle test while connected to Source, I am asking Source. Not the body of the client, not myself, no. Source. Neutral third party... lol. And when I ask Source, the secret, MY secret is to ask intelligent questions. And that intelligence comes from Joel Wallach... and the listening to his stuff, for hundred hours. Intelligence takes time.

Now, truth time: Dr. Wallach's truth value (accuracy) is 30%. That is high and that is low. It is low because as a doctor, he is arrogant. My accuracy in my "reading" is 50%. It is higher, but it is still low. It is low because I may ask the wrong question. And it is low often because I try to get my muscle testing too fast... because I am still selling my time for too cheap... I'll either raise my prices, or make peace for making a low "wage". I haven't decided yet.

With regards to the intelligence of my questions: I am learning as fast as I can... but not faster. The average book has a truth value between 1% and 7%. So from every new book I may learn one thing... one thing out of 250 pages. That one thing won't even increase my accuracy by 1%. So this is how it is.

In my family my father and I were blood type B. I say were, because my father is dead. I am still here, still blood type B.

Still not 100% well. 70%, according to muscle test. I am starting to see the issues, what is between 70 and 100, clearer than before. Still not quite intelligent... I must admit.

Issues:

- 1. heartburn
- 2. weakened bones
- 3. occasional disturbed sleep

I have a hunch that heartburn will be the hardest symptom to correct, because its causes are so wide-ranging.

So I am dealing with one cause at a time.

Weak Stomach Acid: Difficulty To Digest Proteins.

Most Jews are blood type B, I think. And most Jews have a difficulty digesting proteins.

In Jewish restaurants they serve pickles and or harifim... pickled hot-hot peppers.

These all start to prepare the stomach for what's coming. These add some acid, and the hot peppers trigger digestive juices, so the digestion will happen easier.

Many generations' wisdom.

The other part comes from Ayurveda: don't drink anything with your food, and don't drink for a while after you finish.

They don't say: if you are a blood type B. They don't know about that. Instead they categorize you as someone who has strong digestive fire,

or not.

Heartburn is a sign of not strong enough digestive fire.

And I have been snubbing that... and I have been paying the price.

So today I am more aware and more willing to be aware than any times before.

It's 10 am, and no heartburn yet.

I've had my scrambled eggs breakfast and three cups of coffee before that. And I had a few picked hot peppers with the juice. Invigorating.

I have resisted to have a cup of coffee right after the eggs, as I normally do. I muscle tested, and it said: 30 minutes wait after the eggs.

So it's now 30 minutes, and I'll test if this was true. I hope... or I'll have heartburn for the rest of the day.

I will do this experiment: have picked hot peppers before a meal, and nothing to drink for 30 minutes.

I will also refrain taking factory made vitamins... I'll take my home made capsules, but not factory made. And I'll take my Dr. Schulze superfood.

Because the other possible culprit that causes heartburn is the magnesium stearate and similar additives that act, in my system, as irritant in my esophagus, causing acid reflux, which is another name for heartburn.

OK... it is several hours later, and I have a small, bearable heartburn... which means that either I drank coffee too soon, or I need more experiments.

And last, let me address a recurring "issue".

When Someone Pays Me To Check Their Health And Hydration, Occasionally I Get An Answer: But I Feel Fine.

To which my answer is:

If You Have Never Been Really Well, Then You Think That Being Fine Is Actually Good.

I thought getting headaches is normal. I thought the getting tired was normal. I thought that being thirsty all the time was normal. I thought that staying awake for hours after going to bed was normal. I thought my eyes getting weaker was normal.

It's not, but I didn't know.

I am still not 100%, and I may never be 100%.

But I want to be 100% of what I can possibly be, given my age and the permanent damage I have possibly incurred... But

- I haven't had a headache in three years.
- I haven't had a fever blister in three years.
- I haven't had a pimple in three years.
- I haven't had constipation in three years.
- I tolerate heat, and I tolerate cold
- I haven't had a cold for at least three years.
- My eyes are the same as they were when I was 9 when I first got glasses.
- I am now slim... knock on wood, lol.
- I have no stretch marks, no wrinkles on my body, but my face

shows that I am almost 70.

- My hair, my teeth are crappy...
- I have heartburn
- And if I forget to take my Vitamin Bs, I sleep poorly. I don't absorb my nutrients well... After 65 years of eating gluten on a gluten intolerant body is not going to cure itself in a year or two.

I am still looking to fill the gap between 70 and hundred percent.

You are satisfied for your health to be under 10%.

Does this make sense to you?

It makes sense to me if you are satisfied living on the level of coasting you are living.

I spoke with a student the other day. I wanted to know what he does with his time... 16 or so hours a day.

If his life is any indication about how people live, I understand you being "fine" with having a health level of 10%. You have no activities that requires you to be sharp, agile, intelligent, and astute.

Because you can do that kind of life...

But a life that is worth living needs you to be "finer" than you are. Cells hydrated, body and brain firing on all cylinders.

The interesting view, that unless you are sick, you are well, is something that doesn't make sense to me.

You are like the farmer who says: as long as the crop grows well with only three nutrients, I won't give it more. That people/animals eat it and get no nutrients... I don't care. I only care about my money.

They worry only about fighting disease or pests, and Monsanto is

growing.

You? Ditto. And the medical pharmaceutical monopoly, set in law since 1917? Or was it 1914?

The attitude of the medical monopoly is that you have to get sick and stay sick for them to make money from you. So they even invent diseases and conditions for you. Much like Monsanto... create diseases so you need them.

And that is you... ignorant, unwilling or unable to take charge of your own life.

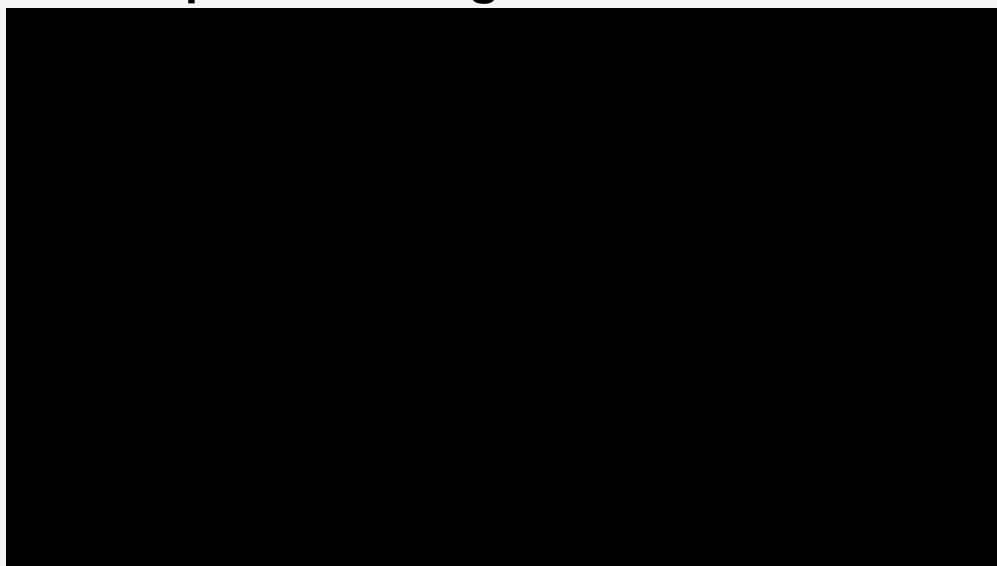
You are fine until you are sick. Stupid? So were all those people who dropped dead. Or got tangled up as decades long money wells for their doctors.

I wouldn't like to work knowing that the money will go to a doctor.

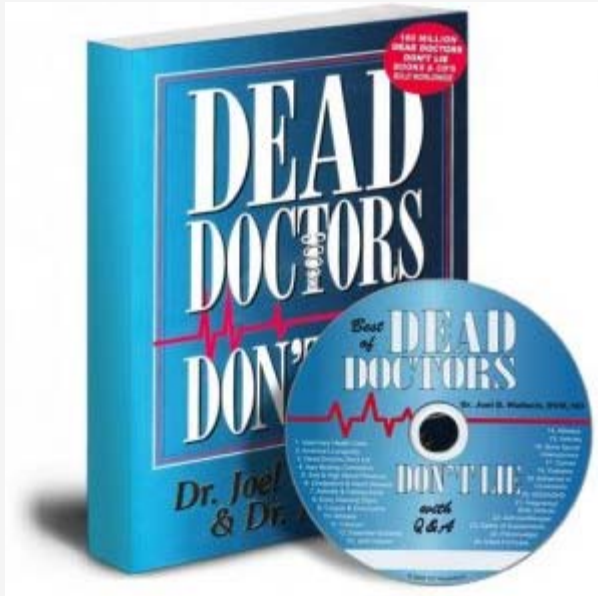
Why do you?

FOOTNOTES

Some of the most important things are said here...



2.



Transcript – Dead Doctors Dont Lie
by Dr. Joel Wallach (Partial transcript
of the original talk from 1991 or 1992)

1. Ulcers, caused by stress?
2. Cancer
3. Arthritis
4. Alzheimer's Disease
5. Kidney Stones
6. Aortic Aneurysms
7. Varicose veins
8. Stroke

9. Cardio Myopathy
10. Cravings
11. Liver or Age Spots
12. Hyperactive children/Low blood sugar/Diabetes
13. Baldness and
14. Deafness
15. Osteoporosis (partial)
16. Hormones
17. Smell/Taste loss
18. Longevity
19. Osteoporosis
20. Gingivitis/Receding Gums
21. Arthritis
22. Hypertension/high blood pressure
23. Insomnia
24. Kidney stones/bone spurs/heel spurs/calcium deposits
25. Muscle Cramps/twitches
26. PMS
27. Low Back Pain

28. Diabetes

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

In six months time we would ship them to market to be slaughtered, and we would save back some of the best ones for ourselves. We would knock them in the head and eat them, to put it bluntly. And it always fascinated me as a teenager that we did that for those calves, and in six months ship them off to be slaughtered or we would eat them. We wanted to live to be a hundred 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, "Hey Pops, how come you do that for those calves but you don't do that for us?" And he would give me that good old Missouri farm wisdom, he would say things like, "Shutup, boy. You are 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, when I went to school, (I went to the Univ. of Missouri, at the School of Agriculture), and I got my degree in Agriculture, it was very interesting to me that I got my major in Animal Husbandry and Nutrition, my minor was in Field Crops and Soils. 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 disease 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're going to make money as a farmer, you had better know how to do stuff yourself and you had better do it efficiently with feed and nutrition if you can. 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", as a great gentlemen. After two years of working with elephants and rhino, people usually to ask me, "Are you a small animal vet or a large animal vet?" I usually tell them I am an extra large animal vet because I work with elephants and rhinos.

Well, after two years he sent me a telegram and said, "Would you come back to the St. Louis Zoo and work with us? We need a wildlife veterinarian at the zoo for a special project. We were given a 7.5 million dollar grant from the National Institute of Health, and what we need is a veterinarian who will do autopsies of animals who die of natural causes in the zoo. Well, I was just overjoyed to do that, so I came back and did that, and I not only did autopsies of animals that died in the St. 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 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 was because in the early '60's we had just learned about pollution and ecological problems and disasters, and nobody quite knew what to do. So I was supposed to find a species of animals that was extra-sensitive to this, and use

them much like we did like the canaries in the mine. You know the old Welsh 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 some 17,500 autopsies on over 454 species of animals, and 3,000 human beings who lived in close proximity to 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. That fascinated me. That took me back to those calves. I said, "Gee, that's fascinating. Everybody is dying of nutritional deficiencies, and we can document this at autopsy, both chemically and biochemically, and so forth, and things that you saw with eye at the autopsy table. Well that fascinated me. I wrote seventy-five scientific articles. I wrote 8 multi-author textbooks, and 1 textbook of my own. It cost \$140 for medical students, and I'm sure the only thing they do is use them for doorstops. I couldn't get anybody excited. I was on 20/20, I was on 1700 newspapers, I was in magazines, I was in every network TV that you could think of, and guess what? Couldn't get anybody excited back in the '60's about nutrition. So what I did was went back to school and became a physician. Finally got a license to kill, and they allowed me to use everything I had learned in veterinary school about nutrition in my human patients, and it was no surprise to me that it worked! I spent 12 years up in Portland, Oregon, in general practice, and was very fascinated.

What I am going to share with you tonight is what I learned over those 10 or 12 years using nutrition with my human patients. 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 knows what that means... a gob means a lot), and will add on many healthful years to your life. You can't do this, you can't get these healthful years, you can't have longevity, you can't live to your genetic potential just falling off a stump. You have to do some things.

The first thing I have to do is convince you that it is worth doing these things. I am going to start out by convincing you that the genetic potential is 120-140 years for longevity. There is no less than 5 cultures whose people live to be 120-140. It starts out with the Tibetans in Western China. These people were popularized back in 1934 by James Hilton. He wrote a book called "The Lost Horizon", many of you remember it was a Pulitzer Prize winning book way back then, and they did a movie of that in 1937. It was a very long movie, about 3 hours. You can get it from any Blockbuster Video, and I'll encourage you to get it and look at it when you have 3 hours. It's a great movie. The oldest living person that has some documentation (I'm sure there is a certain amount of exaggeration in there), was a fellow, a Dr. Li, along the Tibetan Border, and this fellow, when he was 150 years old received a big certificate from the Imperial Chinese Government. He was born in 1677, and 150 years later was given a certificate by the Imperial Chinese Government for being 150. And then when he got to be 200 years, they sent him another, and then 50 years later they sent him another certificate, and supposedly he died at age 256. It's people of that nature – he's written up in the New York Times in 1933 when he died, and The London Times, and 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 who led James Hilton to write that story. Then, in 1967 or 1968 there was a remake of that movie, a color version if you haven't seen it, it was called "Shangri-La". I urge you to see that. Then in Eastern Pakistan there is a group of people called the Hunses. And these people are very famous for longevity,

120-140, and if you've been in alternative health for any length of time, you've heard their name, at least. Then, in what is now Western Russia, used to be the Soviet Union, the Russian Georgians were made famous in the '70's by Danon Yogurt. You remember the old Crimea War veterans, they get their uniforms on, they hold a saber up, and get a cup of Danon Yogurt and smile a lot, and you were supposed to make the mental leap that it was the Danon Yogurt that made them live to be 120. Then just south of them the Armenians, the Abcasians, and the Azerbaijanis (?) are famous, at least in the Soviet Union they were studied for some 60 years, because they routinely lived to be 120-140. In fact, in 1973, the January issue of National Geographic did a special article on people who lived to be 100 or older. They featured these people, and there is a great pictorial article (you know National Geographic is very good about coming out with pictures), and three of these dozens of pictures that were in that article, I remember one of them was a lady who is 136 years old. She was sitting in a wicker chair with a big Cuban cigar in one hand and an 8 oz. glass of Vodka in another. She was partying. She was having a good time. She was not in a nursing home, all slouched over, you know, ready for somebody to take another \$2500 out of her checking account. She was enjoying herself at 136. Then there was a semi-circle of couples, boy-girl, boy-girl, boy-girl, and they were celebrating their 100th, and 115th and 120th wedding anniversaries. The third picture I remember is a gentleman picking tea leaves up at the timberline in the Caucasus mountains in Armenia. He was listening to one of these little transistor radios back then, and according to his birth records, and baptismal records, his military records of his children, the National Geographic said that he was 167 years of age and the oldest living person at that time.

In the Western Hemisphere the Vilcobaba Indians in Ecuador are very famous. They live in the Andes. And then in southeastern Peru, my favorite, the Titicacas, (and I just like them cause I like the

name), they're sort of east of MachuPichu, the old community, live around Lake Titicaca. They are very famous for living to be 120-140. In May, the 11th, just about a month ago, the oldest living American living at this time and documented through the Guinness Book of Records, was Margaret Steet. She was from Radford, Va., 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. She died of a calcium deficiency. She had no heart disease, no cancer, no diabetes, no other infirmities, but she died 3 weeks after a fall cause she didn't have enough calcium. Very interesting. Also, her daughter said that she had a craving for sweets until she died, and that is a disease called Pica. We'll talk about that in a little bit. But usually when you have a craving for chocolate, if you're a chocoholic, or a sugarholic, that means you have a deficiency of chromium and vanadium, and we'll talk about that in a minute.

Then in a 3rd 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 was plural, he had many wives), she was bragging about him at his death at age 126. He was still in possession of his own teeth. You assume that other faculties are working too. Then, here's a gentleman from Syria, at age 133. He died in July, 1993, and he was in the Guinness Book of World Records, not because he was 133, (there have been many people who have lived longer than that), not because he remarried for the 4th time at age 80, but because he fathered 9 children after the age of 80. This meant that if you add up 9 months for each child and a year for breast feeding for each one and a year between each one of the children, he was still fathering children after the age of 100. And that's what got him into the Guinness Book of World Records. So there's still hope for you, fellows.

Those of you who like science, in November of 1993, just about 8

months ago, those six biospherians came out of that dome in Arizona, they were in there for 2 years, 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 gerontologists from UCLA, University of California at Los Angeles, and they put all this information about their physical and their blood work into the medical computers at LA, and the medical computers said and projected that they could live to be 165 years if they continued to do what they were doing.

So all of that just says to you that there is a possibility that you can live to be 120-140. 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 that you did, you could make a profit if you grew 200 bushels per acre. But if you only got 100 bushels per acre and you put out that same effort and the same fertilizer cost you would lose money. So I want you to think about it. The average life-span for an American today is 75.5. The average life-span for a doctor or an MD is 58. If you want to gain 20 years, statistically, just don't go to medical school. Also, if you want to know information about longevity, you are going to be better off asking a bus driver than you are a physician. For longevity.

Now there are two basic things you have to do to get there. If you want to live to be 120-140, there's only two basic things, real simple. Number one, you have to avoid the pitfalls. You have to not step on the landmines, I call it, (and those of you in the military you know what that means. You do something stupid like step on one of those things, you kill yourself, wastefully, or unnecessarily). And of course 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 2:00am, (you're going to get struck by a car), – all of those things are foolhardy, but it is amazing how many tens of

thousands of people die in America from doing those stupid things every year. There was these kids who sat in the middle of a highway and got killed, college kids, it's amazing.

The last thing I will share with you on that subject of avoiding the landmines, I suggest very strongly to you that you avoid going to doctors. Because given half a chance they will kill you. And I am 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. It was a 1500 page report, a 3 year study, I'm not going to waste your time or mine by going over the whole thing word for word, but the bottom line says a lot. And here it is, quote, this is from Ralph Nader now, (he's a consumer advocate for those of you who don't know him, he watches out for us), "300,000 Americans are killed each year in hospitals alone as a result of medical negligence." He didn't say they slipped away quietly, out of neglect in the corner somewhere, while they were waiting for an xray. He used the word 'kill'. And when you use the word 'killed', that means there was a procedure the doctor was doing that went wrong somehow. That means that gave them a wrong prescription, they 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 to our military losses in Viet Nam over 10 years, where we lost 56,000 people over 10 years, or an average of only 5,600 per 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 street in protest of 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. We chased

a President out of the presidency. For 5,600 military personnel a year. And here is 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 axe to grind). And you can go out in the street any day of the year 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 one. You have to avoid stepping on the landmines, so there is a certain value in treating yourself when you can. Or preventing disease we don't have to get before you treat it.

Now the second thing you have to do, number two, you have to do the positive things. I'm going to start out here by putting a figure up on the board, the number 90, and you need 90 nutrients in your diet everyday. You need 60 minerals, 16 vitamins, 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 are going to get a deficiency disease. If you don't have them in complete numbers and optimal amounts. 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, and I was one of those funny guys that would walk up and down in the student union there in Columbia, and I would say "Do you take vitamin and minerals?" I was still fascinated by that, and of course people would look at you crazy and say, "Yeah, I take vitamin E". I would wait for them to come up with the other 89 and they didn't.

Today if you ask people if they take vitamins, they say, "Oh yeah, I take Tums." Because that's what they hear all the time. Again, you need 90 nutrients if you are going to make it. But the newspapers know, and the magazines and TV and radio knows, 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're 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 copy on the refrigerator. It's a cover article. It says, "The real power of vitamins. New research shows they may help fight cancer, heart disease, and the ravages of aging." There are six positive pages in here, and there is only one negative sentence, which was issued by a medical doctor who was asked by the writer of the article, "What do you think about vitamins and minerals for people as food supplements?" And here is what the doctor said, "Popping vitamins doesn't do you any good", sniffed Dr. Victor Herbert, a professor of medicine at New York City's Mount Sinai Medical School. "We get all the vitamins we need in our diets, and taking supplements just gives you expensive urine."

Well to give you a Missouri translation of that, that means you are just peeing away your dollars if you take vitamins and minerals. You might as well 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 on 454 species of animals from around the world and the 3,000 humans, and liking to be healthy myself, and having children and grand children in the not too distant future great grandchildren, I would rather pee out fifty cents or a dollar a day 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? Pays the doctor's mortgage. Makes his Mercedes payments. Pays the tuition for his kids to go to medical school at Harvard. Pays the tuition for his kids to go to law school up at Yale.

Pays his alimony for his 5 ex-wives. I don't know why doctors always have 5 ex-wives. It must be genetic. You know they blame everything else on genetics, so it must be genetic.

Well, I believe, because we have made doctors wealthy, between 1776 and the first world war, the US government spent 80 million dollars on health care and health care research and studies. Right now we're 1.2 trillion dollars a year for healthcare. And it's free! We all know it's free, right? I like that lady, she said "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 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 per month. You take your choice.

I believe, since we have made them wealthy, through insurance programs and government subsidies, I believe they owe us something. I believe they owe us at least as much as the industries do, for instance, recall notices. This was started, of course, 25 years ago, when Ralph Nader learned that the Ford Motor Company had

made a Pinto car that had a rear end gas tank that would blow up if hit from behind at 20 mph, fry everybody in the car. And when the people complained to Ford Motor Company, they said, "You're just dumb for getting into a car accident. We're not going to pay you for that." Ralph Nader said no, it's a faulty design, so he went to a federal court and the judge agreed with him, and through a court order, forced Ford Motor Company to send everybody a recall notice with a registered letter, "Bring that car in and we'll fix it for nothing." Over the years if you read the business section of the newspapers, there is always recall notices from one thing or another. Sears had to recall 400,000 major appliances because the timers made in Taiwan would set on fire in the middle of the night. And then there was Ford Motor Company just a few months ago, they had a pickup trucks with the fuel line laid on top of the drive shaft and after about 25,000 it wore through. With all these high-priced engineers you would think that somebody would stop that little thing. They had to recall about 25,000 pickup trucks of a certain type.

But the one I think is the funniest, of course, has do with the Saturn cars. They had to recall every car they ever made in April, 1993, because the electrical system was somehow coded into TV channel changers. Let's say your neighbor came home at 2:00am, and wanted to watch the news or a movie cause they couldn't sleep, and there they are flicking through the channels, your car would start, drop into gear, and drive out the back of the garage. Well after a few hundred of them, they believed it was cheaper to send out a recall notice and get them in and fix them before they had thousands and thousands of suits to rebuild houses. Well I believe the medical profession owes us that same courtesy, when research shows that what they have been telling us for 10, 15, 25, 50, 100 or 300 years is incorrect or has been changed. They should send every one of their patients and former patients a registered letter that says, "For the next 3 Tuesday nights we're going to give you a free

lecture on kidney stones, or tuberculosis, or heart disease, or whatever it may be." Has anybody in this room ever gotten a free recall notice from your physician? Kind of interesting, isn't it?

What if Sears were to put, in 300,000 cars, vinegar instead of oil for an oil change? And the engines in 300 cars for that stupidity would burn up. There would be Senate investigations. There would be class actions suits like you wouldn't believe. 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've got a bunch of those recall notices you should have gotten over the last couple of years. We'll go through them quickly:

1. Ulcers, caused by stress?

How many of you have heard that? If you don't raise your hand you've got Alziemers or you're fibbing, right? Well we knew fifty years ago in the veterinary industry that ulcers in pigs were caused by a bacteria called helicobacterpilory and of course we couldn't get one of these high-prices stomach surgeons from Mayo Clinic, (in fact, we always used to yell, "Hold the Mayo" when they would say stuff like that), and otherwise your pork chops would be \$275 a pound to pay for that kind of surgery. 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. And so that's what we did. Costs \$5 to cure a pig of stomach ulcers with bismuth, a trace mineral, and tetracycline. The National Institute of Health, not the National Enquirer, came out in February of this year, February, 1994, and said ulcers are caused by a bacteria called helicobacterpilory, not stress. And they can be cured, (they actually used the cure word in this news release), (medical researchers never do that, they say "shows promising results", or "may be beneficial", they use the cure word), they can be cured by the use of the trace mineral, bismuth, and tetracycline.

For those of you who don't know what bismuth comes in, you can get it from any grocery store, or drug store. It's pink, about \$2.95 for an 8 oz. bottle, and it's called Pepto-Bismol. So a teaspoon of Pepto-Bismol and some Orymiacin pellets, you can take care of ulcers. You have your choice of whether you are going to treat your own for \$5, or go get whittled on. It's your choice.

2. Cancer

When doctors get information on Cancer, you would think they would photocopy that when they send you that bill, instead of threatening you with collection agencies, they should send you some of the photocopies of this stuff. In September, 1993, the National Cancer Institute, not the National Enquirer, and the Harvard Medical School in Boston did a study on Cancer patients, and they came out and said an anti-cancer diet was found. When the National Cancer Institute sent that information to your doctor, he leaned back in his chair, wadded it up and did one of those things, right in the waste can. He's real good at throwing that stuff in there. The only thing he reads is, "Oh, I get gold golf clubs if I sell 20 prescriptions of Prozac per month."

They picked China to do their study, because in one province, Henon Province in China, they have the highest rate of Cancer in the whole world. They took 29,000 people for 5 years in this study, and what they did is give them different vitamins and minerals at double the daily recommended allowance for Americans. Now that's a trivial amount. For instance, they use vitamin C for one group, and the RDA recommended daily allowance for vitamin C is 60 mg, double that to be 120 mg, you can't go into a health food store and get a tablet or capsule for less than 500 mg for an adult. And of course Lynus Pauling, the gentlemen with 2 Nobel Prizes, says if you want to prevent and treat Cancer with vitamin C you have to use 10,000

mg a day. All the doctors who used to argue with him 35 years ago are all dead, and today Lynus Pauling, still 94, works 14 hours a day, 7 days a week, in his ranch in the Big Sur in California, and teaches at the University of California, San Francisco. So you have to make up your choice whether to listen to the dead doctors or Lynus Pauling. Your choice.

Vitamin C, doubled the RDA, nothing happened. Vitamin A, doubled the RDA, nothing happened. Zinc, Riboflavin, the trace mineral Millevdinum, Niacin, nothing happened. In one group they had a major benefit. In this group they got 3 nutrients at one time. They got vitamin E, they got Beta Carotene, and the trace mineral Selenium. Those 3 were double the RDA. (If you get a half percent benefit in any nutritional or pharmaceutical experiment, you have made a major improvement in humanity's life. So these articles get published. I want you to remember that statistic. Half a percent is major benefit). In this group that received the 3 for 5 years, deaths from all causes were reduced 9 percent. Almost 10 out of every hundred, or 1 out of every 10 who were going to die in that 5 years, survived. Then Cancers, all Cancers, 13% survived who would have died without those 3 nutrients. So 13 out of 100 lived who would have died, and then the type of Cancer that was the most prevalent in the Henon Province, stomach and esophageal Cancer, 21% lived who would have died. 21 out of 100 lived!

Now these are significant numbers, and your physician should have sent every one of you a photocopy of that. At least given you the information, even if he didn't want to give you the advice, given you the information and let you make up your own mind.

3. Arthritis

Here's one that I think is funny, on one hand, and on the other it tells you the attitude of physicians. This has to do with arthritis. It was in Sept. 24, 1993, from Harvard Medical School and the Boston

VA Hospital. The people of you who have been to a VA hospital know, you have 2 opportunities to give your life for your country – once on the field of battle, and the other in the VA hospital. The title of the release was, "Chicken protein halts the pain and swelling of arthritis in a patient trial." They took people who failed to respond in any way to medical treatment for arthritis. These people got gold shots, mezotrexate, 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. Before Harvard Medical School and the VA hospital was going to give it to them, they said, "Look, we're looking for people who are willing to suffer for just 3 months, 90 more days, because we want to try something. A short term experiment, and they got 29 volunteers. What they did for those 29 volunteers who failed to respond in any way to medical treatment for arthritis was, they gave them a heaping teaspoon of dried up chicken cartilage in their orange juice 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 up a new pickle jar that had never been opened, and 90 days, 3 months, they had maximum return of function. Now here's the funny part. The funny part comes by a statement of a guy who was the director of that study from Harvard Medical School. "After 3 months it was clear that the drug was beneficial." Because it worked, chicken cartilage had become a drug! You can see, he was thinking about Patent numbers, and his eyes are rolling around about \$300 a capsule, 20 patients, and you can just see him calculating, right? That means that if you go to Kentucky Fried Chicken, and you buy a bucket of fried chicken, throw away the skin and the meat and eat just the ends off the bones, you're practicing medicine without a license. And if you go to a Kentucky Fried Chicken in the middle of the night and you root

through the dumpster and collect 2 five-gallon buckets of chicken bones, and you take them home with a hammer you pound off the ends of those bones and dry your own cartilage in the microwave, you are manufacturing a pharmaceutical. And the FDA is going to put you in jail!

If that's a little messy for you and 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. It has the raw materials for chicken cartilage, it has the raw material for your cartilage, cause it is made out of beef cartilage and beef tendon, and if you take two of those little half oz. envelopes a day in your orange juice, and you take it with an oz. per body weight of colloidal minerals, next time I come by here in 3 months, you're going to run up here on this stage and hug me and kiss me if you've got arthritis.

4. Alzheimer's Disease

Everybody has heard of it today. Fifty years ago when I was a little kid, there was no such thing as Alzheimer's Disease. It is a new disease, one of those things that just sort of happened. Now it is a major disease, one out of every 2 people who reach the age of 70 get Alzheimer's Disease. Pretty scary. We learned fifty years ago in the animal industry how to prevent and cure the early stages of Alzheimer's Disease in livestock. Can you imagine how much a farmer would lose if the pigs were all laying there scratching their heads saying, "Why am I here?" Where is the feed box? Because if they are not gaining a couple of pounds a day you're losing money. So we learned in the agricultural industry how to prevent and in the early stages, cure, Alzheimer's Disease. We deal with high doses of vitamin E and low doses of vegetable oil. You say, "Wallach, that's crazy. High doses of vitamin E?" Well, you should have gotten a recall notice from your doctor in July, 1992, because the University

of California, a sophisticated medical research school, University of California, San Diego, came out and said, "Vitamin E eases memory loss in Alzeimers victims." Now they are only 50 years behind on that, from veterinary medicine, so you might be safer going to a veterinarian!

5. Kidney Stones

What's the first thing a doctor told you to give up, nutritionally, when you got your kidney stone? Calcium. No dairy. None of those vitamin/mineral things with calcium in them, because they have the stupid, naive, ignorant 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 causes kidney stones. We learned a thousand years ago in the agricultural industry, if you want to prevent kidney stones in livestock, you had better give them more calcium. You had better give them more magnesium, and more boron. Now the reason is, of course, bulls and rams, male cattle and sheep, have special anatomy, when they get a kidney stone, they die. It's called 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 he can either eat it or send it to market. So we learned how to prevent those things. So you should have gotten a recall notice from your doctor, especially those people who have had kidney stones. Your urologist should have sent the notice to you.

This was about 15 months ago, March, 1993, it says, "Calcium limits kidney stone risk." This is from the Harvard Medical School in Boston. "In a study that turns conventional medical wisdom on its head, researchers have found that people whose diets are rich in calcium run a reduced risk of developing kidney stones. A study of more than 45,000 people who are ranked in the 5 categories, the

group that had the most calcium had no kidney stones." So it took them a thousand years to catch up.

About 5 years ago, when I started out on this crusade, and started lecturing to people all across America, and I'm in one time zone and the next, and although 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 I could take with me. Everytime I get a little whacko, I could go in my room and do this hobby and I would be okay. It would be kind of like having a little piece of home with me wherever I went. I wanted to have a hobby that would help other people. I didn't want to collect baseball cards, cause I like football. And I didn't want to do crossword puzzles, which is good mental exercise, but wouldn't help anybody else. I couldn't take my compost pile, (I like to garden), and 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, remember I told you that doctors live to an average age of 58 and we live to 75.5, and here's a group of people who pontificate you and tell you, "Well this is what you need to do. You need to give up salt. 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. Of course all those people who live to be 120-140, 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 you going to believe, the people who live to be 58, or the people who live to be 120? It's your choice.

6. Aortic Annurisms

Anyway, got a few of them here, some of my favorites. This doctor Stewart Cartright, aged 38. He dropped dead in his home. He was a family practitioner. Of a ruptured aneurysm. That's a ballooning

artery, 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 tire, and you break the cords in there and you get a balloon. He dropped dead like he was pole-axed, okay? Right in his home, from a ruptured aortic aneurysm. Now we learned in 1957 that he died of something that even a turkey wouldn't die from. The reason why we say that is, 1957 we learned that aneurysms were caused by a copper deficiency. We had a pilot project, 250,000 turkeys, and we made complete food pellets where you put all 90 nutrients in there, and in the first 13 weeks, fully half of those turkeys died. 125,000 died. Farmers were out there every morning picking them up by the bushel basket. They took them to the State diagnostic labs for an autopsy, and they found out that they all had died of a ruptured aortic aneurysm. So they doubled the amount of copper in there, and the 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 guess what? They found out that there is a whole series of diseases that are caused by copper deficiency. Gray hair is the first sign. We start getting gray hair, regardless of age, you have a copper deficiency. You get skin wrinkles, because the elastic fibers in your skin are going... those little crows feet around your eyes, facial and body skin wrinkles. You look like you're a little prune, drying up.

7. Varicose veins

Then, there's the 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 belly, your legs, all this stuff starts sagging, and you can go to a cosmetic surgeon, a plastic surgeon if you want, but it is a lot cheaper, and a lot more effective, and a lot safer if you just take some copper.

Dr. Cartright may have had a medical degree, but he didn't have expensive urine, so he died of something that even a turkey wouldn't die from.

And here's 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. Of course he was autopsied by the best because he was a doctor's doctor, and it said, "The cause of death was a ruptured aortic aneurysm", said Dr. Jewels Hurst, of Rockerfellow University Hospital. What did he die from? Copper deficiency. See, he didn't have expensive urine either.

8. Stroke

Here's an attorney. You're not a doctor, are you sir? She was so famous, she was from Detroit, aged 44, Ellen Joyce Alter. She was in the New York Times obituary, she made the big time. 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 subdural hemorrhage. Very frequently they are caused by a ruptured aneurysm, which is a copper deficiency. She didn't have expensive urine.

9. Cardio Myopathy

How many of you here have ever heard of a guy by the name of Stewart Berger? He wrote 5 best-selling books on diet, and health and nutrition. He got his degree from Tuft Medical School, which is a very fine medical school in Boston, not too far away from Harvard Medical School. And the books he wrote, "The Southhampton 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 as 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 Seletok and Bozie. And Dr. Stewart Berger, a fellow who wrote 5 best-selling books on nutrition, died of a nutritional deficiency. He didn't have expensive urine.

You can prevent, totally prevent, cardio myopathy for ten cents a day. And if we don't do it, we are malignant dumb, I like to call it. Malignant dumb if you don't take in ten cents a day of Selenium. It's a waste of your life. It's one of those landmines that you can avoid.

The medical treatment of choice for cardio myopathy is a heart transplant, costs \$750,000. 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 \$2.50 of suture material, and they charge you \$750,000 for that procedure. Now 6 months ago in LA when they had the earthquake, they were putting people in jail for 60 and 90 days for price-gouging, for selling these terrified people a gallon of water for \$4.00. They put them in jail for price-gouging, for selling them a gallon of water for four bucks. Now to me that's entrepreneuralism. That's 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, more power to you. Because if you go to a Seven-Eleven and buy a quart of Evian water it's \$1.29. So four of those quarts is \$5.00. Kind of interesting, isn't it? And they said it was price-gouging because those people were terrified.

Well talk about a person who needs a new heart, they're terrified. \$750,000, we should put those doctors in jail. But we bow to them because it is high-tech medicine. Out of 250,000,000 people in

America they save about 50 a year. Is that cost-effective? I don't think so. Any rate, Dr. Stewart Berger didn't have expensive urine.

Now here's the last one, and many of you might know this woman. Her name is Dr. Gail Clark. She was aged 47. She was the Chief Cardiologist at W. 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. Guess what she died from? Heart attack. Cardio myopathy heart attack. You can just see her walking down the hall, she's got the stethoscope around her neck. This is her little status symbol, got my stethoscope around my neck. Back while I was in school they folded it up very bravely and put it in their pocket. Run! She has a heart attack, she falls down 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", whatever it is. And they whip her into the room, and lets say you are a cardiac patient, you're laying there, you're all hooked up to the monitors and the IV's, and you hear them say, "Okay, get her clothes off. Okay, stand back. Didn't work, turn it up. Stand back. And then you hear that terrible sound when you know that the treatment didn't work. The flat line when you know the heart is gone. And everybody walks out of the room dejected, and you say, "Nurse, nurse, what happened next door?" And she says, "Well, your cardiologist, you know, the Chief Cardiologist for this hospital, aged 47, Dr. Gail Clark, just died of a cardio myopathy heart attack." You can see all the patients are holding their gowns, and they're running out of that hospital, leaving their watches and their shoes and their checkbooks and their plastic credit cards, cause they don't want to get what Dr. Gail Clark got. (My Mommy sent me that one).

Lastly, on that subject, how many have ever heard of Reggie Lewis? Reggie Lewis was a great athlete, he didn't use four letter words, didn't use drugs. Not a bad word came out of his mouth. In April,

1993, he collapsed on the floor during a game with the San Antonio Spurs, and his diagnosis was cardio myopathy. Now because he was an athlete and in good shape, he survived that first heart attack. The Boston Celtics paid 12 cardiologists a million dollars each on the front end to save Reggie. Save Reggie, they spent 12 million bucks. They didn't take 20 dollars and send a medical student to the library to find out what are all the causes of cardio myopathy, they just argued and bickered over who was going to get famous and rich by doing the heart surgery, the transplant, on Reggie. Well, July 28, 1993, Reggie died of his cardio myopathy. Now here is a 65 million dollar a year athlete, and they paid 12 million dollars for 12 cardiologists to save him. What chance do you think you have, in a hospital where the cardiologist needs a Mercedes payment or has 5 ex-wives to pay. He's not going to give you ten cents a day of Selenium. He wants \$750,000. He earned it! He went to medical school for eight years! Well if you believe that's true, then you just go right ahead and get in line. But if you object to that, don't get in line, and take your Selenium.

Well why does this go on? Even though we know that these things are wrong, (we inherently know that), and we know that there's the Truth out there, we see it in the newspaper everyday. Why does it go on? Well there is a five-letter word that's worse than any four letter word, it's M-O-N-E-Y. And I'm not against people making a living or making money. There's nothing wrong with that. But when you injure other people to get it, then there's something wrong with it.

Any rate, this is illustrated by an article that was in the Washington Post, November 2, 1992, and the title of the article is "Lining Doc's Pockets". The first paragraph says, "If you go to your doctor, you want him to think of you as a patient, not a cash cow, but 2 studies in this month's New England Journal of Medicine showed that doctors are out to milk you dry." I couldn't believe that doctors

would write that in their own medical journal, so I went to the medical school in San Diego, at La Hoya, and took out those articles out of the library, and sure enough, they were in there, but they were written by two PH.D. hospital directors, administrators.

What they said was, "Hey, it's not paperwork, it's not insurance, it's not all this computer stuff that's running the cost up of healthcare. It's you doctors, because there is a lot of things you can do in your office for \$50. But instead, when a person has good insurance, you say to them, "Well, I can't quite tell what's wrong. You've got good insurance, let's check you into the hospital for a week or ten days and run some tests." Well who do you think owns the hospital? The doctor! The doctor does, and so he is referring you in there to make sure those beds are full, and all the overhead is taken care of. Remember, when you pay the doctor bill, where does it go? Well it's gotten so bad that even the Reader's Digest has jumped on the bandwagon. To me the Reader's Digest is a magazine that never says anything negative or bad about anybody or any group. It is the sweetest little magazine that ever was. September, 1993, issue features an article that says, "Can you trust your doctor?" It lists 12 ways the doctors scam your money. I'll let you read 11 of them yourself. I'll give you the worst one.

In addition to their income from office fees, and surgical fees, and lab fees, and hospitalization, doctors get a kickback from the labs, and the xray labs, and clinics and hospitals, \$421 everytime they send you in for a Catscan, or an MRI. And doctors tell you, "Oh we do that because we're practicing defensive medicine. Cause if I miss something, one in ten billion, you're going to sue me. So I do this just to protect myself." Well, if it was just to protect themselves, and you knew them, and they knew you, 90% of the people say, "Ah just skip it Doc," you don't really think it's necessary, let's save the money. But they've got something more than defensive medicine to worry about. They get \$421 and a kickback for every

time they send you in for an MRI or a Catscan.

Well, when I practiced for 12 years up in Portland, somebody came to me with a terrible headache, never had one, I just walk up to them and tap them on the sinuses, and if they collapse to their knees, I know they had a sinus headache. "Oh, Doc, why did you do that?" "Well, that's a cheap lab test." If they had blood dripping out of their nose, I would take a \$35 xray to see if they had a Cancer in there. \$35 and a free lab test, as opposed to \$421. If I wanted to make that \$421, I'd have been a good thief, but I would have gone out and built a chute right into that Catscan machine, cause I knew how to build chutes, living on a farm, and I'd have gone out in the street and I'd have gotten every homeless person. I'd line them up in those chutes, and I'd say, "I'm going to buy you a \$1.50 dinner, I'm a good guy, you just got to go through this chute, go through that tube, and you get your sandwich and your soup." Man, they would be flowing through there. Maybe 100 a day. And I could start adding some things up. It would be a lot of fun. Any rate, the average doctor gets \$228,660 a year Catscan kickbacks. A quarter of a million dollars a year. And any other industry if you'd do that, politicians, lawyers, business men, stock brokers, THEY GET PUT IN JAIL. But doctors, it's okay. Because insurance pays for it. Hilary will pay for it. We don't mind if they steal us blind. It's free.

10. Cravings

Remember I told you I was going to tell you about PICA. PICA is a funny disease, I'm not talking about the PICA you see on a typewriter, 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 had better give them some minerals, otherwise, they would eat that feed bunk. Also, in cattle, dairy cattle especially, where they are losing a lot of minerals through their milk all the time, intensive milking, you'll see them picking up big rocks and

chewing on them, or they'll chew on barbed wire, or maybe you'll see them walking down through the path with a deer bone in their mouth, or shingle, that's called PICA. And the good farmer, or husbandman, knows you had better give them some minerals, otherwise they are going to eat the barn or something.

In human beings we see this at funny times, pregnant women are notorious for PICA. The middle of the night they will elbow their husband and say, "Hey, you had 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. And so it is recognized as a craving for things like sweets and salt, and so forth. You see this in pregnant women. I used to have people come to my practice and they would say, "Doc, do I need to go see a shrink?" I'd say "Why is that?" "Well, I wake up in the middle of the night and I go outside with a spoon and I eat dirt." "No, that's okay. Just make sure it is clean dirt."

Then they say, "My kid sits there with the kitty litter box and he has a spoon and is eating that stuff out of the kitty litter 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. We're good, so we spend 5 million dollars to scrape the lead paint off of there and repaint it with latex paint. Now all we had to do was give those kids 10 cents worth of minerals. Be better for them and save us 5 million bucks. It's your cash money, and if we allow them to throw them away, those dollars, it's kind of interesting.

11. Liver or Age Spots

Any rate, if you have a Selenium deficiency, and you don't want to wait until you get cardio myopathy and drop dead from a heart attack to recognize it, if you look on your hands and you look in the mirror on 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 it will all go away. You'll reverse back in 4 to 6 months. And when they go away on the outside, they're going away on the inside, in your brain, and your heart, and your liver, and your kidneys.

12. Hyperactive children/Low blood sugar/Diabetes

And if you have low blood sugar. How many have every seen a hyperactive kid who gets on sugar? People who have sugar problems are like alcoholics, there is good ones and bad ones. The good alcoholics are one that when they get a few drinks they just go off in the corner and just go to sleep. Same way with somebody with low blood sugar, they eat a big meal or eat a piece of pie, then 3 hours later they conk out and go to sleep.

Then there's bad alcoholics, they are the ones that get two drinks in them and they violent and rage and want to fight everybody, punch holes in the wall, big brave fellows, and they kick their wife, and kick the dog, and take the chain saw and cut their neighbor's 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 have bad blood sugar people too. They get a little crazy.

I don't know how many remember the Twinkie defense? 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 ate sugar. Now don't any of you try that! Well chromium and vanadium deficiency will result in the sugar problems. Low blood sugar, and if you let it go on for any length of time you develop diabetes. Chromium and vanadium.

13. Baldness and 14. Deafness

In a tin deficiency, the early symptoms are male pattern baldness. (I see a lot of tin deficiency in this room), and if you let it go on for any length of time, you get deafness.

15. Osteoporosis (partial)

Then there's the Boron deficiency, because it lets you gals keep the calcium you take in your bones, so you don't get Osteoporosis. Boron.

16. Hormones

Also it helps you make estrogen. Helps you fellows make testosterone. If you don't get enough Boron, you ladies are going to suffer, miserably, going through menopause. You're going to have all those terrible symptoms. You fellows don't get enough Boron, can't make enough testosterone, you won't know whether to lead or follow on the dance floor. You're going to be confused. She faints, she's got a Boron deficiency.

17. Smell/Taste loss

Then in laboratory, Oh I should tell you too, we said this on the show today, those of you who may not have heard it, some of you didn't hear the whole show. The first symptoms of a zinc deficiency is that you lose your sense of smell and your taste. You say, "Ah, food just doesn't taste good anymore," and you don't have a cold or anything like that. And you say, your wife says, "Aren't you excited about dinner? I spent the whole day in the kitchen cooking dinner." He says, "Well, I didn't smell anything when I walked in". You know he's got a zinc deficiency.

18. Longevity

In laboratory animals, there is some seven rare earths. These rare earths are trace minerals you need in lesser amounts than you need in trace minerals. And they actually double the lifespan 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. They're still arguing over vitamin C and calcium. So I'm just going to do it. Didn't kill any laboratory animals, just doubles their life, and is not a drug. These rare earths are called lanthanum, praseodymium, neodymium, samarium, europium, ytterbium, and thulium. There must be a reason that they are named after Old Testament cities.

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 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, and make vitamins and 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 thinks that if they eat some potato buds out of a Betty Crocker box that they are eating a vegetable. So you have got to be careful what you are considering a vegetable.

Then, of course, they want to do right by their doctor, so they eat low-fat turkey breast, and they put a half a jar of mayonnaise on there, and they put it between two slices of Wonder Styrofoam bread. Remember that stuff you could insulate your house with? And put in your shoes if you get a hole in your shoe? I can 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 winter time was to sit in the kitchen and wonder at a loaf of Wonder Bread. And it had the blue, and the red, and the

green and yellow balloons on there. And if you read the labels as many times as I do, you know it said things like, "Helps build bodies in 12 ways". 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. So even though this is theoretically possible, it's not likely to happen that you are going to get your 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 to my grandchildren's is to me, I would make sure I take in all my vitamins, amino acids, and fatty acids. Because I guarantee you you won't make it to 120 or 140 if you don't. You're 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, and if they're not in the soil anymore, they're not in our plants. We have for you when you leave, a free copy of a summary of US Senate document 264. US 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, and the fruits, and the vegetables and the nuts that are grown on these depleted farm and rain soils are minerally deficient, and the people who eat them get mineral deficiency diseases. The only way to prevent and cure them is with mineral supplements.

That's US Senate document 264, 74th Congress, 2nd Session. It was written and printed by the US Congress in 1936. 58 years ago. You think it has gotten any better? No. It has not gotten any better. It has only gotten worse, and the reason is, if you guys knew what we did, and people continue to do, is we put NPK on our land, (Nitrogen, Phosphorus, Potassium) and you see it as these three numbers in many combinations of ratios, and these represent

percentages of these three nutrients, nitrogen, phosphorus, potassium.

Those of you who don't have any experience on a farm, the reason why we do this is because farmers get paid for tons and bushels. There is no subsidy that encourages people to put 16 minerals back in the soil. You get paid for tons and bushels, and for \$40 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 everytime you harvest a crop, those plants pull minerals out of the soil. Many pounds per acre, everytime you haul a crop out. So soon, those minerals are gone. And if you only put back in 3, and you take out 60, like a checking account, if you only put 3 bucks in your checking account each month and write checks for 60, what's going to happen to your checks? Boing, boing, boing, they bounce. Exactly. 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, "What did these people do thousands of years ago? They didn't even have commercial fertilizer. What did they do?" The 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 the great rivers, the Nile River, the Ganges River, the Yala River in China. And what used to happen, every year or so it 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 1000 miles away, and those people would trade 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 during the winter time, and it would put silt and minerals back in the soil. And their grain was very valuable. King Phillip, 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 beautiful costumes. She was a little flat-chested teenie-bopper, not very sexy, but Phillip married her because she controlled the best wheat in the world. And he wanted his Macedonian Army to conquer the world, through his son, Alexander the Great. And he needed the best wheat in the world so he could march 20 hours a day, fight for 6 hours, 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, "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 all the great technology, came from those places because they had more intelligence, cause they had more nutrition. More minerals, I heard somebody say. Very good. We're getting the picture.

What I'm going to do here is to pick out just 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're just different names, they're named after people like Bells Palsey, one side of your face sags, not a true stroke, it just effects your facial muscles. It's caused by calcium deficiency. We'll talk about it in a little bit.

19. Osteoperosis

But everybody knows about this one, Osteoporosis. It's the number 10 killer of adults in the United States. It's very expensive. It costs you \$35,000 for each hip to replace. So okay, it's free. Insurance, or Medicare, or Hilary will pay for it. Costs you \$70,000 for both hips.

As expensive as it is, the number 10 killer, remember, Mrs. Skates, of Radford, Virginia, aged 115, she died of the complications of a fall. We don't have Osteoporosis in animals. It's because of farmers that we don't have Osteoporosis in animals. 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, you're in trouble. Cause you paid for the feed, and the vet bill, and mowed the pasture, and fertilized, and maintained the fence, and fed 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 says, "There's nothing wrong with these cows, let me look at the bull. Aha, here's your problem. This bull has Osteoporosis of both hips. Can't breed the cows. Didn't have any calves. I'll tell you what, though, you give me \$70,000, I'll put two new hips in that bull, and next year you'll 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, I wasn't going to pay you \$70,000 for that bull. I can get a new bull every year for 70 years for that. But every once in a while I get a good 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 a good bull?"

Well he says, "Yeah, if you'll give a bull calf ten cents worth of calcium everyday after he is weaned, he'll never get Osteoporosis."

The farmer says, "Wait a minute, Doc. You mean, if I give that bull 10 cents a day worth of calcium, I can prevent a \$70,000 disaster?"

"Hell, yeah, it's that simple."

"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. I'll give up the half a cup of coffee."

And that's what we have to think like, okay?

20. Gingivitis/Receding Gums

Then, there's receding gums, dentists and periodontists will tell you that if you want to prevent and cure receding gums you had better floss and brush after every meal. If you believe that works, I have some ocean-front property in Montana to sell you. You all know your geography, you know that doesn't work. Now as a veterinarian, I've seen hundreds of thousands of animals of all kind, mice, rats, rabbits, dogs, cats, sheep, pigs, horses, lions, tigers, bears, and they don't get receding gums. And they don't floss. But they do get flunky breath, but they don't get receding gums. Boy if you want to smell something you just let a camel breathe on you. Well, the reason we don't have receding gums in livestock is because we've dealt with the Osteoporosis problem. Receding gums is not a deficiency of flossing, it is, in fact, Osteoporosis of the jawbones 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 everyday. And if you take your teeth out at night and put in a glass next to your bed in that fizzy stuff, you have major, advanced Osteoporosis because all your bone has melted away. (Calcium)

21.Arthritis

Then there's arthritis. We talked about that a little bit 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, let's say you get 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 one second, because then I want you to think about driving your tractor in a field, or you are driving your Mercedes down the highway, either one, doesn't matter, whichever you love more. And let's say, you didn't put that nut on that oil pan that tight and all the oil drained out. And that light on the dashboard comes on and says, "getting hot, you had better give me some oil". And that light irritates you, so you stop, you open up the hood, you get your clippers out, 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 five-mile walk and our aerobics. That pill worked real good, Doc, cause 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. (Calcium).

22. Hypertension/high blood pressure

Then there is hypertension. This is one of my favorites, so I'll put a star over here. Hypertension is high blood pressure. What's the first

nutritional thing your doctor will tell you to give up when you get high blood pressure? Salt. Everybody knows that one, it has been ingrained in our heads. Well, they must think we are dumber than cows, because what is the first thing you put out for your cows, 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're going to die. They're going to get their veterinary bill and they are going to go crazy. Now we're supposed to believe that we don't need salt, that we can get everything we need out of your lettuce and your whole wheat bread, and stuff like that. Well don't believe that one either. If you believe that, I've got some more ocean front property in Montana. Remember, those long-lived people put a big chunk of rock salt the size of a big black Concorde grape in every cup of tea, and they drink about 40 cups of tea a day cause they live at high altitudes where it is very dry, and they have to keep hydrated. And they put butter in their tea. They put two pats of butter and chunks of rock salt. They don't put the pink stuff or the blue stuff, or skim milk, or Creamora, or whatever it is. Guess what? The doctors who lived to be 58 tell you, "No salt, no butter". The people who live to be 120, they put in butter and salt. You have got to make some choices.

They took 30 million dollars of your tax money, and two years ago, after a 20 year study, they came out and said that they took 5,000 people with high blood pressure. They took them off their medication, and put them on a reduced salt diet, a restricted salt diet, and they all died. No big surprise. But somebody got a PH.D. degree and everybody was happy, right? But when they looked at this result, they said, "Oh, only 99.7% of the people didn't get any results from that before they died. 0.3% did get some results, dropped their blood pressure 1 point before they died, by restricting their salt." So the referees said, "Oh, doesn't matter. You might as well let high blood pressure patients eat salted peanuts, and dill pickles, and salt to their food to taste, cause it doesn't matter. In

fact, worrying about the salt is more stress than taking the salt.

Then they had a controlled group with 5,000 people with high blood pressure and they doubled their RDA of calcium and they stopped their experiment in 6 weeks. Cause 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, what they did was, they went to the doctor and he said, "You don't need this medication anymore. What are you doing?"

"Well, I'm on this experiment where I double my calcium intake."

Anybody get a recall notice from your doctor saying it's okay to salt your food to taste, and please do double your calcium intake? Anybody get that? Not a single one. It's very interesting.

23. Insomnia

Then, of course, there's insomnia. That's where you roll around all night, and when you wake up in the morning you're more tired than when you went to bed. That's insomnia. Of course doctors have two treatments for that. They have Halcyon, which is sleeping pill, and they have barbiturates. They kill about 10,000 people a year with overdoses of those things. But that's okay, it's in prescription, and they're watching out for us. Remember George Bush when he went to Japan. They gave him some Halcyon so he could sleep on the way to Japan cause 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. I'm sure that's why he lost the election, cause he puked over that Japanese Ambassador. (Calcium).

24. Kidney stones/bone spurs/heel spurs/calcium deposits

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 officially is calcium and dairy, because they have this foolish belief, the stupid belief, the ignorant belief that the 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.

25. Muscle Cramps/twitches

Then there's cramps and twitches. You wake up in the middle of the night and your foot is all cramped up around your neck, you say, "Lord, take me from the knee down. I'm not going to make it until morning". We've all experienced that. It's very common.

The one that bothered me when I was a teenager, was twitches. My eyelids used to twitch. I'd look in the mirror and I'd say, "Do people see that? Or is that just my imagination?" Sure enough, I could see it actually twitching. So I showed my Mom and she got panicked, you know. This was during the early '50's, and she grabbed me by the shirt and took me down to this lady doctor, I'll never forget, her name was Mary Jane Skepington. And she had me sit down in my jockey underwear on those little stainless steel stool that you can wrench down and up, and sitting there in my jockey underwear for an hour, she'd look in my eye for 10 or 15 minutes. She couldn't figure it out, so she would go on to another patient and come back. I knew she was lost. Today that would be sexual harassment, sitting there naked for an hour in the doctor's office. But then I knew she was just lost. So I said, "Look, Doc, I'm a man (I was 14 years old), and I play football and I'm on the wrestling team and the weight-lifting team in my highschool. If you have to amputate my eyelids, just do it!" She got the picture. She went in her office, she had a Maybelline Mascara eyelash brush and a little mirror. I kind of looked at her and said, "What's that for?" And she said, "The only

thing I can figure out is that your eyelashes have curled back and is tickling your eyeballs and that is what is making your eyelids twitch. So what I want you to do is to retrain your eyelashes with this Maybelline Mascara brush." I said "Wait a minute, Doc, you want me to sit on the bench, during the..., when the team...., you know, and you want me to do this? Oh the team will kill me! You've got to be kidding. So I put on my pants, and I leave, and I go to the school library, and I get out a health book, written by two nurses, and I look up muscle cramps and muscle twitches, and it says "calcium deficiency"! So I knew when I was 14 years old that doctors didn't know anything about nutrition. And it hasn't changed, believe me. Oh, I forgot to tell you how I fixed it. I went home and I grabbed some of those calf pellets, and after eating a handful a day for 3 days they were all gone and never came back. So if you see me with a handful of stuff bulging in my pocket, you know it's calf pellets.

26. PMS

Then there's PMS, pre-menstrual syndrome. You know, the emotional and physical stuff. The medical treatment of choice for PMS is what we call a hysterical-ectomy, been shortened to hysterectomy. That's a hundred year old treatment, and doctors do about 285,000 unnecessary hysterical-ectomies a year, but it makes Mercedes payments, so they do them. Even the AMA say they're unnecessary, but they don't take their licenses away. And people keep going to them. Can you imagine the poor woman in her 30's, she says, "Doc, you got to do something. Everytime I go out to hang up the clothes, my neighbors kids run down to the basement screaming 'witch'. My own kids think I'm crazy, my husband's leaving me, I'm going to lose my job, you gotta do something." Well instead of giving her some calcium, he says "Well, I'm due for a Mercedes payment, and I know I'm not supposed to do that surgery, but let me give you a hysterical-ectomy and we'll both be happy."

The University of California, San Diego, came out 3 years ago now and said, "If you just double the RDA of calcium intake, you get rid of 85% of emotional and physical symptoms of PMS." And when that came out, there were huge lines around the health-food stores, around the block, 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.

27. Low Back Pain

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, doesn't matter. Low back is a big problem. Low back is just Osteoporosis of the vertebrae whether you have a disk problem or whatnot, because if your disk doesn't have anything to hold on to, your vertebrae is melted away, what's going to happen to the disk? Especially if you have a copper deficiency, cause they're 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 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 disk operation. They don't tell you that 75% of the time you'll never be the same again.

PMS, you go to your OB-GYN, you can go to an Internist, you can go to a Family Counselor, or 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, calcium deposits you go to a Rheumatologist, an Orthopedic Surgeon, or a Podiatrist. Kidney stones you go to a Urologist, an 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, an Internist. Receding gums, you go to a dentist or periodontist. Osteoporosis you go to all those health specialists, including a Tums salesman.

For nothing more than a calcium deficiency!

It costs you ten cents a day to deal with. Now, on the average, because Americans have insurance, and we have Medicare/Medicaid, we spend on the average \$25,000 to \$250,000, and we undergo five to ten surgical procedures a year for a calcium deficiency! And we beg the doctors to do it! It's our choice.

28. Diabetes

The last one I'll share with you is diabetes. Everybody is touched by diabetes. It's the number 3 cause of death in adults in the United States. And it has terrible complications and side-effects. Diabetes. The side-effects include blindness, of many kinds, then there is the kidney failure, with dialysis and kidney transplant, there's cardiovascular disease of all kinds. And of course that contributes to the number 1 cause of death. Then there's amputations, everybody ought to have one of those, cause they are totally paid for in your health thing, cause they assume that you're not just going to get one cause 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. We could prevent and cure diabetes with two trace minerals, in 1957, in animals, and it was published in Federation Proceedings, which is the official journal of American Science, the National Institute of Health. The official monthly journal, August, 1957. Today when your doctor gets a new diabetic patient, he drops to his knees and says, "Thank you, Lord! And he gets up and he runs to his phone and calls his real estate agent.

Because everytime he gets a new diabetic patient, it represents \$250,000 to him over a 20-30-40 year period. Because he knows that eventually you are going to go through that. And so he calls his real estate agent and says, "I need a new apartment complex. I need a small farm." They all want strip malls. Kind of like monopoly, they all want strip malls. 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, British Columbia Medical School, vanadium alone will replace insulin in adult onset diabetics, which represent 85% of all diabetics. Course they can't quit their insulin cold turkey. They got to gradually lean off it, takes 4 to 6 months for most people to slowly wean off insulin, if 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 Hills Packing Company that makes Science Diet dogfood (they're right over here in Topeka, Kansas), they manufacture Science Diet dogfood and other Science Diet products, high tech foods for animals. If you write them and say, "How many minerals, exactly, is in Science Diet dogfood?" They'll write back there's 40 minerals. You write Checkerboard Square in St. Louis, Ralston Purina, and say "Just how many minerals are in your rat pellets for laboratory rats?" They'll say there are 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 dogs get 40 minerals, now this is what Mike Murphy was saying "Dog never seem to get sick", cause he's getting this canned dog food with all these vitamins and minerals in there. So dogs get 40 minerals, rats get 28 minerals, and human infants get 11. Is that fair? No! Doesn't matter if you're talking about SMA, Similac, Isomilk, ProSoyB. In fact, that's why they call Similac, Similac, cause it lacks everything.

Okay, 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's boxed or packaged or bottled, there's three types of minerals that you have to be concerned about. One is metallic minerals. Metallic minerals are essentially ground up rocks. Metallic minerals are things like oystershell, eggshell, dolomite, limestone, calcium carbonate, clays of various kinds, Mt. Meroulinite clay, seabed minerals, Tums. They're only 8-12% absorbable, and when you reach age 35-40 it drops down to 3-5%.

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 in Grand Rapids, Michigan, and this fellow owns a port-a-potty business. You know, that's that green or blue colored out-house? Man, if we had only had one of those back when I was a kid. We had these ones with splinters, you know, in wood. At any rate, he said, "I see something that describes that in my port-a-potty business." I said, "What's that?" He says, "When we take those things back to the shop to clean them out with the pressure hose, 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 there, it blocks up the sewer system and costs us thousands of dollars to fix it. Everytime we clean one of those out, we find hundreds of vitamin tablets."

I said, "Well how do you know they are vitamin tablets?" He said, "That's easy, right on the coating it says 'Theragram-M, One-a-Day, Centrum.'" He takes me out into the back of the shop and there is this literal mountain of all these vitamin pills he got out of his porta-potty. 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 railroad track and take your butter knife and scrape some of that rust off and lick it. And you're going to get your iron supplement. That's what they're giving you. I'll show you how bad it

is. If you take something like calcium lactate, which is a common metallic mineral, let's say it's a calcium tablet with calcium lactate, 1000 mg. If you take two of those, you're not getting 2000mg of calcium. In fact, I have people all the time say, "Well, I took lots of calcium, Doc. I hear you on the radio all the time talking about calcium and arthritis, and I took 2000 mg calcium a day. Didn't help my arthritis. In fact, it got worse."

I said "What kind of calcium are you taking?" He said "Calcium lactate". Well there is your problem, because only 250mg 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 you're not getting 2000, you are getting 50mg. 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 got 59 more minerals to go.

And there's those people who want to do things naturally. Let's see if you can do anything good with ten pounds of spinach. To be fair, let's see if you can get 1000mg of magnesium. I picked magnesium because in green leafy vegetables, you have a lot of magnesium because of the chlorophyll. Part of the chlorophyll molecule. And any pound of anything you've got 454 grams and ten pounds of spinach you've got 540 grams, of which 97% is water. Let's say you have 1 gram of chlorophyll, in that 10 pounds of spinach, that's 50 mg of magnesium. You've got to divide that into the 1000 you want, you get a factor of 20, which you multiply times the 10. You have to eat 200 pounds of spinach, and you've got 58 more minerals to go. Okay?

So, you've got 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 '60's, the agricultural industry came up with chelated minerals. Chelated

minerals, because farmers aren't dumb enough to pay for a dollar of something that goes into an animal's mouth and have 99 cents come out in the manure. So, I have to really thank farmers for being that clever, and chelated minerals are just metallic minerals with an amino acid or protein or enzyme wrapped around the metal atom, to increase the absorbability to 40%. Then the health-food industry jumped on that right away, because it is a major improvement in absorbability of minerals.

The most efficient way to absorb minerals is the colloidal form.

Colloidal minerals are 98% absorbable. Two and a half times more available than chelated minerals and ten times more available than metallic minerals. And they are very interesting. They are liquid. They can only be liquid. They're very small, particle size, they are 7,000 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 three 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. If they are not in the soil, plants can't make them. Remember US Senate document 264 says they are not in the soil anymore. Metallic minerals are taken up by plants when they're 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 transport minerals from the storage place to the 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 120-140, they have certain

common denominators. They all live in high mountain villages that are above 8500 to 14,000 ft. in elevation. They all have less than 2 in. of precipitation a year. They don't have any rain, they don't have any snow. They don't have any dew. 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" per year, there's more than 60-72 minerals in each one of those places. The water that comes out from underneath those glaciers is not clear like Perrier or Evian water, or Poland water or Geyser water. You take a glass full up and hold it up it looks like Jersey milk. I mean it is either yellow, white or white-blue, it looks like milk and it is called in Titicaca or Tibet, they all call it glacial milk. And not only have they consumed it, drunk it and got 8-12% until they were 35-40, then 3-5% absorption for 2,500 to 5,000 years depending on the culture, more importantly, they have irrigated with it. Year after year, crop after crop, generation after generation, for 2,500 to 5,000 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, no jails full of drug addicts. No taxes. No doctors. Yet they live to be 120-140 without disease.

Are these colloidal minerals important? You bet your life they're important. And everytime you don't take them in everyday, you're chopping off a few hours or a few days of your life. Most people are not going to go to Hunse or Tibet, or Titicaca, because we don't have Kenmore kitchens there, or even Saturn cars, or TV 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. The only place you can get these in the United States is from a prehistoric valley in Southern Utah, according to geologists, 75 million years ago has 60-72 minerals in the walls, and the floor of that valley. And those trees and the grass is in that

valley, in that forest, took up all the metallic minerals and made colloidal minerals in their tissues. About that time there was a volcanic eruption which entombed that valley with a thin layer of mud and ash. Not thick enough to crush or pressurize this into oil or coal. It was very dry in here, so it never became fossilized or petrified, never became rock. Today, if you put a shaft into this valley it still just dried hay, 75 million year old hay. You can still see the grass and the leaves and the twigs and pine cones and the bark and so forth. If you ground this plant material up into a flour, very small particle sized flour, like a good wheat flour, and for 3 to 4 weeks soak it in filtered spring water. When it reaches a specific gravity of 3.0, it's very heavy, it has 38 grams of this colloidal minerals in it per quart or liter, and by actual analysis it has 60 colloidal minerals in it, and it works.

People were running around 12, 15 years ago saying "Hey, my arthritis got better. My diabetes got better. My early Cataracts went away. My white hair turned black again. My knee arthritis got better." And so they thought, "Oh, they must be putting cortisone, prednazole, antibiotics, or drugs in that stuff", and when they examined it for 2 years it only had 60 colloidal minerals in it. [🔍]

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