

Stop the Stick

You're In Control

Clifford Whitmire Jr.

Stop the Stick You're In Control

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Introduction

This text is not meant to diagnose or prescribe for any disease for two reasons one, I don't believe in disease as defined by our modern western medicine and two, I am not a doctor or any other professional who is disposed to diagnosing.

Now that I have said what this manual is not, let me see if I can say what it is. Simply put, I want to share what I have learned in dealing with my own illness. There are truths here that pertain to any disease. I believe with the right knowledge we can take charge of the things in our lives that are making us ill and bring our bodies back into a healthy balance. There is a place for all forms of medical treatments, the goal here is to shed light on how the body works so you can make more informed decisions about your health.

At age 19, I was given a series of vaccinations. This being a policy of my employer, I did not think much of it. I was living in an industrial part of Chicago being exposed to heavy metals and other air-borne pollutions, and my diet consisted of over-processed foods. About seven months after I had received the vaccination series, I was exposed to tuberculosis. All this, coupled with a strenuous work schedule, was the beginning of a long journey for me.

I did not know what was wrong with me at first. All I knew was that gradually I was starting to have pain in my chest and limbs, night sweats, weight loss, energy loss, and an all around feeling of 'blaaaaaaaah'. It took about a year, but by the time I was 21, I had gone from being strong and active to weak and sickly. I was 21 going on 'dead' if I didn't change the direction I was headed. I had lost my appetite and it was difficult for me to digest what I ate. It seemed like every system in my body was shutting down.

I was looking for an answer to my health struggles, but my symptoms were so extensive that it seemed impossible to narrow it down. I finally had a TB test, which provided my first real answer. TB is an infection of mycobacterium tuberculosis, and as I knew, affected the lungs. What I did

not know, is that it can affect every system of the body. So here I was, 21 and dying from systemic consumption, or so the medical doctors told me. Okay, they did not say it straight out, but what they did tell me was that the treatment was a year of medications, the side effects being kidney, liver, and eye damage. In fact, the only ‘good’ news they had, was that it was 20% effective. Effective meaning the patient lived through the treatment.

“No thanks!” I told them. “A treatment that is 20% effective is 80% ineffective.” That was not good news to me. I knew that my kidneys, liver, eyes and the rest of me were already stressed to the max.

I then started looking for alternative treatments. This led me into the realm of the ‘Health Nuts’ where I subjected myself to all kinds of strange things, from wearing special crystals to drinking nasty tasting tea. Nothing seemed to help and the only consistent part I could see was the more fantastic the claim for the ‘miracle cure’, the more it cost. It got to the point that I had exhausted all my resources and was fed up with all the propaganda about the ‘miracle cures’.

It was at this point that I decided I had better either find out how health really works...or just die. To make a long and potentially boring story short, the information I have compiled in this manual is the information that I have learned. The healing process has been a slow one for me and I have made many mistakes by listening to people only interested in selling something but not knowing what it did or how it worked in the body.

My attempt here is to outline, in a simple way, how to take responsibility for your own health and give you the understanding to be successful at it.

Chapter One

Terrain Biology

We are going to be talking about **terrain biology**, which is describing the internal terrain of the body involving the interstitial fluids, the blood and all the internal workings of the body. In a healthy body, the **internal terrain** maintains a state of balance with all systems working together in homeostasis.

We will be exploring the important relationship we have with the myriad of living organisms in and on our body. We will see that the **regulation** of the body flora brings about wellness and vitality; whereas, the **dys-regulation (imbalance)** of the body flora brings about illness and death.

Okay, before we get started, I want to tell a story:

Let's pretend that you live in a city that is filthy, trash all around, rats running rampant. The people of this city just throw garbage anywhere without a care.

One day someone comes to the city, sees the trash problem and says they can help. This person takes a tour of the city to observe and find the best solution to the problem. After the tour the person says, "I have observed that the problem in this city is not trash, it is rats. I have found that where there are many rats, there is a lot of trash, and where there are no rats, there is no trash. It is therefore obvious that rats cause trash. Now, all we have to do is kill all of the rats and the trash will go away. For a fee I can kill the rats in your city. Then all of your waste problems will simply go away."

Nineteenth Century France

In late nineteenth century France, there was a debate between the **terrainist** and the **microbiologist**, two researchers and scientists. Louis Pasteur and Antoine Bernard Bechamp were both studying the cause of disease and each had a particular interest in the microbes that make up the vast flora of living systems.

Louis Pasteur believed that the microbe is the cause of all disease. He theorized that each disease was caused by a specific microbe and if one could identify the microbe and destroy it, one could cure the disease. This was the beginning of the **germ-theory**, a strong influence on our modern day western medicine.

The **germ theory** is much the same as the **rat theory**. Since we know that rats don't make trash; we should look at the similarities between rats and microbes. Rats and microbes (germs) have one thing in common – they are both opportunistic. In other words, they seek environments that meet their needs. Rats and germs both like garbage.

Antoine Bernard Bechamp believed that disease is caused by dysregulation (imbalance) of the body terrain. He believed that the condition of the internal terrain dictates whether an individual becomes ill and manifests a set of symptoms or whether they remain well even if there is disease around them. This is the **terrainist theory** of disease.

How does the **terrain theory** apply? A city full of garbage promotes rats. The responsibility of ridding the city of rats falls on the people to clean up the trash and be disciplined to remain clean. The **terrain theory** is the same whether we are talking about a city or our body. A body in balance does not experience 'dis-ease'. A body full of 'garbage' promotes bacterial growth and disease.

Antoine Bernard Bechamp said in 1879 that, "It is the fixity of the milieu interieur which is the condition of free and independent life." In other words, it is the stability of the balance (equilibrium) of the internal terrain that promotes healthy life.

Louis Pasteur believed that the microbe is the cause of all disease. Antoine Bernard Bechamp believed it was the balance and strength of the internal workings of the body that either gave way to disease or held to health.

Pasteur and Bechamp looked at microscopic environments using different equipment. Louis Pasteur looked at things under a **bright-field**

microscope. He developed stains in order to identify clearly what he was looking at. The stains killed and denatured the bacterium, tissues, and other materials observed. By killing the organism to identify it, it was difficult to understand the organisms' living functions.

Antoine Bernard Bechamp did not depend on the bright-field microscope for his understanding of microbes. He looked at living systems using **dark-field** technology. This allowed him to watch the living system and see what developed there. What he saw under dark-field microscopy formed the basis of the terrainist school of thought.

In the plasma of the blood between the red blood cells against a black field he observed tiny living organisms that he named **microzyma**. He postulated that the **microzyma** were the living seeds of life and that these organisms, when in balance, help to maintain the body in a state of health and wellness. He further postulated that the lifestyle of any individual; the physical environment, the diet, etc., causes him/her to get sick and die or to remain well.

A Story about Rabies

A story has often been told that illustrates the debate between these two researchers. It involves two brothers who lived in France, one in the city of Paris and the other outside of Paris, in the country. One of the brothers was a prominent baker who provided baked goods for restaurants in Paris. The other was a poor farmer. These two men had daughters of about the same age. One day both of their daughters were playing at the home of the farmer. A rabid dog bit both little girls. One of the girls died; the other little girl did not become sick at all.

Louis Pasteur was called on to examine the body of the little girl who had died. He had already gained repute for discovering the microbe that caused hydrophobia (rabies). Having examined the body, he declared that she had indeed died of rabies. When asked why the other little girl didn't even get sick, his response is reported to have been, "Perhaps the mouth of the dog was so cleansed by the first bite that when the dog bit the second girl, there were no more microbes left on its teeth and gums, therefore she didn't get sick."

Antoine Bernard Bechamp was introduced to this case second. There was no body for him to examine, but he talked with the parents of both little girls. What he found was two totally different lifestyles. He found this contrast very significant. These differences intrigued him.

Could the diet and lifestyle make the difference between life and death in the case of infection with rabies?

This is what he observed about the little girl who died:

- She lived in a town.
- The air was polluted outside because of the predominant use of coal, and was polluted inside because of the use of whale oil lamps.
- The water was polluted because it came from the river that also doubled as the sewer system.
- Her diet consisted largely of processed carbohydrates, meat and sauces.

This is what he observed about the little girl who lived:

- She lived in the country.
- The air was clean and pure.
- The water was clean from a well. It was not polluted with sewage.
- Her diet consisted largely of garden produce, very little meat and few processed carbohydrates.

Bechamp observed the difference between the two lifestyles and diets and concluded that the daughter of the farmer had an internal terrain that was regulated. The micro-flora that lived there naturally prevented the rabies from taking hold and making her sick.

This story indicates just how opposite the views were in explaining the cause for health and disease at the time.

Why is it that most of us have heard of Louis Pasteur, and few if any have heard of Antoine Bernard Bechamp? Simply, Louis Pasteur had gained the support of industry by his discovery of organisms important to making cheese and wine and in the preservation of the silk worms for manufacturing. Because of these contributions, he had 'big money' on his side. Using this money, his theory gained predominance.

The terrain biologists held on for a few years, but by the 20th century, their numbers were few. The micro-biologists, philosophy is the foundation of the modern chemical medicine we have today.

Gunther Enderlein PhD.

In the 1930's, another researcher in Germany, using dark-field microscopy, studied what Bechamp called the **microzyma**. His name was **Gunther Enderlein**. He was a zoologist in Berlin. One of his passions was the health of the animals at the Berlin Zoo. He studied healthy, sick, dying, and dead animal bodies. He was intrigued by Bechamp's work but went further in his studies, having much better equipment. He observed that in the blood of healthy animals, the **microzyma** were very small in size and abundant in number. In the sick animals, he found that the small **microzyma** were greatly reduced, and what appeared to be bacteria was seen. In the dying animals, even fewer small **microzyma** were present; much more bacteria were seen, and other more developed forms that looked distinctly fungal began to emerge. In the dead animals, there were no **microzyma** at all and there were many bacteria and fungal forms. Noticing that in the healthy animals there were many **microzyma** and few if any in the sick and dying, he thought he might have found the key to health. What are these tiny organisms? How can we keep them in our body to stay healthy?

Enderlein decided to filter these various forms out of the blood - the **microzyma**, the bacteria, and the fungal forms and grow them in a lab. This way he could know what they were.

When he attempted to grow the **microzyma** in the lab, he produced nothing but black soil mold. When he isolated the **bacterioid** forms that he had taken from blood samples, he expected to grow the same bacteria on the

auger. But the bacteria he expected did not appear; what grew in its place was black soil mold. Likewise, when he isolated the more advanced fungal-appearing forms on the auger, black soil mold appeared. Over and over he repeated the experiments. Each time the same results were achieved. The microzyma, the distinctly bacteria-like forms as well as the fungal forms, all produced black soil mold in the laboratory.

From this observation, he hypothesized the organism that Bechamp called microzyma was actually a type of soil mold which he named **mucor racemosis fresens** or **mucor** for short. (In much of his work he refers to the **mucor** as the **endobiont**.) He went on to describe the species as **pleomorphic**, that is, that the organism has the ability to take many forms depending on the parameters in which it lives.

The idea of pleomorphic organisms was difficult for many of Enderlein's colleagues to accept. Many of them believed that Pasteur had already shown that each germ was distinctive and that each caused its own disease. This idea Enderlein was suggesting, that some of the organisms that had been thought to be unchanging would actually change according to their environment, was met with skepticism and much opposition.

The next observation Enderlein made gave him reason to speculate on the actual causes of disease. Recall in healthy animals, he saw no **bacteroid** or **fungal** forms of the **mucor**; he only saw the tiny dancing dots (microzyma) he called **regulator mucor**. When he tested the pH of the blood of these healthy animals, he found the pH of the plasma held between 7.4 and 6.8. In sick animals, he found that the pH plasma was below 6.8. In the dying animals, in which he found fungal forms, the pH was even lower. From this he formed, '**Enderlein's Postulate**'. That is:

Mucor is pH dependant and as the pH descends, the developmental forms of mucor ascend correspondingly.

Enderlein's Postulate Was Ignored

Some think Dr. Enderlein should have received the Nobel Prize for this discovery, but he did not. His work went largely unnoticed, because he stayed in Germany after WWII. His discovery forms the basis of a system

of alternative protocols now referred to as **German Biological Medicine**. What should have had a major impact upon modern medicine was simply passed over.

Let's review what he found. In the healthy animals, whose body pH was found to remain between 7.4 and 6.8, he observed many small **mucor** colonies which function as **regulators**. These **regulators** are so small, that the form of food they require is the waste material excreted by the cells. This waste can combine together and congest the surface of the cells of our body. One of the functions of the **regulator** form of **mucor** is to remove this waste product to make the cells function at their best.

Another function of the **regulators** is to act as part of our first line of immune defense. This fact is verified in the writings of Quentin N. Myrvik, Ph.D., Nancy N. Pearsall, Ph.D., and Russel S. Wiser, Ph.D., in the med-school textbook **“Fundamentals of Medical Bacteriology and Mycology, for Students of Medicine and Related Sciences”**, published in 1906, 1921, 1971, 1976, and 1978 by Lea and Febiger. In it, the authors' state:

“Evidently microbes of the normal flora exist in equilibrium and regulate each other's growth... The normal flora can interfere with colonization and/or invasion by pathogenic microorganisms and, under some circumstances, can probably induce partial immunity against pathogens.”

So what is being said here? The normal flora in equilibrium keeps itself in check. While in the balanced state, they interfere with the colonization of invading microbes.

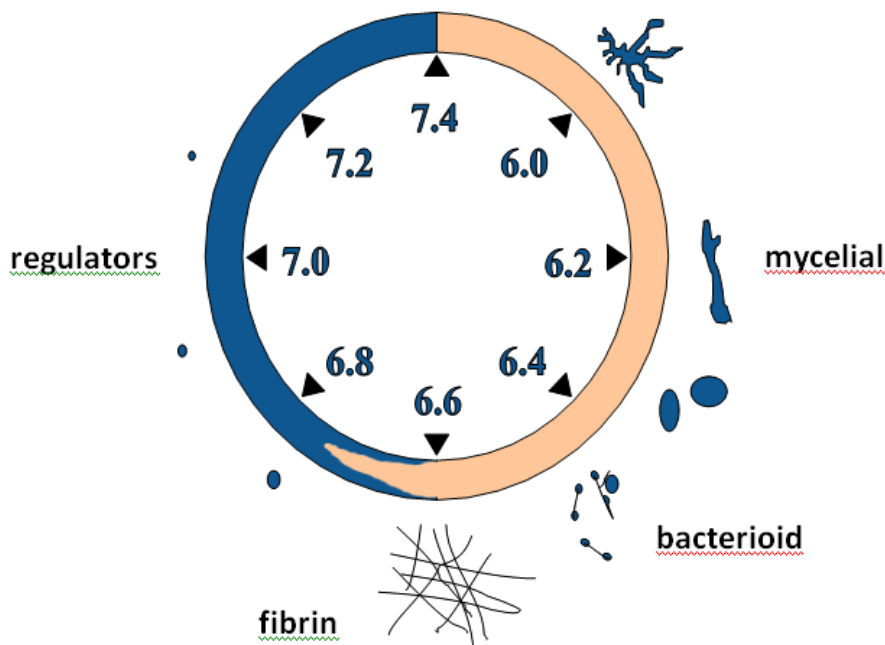
As the pH of the body drops and the internal environment becomes more acidic, the smallest colonies of the **mucor**, connect and form larger and larger colonies. The next stage up from the **regulators** is the fibrin form of **mucor** (pH 6.6).

As the pH continues to drop, distinctly bacteria-like colonies form (pH 6.4). These forms can mimic pathogenic bacteria.

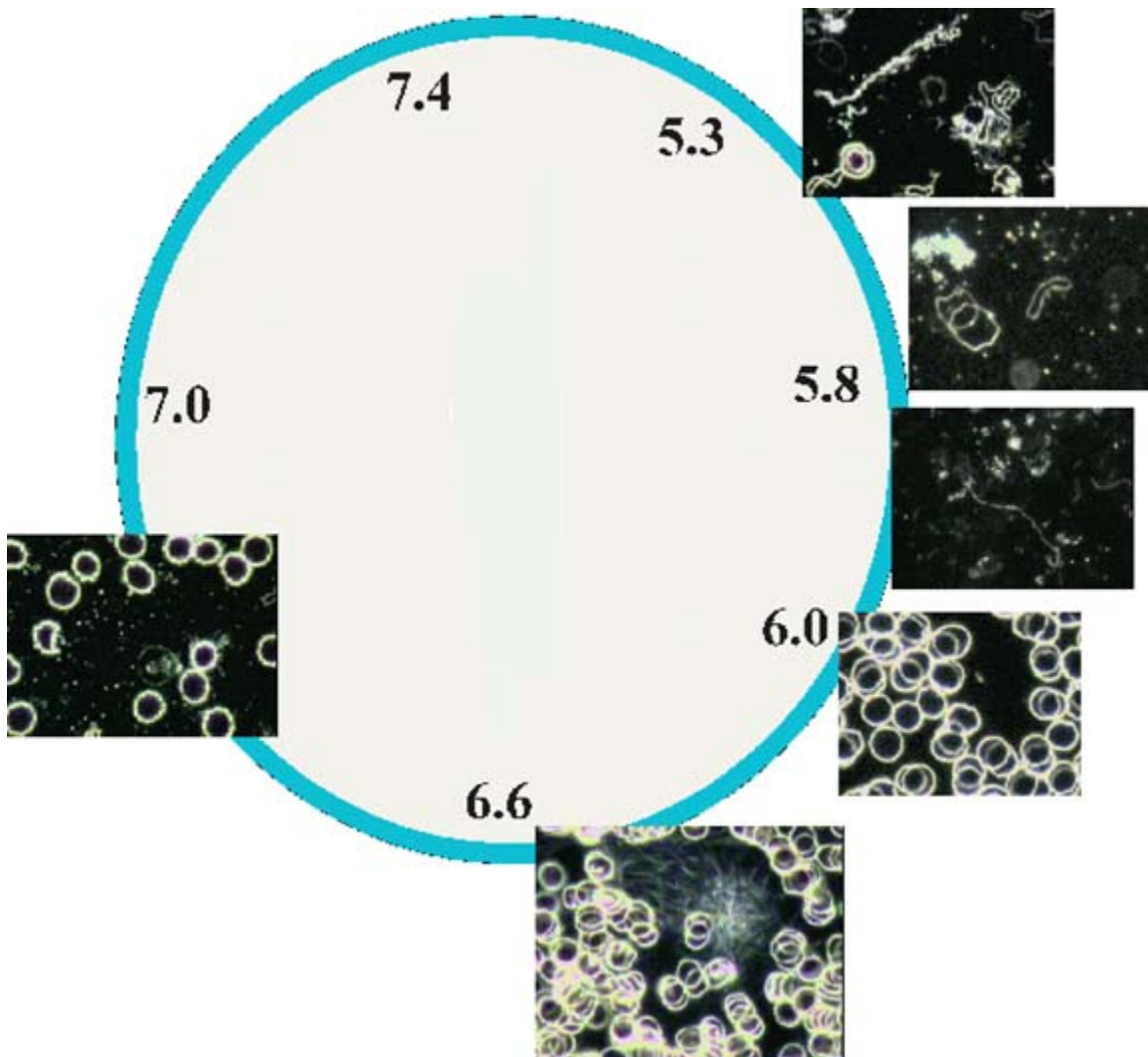
These **bacterioid** forms transition into more developed forms, becoming distinctly **mycelial fungal** forms (pH 6.2) in appearance and function. These forms are seen in association with degenerative illness or dead specimens.

This may be the first time for some of you to realize that all the microorganisms that live on and in your body are a necessary thing. In fact, they are an essential part. We cannot live a healthy life without them, but they must be kept in balance. If we allow our **internal terrain** to become out of balance, these little guys go to work trying to turn us back into soil, whether we are alive to talk about it or not.

Observe the following chart to gain an understanding of the developmental forms of the **mucor** and their connection with the descending pH of the body.



This chart depicts the body pH descending from 7.4 down to 6.0. The pH levels are shown on the inside of the circle while the **mucor** forms are depicted around the outside. In the next chart observe the same pH circle with actual microscope photographs of the various forms.



In these microscope photographs the observable objects are stained with light against a black background, hence the name “dark-field microscopy”. Notice how the **mucor** forms organize from very small light dots into fibrin, bacterioid forms, and then, finally into the advanced mycelial forms.

The pH Connection

We have seen, as the pH descends, the developmental forms of the **mucor** develop into higher and larger phases until finally the mycelial form of the fungus are reached.

A healthy body's pH is from 7.4 to 6.8. In this healthy range, the **mucor** are in their **regulator** form. In the **regulator** form, they are only big enough to break down the garbage on the outside of the cell. This is a very helpful function. It keeps the cells clean. They also do not leave food laying around for infectious organisms to invade and eat. Thus, the **mucor's** first function is to keep us healthy.

Let's say this healthy person who has a pH of 7.2 dies. What happens to the pH then? The body will go from the live 7.2 to a pH of 6.5 after death. In regular cycles thereafter, the pH descends until the body is completely decomposed. Here we see the second function of the **mucor**, much like the first, is to break something down. But now, instead of it breaking down the garbage around the cells, it breaks down the cells themselves.

When the pH is from 7.4 to 6.8, the **mucor** is programmed to clean the cells and compete for nutrient material with pathogenic bacteria. When the pH descends lower than 6.8, the **mucor** are programmed to get larger for the larger job. It is an amazing system of balancing.

If we did not have the **regulators** in us while alive, our cells would struggle to keep clean and invading organisms could easily find food and reproduce much more rapidly. If the **mucor** were not in us when we die, we would not decompose. Dead organisms rely on the **mucor** for decomposition.

Now we know better how the **mucor** works, but have we really answered the question, "What does it have to do with my health"? In part, we have. We can see that in the regulating form, the **mucor** helps to clean the cell, and obviously that is good for our health. Now let's look at some problems that we may experience if our internal pH becomes more acidic.

We know what happens to the system after we die. The pH becomes more acidic and the **mucor** forms become more advanced so they can decompose the dead body.

Question - What happens to us if the pH becomes more acidic and we are still alive?

Answer - The same thing. It does not make any difference to the **mucor** if you are dead or alive. The **mucor only recognizes pH** and its primary function—breaking things down.

So, Enderlein was on to something - a great key to health. Because of our **diet**, our **lifestyle**, and the **pollutants** in our environment, we quite often find that our body pH drops even below a pH of 6.0 and just like clock-work, the **mucor** begins to decompose us, even though we are still walking around to talk about it. I call this process **degenerative dis-ease**. It is the active decomposition of the *living* body or the breakdown of the systems of the body faster than the body can repair them.

It is important to know that our bodies have innate internal wisdom. Take a moment to think of all the millions of chemical reactions taking place in your body at this very moment and all are functioning without you being aware of them. You are sitting here reading this page while your body is taking care of business 24 hours a day, 7 days a week. Your body is seeking to maintain the balance of life and working in the varying circumstances it finds itself in.

The Body's Work

Let's simplify the processes of the body down to a few.

1. Building and repair
2. Protection from infection
3. Daily function (These processes are going on all of the time although we are unaware of them. Most of the time we only pay attention to what the body is doing when something goes wrong.)

Under ideal circumstances, the body maintains itself in balance. Unfortunately most of our lifestyles are less than ideal. We suffer from constant insults every day. These constant insults to the body may give some

understanding to the increase in chronic dis-ease in our society. Let's take a look at an example of continual abuse.

Stop the Stick

Imagine you have a large bruise on your left forearm. It is swollen and very painful. Now, in your right hand, you have a stick and all through the day you are whacking the bruise on the left arm with the stick while saying, "I wish my arm did not hurt."

Is wishing the arm would not hurt going to stop the pain? No. Maybe just take a pain pill or put some salve on the bruise. That should solve the problem right? No. What needs to be done so the arm can heal?

1. Stop what is causing the damage. **STOP** hitting your arm with the stick!
2. Help the body to heal itself.

Question - What does the body need for the building and repair to take place?

Answer - The same thing that is needed for any building project. You need **plans, materials, and workers**. Without all three of these things, nothing can be built properly.

The **building plans** are in you already. They are in the DNA. The **building materials** come from the food you eat. You have heard it said, "you are what you eat". Well, it's true. If you eat junk food, you are made of ... junk. The body can only work with what it is given.

Question - Who are the **workers**?

Answer – Primarily, it is the immune system of the body. These amazing little cells are in charge of building/repair and protection. So it would be a good idea to have a lot of strong immune cells. We will talk about that more in chapter four.

Back to your health; say you are suffering from a chronic dis-ease; cancer, diabetes, heart dis-ease, or another. If chronic dis-ease is the break

down of the body faster than the body can repair itself, then let's take the same steps as with the bruised arm to solve these problems.

1. STOP what's causing the damage.
2. Help the body to heal itself.

Question - If you are acidic with a pH lower than 6.8, then what is causing damage?

Answer - The **mucor** is trying to break you down into soil. So to stop this breakdown is as simple as to stop hitting yourself with a stick. We just have to bring your body pH back to the safe zone. pH 7.4 to 6.8.

Question - What causes our pH to descend?

Answer - Our **diet**, our **lifestyle**, and the **pollutants** in our environment. There are a multitude of causative factors that can and do create an acidic terrain. We will try to simplify things by grouping them into four categories.

Endotoxicity

This may be a new idea for some of you, but the important reason we eat is to provide building material for the body. Just as if we were planning to build a house, we would want the highest-quality material to build with, so we would have a strong and long-lasting house. When we eat or drink anything, our bodies have to utilize that food to try to keep us in good working order, remove the nutrients and needed chemistry and excrete the waste material left over from metabolism. This is the place where we have the most control.

We can decide what we put in our own mouth. When the food we eat is highly processed, has lots of chemicals and preservatives, or is high in sugar content, it will drop our pH. Also, when this waste material does not efficiently leave the body, **endotoxicity** is the result. This **endotoxicity** causes the pH to descend.

Another factor to **endotoxicity** is what we put *on* our skin. The products we use such as deodorants, lotions, sun block, shampoo, hair products, dyes, etc., all have to be processed by the body. The chemicals in

these products have free radical properties and cause the body to become more acidic. Also, the added strain on the liver, bowel, and skin, make detoxifying more difficult.

It may have seemed absurd to think that you would walk around all day whacking yourself on the arm with a stick, but there are things we do daily that are just as obvious. Everyone has their own ‘stick’. **Endotoxicity** is caused by factors over which we have a great deal of control.

Exotoxicity

Exotoxicity is caused by factors in our environment over which we have less control but should always be aware of. These factors include:

- * Air pollution - air fresheners, cleaning products, exhaust, or any chemical that is in the air.
- * Water pollution - water treatment or residue from the pipes it travels through.
- * Chemicals – anything from weed or bug poisons to common chemicals at work or home. They all can be extremely harmful to the body. **Just because something is common does not make it right or safe.**

Stress and Emotional Trauma

The AMA claims that 70-80% of all visits to doctor’s offices can be directly attributed to stress and emotional trauma. One of the things observed as a result of stress and emotional trauma, is the dramatic lowering of the body pH. Stress is a part of our daily lives, and by knowing that it lowers our pH and contributes to ‘dis-ease’, we can take steps to alkalize the body to counter the effect of the stress.

Radiation

Some types of radiation can be very damaging to the body. Often we don’t stop to think of the electromagnetic radiation that is common in our homes and work place. Computers, power lines, electric blankets, anything that is electric, has the potential to emit dangerous electromagnetic radiation. It is important to be aware of our surroundings. Usually the danger area is small, so if you are not up close for long periods of time, you really aren’t in

much danger.

For example a computer tower emits a field that is 1 to 2 feet in circumference. Simply by putting the computer tower on the floor and two feet away from your legs, you remove yourself out of the danger zone. Questioning and being aware of your surroundings is very important. **Don't expect that just because it is common, it is safe.** I am not saying to be hyper-sensitive and throw your cell phone and microwave away. Just be aware, and if you are not feeling well look around and ask yourself, "What may be keeping me down."

I believe that if we looked at the life of anyone suffering from degenerative dis-ease, we would discover that at least one, or a combination of these four primary causes of acidity exists and could be remedied. We must see the **mucor** for what it is. It has no way of knowing whether we are alive or dead. It does not understand the inconvenience it gives us when it tries to break us down into soil while we are walking around to talk about it. It only knows pH and breaking things down. We must be the one to decide to speak to it in its language.

Even if you have degenerative dis-ease and your pH is 6.0. The **mucor** is in its largest form trying its best to break down the cells of your body. If you make the choice to change your pH and bring it back to the 'safe zone', (7.4 to 6.8) the **mucor** will go back to regulating. The stick is in your hand. 'STOP hitting yourself, stop the stick' and the body can start to rebuild.

Chapter Two

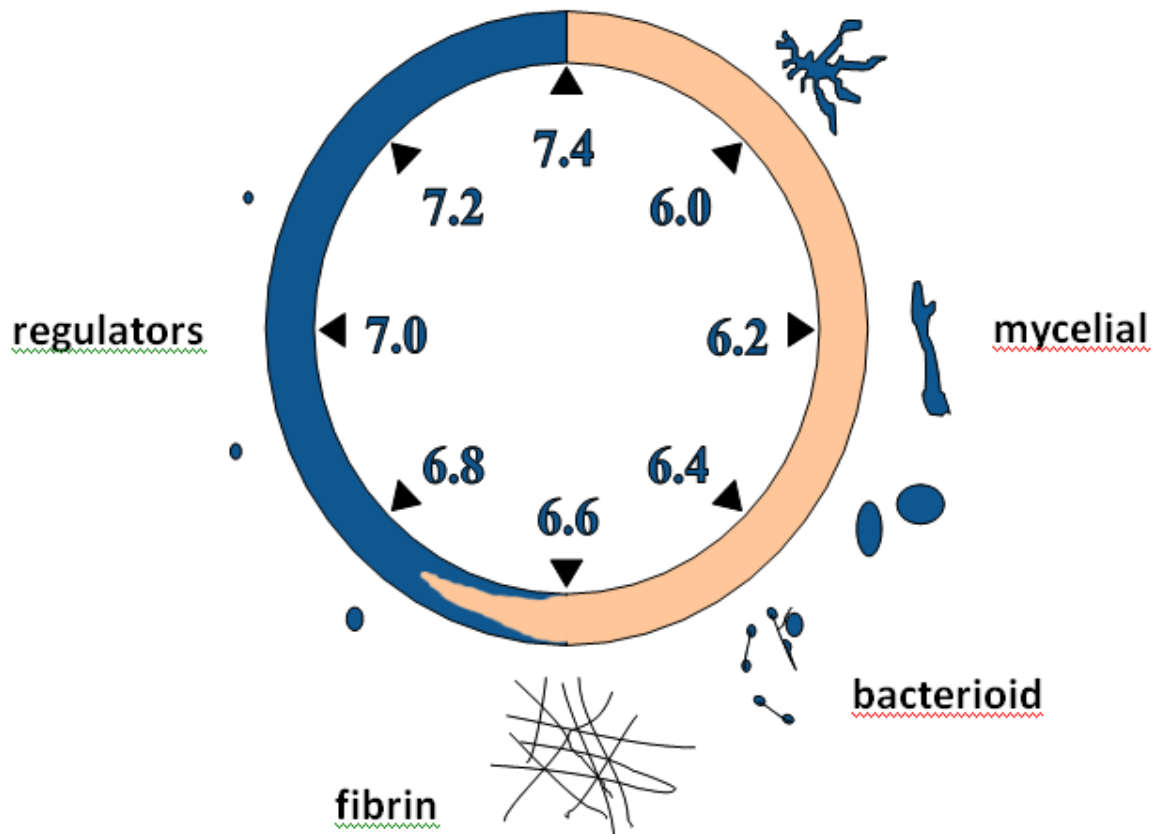
The pH Connection

In chapter one, we talked about the function of the **mucor**. It does not know 'alive or dead'. It only knows pH and breaking things down. When the body pH is in the safe zone, 7.4 to 6.8, the **mucor** is in its **regulating** form, which helps us stay clean and healthy. Let the pH drop below 6.8, and the developmental forms begin to be larger and more destructive. Of course, the ideal situation is to remain in the safe zone until after we are dead. But because of certain influences, our pH can drop while we are still walking around to talk about it. The four primary categories of these influences are:

1. **Endotoxicity** – Toxicities in the body from the chemicals in the foods we eat, the fluids we drink and what we put on our skin.
2. **Exotoxicity** – Toxicities acquired from sources outside the body such as inhaling air freshener, cleaners, chemicals, etc.
3. **Stress and Emotional Trauma** – stress or emotional response that stimulates the fight or flight hormones.
4. **Radiation** – electromagnetic radiation that has a negative effect on the body.

Now, we will take the specific forms of the **mucor** and what effects they may have on the body.

Regulators pH 7.4 to 6.8
Fibrin pH 6.8 to 6.6
Bacterioid pH 6.6 to 6.4
Mycelial pH 6.4 to 6.0



In the **regulator** form, the **mucor** is only big enough to break down the garbage on the outside of the cell. This is a very helpful function in keeping the cells clean. Also in this form, they compete with infectious organisms slowing or stopping them from being able to establish a presence.

All the larger developmental forms of the **mucor** are colonies of the regulators joining together to form larger colonies. When we are talking about the damaging potential of the larger colonies, it is important to remember it is only necessary to raise the pH to the safe zone, and the colonies will break apart into the **regulators** again.

As we have been talking about the **mucor**, we have discussed the help it can give us while in the **regulating** form, and the damage that it can cause

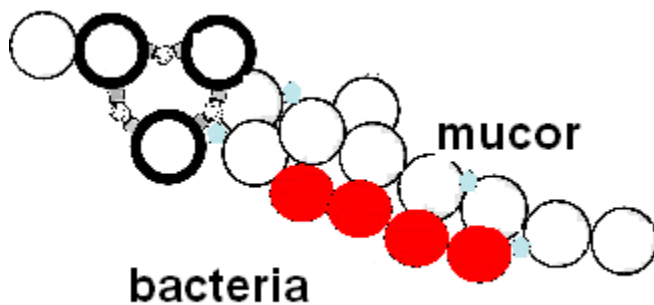
in its larger forms. We need to realize that our body, i.e. the immune system, does not recognize the **mucor** as a threat. Always remember, it is supposed to be in us, as it plays an important role in our body. It is pH and its form that we need to be concerned with. Let's look at what may happen if your pH drops, and is around 6.6 to 6.4.

Bacterioid

The **bacterioid** forms are a group of the regulators that have combined into a colony that mimics true bacteria. These bacterioid forms are interesting, because they have the ability to nationalize true bacteria into their colonial matrices.

Figure 2.1

Bacterial Nationalization



As the **bacterioid** forms become prevalent, it is possible for true bacteria to hide in the colonies with the **mucor**. The true bacteria (above in the solid circles) is completely hidden from the immune system because the **mucor** has changed its shape entirely. The bacteria hidden within this mucor matrix is not recognized by the immune system so it cannot be stopped. While undetected, it can do its damage and produce its toxins without any immune system involvement. This nationalization is one of the reasons that strep infections can continue to recur over and over again. The immune system just can't find the strep while it is hiding in the mucor.

All of the larger degenerative forms of the **mucor** are able to bind bacteria, virus, fats, metals, organic compounds, and inorganic compounds in the same way.

These forms are no longer regulatory in their function. These colonies can form a network over the surface of any cell, and as protein devourers, they will begin to degrade and digest the cell membrane. Anything these colonies have nationalized to themselves will also damage the surface of tissue and organ cells.

Mucor and Dis-ease

We will talk now about specific dis-eases and how the larger forms of the **mucor** may be involved. But before we do this, I want to clarify that I don't really believe in 'disease' as it is portrayed in our culture. I can realize the benefit of giving a name to a consistent set of symptoms; however, too often people get fixated on the *name* of their dis-eases. Then the name begins to dominate their outlook. Disease is just that, 'dis-ease' or imbalance. The same imbalance in two different people may exhibit two different sets of symptoms or two different dis-eases. But that is all it is, simply a set of symptoms. It's your body's way of saying that there are some imbalances getting out of hand.

I will use the common terms for these sets of symptoms, but I don't care what 'dis-ease' someone has been labeled with. I am interested in what is causing the damage. We've learned how to solve these problems.

1. Stop what's causing the damage. Stop the stick!
2. Give the body the building blocks it needs to heal.
3. Support the body in producing a strong immune system.
4. Then the body will heal itself.

Diabetes

Some researchers believe that much of diabetes is caused by the destruction of the beta cells of the islets of langerhan in the pancreas. This destruction is reportedly caused by an organism characterized as a "pseudo-bacteria/virus/fungus." This description is vague at best, and most medical professionals will admit they don't know what it is. If we look at this description in the light of the mucor, it starts to make sense. The mucor is pleomorphic, having developmental forms that can easily be described as looking like virus, bacteria, or fungus. So we have a "pseudo-bacteria/virus/fungus" that disrupts the pancreas function, because it is

breaking down the cells, and surprisingly can commonly be controlled by diet. If seen as having a pleomorphic nature, the **mucor** forms very easily can be described as the “pseudo-bacteria/virus/fungus.”

The islets of langerhan control insulin production. If these cells are congested and/or constantly under attack by larger forms of the mucor, it is simple to see how dys-regulation of insulin production, along with the disruption of cellular function will result.

Now we can see the role that diet plays in the causation and reversal of diabetic symptoms. Many diabetics control their symptoms using diet alone. If an alkalizing diet is adhered to, it can balance the body terrain, (stop what’s causing the damage) and larger forms of the **mucor** cannot remain in the larger destructive colonies. These colonies break apart into regulators. The destruction of the cells ceases and the body is left alone to perform its healing process. New beta cells are created, damaged cells are replaced, and insulin production is restored.

What caused the dys-regulation of the **mucor** in the first place? **Endotoxicity** is often the first culprit. That is why so many diabetics are able to overcome diabetic symptoms with diet alone. Their lousy diet is what caused the problem in the first place. The ‘yack’ (the nasty, toxic, garbage people insist on calling “food” and putting into their mouth.) they are putting into their bodies caused a consistent descent in PH (acidosis). This acidosis encouraged the **mucor** forms to transition from regulatory and beneficial to the larger forms that are capable of destroying the beta cells of the pancreas. It’s simple: by keeping the **mucor** in balance, the dys-function of the pancreas or diabetic symptoms goes away.

High Blood Pressure

So much of the time we want to group things into categories as good or bad, but I believe this is a limiting perception. If we label something that is going on in our body as a bad thing, then we have associated a negative energy to a thing that is not good or bad necessarily; it just is. Many times, especially with dis-ease, it is not the ‘what’ we should be looking at, it is the ‘when.’

When we get a cut, it is a potential problem, right? If we don't stop bleeding, eventually we will die. So, here you are. The skin is opened to the outside air. Some blood comes out and forms a blood clot. Problem solved. But did you ever wonder how or why the blood clot forms? Let's look into it.

The blood and damaged cells begin to oxidize. This rapid oxidation will cause a localized acidosis or a drop in the pH of the wounded area. When the pH drops, the larger forms of the mucor start coming together. If you are a healthy 7.2, and you cut your finger, that wounded area will drop in pH to around 6.6 - the point at which the fibrin forms. There are platelets and clotting agents in the blood, a 6.6 pH creates fibrin to help in the process of stopping the bleeding. Would we call that a good thing or a bad thing? Well, let's just say for now it just is, because we are going to take that same healthy pH and feed it 'yack' (toxic, over-processed junk food) day after day. This load of 'yack' also drops the body's pH. We now have a systemic drop in the pH. If it drops to 6.6 or 6.4, fibrin can form in all the circulatory system.

We've already discussed that fibrin has the ability to nationalize bacteria and virus. In addition, it also has the ability to nationalize to its colony, fats. This fatty fibrin builds up on the inside of the arteries and veins creating a plaque that constricts the flow of blood. In order to get the blood where it needs to be, the heart must work much harder, and the blood pressure rises. This fatty network of fibrin can also completely block the veins and arteries and cause heart attack and stroke. Would we say this is a good or a bad thing? It is the same thing as the cut, just happening in a different way. Remember, the mucor does not know if you are alive or dead or if you are bleeding or not. It is up to us to communicate to it what we want for ourselves.

When the pH of the body is brought back into the safe zone, the fibrin returns to regulator form, leaving the fats traveling freely in the bloodstream. If we don't want the bad fat doing damage in our body we must stop putting it in our mouth. Start to use good fats and oils such as the Omega 3, 6, and 9 oils and extra virgin olive oil. With good oils in the system, the body has no need to store dangerous fats.

Fibromyalgia

I don't want to be redundant here, but I want to show the connectivity and the wholeness of the body. Chronic dis-ease is not an accident that just randomly occurs. Chronic dis-ease is a process of continual insults to the body. It is a process to get into and a process to get out of. So again, let's look at the physiology of the blood when we get a cut. The blood and damaged cells begin to oxidize. This rapid oxidation causes a localized acidosis of the wounded area. When the pH drops, the larger forms of the **mucor** begin coming together. So, if we are a healthy 7.2 and cut our finger, that wounded area will drop in pH to around 6.6, the point at which the fibrin forms. The platelets and clotting agents are there and ready-made fibrin help stop the bleeding.

We just discussed what happens with a systemic acidosis, and how having such an aggregation of fibrin in the circulatory system can possibly be a factor in heart attack or stroke. Now we will look at the body as a whole not just in the blood. If your body has low pH it can also affect the muscles and joints.

This fibrin in the muscles and joints can cause rheumatoid complaints in two ways.

1. It restricts the range of motion of a muscle group or joint causing systemic micro-trauma every time the individual attempts to move. This continual micro-trauma of the muscle or joint causes a continual state of inflammation.

2. Fibrin is able to nationalize to its colony bacteria and virus that can attack the cells of the muscles and joints. Because of their involvement with the fibrin, these bacteria and virus are invisible to the immune system. Their effects can be localized in the muscles and joints and go on, unchecked by the immune systems. Countless people have used diet and immune modulation (chapter 4) to correct and control their symptoms of fibromyalgia.

With that in mind, what do we have to do to tell the **mucor** to stop with the fibrin and trauma? Simply raise the pH. As the fibrin dissipates, the

constant micro-trauma comes to an end, and the muscles and joints have an opportunity to heal. Also when the fibrin separates into regulators, the bacteria and virus are released into the interstitial fluids and become visible to the immune cells.

Cancer

By now you should be able to tell me the associations the **mucor** can have with those suffering from cancer. Cancer is the classic case of the break-down of the body faster than the body can repair itself. As the pH descends, the **mucor** colonies become larger and stronger decomposers. When an area experiences this breakdown, the body will try to contain the damage by building a membrane around the mutated cells, the possible creation of a cancer tumor.

If you look at a live sample of blood under the microscope from a person with cancer, often you can see the large forms of the mucor. Though these forms can often be seen in the blood, the actual tumor growth maybe in an area of the body that is predisposed to weakness. The solution is the same. STOP what is causing the damage; be it the diet, pollution, radiation, etc. We can solve the problem by bringing the pH into the safe zone and modulating the immune system (builders), thus giving the body the building blocks it needs to heal and believe the miracle will happen.

Conscious Help

I am not suggesting that it will be an easy thing to do, or that it will be a speedy process. But I am saying it is possible. The chronic 'dis-ease' I suffer from did not appear in a single day with only one cause. Likewise, it will not disappear in a single day by taking a magic pill. The body is an amazing and complex creation. It exists in a small window of parameters: not too hot, cold, dry, wet, and so on. This balancing act of life is amazing and the internal wisdom of the body is incredible at seeking that balance. Sometimes your body needs some conscious help from you.

Chapter Three

You're in Control

In chapter one, we learned about the **mucor** and its connection to pH. Chapter two discussed the importance of keeping our pH in the safe zone. The four primary categories that influence our pH and bring it out of the safe zone were mentioned. Again, these are:

1. **Endotoxicity** – Toxicities in the body from the chemicals in the foods we eat, the fluids we drink and what we put on our skin.
2. **Exotoxicity** – Toxicities acquired from sources outside the body such as inhaling air freshener, cleaners, etc.
3. **Stress and Emotional Trauma** – stress or emotional response that over stimulates the fight or flight hormones.
4. **Radiation** – electromagnetic radiation that has a negative effect on the body.

Choose Wisely

In the past several years, we have seen the statistics of death from degenerative diseases climb higher and higher. I don't feel the need to quote any of those statistics here. It is enough to say that the problem is epidemic, and the popular solutions are obviously not working.

The world has changed, and we are feeling the effects of a lifestyle that is moving further and further away from what is natural. Even the use of the word “natural” has been defined and re-defined to the point that it has no real guaranteed meaning.

What we put into our mouths is the source of **endotoxicity**. We have the most control over this cause of ‘dis-ease’. Nobody is forcing us to eat the ‘yack’ we are consuming. Our society has a fast-paced, fast food, all

about convenience, “what’s in it for me” mentality. Do we ever stop to ask ourselves what the end result will be?

Americans contaminate their bodies on a daily basis with chemicals they would never imagine are in the food they consume. There are the times when we eat junk food knowing it is ‘junk’ and justify it by thinking, “I can jog it off later,” “I will diet tomorrow,” or “I don’t have time to do anything else.”

Most of the time without knowing it, people are eating food that has chemical waste in it. Have you ever tried to read a label on a can, or a box of something before you eat it? Notice that you cannot even pronounce many of the words? I personally have a general rule. If I don’t know what it is, I DON’T PUT IT IN MY MOUTH! The additives that you cannot pronounce are chemical food additives. Go right now to your cupboard and start reading labels. Are there ingredients that you don’t know anything about? Count on it. What are they there for? That’s simple, money! For example, which is cheaper; a chemical flavoring or a fruit extract that can spoil rapidly? Oh, chemicals are the way to go for fast, less expensive convenient food. (I use the term ‘food’ loosely.) Can we see a pattern here? The more processed our food gets, the more chemicals are added. The more chemicals that are added, the more money the manufacturers make. The more money they make, the more people die from degenerative ‘dis-ease’.

It seems very obvious. Junk food makes junk bodies. Education plays a big part. Knowing what is going on in your own body and what is in the food you eat, allows you to control what you want to build.

Back to the food additives, most of the chemical additives in food are by-products of other industries, like the oil refining industry. Even more interesting than that, is most of the drugs that are prescribed are chemical by-products as well.

Take a look at the products that come from the refining of oil alone. The following is only a partial list of the by-products of oil refining:

Oil

Coke

Soft or Gas House Coke

Metallurgical Coke

Coke Breeze

Roofing

Paving Asphalt

Hard Pitch

Saturated Felt

Graphite

Raw Tar

Lamp Oils

Fuel Tar

Refined Tar

Anthracine Oil

Anthracene (pharmaceutical)

Anthrachinon

Alizarine (dyes)

Laxatives

Heavy Oil

Creosote

Chinolin

Photography Dyes

Phthalic Acid (pharmaceutical)

Various Antiseptics

Middle Oil

Naphthaline

Essence of Orange Blossoms (natural flavors)

Indigo

Eosiline

Phenolphthalin

Naphthalene

Nitro- 500 Dyes

Carbonic Acid (Carbonated Water)

Cresoline

Phenol

Cumadin (blood pressure med, rat poison)

Rosolic Acid (Flavorings)

Salicylic Acid (Aspirin)

Nitro-Phenol

Amidol

Rodinol

Picric Acid
 Phenacetin
 Cresol
 Lysol
 Metol
 First Runnings
 Toluol
 Musk
 Toluene
 Sacharine
 Chloride of Toluol
 Benzoldehyde (Almond Flavoring)
 Cinnamon Oil Flavoring
 Benzoic Acid
 Perfumes
 Preservatives
 Benzyl Alcohol
 Tasmine Oil
 Dye Stuffs
 Malachite Green (Jello)
 Nitro-Toluol
 Roburite (Explosives)
 Bismark Brown
 Yellow, Orange and Red
 Aniline Violet
 Red, Blue, Black
 Light Oil
 Gasoline
 Xylol
 Xylotol (Natural Sweetener)
 Kummel Oil
 Benzol
 Nitro-Benzol
 Aniline Salt
 Ammonite
 Hydrochinon
 Antiffebrine
 Antipirine
 Phenol resorcene (Shampoos)
 Photo Developer
 Vanillin (Natural Vanilla)
 Flourescene (Flouride)

Raw Gas
 Propane
 Butane
 Kerosene
 Cyanogen
 Sulfo Cyanides
 Styrophome
 Potassium Cyanide
 Prussian Blue
 Sulfur
 Sulfuric Acid
 Ammonium Sulfate
 Aqua Ammonia
 Ammoniacal
 Liquor
 Ammonia Gas
 Anhydrous
 Ammonia
 Sal-Ammoniac
 Ammonium Nitrate

It is a simple enough idea that if you can't pronounce something on a label of 'food' and you don't know what it is, **don't put it in your mouth!**

Medication

Have you ever wondered where the medications that are prescribed on a daily basis come from? Pharmaceutical products produced from the by-products of oil refining make up a billion dollar industry. Never mind the side-effects, such as more 'dis-ease' and pre-mature death.

Let me stop here and say, I do believe there is an appropriate place for pharmaceutical products, mainly in the acute trauma departments. What can be done for pain management for accidents and emergency surgery is amazing. When I smashed my hand open, I was grateful for the pain medication and the amazing surgeon that sewed me back together. This is what the medical profession is good at. They can save lives and increase the quality of life for trauma patients like never before in history. Yet statistically, year after year, the chance of dying from chronic 'dis-ease' continues to increase. We can see what the medical profession is good at. We also need to admit the truth of what *They* are failing in?

We need to take responsibility for our choices. Whether it is technology or medicine, when controlled and used in a helpful and appropriate way, there are many benefits. We can see the comforts and convenience technology allows us, yet if we let it get out of balance it can bring us to an early grave.

The scope of this scheme was outlined by Herbert Heaton, Professor of Economic History, University of Minnesota, in 1927 when, in the college text, “Economic History of Europe,” published by Harper Brothers, he wrote:

“Mankind had scoured the animal, vegetable, and mineral kingdom in its search for colors for its cloth. It had used beetles, crocus blooms, shellfish, wood, plants, mosses, walnut peel, and even bullock’s blood. Perkin and his successors spared it from further search, for once they had discovered the [natural] composition and structure of a dye molecule - often a hard task - they were able to create that structure by working from some point in the branches of coal’s [and later, oil’s] family tree. On the twigs of that tree nearly a thousand dyes are now to be found; but to reach them we have to pass a motley of other products. Nearer the trunk or the roots are roofing or road materials, ammonia fertilizers, lubricating oils, and liquid fuel. The chemist has not yet exhausted the list of commodities he hopes to draw out of the black hat.”

Technology can be our friend. I don’t have to make a list of the benefits technology gives us. But what is the cost of this money-making progress? Your health or the health of your child. Is the benefit worth the cost?

Keep it in the Safe Zone

Question - How do we keep our body terrain in the pH safe zone?

Answer - The most important strategy involves the diet. This is the place that we have the most control. “Unprocessed” is the goal; to find real food, not the chemical processed ‘junk’.

It is important to note that not all acid forming foods are bad. You

just need to learn to balance the good acidic food with the alkalizing, to make the final result alkaline.

Alkalizing food

Ripe fruit

Raw or nearly raw vegetables

Whole grains like wheat, brown rice, kamut, triticale, quinoa, barley, rye etc.

Beans, lentils, legumes

Raw nuts (most raw nuts are alkalizing for most people, test yourself and see)

Fermented foods like sauerkraut, white simple cheeses, kimchi

Whole milk, unpasteurized and unprocessed

Most all truly unprocessed food with no additives or preservatives

Balanced sea salt, no additives (Redmond real salt is a good one)

Minerals ionic

Acid-Forming food

Meat

Eggs

Processed flour

Pasta

Processed sugar

Avoid Acid-Forming non foods

Hydrogenated and partially hydrogenated fats

Flow agents

Dough conditioners

Food additives

Food preservatives

Alcohol

Sports drinks

High fructose corn syrup (prevents the hormone leptin from going to the brain. This hormone signals the brain that the body is full. If this hormone fails to fire due to corn syrup ingestion, the person will continue to eat thinking they are still hungry.)

Never Never Absolutely Never!!! (Remember the stick?)

Soda

Alkalizing Foods

Fruit - Ripe fruit is important. Fruit that is not ripe can be acid-forming. Fruit that is ripe is alkalizing to the body.

Veggies - Vegetables should be eaten raw or as nearly raw as we can tolerate them. Green leafy vegetables, dark colored vegetables, and vegetables with good color are vegetables we should choose. Eating them raw is best, but if you must cook them, only steam or lightly boil don't over-cook.

Vegetable drinks or green drinks are excellent supplements to add to the diet, but it is very important to know what is in them.

1. Make sure that it was dried at a low temperature.
2. Check that there are no flow agents in your drinks. Lots of the green drinks out there will be anywhere from 20% to 40% flow agent by weight. That is not good.
3. Always read your labels and ask questions. The manufacturers that are making it right will let you know.

Grains - Grains are alkalizing when they are in the whole form. It is when we over-process the grain that we make acid-forming food out of it. We have a lot of options with grains including whole, cracked, rolled, or sprouted. Be creative, try new things, and if you can grind grains to make flour, you can make your own breads and pasta. If you are grinding your flour at home, it will obviously be fresher and not have the additives and flow agents in it. It is important to know as much about the food we are eating as possible.

Meat – Meats contains protein. One of the wastes of protein metabolism is uric acid. When we eat meat in very large portions, the kidneys may be unable to adequately process the uric acid. This generally acidifies the body terrain. The key is to eat meat sparingly. We do not need a 16 ounce steak every night. When you look for meat, keep it fresh with no additive, and eat it in appropriate quantities.

Good protein is necessary for the body and good clean meat can be a good dietary source. Meat and eggs may be acid forming, but it depends on what meat and what eggs. Red meat is more acidic than white meat. Not all meat is created equal. Know where your meat is coming from. Some farms and producers sell good, fresh, clean meat which is slightly acid-forming, while others sell meat which is old, full of dyes, preservatives or hormones. This poor quality meat is highly acid-forming.

Fats – Fats are an important part of your diet, or they should be. We should be eating a healthy amount of natural saturated and unsaturated complex fatty acids such as those found in olive oil, safflower oil, fish oils, omega 3, 6, and 9 oils etc.

Hydrogenated, partially hydrogenated oils and canola oil should be avoided. They are poisonous. They are not in a form the body is able to use, and they are difficult for the body to remove. Look again at your processed, boxed, convenient foods, and see if you don't find hydrogenated and partially hydrogenated oils in the ingredients.

There's an interesting side-note here about hydrogenated fats. Those who make soap know that the fats used in soap-making are heat-processed tallow, lard. These hydrogenated fats are saponified by the lye into nice hard bars of soap.

The only place in your body that produces a strong alkali, like lye, is your gallbladder. It is also the very place the liver sends the fats it filters out of the blood. Those fats saponify in the gallbladder and are deposited in the bile. The bile is dumped into the bowel and aids in digestion. If, however, we overload the gallbladder with hydrogenated and partially hydrogenated fats, we make such nice, hard, stone-like lumps of fat that they block the duct emptying into the small intestine. It is estimated that some 60% of Americans have gallstones

Salt – Salt is good for you. That is to say, natural, balanced sea salt is good for you. The medical profession may tell you not to eat salt, and in reference to common table salt, they are correct. But once again we are not getting the entire story. Read the back of a box of salt. Ask yourself why it contains aluminum (or anything else). Iodized table salt is not good for you.

Chemical processes in our body rely on electrolytes to function. We are an ocean of salt water ourselves, and we need to replenish our electrolytes with regularity. (Sports drinks, no matter what the advertisement claims, do not count and are less than helpful.) A pure sea salt is very alkalizing and essential for good health. We should all have a little each day. (Redmond real salt is a good one)

Sprout – Sprout all kinds of grains and vegetable seeds and eat them! Sprouts are a miraculous food! From a few tablespoons of seed you can produce a pint of high quality, nutrient rich, alkalizing food. Sprouting is simple, and when you are finished you have food that will help you regain your health.

To remove metals and chemical toxins from your body, soak your seeds in Sulfur Soil before sprouting. When Sulfur Soil is provided as fertilizer for the sprouts, the sprouts will be high in ionic sulfur. This sulfur binds to the chemical toxins and metals in the blood and tissues and aids the liver in removing them.

pH First Aid

Coral calcium

Bitter herbs

Green drinks/vegetable drinks with no additives

Sea salt (Redmond real salt is a good one)

Sprouts

This list of pH first aid you can use to supplement your diet while you are changing the habits of your diet. It can be hard to change the diet at first to separate yourself from the Great American Diet.

One of my favorite quotes is,

“It is a form of insanity to do the same thing over and over again and expect different results.”

While it may be a lifestyle change to get into the new habit with a new

diet, it is a new lifestyle that we are after here, right? To be different than those with degenerative 'dis-ease', we have to do differently, and that means eating the way we know we should.

It can be hard at first, but once you get all the chemicals out that have been building up in your body for years, then the balance is much easier to maintain. It would be difficult to get away from chemical and food additives altogether. We cannot avoid all pollution or radiation. So, the goal is to be educated on what we can do to keep the balance, regardless of what we are confronted with.

Let's Think About This

There is this strange idea out there about eating junk food. We have all heard someone say, "I will eat this now and exercise it off later" or some such thing. We would not put water in our car instead of gas and then expect it to drive faster. We would not take broken, rotten wood to a construction site and expect to build a strong and long-lasting house.

The same applies with the body. It is crazy to think that you can eat junk food, fast food, food with no nutritional value, food that your body already has to work harder to process and then just "exercise it off"! Asking the body to perform more physical activities and giving it less nutrition to do it with is a good way to break the body down faster than it can repair itself. Sounds like the definition of degenerative dis-ease.

Chapter Four

Immune System

The immune system is a complex group of organs and cells that:

1. Defends the body against
 - Infections
 - Dis-eases
2. Promotes the healing and regeneration of
 - Damaged or weakened organ systems
 - Traumatic injuries

We can think of the cells of the immune system as the workers; the maintenance and defense department of the body. Whenever and wherever there is something in the body that needs to be cleaned up, rebuilt or defended against, this is the group of workers that do the job. It makes sense that the more workers we have and the stronger they are, the better and faster the work will be accomplished.

We are going to be talking about the immune system, how it works and how we can make it weak or strong. Every dis-ease, and health itself, is directly influenced by the strength of the immune system. Understanding the basic function of this system is of vital importance.

The Immune System Simplified

The immune system is made up of the bone marrow, spleen, thymus, lymph nodes and various types of white blood cells. The bone marrow is where it begins. This is where the stem cells are manufactured. Stem cells are the progenitors of all the cells in the body, including the white blood cells. White blood cells are the workers of the immune system.

The systems of the body are amazing and complex. What we are going to discuss about the immune system and the functions of the body is decidedly simplified, so we can see the overall functions without spending too much time on the details.

For this discussion, we will be focusing on three of the white blood cells in the blood. They are the B-cells, the T-cells, and the neutrophils.

B-cells - The B-cells are responsible for *acquired* immunity. They produce antibodies that are specific to denature or disarm bacteria. They can only act on information brought to them from other cells and are not motile themselves. They simply float around the body. They are called 'B' cells because 'bacteria' begins with a 'B' and immunity to bacteria is their primary function.

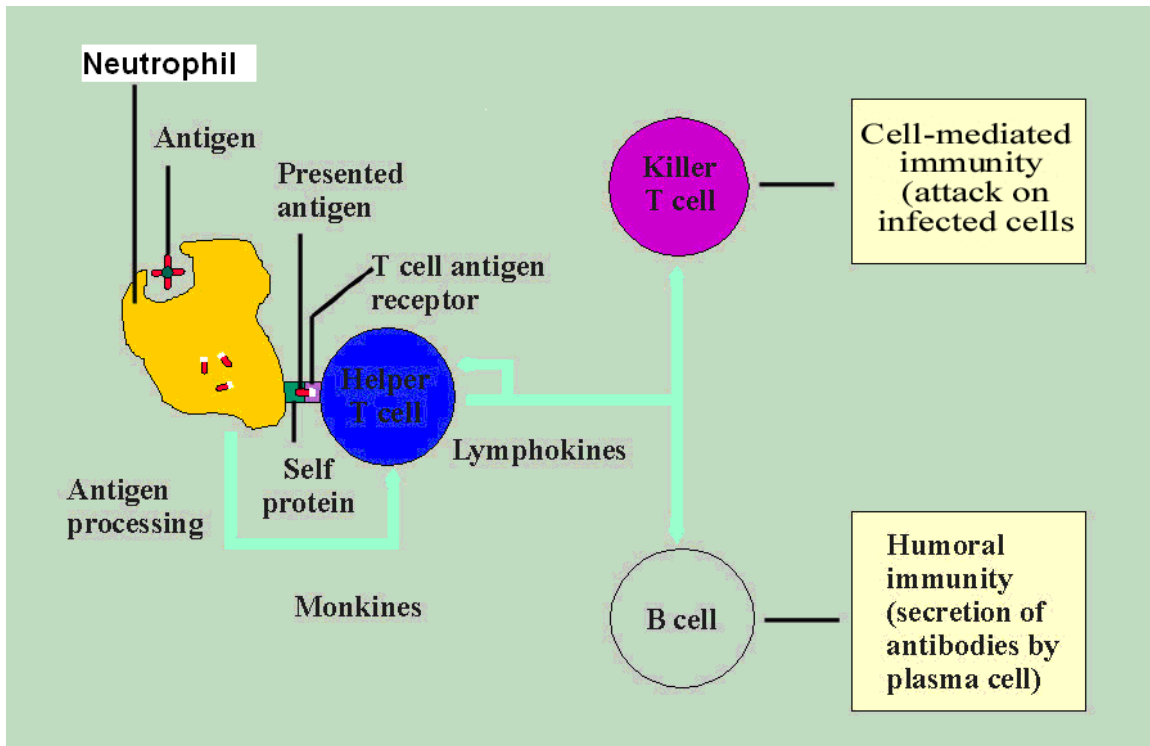
T-cells - The T-cells perform a function similar to the B-cells except that they are not specific to bacteria. The T-cells produce cytotoxic chemicals that target virus, cancer, antigens, and bacteria. They are called 'T' cells, because they mature in the thymus. These cytokines also activate the macrophages and dendritic cells. They, like the B-cells, can only act on information brought to them from other cells. They are not motile themselves and simply float around the body. These two cells perform vital functions in the body to provide natural defenses against invading organisms and antigens. Since they are not motile cells, they are not capable of going out and hunting for the information. They can only act upon information transferred to them from other immune cells.

Neutrophils – The neutrophil is a motile, amoeboid cell with multiple nuclei. It can move on its own power wherever it wants to go. It is also phagocytic, which means that it has the ability to attack and either partially or completely engulf invading entities and their antigens. They can engulf and destroy bacteria, virus, and other invaders or they can carry the invader to the T-cell and B-cell to transfer information, then the T-cell and B-cell in turn, can make the antibodies or chemicals to stop the invasion. The neutrophils are pivotal cells of the immune system in the blood and are similar in

function to their counterparts in the tissues of the body, the macrophages.

The following diagram demonstrates how these three cells work together to provide acquired immunity against invading organisms and antigens:

Figure 4.1 Cellular communication



In the diagram, the neutrophil (macrophage performs the same way in the tissue) engulf and ingest all or part of the antigen (bacteria, virus, cancer, etc.). This information is transferred to the Helper T-cell. The T-cell then produces lymphokines. These lymphokines inhibit the virus or other antigens from being able to infect.

In the case of bacteria, the neutrophil carries the antigen to the B-cell. From this information, the B-cell produces antibodies that are specific to that particular bacterium.

You can see how important the neutrophils really are to the immune response. The B-cell and the T-cell are amazing and can make specific antigens to control new invaders. Being able to construct antigens to control invaders that have never come into the body before is true intelligence. Yet they cannot move on their own, so they cannot perform this task without first having received the needed information from the neutrophils. Each cell has its role, and the neutrophils are key. Without neutrophils communicating information to the B-cells and T-cells, no immunity can be acquired.

Defending against invading organisms and supplying the B-cells and T-cells with information is only one of the responsibilities of the neutrophils. Remember the immune system is responsible for the defense of the body and also for the building and repair of weak or damaged organs.

In chapter 2 we defined degenerative disease as the break-down of the body system faster than the body can repair itself. The immune system is the primary factor. When there is a damaged cell or a damaged organ, the immune system will respond by sending the neutrophils to help the damaged area regenerate. For example, if you get a paper cut on your finger, your body will send the neutrophils and they act as the boulders to reconstruct the damaged skin. No big deal right.

What if we are talking about a damaged pancreas? Then it becomes a big deal. If the pancreas is damaged you may experience diabetic symptoms. Can the same healing take place? Yes, stop what is causing the damage. The body will send neutrophils. Provide the nutrients for building material, and the body can heal itself.

The body wants to be healthy and knows how to heal itself, but it can only do so much with what we give it. If we give it junk food, what can it build? If we weaken or stop the immune system, so there are no neutrophils to do the building work, what can we expect?

We all want a strong and active immune system. A strong immune system that can fight off invading organisms, keep the body in balance and promote the regeneration of weak or injured systems in the body.

Keeping It Balanced

In the context of this chapter, while you read about the immune system, I want you to think of two things:

1. Keeping the body systems in balance so there is no infection
2. Building and repairing of the body

The body is always in motion. It is taking in food, putting off waste, replacing old cells with new, and performing a million other processes at the same time. All this happens without you thinking about it. The immune system is in the thick of it all continually trying to keep the body in balance.

When we say immunity, we are referring to having a high degree of resistance to disease because the organism that would cause a disease is being monitored and controlled by the immune system. Immunity and health is not the absence of organisms in your body, it is the synergy of living in balance and harmony with the living organisms in and around us.

Naturally Acquired Immunity

How is natural immunity supposed to be acquired? We will use the medical school textbook, “Fundamentals of Medical Bacteriology and Mycology for Students of Medicine and Related Studies,” written by Dr. Quentin N. Myrvik, Ph.D., a pioneer in immunology, Dr. Nancy N. Pearsall, Ph.D., and Dr. Russell S. Weiser, Ph.D.

“During fetal development, the mother transfers her representative spectrum of IgG Abs [antibodies] to the fetus which provides the neonate [newborn child] with an important form of passive immunity until active acquired immunity is established.”

“As soon as passively acquired maternal IgG [antibody] declines to a low level (at 6 to 12 months) due to normal catabolism, the infant reaches an “immunological null period” which is gradually overcome as microbial Ags [antigens] are encountered.”

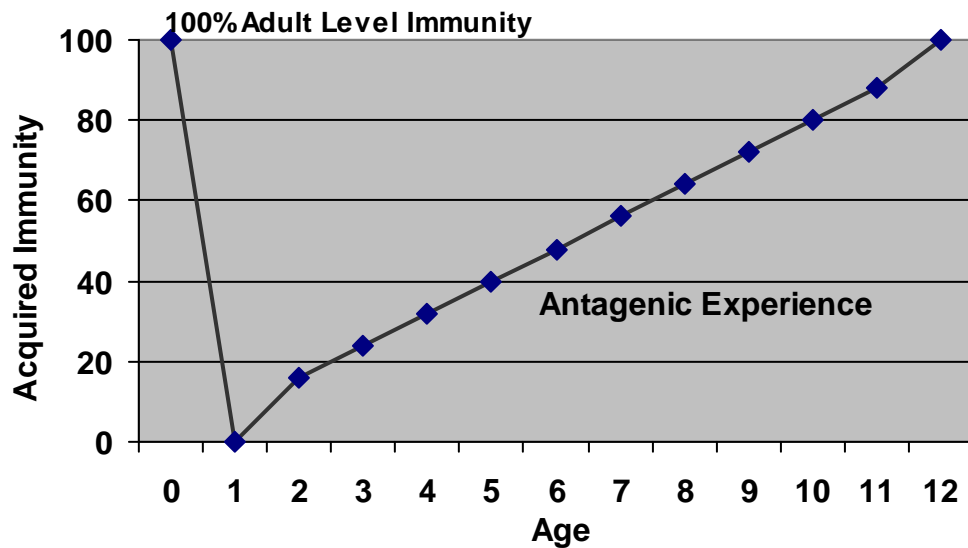


Figure 4.2 acquired Immunity

We can see on the chart that even though the immunity starts high with what a mother gives her baby, by six to twelve months the child is left without any immunity.

Continue quote, "Accordingly, the early years of life are **normally** plagued with **numerous** infections until the antigenic spectrum of the common infectious agents has been **experienced**. With increasing age, the immune response becomes stronger and more effective. This is largely due to accumulative and reinforcing experiences with and increasing numbers of immunogens [antigens] of the parasites that are encountered."

"Evidently microbes of the **normal flora exist in equilibrium and regulate each other's growth; if this equilibrium is upset as a consequence of chemotherapy** [any kind of drug treatment] one species of the normal flora often gains ascendancy and causes disease." pg 85

This may come as a bit of a surprise, but children **should have** minor infections and sickness as they grow up without the need of drug treatment. Otherwise, they do not acquire immunity to the normal flora.

What is the normal flora? Some people are aware of a few of them, acidophilus or bifida maybe. However, most people are not aware that many of the normal floras are the very microbes we fear as the cause of disease. Take a look at the list of microorganisms given to us out of the Fundamentals textbook, pg. 92. Do any of these, sound or look familiar?

| | |
|-----------------------|------------------|
| E. Coli | Candida albicans |
| Streptococcus sp. | Haemophilus sp. |
| Lactobacillus sp. | Actinomyces sp. |
| Leptotrichia sp. | Teponema sp. |
| Mycoplasma sp. | Neisseria sp. |
| Fusobacterium sp. | Klebsiella sp. |
| Corynebacterium acnes | Pityrosporum |
| Mima polymorpha | Staphylococcus |

In Fundamentals, pg. 93 we read, "Within 12 hours after birth, streptococci can be found in the upper respiratory tract and becomes the dominant organism of the oro-pharynx."

How can streptococci and all these others be considered normal flora? We like to think in terms of good and bad, but that is not the case. We need to learn to think in terms of **balance**. Just like the mucor helps us when it is a regulator, so do many other microorganisms.

Let's look at E. coli. It can cause diarrhea or urinary tract infections. But wait. Here is what Comm Tech Lab, Michigan State University (© 1999) has to say about it.

"E. coli is a **normal resident** of the large intestine in healthy people. It is a type of probiotic organism because it crowds out disease causing bacteria. E. coli also makes vitamin K which humans require to be healthy."

Candida is another of the normal flora that gets a lot of attention, yet it is commonly misunderstood.

"Candida is known to be a **common flora**. It exists inside your body, living in harmony with the rest of the microbes in your gut."

"What predisposes you to Candida disease?"

"...ecological disturbances to the normal gut environment allow the Candida organisms to multiply. When the normal body microfloras are destroyed by **antibiotics**, the yeasts will thrive unabated."

"The use of **steroids, birth control pills, antacids and anti-ulcer medications contribute to the proliferation** of Candida. **Diets high in sugar** provide a rich food source for Candida **and an impaired immune system** allows the organism a foothold within in the body."

In balance, the normal flora helps us in many ways, but let it get out of balance, and 'dis-ease' is the result. Yet what caused the imbalance - the Candida? No. The "**antibiotics, steroids, birth control pills, antacids, anti-ulcer medications, diets high in sugar.**" These are the real culprits here. These are just some of the common chemicals that we put in our bodies every day without a thought of what effect they may have on our immune system or overall health.

Balance

The flora of the body is a part of us. We are inseparably connected. We provide for them and they provide for us. Health can be defined as all systems functioning in balance: nutrients in, waste out, work to do, energy to do it, flora in balance, repair and regeneration, the list goes on. Take a minute to think of all the things in your life that function because of balance. Is there anything that may be out of balance that you want to change? We will get back to immunity now, but keep in mind the balance we want to have and the innate wisdom of the body.

Acquired Immunity

Let's continue with acquiring immunity to normal flora.

"Immunity to Strep. Pyogenes is similar to immunity to D. pneumoniae, i.e., it depends primarily on the acquisition of type specific opsonins [antibodies]. Whereas innate immunity, through the agency of surface phagocytes, may often serve to prevent invasion by streptococci of lesser virulence, it is ineffective against large numbers of highly virulent organisms."

"In contrast, acquired immunity is usually fully protective and repeated attacks with organisms of the same type seldom occur **unless the initial infection is arrested by chemotherapy.**" Fundamentals, pg 147

So acquired immunity is usually fully protective. How do we get acquired immunity? It comes from experiencing infections naturally and allowing the body to control the invader. If however the immune response is upset by chemotherapy, (**ANY DRUG TREATMENT**) the immune cells can't complete their control process. Which means the immune cells do not create immune memory of the invader. Without this acquired immunity or immune memory the microbe cannot be controlled, it then has the chance to reproduce out of control at the time of the treatment or at a later date because of a weakened immune system.

Here are some stories that illustrate this point having to do with strep throat. I'm sure you will be able to think of someone who has chronic strep infections. It is a very common problem.

From a very young age, a friend of mine suffered from strep throat twice a year and treated it with antibiotics. She even had her tonsils removed. It didn't help. At age nineteen, she experienced a strep throat infection. She was in college and couldn't afford to buy antibiotics. She suffered through the infection and recovered, and because her immune system was able to fight the infection without being interrupted by chemotherapy, her immune cells were able to remember the microbe. With the strep under control, as part of the normal flora, she hasn't been troubled with chronic strep throat since.

Here is a similar experience. Another individual had recurring strep throat every year and was always treated with antibiotics. When he was 14 he contracted what was described as a systemic streptococcal infection of the joints and lymphatic system. His temperature sky-rocketed and he was rushed to the hospital. His mother was understandably concerned and

wanted the doctor to give her son antibiotics immediately. Instead, the doctor had the nurses put him into a bathtub full of ice water until the temperature came down to 100. Then the nurse gave him an enema every time the fever began to climb again. No antibiotics! The doctor told her “it is time that he be allowed to acquire immunity to strep”. He recovered and has not had strep imbalance again.

This doctor knew that if the antibiotics were given again he could not acquire immunity to strep, and the next infection may actually kill him.

Why do we take the antibiotics? What are their appropriate uses? Is it because of convenience, misinformation, ignorance, or concern over a misunderstood disease? Why do doctors prescribe them? Could it be *they* are misinformed or *we* demand a quick fix? Insurance companies (which are influenced by the pharmaceutical companies) tell doctors this is the protocol. Can we get away from the misinformation and take back control of our lives? Yes, we can, but only with proper education.

Sum It Up

1. Acquired immunity is something we get by ‘experiencing’ common infections of the normal flora.
2. If you do get sick with a virulent strain of, say, streptococcus, acquired immunity is protective and repeated attacks seldom occur unless you stop the infection with antibiotics.
3. It is not the organism that causes the imbalance. It is the chemicals we put in our bodies. The steroids, birth control pills, antacids, use of antibiotics, drugs, medications, diets high in sugar, additives and preservatives that create imbalance. These chemicals are what weaken the immune system and destroy the balance of the body, giving the opportunity for one of the normal floras to gain ascendancy and cause dis-ease.
4. We must not forget that all immunity absolutely depends upon the strength of the immune system, the communication and activity of the neutrophils with the B-cells and T-cells and the abundance and strength of the neutrophils to build and replace the damaged cells of the body.

It is unfortunate that so much of what is common, is actually damaging to the immune system. Junk food, fast food, processed food, additives, preservatives, processed sugar, soda, and many others all make the body more acidic. They weaken the immune system and disrupt the natural balance of the body making us more susceptible to disease, both infectious and chronic. Medications, antibiotics, nonprescription drugs and all the other chemicals we put in and on our bodies affect our immune system. Should we be surprised that incidents of degenerative disease continue to increase? **What is common is not always right or safe.**

What to Do

We need to change our diet. Chapters 1, 2, and 3 talked about diet and pH and why they matter. We need to get the toxic metals and other pollutants out of our bodies. Chapter 6 will give information on natural detoxification. We need to instruct the body to create a whole new army of white blood cells, specifically the neutrophils and macrophages.

Immune Stimulants

What is an immune stimulant? There are quite a few natural remedies that stimulate the immune system. To name a few, these include Goldenseal, Echinacea, Olive Leaf Extract, Grapefruit Seed Extract, etc. Their function is to stimulate, but they only stimulate the cells you already have. To stimulate is to irritate or to try to kick start something into action. The problem here, especially for long-term use, is that if the immune cells are weak, you could kick them to death.

Immune Modulation

To modulate means to: adjust, balance or harmonize.

Immune modulation means: supporting the immune system to reach its optimum level of performance and adjust its function to a natural and complete state of balance.

We want to modulate the immune system by instructing the body to create new immune cells. Remember pollutions, toxic metals, medications,

and all other chemicals weaken or decrease the number of cells in the immune system. To modulate the immune system is effective, because by instructing the body to create new immune cells, we bring the body back to its natural and balanced functions.

Medicinal Mushrooms

Many medicinal mushrooms contain compounds that make them one of the most useful and powerful immune modulator foods available today. Historically they have been in continuous use by traditional healers throughout the world.

There are many synergistic compounds that assist in the overall effect of medicinal mushrooms. One of these components that is part of the basic structure of the medicinal mushrooms is **beta glucan**. Beta glucan has been isolated as a structure that instructs the body to create new immune cells.

There has been extensive research on the effects of beta glucan on the immune system. Some of the research shows 24 hours after taking beta glucan, the body can produce upwards of 25% to 1000% more neutrophils than were present before consumption. These cells flow out into the bloodstream primed and ready to seek out any imbalance in the body and fix it.

Research has shown inflammatory processes that have plagued individuals for many years simply disappear. Cancer tumors go into spontaneous regression. Pancreas function increases and individuals with debilitating and life threatening dis-eases return to health using the alkalizing diet and beta glucan.

Tiaga Immune

Tiaga Immune is an all natural glycerin *TincTract*®. TincTract is a proprietary process that uses vegetable glycerin as the medium to make a full spectrum extract of the herb. The TincTract process extracts the beta glucan and all the other nutrients from the herb for maximum potency and effectiveness. There are many medicinal mushrooms and beta glucan products on the market. Some are effective and some are not. The reason I

decided to produce Tiaga Immune is so I could be certain of the quality and cost effectiveness of the product I recommend to you. I spent too much time and money on ineffective and expensive products before I found an herb that really works. Then I spent three years testing extracting procedures until I found the one that was most effective. The finished product now is simple and effective, but it was a long time in formation.

I was introduced to the herb contained in the Tiaga Immune, by a man who was teaching some of the traditional healing herbs of the Native Americans. I had to go out into the mountain, find, dry, and prepare it and then boil it for an hour, all to make one of the nastiest-tasting teas I had ever tasted.

The first time I looked at my blood using the dark field microscope, I had no neutrophils in the sample. (In a normal sample, there should be hundreds of neutrophils.) This was not a big surprise to me considering my state of non-health at the time. I made the tea and 24 hours after I drank it, I looked at another sample and for the first time, saw neutrophils in my blood. There was not the normal amount, but that was the start for me to regain the balance and the health of my body.

Sum It Up

We need to change our diet. To *get different results* from the national statistics, we have to *do differently* than those on the Great American Diet.

We need to instruct the body to have a strong immune system. The research is conclusive; beta glucan promotes a strong and healthy immune system while immunizations, processed food, chemical additives and medications do not. It is up to you to decide what message you want to send your internal terrain. Choose wisely!

For questions on Tiaga Immune go to www.myimmune.com.

Chapter Five

Immunization True or False

“Ignorance is not, not knowing, but knowing what is not”.

Mark Twain

We now have a pretty good understanding about the immune system, what makes it strong and what makes it weak. It is sad that there are so many common things that can actually weaken or stop the immune system. We know that by modulating the immune system, we can insure the strength of the immune cells, support the body’s natural ability to keep the normal flora in balance, increase the body’s ability to heal and rejuvenate itself and protect against degenerative dis-ease.

Do not be confused by the medical ideas which view immunity as something we must introduce artificially into the body. The immune system exists in the body and acts on internal knowledge. This is a system that knows how and what to do if we will just give it the support it needs and protect it from chemicals that will stop its work.

There are many things done commonly in our society that are known to be dangerous to our health and known to shut down the immune system. Immunizations are probably one of the most dangerous and misunderstood of them all.

Dr.’s Kalokerinos and Dettman, “A Supportive Submission,” The Dangers of Immunization, Biological Research Institute, Warburton, Victoria Australia, 1979, p 49:

“According to sophisticated research...at the Arthur Research Corporation, Tucson, Arizona and other centers... the effects of childhood vaccine programs on the T-lymphocytes... indicate that the immune system becomes ‘Substantially committed’ after the routine series of vaccines. In other words, a substantial portion of immune bodies (T-lymphocytes) becomes committed to the specific antigens involved in the vaccines. Having become committed, these lymphocytes become

immunologically inert, incapable of reacting or defending against other antigens, infections, or diseases. These findings would tend to indicate that the immunological reserve is substantially reduced in many children subjected to standard vaccine programs." (italics added)

The medical research is clear concerning the actual effects of vaccinations. Why have we not been told this? Here the research clearly describes one large-scale way which we literally shut down the immune system, "immunologically inert, incapable of reacting or defending against other antigens, infections, or diseases".

Figure 4.2 Actual photomicrographs of Inert Neutrophils

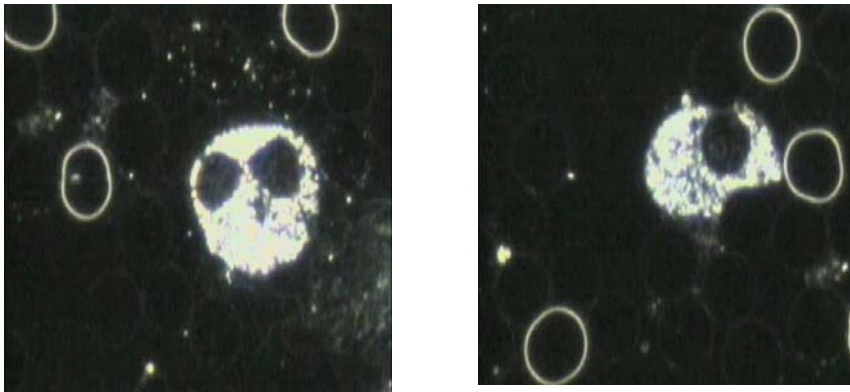
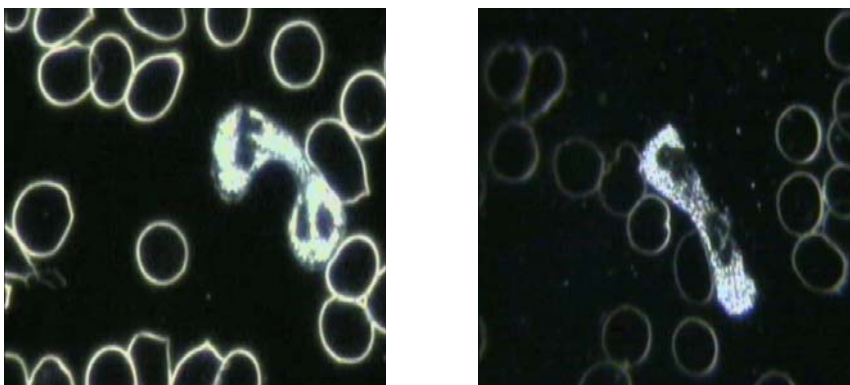


Figure 4.3 Normal, phagocytic Neutrophils



It doesn't take an immunologist to notice the difference in the appearance and the activity of healthy, reactive neutrophils. These are the white blood cells able to move on their own power. They observe the blood

environment. They collect the antigen and take it to the B-cells and T-cells. Without them there is no natural defense.

I am going to give some more examples of the misinformation and the problems it is causing, but remember we already have talked about the solution - modulating the immune system and natural diet.

DPT Vaccine

Out of the Physician's Desk Reference under DTP vaccine, which is for Diphtheria, Pertussis and Tetanus, under side effects and adverse reactions we find the following list:

1. Severe temperature elevations 105 degrees or higher.
2. Collapse with rapid recovery.
3. Collapse followed by prolonged prostration in shock-like state.
4. Screaming episodes.
5. Isolated convulsions with or without fever.
6. Frank encephalopathy, which is brain damage, with changes in the level of consciousness, focal neurological signs, convulsions with or without permanent neurological and/or mental deficit.

None of that sounds very good but what are the chances of that happening to your child?

Dr. Mendelsohn, M.D. states, regarding the DPT vaccine, "The whooping cough vaccine (a component of the triple antigen DPT) has such a **high percentage of neurologic complications, including death**. Several physicians I know myself included do not give it at all." Robert Mendelsohn, M.D., "Vaccinationd Pose Hazards, Too," Idaho Statesman, Dec. 19, 1977.

The occurrence of sudden infant death syndrome (SIDS) has been reported to increase following the DPT vaccine. The whooping cough vaccine which is a component in the DPT vaccine has such a high percentage of neurological complications, including death that it makes me wonder why anyone would administer it to a child.

A recent study at UCLA estimates that as many as 1 in every 13 children had persistent, high-pitched crying after the DTP shot. This may be indicative of brain damage in the recipient child," says Dr. Bobby Young."You know, we start off with healthy infants, and we pop them not once, but three or four times with a vaccine. The probability of causing damage is the same each time. My greatest fear is that very few of them escape some kind of neurological damage out of this."

Dr. Edward B. Shaw, a distinguished University of California physician, has stated (JAMA March 1975): "I doubt that the decrease in pertussis is due to the vaccine **which is a very poor** antigen and an extremely **dangerous one**, with many very serious complications." *Journal of the American Medical Association*, March 10, 1975, p. 1026.

An even more recent figure on reaction to the DPT vaccine indicates that 1 in 100 children react with convulsions and collapse. One out of 3 of these will remain permanently damaged. According to the testimony of the Assistant Secretary of Health, **Edward Brandt, Jr., M.D.**, before the U.S. Senate Committee on May 3, 1985, "every year, 35,000 children suffer neurological reaction because of this vaccine." Betty Kamen, Ph.D., "A Shot in the Dark," *Health Freedom News*, May 1985, p. 38

We vaccinate babies with materials research has taught us are observed to cause serious neurological complications before their brains are fully developed. Should we wonder why it is that so many children are being diagnosed with psychic disorders or neurologic complications such as ADD/ADHD, bipolar syndrome, epilepsy, autism, and mental retardation? The research is there. The statistics tell us this is exactly what we should expect.

MMR Vaccine

What is the group most at risk where German measles (Rubella) are concerned? Adult women who are in the first trimester of pregnancy. In the medical school textbook, Medical Virology, by Dr. Frank Fenner and Dr. David O. White, we read the following concerning Rubella:

"About 80% of adult women have serological evidence of prior natural infection with rubella (clinical or sub-clinical), and are therefore solidly immune for life."

"The main argument in favor of the policy of immunizing 12-13 year old girls rather than all infants is that **naturally acquired immunity is very much more effective** than that following immunization with any of the vaccine...."

"A policy of immunizing all preschool children could reduce greatly the circulation of wild virus in the community and so deprive adult women of natural sub-clinical boosters, **leaving them non-immune at the very time they need protection.**" Medical Virology Pg. 447

The researchers are telling us that to vaccinate all little children with the MMR for Measles, Mumps, and Rubella is an inappropriate practice! Women pregnant in the first trimester are more likely to be non-immune by this practice!

From Dr. Mendelsohn we learn that measles vaccine can cause "neurologic and sometimes fatal condition such as ataxia, retardation, hyperactivity, aseptic meningitis, seizures, and hemiparesis." **Robert Mendelsohn, M.D., Confessions of a Medical Heretic, 1979**

Dr. Gregory White says that rubella vaccine can cause "rheumatoid arthritis and does not use it in his practice". **Robert Mendelsohn, M.D., The Peoples Doctor, from "Immunization Update," Vol. 4. No. 5, p. 8.**

In 1977, the HEW reported that "as much as **26 percent** of children receiving rubella vaccination in national testing programs developed arthralgia and arthritis. Many had to seek medical attention, and some were hospitalized to test for **rheumatic fever** and rheumatoid arthritis." **Science, March 26, 1977, "Vaccine Aftermath," Health Freedom News, July/Aug. 1984, p 29.**

Polio

Polio is one of the greatest propaganda scams about vaccines ever laid out to the people of the USA. The promoters of immunizations would have you believe something completely different from what research and statistics show. Few people realize that polio is a rather modern disease. The first real epidemic outbreak took place in Europe in the very late 19th century. New

diseases don't just spring into being. Prior to that, most people experienced polio (the Salk virus) as a mere bout of gastroenteritis.

What preceded the first outbreaks of polio? The first inoculations for typhus were going on right about the same time. The deadly epidemics of influenza that killed millions of people worldwide also followed the first inoculations for Typhus. The medical world recognized that connection at the time, stopped the typhus shots and saw the end of the killer influenza pandemics. The chemotherapy upset the normal flora and influenza was able to gain ascendancy. (From what we learned earlier about the body's balance and chemotherapy, we can better understand what is happening here.)

During the 1962 Congressional Hearings on HR 10541, Dr. Bernard Greenberg, head of the Department of Biostatistics of the University of North Carolina School of Public Health, testified that not only did polio increase substantially (50 percent from 1957 to 1958 and 80% from 1958 to 1959) after the introduction of mass and frequently compulsory immunization programs, but statistics were manipulated and statements made by the Public Health Service to give the opposite impression. Hearings before the Committee on Interstate and Foreign Commerce, House of Representatives, Eighty-Seventh Congress, Second Session on H.R. 10541, May 1962.

For instance, in 1957 a spokesman for the North Carolina health Department made glowing claims for the efficacy of the Salk vaccine, showing how polio steadily decreased from 1953 to 1957. His figures were challenged by Dr. Fred Klenner, who pointed out that it wasn't until 1955 that a single person in the state received a polio vaccine injection. Even then injections were administered on a very limited basis because of the number of polio cases resulting from the vaccine. It wasn't until 1956 that polio vaccinations assumed inspiring proportions. The 61 percent drop in polio cases in 1954 was credited to the Salk vaccine when it wasn't even in the state! By 1957 (after the introduction of the Salk vaccine) polio was on the increase.

Other ways polio statistics were manipulated to give the impression the Salk Vaccine was safe and effective was: (1) To redefine what makes an epidemic: More cases were required to refer to polio as epidemic after the

introduction of the Salk vaccine (from 20 per 100,000 to 35 per 100,000). (2) To redefine the disease: Prior to 1954, the patient had to exhibit paralytic symptoms for only 24 hours! Laboratory confirmation and the presence of residual paralysis were not required. After 1954 to qualify for classification as paralytic poliomyelitis, the patient had to exhibit paralytic symptoms for at least 60 days after the onset of the disease. Residual paralysis was determined 10 to 20 days and again 50 to 70 days after the onset of the disease. Dr. Greenberg said this change in definition meant that in 1955 we started reporting a new disease, namely, paralytic poliomyelitis with a longer lasting paralysis. (3) Mislabeling: After the introduction of the Salk Vaccine, "Cocksackie virus and aseptic meningitis have been distinguished from paralytic poliomyelitis, explained Dr. Greenberg. Prior to 1954, large numbers of these caseS undoubtedly were mislabeled as paralytic polio.

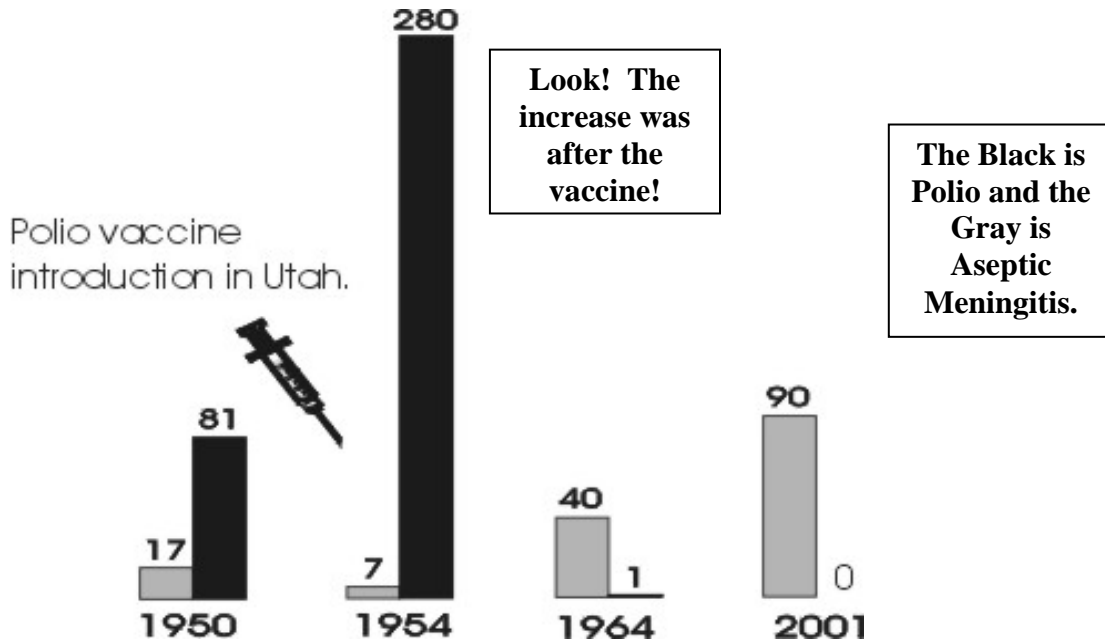
Notice how the polio cases dropped dramatically and the cases of meningitis increase proportionally.

Dr. Greenberg also talked about another way to reduce a disease statistically is to reclassify the disease. From the Los Angeles County Health Index: Morbidity and Mortality, Reportable Diseases, we read the following: "Most cases reported prior to July 1, 1958, as non-paralytic poliomyelitis are now reported as viral or aseptic meningitis."

In Organic Consumer Report (March 11, 1975) we read, "In a California Report of Communicable Diseases, polio showed a 0 count, while an accompanying asterisk explained, "All such cases now reported as meningitis."

There have been three outbreaks of polio in the USA. One in the teens, one in the late thirties, and onE in the fifties. The first two epidemics simply went away on their own. In 1948 the cases of polio began to increase. (Coincidence that this was when the pertussis vaccine was introduced?) The high was reached in 1949 with 43,000 cases, but by 1951 the incidents had dropped below 28,000 cases. In 1952, when the government subsidized "study" of polio began, the cases rose again up to 55,000. After the study and the mandatory vaccinations stopped the cases declined and the epidemic went away, but this time the vaccine claimed the credit.

Here are the statistics for Utah



What can we see from this polio history?

1. Statistics and information can be manipulated.
2. The chemicals in vaccines upset the body's natural balance.
3. After the introduction of a new vaccine, it is very common for a large-scale outbreak caused by the vaccine and blamed on something else.

Influenza

The great Influenza outbreaks that claimed so many lives in the United States between 1918 and 1920, and then again a few years later, is another fascinating set of circumstances. Shortly before the outbreaks, the wide scale inoculation of the public against Typhus was advocated, and in some places made compulsory. When communities stopped the inoculation for typhus, there were no new outbreaks of Influenza. Now we know what guinea pigs feel like.

We have examined lots of research that shows immunizations are very hazardous to the health, strength, and vitality of our immune systems. Can you tell me why? Why do the injections of immunizations promote other

diseases in the body? Why do they shut down, make ineffectual, and even kill the body's immune cells?

Let's look at what an immunization shot really is. First, you take an infectious organism, different for each vaccine; then you modify it in a lab, so it is stronger and grown faster. That way it is easier to grow plenty for lots of people. After it is grown, you have to weaken or kill it. If you did not, you could kill the person who receives the shot outright. You have to add an agent that will weaken or kill such as mercury, aluminum, or a cocktail of heavy metals and other chemicals will do the trick. Now it is ready for use. We have two offenders, the toxic chemicals, and the denatured organisms with their modified RNA.

The organisms with modified RNA can be problem enough without the toxic pollution.

"Immunization programs against flu, measles, mumps, polio, and so forth, may actually be **seeding** humans with RNA to form latent pro-viruses in cells throughout the body. These latent pro-viruses could be molecules in search of diseases, including rheumatoid arthritis, multiple sclerosis, systemic lupus erythematosus, Parkinson's disease, and perhaps cancer." Richard Moskowitz, M.D., "The Case Against Immunizations", *Journal of the American Institute of Homeopathy*, vol. 76, March 1983.

Seeding the human body with RNA that is in search of diseases! Simply put, when you start mutating RNA and injecting it into the body, it can continue to replicate and mutate in the body, promoting; Rheumatoid Arthritis, Fibromyalgia, Multiple Sclerosis, Systemic Lupus, Erythematosus, Parkinson's disease, cancer, and more.

Now, what about the toxic chemicals and heavy metals? After they mix it in, do they take it out? No, it goes right into your baby's body along with the mutated RNA. In some cases the amount by weight of mercury in one vaccine can exceed the EPA standard for exposure to mercury. If in a work place you were exposed to that amount, it would be against the law. However, in a vaccine, they say "the benefits outweigh the risks".

You remember all the benefits quoted above right? “RNA in search of diseases, rheumatoid arthritis, multiple sclerosis, systemic lupus, erythematosus, Parkinson’s disease, and cancer, arthralgia and arthritis. rheumatic fever, sometimes fatal condition such as ataxia, hyperactivity, aseptic meningitis, seizures, and hemiparesis, ADD/ADHD, bipolar syndrome, epilepsy, autism, mental retardation and neurologic complications including death.” Some benefits!

Nearly unheard of complaints 100 years ago, all of these ‘dis-eases’, are becoming more and more prevalent. **The body is not designed to have heavy metals and toxic chemicals in the system.** They cause chronic acidosis. In trying to remove these toxins, the immune cells can be killed or rendered inactive, effectively shutting down the immune system.

There is so much research on the hazards of immunization. Why don’t more people know about the risks? There are a lot of reasons. I recommend that you read ‘Immunizations: The Reality behind the Myth’, by Walene James. It is well researched and very informative. This is an issue that affects all of us.

Sum It Up

We can modulate the immune system so the body will create new immune cells. Modulating the immune system is so effective because by instructing the body to create new immune cells, we can bring the body back to its natural balance and functions. **Tiaga Immune** is an all natural immune modulator that brings about these changes in the body because of the nutrients, building blocks and natural supportive elements of the herb.

For questions about Tiaga Immune go to www.myimmune.com.

Chapter Six

Metals and Chemical Detoxification

Metal and chemical toxicity is a serious issue in our society today. Everywhere we look, chemicals play an important role in our lifestyle. When we examine the food we eat and the care products we use daily, we find metals and chemicals used in many places we may not expect them.

Food Processing

Bread and white flour products contain surprising amounts of metals and other chemicals. When you read labels of processed flour, remember to look for sources of aluminum metals and chemical additives. This can be tricky, because it may not always have the name, but flow agents and dough conditioners are both chemical additives.

Medications

Another source of metal and chemical toxicity is the pills our society consumes. Toxic fillers and binders are common in the makeup of pharmaceuticals. This can become a substantial source of metal toxicity. Remember as well, that the active ingredients are petroleum by-products with their own toxic build up problems.

Cosmetics

Cosmetics are a big source of metal toxicity. Cosmetics that are applied to the skin are mixed with metals. The skin is very absorptive what we put on the skin can be absorbed directly in to the blood stream.

Hair coloring is a mixture of metals and chemicals as well. I have looked at the live blood samples of many women who dye their hair and wear lots of makeup. It is always sad to see so much metal in the blood.

Other Care Products

There are other care products that are filled with aluminum and other metals such as deodorant, sunscreen, lotion, perfumes, shampoo and conditioner. Deodorants are probably the worst out of the bunch. The idea of putting aluminum and other toxic chemicals on one of the most absorptive areas of the body, right next to a large group of lymph glands is insane. It is not surprising that there is so much breast cancer in these chronically injured lymph glands.

All Around

There are so many forms of metal pollutants that it is impossible to list them all here. It is safe to say that all of us are exposed to some metal toxicity and some of us are in real trouble because of it.

What does having metal toxicity do to the systems of the body?

First, as the immune cells try to attack and remove the metal, they can become weakened or even kill themselves on the non-organic toxin. If you look at a sample of blood from a person with metal toxicity, they commonly will have little to no immune cell activity. Second, the presence of the metal will cause constant free radical damage in the body which will lead to a drop in the pH, at which point, the mucor become larger and more damaging.

Third, the metal and chemical toxicity can build up in the brain, spinal column and nerves. The person may start to exhibit neurological problems such as a tingling in the hands and feet, a metallic taste in the mouth, numbness around the lips and nostrils, flashing lights in the vision, ringing in the ears and the most common, memory loss.

As if that is not enough, when toxicity comes on quickly, as from a shot, the person could have serious neurological complications, including ADD/ADHD, bipolar syndrome, epilepsy, autism, convulsions, coma, paralysis, blindness, psychic disorders, and mental retardation.

What to Do!

The problem with the heavy metal toxicity and the other pollutions is they are not naturally supposed to be in the body. These toxins are unfamiliar to the body, and the body does not know what to do with them. Here we are, with metal floating around in our blood stream, causing damage and killing the immune cells that it comes into contact with. Yet, when it goes through the liver, the liver does not know what it is and erring on the side of caution will allow it to stay. If we want it out, we have to instruct the body to eliminate it. This process is called **chelation**. This is the process of using another substance that will attach to the metals and toxins, and that the body can recognize and will eliminate.

One common therapy is to use EDTA (Ethylene Diamine Tetra acetic Acid) chelation. There are two processes - the IV and the oral. The IV administration can be a very painful process that takes an estimated 20 sessions. The oral technique is not as painful and equally not as effective. To equal the same detoxification effect as 20 IV treatments, you are looking at an estimated 80 months. Yes, that is over 6 years

Costs EDTA Therapy

IV infusion of EDTA typically costs \$75-\$150 each

- Treatments cost about \$75-\$150 each
- 20 weeks \$1500 - \$3000

PO therapy

- 180 tablets a month: \$37 - \$87
- 80 months: \$2956 - \$6912

Side effects of EDTA Chelation Therapy

Side effects appear to be controlled by adjusting the duration and frequency of treatment. These could include:

- kidney damage

- bone marrow suppression
- shock
- hypertension
- cardiac arrhythmias
- headache
- fatigue
- mild transient fever
- convulsions
- nausea/vomiting

Sulfur Sprout Chelation

At one point, I had extreme heavy metal toxicity and I did not like the idea of the EDTA and its side-effects abusing my already sick and weakened body. I was just looking for something to help without trying to kill me in the processes.

I heard about a dentist in California. He used so much mercury in his practice that he was forced to retire early due to mercury poisoning. He then traveled to Spain to study mercury processing in an effort to rid himself of the toxicity. He learned that the mercury processors utilize sulfur to bond to the metal and carry it out of the slag. After this discovery he began adding sulfur to his food. This is a disgusting procedure and slow-acting, but eventually he received relief.

When I heard what the dentist had done, I started learning all I could about sulfur. Sulfur is a mineral and, in its ionic form, is necessary for some body functions. When ionic sulfur is available from the diet, the sulfur attaches to metals and chemicals. When the liver sees these combinations, it recognizes the ionic sulfur, but knowing it cannot use the sulfur with something attached to it, filters it all out and eliminates it.

Ionic sulfur is something that the body uses as a nutrient building block. Not surprising, the ionic sulfur the body recognizes comes from plants. I looked everywhere and could not find a supplement of plant source ionic sulfur. There are certain plants that traditionally have more sulfur than others; cilantro, squash, spinach, and tomatoes, but how to get them fresh was a problem. More importantly than that, how could I know if the soil

they were grown in contained sulfur, or if it was depleted? From there I, decided that I needed to get sulfur and grow it into the food I was eating, thus making super chelating natural food. I started adding sulfur to the water that I would soak my sprouts in, growing the sprouts as normal and then eating them like they were my favorite food.

Week by week, I would look at a sample of my blood, and in a few months, the metals were gone. This was obviously very exciting, so I started sharing this information with people who were suffering from metal poisoning. They all had the same results: A few months of sulfur sprouts every day, and the metals were going away.

Cost of Sulfur Sprouts

Sulfur \$35 Sprouts \$15 – \$35

- 2 months \$50 – \$70

Side Effects of Eating Sulfur Sprouts

- Removes metal and other toxins
- Raises pH (helps maintain pH in the safe zone)
- Provides natural vitamins and minerals
- Strengthens the immune system

You get the idea. We all know that eating sprouts is good for us. Now, we can turn them into a natural chelating food too. The other great thing about the sulfur sprouts is there are no negative side effects.

Prevention and Maintenance

We can all easily use Sulfur sprouts at any time as a preventive measure. We have already shown that all of us are exposed to heavy metals and pollution every day. The question is not, “Are we getting this poisoning?” The question is, “How long are we going to wait to get it out?”

These toxins will build up in the body, year after year, until finally they become an obvious problem. Why wait for the tingling in the hands and

feet, a metallic taste in the mouth, numbness around the lips and nostrils, flashing lights in the vision, ringing in the ears, and memory loss? Why wait for the toxicity to kill your immune system and lower your pH making you more susceptible to dis-ease?

Now that we have the knowledge for prevention, let's do something with it for ourselves and for our loved ones. Using ionic sulfur as a natural chelation is the best and most inexpensive way I have found to keep the toxins I am continually exposed to out of my body.

Recommendations

People are always asking me what I recommend for sprout use. This is what worked for me: I had metal toxicity that was causing problems, so I ate 1 to 2 cups of sprouts a day for 4 months, then ½ to 1 cup of sprouts per day for 4 more months.

Now I use them for prevention. I eat ½ to 1 cup every day for 3 days out of the week, for 4 weeks, then go off for 2 or 3 weeks and then on again. The idea is to implement the sulfur sprouts into your diet as a regular prevention tool. Eat them all the time and eat all kinds of them. Any sprouting seed will work, and they only have good effects.

Spouting Instructions

It does not matter what kind of sprouting seeds you use. The process is the same. I recommend using a variety so you don't get bored. There are many sprouting seeds out there and seed mixes that you can get as well. (All of this is just a guideline to help you find what works for you.)

1) Fill a jar or deep bowl with 2 cups water. Add 1/8 tsp. sulfur to the water and mix completely to break up in any small chunks. Tip: using 2 spoons, mix sulfur and a small amount of water in one spoon using the other spoon to smash and break up any chunks to create a slurry. Mix the slurry into the water.

2) Add 2 Tbs. sprouting seeds to this sulfur water and allow to soak. The soaking varies for different types of seeds. On average, 8 to 12 hours is sufficient. The sprout label should give directions for individual seeds.

3) After the soaking time is completed, drain the water off the seeds, and rinse thoroughly. Make sure to rinse all the sulfur water off. Always rinse in water at room temperature. Water too hot will kill the seed, and too cold will slow down the speed of growth.

4) After the seeds have been rinsed thoroughly. Spread them out evenly in a sprouting tray or lay jar on its side and spread out evenly in the jar and set aside. (Note: You do not want the seeds to be sitting in puddles of water. This will increase the chance of mildew.) Now that the seeds have been soaked, they will begin to grow. You need to rinse them twice a day in fresh water to keep them clean and watered. If you are using a Mason jar or gallon jar, an easy way to keep the seeds in the jar is to put a piece of clean nylon over the opening of the jar with a rubber band. This way, when you rinse and pour the water off, you do not loose your seeds. Rinse in water at room temperature. Continue to wash the seeds twice a day until they are $\frac{3}{4}$ to 1 inch long. The sprout size will vary depending on the seed, but $\frac{3}{4}$ to $1\frac{1}{2}$ inch is a good average. You will want to grow the seeds in an area that is dark or at least not in direct sunlight. (A clean cupboard by the sink is good.) It is a good idea to start a new batch every other day or so. Sprouts take 2 to 4 days to grow, depending on the seed type. Starting every day or two allows you to have a constant supply of fresh sprouts available.

For questions about sulfur soil go to www.myimmune.com.

Appendix

Questions, comments, or to order products go to www.myimmune.com.

KEY POINTS:

- **Don't expect that just because it is common, it is safe.** (pg. 20)

-You have a large bruise on your left forearm. It is swollen and very painful. You wish it would go away. Now, in your right hand, you have a stick and all through the day you are whacking the bruise on the left arm with the stick while saying, "I wish my arm did not hurt." What can you do? Should you take a pain pill or put some salve on the bruise? No, that doesn't solve the problem. Then what should be done? Stop what is causing the damage stop the stick...(pg. 17)

-It is enough to say that the problem is epidemic and the popular solutions are obviously not working. (pg. 29)

-If I don't know what it is, I DON'T PUT IT IN MY MOUTH! (pg. 30)

-We need to change our diet. To get different results from the national statistics, we have to do differently than those on the 'great American diet'. (pg. 54)

-There are so many forms of metal pollutants that it is impossible to list them all here. It is safe to say that all of us are exposed to some metal toxicity and some of us are in real trouble because of it. (pg. 64) The question is not are we getting them? The question is how long are we going to wait to get them out? (pg. 67)

No amount of knowledge will help you until you apply it.

Glossary

Acid: Any substance which, characteristically is sour in taste, neutralizes basic substances, makes litmus paper red, and produces hydrogen ions when dissociated in solution. Acid in this text is shown as body terrain, in which the mucor develops into larger and more destructive decomposing forms.

Acid Forming: Any substance that, when taken into the body, causes the interstitial fluids pH to become more acidic.

Acquired Immunity: Immunity to pathogenic and non-pathogenic microorganisms and antigens that is acquired through experience with the antigens and maintained by the immune system.

Alkali: A substance with the chemical characteristics of a base. Alkalis turn litmus paper blue and enters into reactions that form water-soluble carbonates. Alkaline in this text is shown as body terrain, in which the mucor is maintained as helpful regulators in the body.

Antibody: An immunoglobulin produced by immune cells in response to bacteria, viruses, or other antigenic substances.

Antigen: A substance, usually a protein, that causes the formation of an antibody.

Antigen-Antibody Reaction: A process of the immune system in which B-cells recognize an intruder or antigen and stimulate antibody production.

Bacterioid Forms: **Mucor** which have colonized into forms that have the appearance of bacteria. Low systemic pH allows the regulating **mucor** colonies to become larger bacterioid colonies.

B-Cell: The B-cells are responsible for *acquired* immunity. They produce antibodies that are specific to denature or disarm bacteria. They can only act on information brought to them from other cells and are not motile themselves. They simply float around the body. They are called 'B' cells

because 'bacteria' begins with a 'B' and immunity to bacteria is their primary function.

Bechamp, Antoine Bernard: French scientist, living at the end of the nineteenth century. He promoted the terrain theory of health, which is that the overall balance of the body and its systems promote health and the dys-regulation of the body leads to disease.

Blood: The fluid circulating through the heart, arteries, veins, and capillaries carrying nourishment, electrolytes, hormones, vitamins, antibodies, heat, and oxygen to the tissues and taking away waste matter and carbon dioxide.

Bright-field: A system of illumination in microscopy which allows for light to be passed directly into the lens. Any opaque object between the viewer and the light will block the light and cause a silhouette to be seen.

Dark-field: A system of illumination in microscopy in which the light is reflected off the surface of opaque objects prior to reaching the eye. The opaque and translucent objects are thus "stained" or outlined in light allowing the observer to study even those objects that cannot be seen under bright-field.

'Dis-ease': Dys-regulation or imbalances of the regular life cycle of an organism.

Degenerative Dis-ease: Dis-ease which is accompanied by general degeneration and lacking recuperation. 'The breakdown of the body faster than it can rebuild.'

Detoxification: The process of removing harmful chemicals from the body.

Dys-regulation: The opposite of proper and functional regulation. Taking the body from an optimal, balanced, healthy, state to an imbalanced state of dis-ease.

Endobiont: See **mucor racemosus fresen**, a soil mold that is native to the living system of the body.

Endotoxicity: Toxicity derived from the food we eat and fluid we drink.

Enderlein, Gunter: Twentieth century German zoologist. Originator and developer of Enderlein Postulate and Terrainist Theory.

Enderlein's Postulate: The theory, that as the systemic pH descends, the phase forms of the **mucor** ascend, and as the **mucor** phases ascend the body becomes dys- regulated.

Exotoxin: A toxin originating outside the body and entering the body in some way, other than the food and fluid we eat.

Fibrin: A colonial form of the **mucor** that resembles fibrin when observed under magnification. Fibrin is a natural response of the body to injury, to aid in clotting of the blood.

Immune Modulation: To modulate is to: adjust, balance, or harmonize. Immune modulation means supporting the immune system to reach its optimum level of performance and adjust its function to a natural and complete state of balance.

Immunity: The state of being resistant to agents or organisms due to previous exposure to the same or similar agent or organism.

Pasteur, Louis: Late nineteenth century scientist. Proponent of the Germ Theory of disease.

Medusal Forms: The final, mycelial colony of the **mucor**.

Mucor: *Mucor racemosus* fresens. One of the normal microbial flora in animals which acts as a regulator in healthy bodies and as a decomposer in dead bodies.

Neutrophils: The neutrophil is a motile, amoeboid cell with multiple nuclei. It can move on its own power, it is phagocytic, They can engulf and destroy bacteria, virus, and other invaders or they can carry the invader to

the T-cell and B-cell and transfer information, then the T-cell and B-cell in turn, can make the antibodies or chemicals to stop the invasion.

pH: Potential hydrogen. A measure of relative acidity or base.

pH Dependent: An organism or substance that's function is dependent on the pH of its environment .

Pleomorphic: Having the ability to transition back and forth through multiple phases of morphology.

RBC: Red Blood Cell.

Rod Forms: Form of the **mucor** having a rod-like shape. The next larger colony form of the **mucor** from the bacterioid form.

Synergy: Balance of a system such, that the whole works together better than the some of the separated parts.

T-Cell: The T-cells perform a function similar to the B-cells except that they are not specific to bacteria. The T-cells produce cytotoxic chemicals that target virus, cancer, antigens, and bacteria. They are called 'T' cells, because they mature in the thymus. These cytokines also activate the macrophages and dendritic cells. They, like the B-cells, can only act on information brought to them from other cells. They are not motile themselves and simply float around the body.

Terrain Biology: The study of the internal terrain of the body and its effects on health.

Yack: The nasty, toxic, garbage, people insist on calling food and putting into their mouth.