

DISCLAIMER

This webinar is not to be used instead of going to a competent doctor, I do not directly nor indirectly dispense medical advice or prescribe in any way alternative treatment for sickness (It is illegal to do so).

In the event you use this information, which is only of historical value, you are prescribing for yourself, which is still your constitutional right. I assume no responsibility.


I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb product company for producing this information.

I also believe that it is a crime that we have to pussyfoot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health. I believe in this great country and will do my best to try to obey its laws even if I strongly disagree with them.

Herbs, supplements and diet work slowly, I suggest that you do not go off any medication without the help of a doctor.

I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE ADVICE AND GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If I would like to make healthier changes in my diet and my doctor was not willing to help me while I worked with a natural health practitioner, I suggest you find a doctor who values and respects his patient's wishes and rights and fire the doctor who would not!



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Welcome!!!


Just hang On :o)

Our meeting will start soon.

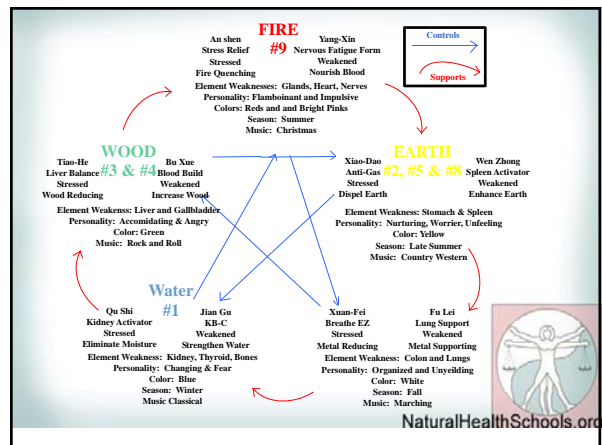



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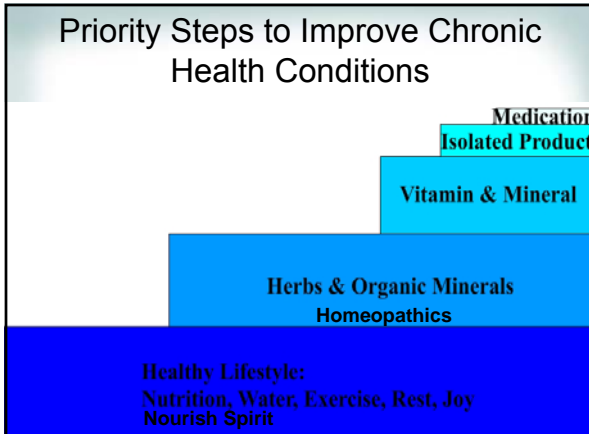
<p>Female Inward Internal Earth Structure Wet Dark Cold Chronic Soothing Night Left Side Right Brain Negative Palm of hands Intuitive Space Receptive Verticle Eastern Culture</p>		<p>Male Outward External Heaven Function Dry Light Hot Acute Stimulating Day Right Side Left Brain Positive Back of hands Concrete/analytical Time Skeptical Horizontal Western Culture</p>
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Priority Steps to Improve Chronic Health Conditions



Healthy Lifestyle:
Nutrition, Water, Exercise, Rest, Joy
Nourish Spirit

Herbs & Organic Minerals
Homeopathics


Vitamin & Mineral

Isolated Product

Medication

Herbs Work in Many Different Ways!!!

- Yin/Yang
- High level of nutrients
- Carries nutrients Prabhava or Conducting herbs
- Vibration/Energy
- Action
- Balances pH
- Flavor
- Color
- Hormonal effect
- Thinking herbs

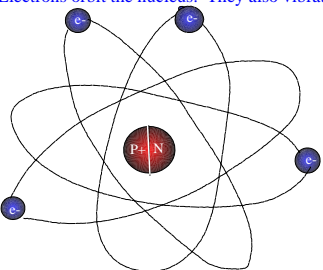


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Atoms make up all things

Protons and Neutrons make up the center or nucleus.

Electrons orbit the nucleus. They also vibrate.




Every Atom has a different vibratory rate. In the human body when the cells vibratory rate slows down the cells are diseased. Nutrients help re-establish the vibratory rate.

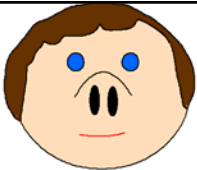

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Produces Reactions Within the Body

- Coloration
- Taste
- Smell
- Vibratory Rate


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Aromatic




Aromatic of an organ or gland
herbs contains Volatile (evaporates easily) oils

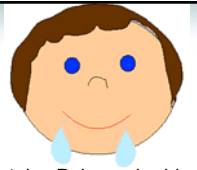
They can be identified by their strong smell and are often hot or strong to the taste

Their action is to speed things up, to heat and melt

Health conditions which are helped: Thick mucus or catarrh. Congestion. Sluggish function of an organ or gland


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Mucilaginous




Mucilaginous Herbs contains Polysaccharides

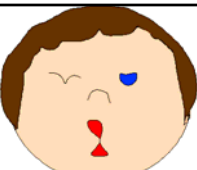
They can be identified by their slippery or slimy or gelatinous (gelatin like) texture. They are usually mild tasting

Their action is to slow things down, lubricates, absorbs water and toxins and soothe. They also lubricate mucosal linings (like digestive tract and respiratory tract)

Health conditions which are helped: Inflammation, dried conditions, hyperactivity


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Astringent




Astringent herbs contain acids and tannins

They can be identified by their drying or drawing effects

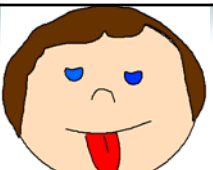
Their action is to tone, tighten, contract, or solidify

Their action is to strengthen, contracts, dry and draw in

Health conditions which are helped: Flaccid tissue, lacking tone


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Bitters




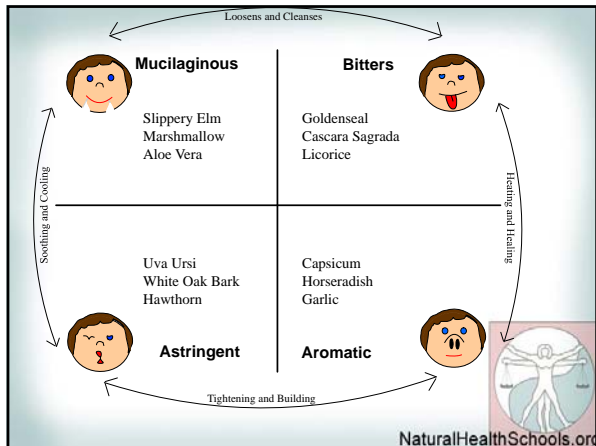
Bitter herbs contain alkaloids, saponins and glycosides

They can be identified by the bitter taste

Their action is to loosen, soften, dissolve, liquefy, relaxes, laxative

Types of health conditions which are helped: Constipation, infections, yellow discharges, periodic disease


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Free Radical Damage and Antioxidant Intervention Explained

The cell (in pink) is stable. It has a balance amount of electrons.
The oxygen molecule (in blue) is lacking an electron. The unstable oxygen will strive to become stable and will rob one of the electrons from the cell of the body.

CELL

Normal Urine pH can be anywhere from 5.5 to 6.8

Urine pH indicates how the kidneys are using minerals or ammonia in balancing the pH

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Normal pH of the Saliva is 6.3 to 6.6

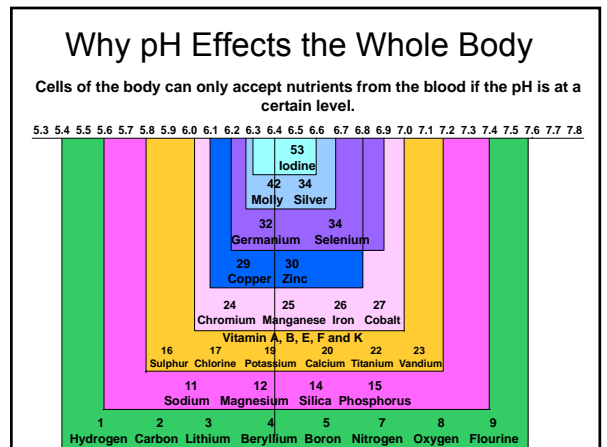
Saliva pH indicates what the pH is of the fluid which bathes EVERY cell of the body

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Every Cell Contains an outer membrane

- If the pH is too acidic or too alkaline the membrane thickens to protect the cell
- If the pH is normal the membrane is normal

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The More Acidic the Cell Fluid the Less Nutrients the Cells Can Accept

5.0	5.5	6.0	6.5	
	Hydrogen Carbon Lithium Beryllium Boron Nitrogen Oxygen Flourine	Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium Titanium Vandium	Sodium Magnesium Silica Phosphorus Hydrogen Carbon Lithium Boron Nitrogen Oxygen Flourine	Iodine Vanadium Molybdeum Silver Germanium Selenium Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium

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The More Alkaline the Cell Fluid the Less Nutrients the Cells Can Accept

6.5	7.0	7.5	8.0
Iodine Molybdeum Silver Germanium Selenium Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium	Titanium Vanadium Sodium Magnesium Silica Phosphorus Hydrogen Carbon Lithium Beryllium Boron Nitrogen Oxygen Flourine	Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium Titanium Vandium	Hydrogen Carbon Lithium Beryllium Boron Nitrogen Oxygen Flourine

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Cancer Connection

- When abnormal cell develops, the body's immune system sends an enzyme to open the pores of the cells which then causes fluid to fill up the abnormal cell causing it to burst.
- The immune system can then carry away the abnormal cell fragments.
- Enzymes can not work in an acidic medium.
- So if the fluid surrounding the body's cells are acidic, the acid will kill the enzyme and it can no longer work on the cancer.

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Body Fluids pH Norms

- Saliva 6.3 – 6.6
- Cell Fluids 6.3 – 6.6
- Urine 5.5 - 6.8
- Blood 7.35 - 7.45
- Breastmilk 8.0
- Skin 5.5

Water's pH should be 7.0

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Acid Causers

- Emotions
- Some medications especially pain medications
- Diet especially Coffee, tea (reg and decafe), Soda.
- Milk products, Milk, Yogurt, Ice-cream, Cheese
- Sugar
- Poor Digestion
- Processed Foods
- Cooked foods
- Juices after a few hours

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Symptoms of pH Imbalance

- Weak lower back – Bone cancer
- Stiff, Painful, Clicking joints
- Sore muscles
- Mucus Drip – Sinus – Asthma – Respiratory allergies
- Heartburn – Acid reflex – GERD - Ulcers
- Colitis, Crohn's, IBS
- Psoriasis – Gawlding - Discoloring jewelry

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Minerals Body Uses to Balance pH

1. Sodium (not NaCl)
2. Calcium
3. Potassium
4. Magnesium

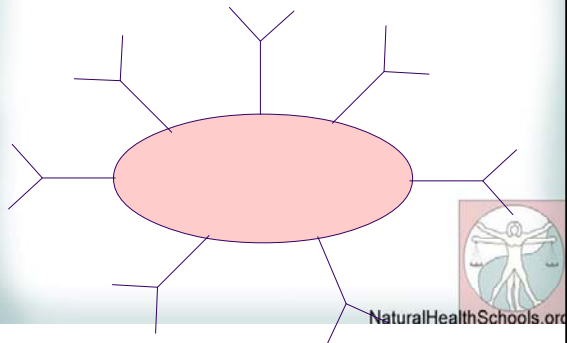


Products for Balancing pH

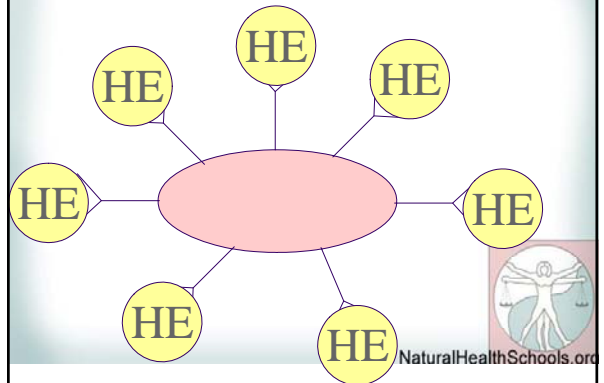
- Liquid Calcium (for those alkaline)
- Skeletal Strength, Cal/Mag, Herbal CA etc (for those acidic)
- Marshmallow and Slippery Elm (for pH in organs, glands, muscles and tubes)
- Cranberry Buchu (Alkalized Bladder)
- Skin (Sunshine Concentrate)
- Una De Gato (Respiratory System and Joints)
- Joint support or Yucca (joints and bursa)
- Safflowers (uric acid)
- LEMONS and Water anytime



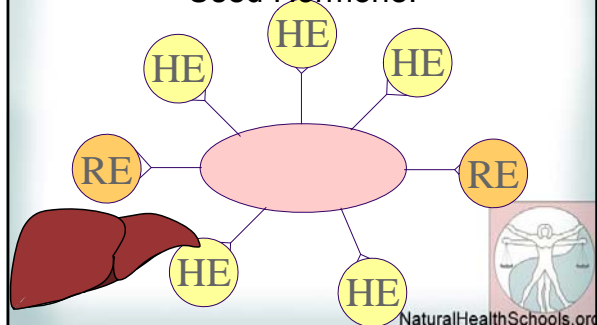
Hormonal Effected Cells Have Hormone Receptors



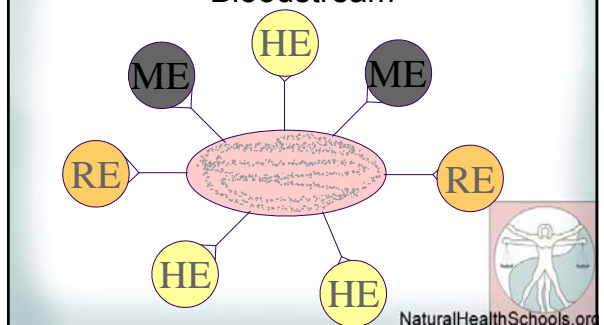
Healthy Estrogen



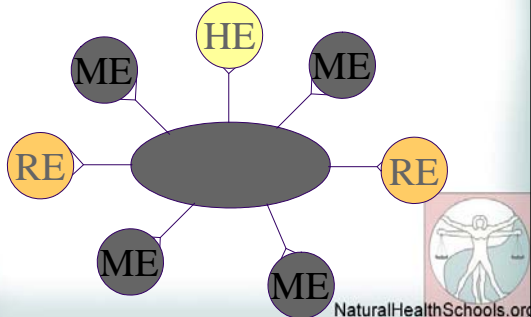
After the Hormone Does Its Job, the Liver Either Recycles or Discards the Used Hormone.



A Weak or Toxic Liver Might Let Mutated Hormones Back into the Bloodstream



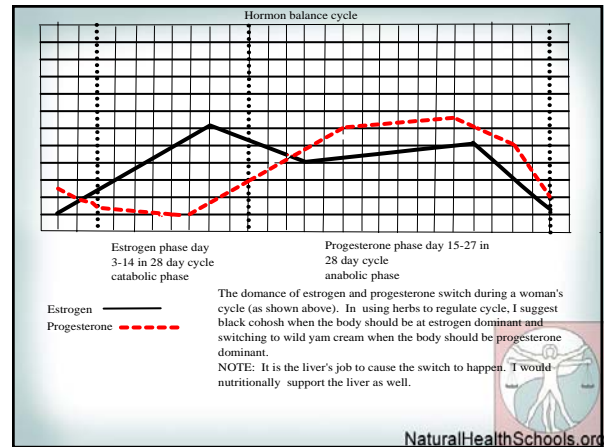
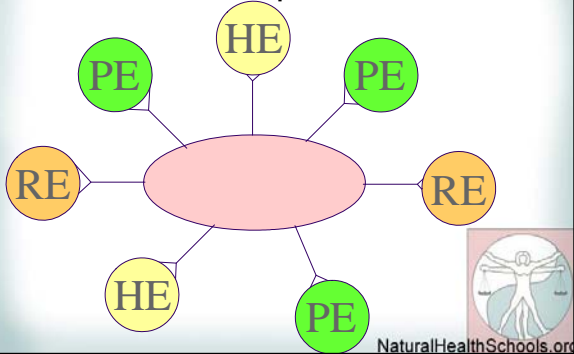
Enough Mutated Hormones Fill in the Receptor Sites, Can Cause the Cell to Turn Cancerous.



Well known food products made from fermented soybeans include:

- Cheonggukjang
- Chunjang
- Doenjang
- Doubanjiang
- Gochujang
- Miso
- Nattō
- Sweet bean sauce
- Tamari
- Tauchu
- Tempeh
- Tofu ?
- Pickled tofu
- Stinky tofu
- Yellow soybean paste

Phyto or Pseudo Hormones Fill in the Receptor Sites



Adaptagens and Signaturing



Adapted to Dry Hot Climate


Basic Rules to Good Health

1. Live Closer to God
2. Get rid of Emotional Toxins
3. Stop Putting Poisons into the Body
4. It Takes 5-7 Times the Normal Amount of Nutrition to Build and Repair Than it Does to Maintain
5. Eat as Much Raw Food as Possible
6. Nothing Heals in the Human Body in Less than 3 Months, Then Add 1 Month for Every Year You Have Been Sick
7. Understand the Way the Body Heals
8. Get Adequate Amounts of Rest and Exercise



Not All Herbs Are Created Equal

- Where the herbs are grown
- When the herbs are grown
- What part of the herb is used
- Are they organically grown or better yet wild crafted
- Drying techniques
- Do they standardize
- Do they test for 300 impurities
- Vitamins/Minerals Organic or Inorganic or Synthetic



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