

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.

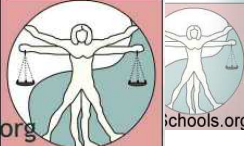
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If I would like to make healthier changes in my diet and my doctor was not willing to help me while I worked with a natural health practitioner, I suggest you find a doctor who values and respects his patient's wishes and rights and fire the doctor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



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Welcome!!!
Just hang On :o)
Our meeting will start soon.







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

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FIRE #9
 An Shen Stress Relief
 Stressed
 Fire Quenching
 Element Weaknesses: Glands, Heart, Nerves
 Personality: Flamboyant and Impulsive
 Colors: Reds and Bright Pinks
 Season: Summer
 Music: Christmas

WOOD #3 & #4
 Tin He Liver Balance
 Stressed
 Wood Reducing
 Element Weaknesses: Liver and Gallbladder
 Personality: Accommodating & Angry
 Color: Green
 Music: Rock and Roll

EARTH #2, #5 & #8
 Xiao Dao Anti-Gas
 Stressed
 Dispel Earth
 Element Weaknesses: Stomach & Spleen
 Personality: Nurturing, Worrier, Unfeeling
 Color: Yellow
 Season: Late Summer
 Music: Country Western

Water #1
 Qu Shi Kidney Activator
 Stressed
 Eliminate Moisture
 Element Weaknesses: Kidney, Thyroid, Bones
 Personality: Changing & Fear
 Color: Blue
 Season: Winter
 Music: Classical

Metal
 Xuan Fei Breathe E.Z.
 Stressed
 Metal Reducing
 Element Weaknesses: Colon and Lungs
 Personality: Organized and Unyielding
 Color: White
 Season: Fall
 Music: Marching

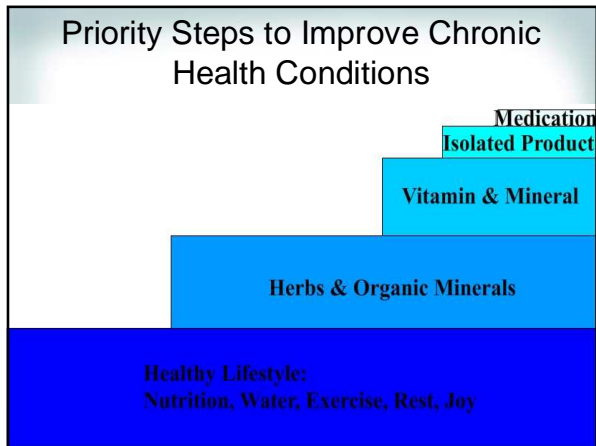
Controls (indicated by blue arrows)
Supports (indicated by red arrows)

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Herbs Work in Many Different Ways!!!

- High level of nutrients
- Carries nutrients Prabhava or Conducting herbs
- Yin/Yang
- 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.

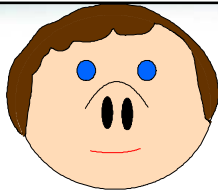
Every Atom has a different vibratory rate. In the human body when the cells vibratory rate slows down the cells are diseased. Nutrients help re-establish the vibratory rate.

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Produces Reactions Within the Body

- Coloration
- Taste
- Smell
- Vibratory Rate

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Aromatic 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 they are used for are: Thick mucus or catarrah. Congestion. Sluggish function of an organ or gland.

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Mucilaginous Herbs contains Polysaccharides

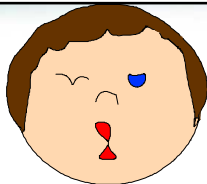
They can be identified by their slippery or slimy or gelatinous (geletan like) texture. They are usually mild tasting

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

Health conditions they are used for are: Inflammation, dried conditions, hyperactivity

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Astringent herbs contain acids and tannins

They can be identified by their drying or drawing effect.

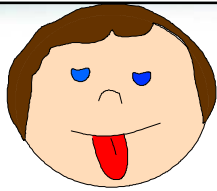
Their action is to tone, tighten, contract, or solidify

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

Health conditions they are used for: Flaccid tissue, lacking tone

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Bitter herbs contain alkaloids, saponins and glycosides

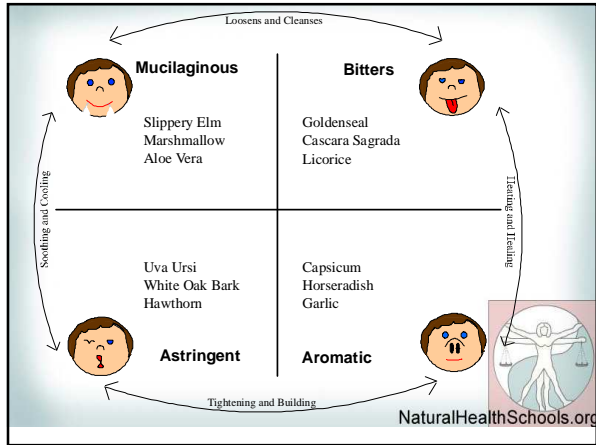
They can be identified by the bitter taste.

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

Types of Health conditions it is used for: Constipation, Infections, yellow discharges, periodic diseases

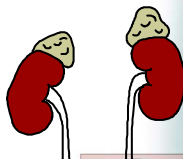


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Normal Urine pH can be anywhere from 5.5 to 6.8

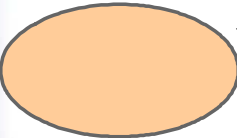

Urine pH indicates how the kidneys are using minerals or ammonia in balancing the pH



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Normal pH of the Saliva is 6.3 to 6.6

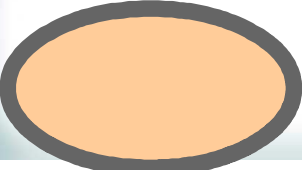
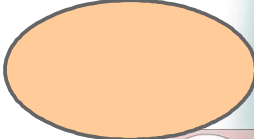

Saliva pH indicates what the pH is of the fluid which bathes EVERY cell of the body

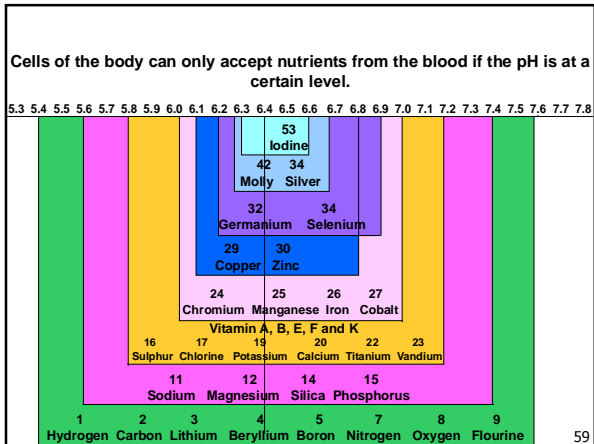
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Every Cell Contains an outer membrane.

- 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 Vanadium	Sodium Silica Magnesium Phosphorus Hydrogen Carbon Lithium Beryllium Nitrogen Oxygen Flourine	Iodine 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 Vanadium	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
- 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
- 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



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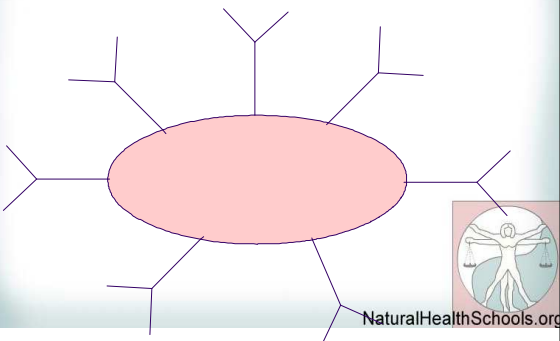
Products for Balancing pH

- 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

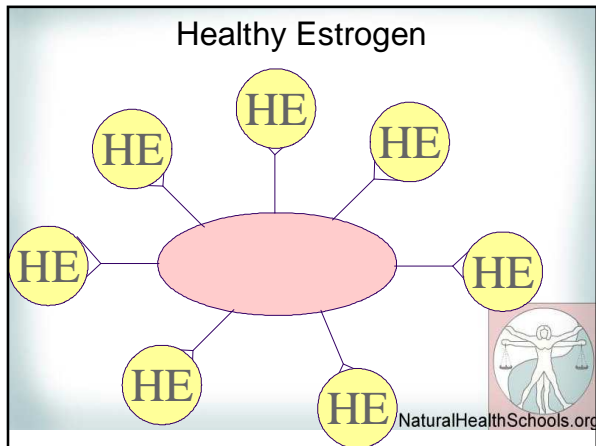


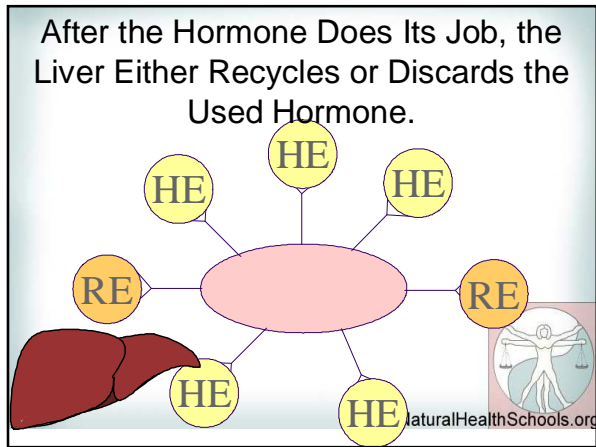
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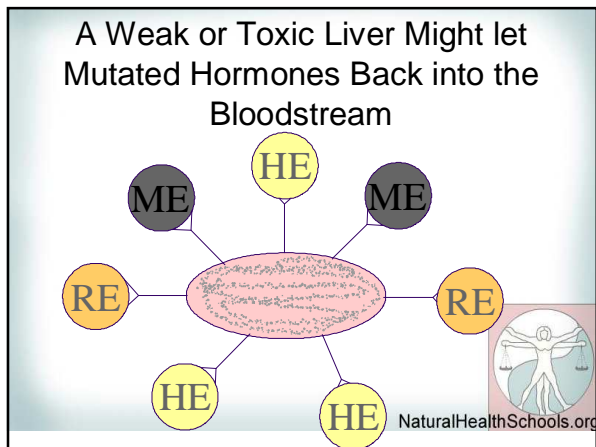
Hormonal Effected Cells Have Hormone Receptors



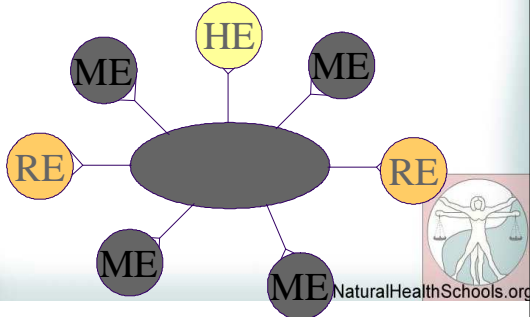
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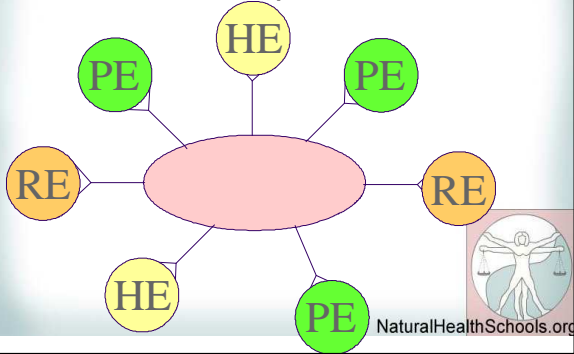


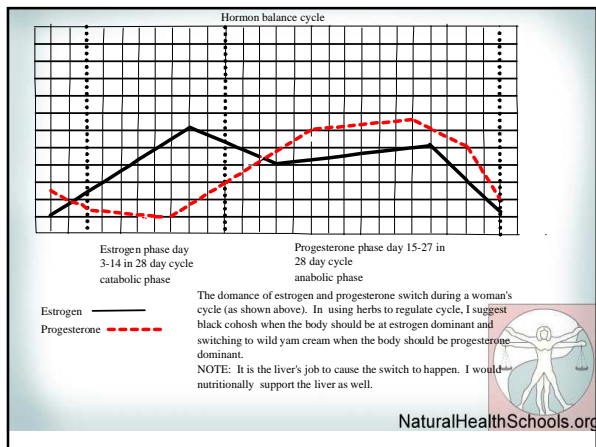


Enough Mutated Hormones Fill in the Receptor Sites, Can Cause the Cell to Turn Cancerous.



Phyto or Pseudo Hormones Fill in the Receptor Sites





Adaptagens and Signaturing



Adapted to
Dry Hot
Climate



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Resembles the Heart



Color part
looks like
face



Bone Knit Texture



Characteristics



Basic Rules to Good Health

1. Liver 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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Questions

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