It’s The Liver Stupid
A Healing Art That Really Works
This book is dedicated to my dear friend, Joanne Price, who recently died of MRSA.
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1. Introduction

This is a multimedia book on the Anti-Aging and Health Program (AHP). It originally focused just on MSM (methylsulfonylmethane), but in my research, a light went off. On reading some very deep scientific papers, I realized that the real key to health rests with the liver, and that joint health is one small result of a much bigger problem. With this, I combined some of the other powerful foods and food supplements that I have come across. They all affect the Liver, generally, but not all affect it directly. As you read, focus on my new “poster woman,” Mona’s note received recently:

You don’t know me but, I bought the Horse MSM a year ago per the protocol.

I’ve had 4 spinal fusions and a hip clean-out. I have Crohn’s and PSC…PSC is an autoimmune bile duct disease. The only TREATMENT is liver transplant. I’ve already gone from stage 4 to 0-1. I WAS taking 14 pharmaceutical medications, and now I take ZERO. My doctors HATE it, but they can’t argue with success. We are nearly over diagnostics (I just use them for testing to help myself). I can then say: OK, are we done. YES, then I will discuss what I have been really doing all along with them.

Thank you for this…you have NO IDEA! Mona, age 54, Apple valley, CA
Watch Dr. Trent’s Video that Mona sent me:


So HL MSM is working just as these combined theories predicted!

At the end, I include a few Yahoo Coconut Oil and Beck-blood-electrolysis Forum “posts” that reflect the history of my understanding of all of this. I then follow the
history with more recent Posts that reflect on and contribute to a deeper understanding
as I answer questions that Group members post to me.

To master this program, one must watch the videos and read online material, which
serve as the bibliography. Some of these can just be scanned, but other parts, like the
Seneff Interview are essential to getting the whole picture. I have do my best to sort
out the most pertinent parts, but the pieces that I drew from are all still in tact in these
references, if you are interested.

This was actually first started when, in 2007, the architectural market fell flat. I
began then, by compiling the feedback and comments from members of our Groups. It
has grown from a labor of love to, more recently, a passion, as interest has grown.

I am especially indebted to my friends, Dr. Deborah Hobbs, local chiropractor, and
Duncan Crowe, a Canadian Nutritional Expert and Ozone Therapist, who sells several
lines of food supplements that he has creatively researched and that can help lead us
back to health when we have stepped out of line. Also, my friend, Dr. Kevin Freeman,
M.D., a specialist in Endocrinology and is a pharmaceutical consultant who knows the
other side of this health story about as well as anyone.

I am a professional architect, not a healthcare professional and I make no such
claims. My interest in health is with regards to staying well, which means staying
young, not in chronological years, but in response to aging factors that we consider
normal. Furthermore, this interest in health was first inspired by my father. Dad was
an Environmental Engineer (called Sanitary Engineer in those days) with degrees in
Chemical and Civil Engineering, but his passion was always in medicine. He lived
before the internet was conceived, but he was a whirlwind of knowledge and would
read as many as six or seven newspapers per day in an effort to sort out the truth
from prevailing fiction (hard to do even with the world wide web to help us today).

Dad knew more about physiology and anatomy than most doctors, but unfortunately,
he was duped by the mainstream and actually bought into the Lipid/Dr. Keys’ story
that I tell herein. It was not pretty. He literally blew up at age 67 of a massive heart
attack and stroke. But if he were here today, I am sure that he would be all over the
things that I reveal.

While my story starts with a gift based in horse farming and veterinary medicine, it
quickly moves to, especially, the Sciences of Anti-Aging and Body Electronics, then,
beyond, to the metaphysical realms and finally to Pure Spirituality. It is a wild ride,
but it all fits together and tells a compelling story that can lead just about anyone to
optimum health and beyond, if they follow it carefully.
At the helm of a Jeanneau on a leisurely downwind leg in British Virgin Islands . . .
My passion . . .
Ca. 2002

New Southwest                     New East

Dining Room Addn          Exist                     Exist Southwest

13 Olive St. Renovations,  Rehoboth, DE

5
2. Background

I am my own patient and was born with juvenile arthritis in my fingers and hip (my friend, Dr. Freeman’s diagnosis based on my description). By 1976, I could not throw a ball more than thirty feet and, as a result of a ski accident, my knee was badly injured that year. My hanging over drawing boards for hours on end, stressed my neck, terribly. I had nearly unbearable joint problems everywhere. By the year 1983, I was a physical mess and wearing a neck brace, most days, to work. This I considered a God-Send. Interestingly, my brace was often borrowed by my cohorts in the office. My physician at Harvard Health Center in Boston described my neck as a work-related problem common to architects, but I now know that joint problems are much more deeply rooted in most cases. More accurately, after putting the very deep scientific relationships and studies together in writing this book, I have come to understand that such conditions could easily be the result of Liver Stress. Furthermore, I discovered that this generally begins to strongly manifest at around age 40 for western High Carb Diet/High Sugar civilizations where I squarely fell at the time.

Some of these problems subsided somewhat over time as the health care professionals advised that they would, but others, like sciatica, cropped up in their place. By 1992, at age 50, they had virtually all reappeared. In addition to these, I had circulatory and other health issues that seemed unimportant, by comparison, but now I see as life threatening warnings that I, like most people, ignore.

Also, like most people, my concerns were mainly with the joint pain issues. The most immediate of these around this time was sciatica. Sciatica pain, if you have never encountered it, virtually takes away your breath when it hits . . . it can make you cry.

I was throwing the ball for my two-year-old golden retriever, Axel, one day and the sciatica hit me. Crying out in pain and tears, I realized that no one could help. So I crawled into the house. Axel tried to comfort me, but he couldn’t.

Sciatica pain, I learned, would typically last about a week, but it would slowly subside on its own and, generally, disappear only to reappear again in about six months or so, with regularity. I did seem to get faster recovery with help from my Chiropractor friend, Dr. Hobbs, but it was indeed something that one does not forget. Furthermore, no matter what, one can expect it to come back within a year, in any event, once you are prone to it. Until the direct attack, it comes on just like the hip pain that I was born with. It is a low level ache in the leg to hip joint... As explained more carefully by Dr. Hobbs, it’s an inflammation of the sciatic nerve that leads to the leg that finally comes full-force with a crushing attack. In any event, no matter how carefully it is explained, I can guarantee that you don’t want it explained to you.
Sciatica was bad, but it was not the worst pain that I have ever encountered. At age 14, I had my first migraine. I later learned from my son’s doctor that this type is generally called a “Classic Migraine.” Others refer to it as an “Optical Migraine.”

I still get mild migraine attacks occasionally, but in those days, they were near-death experiences. I attribute them now to mercury fillings in my teeth, but there is no way to prove where they came from. It was not until after spending four years in the Air Force that I had even a clue as what they were. Military doctors would stare at you blankly, pass you some green “G.I. gin,” and send you to the barracks to throw up and endure the pain, which would normally just last one day.

My knee, a severely torn ACL, got better. However, by age 50, when I played tennis, it started snapping out of the joint. I would land on the court in a pile until I could recover myself. I saw several M.D.s over this knee condition. The last one, Dr. James Marvel, a local sports specialist, told me that he had the same problem, and that knee replacement was, at most, two years away. Fortunately, I had just watched a documentary on PBS describing what appeared to be carpentry... But called surgery. This did not and does not now fit my vision of medicine.

Furthermore, being an architect plus an accomplished structural designer, yacht & furniture builder, carpenter, and auto mechanic, I have a very good understanding of stresses. There is no real source of lubrication in an artificial joint. It is a separate foreign entity and one that I can see is bound to eventually wear out and fail.

My vision of an artificial joint failing was always this: You are walking or running and the hip or knee joint fails. You fall down in a pile with this piece of stainless steel protruding from your body with a cleanly separated joint, looking like someone hit it with the blunt end of a meat cleaver, as you writhe in pain... are you getting this? It’s not a pretty picture!

Fortunately, I came across a bulk MSM salesman on dial-up in about 1998. A down-to-earth and very intelligent farmer with a crazy yellow website explained that he sold MSM for horses, not people, and by the rail car load. He told me that his family of over thirty had no joint problems: no knee problems, no sciatica, no neck pain, no arthritis of any kind, and, for the most part, seemed more healthy than other people in their community. I am probably not giving this man enough credit, but I was immediately intrigued.... and I am grateful that I was paying attention.

He then told me that the key was MSM. I explained to him that I had been taking MSM for years... and that he was right, it worked, but not as well as he was describing. He then revealed what I am describing here as the “HL MSM Protocol.”
From here, he then agreed to bag up some of his product and send it to me for his cost. I have never looked back. Within two months, virtually every joint problem that I had been enduring was gone. I was not even aware of it at the time, but, with these, other conditions, like poor circulation and migraine headaches, slowly began to disappear also. Who would have thought? I knew that this was no coincidence. I have gone from a sick ragamuffin to being in better health than I was at age 27 when I could not drive a car because of my hip flair-up. I had virtually aged backwards.

Since meeting this man online, I have always been very interested in what MSM really does, its characteristic, its derivation, etc. But, from that moment on, I have never doubted its contribution to my overall health and to joint health in general. I have been spreading the word about this high level MSM in the two above-mentioned discussion groups maybe six years now, but even before that, in chat rooms, on dial-
up. In doing that, I have also learned from others as I went, especially Duncan Crowe whom I mention, herein, often.

It was Duncan who first made me aware of the Coconut Oil Group and invited me to join. While Duncan is not an M.D., he is a unique and gifted Health Care Professional. To say the least, he is very talented at what he does. His special interest is in Anti-Aging and its implications. He has put a great deal of effort there in his personal investigations. He is also an Ozone Therapist and sells a number of creative products that he has researched to the gills on his website.

At times, Duncan’s scientific bent has turned off a few members and a couple have even left the group as a result, but I consider that a good thing. He never accepts word of mouth as proof and is always looking to the source of information. By the way, if you happen to have severe heart problems, I suggest that you call him immediately for advice. He carries products and knowledge that can quickly guide you out of that condition. If timing is not an imperative, this Anti-Aging & Health Program, a slower process, will benefit you greatly, later. But his products can help get you out of the weeds, as Dr. Deborah Hobbs would say. Call him at (888) 470-1582

http://members.shaw.ca/duncancrow/comments.html
duncancrow@shaw.ca

Duncan got me into looking at DMSO from his experience with his Father. However, it was not until the Dr. Stephanie Seneff/ Mercola interviews, a few years ago, that I began to understand, fully, the significance of the Organic Sulfur component of MSM. This brilliant scientist/ engineer, without her knowing it, has unlocked one of the several keys to this amazing organic chemical/ food that is oxidized from DMSO. DMSO is generally derived from wood products. Both can be used, but in different ways, in joint treatment and general health. However, DMSO is much more difficult to use safely as some of our discussions in the Yahoo Groups recall herein. By the way, I have no dog in this hunt and whatever transpires between you and Duncan is your business.

Also, while the HL MSM Protocol is generally safe from day one, it will make you sick if you go too fast, as I explain later. Read the Quick Start section, always ... take your time and listen to the responses from your body as you go on all levels.
Some portfolio pictures... This is what I really do!

Fine Beach Houses are my favorite projects

Cell phone: 302 542 0382
3. AHP

Welcome to the Anti-Aging & Health Program. I hope that you find this program description and component parts thought provoking and accept them with the same level of enthusiasm that I have. It’s a multimedia adventure that should take you a lot longer to fully complete than you need to “just to get the show on the road.”

To start, I suggest that you read the basics of the HL MSM Protocol below, then skim through everything. Follow that by ordering any of the other foods/ parts that jump out at you. When done, come back to this point and start your comprehensive read. Then, take your time to research each live Link as I have... by the time MSM (and whatever else) arrives, you should have a pretty comprehensive idea of how to use this AHP properly.

I am totally amazed as to how this program fits together so seamlessly. The comprehensive research that into every level of these components is amazing, but the brilliant researchers who have done this groundwork obviously do not talk. They somehow missed the connections between their work and that of others. They were obvious to me once I got through them and I found the connections inspiring. I hope that I have pointed them out clearly to you.

Enjoy!

The Quick Start

The basics of the HL MSM Protocol are very simple and this is always what people ask for first:

1. Go to Amazon, Search MSM for horses and buy 5lbs of it (for about $35 with S&H)
2. Start out at about a heaping teaspoonful (amounts are never critical).
3. Take a scoop with water, swish it around in your mouth for at least 5 min (that's a long time). There should be no taste at this point for a very good reason that I point out later. At this point, just be conscious that this stuff is affecting you at the cellular/ mitochondrial level in ways that you could not imagine.
4. Swallow it.
5. If you have no negative reaction after a week at this level, double it... work up to the point where joint pain never occurs.

Now go to step 1. before you read any further... Order the MSM @:
http://www.amazon.com/AniMed-Pure-MSM-10lb/dp/B000HHQ5BE/ref=sr_1_2?ie=UTF8&qid=1358611984&sr=8-2&keywords=msm+for+horses

While you are at it, buy five pounds of Now Brand Whey (for the simple folks who are not so concerned with the radioactivity from the Japanese reactors like myself. If that concerns you, go to Duncan’s site and get the New Zealand product that he is currently recommending):
http://www.amazon.com/Foods-Whey-Protein-Isolate-Packaging/dp/B0015AQL1Q/ref=sr_1_cc_1?sr=1-1-catcorr&keywords=now+whey
Your future in good health depends on it.

Your Body Knows

OK, you have ordered your MSM... Now what? First, we must understand that this AHP (Anti-Aging & Health Program) when fully understood and implemented will be “your” individual program and not just a diet, a supplement, or any single protocol.

By the time you have waded through the comprehensive videos, etc., you will have molded it to fit your body. With this, my hope is that you will have also begun to access your intuitive inner guidance in gathering this. Your spiritual as well as your body’s feedback can then work together and are the key to this unified program.

In this process, from the physical side, you heed the warning signs of pain at the one extreme. At the other, you begin to develop a knowingness that will guide you and serve you through life as a spiritual being inhabiting this intelligent organism that we call a human body. Interestingly, you realize that your body is far more capable than your mind in determining what is best for it. Listen carefully to both. As an aware being, you must learn to be in tune with all of this. This is a unified quantum process as I will explain in detail later. It is not confined to just people. It is a part of your gift of life. However, while I will not get into it here, it even carries over to machinery... To engines and electrical components at times.

Playing this Game

This AHP that I outline is a unity, while many believe that they can do this piecemeal, it is not going to work nearly as well at that level. In fact, one of the reasons that people die (and I outline many others herein) is: As we age we can actually become too knowledgeable and without a sound spiritual foundation, we become dangerously out of vibratory balance. In the quantum world, just as in these less refined levels, there is a balance that must be maintained. If you are not within the limits, the restart button is pressed. It may sound harsh, but this is the reality. There are no accidents. Spirituality is really about playing within these simple rules... Learning how love affects everything and listening to the reflections of those actions.

4. Levels of Information

First, some thoughts on critical thinking and levels of knowledge that I hope you find enlightening. They are, of course, either obvious or intuitive. The idea is to put you in tune mentally with your body and the higher levels of beingness:

Before we get into the nuts and bolts of wellness, let’s first discuss the basis of how we make decisions in the process of mentally gathering the various sources of information into our AHP. The first concept to discuss, then, is knowingness and awareness. How do we decide what is right for us and what to do next?

Empirical vs. Rational
Our discussions in the Yahoo Groups would often boil down to the science behind the program or protocol, versus our personal experience with a particular food (or chemistry). I’ll speak of this in the past tense, but they are ongoing today:

**Creativity Is Key**

In rare cases, there were discussions regarding the tribal nature and origins of an herb. These arguments can become heated at times. They, also, could become very personal. Occasionally, Duncan could send some people scurrying because they were unscientifically based.

I generally stood back from these discussions because my opinion has always been that even though the science is important, it is the creativity that is the key and this really occurs above and beyond all of the commonly accepted mental levels that science accepts as sacred.

**Listening**

I realized this years ago in my own field, when I learned to shut out everything and, basically, go into a trace state. When there, the inner guidance takes the reigns. Then all I need do is pick up the crumbs and apply them. I will discuss more on that later, but we all do it or have that ability even if we have never allowed ourselves that degree of freedom. The viewpoint that does this is what I refer to as “Soul” herein. It is the real me and it can dissociate with the organism that we call “our” body fairly easily if we allow it to occur... And we all do this, at least on occasion. The lessons here teach you to learn to do this knowingly with awareness.

**What Works**

Now back to the mental level: With the above in mind, my concern is first Empirical... Does it work? Do I have first-hand knowledge of it or is that level even available? From here we can move into the nuts and bolts and possibly discover the Rational side... or what causes it to work. Knowing, objectively, “why” gives us a different kind of overview on this physical plane of existence. Both can be helpful in achieving the first-hand knowledge... This is the bottom line that we are searching for, as enlightened beings. This bottom line may or may not be firmly grounded in science, but that is not the point here. We have no one to satisfy but ourselves in this process and if it works for us, that is all that counts. We are not running for class president and there are no constituent to appeal to... It is just you that you must answer to. So do this the very best you know how.

**So what are levels of knowledge and why are they important?**

**First-hand knowledge**

As discussed above, is the highest level that we can personally receive anywhere, which is why it can be used it in a court of law. It does not matter what a scientific paper or studies reveals, for instance, in the case of some dietary food that we are considering, if that food does not in some way help us Thrive, it is useless. Furthermore, if we discover a food that actually does make us Thrive, we have something worth more than its weight in gold. The HL MSM protocol has been that for me. Therefore, this protocol carries first-hand feedback in my case. That is, there is no doubt that it works and no one can ever take that from me. Still, mainstream
medicine will refer to it as anecdotal because they have no overall studies. When you gain such knowledge, should you care if someone else calls it anecdotal?

If you follow the advice herein, which is essentially all second-hand and 3rd-hand information to you, and it heals you, then you also have achieved that first-hand, highest level. As with me, you own it. No one can take away any first-hand experience from you, no matter where they occur whether on a mental or spiritual level. Finally, one must be spiritually bold and creative in order for them to occur. If they concern the AHP, you can add them to your basket of goodies. A final point along these lines: creativity, itself, may be subjective to others, but it can be extremely objective to you, the viewer.

So what are the less valid levels of knowledge and... are they important?

Second-hand knowledge

Second-hand knowledge is logically the next level on the ladder and medicine refers to it as anecdotal... And it is even to you. However, this is still valuable to us most of the time.

Improving the System

For instance: When you tell someone about the HL MSM protocol and the next person discovers that it works for them, the protocol benefits and is raised to the highest level. More will begin to use it. It does not increase in value to someone who has first-hand knowledge, because, to them, it has already been proven. There is a perceived higher level, nevertheless, and it is very useful for advancing systems and protocols... and these people generally improve the system as it advances.

Lower Knowledge Levels

Obviously, beyond the second-hand-level... the information decreases in value considerably. Third-hand would be when it works for someone else and they pass it on, in turn. This is probably the lowest that we should ever consider ourselves when evaluating a system for anything. At this point and lower, the information can become confused and even harmful. Its like the parlor game... this incorrect information is often out of control and especially at the forth-hand level. Of course, this is why we write things down, but also why the internet is full of “French Models.“

The Whole Story

Finally, when you hear me (or anyone else) say, They say, Experts tell me, or Scientists have proven, you know that we are working at a very low level of knowledge (attorneys call it hearsay beyond first-hand). At this point, you must either take their word for it (on faith) or simply discard it as useless information. At the faith or lower anecdotal level, if a healing concept or protocol is completely counter to common knowledge, many will toss it aside after reading it and can miss out. The point is that we have sources to verify facts today that are quick and efficient.
We have an incredible library of information on the web that can turn the above anecdotal information around quickly. Remember, the idea is to improve our source level... to eventually make it first-hand information. So the bottom line, in your search for the best solution, is to finally get first-hand knowledge, not heresy. This virtually makes your body a test-bed for wellness. It sounds kind of risky, but if you think about it, it has always been the only “real way” of achieving a high level of wellness. However, we have never had this level of capability and speed in the history of man to keep us well. This is virtually how the entire AHP has been formulated and spread... and you are benefitting.

Creating Requires Every Level of Knowledge

Arguably, faith is considered the lowest level of understanding or discovery on the scale of objectivity as opposed to scientific knowledge. However, creative people, those paying attention... who come up with new things, visions, and products... Must have a high degree of faith in their instincts and be willing to work on every level at once.

An Example

Architectural Design is a good example of this: A building must in some way present a fresh viewpoint, but it also must be sturdy and stand the test of time, be structurally sound, and function on many levels. So a good building must cover the spectrum from intuitive knowledge to the cold objective mathematical considerations like structural soundness. My premise here is that, to be creative, you must use all of these levels, even those higher levels of knowledge unknown to science, in your search for your AHP.

Skewed Science

In today’s world, face it, everything is generally driven by money. In this process, government or corporate money pays for what was once high level scientific knowledge. Thus money strongly influences much of what we now call science. However, despite this glaring short circuit, we are still told that the science and scientific reporting are always objective. Incredibly, government-backed corporate studies are, nevertheless, still referred as scientific. In fact, Skewed Science is worse than none, because it serves as a false authority that actually causes hardship and can even result in death on occasion (actually, millions according to Dr. Mercola).

Listen to Your Body

The idea, of course, from a Pharmaceutical Company’s view is that they convince you to believe that they carry a higher level of authority than you can possibly attain and, therefore, that you need their product. Certainly, there are instances of when this is true... but one, for
certain, is often not: That is, when you have gathered first-hand knowledge that totally disproves theirs. The point is that it is your body and you can hold the highest level of authority, not them.

**Anecdotal Evidence**

Interestingly, in a recent video interview that Jon Barron [http://www.jonbarron.org/](http://www.jonbarron.org/), he speaks on blood transfusions. Here he cites a study that proved that transfusions (which have been an accepted medical practice for over one hundred years with no studies) are dangerous because the Nitrous Oxide is depleted from the donor blood by the time it gets to the patient and, as a result, they can cause heart attacks. No one ever knows...

**Informed Anecdotal Level** Jon further points out, that mainstream medicine mainly operates at 85% word of mouth (or 15% proven)...at an “informed anecdotal level.” From here, he asserts, alternative medicine is held to an absurdly high 100% requirement by both the AMA and FDA. Jon also points out that “studies” can be designed to prove any side of any story and prove any point, which is my above underlying story.

My point again is that the first-hand level of knowledge, as just outlined above, is still the best that we can do, overall, on this earth plane. Furthermore, it is far better than anyone else can access, because it is specific to your body.

**5. Your Body is a Quantum Level Machine**

*So why are we able to work beyond even the intuitive level? Those who have been there in full consciousness could never explain it, but I submit that it really does happen and it occurs because: “Your Body is a Quantum Machine.”*

Much has been written of quantum mechanics and most of us really have no idea what it means. Unlike those few bold scietists who pursue quantum mechanics and beyond, the rational theories of today’s scientists are mainly focused on and fiercely protective of the worldview handed to us by Sir Isaac Newton, the genius who set up most of what we believe today as science including medical science.

**Newton Was Wrong**

My premise here, and that of others like Astrophysicist Dan Nelson, is that Newton was wrong in many respects. His science left out an entire level of knowledge that we carry with us as living organisms at the cellular level. Our bodies are in fact, quantum machines that today’s medicine often attempts to repair as though our bodies are cars or airplanes working under Newton’s rational scheme.

It does not work as Dan Nelson tells us and never will, effectively long term. Even though the fast cures demanded by society do work short term, drugs are band aids. I maintain that all organisms function on this quantum level in certain ways and probably in more ways and more often than anyone would guess. Beyond that, I only recently discovered, first-hand, that
machines apparently do not always work on this physical level either, strangely, even though they generally do. The fact is that this whole Universe is a Quantum-Level Soup and we are just a part of that soup.

You are Just Amazing

Further, I submit that, were it possible to actually measure your body’s energy efficiency, in whole, you would discover that you body achieves “over-unity.” By this I mean that under certain conditions, it actually borrows energy from the vacuum. It does this according to the various inputs that you control as a higher spiritual entity. Additionally, I submit, by does this, it is possible, to actually visualize our bodies at this higher level and, in turn, create an organism of greater abilities than any that have ever lived. That is, as we make this visualization a part of our very own AHP and allow this unique body that we inhabit as Soul (which I further submit is actually working at a higher level than even the quantum scale), we can achieve superhuman abilities. However, most scientists are not concerned with these levels. So proving this theory is going to take awhile. In my first-hand experience with machines, quantum events are interesting in that they may be reproducible fifteen times, then go away, only to reappear for the next twenty. This will drive Newtonian Scientist’s out of their minds, but the events that I describe above occur with rather common regularity throughout the Quantum world..

Furthermore, I suggest, that this is a common occurrence, and we actually witness examples of this in athletic events, often, but pass these accomplishments off as, “just amazing”... The fact is, they are indeed amazing. Before 1954 the idea that anyone could run a sub 4-minute mile was absurd. But that year Roger Bannister proved the “impossible.” Today high school runners cross that threshold. “What is now proved was once only imagined,” said the poet William Blake and— more often than we could even imagine— we may have witnessed events that exceeded Newton’s rules of physics right before our very eyes. This puts a whole new light on athletic events when you keep this in mind. But it also puts your body in a place that most science could never approach as possible..

It Happens Everywhere

A second example of “amazing” phenomena which we do not “see” occurring before our eyes was recently related to me by a friend and engineering consultant, Gary Bossard when be noted that occasionally we see a flock of starlings… maybe a thousand birds flying... totally in unison, and then they all wheel as one bird... with no time in the movement. Gary submits that there is an inner quantum level conversation going on that exceeds words or even rational thought. Do you disagree?

So my premise is that we all carry with us this same wonderful capacity to function on levels we have not yet achieved. But, notice that I am not saying, “more than we can imagine,” because visualization is the first step.

Skewed Reality
Dropping back to the physical level, even if Sir Isaac Newton was totally correct in his methods of reasoning from every perspective and there were no quantum science: Newtonian science is not being applied effectively. By the way, Boolean algebra and quantum mechanics, tools that allow for a whole new perspective were completely foreign to Newton. My premise, however, is that giving Newton’s narrow view of (objective) reasoning so much importance is and always has skewed reality.

I submit that anytime real advancement has occurred in any field, the higher levels of knowledge were part of the process (from intuition up), even though they went unrecognized. That is to say, for anything to be totally successful, these higher levels—beyond “normal” rational reasoning—take place, but few are aware of them and they are, thus, disregarded.

**The Bottom Line**

When you are reading this or evaluating anything: the bottom line is that we need to look at everything in the widest viewpoint possible—always give consideration to the level of knowledge being presented. Finally, visualize as well, the attitude of the person presenting the information—and add that to the mix. This all adds up as we progress in the school of life. If we are applying the tools we’ve learned, we continue to graduate to higher levels of spiritual beings.

**Reduce Your Steps**

When we become the person carrying the knowledge first-hand, all the better. In any event, we all seem to understand the above, at least, subconsciously because, as spiritual beings, whether consciously or not, we are working on all levels. And yes, on occasion, we simply must take things on faith, or the “Informed Anecdotal Evidence” (in Jon Barron’s words), just to begin the adventure. Occasionally that is the only possible way of getting to those higher levels of understanding.

In conclusion, reduce your steps to first-hand knowledge to a minimum whenever possible, but take your time. If this sounds like a paradox, it is. Spiritual adventures must allow room for a pinch of the irrational (some refer to it as, “Letting Go”) in the mix if creativity is going to be their outcome.

**Time Lines**

When it comes to evaluating the various foods and supplements presented here, first-hand experience should always be the goal in every case. However, often the time required to see results (feedback) is excessive. Therefore, we must occasionally rely on the experiences of others and accept their results on faith as a first step. The dilemma, of course, is that even if their results are correct for them, they may not work for us and our individual bodies.

The next dilemma is that foods and supplements, especially, are generally inexpensive compared to drugs. There is simply not enough profit margin in supplements to finance good studies. Since, for example, no one can patent Moringa Leaf Powder—even though it may heal
more people, in a shorter time, with no negative effects, than would any targeted drug. Since profit drives the pharmaceutical industry, this his is not about to change anytime soon.

Advancing Our Experiment

In the case of the AHP: if our AHP was patented and double-blind studies were used, it would more than likely take 50 years to conclusively prove its effects—based on Newtonian sciences. However, if we can get a number of us on the AHP: when we are well past out grandparents’ age and still playing a solid game of tennis, or whatever, believers in the system will be coming out of the woodwork. I am asking your participation here in helping me provide this proof. This, then, can be our study.

6. Golden Coins

Below are some simple Timeless Concepts that can help keep you well and function optimally on all levels:

Don’t Hold onto the Past

The corollary to this is: “Live in the Moment.” Of course, this adage has been repeated by virtually every spiritual master that ever lived. It’s simple, but oh so hard to follow. When you cling to the past, you hold that consciousness within your physical body (and the way you interact with all others). This invites illness. Even if you did everything else perfectly, an ill thought must manifest itself at some later point and it can easily manifest as a disease. Notice the term,”Dis-Ease?” Does that tell you anything?

Take Responsibility

When a past event manifests itself in an illness, most end up blaming the cause on extraneous issues, “Our son brought it home from school.” Worse, if you hold onto that level of consciousness long, it could be manifest in such serious diseases as Cancer or MS. Or, taken to the extreme, sudden death occurs due to spiritual exhaustion. An example of this can occur when a person’s spouse dies and they quickly follow. Often, this is described, medically, as a “coronary infarction.” I submit that few ever die from being too happy, but sadness over a past event can lead you to an early grave. As noted above, less dramatic examples occur every day. A one-day virus could be just an ill thought escaping. If “not letting go” is the cause, then you caused it.

Take Your Time

Since it is all an illusion anyway, you have plenty of time. When you make changes in your diet or the way that you are doing anything, slow down, and be certain that you have a clear grasp of what it is that you are doing. Visualize the outcome, and evaluate it on all levels. Be totally aware of conditions... take it slowly. Try to observe how each change affects you
individually. Making two changes at once means that you may never know which was effective... (keep this in mind and I’ll remind you again).

**Visualize Outcomes**

Again, life is an experiment... your experiment. Again, avoid focussing on the past and coming events as much as possible... Stay on point and keep score. This is difficult at times, but you really do have “plenty of time.” By visualizing outcomes and projecting them, you begin to spiritualise the mundane and you begin to take charge of your future. You are no longer a slave to anyone else’s vision and the dream is all yours to fulfill. This takes your entire life into this grand experiment  Enjoy this spiritual journey

**Finish the Job**

I spent most of my youth (note that I avoid using the term Formative Years, because I am always “re-forming”) on my grandpa’s melon farm in Southern Indiana. I absolutely adored my grandpa and grandma. They had nine kids and, two, my uncles, Jack and John, were only four and five years older than I. They served as friends and, often, in those days, were my closest mentors.

**Riding the Farmall M**

When I was about 6, my older of the two Uncles, John (11 then), asked me if I’d like riding with him on grandpa’s new Farmall M... Now, a Farmall M was quite a piece of equipment for anyone to have in those days... and I was delighted. We set off at about noon to mow a field of barley for the neighboring farmer. Neither one of us really understood how big of a project this was, but we were both anxious to get going... we were having fun. What a day!

Seven or eight hours had passed: We had mowed the entire day... daylight was fading quickly. By that time, I was ready to go to sleep. And I was starving... So was John. We still had at least an acre left to mow and those rows were looking much longer. I begged for him to stop so we could go home. But John explained, in his responsible 11-year old way, that he had agreed to mow this field for twenty bucks and, that we had a commitment. Twenty bucks, in those days, was three or four’s days’ work at turning melon vines for an 11-year old. I understood. Looking into his eyes, I realized that it was far more than the money that we were discussing here. There were several things going on at once: responsibility to the neighbors, sealing an agreement, and keeping one’s word were a few. But the idea that John was going to finish that job, even if we both ended up falling off that M in the process, was clear.

**Making an Agreement**

Today, when I agree to doing something, I think back to that M tractor ride. The bottom line is: when you agree to something, finish the job, and always do your best, no matter what the circumstances. There is no getting around that lesson. I ride that M first-hand.
Your Agreement

So how does that story relate to wellness? You have agreed to live this life doing the best that you possibly can, even if that agreement is forgotten for now. You were given a tractor. Hopefully, it was a nice Farmall M, but whatever it was, you are here to do the best job that you can with the equipment issued. My advice is drive until you fall off of that seat. If you do, you will never regret the trip. According to how well you do it, you will reap the rewards of that first-hand knowledge. Most are not aware of it, but you carry that ride with you through infinity. Nothing is lost spiritually. You actually do take it with you, even as the equipment changes.

My Heroes

Many well-meaning people love seeing us as victims and that the masters warn us to avoid such people. They seek your total dependence and, in turn, they grab our freedom. Fortunes in the advertising industry are made based on this formula. If Apple’s I phone is required for communication in your business, your livelihood depends on it. They get to drive the M and you are hanging on trying to stay awake. When a corporations does that, they can expand and gain even more control. They take the driver’s seat and you go along for the ride. So visualize yourself in the M seat... with the best equipment out there.

Below are two people that I admire who bucked this above trend:

Mrs. Alexander lived across the street from me for almost twenty years. She asked me to repair her screen porch for her once when I first met her. I quickly got my hammer and staple gun and had it fixed in maybe an hour. She gave me two dollars in payment and I lovingly accepted it. She was a very independent woman and never seemed to get sick. Then one day there was a small range fire caused in her kitchen when she burned some beans. The volunteer fire trucks came, but they had little to do. It was already out when they arrived. Within a week, they took her away. She was in her 90's then, but clear and alert.

She and her grandson Steve both fought them, but she was placed in what we used to call an “Old Folks’ Home.” Her house was sold to pay for her support and everything was ripped from her including her independence. Steve visited her, 50 miles away, as often as he was able, but she was gone in maybe three years. He and I still discuss it when we meet over coffee at our favourite local restaurant called the M&H. The local watering hole as my friend Walt calls it.

Steve now lives down the road in a house trailer that he loves. It was donated to him. He contracted a rare disease at a young age that left him with malformed short arms, hands and legs, but Steve never let this condition make him a “victim.” He is wheelchair bound for the most part, but manages to somehow move his collapsible wheelchair in and out of the M&H in his pick-up truck. He parks his truck in places where people with just shortness of breath and
HC tags would never go. Steve is unbelievable in manipulating that wheel chair given the cards he has been dealt.

That said, my friend Steve has always had problems with arthritis (and worse). Last year, I bought him a bucket of MSM with my instructions. He is independent, but always grateful. No one out there is more deserving of optimal health than Steve. That was about a year ago... And, yes, he has improved. M&H closed for a couple of years because Aunt Mary, who ran it, died. But fortunately one of the regulars picked it up. We all stopped over to see Steve, though, at his house trailer—even when M&H was closed.

It’s good to see that we are back in business though. There are very few places left in the country like M&H. This is where Golden Coins are minted.

Rules Are Made to be Broken

So, with the above rules in mind, proceed with confidence on your journey. This path, the AHP, if you adopt it, allows you to control the throttle. It’s your M. It can lead you to new levels both as a superior organism and a conscious Soul, a Soul completely aware of the intuitive subconscious and the worlds beyond. Learn what the rules are and have been and why. Experience it first-hand. Read and research. But break the rules when you get the urge (feel compelled)... but also... do the work. No one can do this for you. Thanks for reading.

7. HOW SAFE IS MSM?

So back to the more mundane, we discuss the critical aspects of the first star in our (AHP) Anti-Aging & Health Program:

Before we get into discussing HL MSM itself, and related material, the below MSM descriptions etc. were copied from an organic chemist’s findings and Byron Richard’s site. This was taken (snipped), except for my comments, from the following article by Byron Richards at: http://www.wellnessresources.com/health/articles/msm:

- MSM is considered to be one of the least toxic substances in biology, similar in toxicity to water.
  Note: I have read articles by other experts who say that it considerably less toxic than water. Then, they go on to say that it’s the least toxic of all chemicals ever observed and, possibly, on earth, but this serves my point. While it may give a very few some stomach discomfort, at least in the beginning, its not going to harm anyone to any degree, no matter how high the dose, once you have gotten past the initial start-up period.
• When MSM was administered to human volunteers, no toxic effects were observed at intake levels of 1 gram per kg of body weight per day for 30 days.
• Intravenous injections of 0.5 grams per kg. body weight daily for five days a week produced no measurable toxicity in human subjects.
• The lethal dose (LD50) of MSM for mice is more than 20 g/kg body weight.
• MSM has been widely tested as a food ingredient without any reports of allergic reactions.
• An unpublished Oregon Health Sciences University study on the long-term toxicity of MSM over a period of six months, showed no toxic effects. More than 12,000 patients were treated with MSM at levels above two grams daily, without toxicity. (End snip)

Therefore, the lethal dose by his computation amounts to approximately 1620 grams or 100 level tablespoons for a 180-pound man, in this man’s opinion... And the above is conservative from other reports that I have read.

The bottom line here is that there are far easier ways to commit suicide than taking MSM... and no one is going to kill themselves with an overdose, so take as much as you need, once past the start-up period.

8. MSM and the Detoxification & Start-up Period

Below is my summary of the nuts & bolts of MSM and hints on the critical start-up period:

• Many people who start using small amounts of MSM notice very little effect at the onset, or they may experience slight detoxification symptoms during the “start-up period.” But some feel the healing process begin immediately and no negative effects... as did my wife.
• In fact, a good many reading this, have already taken as much as a gram a day MSM in conjunction with other joint supplements. While these were, likely, fairly ineffective in terms of curing their condition, it, most likely, has readied them for the HL MSM Protocol so they could effectively avoid the start-up period.
• Some of the above may choose to jump into the HL MSM Protocol immediately as I did. Most of these will see immediate improvements with no detox period and no negative effects... But the prudent thing is to, again, take your time. There is no contest here and no one warned me about possible detox effects. So I was fortunate.
• While you may be ready to go, its best to go slowly... But it is your body and there is a form of self regulation going on. If you fail to heed the warning, your body will speak.
• Start-up period symptoms may include mild forms of diarrhea, skin rash, headache and fatigue. Fewer than 20% of users of MSM may feel moderately sick in the first few days of using MSM. After one week, all symptoms usually disappear.
It may be a small consolation to know, that the stronger the detox symptoms are, the more toxicant stored in body fat and the more MSM needed for purification.
Whereas toxic metals can be fairly benign in body fat, they can be quite poisonous in your gut. Keep that in mind.

**Helping Out**

During this period, you may be possibly releasing heavy metals, like mercury from fillings into your system. If you have any of these such symptoms, you want to excrete this ASAP even as you back off. One means of speeding this period up is to spend a great deal of time exercising... and basically sweating, by any means possible... a sauna or hot tub would help this. There also helpful detox supplements like ALA, Taurine, and Clorella.

**Dropping Back**

If the above symptoms are experienced, it is advisable to reduce the dosage of MSM or even stop for a period, then gradually move back into the Protocol once they subside.

**MSM Effects**

The problems that MSM will successfully relieve pain, in most cases in minutes, while working toward a long-term and permanent cure of the following:

- Personal injuries from accidents
- Lower back pains
- Osteoarthritis (OA)
- Fibromyalgia
- Whiplash
- Sciatica
- Headaches and Migraine
- Muscle aches and Strains...
- Bursitis
- Tennis elbow
- Repetitive Strain Injuries
- Carpal Syndrome

And most importantly, as related to most of the above problems
- Liver Diseases and their consequences as outlined in detail herein.

And wipe out entirely, in many cases:
- Sclerosis of the Spine
- Burns
Scars due to burns, operations, accidents, etc

Rheumatoid Arthritis (RA) will not be cured in my experience, but the effects will be lessened or stopped. The few of the lucky ones who catch it early may actually avoid the disease altogether. Type I diabetes falls into a similar category, but once contracted, it is probably forever, as I understand it.

**MSM Mechanisms** MSM impacts against pain by the following mechanisms:

- Improves liver function... This is addressed further in detail, but this effect alone drives nearly every other characteristic described in this list as you will see..
- Analgetic: it blocks the transfer of pain impulses through nerve fibers (C-fibers)
- Increases Electron Transport as explained later in detail.
- Blocks inflammations and inflammatory processes thru “Methylation.”
- Converts Vit B1 and Biotin for energy production.
- Contributes to Keratin production for better skin, hair, nail, and hair.
- Enhances the activity of cortisol, a natural anti-inflammatory hormone.
- Improves the permeability of cell membranes.
- Improves the uptake of nutrients, vitamins, and minerals in general.
- Helps eliminate waste products and excess cellular fluids through “Sulfation.”
- Dilates blood vessels, enhancing the blood circulation & lower blood pressure.
- Speeds up all healing processes both thru methylation and sulfur contribution.
- Muscle relaxant... Chronic pain is aggravated by muscle tension.
- Methylation provides positive mitochondria and telomere effects (as explained below) while stopping pain better than any analgesic or aspirin possibly can (also, consider: calcium causes muscle contraction while magnesium relaxes them).
- Improves all natural defense mechanisms in the body by regulating prostaglandin metabolism, and regulates the formation of antibodies and immune complexes.
- Burn scar repair: MSM ointment slows down and restores cross linking in collagen. Cross linking is a natural process in scar formation, causing hard and often painful scar tissues. With burn scars, large surface areas may be affected, this may lead to chronic pain. DMSO is a trickier, but effective pathway to help with this also (discussed later).
- MSM contributes to Liver Health by supplying the sulfur containing amino acids Methionine and Cysteine while boosting Glutathione levels significantly.
- Healing scar tissue makes the skin more flexible and stops pain.

9. Telomeres & Aging

Below we continue with more of the AHP, with discussion of the current scientific theories of the causes, effects, and measurements of aging and possible methods of limiting it at the cellular level:

Telomeres
Telomeres are microbits of protective DNA. First discovered ca. 1970 by Russian Alexei Olovnikov, they can be seen at: [http://en.wikipedia.org/wiki/Telomere](http://en.wikipedia.org/wiki/Telomere). Telomeres appear at the ends of chromosomes and shorten with cellular aging. Telomere length has been suggested as a marker for biological aging, chronic disease risk, and premature mortality. So, a long telomere indicates youth, but there is room for more study here before cause and effect are separated as a certainty.

Telomere Study:

Researchers in Helsinki, Finland measured leukocyte (white blood cell) telomere length in 1,942 men and women enrolled in the Helsinki Birth Cohort Study of subjects born between 1934 and 1944 at Helsinki University Central Hospital. Self-administered dietary questionnaire responses were analyzed for the intake of fats, fruits and vegetables.

Telomere Length

Shortened length has been linked with: coronary heart disease, heart failure, hypertension, diabetes, and some forms of cancer. However, this recent study associated the shortening with a reduced intake of vegetables in women and fruit in men. (December 2012 issue of the European Journal of Clinical Nutrition).

Hey, I did not design the study... Why the different results in the two sexes? Is this the Jon Barron effect? [Read more on Telomeres by Byron Richards at: http://www.wellnessresources.com/health/articles/how_nutrition_makes_anti-aging_possible_secrets_of_your_telomeres](http://www.wellnessresources.com/health/articles/how_nutrition_makes_anti-aging_possible_secrets_of_your_telomeres)

Is It A Marker?

Finally, this particular study drops back to warn us that Telomere length is more of a species observation... and that telomere length is not necessarily a true marker for aging, at this point, contrary to some earlier reports. If this is true, the study sounds negated, but there is reason to
believe that we can influence telomeres and that MSM is a key player as noted below with methylation. So do give up on this as an antiaging effect worth pursuing:

10. Methyl Component of Telomere Function

Continued discussion of the current scientific theories behind the causes, effects, and measurements of aging and how MSM, Vitamins B12, B6 and Folic acid may impact it:

Methylation

Healthy Telomere function requires adequate “Methylation” in order to turn genes on and off... to regulate properly. Methylation is the chemical process of donating a methyl group (one carbon atom bonded to three hydrogen atoms (or CH3), univalent hydrocarbon radical, to the genetic material of the telomere. This epigenetically marks the Telomeres, making them behave properly.  

http://www.answers.com/topic/dna-methylation

MSM (Methyl-Sulfonyl-Methane)

MSM obviously contains a dual methyl component. For your Telomeres to work properly, just as your car needs ethyl octane to prevent knock, you need methyl donors. The primary methyl donor for this purpose is called SAMe which is directly derived from a methyl donor. Organic Sulfur (Sulfonyl) is also a key building block in SAMe. SAMe also requires the B vitamin building blocks: vitamin B12, B6, and folic acid. B12 actually plays multiple roles in supporting telomere genomic stability. If you are inclined, read:


However, for our purposes, Gnomic Instability = Aging.

B Vitamins

Should you supplement with these B vitamins? Good question. The answer is, first, always get nutrients from your food when possible, but most nutritionists believe that B12 is important enough to supplement for many reasons beyond the fact that it is a key component of SAMe. Some common indications of a deficiency in B12 include: chronic cough and a vegan diet. They then move to: growth retardation in children, dementia, heart disease, anemia, among a host of other devastating conditions. The warning here is that when you short circuit energy flows, the results can be dramatic. Niacinamide (B-3) also has some very beneficial effects as does B-6. I include these in my transdermal cream for this reason. Do your homework, though.

A Word on Supplementation:

If you decide to supplement any vitamin, always make sure that you are getting an organically based source. As Dr. Wallach (later on him) would tell you, artificial vitamins are never a good
choice. My warning takes it a step further: artificial vitamins actually can create deficiencies. Also, few artificial vitamins have ever been critically tested. Finally, they can fool your body into seeing them as ghost nutrients that are not actually there. If you are new to supplementation or unsure, consult with a nutrient expert like Duncan Crowe. Few vitamins, even the most common like C and E, make my list, since I eat high grade greens grown in my own garden when possible with no artificial fertilizers or insecticides and I eat plenty of whole citrus fruits including organic lemons and limes (low sugar levels), when possible, skin and all (more on that later, also).

**Vegan Diet**

Organic sources of B-12 include mainly animal meats, but also organic raw milk and eggs... and also, fermented foods to some degree. The problem with just vegetable sources (vegan diet) is that it misses a key analog and can cause problems that can actually make B-12 deficiency worse according to Dr. Mercola. Read Dr. Mercola’s articles on B-12 at: [http://search.mercola.com/search/pages/Results.aspx?k=Vitamin%20B12](http://search.mercola.com/search/pages/Results.aspx?k=Vitamin%20B12)

**Fermented Foods** A similar Vitamin to B-12, K-2, can also be derived from fermented foods. Read about it at: [http://chriskresser.com/vitamin-k2-the-missing-nutrient](http://chriskresser.com/vitamin-k2-the-missing-nutrient)

High on my list, K2 (MK-7 form) is especially effective against prostate cancer, but it protects against heart disease, ensures healthy skin, forms strong bones, promotes brain function, supports growth and development... Just to get you started.

**Obvious Results** However, do not expect the level of results from supplementation of any of these that you actually observe, short term, with MSM. Every other supplement that I have ever used is a long-term event and unless you happen to have a very high deficiency in a single mineral, you are unlikely to ever notice an immediate improvement. There are a few other exceptions like MegaHydrate (discussed later for migraine), but this is the rule.

**SAMe** Also, you can actually supplement with SAMe alone, and I have; however, I have never noticed any effects from using it, same as above. If you suffer from anxiety problems, it may be a good choice for you in addition to the HL MSM and UWPP. In my case, I have never had anxiety problems in this lifetime, but if you have, you may notice some improvements. Personally, I have always “known” that I was not going to “fall off of the M.”

Additionally, I have spoken with people who have noticed that their entire feeling of well being is enhanced by supplementing with SAMe. As far as I know, there are no known problems with using it, but my thought is that it a fairly expensive way of achieving what the AHP does cheaply.
11. Mitochondria, Anti-Aging & Calorie Restriction

Further discussion of the current scientific theories behind the causes, effects, and measurements of aging and theories regarding calorie restriction:
http://micro.magnet.fsu.edu/cells/mitochondria/mitochondria.html

An even stronger marker for aging, beyond Telomeres, is seen in mitochondria. Normally, mitochondria are beautiful, long tubes, but as cells grow older, the mitochondria become “fragmented and chunky” according to observers (see pictures online).

Mitochondria are peanut shaped organelles that range in size from 1 to 10 microns in length. They are described as the "cellular power plants" of animal organisms, but are also present in all plants. They are the source of adenosine triphosphate (ATP), a coenzyme, which is the cellular transport energy used in both cellular metabolism and signaling between cells.

Furthermore, mitochondria are theoretically the reason that you can taste food. I believe that the fact that MSM cannot be tasted when you swish contributes to the proof of this theory.
Furthermore, with regard to earlier discussions on Quantum Effects, if those premises are correct and I believe that they are, this is likely the primary seat of quantum events in organisms, since ATP is the source of body electronics. Therefore, mitochondria are responsible for the energy that makes this communication possible. So, happy mitochondria yield happy people.

Mitochondrial Efficiency There is evidence, as noted later herein, that beyond liver improvement, the Biological Transport Pair MSM and DMSO actually clean up mitochondrial efficiency through methylation in a way similar to the above described telomere effect. However, this requires more study and most scientists are not well equipped to understand quantum events. So this is going to take awhile. In my first-hand experience, quantum events are interesting in that they may be reproducible fifteen times, then go away, only to reappear for the next twenty. This will drive a Newtonian Scientist out of their mind, but this occurs with rather common regularity. Bottom line: Just be happy that they occur often and encourage them.

Keep in mind that the AHP effects acidosis also. But let’s assume that Mitochondria are indeed cleaned up and even made younger by the AHP, because I believe this is exactly what occurs: if the above is correct, the AHP opens up the possibilities for Quantum events to occur more easily and, thus, more commonly (assuming that they are not commonly or always occurring already).

Cut & Paste http://www.medicalnewstoday.com/articles/253172.php to read the original information edited and rewritten from Medical News Today:
**Experiments On Yeast** The following is an interesting related study on acidosis and calorie restriction concerning mitochondria: In the U.S., for the first time, scientists have identified key events that occur early in the aging process of cells that may explain how genes and environmental factors, like lifestyle and diet, interact to influence lifespan, aging, and age-related diseases like cancer.

The changes occurring in shape seen in aging yeast cells can also observed in certain human cells, such as neurons and pancreatic cells, and those changes also have been associated with a number of age-related diseases:

**Low Acidity of Vacuoles Impairs Mitochondria**

The reason that mitochondria becomes misshapen and stop working so well has until now been a mystery, but researchers point out that certain changes inside vacuoles may be responsible. Vacuoles are tiny pockets inside the cells of organisms that help break down proteins and store molecular nutrients for the cell. The equivalent of the vacuole in human cells is the Lysosome.

**Cellular Acidity**

This appears to be critical to the aging and function of mitochondria. In particular, the low Acidity of Vacuoles Impairs Mitochondria. Vacuoles become less acidic quite early in the life of a yeast cell. When acidity drops, it stops vacuoles from being able to store nutrients correctly, disrupting the energy supply to mitochondria. The mitochondria, in turn, degrade.

**Calorie Restriction**

By stopping the vacuoles from becoming less acidic via calorie restriction, the mitochondria did not degrade and the yeast cells live longer. Bottom line is that it was this storage function, not protein degradation, This appears to have caused mitochondrial dysfunction in aging yeast cell mitochondria by boosting the acidity of the vacuole.

**Practical Application**

Occasional light fasting may lengthen your lifespan and help you Thrive. However, as Duncan Crowe has pointed out: more broadly, fasting also stresses your entire body and most likely, your liver. So the fasting effects may cancel out each other out.

**Fasting**

Generally, conventional wisdom is that a Friday fast or partial fast is fine for healthy adults. However, if you are on the AHP, you should be able to Thrive with no extremes. On the other
hand, I do it without even thinking about it just because I get lost in my work... And when that happens, my love of what I am doing displaces my desire for food. It is difficult or impossible to measure the results of light fasting, but the above story indicates that it is a good thing to do. Also, Read Jon Barron’s report on fasting. Jon is the reigning expert on fasting today, in my opinion, and this report explains the various types and their effects quite nicely: http://www.jonbarron.org/detox/water-fasting-and-juice-fasting?utm_source=iContact&utm_medium=email&utm_campaign=Jon%20Barron&utm_content=Biweekly+Newsletter+3%2F11%2F13

Too much of a good thing is a bad thing... Food in this case.

Now, I notice that Dr. Mercola is advocating missing breakfast... Just for the above reason... As another piece of conventional wisdom bites the dust. So I ask: did Cave Men miss breakfast? Chances are that most missed plenty of meals. They were busy people for sure and they unknowingly benefitted from it.

12. LCD (Low Carb Diet)

Now onto the second of the three stars in the AHP, the Low Carb Diet. Notice that as soon as we move beyond the cellular level of discussion, the liver becomes the organ of focus:

The Scientific Basis

Much has been written about the Low Carb and Cave Man Diet and its relative, the Adkins diet. The Cave Man Diet is generally agreed to be based on the idea that ancient man ate in a way that his surroundings required. Since he was a hunter gatherer and never farmed, he never raised any grains, and, more probably, seldom gathered them. http://en.wikipedia.org/wiki/Paleolithic_diet

This idea has merit. However, while the LCD may have its roots here, our version, the LCD is really more scientifically based. It grew out of our earlier group discussion on the maximization of:
• Liver Balance (detoxification)
• Glutathione Production
• Glycine Production
• Three Detoxification Pathways (our three stars in the AHP)

Oxidative Stress

All of these, as we have mentioned lead to Oxidative Stress. Oxidative Stress is the thousand-pound gorilla in the room. We theorize that the AHP minimizes this and, thus, is the key factor
in Anti-Aging or staying young and healthy. With bells and whistles added, this requires generally avoiding all:

- Packaged Foods
- Refined Foods such as Table Salt and white sugar especially.
- Sugars and especially high fructose corn syrup, except as contained in whole Fruit.
- Too much High Sugar Fruit such as Bananas.
- Foods cooked higher than 140 Degree F whenever possible.
- Grains and Cereals.
- Vegetable Oils especially grain derived Oils
- Corn, Potatoes and Canned Vegetables.

**Balance**

By its very name, the aim is to avoid carbohydrates/sugars whenever possible. The aim is to allow us to be able to take in Protein at a higher than normal rate, knowing that protein, itself, is an additional load on the liver. We balance the additional protein load with a very low carb/grain/sugar load. Therefore, the net effect is to minimize stress on the liver while increasing glutathione to glycine production, and maximizes body electrics, health, and, ultimately, longevity.

**Sorting It Out**

More specifically, the LCD, allows sugars and carbs bound in vegetables & fruits from organic soils, some nuts, meats and optimum fats. Yes, fats are actually required and these are not what are commonly referred to as “good fats.” However, saturated fats are especially necessary to health. Keep in mind that all animals store toxins in their fat, so herein lies a secondary problem, but Coconut oil is a highly sought clean source. Finally, we must provide enough live enzymes to keep things moving (more fully explained later). The idea is that you have to tailor the LCD to fit your body’s needs and no one but you can make that final determination. Again, go slowly as explained earlier, Tailor your LCD as with all parts of the AHP, with care. Again, as stated earlier, when you make two major changes and one affects you negatively (or positively), it may take quite a while to sort out the cause.

**The Pottenger Cat Study**

Optimum Health

With the Low Carb Diet, our aim is optimum health, not weight loss. However, it should not surprise anyone that implementing the LCD results in “optimum weight,” since your body knows where it should be, even if your brain may be wrong. So the Low Carb Diet will prove to be the way out of obesity for you and, of course, the AHP is about optimizing everything in this process. Never piecemeal, the AHP is an overall approach to optimum health.

For more depth on this read: the unparalleled nutrition book, “Deep Nutrition,” by Dr. Catherine Shanahan, MD. It gives more depth on nutrition than a stack of books on this topic.

All Calories Are Not Alike

The below 2012 study From WebMD reinforces what we are saying. This, of course, flies in the face of conventional wisdom, since a calorie is a unit of heat, but it is true:

"From a metabolic perspective our study suggests that all calories are not alike, Ludwig tells WebMD. "The quality of the calories going in is going to affect the number of calories going out." Therefore, Different Diets, Different Outcomes.

The study included 21 young adults who originally lost 10% to 15% of their body weight on a diet that included 45% carbohydrates, 30% fats, and 25% protein.

During the course of the study, the participants followed three different diets for a month each, including:

- A low-fat diet, which included mostly whole grains, fruits, and vegetables, where 60% of daily calories came from carbohydrates, 20% from fats, and 20% from protein.
- A low-glycemic-index diet, which included minimally processed grains, vegetables, legumes, and healthy fats, where 40% of calories came from carbohydrates, 40% from fat, and 20% from protein.
- A very-low-carb diet, modeled after the Atkins plan, where 10% of calories came from carbohydrates, 60% from fats, and 30% from protein.

In this study participants ate about 1,600 calories a day on each of the diets and the amount of calories burned was measured using state-of-the-art methods.

The testing confirms that they burned about 300 calories more a day when following the very-low-carb eating plan compared to the low-fat plan, and about 150 calories more on the
low-glycemic index diet compared to the low-fat plan. Finally, as Dr. Shanahan points out in her above book, fat itself slows down calorie take up. So a cookie made with natural fats is 4x lower in available calories than an equal amount of pure liquid sugar calories!

Make It Fit

The LCD is actually a combination of the last two with modifications that best suite you. Remember, you are unique and, particularly, with diet, tailor what you eat to what makes you Thrive. For instance, if you never drank milk, it may be for a reason. Were you just listening?

The Dr. Terry Wahls TED Lecture

Many people in our discussion group refer to this Wahls video on natural food... This is Not the LCD but it is a telling story and worth the listen. Once you have absorbed all of the above: Watch this TED lecture (short) about a Dr. Terry Wahls who cured herself of MS using a natural food diet.

http://www.youtube.com/watch?v=KLjgLwH3Wc

Notice how often Dr. Wahls references Sulfur to mitochondria? As discussed earlier, the mitochondria are the energy plants of the cells. They are both electrical and mechanical in function and are probably the key players that are responding to liver health. My premise here is that they also function at the Quantum Level.

13. It Really is the Liver Stupid

Finally, the Liver is the bottom line, but there is plenty more to this story:

The Liver is the most important and complex organ in the body, period. Relatively, the heart is just a simple pump and we give it far too much credit. While both are critical to life, when the liver is stressed it throws off the factors that mainstream medicine looks at so carefully, like HDL/LDL ratios.

The point here is that when the liver is kept lean and detoxified, the heart and the entire cardiovascular system respond with life-long rewards. So I am suggesting that we redirect our attention to this most vital organ and the others will fall into place. While this may sound like a more simple solution, it is not, but it is far more direct and it actually solves the real problems first-hand... And that is what we re after with the AHP. We are simply not interested in band-aids under the AHP.

The Liver Generally
Before we move into the more complex liver functions and health considerations, let's review some of the general functions of this incredible organ. It must

- Produces and processes enzymes.
- Metabolizes complex proteins into simple compounds (Recall that Whey is high in protein).
- Convert carbs...
- Perform a balancing act between the various dietary inputs.
- Store Fat: Simple carbohydrates are converted here into triglycerides, which are then stored in the liver as fat. The more fat stored, the harder it is for the liver to perform, so this is a function that we want to avoid.
- Process Drugs: All drugs and chemicals are processed, purified, and refined here for elimination. This is a function that can easily overload it also.
- Process Chemicals: Toxins, heavy metals, and pesticides... Everything we breathe, eat, or absorb through our skin is purified and refined by the liver.
- Process Alcohol: Just another Chemical that it is asked to process, but with grain based or fruit-based sugar... simple carbohydrates. So alcohol and sugar are doing double duty in overwhelming the liver. If you entirely overload it, cirrhosis (hardening) occurs; when it dies and you go with it (One beer is my limit, ever, for this reason and others).
- Process Vitamin Isolates. Many vitamins are seen as harmful chemicals to the liver and must be eliminated... Especially, artificially manufactured vitamins contribute to liver overload.

In a Nut Shell
The LCD reduces liver stress at the carb side, while allowing the Whey to provide the liver additional fuel on the protein side. Then, the MSM is allowed to do its own magic as described later in a very complex process. The claim then is: These three increase liver function exponentially compared to anything ever previously proposed.

directly ties Liver health to Heart Disease and Type II Diabetes. In two related studies, Heart Disease was shown to be up three times (3X) and Diabetes two times (2X) above normal occurrence due to Liver overload from the plastic B.A. Jon is probably not aware of the AHP, but he is gets it. When you hear what he says, adding what you know, you will completely understand why this is true, “It’s the Liver Stupid.” Liver overload is the fundamental cause of most diseases, period. Hence the title of this book. Also, listen to his podcast on Liver and Heart health at:
14. Undenatured Whey Protein Program (UWPP)

No one can describe this leg of the AHP better than Duncan, read his online site here: http://members.shaw.ca/duncancrow/comments.html, but I provide a general outline below: First off, Duncan sells Immunocal and this form of whey is superior to all others, no question. I have never tried it, but that company provided the basic research that Duncan uses in his Protocol. This whey component is a pure, high quality protein source. It delivers sulfur and enzymes when it is carefully handled.

Undenatured means that it has not been heated beyond 140deg F in the processing. There are many whey sources out there that have been prepared at high temperatures (denatured) and must be avoided entirely. Enzymes are very delicate, but sulfur is even more so. Frozen smoothies are good food. However, as discussed later, they not a good source of available sulfur, because any processing helps to destroy the sulfur.

Immunocal Website


Now Whey

In the interest of economy, we will discuss Now Whey, which Duncan recommended to me and I still buy in 5 or 10 pound bags on Amazon.com as I noted before. Keep in mind that it is not necessarily the best Whey choice, but it works.

A 5 Lb. bags of Now Whey that I use will commonly last me about a month, but I use it at a higher rate than Duncan recommends. I buy fresh, organic (unfortunately pasturized, because of our state laws) dairy cream separated by my good friend, mentioned below, at the Rehoboth Dairy and mix it per my recipes (see Ch. 43, Recipes). Also, I rely on MSM for my sulfur and I use lots of it and enjoy the Whey for its other benefits.

In my case, frozen whey/fruit/protein shakes (or smoothies) supplant what used to be Sealtest (as I recall) ice cream eaten at the Diary Bar in the old days of Junior High School, or Taste Freeze (soy based) a few years later in High School. Then I moved up to Bryer’s Ice Cream after graduation and college. Then, on to one of many great homemade Ice Cream stores around the Boston Architectural College. On moving here, I went to Kings Ice Cream down the street, then on to the Dairy Farm Ice Cream about a mile from here.
So things have changed quite a bit in terms of food quality. For a time when I thought that Tastee Freeze was all the rage, I was scraping rock bottom, as I consumed what amounted to soy bean products (with little or even negative food value). However, all of the above ice cream contained plenty of sugar (and probably other products that were no better). Today, I freeze these whey/fruit/protein shake/smoothies into ice cream using “organic” Rehoboth Dairy Cream. Now that is getting somewhere.

Now, what used to be a treat has become a staple and that keeps a permanent smile on my face. It’s as good as sailing a fast sloop in the B.V.I., but, given the health benefits, maybe I can sustain my ability to do that for quite a few more years. In any case, the bottom line is that this whey stuff is great tasting, especially, when you add Rehoboth Dairy Cream and it actually aids in anti-aging and health... what a deal!!!

### 15. The Anti-Aging and Health Program (AHP)

*So with the above three stars, we have found the way to Anti-Aging and Health:*

My premise here is that we can reform mitochondria and, possibly, lengthen Telomeres and thus extend lifespans exponentially with a combination of our basic concept... and the very foundation of this book is the formulae:

\[
\text{LCD} + \text{UWPP} + \text{HL} \text{ MSM} + \text{Energy (or raising your spiritual energy levels)} = \text{AHP}.
\]

AHP, the Anti-Aging & Health Program entails doing everything in this book at as high a level as possible. That is to say that when the four items are combined with the basic ideas presented herein, in a way that best suites you, you create this single program that will allow your body, mind, and beyond (discussed more later) to reach optimum health and vitality or... Thrive!

**Sulfur**

Generally, Organic Sulfur opens Electronic Pathways and is a Cellular Oxidizer: So mind/communication pathways open better with cells when more is available. As mentioned earlier, these electronic pathways function on the Quantum Level. If they become impaired in any way, this lack of communication becomes the overall problem.

By the way, even though whey contains sulfur. Sulfur is basically unavailable once a food is canned, refrigerated, frozen, heated or otherwise processed, so it is likely that whey ice cream and smoothies no longer deliver useful amounts of sulfur, sorry to say.
While MSM always delivers sulfur, no other dietary component is so easily lost. Any food grown in fertilized soil or sprayed with pesticides is usually devoid of Sulfur. So Sulfur has been nearly completely eliminated from the contemporary diet for everyone and this was initiated with the rise of modern farming and refrigeration. That process was started over a hundred and fifty years ago and has steadily moved toward where we are today. Knowing all of this, it is difficult to discern why people actually still exist at all, let alone live as long as they do on average.

The Methyl Component

The real natural life span for a healthy human being, not long ago, was thought by most scientists to be completely limited to \(12 \times 12 = 144\) years as limited by telomere length, but since, we have this methyl component combined with enzymes and sulfur available and now understand more of this; this entire premise may be wrong as we kick the can down the road.

The Grand Experiment

That is, just maybe, the O.T. Christian Bible references were actually correct and, in fact, their yearly age computations (a common explanation) were dead equal to ours. If their food quality was superior (and we know that it easily could have been) and they did not overeat (which they probably could not), they just may have lived a very, very long time... barring lions and accidents. Much has already been written of mitochondria and telomere length, but these two issues, worthy of more study, could change our understanding of aging completely. Certainly, even if our yearly computations don’t work out, our wellness is bound to and this book will quite possibly tell you why (I say that as I trimmed back my finger nails for the second time in a week... and not out of vanity). Please help me test this real possibility.

“You” Know

This AHP is a complex story, but in practice, anything that is inherently true must be simple as long as you, the individual, generally stay with it. My point in saying “generally” is that if you eat one Godiva Chocolate this year, you are not going to join the dying crowd, but if you “get hooked” and eat a box each month, you have joined the losers. No spiritual truth is complex. We understand the truth when we hear it, intuitively, if we are ready. If you hear someone making it difficult, they are among the lost... Run from them. It’s a lie.

16. The Glycine Story - Why AHP Works

Now more on this AHP... the overall program and its nut & bolts:

How Sulfur Is Lost
The most weak pathway in our health venture for most people alive today, from a dietary standpoint, is sulfation. Sulfation is responsible for the negative transformation of neurotransmitters, steroid hormones, drugs, industrial chemicals, phenolics (compounds derived from benzene, commonly used in plastics, disinfectants, and pharmaceuticals), and especially toxins from intestinal bacteria and the environment as noted above.

Organic sulfur from whey and MSM serve as the primary detoxifiers in this process. That this, sulfur must come from our diets through food is a given, but it is especially available with the AHP.

If your exposure to substances that need to be detoxified via the sulfation pathway is high (always the case in developed countries), but your sulfate reserves are low due to an inadequate (SAD) diet, you will not be able to break down toxins. The results are inevitable, unless one of the diseases listed below gets you first: You will be rewarded with 50 or 60 years of good life and, maybe, another 20 or 30 of pain and suffering. But this is what we have come to accept as normal circumstances in developed countries and the U.S. just came in last on that list recently according to Jon Barron.

**Illnesses From Inadequate Sulfur**

Without an adequate supply of organic sulfur via AHP, a variety of illnesses await, including: Alzheimer's disease, Cancer, Parkinson's disease, Motor Neuron disease, Autism, primary Biliary Cirrhosis, Osteoarthritis (OA), Rheumatoid Arthritis (RA), food sensitivities and respiratory conditions, chemical sensitivities and chronic conditions and respiratory conditions. Add these to a multitude of other chemical sensitivities and chronic conditions some considered mentioned herein and you realize that AHP is not only important, but essential to a serious overall health and wellness program.

**The Third Detoxification Pathway**

We manufacture five amino acids that form a third detoxification pathway: Taurine, Arginine, Ornithine, Glycine, and Glutamine. Of these, Glycine is the most important for the neutralization of toxins. In some cases, the body cannot make enough Glycine to keep up with its own detoxification needs. Though not considered an essential amino acid (because the body can make it), Glycine production depends on an adequate intake of dietary protein. I supplement Taurine, Arginine, and Ornithine. Glycine & Glutamine are inherently in the AHP and I recommend supplementing the other three just to be safe. An excellent choice is Nutra Bic Arginine Proglutamate Plus Lysine growth hormone releaser, then add Ornithine separately.
Glycine Depletion

Glycine can be depleted by any number of lifestyle stresses. Especially the Benzoates, found in soft drinks, bind with Glycine and rob the body's store of it. One study found that people who consumed a large number of soft drinks had problems breaking down toluene, a common industrial organic solvent. Knowing this, and knowing that soft drinks are primarily fructose injections, do you ever “need” another? By the way, sports drinks are hardly an improvement.

Aspirin and NSAIDs also slow down this detoxification pathway because they compete for available Glycine in the liver. So avoid them. White willow bark, which Bayer synthesized and patented is the basis for aspirin. The Romans used it and guess what? It still works. But easy on that too. Just because it is an herb does not make it good for you and it is not, particularly.

Furthermore, all drugs have toxic components and as noted above must be filtered out by the liver. We hear commentary on this daily at the end of each drug advertisement. AHP will help your body deal with their effects, but it’s always just better to avoid over-the-counter drugs as well as prescription drugs with rare exceptions.

Using AHP:

- There must be a noticeable improvement in the detoxification capabilities of your body.
- Overall health must improve to a degree, even if you keep some bad habits.
- Given any life threatening condition, you are guaranteeing your body that it will have a chance for to survive and Thrive.
- The above-mentioned diseases put you in survival mode and AHP takes you out of it.
- As a biological organism, your body strives to stay well.

Bottom line: Given this AHP combination, all diseases become less of a challenge through the elimination of simple carbohydrates, feeding the liver, and resulting in lower oxidative stress.

Immusist

http://www.immusist.com/immusist.htm is a beverage concentrate and a way to further enhance a compromised immune system in order to move it toward optimum health.

17. Enzymes, Anti-Oxidants & Liver Detoxification

Much has been written of enzymes and Anti-Oxidants, but below we begin to see just how they function in terms of the liver... The place where we must make a difference if we wish to Thrive:

Enzymes
Basically, your body doesn't keep old molecules around for long. Even those of great value, enzymes, are constantly being disassembled and reconstructed, recycled, or eliminated. Enzymes are slower to go than most, though, and we can build them up to a degree. I actually supplement with some thirty different digestive enzymes just to help lighten the load. You could not supplement with too many enzymes. They lighten the liver’s load.

**The Liver Detoxification Process**

Thanks to the detoxification process and enzymes, the liver is able to break up the most toxic and dangerous of molecules and evacuate them. Enzymes act as catalysts in this transformation process. We generally think of digestive enzymes (when we think of them), but there are literally thousands of different enzymes, each with a unique role. More on Enzymes later, but they are central to our existence and survival. Enzymes are certainly one of the key elements in health, anti-aging, and wellness and your liver can catalyze several million enzyme reactions per second, but rates depend on conditions. Of course, our aim is to optimize those with the AHP.

Think of this detoxification process as a two-phase wash cycle (very watered down, lol):

**Wash Phase I:**

Enzymes are the soap that reduces grease into droplets. They remove the impurities that the water alone can't remove. In the first part of the wash cycle, enzymes break toxins down into intermediates. Some toxins are ready for elimination at this stage, but others require a second cycle.

**Wash Phase II**

From here begins the more complex cycle. Here toxins are broken down further and detoxification becomes the main concern. In Phase II, these intermediate compounds are routed along one of six chemically driven detoxification pathways, where they are further broken down, and bound to specific types of protein molecules which act as "escorts" guiding them out of the body through “Conjugation.” Conjugation is the direct transfer of material between cells by cell-to-cell contact. It is a bridge-like connection between two cells which allows them to exit toxic material through excretion. Interestingly, this transfer occurs between bacteria which allows them to clean oil out of marine systems and it is our most important natural clean-up system.

**Glutathione Detoxification**

One of the most important systems in this Phase II (to which Duncan Crowe often refers). It is known as the Glutathione conjugation pathway. The key here is that Glutathione detoxifies our bodies of deadly industrial toxins such as PCBs and breaks down any number of carcinogens.
This activity accounts for up to 60% of the toxins excreted in the bile. Glutathione, the master antioxidant, also circulates through the bloodstream combating free radicals. No other conjugating substance is as versatile as Glutathione and the body's supply of it, mainly produced by, you guessed it, the liver, is easily depleted... unless we enlist this AHP. See Wiki for more on this: [http://en.wikipedia.org/wiki/Glutathione_S-transferase](http://en.wikipedia.org/wiki/Glutathione_S-transferase)

**Sulfur Absorption**

This is essential to providing the above pathway. The UWPP alone, could serve as the only nutrient in this Glutathione process, but, of course, HL MSM Protocol virtually is organic sulfur (with the methyl goodies thrown in for good measure). Without these two protocols, exposure to high levels of toxins could quickly exhaust all reserves of Glutathione, increasing susceptibility the above conditions. Once it gets a toe hold, Cancer and its conventional treatments... and all Chronic diseases including HIV and Cirrhosis quickly deplete Glutathione reserves. In fact, it could be argued that all diseases are the result of deficiencies of these vital components [http://en.wikipedia.org/wiki/Sulfur_assimilation](http://en.wikipedia.org/wiki/Sulfur_assimilation)

**Oxidative Stress**

This is a constant given. It occurs as a result of any number of things including things that we normally consider healthy... like excessive exercise. On the other end of the spectrum: Just chillin’ out just watching TV & drinking a beer (wouldn’t you know it?) causes oxidative stress. In fact, we could never totally avoid this oxidative stress in our lives. It is always occurring and is really just a matter of degree... and it always produces free radicals and stresses the liver... But we can beat it with the AHP! Read more on Oxidative Stress at: [http://en.wikipedia.org/wiki/Oxidative_stress](http://en.wikipedia.org/wiki/Oxidative_stress)

**Living Is Stressful**  According to degree, oxidative stress can either cut back or totally block Glutathione production. Done long enough, it will deplete Glutathione in the blood. So as you can see, what we consider to be “normal living” is highly stressful and “life threatening...” Hey, you could die from this! And my premise is that most people do, but it takes many forms down the road.

Reflecting, you have to wonder how our bodies have survived doing this balancing act with the low levels of nutrients that we consider “Food.” The AHP is the only healthy path to surviving this maelstrom of problems facing us on this planet, especially, since we are being given bad and contradictory advice by our own FDA. Interestingly though, this program entails eating and drinking some of the most tasty foods on earth, when used creatively (doing your job).
18. Dr. Seneff/Mercola video/ the Organic Sulfur story

Dr. Seneff & Mercola have done several new interviews since this original. If you are interested in knowing what is really going on, watch them all. There is just a wealth of information on these videos:
http://www.youtube.com/watch?v=5QUChSIUEH0

(if this does not work for you, just go to YouTube and type in Dr. Seneff... please don’t cheat, watch them all if you are serious about this. (There were seven parts– last check and they have added several more since. Seneff is fascinating, don’t miss a single one if you can help it).

This is a long, but most interesting video. It should be watched, especially, by all over the age of 50, even if they have zero health problems. It could add years to your life for almost no cost. Dr. Seneff has learned quite a few things about sulfur and certainly has turned some new stones when it comes to Heart Health and Diseases. Furthermore, Seneff has come up with some very important dietary relationships between cholesterol and sulfur that make great sense.

Actually, I have followed her recommended diet quite closely (the LCD) for sometime now and feel better for it (long before I had heard of her). As kind of proof to her opinion, for those mainstream doctors: one little nasty fact statistically (and these are readily available), is that the higher your cholesterol levels are once you reach age 80, the longer that you will live (actually, this age is being lowered as we speak. But, so will average lifespans for all who do not to embrace AHP, since these components apparently set the maximum age bar).

Even though I have followed the results of organic sulfur for years, the mainstream medical community is just now learning the incredible value of it.. I have been researching it on the web ever since I had my wonderful results with HL MSM years ago. Seneff's list of sulfur's values is just the beginning to take shape.

Recent animal studies indicate that sulfur is most likely a cancer shield, of sorts, as the above glycine story tells us. It helps make arteries more pliable. It helps repair any number of diseases related to improper tissue replication and much more. Seneff gets her information first-hand and that is admirable, but much of what she has discovered is repetitious as would be expected... so we repeat ourselves.

**Seneff Talking Points**

Her interesting talking points worth considering are still often just opinions, but they become much less so, when you read it all in one place. Things begin to just jump out at you:
• Our joints are collagen which are high in organic sulfur. In order for our overall body to exist, it must "steal" sulfur from the joints. So feeding your joints (keeping an adequate supply) makes you healthy overall (I reverse this, herein, but the facts remain).

• Soft water causes your body to loose sulfur, so if you have a water softener, you really need more (Duncan disputes this point, and I take it with a grain of sea salt, but agree).

• Eliminating carbs helps raise sulfur levels (and allows you to process the sugars bound in fruits and carbs bound in vegetable better and I explain why elsewhere).

• Eat highly saturated fat foods like coconut oils (and no vegetable oils, especially hydrogenated varieties)... and avoid processed sugar totally if your goal is health (you can take this further and avoid banana’s as Duncan suggests).

• High sulfur and low carbs encourage weight optimization (carbs always become sugar)

• Eating animal fat and red meats high in fat does not make you gain weight (discussed earlier herein).

• Animals highly regard fat for what it is and eat that first. It feeds your brain and keeps you well (note: this does not include vegetable fats except coconut oil).

• Fried foods and corn oil, on the other hand, do make you fat, as does sugar, and especially anything containing high amounts of refined sugar or high fructose corn syrup (like sodas).

• Modern farming practices have decreased the sulfur content of our crops (and especially minerals, but she does not mention that, read Dr. Joel Wallach’s site for that part).

• Vitamin D & sulfur work together (Sunlight is the best source of D... always use D3)

• Aluminum Sulfate has been increased in vaccines along with mercury and both are potentially huge problems Older people should never get flu shots if this is correct.

• Autistic children always have low organic sulfur levels.

• Among its long list of virtues, Sulfur protects you from skin cancer (as does D3).

• ADHD and Alzheimer's may be caused by a sulfur deficiency and, as she says, they could actually be the same thing!

• Antiperspirants actually cause a reduction in sulfur and a corresponding increase in aluminum (hmm... does this set off alarms?).

Some opinions beyond Seneff’s points

Seneff admits she does not know anything about MSM (other than it exists) and that it may heal organic sulfur deficiency problems. On hearing her interview and realizing the impact of organic sulfur on our bodies as she describes, it is clear that our AHP will positively affect virtually any condition.

This Mercola video repeats much of what Duncan has been telling us for years about oxidative stress and Glutathione conjugation, so it’s not new to those in our Groups. Add glaciation and methylation mentioned herein to get more on that story.
Still, taken as a whole, Seneff’s opinions are likely the best “somewhat mainstream” source of organic sulfur information and results currently available on the planet. Her opinions and first-hand findings drive home Duncan’s with regard to liver health and balance.

**Further Observations based on Seneff’s interview:**

- MSM is the way to increase sulfur level quickly.
- Chondroitin Sulfate, with its large molecules, is not really bioavailable and is useless.
- Glucosamine Sulfate causes gastric distress... so is ineffective in this manner.
- Eggs and all other foods are actually a poor source of sulfur compared to HL MSM.
- At least most of us, simply can't take sulfur in any form other than from plants, UWPP, and HL MSM. Excess sulfur rarely occurs, but is quickly disposed of by the body.
- I have been on HL MSM at ½ cup/ day for months on end with nothing but great results. As long as your stomach can tolerate MSM, and with most of us, it is not a problem, your results should equal mine. As Seneff says, we are all deficient in organic sulfur due to farming practices... Add commercial practices and food handling practices.
- As Seneff observes, sulfur apparently softens your arteries. I had discovered that indirectly because when people take MSM, at my recommendation, for their joints. They report that their blood pressure tends to decrease... a lot sometimes! The body self regulates when the liver is properly nourished (again, it really is the liver stupid).
- From this Video, the AHP will actually CURE Alzheimer's, Heart Disease, Autism, and MS... and quickly.
- In addition, Cachexia (Or muscle wasting), now a serious problem for anyone over 60 even in less developed countries, should be stopped dead by the AHP.
- Whey on a daily basis is a great way of maintaining healthy sulfur levels and Dr. Mercola is correct on this... But Duncan and I disagree with one of his conclusions, Isolates are a fine source of whey. We do not sell them, but he sells concentrates.

The bottom line: Everyone, even kids, should be supplementing with at least moderate amounts of MSM and eating their “Curds &Whey.” These are actually a cheaper and more dense organic sulfur source than the foods that Seneff mentions. We now know that the older population, because it is sick and dying, has generally proven that common food sources can't deliver therapeutic sulfur doses... or even maintenance doses.

**19. It Is a Mineral Deficiency**

*Below is a commentary on the “mineral king” and his opinions:*
Veterinary Medicine It is interesting to note that veterinary medicine is possibly the closest to any form of pure medicine left in the western world (except pet foods are even worse than ours and they often sell and endorse them), since the drug companies have taken over most of what was once empirical medicine... That is, they did not have to answer to the legal issues of not being allowed to do what they have learned to be true through general practice.

Dr. Joel Wallach learned from practicing on animals (not even pets), where he could do things that would be frowned on by, “accepted practice” and could not be sued for doing what worked. He and people like him, carry the real badge of “Do No Harm.” Interestingly, as a kid, a veterinarian actually treated me on the melon farm. I thought it was really a second rate deal then, but not so, now, as I look back. Hey, their stuff worked, but I knew that I was not a cow.

The main theory proposed by Dr. Joel Wallach, the veterinarian/ humorist, best known for the tape, “Dead Doctors Don’t Lie” (it is still available online & fun to listen to) http://www.majesticearth-minerals.com/ is that virtually all health problems can be shown to be caused by a mineral deficiency and vitamins simply exist to aid in the processing of minerals.

Furthermore, Joel points out that as long as you keep the above in mind and: That you eat primary, organic foods, that is, you are never be concerned with such drivel as saturated fat content, your body will work to keep you well... a point repeated more commonly of late in the wellness community. Having read several of his books and occasionally listened to his weekly radio show over the years, I laugh, but, also, generally agree with his theories. The man is a genius of sorts in that he keeps it simple and is always looking for the base cause. As he says, farmers pay a lot of money for their bulls and they do not want to take any chances. We can all take a lesson from Joel in hearing how he approaches illness. His first question is always, “What mineral is lacking in this animal’s diet that is causing the root problem?” If it is not a mineral, he then moves on to more complex possibilities. Its never, try this herb and see if it works.

Since first hearing him talk some twenty years ago, I have always made it a point to take a liquid colloidal plant-based mineral source daily that contains the approximate 72 minerals that he proposes as essential to good health. No doubt, at least one major disease could probably be found that corresponds to each of the trace minerals... Save lead, mercury and a few others.

To the above colloidal trace minerals that I take, I now add Selenium, an antioxidant and anti-cancer, plus organic Boron, Iodine, Magnesium (especially, and discussed in depth below), and, occasionally, Strontium for bone health, as a result of our discussions in the Coconut Oil Group. One that I never supplement is calcium for reasons mentioned earlier. You also should consider: Vanadium, for bone health and diabetes, Chromium, especially if you have diabetes issues, Silica/
Silicon which helps build collagen, Potassium, if you have blood pressure issues, and Zinc, during the cold season.

**Absorption Rates** You could add sea salt to the above mix, because sea salt contains trace amounts of these same 72 trace minerals that he recommends as well as the others. Wallach talks about how important salt licks are to cattle health and questions why people are not encouraged to use it. He then moves on to “absorption rates,” and liquid colloidal minerals, he maintains, deliver those best over anything but raw vegetables. Joel also notes that vegetables must be raised in mineral rich soils because plants can never “make” minerals on their own... Simple wisdom. Stephanie Seneff alludes to this in her interview, also. We can feed hydroponic plants raw minerals and they will take them up into their leaves for us to eat... as perfect, natural chelators.

**Vitamin D** One exception, which I have never heard Joel’s opinion on, is that of Vitamin D. I am told that D is actually performs more like a hormone than a vitamin. However, recent findings on the myriad of D’s effects indicate that it is either a super vitamin that is apart from all others, a hormone, or a totally different breed of healing modalities. Whatever it is, I recommend that you pay attention to it and follow the Vitamin D Council online. These doctors know some things.

**Alzheimer's Disease**

One interesting side theory proposed by Dr. Joel Wallach is that Alzheimer's Disease is actually a man-made disease caused by our low saturated fat diet. He claims to have proven this years ago and also claims that he can manifest the same symptoms in some animals by depriving them of cholesterol/ saturated fats. You hear it occasionally now from others,, but one of his original arguments was that our brains are over 90% cholesterol and that the current low-fat mainstream diet deprives us of this essential nutrient, thus actually causing this terrible problem.

So cholesterol is both Liver and Brain food. It’s amazing how stupid we can be under the guise of science. Joel tells his stories with humor, but he is dead serious and it all makes sense.


**Playing Wallach’s card:**
My son grew up with an ADHD problem of sorts. From age 2, he was a ninja fighter. He scared the daylights out of kids his own age. By the time he reached 3rd grade, he was the terror of his class.

Finally, I was forced by his teachers to have him visit a psychologist on a weekly basis or, I was told, he would be thrown out of public school. About that time, I started taking colloidal minerals and introduced them to him. He immediately got better and the teachers were thrilled, but it took me a month or more to figure out what happened.

Eventually, my son forgot why he was using the colloidal minerals and stopped them. I have two fist holes in my walls recalling that era. However, I reminded him again and, today, he is back on them and is a wonderfully normal person.

All of this makes me wonder, could we substitute a trace or rare earth mineral for each of the drugs: Prosac Xanax, Ambien, Lexapro, Ambien, Benadryl, Temazepam, Mirtazapine and Trazodone? Probably, but then, where would the money go and what would psychiatrists do for a living?

Use (sea) salt:
http://www.youtube.com/watch?v=_9_0gRpt_ok&NR=1&feature=endscreen
Regrow organs and joints/ Menopause, Erectile Dysfunction, Alzheimers/ Cholesterol
http://www.youtube.com/watch?v=acd1omQInYk
Dead Doctors Don’t Lie:
http://www.youtube.com/watch?v=tH6N7tHGsi8
Minerals are important:
http://www.youtube.com/watch?v=img81L1nP1o
http://www.youtube.com/watch?v=2-ltxZvVAMI
http://www.youtube.com/watch?v=CmXxg-KrGU&list=PL3BD902AC3669C181

Relative to Wallach’s work: It is interesting that a salt water fish will actually die if you do not add an amount of real sea water to its tank water. Does that mean that we, organisms that rose from this same sea, also need a certain amount of sea water to thrive over a long period of time? Since sea water is pretty inexpensive to come by, why test that one? I use it transdermally for that reason.

20. Magnesium and Mineral Chelates

The one primary mineral that I have always loaded upon as the most significant, especially for heart health, is magnesium. There are many studies and indications that this is the heart mineral that most of us lack. In 1900, we absorbed an average of ½ gm of magnesium daily, but that number has dropped to less than 1/4 gm because the magnesium in soil has been depleted over time.
As with many nutrients, especially minerals, modern farming practices don’t add it back in. But, heart attacks, while they are far more common today, still occurred then. So this is another case of an insurance policy. My choice is a gram a day, but the problem is getting it into our systems.

**CFS/ Magnesium** An underlying magnesium deficiency, even if very mild, can result in chronic fatigue and symptoms similar to those of Chronic Fatigue Syndrome (CFS). In addition, low red blood cell magnesium levels, a more accurate measure of magnesium status than routine blood analysis which are poor measures since the body relocates it according to need, have been found in many patients with CFS. The literature demonstrates that magnesium deficiency is not necessarily due to low dietary intake, and several studies have shown good results with supplementation improving magnesium stores.

**On Magnesium Chelates:** With oral magnesium all forms become laxatives at some point. Experts argue about which form works best... Here is an example:

“Studies indicate that magnesium is easily absorbed orally when it is bound to aspartate or citrate (chelated). In addition, both of these compounds may also help fight fatigue. Aspartate feeds into the Krebs cycle, the final common pathway for conversion of glucose, fatty acids, and amino acids to chemical energy, while citrate is itself a component of the Krebs cycle. Krebs cycle components (including aspartate, citrate, fumarate, malate, and succinate) usually provide a better mineral chelate; evidence suggests that these chelates are far better absorbed, used, and tolerated compared with inorganic or relatively insoluble mineral salts (such as magnesium chloride, oxide, or carbonate)” (From the makers of Opti-Mag Asporotate... but fairly accurate).

**Mineral Chelates:**

Actually, one could consider plant based minerals as natural chelates, but we are discussing chemically bonded, man-made chelates here: Chelates may be correct for some and wrong for others. Magnesium Chelates have not proven to work well for me. I have not tried the various forms for a number of years, but plant-based minerals always have. The AHP actually makes your body more stable and more able to handle these manufactured systems, which no one is telling you are natural.

Dr. Wallach seems to like them OK, but they have caused me gastric distress and I find totally plant-based forms to be the answer. At this point, I might go back and retry some chelated forms just so I know if my ability to take it/them has improved (and save money). But at least, maybe ten years ago, when taking them only orally, they quickly becomes too much of a good thing. I have found that two grams a day of natural magnesium, orally, is about all that I can ingest without problems.

**Chelating Heavy Metals from the Body**
Certain natural herbs can bond with heavy metals and help remove them naturally. A combination of tincture of cilantro and Chlorella has turned out to be remarkably effective as an oral chelator. Cilantro electrically combines with heavy metals making your body aware of their presence and Chlorella grabs them up for elimination.

Clinical Studies completed in 2005, proved that Chlorella alone can naturally remove an average of 87 percent of lead, 91 percent of mercury, and 74 percent of aluminum from the body within six weeks. Everyone on the AHP should supplement with small amounts of Chlorella daily, but large amounts could prove to be a problem in that they could be too efficient and remove the heavy metals that you need for optimum wellness... And yes, you need a little of each. A high dose cleanse every four or five months with tinctures is a good idea, though._

The Transdermal Magnesium System... that Dr. Mark Sircus, OMD, became famous for [http://www.amazon.com/Transdermal-Magnesium-Therapy-Mark-Sircus/DP/0978799119](http://www.amazon.com/Transdermal-Magnesium-Therapy-Mark-Sircus/DP/0978799119) is known by his book title, Transdermal Magnesium Therapy. The idea here is that your skin is a great delivery system. It seems to work well for me. The method that I have adapted from this in obtaining them is to fill up plastic jugs of Maine Sea Water and add Zechstein Salts [http://www.ancient-minerals.com/products/?utm_source=adcenter&utm_medium=cpc&utm_term=dr%20mark%20sircus&utm_campaign=AM%2BSsearch%2Bcompetitive%2B-%2BUS](http://www.ancient-minerals.com/products/?utm_source=adcenter&utm_medium=cpc&utm_term=dr%20mark%20sircus&utm_campaign=AM%2BSsearch%2Bcompetitive%2B-%2BUS) plus Boric Acid to the boiling brine. Interestingly, when you boil the brine and add the salts, they do not separate out to any degree when they cool. I am not sure why this is true, but it works.

Application is easy: After a shower when your skin pores are open, just spray in on and rub it in. Soft skin areas are best, but all are good. Don’t towel off; rub it in; it evaporates quickly and you feel dry, right away. It’s a very nice way to start the day and you probably have just gotten about all of the Magnesium possible unless you happen to be a sea animal or you can take a swim in the ocean.

Does it really do what Mark claims? I am not getting muscle cramps and it always feels great... Plus, it too is inexpensive and simple. This is my measure of knowing if I am getting adequate magnesium. It’s quite simple. If you are getting leg cramps, you must find a better delivery system... one (or two in my case) that is effective for you. By the way, as my friend Craig points out, low potassium levels also create cramps, but I never have this issue.

Calcium Supplements

From Consumer Labs, we get the following warning: “Calcium Risk for Women - A long-term study found that women with high calcium intakes from their diets were 40% more likely to die during the study than women with moderate calcium intake. Worse, the risk of death was 157% higher for women with high dietary calcium intake who also took a calcium supplement.” The bottom line for everyone is that you should avoid supplementing them as I have said elsewhere
Get your calcium from natural sources and avoid such commercial products as orange juices (generally a bad idea in any case) that contain them.

21. Government Policy and Medicine

Now for some politics. These viewpoints are necessary for us to firmly grasp what is occurring in the real world relative to health & wellness. Without them, we can’t make sound decisions relative to our health, and this misinformation is bombarded on us daily:

Politicians are fed with money from large drug corporations and, thus, the FDA is in bed with them. So, like it or not, fascism is alive and well. We simply cannot rely on what we are told by the FDA under any guise. For more on this, read [http://www.josephmercola.com](http://www.josephmercola.com)

Furthermore, as mentioned previously, scientific studies can no longer be relied on as “science.” Some examples are represented here in and The lipid hypothesis (see George V. Mann’s Letter) and read these articles: [http://www.smart-heart-living.com/lipid-hypothesis.html#sthash.fCCPE6HB.dpbo](http://www.smart-heart-living.com/lipid-hypothesis.html#sthash.fCCPE6HB.dpbo)

22. GMO’s & Drugs

- Why should a drug company be allowed any participation in any study that directly affects the public’s use of that drug? [http://www.wellsphere.com/healthy-eating-article/the-demonization-of-saturated-fat/1218573](http://www.wellsphere.com/healthy-eating-article/the-demonization-of-saturated-fat/1218573)
- Advertisement of Drugs: GMO Foods (genetically modified foods): GMOs are repeatedly being uncovered by studies and observed and understood as a general health problem by responsible health care professionals. Still they are deemed safe by the FDA and other government agencies, while they are illegal in Europe and many foreign countries.
- The 2/13 issue of Consumer Reports argues the above problem coherently. We know that these products would simply disappear and the perpetrators, like DuPont and Cargill would, likely, vanish (or change product lines) if they were clearly understood by the public.
- The U.S. is on hold out on this one issue... Just way too much has been invested at this point to consider the health problems that are bound to occur in coming years.
- Factory Farming: These practices would change dramatically, particularly in their use of antibiotics, if the public knew the truth about Cargill, CAFOs, and Cows... the three C’s, commonly passed on to us as normal “Farming Practices.”

Of all of the things that affect our health, the one that we should have the most knowledge of is, the food that we eat. Drugs are an extreme modification, generally of medicinal plants (but later on
that). But currently, because of commercial interests, this is probably the area where we are most lied to and the FDA smiles on their every move. We may not be able to disband the FDA, we must understand what is occurring and how to avoid the pitfalls of what they are allowing to occur if we are going to Thrive.

23. Astaxanthin Story

http://www.livestrong.com/article/448563-astaxanthin-facts/

Seneff mentions Astaxanthin briefly in her interview. It is most often seen as the red pigment in sea run salmon and trout, but is derived commercially from algae biomass. Here is a story that illustrates its effect, first-hand:

In 2011, I spent an entire day at the U.S. Open at Flushing Meadows roasting in the sun with absolutely no protection and got way too much.

My nose was burned deeply as well as my upper arms above the tennis shirt line, but I did not peel at all. I do take Astaxanthin, but obviously, I always have plenty of sulfur and Vit D3 in my system. In any event, this proves that the three together absolutely protect you from too much sun. It is really incredible! You really do not need anything else, no lotion and no hat. This is not a recommendation, but it did actually occur.

Dr. David Williams first alerted me to Astaxanthin in the early ‘90s, but it was first isolated in 1975 by Professor Basil Weedon's group who proved its structure by synthesis.

Http://www.drdavidwilliams.com/?key=201269&utm_medium=cpc&utm_source=paid_msn&utm_campaign=Williams%20Brand%20-%20Core%20Terms&utm_content=Dr.%20David%20Williams%20-%20%20Core%20-%20Phrase#axzz2Hgwv5xcI And why not? It is, quite simply one of the most awesome supplements available and it does all sorts of great things in your body. Below is my simplified bullet list:

**Astaxanthin's Benefits:**

- Reduces it reduces oxidative stress... So Liver Health is key.
- Increases strength and endurance (2 - 8 times in human clinical studies).
- Helps athletes recover faster from workouts.
- Alleviates symptoms in patients with H. pylori (pre-ulcer indigestion).
- Protects mitochondrial membranes from oxidative damage.
- Boosts the immune system, increasing the number of antibody-producing cells.
- Prevents cancer in the tongue, oral cavity, large bowel, bladder, uterus, and breast.
- Decreases plaque formation, thus reducing risk of cardiovascular disease.
- May assist in the neurodegenerative diseases: AMD, Alzheimer's, Parkinson's, and ALS.
- Protects eyes and skin from UV damage, while protecting your skin from burning.
Because of these extraordinary characteristics, it is included in my “Quantum Orange Creame” preparation, which delivers these benefits Transdermally and with Quantum multiplication, http://en.wikipedia.org/wiki/Astaxanthin

Visual Acuity and muscle improvement:
http://sciencelinks.jp/j-east/article/200223/000020022302A0862853.php

**24. Skin Wrinkling Tips Off Bone Loss**

*A study on Bone Loss plus some nutrient references.*

*Byron Richards, CCN* reports this study on 6/29/11:
http://www.wellnessresources.com/health/articles/degree_of_skin_wrinkling_tips_off_bone_loss/

Pull up his entire article for his explanation, but here is my summary and conclusion:

**Study Indicates:** The strength and growth rate of your fingernails and facial skin wrinkles helps predict the degree of bone loss and bone density accurately in women in their late 40s and early 50s. The study evaluated 114 women in their late 40s and early 50s who had their last menstrual cycle within three years – a potential time of high bone loss due to the sudden drop in estrogen.

**Observations:** More wrinkles on their face and neck equals lowest bone density. The skin wrinkling was predictive of bone loss at all commonly measured sites (hip, lumbar spine and heel), and was independent of age, body composition or other factors known to influence bone density.

**Why Collagen is Important:** Bones and skin are comprised of 50% collagen. The difference is that your bones are highly mineralized. Thus, the same nutrient raw materials that support collagen also support both bone and skin formation. Also, the same type of free radical and other stressors that break down collagen do so in both your skin and bones. While there are differences between your skin and bones there is enough in common to indicate that excess wear and tear in your skin may predict bone problems as well.

**Collagen Carrying Nutrients** There are many nutrients that are used for bone and joint health, including tissue-forming nutrients such as Hyaluronic Acid, Glucosamine, Chondroitin, Egg Shell Membrane. However, you simply can’t get enough tissue-forming nutrients from these without severe gastric upset. Dietary protein and sulfur are examples that do not. So the AHP provides skin health and bone health via collagen synthesis and tissue matrix formation without this negative. These are also included in my “Quantum Orange Creame” preparation, which delivers these benefits Transdermally and with Quantum multiplication. More on that in the Group Discussions.

**Additional Repair Factors** there are also many well-documented nutrients, in addition, that protect skin or collagen such as: Astaxanthin, Vitamin D3, Resveratrol, Vitamin C, Grape Seed Extract, Lycopene, Tocotrienols, and Green Tea. There is a more powerful and patented form of
Resveratrol, Longevinex that has made my list. It now includes a DNA repair factor. 
http://longevinexadvantage.com/

25. Reports by Others: Expert Opinion on MSM

Further discussion by experts on MSM and DMSO (edited):

Michael Harrah (in our group) sends us a good, but conservative view, of MSM apparently originating from Joshua Rodriguez Sosa (edited), who has read this book:

- Methyl Sulfonyl Methane, better known as MSM, is biologically compatible with human sulfur which MSM gives up and is assimilated easily.
- Naturally detoxifying. It increases the permeability of the cell, allowing the water and nutrients to flow freely in cells while expelling the body's waste and toxins.
- Anti-inflammatory, relieving inflammation in rheumatoid arthritis and osteoarthritis while providing the critical sulfur necessary to regenerate the connective tissue and thus facilitating mobility and functioning of joints.

Connective Tissue serves to support to cartilage, bones, tendons and muscles. Therefore, MSM supports the functioning of joints, which allows for a proper body movement. Better still is that the MSM is compatible with all other nutrients that combat these diseases.

Combinations Help Thanks to these properties, the consumption of MSM is also recommended to assist in the recovery of sports injuries. In this sense, combining the MSM with other substances such as Chondroitin and Glucosamine provide excellent results and is one of the most comprehensive treatments and most effective as regards health articulate refers.

MSM has also been proposed as a treatment for interstitial cystitis (inflammation in the bladder wall that causes frequent and painful urination) as well as to improve mental ability and to promote the production of insulin. In addition, this supplement assists hair and nail growth and in general, strengthening the immune system. Some authors recommend its consumption to avoid the emergence of environmental allergies and migraines, and help control the stomach acidity.

The importance of MSM supplementation is due to the fact that although the sulphur is in various foods for everyday consumption, the degree of assimilation can vary between different sources depending on their characteristics, in certain circumstances they cannot meet the requirements of the body. In addition, occasionally the amount of sulphur may decrease during food processing.

It should not be forgotten that a sulfur deficiency causes various disorders in the body especially in adults.

International masters’ degree in nutrition and dietetics

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26. The Biochemical Oxygen Transport Pair (OTP) - DMSO and MSM

I conclude this with a group of reports by the Late Dr. David Gregg, PhD. His work was mainly with DMSO. DMSO, as he tells us, is the parent of MSM. Hereinafter, the two together are referred to as the OTP (Oxygen Transport Pair) (His term) with reference to OP (Oxygen Transport).

The point is that this family of organic sulfur works wonders to keep people well in any amount and he gives us more scientifically based reasons as to why they are so effective beyond “Methylation” and the more basic effects of organic sulfur itself.

More importantly, I ask the reader to please grasp the fact when you ratchet the amount up, there can only be an improvement if you have not met the deficiency… Simple to understand, but apparently illusive to such brilliant investigators as Dr. Gregg. As Sosa (above) alludes and Stephanie Seneff in her video posted earlier, most of us are deficient. While Dr. Gregg did not grasp this key fact, he did understand the significance of these two organic chemicals and, apparently, studied them his whole life with great interest.

I start with the following point of view on MSM and parent DMSO, edited from Dr. Gregg’s, “Biochemical Oxygen Transport Pair,” with explanations as appropriate:

Dr. David Gregg’s Theory on this OTP is that they represent an exceptionally effective OTS (Oxygen Transport System). This theory further explains some of the incredible healing properties that are reported beyond the more conventional Sulfur and Methyl components. Also, he says MSM and DMSO work essentially the same in the body and taking either one should have essentially the same effects. Then, he tells us how the two shift back and forth yielding and taking up oxygen in an incredible organic dance that has to this day evaded most of mainstream science. Finally, in Ch.27 below, he tell us his own first-hand experience and reports as awesome testimonial on how DMSO given orally to a stroke victim completely gave her back her life. [http://simplehealthsolutions.info/products-2/dmsomsmsm-2/](http://simplehealthsolutions.info/products-2/dmsomsmsm-2/)
DMSO is a commercial solvent derived from trees as a byproduct of paper production with many health benefits derived from its use (some of which are further outlined by Bernard Caine at the end of the Group Discussions herein):

Interestingly, Dr. Gregg proposes that DMSO may provide a similar vital function in the biochemistry of plants (below). If so, it may be no accident that this OTP provides such broad ranging health benefits to us. The remarkable qualities of DMSO has been reported in many books, but one worthy of mention is, "DMSO, Nature's Healer" by Dr. Morton Walker http://www.drmortonwalker.com/ another is by Dr. Julian Whitaker in his newsletter "Health and Healing," http://www.drwhitaker.com/relieve-pain-without-oral-drugs

DMSO and MSM are both sold in health food stores throughout in the US and in most countries around the world and can be purchased online. They are used by millions of people for their health benefits. Dr.Gregg recommends DMSO for its profound beneficial effect in the treatment of Crohn's Disease and urogenital disorders. This product is commonly used for treating animals and veterinarians routinely use them for joint and muscle injuries in horses and other domestic animals. DMSO and MSM are available online as both the common liquid and as a cream with no prescription needed.

Read more at this link: How to Use DMSO for Healing | eHow.com http://www.ehow.com/how_5626889_use-dmso-healing.html#ixzz2J00x3R1L

Unfortunately, the FDA has only approved DMSO for humans in the treatment of Interstitial Cystitis and Crohn's Disease. Since so many people use it for so many things, this has made it a controversial subject. Possibly one reason for this is that few have explained its workings biochemically. Doing this should help raise it from the controversial "magical" health benefit classification (although it is) and give it a more sound technical basis.

**Crohn's Disease**

Dr. Gregg in his article linked below on Crohn's Disease describes how DMSO stimulates a specialized mechanism that enhances the transport of iron from the intestine to the body’s cells. This is not the primary health benefit mechanism of this pair, but it further reflects their versatility. http://www.blogger.com/profile/02628832651013377887 Much of what is explained herein is from Dr. Gregg’s work.

**Primary Mechanism**

In his theory, both act as a “recycling system” that enhances liver function by improving the action of the master antioxidant Glutathione, thus reducing liver stress as noted previously. Glutathione is the path to AntiAging that Duncan Crowe so often cites. Both act as biochemistry mechanisms that enhance metabolism as explained also in the link below:
Oxidation States of the OTP

Anti-Oxidants

Before we get into what Gregg says about oxygen transport (OT) and oxygen, let’s discuss briefly what an anti-oxidant and an oxidant are (they are further discussed in Ch 36 if you want more): An anti-oxidant is an oxygen free radical scavenger and an oxidant burns up (oxidizes) whatever it come in contact with. As Gregg notes, this pair does both and quite efficiently... And they shifts back and forth repeatedly Edited directly from Dr. Gregg’s work:

Three States

In the human body and also possibly in plants, DMSO takes on three different oxidation states that can be considered in equilibrium, with the distribution between them determined by conditions that exist within the cells. All three have the properties as a group of being soluble in both oil and water-based liquids. Three states are:

1. DMSO has two Methyl atoms (M’s) and one oxygen atom (O) attached to a sulfur atom (S). (soluble mainly in water-based liquids, but somewhat in oils).
2. Dimethyl Sulfide is DMS with the oxygen atom removed thus with no oxygen's attached. Dimethyl sulfide is hydrophobic (soluble in oil-based liquids, but somewhat in water).
3. Dimethyl Sulfone, known as MethlySulfonylMethane (MSM), is DMSO with an additional oxygen atom attached (oxidized form), thus is a molecule two oxygen atoms (equally soluble in both).

MSM=DMSO Keeping things simple, the three are considered as two herein. The two can be considered as one organic chemical, but in oxidized and un-oxidized states. Actually, this is commonly the assumption in discussions in the our online Groups and for all intents and purposes they should be considered as one organic chemical in all of their internal affects as he further relates below:

27. DMSO & MSM- the OTP

An incredible oxygen transport pair.

This discussion points out just one of important contributions DMSO and MSM make in their work. It does not take into account their sulfur contribution discussed in many places here, nor that of methylation discussed in Ch.10. (Methyl Component of Telomere Function):
Dr. Gregg’s further findings: DMSO and MSM, form each other in the body and are essentially indistinguishable in their biochemical effects and that they reach equilibrium dependent on the local body chemistry and independent of which one you use.

**The Metabolic Enhancement and Antioxidant Mechanism of the pair working together**
Recognizing the above and considering that different places in the body affect the OP. If the combination is exposed to a high OP. DMSO is oxidized to MSM resulting in a higher distribution of MSM. As the combination moves to a zone of lower OP, the MSM releases its oxygen, delivering it to the metabolic processes This results in a new distribution that is higher in DMSO again. This cycle repeats itself, serving as an exceptionally effective OTS.

This system operate on a macro scale, enhancing the transport of oxygen from the lungs to the blood, from the blood to the cells, and on a micro scale within the cells transporting high OP to the lower OP of the mitochondria where it is used in metabolism (oxidation). Review Ch. 11 to see how this affects mitochondria and AntiAging... The AHP... It all makes perfect sense..

Thus, from the above, we see a continuously decreasing OP starting highest at the entry point, the lungs (oxidation), lower OP in the blood, lower yet OP as it enters the cells, continuously lowered in OP the sequences of the metabolic reactions, and, finally, lowest OP of all as it is excreted as carbon dioxide and water... the products of metabolism.

**High ORP + High Oxygen** Importantly, in terms of AntiAging, this OTS delivers critical oxygen to the mitochondria while lowering Oxidative Stress at the Liver (where we want a the high ORP of glutathione) as mentioned earlier. The OTP play a less significant role after the oxygen has been delivered at the mitochondria and the complex metabolic reaction sequences start and this is what we are looking for in Anti-Aging and Health.

**The Transport System** is particularly effective because all three states are soluble in both oil and water. Importantly, these are small molecules. They diffuse rapidly through both hydrophilic cell cytoplasm as well as interior hydrophobic cell membranes. This is handled in part by free electron transport (recall discussions on their adding electrical potential earlier), which can be thought of as the equivalent of OP. The OTP have no barriers. Elimination (beyond the complex cellular process fully explained earlier) occurs not only by excretion, but also through the lungs and skin in the form of dimethyl sulfide... part of the reason that interval training exercises are so important to the AHL. There are no other known naturally occurring molecules that cause all of this so occur so effectively.

**Garlic Breath** Dr. Gregg, in his article, asks: Since we obtain DMSO from a plant source, do plants also use it this way? More importantly, he asks, is it an important, but unrecognized component obtained from plants that assist in our metabolism? Finally, he asks, Is it an accident that the body develops a garlic smell when one uses DMSO? Could this explain some of the
health benefits of garlic? Note that Garlic breath never occurs when using MSM alone...
Empirically, this is nice to know, but “why” appears to be a missing question in his very clever
observations and theory.

Gregg’s explanation for garlic breath and the "garlic" body odor associated with DMSO: Any
dimethyl sulfide formed eventually migrates to the interior of the hemoglobin molecule... the
blood. However, dimethyl sulfide has a high vapor pressure so it is evaporated at the blood
vessels in contact with air, in the lungs and skin. So my question is: if they bounce back and forth
between molecules so readily, why does MSM not do this also? This may never be answered
completely.

There is one other likely path: Transported to the lungs with its high OP, it is oxidized back into
solution, and not released in the breath. However, this conversion is not complete and can vary
with individuals. My comment is, maybe this is the entire path of MSM.

Using DMSO as an Analytic Tool (Dr. Gregg’s last idea)

Particularly ill people have greater garlic breath when on DMSO and this diminishes greatly as
they get well. Thus, DMSO could be used as a diagnostic tool to test the OP of the blood in the
lungs. This could be measured, quantified, and used as a diagnostic testing tool for measuring
wellness (I would not hold my breath on this one, LOL).

A Calculation on the Oxygen Transport System (OTS)

DMSO has been measured to occur naturally in our bodies (blood) at a concentration of
approximately 0.2 parts per million. A calculation: As oxygen is transported from our lungs to the
mitochondria, it goes through the stages described above reported as oxygen pressure. In the
final location, the myoglobin, the partial pressure is ca.40 mmHg. Calculating the concentration
of oxygen in water (the primary component of the cytoplasm), the partial pressure is 0.2 parts/
million, the same as the natural occurrence of DMSO.

My comments: Given the above, it is likely that DMSO has always been operating as part of the
oxygen transport system, but has gone unrecognized (!). This explains why the mitochondria have
little difficulty using it. Even my friend Craig, at 375lbs, would have only 0.04 grams in his body.
Thus, a few grams added with HL MSM enhance a person's OT system beyond conception. This
further explains why MSM works immediately to relieve back pain, most likely, which it often
does. Add Gregg’s observations to the cellular effects and we begin to see just how powerful this
whole AHP is and why.

The Biochemical Actions of the AHP
Within an individual cell, this OTS will work to smooth-out differences in OP between organelles, lowering the potential for damage in some, while making more OT available to the mitochondria for metabolism. Enzymes, plus antioxidants allow the mitochondria to use this OT effectively through a multitude of reactions.

**Antioxidants and Enzymes**

For this AHP to work properly, we must include antioxidants and many enzymes in our diet to compliment it. Flanagan’s MegaHydrate is just one source of those in this powerful Anti-Aging & Health Program (See Ch. 43). The Glutathione Conjugation Pathway is the key player in this process, so we are back to a healthy liver with the sulfur component of this OTP in this process as discussed in Ch. 17. Enzymes, Anti-Oxidants & Liver Detoxification.

**A First-Line Treatment for A Multitude of Medical Diseases/Disorders**

Once it is understood that this OTP act as a profoundly effective, recycling OTS, this opens up the opportunity to use this information to treat a multitude of illnesses and problems caused by trauma that result in a deficiency of oxygen transport such as in minimizing the damage from a traumatic brain injury due to head trauma or stroke. It is well known that brain cells, more than any other cells in the body, cannot tolerate a lack of oxygen for an extended period. This OTP will enhance oxygen transport to them until there is sufficient healing and blood flow is reestablished. *(Also see the Group note on p. 110 regarding ozonated oil... A related therapy... and one of Duncan’s specialties... neat how it all fits, huh?).*

**28. First-hand Experience using DMSO**

*(From Dr. Gregg’s report)*

Dr. Gregg’s first-hand report using DMSO for swollen prostate:

Using jelled DMSO spread liberally over his prostate gland.

“There seemed to be considerable reduction in swelling, but more relevant to this discussion, I went to play tennis a few hours after applying it, and I felt a very large increase in energy and agility over what I was used to. I have repeated this a number of times since with the same result.”

“Is this a validation of the theory of energy enhancement presented above? I am convinced it does work for me, and it is not just a placebo effect.”
There is a potential for Allergic Reaction, but very few people are allergic to DMSO: Reactive sites can bond with oxygen and also bond with some protein molecules in the body, forming new molecules that invoke an immunological (allergic) reaction.

From Dr. David Gregg’s report relative to the use of DMSO for dementia:

10/7/03
From: Debbie
Subject: re: my Mom and memory dms0

Hi, just looking at the web sites. And...ran across your great site.
I have DMSO...and use for blood infection, yucky feelings...and yes its great and fantastic with hydrogen peroxide. Ok the question is:

My mother is here and sent to me via Dad due to the fact he can't handle her memory loss and confusion anymore. I'm the health nut...smile of the family and taking her in for 3 weeks. It’s a struggle ...she had a sudden blood clot 911 scene about 3 yrs... clot in arm...so large the arm exploded! Skin ripped open like paper tearing...and a clot in the gut as large as a melon...and the heart went haywire...ended in a pace maker...and in the brain a black spot was found...

Ok, I did an experiment...Gave my mom some liquid DMSO in juice...half tsp. and within an hour...a new woman!...She could have conversation, laugh, be alert. not exhausted, stopped yawning nonstop...the look of senile confusion left. Yes, some cognitive tastes still rough...the DMSO wore off....and then back to the fatigued, yawning and disorientated person...not remember a hoot...short term memory...goes!

So, I gave some more DMSO...maybe a whole tsp....and within an hour she came alive...again...and could use the bathroom, dress her self, old conversation have energy....Oxygen must be getting to her brain, She is only a beautiful...69...this blood clot ordeal happened...3 years ago.
If you could see her...she is so pretty...and her love for life and thankfulness just comes alive after DMSO.

Please help me....am I right for thinking this...oxygen got thru to her brain! Will this continue to help her and even heal up the damage..mmm.
The dr. hear heard this story and wanted me to immediately put on a hyperbaric treatment program. Then chelation...mouth is full of silver and gold teeth...
I hope you can help me asp. I only have my mom for one more week...I will for sure send her home with DMSO...or have Dad order from you? And is this legal in Mich. and I'm in Oklahoma where its legal...I love it personally.
Sincerely,
Debbie

10/ 7/ 03

Re: my Mom and memory DMSO

Hi Debbie,

Wow! What a wonderful testimony. It definitely makes sense in that the DMSO transports oxygen in the blood where her hemoglobin apparently isn't. She must be anemic. Read my web page on anemia: www.krysalis.net/anemia.htm

You need to correct the anemia and then the DMSO won't be needed so often. As described (the way I do it for myself), get a glass eyedropper bottle (2oz). Add (about) 10 B12, 10 folic acid and 4 multiple vitamin tablets. Fill with DMSO & shake periodically. Takes about 3 days for pills to fall apart. Let sludge settle and apply eyedropper load of clear liquid to insensitive skin.

I use the outside of my forearm. It will absorb through the skin and within about one hour she will feel wonderful. You may want to use it every day for a few days but then once a week or once a month. You will soon notice that the up feelings will start to last much longer than when DMSO alone is used. This works because B12 and folic acid are required for the body to synthesize hemoglobin and her intestine is not absorbing them properly.

Please give me permission to add your email, with or without your name as you wish (if you want it protected) to my DMSO web page. It is too perfect an illustration to not share with others.

David

From: Debbie 
10/8/03
To: David Gregg
Subject: re: Mom, dementia is OK.

What a wonderful letter. Thank you for writing. I have my Mom in bed next to me at the computer...in our office. She had a wonderful day ...on DMSO. Yes, I really think she is B 12 deficient...One day I gave her a bunch of B12 and the DMSO together...and it was wonderful.
Yes, it does wear off and I was so concerned about the wear off. My Mom and I are so happy now after reading your e mail tonight. It was so such a blessings. Our whole family is pulling for her here at my house. We love her so much. Yes, you may use my e mail to you for the website but please correct the spelling and such due to my hurriedness...at my husband's office.

I am amazed...I prayed and we stood on the fact that God wants her well...and we have made the decision to fight!...Suddenly the DMSO...idea came to me and the rest is history...that brown bottle in the cupboard. was a miracle to my mother.

I will go to you anemia website now and read to my Mother. She is so happy that you wrote back and it gives such hope. This may be the answer...and not chelation? Or...??? We will give the DMSO and B vit theory a real GO! I will stay in touch with you and hopefully...in a few days ..I will sit Mom down and let her write to you herself.
More later and may God richly bless you!!!!!!!
Debbie
Debbie's Update-2

From: Debbie
10/15/03
To: David Gregg
Subject: re: Mom with dementia

Thank you.
I have so much to tell. Mom has been doing fantastic! She flew home and Dad was amazed at how well she was doing! I have a ton to tell. I will call you , Ok?...This is all so amazing.

Do you have other testimonials?

I have added this mineral...Germanium. Look up DMSO/germanium regarding dementia/alz. I mean it...my Mom's life has turned around.
Dad was even checking out alz. homes for Mom while she was staying here with me.
I'm in Ok and they are in Mich. More later.
I will just have to talk with you. God is so good.
Bless you and have a wonderful weekend...Yahoo!!!!!!

Sincerely,
Debbie (End Snip)

DMSO as a Delivery System
Finally, my old friend Craig has a lot of past experience with DMSO, but is just finding out about MSM. On reading this, he has decided to try dissolving organic sourced minerals and vitamins in DMSO and taking them orally. DMSO is very tricky in that it is such an effective carrier that it can carry toxins into your system also, by accident.

**Skin Care and the OTP as a Carrier:** Obviously, the options abound with DMSO especially, since it is such a powerful carrier through the skin as long as the person using it is aware that they must be careful in not allowing toxic products to go down with the chosen nutrients. However, MSM creams are commonly sold commercially and why not combine the OTP into one cream? So I have formulated Quantum Orange Creme is, most likely, “The most effective skin cream on earth, hands down.” MSM/ DMSO is the “Delivery System.”

Now add: aloe vera gel, vitamins A, D, E and B-5, Almond Oil, Jojoba Oil, Rosemary Oil, and Extracts of Chamomile, Ginseng, Grapefruit and ginkgo biloba, Cocoa Butter, Acetyl L-Carnitine, Coconut Oil, Egg Shell Membrane, Hyaluronic Acid, Red Palm Oil/Alpha Carotene, Resveratrol, Niacinamide and Astaxanthin (hence the orange) These nutrients go straight down with the aid of MSM/ DMSO and immediately go to work in healing at levels never before seen. It works as envisioned. So now, you take a daily vitamin and nourish your skin, all in one step.

**29. Pharmaceutical Drugs**

On a more general level, the current 2.6 trillion dollar “fad” that started, maybe a hundred years ago, has led us to the synthesis of drugs that can be patented and sold. Drugs and Allopathic Medicine (conventional science based in the Newtonian Science ca. 1670’s) are about dividing the magical parts of life into their components parts. More specifically, when it comes to disease, it is about separating a disease into its various affects and treating those effects, rather than the cause.

In the case of pharmaceutical drugs, it is usually about taking a product of nature, like White Willow Bark, find its ingredients and separating out what is considered to be the active causal ingredient, then patenting it as Bayer did with aspirin. The very idea of separating the various biological factors that reward life into separate entities is counter intuitive. In fact, when this is done, many of the phytonutrients and cofactors are lost and the result is a crass image of the original herb that results in the many reported side effects common to these drugs. But then, if the drug industry did not have the attitude that they are the anointed ones, we would not have Bayer as a player in their industry and we would still be doing it like the Romans did. The real question is, what have we actually gained in quality of life?

Nature’s Intelligence The Science that Newton gave us has changed very little in 350 years. These chemicals that nature gave us in its mystery and wisdom will never be understood even if
one appears to stand out as “the cause” that scientists are looking for. In some ways, they must always destroy, but in other ways they may enhance an organism as one would expect. But, generally, the original intelligence was far superior to the synthesized form and the best that we can do is just bottle it.

Modern allotropic medicine, with the exception of trauma care and a few other examples, is like trying to paint a plastic model car a new color. The paint may stick and it may even look good, but underneath the original colored plastic remains. Left outside long enough, the original color will reappear and look even uglier. Here, we are interested in fundamental changes that last. When these occur, everyone can see us Thrive as we age more gracefully.

http://www.youtube.com/watch?v=8JF7TcPsmvI

Side effects By design, as pharmaceutical drugs must always be foreign to an organism in some way, which means negative side effects. In the case of packaged foods, given that they are foreign to nature, by design, the chances of our being allergic to them is far greater than to any organic holistic food. This too is integral to the AHP formulae.

http://www.anh-usa.org/durbin-anti-supplement-backfired/

Allergies All of the natural cures mentioned here have many “side effects.” However, in our case, the side effects are positive. You may have or may develop allergies to certain natural cures, but keep in mind how allergies start (as discussed earlier). This tells you that they can come and go, but with proper nutrition and liver conditioning, as discussed, they need not be permanent.

Treat Yourself Well Established science tells us that the body replicates itself about every sixteen to twenty years (opinions vary)... But everyone generally agrees that this occurs. If you are treating your body well, your next version may be quite a bit stronger and less allergic to things. We are learning how to treat it well here. However, most people don’t know where to start and are misguided by commercial claims and the profit margins that drive them.

30. The Demonization of Saturated Fats

*Cholesterol consumption is the basis of heart disease according to mainstream science today. When you hear the story behind it, you begin to understand just how far behind the FDA and Drug companies are from real science today:*

**The lipid hypothesis:**
This was first developed to explain the pathogenesis of atherosclerosis by the German pathologist Rudolf Virchow in 1856. In 1913, Nikolai Anitschkow’s study showed that feeding rabbits cholesterol could induce symptoms similar to atherosclerosis, suggesting a role for cholesterol in this disease. However, it does not take much wisdom to agree that rabbits are not meant to consume saturated fats. Even still, the lipid hypothesis caught on to some degree as a result.
The 1948 Framingham Study involving 5,209 people aged 30 to 62 is well known as a source of support for the lipid hypothesis and remains the gold standard of proof of the theory that eating saturated fat will raise blood serum cholesterol and lead to cardiovascular disease or CVD. Unfortunately, much of the data was misinterpreted and remains so, according to Dr. Joseph Mercola.

In 1953, Dr. Ancel Keys published a paper comparing saturated fat intake and heart disease mortality. The Cotton industry, about that time, was looking for a way to sell Cotton Seed Oil (CSO). CSO was, as the name implies, a byproduct in the production of cotton. I am told that it’s an ugly gray, gravy-like material. My relatives all raised watermelons and cantaloupes, so I never had the pleasure, but it sounds lovely.

The dairy industry in those days was a powerful lobby and dairy farming in was then extremely lucrative. However, the CSO people wanted a piece of their action. So they started pawning off yellow colored, fluffed-up CSO called margarine as a healthy alternative to butter.

This did not sit well with the dairy farmers of the time and they stopped the food coloring in its tracks, declaring how vile the stuff was and rightly so. Well, it’s hard to stop a creative businessman and the cotton seed people obviously had a few... Plus money. So they put the yellow dye in a separate container alongside the ugly fluffed-up gray stuff. Then they discovered the Keys report and enlisted the Keys to help them sell margarine as a healthy alternative.

It was apparently easy to sell people against the fear of heart attacks, no matter how baseless the findings. The word quickly got out that the saturated fat in dairy products caused hardening of the arteries and ultimately led to heart attacks. One issue of Life Magazine even featured their hero, Dr. Ancel Keys (who had degrees in economics, political science, oceanography, and PhD’s in biology, and physiology, but was not an M.D.) on its cover. What a great start!

The writing was on the wall. Most housewives mixed the yellow dye and the fluffed up cotton seed till about 1958 when everyone, including the “experts,” were thoroughly convinced that the dairy industry was killing them. As the word got out, the market share for margarine grew with leaps and bounds and dairy industry nearly completely lost its power... Which is pretty much where we stand today.

If you “Can’t Believe its Not Butter,” you are right, but it is neither healthy nor is it as good tasting as butter (unless you can’t tolerate butter, then you should try the coconut oil, below, which is a great substitute). Nevertheless, by 1978, most researchers had bought into Ancel’s theory by a wide margin. By 2002, the lipid hypothesis had become “scientific law.”
By the way, as an aside, Dr. Ancel Keys is also known for his “K-rations” (Keys rations) consisting of hard biscuits, dry sausage, hard candy, and chocolate, which should give you some idea of his real knowledge of nutrition. The military ate it up, literally. Maybe this had something to do with why all of the sergeants that I knew in the Air Force died so quickly after retirement while still in their 40’s. http://en.wikipedia.org/wiki/Ancel_Keys

To quote George V. Mann, Sc.D. M.D. Professor of Biochemistry at Vanderbilt University School of Medicine. http://www.people.com/people/archive/article/0,,20072775,00.html In an editorial printed in the American Heart Journal in 1978, he wrote: For 25 years the treatment dogma for coronary heart disease (CHD) has been a low cholesterol, low fat, polyunsaturated diet. This treatment grew out of a reasonable hypothesis raised in 1950 by Gofman and others, but soon a clot of aggressive industrialists, self-interested foundations, and selfish scientists turned this hypothesis into nutritional dogma which was widely impressed upon physicians and the general public.

A nadir was reached when zealous doctors and salesmen arranged such “prudent” meals for national meetings of cardiologists, rather like Tupper-ware teas. They grew up in the interface between science and the government funding agencies a club of devoted supporters of the dogma which controlled the funding of research, a group known by the cynics among us as the “heart mafia.”

Critics or disbelievers of the diet/heart dogma were seen as pariahs and they went unfunded, while such extravagancies as the Diet/Heart trial, the MRFIT trial and a dozen or more lavish Lipid Research Centers divided up the booty. For a generation, research on heart disease has been more political than scientific. All this resulted from the abuse of the scientific method. A valid hypothesis was raised, tested, and found untenable. But for selfish reasons, it has not been abandoned.

To those who are paying attention, the Dr. Ancel Keys theory has turned out to be just as ugly as the cotton seed oil story, but the misguided ousting of saturated fat from the suggested mainstream diet has continued ever since. Fortunately, the truth is finally starting to come out, as medical scientists have finally begun to question Keys' findings. The truth is that the margarine, vegetable shortening, and partially hydrogenated vegetable oil/ trans fats... are the true villains. But they become worse as they are heated to higher temperatures. Remember this when you hear, “Fries with that burger, Sir?” And they are causing a multitude of health problems other than just heart disease.

One of the driving forces behind the FDA allowing the keeping of the lipid hypothesis has been the blockbuster statin drug industry. Without that theory, statins make no real sense and, literally, a half-trillion dollar (so far) blockbuster drug goes bust. When and if that occurs, the entire drug
industry could fall flat on its face and right behind them, possibly, the AMA... who has supported them for many years. So a great deal rides on this sham. Should this occur, it could open up the kind of creative medicine that Dr. Max Gerson practiced in the 1950's and encourage talented physicians like my friend, Dr. Freeman to go back into the profession. But government would have to change greatly before that could occur and the mechanism for that is difficult to conceive.

**Dr. Ernest N. Cutis, M.D. Quote “The Cholesterol Delusion”**

*The pharmaceutical industry obviously has a huge stake in the survival of the Cholesterol Theory. It is estimated that statin drugs alone bring in $20–$30 billion per year. Add to that the cost of the equipment, chemical reagents, and other paraphernalia for testing not only cholesterol levels, but also the liver and muscle enzyme tests required every few weeks, and you get a total expenditure on this one class of drugs that exceeds the gross national product of many countries around the world (in all, statins are, likely, a $Trillion drug).*

**Dr. Uffe Ravinskov, MD**

Further refs: Cholesterol is not a deadly poison, but a substance vital to the cells of all mammals. [http://www.ravnskov.nu/cholesterol.htm#a](http://www.ravnskov.nu/cholesterol.htm#a) by Uffe Ravinskov, MD, PhD

Also read:


**Coconut Oil:**

All saturated fats including the most healthy of all known oils, Coconut Oil, naturally fell into the category of a bad fat for heart health as a result of Keys’ paper. Coconut Oil is mostly of medium chain lauric acid triglycerides (LAT’s). If you have any doubts about the heathy qualities of these LATs, you should realize that LAT’s are also very prevalent in human breast milk. It can also curb hunger as it helps to provide a very lasting energy source for anyone including babies. But then, Keys saw candy as a major food group when he invented K-rations, so we should not be surprised.

We consume as much coconut oil as we can in our house and, it, alongside red palm oil (also known to contain LATs) is the most healthy of cooking oil. Coconut oil is the ideal fat to use
when you are seeking to replace calories from grains and sugar (Carbs), when on the AHP. As a
general rule, no cooking oil, no matter what it is, in cooking.. should ever be heated over 140
degrees F internal temperature. 140 is the point where virtually all enzymes have been killed.
We need all of the enzymes that we can get, plus we can actually store enzymes to some degree
as mentioned in earlier Chapters. The higher our enzyme stores, the better, always.

MCT Oil

Medium-chain triglycerides oils (MCT oils) are used in special medical formulas for people who
need energy from fat but have trouble digesting it from regular dietary sources. Duncan Crowe
advocates them for cooking because they impart no flavor in foods as Coconut oil does and they
are readily absorbed and used by the brain, etc. They can be a solid solution to dietary fats, but I
have no first-hand experience with them.

Dr. Leonard Caldwell

As a spokesman for the AHP, it would be difficult to find a closer agreement, generally, than with
this MD. Listen to this interview and he will verify that cholesterol levels of 250+ are the most
healing and how green foods are oxygenating... and basically how cancer works. But,
importantly, at this juncture, he verifies that Ancel Keys was wrong, by his recommendations.

31. Genetics - Generally Insignificant

The mainstream loves the highest form of technology possible. This removes you from “their”
game...they demand control... But it is your body:

Dr. Danny Hills

If you listen to Dr. Danny Hills of Applied Minds http://appliedminds Ted Talk on Proteonics and
Cancer
http://www.bing.com/search?q=dr.%20danny%20hills%20of%20applied%20minds%20ted%20talk&pc=conduit&ptag=G407-AEC48904830B84430ABF&form=CONBNT&conlogo=CT3210127&ShowAppsUI=1 You will discover that diseases, especially what we generally consider DNA
defective disease are really mostly the result in a defect in the conversation between proteins, now
called Proteonics, and not actually a part of or defects in our gene pool. The mainstream always
wants to tell us that our health problems are insolvable defects that only be masked by drugs.
They have convinced most of us that they are correct and thus are able to market a 2.6 trillion
business with confidence. To this, I suggest that we demand our money back and, further, that the
world would be equally well off if these people and their health related support retired and played

So what part does genetics play in the healing process? Generally, none, but again, the mainstream would have you believe that when you begin to show outward signs of cancer, it has nothing to do with what we discuss herein. They want you to believe that there is little that anyone can do for cancer other than slash, burn and poison. They are killing us.

**Personal Responsibility**

It is about money and control. It’s part of their bent in eliminating personal responsibility from anything in your life. If you have no control, then they will take it. So our society hates to point fingers and people learn not to take the blame for their problems and conditions, whether it is health, mental health, fiscal, social, or what have you... problems: Johnny is failing because he has bad teachers, Susy caught her cold from the kids in school. We went broke because the market failed... The stories are endless. This is not to say that outside conditions don’t affect us, but if we are going to take control of our lives, we must admit to ourselves where the responsibility lies. It is always our dream, and our game, that we are dreaming. We agree to it and we own it.

When we finally hear: I have contracted cancer or had a heart attack because I have failed to get the proper healing nutrients in my diet that promote glyconutrients and communication between cells (or Proteonics), then you know that we have arrived. Of course, cancer is caused by any number of complex events, but it’s clear that we can affect both its occurrence and its cure. I predict that boosting Dietary Protein and Sulfur levels will prove to be the next area that Hills and his group will find to be a major component in the curing of cancer as they organize their giant think tank on Cancer and related diseases.

Most alternative healers have moved in this direction and are moving further that way as time goes on. Many will still discuss the genetic component, but that component is placed as not over 10% of any given cause by those in the Alternative Community. The alternative community is growing with leaps and bounds as the mainstream falters... Eventually, they will pile on, but we must first make them realize that they are serving us and not the other way around.

**Shirking** personal responsibility makes you a spiritual infant... and doing it sets you up for many, many more problems down the road. You can face those problems as challenges and solve them as my hero, Steve, does or you can dodge them, but as Junior would say, You ain’t gonna get’er done, Dude. This is gonna take awhile. Furthermore, as I say a few times here in many different ways, life on earth is not meant to be easy, but it our responsibility to make it better.
Your problems are meant to be resolved by you and no one else. No, that does not mean that you can’t ask for help. Actually, asking for help can be a good sign. It may indicate that you are not a block head... or worse. We are not alone on any spiritual level and help is always available if you ask. The earth is a spiritual place even though this fact is, often, nearly impossible to recognize. But, going back to the above point, there is a great deal of difference between asking for help and shirking responsibility.

Highly spiritual people (and masters... yes there ARE masters here on earth... here, now) are often impossible, or at best, difficult, to recognize. They may sense your shortcomings and can deliberately anger you, for valid reasons. While they are here to help give you a spiritual boost... this is your world to conquer and rise above. They will seldom push you for any reason.

Change It makes sense that a spiritual boost may make you very unhappy in the short term because it means change... and we all inherently hate change. So it will not be fun, but your job as a spiritual being is to maintain a loving attitude and recognize who they are, just as you love the people who humor you or make you happy for their own personal gains... the salesmen of the world. Salesmen know how to make you happy, but happiness is not necessarily what you need to take the next step spiritually.

Healers As I mention later on, we are all blessed with at least one healer in our lives. The trick is always about recognizing them when they are here. They can often slip away before you understand what is occurring. If that occurs and you later on realize who they really were, I can guarantee you that you will be one sorry Soul. What a shame to be given a spiritual gift and not recognize it, but we all do that. The good news is that you will always be given another chance. Unfortunately, that opportunity may be years away. So the key here is to be vigilant and aware. Life is a spiritual journey.

32. Beyond Genetics

*Intestinal gut flora capture our attention. Bigger than genes and maybe less complex, they influence everything to a much greater degree than assumed previously.*

Microbiaone [http://en.wikipedia.org/wiki/Microbiome](http://en.wikipedia.org/wiki/Microbiome) is a new word to all of us, really. It describes the relatively new found ecological community (flora) of outside organisms that cooperatively and presently inhabit our bodies and it is generally applied to the digestive tract. However, we also have them in every other orifice, plus the skin. When I was in the Air Force, the guys would joke that they were not taking a shower because they did not want to wash off “those protective germs.” It was a joke then, but now we know that there was truth in those joke.
These protective germs actually do exist. No, I am not recommending never taking showers, but the new antiseptic hand soaps are a really bad idea unless you are a surgeon.

Over the last ten years, the alternative health community has placed more and more importance on them. Literally, there are pounds of these tiny creatures... 100 Trillion living cells... That inhabit our digestive system and cooperate with our internal defense systems to keep us well and allow us to Thrive. To think that only thirty years ago most people did not even know that they existed. We thought that we were independent organisms and all bacteria needed to be killed and were a problem... a mind set that many still have and commercial products still address.

**An Old Memory Returns:** Our selective memory of past events is always interesting to me... a story comes to mind: I can still clearly recall a valuable inner lesson that I received one night in the dream state in 1956 as an 8th grader. The morning after that dream occurred, I clearly recall relating what I had received to my Mom over the breakfast table before school. I described a vast community of “good germs” that inhabit our body and keep us well. The dream was about sixty years early compared to the science of that day. However, as I read about the Microbiaone, that dream plays back again. As a result of what I had learned I was probably less concerned with eating carrots out of the ground at Grandma’s... and today, maybe as a result, I am never affected by eating disorders, asthma, or allergies with the single exception fiberglass making me itch. I got sensitive to fiberglass when I built my 26’ sailboat in 1970, but it took a lot of fiberglass grinding (with no protection) to make that occur. I still can’t inspect a house that is being insulated with fiberglass without becoming itchy.

Back to the story, unlike what most parents would have commonly done in those days, Mom listened intently. You could tell by her loving composure that she understood the importance of my lesson and what I was relating. Mom always encouraged me to tell her what I had learned in my dreams... what I had been given access to... as I explained that we had all of these “good germs” (probably the only term that I knew then) in our systems that protect us and keep us well. I can still recall how amazed I was with my story, myself, that day. It was as if I were an outside reporter relating a news story that had been handed to me. That is often how spiritual lessons are recalled, because we really are often out of our mental bodies when they occur.

Today, as a result of the internet, this information is out there for all of us to study and take advantage of. There are keys to protecting this flora that include prebiotics (like inulin, mentioned below), or the natural material that occurs in soil and plants that help influence the feeding of this flora and probiotics, or food that they can be given that will help maintain them.

**33. Inulin & Moringa**
Inulin is a vegetable component that aids in promoting the Microbiaone and Moringa a vegetable (tree) that can do the same, but is much more general:

Inulin  Our discussions about bowel health would be remiss without at least a bone thrown to Inulin, one of Duncan Crowe’s first-hand discoveries. Most were just learning about probiotics in 1998, but Duncan was all over that years before and had moved on to prebiotics when I first met him. Inulin is a natural sweetener and nutrient that appears in nearly all vegetables to some degree, but it is derived as a supplement from chicory. It can be problematic for some individuals, through, causing overgrowth of intestinal methanogenic bacteria... which produce gas. Inulin increases organic calcium absorption and possibly magnesium absorption, so it has star qualities if you are not one of the unfortunate ones who can’t take it. Like MSM, add it gradually to your diet.  http://www.youtube.com/watch?v=NskvPnLhyfI

Natural inulin is a must, but supplementation is good too. Call or write Duncan for his views on this. Duncan has a great deal of first-hand knowledge and experience with inulin. He first sold me some about fifteen years ago. Our inulin discussion was actually my first contact with him.  http://www.webmd.com/vitamins-supplements/ingredientmono-1048-INULIN.aspx?activeIngredientId=1048&activeIngredientName=INULIN  http://en.wikipedia.org/wiki/Inulin  http://www.raysahelian.com/inulin.html

Eating it From the Ground  I can recall at about age three or four spending hours going through my loving Grandma’s vegetable garden. I would pull the young carrots from the soil and eat them after brushing them off on my tee shirt. It was a labor of love that I relished. I can’t repeat all of the things that she grew in my yard (my yard is my garden), but I can still grow things that equal her crops in nutritional value in every way, if not in memory. Little did I know that by eating the carrots, I was increasing my gut flora. Kids seldom do these things today.

Moringa Tree: One natural nutrient that anyone can grow, at least as a seasonal tree, that I just discovered is the Moringa Tree. This tropical tree can be grown in most locations. It will grow 2" a day with almost no water and even marginal soils. All parts can be ingested, but the leaves and roots should be particularly interesting to the LCD people. I now buy the leaves and tea online, but plan to have a grove of them this summer. Also, moringa leaf powder can be bought online for about $25/ lb. Including S&H if you shop carefully.


Some published Moringa Oleifera benefits claimed (some are over the top, but this stuff IS good):
1. **Liver Health,** First and foremost: Being a powerful liver nutrient, it counteracts liver damage from alcohol and repairs mitochondrial damage caused by excess alcohol intake plus it can help repair any other drug damage.

2. **Anti-oxidant Power:** The highest ORAC (oxygen reduction coefficient) of any known food ever tested by anyone. As an incredible anti-oxidant, it will help keep you young.

3. **Vitamins and Minerals:** With over 90 known nutrients including 46 known anti oxidants (so far), 7x Vit C in oranges. 4x Vit A of carrots, 4x calcium of milk, 4x potassium of banana, 3x Vit E of spinach.

4. **Protein Source:** Contains ALL of the essential amino acids, so is a complete plant protein source... which is never the case. Plant proteins are generally deficient in one or more amino acids... meaning they are incomplete proteins.

5. Rich in poly **phenols, carotenoids, & flavinoids.**

6. **Bone loss Prevention:** It should be an efficient way to guard against bone loss for post menopausal women among its many applications given that it is so high in plant-based calcium which is incredibly difficult to get in a safe organic source with no intolerance or allergy issues noted.

7. **Alkalizer:** It naturally alkalizes the body and balances the pH, so it is a cancer fighter.

8. **Phytonutrient Power House:** Contains more phytonutrients than ever measured in any fruit or vegetable. It is a natural diuretic, anti spasmodic, anti bacterial, anti fungal, and is a Cox2 inhibitor so it inhibits prostaglandins... a major concern with heart problems.

9. **Antimicrobial:** Guards against systemic infections.

10. **Antiinflammatory:** The most potent Antiinflammatory & natural pain reliever ever tested.

11. **Eliminates heavy metals** by stimulating the formation of metal binding proteins for detoxification... and it works on all three levels. It works like MSM in this way.

12. **Mainstream Testing:** Has been extensively tested by the NIH as a healing source for disease prevention... and, if you know about the NIH (National Institute of Health), you know that "they virtually never look at foods as a healing source" but this one is suddenly getting everyone's attention even though it was actually mentioned in the Bible.

**My first-hand experience with Moringa and How it works:** So far, in a few months of use, I have discovered that:

- It significantly boosts my energy levels when I add a heaping teaspoonful of the dried leaf to my coffee/whey mix in the morning (described later).
- Improves my tennis game by increasing my endurance and reflexes. This is a natural increase and there is no peak, but it wears off in maybe an hour or two with no letdown. In the process,
- It takes the edge off of caffeinated coffee. Before I began using it, coffee was a very poor choice before playing tennis... Now caffeine actually seems to improve may game.

Beyond all of this and it is dirt cheap to buy compared to many supplements that do far less. A pound lasts me two months. However, you could probably just grow this tree alone with less work and a higher level of health than you could by growing a complete garden... and subsist on
it. It looks bullet proof. In tropical climates, they grow it in their yards all over the world with no special attention. In Florida, one tree will produce leaves and berries (which look like bean pods) for years on end. It currently is being grown as a cash crop in tropical climates world wide in areas where other crops will not grow. It grows quickly (2”/day) in any warm climate, however, it will act as a very productive annual in temperate climates like Delaware. It is cheap to harvest and virtually every parts of the tree including the seeds and roots can be eaten. The taste, IMO, is mildly spicy, but it tastes great. You can buy the seeds online.

The dried leaf powder is more potent than the fresh leaves! This sounds crazy, but it’s true... and the list goes on.

**Michael Pollan** as he relates in his book (referenced below): Virtually every farmer in the U.S. had a family garden in the ‘40’s. It was a necessity. Of course, any garden grown then was produced using manure from the pasture mixed in with humus soil that included the stalks and leftover parts of the previous crops.

This may not have been a Caveman Diet, but it is a vital component of the LCD... You must get plenty of fresh multicolored vegetables or you simply are not really doing the program. It’s a given that without these basic organic nutrients, any organism can’t Thrive.

### 34. Antibiotics

**The Microbiaone killer drugs and related health problem:**

The very most important aspect of the above Microbiaone story is really not that we all have this mass of cooperative organisms in our guts, but that they are easily killed off by such things as antibiotics. Most doctors don’t get it today. They hand out antibiotics like candy and we are causing huge problems with certain bacteria becoming resistant. An old and close friend’s wife recently died of MRSA, a severe case of this occurrence. We miss you Joanne.

**Antibiotics** are always general, so they always kill the good guys. This is a growing are of concern and also could be a killer in ways that few doctors currently consider, long term. Eating candy has a similar effect, but no one ever ate candy in an effort to become well (with the possible exception of the commercial chocolate scam). However, any healthcare professional who writes a prescription to an antibiotic [http://sustainableagriculture.net/](http://sustainableagriculture.net/) and does not accompany it with a stern warning to take every last pill and does not include a prebiotic and probiotic in his list should have his license revoked, IMHO.

**CAFOs** I am neither an animal activist nor an environmental hawk. Nevertheless, despite the above growing problems with prescription dispersed antibiotics, our greatest source of commonly received antibiotics is not even concerned with prescriptions, but with Large-scale concentrated animal feeding operations (CAFOs) according to the National Sustainable Agriculture Coalition, “Many CAFO operators give antibiotics to animals to make them grow faster and prevent
diseases that are caused by the extreme crowding and other stresses on the animals. An estimated 70 percent of antibiotics and related drugs produced in this country are used in animal agriculture for these nontherapeutic purposes.”
http://sustainableagriculture.net/our-work/conservation-environment/clean-water-act/

**The Omnivore’s Dilemma** Michael Pollan relates in, “The Omnivore’s Dilemma”
http://michaelpollan.com/books/the-omnivores-dilemma/ that CAFOs could not function without them. According to Woodgate’s view eating meats grown in factory farmed conditions creates probably 80% of all free antibiotics that are released into our environment, particularly into our rivers and streams.


I don’t yet know how much, if any, of the antibiotics are destroyed by cooking and precessing the meat, but you can bet that we are about to learn as these bell ringers come out to tell us how modern farming is killing us in small bytes, bits and bites.

Could anyone have predicted where this would lead when the AMA destroyed Royal Rife and implemented this modality? Electronic healing could have taken the place of all antibiotics if Rife had been given the backing. We have proven that this is non-invasive and cheaper therapy. Even though the FDA frowns on it, it is, nevertheless, commonly employed in the alternative health community.

The chances are not good if you live in a big city, but if all possible, you really want to befriend a local farmer who can sell you their meat and dairy... I did. When you do this, you can actually check out their operation and then you know, first-hand (remember, first-hand knowledge always rules).

**Earl Warren** My people are Earl Warren and his wife, Mary Anne (pictured). I have learned from Earl that a small farmer can actually make more money selling product that avoids the factory farming pitfalls... and you will mutually benefit, if you happen to live in the Rehoboth, DE area. His operation is called “Rehoboth Dairy Farm” and he actually sells whole milk in returnable glass bottles. It took me years to find him, but you must find someone like him if you expect to live beyond the lifetime that our average population is headed in total wellness and Thrive. Visit them at: http://www.aboutmybeaches.com/16186/rehoboth-dairy-rustic-acres-farm-century-farm-grass-fed-cows-no-artificial-hormones-no-antibiotics-the-way-milk-should-taste-amish-eggs-butter-breads-rehoboth-beach-delaware-beaches/

The die out of Microbiaone as a result of antibiotic overuse has been linked to a range of nasty conditions, including obesity, arthritis, and a myriad of other conditions, but most likely we have just scratched the surface on this one. I can’t imagine why I would have been given this information so early if this were not the real key to wellness. Currently, two newer areas of research are pushing this field further. The possible gut/bug link is to a pair of very different conditions: autism and irritable bowel disease, but again, this is the tip of the iceberg.

The AHP is key to getting there, but the one single pitfall that is most disturbing and that should alarm you is antibiotics, especially in cows, but also in chickens and pigs.
35. Digestive Enzymes

For those of us who have learned that supplementation is really the only path to wellness, given what we know about farming practices, etc., I offer the following:

When you take tablets and pills, these are devoid of the enzymes that naturally occur in the fruits, vegetables, and meats that would normally be your only staples as a “Cave Man.” Therefore, you must supplement digestive enzymes with whatever it is that you take.

**Bromelain** One of the most effective and advantageous enzymes to supplement is Bromelain. The effects of using it have been known since 1875 as an enzyme, phytomedical compound and anti-inflammatory. Bromelain is derived from the high stem structure of pineapples. The part that most people throw out (but not me). For an excellent study on Bromelain, go to: [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3529416/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3529416/)

**Bromelain Facts** On reading this study, you discover that Bromelain is not just a great digestive aid, it could also be classed as almost a miracle supplement in its own right. Interestingly, you could take as much as 12 grams of it with no adverse affects and doing this can be effective to:

- Cure cancer/ tumor regression in vitro and in vivo (Read the report. The effects are impressive)
- Reduce angina pectoris and the effects of heart disease in general.
- Reverse and inhibit of platelet aggregation (thick blood)
- Minimize the risk of arterial thrombosis and embolism
- Aid against sinusitis
- Reduce surgical traumas and reduce the number of days of trauma after surgery
- Treat disorders of the blood vessels and heart, coronary heart disease
- Ward off stokes and reduce the effects of a stroke.
- Reduce peripheral artery disease (PAD)
- Reduce the pain and effects of both Rheumatoid and Osteo arthritis and is an effective alternative to NAISDs
- Reduce the effects of autoimmune diseases

There are other digestive enzymes such as papaya that are also effective, but none have the added benefits that Bromelain yields. It is an inexpensive supplement that should be taken with any capsule and before meals, when possible. Digestion, in itself is an energy consuming event that reduces our capacity to maximize the nutrients in our foods. When used effectively, bromelain, along with digestive flora can maximize the process.

36. Megahydrate and Dr. Patrick Flanagan

**Interesting ways to make water magical:**

Migraines, as I spoke of earlier, were a significant problem for me to overcome and I still have not completely won that battle, but they are not even close to the problem that they were at age 14 when I would go blind, somewhat deaf, and my brain would nearly freeze. My body temp would often drop to 91Degrees F... A range where the heart will sometimes stop and death follows.
**One Observation**, what follows is completely counter intuitive, but true: During my military years, I found that extreme physical activity made migraines subside. It’s not something that a person who has them can normally fathom, but if you get your heart rate up high enough, the attack gets “lost.” It comes back eventually, but at least it provides some relief. I used my combination bike for this over the years. Now it is completely shot... one wheel bearing sits on the window sill as a result and reminder. But these attacks pointed out the remarkable characteristics of one of my personal, first-hand discoveries, MegaHydrate.

**Another Story** Before I get to Megahydrate, this story comes from my old friend, Dr. Deborah Hobbs who first made me aware of this amazing product:

Dr. Hobbs was on vacation in the Dominican Republic where she contracted a severe form of food poisoning. Later diagnosed as Typhoid Fever at their local hospital on the Island, the attending doctor warned her that she must stay there and be treated. Furthermore, he told her that altitude would kill her and that her prognosis was not good in any case. She took one look at the apparently unruly facilities and decided to fly home... despite the dire warning.

Arriving here, she admitted herself to Milford Hospital... the local’s favorite. They tried but could not administer an i.v. and she was hyper-dehydrated. Realizing her condition, she then refused further treatment, left the hospital, drove herself home and went to bed to die.

That day, a patient of Dr. Hobbs called her, checking on her condition. Dr. Hobbs explained that she was dying and why. Her patient responded that she was sending her some “Crystal Energy” as invented by Dr. Patrick Flanagan, MD, Pd.D.

You can research this interesting stuff on Flanagan>>> http://www.flanagan-neurophone.com/Dr__Patrick_Flanagan/dr__patrick_flanagan.html http://www.oralchelation.com/microhydrin/microhydrin16.htm <<< Ed Taylor’s site

**Crystal Energy** http://www.wetterwater.net/why_take_crystalenergy.html and “Megahydrate” (then called MicroHydrin) were by Patrick Flanagan and represent only a small part of the many hundreds of his inventions. His ideas are still, literally, outer space things. However, he has managed to have escaped mainstream recognition even though he has apparently also done well commercially. You can read about him and his many wild inventions at the above sites.

**More on ORP** Some further background on understanding what we are discussing: ORP commonly stands for oxidation reduction potential. A high (positive) ORP reading indicates a strong oxidizing potential. For clarity, we will use OP to mean a high Oxygen Potential (positive) and ORP to mean oxygen removing potential or a measure of its free radical scavenging. Both OP and ORP are important to keeping us well as Dr. Flanagan has elegantly pointed out in his talks. Oxygen will literally burn up outside invaders and free us of disease (with the help of white blood cells and fever’s (high body temperature) aid). In this process, the free radicals created are savaged by antioxidants or we become poisoned by waste oxygen (debris, if you will).

So, Oxygen keeps us alive and Anti-Oxidants scavenge the by-products... put another way, oxygen burns our food and helps kill invaders while antioxidants and the liver (producing glutathione) keeps us young. Dr. Flanagan’s water additive, Crystal Energy and his tablet powder, MegaHydrate both concentrate on the ORP side of this equation.. While HL MSM and Whey do
both, added antioxidants can be a welcome insurance policy in this overall AHP. We want to keep the waste side as clean and free of oxygen waste products as possible.

As Dr. Flanagan basically explains in his talks, oxygen, the key to life itself, is by its name, the oxidizer... oxidation can be thought of as rust... and aging can be thought of as rusting. Thus, oxygen is both important to wellness and life, while it is the aging factor when it is not cleaned up. So, without the powerful help of the antioxidant Glutathione and some assistance from such nutrients as Resveratrol and MegaHydrate in this complex process, we just rust away into old age... and that is what most people have come to expect to do. We have a better way.

So here is a first-hand story of the astounding effects of Crystal Energy that Patrick sells at http://www.megahydrate.com/ I watched the video tape that Dr. Hobbs gave me after her personal episode and ordered both products. Crystal Energy is used by placing two drops in a glass of water as Dr. Hobbs did. It reduces the surface tension of water and makes it far more absorbable (by the way, a four ounce container can last for several years).

However, I, myself, did not notice any immediate benefits from it even though it seems to make water taste better. Nevertheless, as Patrick will tell you lowering the surface tension of water allows the cells to hydrate. It improves the “communication” between cells. I use a couple of drops in just about everything that I drink for that reason. By the way, fresh fruits possess these same benefits in their juices and when you juice them and keep the juices in a container, they disappear. Therefore, we can assume that the effects are both electrical and chemical.

Now moving onto his powder, which is very different: As a result of hearing Dr. Hobbs’s account, when I tried MicroHydrin. I quickly recognized that it would stop a migraine headache in its tracks within a few minutes. Now that was a find! The migraine would come back eventually, if I did not jump on my exercise bike, but I was blown away by its effect. I have used and recommended it ever since to everyone... from migraine sufferers to stroke or spinal injury victims...it can have magical effects where body electronics have been possibly short-circuited.

Megahydrate MicroHydrin, in some unknown way, enhances the electrical signals between our brain and our organs... and it does this almost immediately, on ingestion. Given what it does for migraines and knowing the theories behind it, this product is nothing short of otherworldly in its ability to positively change our basic bodies. If you read the works of others here and research them in the links that I have given, this relationship becomes Crystal Clear (pun intended).

If you begin to catch a cold, that is, you have not kept up your D3 levels, take three or four tablets (along with 50k iu of D3) immediately and it will give you a natural quick boost, increasing your anti-oxidant levels exponentially. It works by helping you maintain your electrical signals between cells, and improve communication between organs. Do that a few times and there will be no cold.

Megahydrate (MicroHydrin) is nothing short of a chemical solution to a Beck Device with added, truly magical, benefits .

37. The Beck Device and Royal Rife’s Machine

Dr. Robert Beck As members of the Beck-blood-electronics Forum, I would be remiss not to discuss Dr. Robert Beck’s work. While Flanagan seems to have created electrical healing
chemically, Bob Beck undoubtedly did it well using electrical currents and electromagnetic healing in various ways. Years before, as well known to those in our group, Royal Rife apparently killed bacteria and viruses using harmonics/electronics and observed their deaths under a microscope that could pick up a living virus.

Bob Beck, no less brilliant than Rife, showed us that he alter cell structure with just a 9 volt current or using the photographic flash that he invented. Some in our groups have reported cures that could have killed us or otherwise left us with unmanageable conditions. His work has changed the quality of lives and extended them in undeniable ways even as science has ignored what he did. You Tube has videos of both of these amazing men available. So going further with observations here is a waste of time. But if you are truly interested in healing, you should watch all of Beck and Rife’s videos.  http://www.youtube.com/watch?v=AysfKyl8O9k  http://www.youtube.com/watch?v=yC7M_rhg2yU

38. The Anti-aging and Spiritual Component of Healing.

System Failure equals Disease While a biological organism is seen as a series of combined car-like parts by most medical scientists, we are missing a great deal when we attempt to “treat” a disease as anything but a temporary or permanent overall system failure. Modern medicine takes the problem apart and treats each symptom separately and, nearly always, each part of an organ, separately. For instance, surgeons do a bypass surgery when our liver has become overloaded and too much plaque builds up in our arteries.

When we treat the flu, we treat the symptoms, acting against our natural defense systems; We take aspirins and Tylenol to lower fever. So why do we get fevers? They kill viruses by raising body temperature in addition, the heat also stimulates your body's immune system to a heightened response. We take decongestants to stop our noses from running. These and others occur as a part of our defense system. While uncomfortable, they improve your health. Your body generally knows what is best... remember this when buying over-the-counter drugs. Finally, we see our doctor and he gives us an antibacterial to guard against a “possible” secondary infection.

There are always exceptions though to the above, as a wise doctor reminded me years ago, when my son was running a very high fever from an ear infection. Children, especially, can run high fevers to the point that their bodies just can no longer handle them and they must be lowered or they can be permanently brain damaged. Of course, ear infections are the result of many problems that can be avoided and antibiotics are always a temporary solution that beg recurrence (not to mention a defensive medicine practice, legally).

While an infection may show up and appear in one part of an organism, it is always systemic in nature, even if it may not be obvious. An extreme case is the parasitic heart worms in a dog. I have spoken to dog owners who have had dogs that have actually survived heart worms. Heart worms, you would think, would always be fatal, but it’s not the case. So, even parasites and fungal infections are evidence of a degree of systemic breakdown. From the other viewpoint, resistance to all infections are a measure of our ability to Thrive.

Systemic Cure By introducing drugs, we have actually robbed nature of its ability to find a systemic cure. While we may not be willing to accept that level of harsh reality, its true. Organisms increase their ability to thrive by overcoming infections through their own internal or externally adapted defenses. For this reason, roaches and rats are doing far better as a population
than we and our pets are. Remember, they never visit doctors, vets, or hospitals and they are Thriving.

I am not so interested, as Duncan Crowe is in Anti-Aging, per se. My bent is in living a productive, pain-free life at as high a level of awareness as possible. In the process, I hope that I can help add to the experiences of others with things like this and help them achieve just what it is that they are looking for as they progress spiritually. There is no wrong or right here. You just move up as you gain experience. Strange, but true, don’t feel stupid if you think that you have not gotten anywhere spiritually, because if you feel that way, you probably are further along than most. At least, you are aware that it can occur... and that is a good start.

One other thought regarding how spirituality affects our physical bodies. As some scientists have discovered, as our harmonic vibrations increase, our physical bodies become more well... and some have found that the electromagnetic parts of this are quite measurable. However, if we become too far advanced spiritually, we just don’t need a physical body anymore... and guess what? We abandon it! So death, itself, can be an indication of spiritual achievement.

**Spiritual Adventure** This physical world is very efficient, but the higher worlds are much more so. Even though the physical world appears anything but spiritual, it is the very basis for the entire system. Nothing is wasted here even though it appears to us as though there is waste everywhere. We have such terms as: wasting time, environmental disaster, illusions, etc., but these are all actually teaching devices. Correctly viewed, life on earth can be seen as a spiritual adventure.

**Four Physical Laws** So, the point is, when you are ready to move along, you go. You abandon your body immediately, without a whimper or a complaint, despite the fact that the physical body wants to and even could, live forever. This is a basic spiritual fact, but here are four other basic tenants of this Physical World... physical laws, if you will:

- It is a harsh place and will remain so. It is designed to produce a high level of difficulty, but we are here to learn and this is our training ground. In fact, it is “perfect” in that sense.

- People must eventually achieve a level of awareness. However, in the process, they can only hear what they want to hear, no matter what or how often the truth is revealed... until their awareness level is raised through experience... mainly through hardship and love.

- When a person’s level of awareness rises, they then can grasp more truth. Its as if, when they are ready, their hearing simply improves (even if they are going deaf, LOL).

- This entire world is constantly moving up in awareness as time goes on. We all will eventually become spiritual masters. A corollary is that as you learn more love, it spreads and we all move up spiritually together... Nice thought, huh?

Everything in this world is tied together... And when a group or an authority that we abide by attempts to tear it apart as did Hitler or the USSR in the past or does the AMA and the FDA today, they are violating spiritual laws, but they are also serving a spiritual purpose even if it is unclear to us what it is. Still, eventually, they must in turn, make payment and re-balance the situation. In the end, it all balances out. Right and wrong are illusions of the mind.
39. The Subconscious and Beyond

*I love this stuff, but here is a related topic... but then, it is really just one topic. So if I sound redundant, its because it is.*

**Sub-Conscious Level** Here goes: One thing that we seldom discuss, here or anywhere, is the Sub-Conscious level of healing, but science is proving that raising our spiritual level has huge implications in our overall physical health and wellness. Do you really need someone to tell you this? Probably not, but there are thousands out there doing it... because it is true and because they think that they have “The Way.” In fact, I have a way that works for me, but you have to find yours. We are individual Souls with physical bodies that we must maintain to stay here and raise our levels of consciousness to the higher levels. The earth is our training ground and it is very good at performing this function.

Morgan Freeman in “Through the Wormhole”, talked about this for almost an hour in a recent show. Their show would lead you to believe that the subconscious level is the highest obtainable. However, I am personally aware of much higher levels than this. Levels that most scientists would dismiss as noise, but I go there in total awareness... so have some of my friends. It makes no difference whether my friends have done this or not, because this is my individual trip. However, I admit that I am grateful that I am not alone in this. As a result of personal experiences on these higher levels going back to as early as age 3 (as mentioned elsewhere herein), I, long ago dismissed death and time as an illusion that we all experience as an agreement, not a fact.

The Hindus were correct when they told us that the physical world is an illusion in time, just as Einstein and others later reinforced. In fact, it is all happening at once, but our minds separate it into a linear timeline. So, as previously mentioned, we don’t die, we merely transform and move on to the higher level of awareness that we’re ready for. Therefore, anti-aging is, really, not the point, but awareness is huge.

Even the Hindus never have quit fully understood this final part of this puzzle after ten thousand years of study. So... I simply don’t care about time. The illusion of time persists until we learn how to rise above it and then it simply stops. It all stops. You can learn how to stop it using the exercise below.

**Love** The ultimate “place” is quite simply a dimension that I call Love. Yup, God really is love. Crazy stuff, huh? It’s a nowhere place where only three things: love, light, and sound, exist. Don’t worry, you’ll love it, because you are love also! It is simply an agreement in vibrations where you become totally aware of the love that permeates. It is you and It. You know that you have arrived when the other, more coarse, dimensions are gone. You might ask, how does someone perceive of a place or dimension when there is no time, space, energy, or even matter? I can’t answer that and my mind can’t even fathom it, but I can clearly recall it even if it still it makes no sense. You are not encouraged to accept any of this on faith, in fact, no major world religion does. However, you’ll eventually get it and as I have said previously... you’ll love it... and there will be no argument when you realize that its true.

**5th Dimension** Call it the 5th dimension if you wish (not the music group, but that is a good start because the sound is very beautiful on this plane or level of awareness)... but then, there is even
more! Best of all, no one needs to die just to get there. Many have it backwards and this misconception causes them a lot of unnecessary grief, but we all get it. We do and we absolutely must. The system is perfect. Religions are build around the descriptions of those who have been there like Jesus and Mohammad, but since the people who want to replicate the same thing cannot possibly get it (since they are not there yet), they mess up the stories badly. Therefore, all written world religions are seriously flawed.

There are not many things that I am totally certain of, but this last statement nails it: The more you express love, and the more a religion talks about love, the closer you are to the truth.

This is not primarily a discussion on spirituality. But healing and wellness must be recognized as a part of this whole thing that we call, “Ourselves” or “Soul.” We are connected to all things just as birth and death are connected to life. If you watch the Freeman program, you can’t help but see that the writers could not escape this fundamental truth even if they have never apparently known about anything beyond the subconscious level of awareness. Some links to higher truth:
http://www.thewayoftruth.org/default.htm
http://www.eckankar.org/

40. Body-Mind-Soul Connection & Contemplation

We are Soul; spiritual beings inhabiting a human body, our responsibility is in caring for it just as you take care of your car:

Soul-Body Connection Many people today in the health care community are especially aware of the Mind-Body Connection and much has been written about it. I take this notion a step further and suggest that you can actually learn to separate these, not join them, as is often taught by others. When we learn how to separate them, we learn how to separate ourselves from situations that would overwhelm others and make them ill. So while Soul is a unity and the body is a unified organism... and we must have a body and mind (at least) to live here, they are in a cooperation, not a single entity. This may sound as though it is in contradiction with the AHP, but this contradiction is a paradox (that the contradiction reveals a greater truth). This idea can be further explored in “Through the Wormhole,” as narrated by Morgan Freeman
In the series, we can see how alternate areas of the mind “light up” and turn off according to where we place our attention.

Active Mind My interest here is in Freeman’s discussion of how turning off the “active mind,” turned on (or lights up the “inactive-mind or subconscious-mind.” When we go into a Contemplative State... that is, we put the active mind to sleep, we turn on the higher state as the scientists observed. From a healing and wellness point of view, doing this yields huge physical rewards beyond any physical thing that we can do to our body... Even AHP. It sounds impossible, but it is true.

Space Time While the scientists on the show could measure and actually see this working, it is unlikely that anyone involved in these experiments had any idea that their work was actually just the beginning of an endless journey. My further discussion here is directed toward the mechanics of how to not only raise your conscious level, but, also, while doing that, turn off outside influences and allow rejuvenation of your physical body as in the Contemplative Exercise below.
When you have mastered this, the last step in this process is to become totally aware of yourself as Soul, completely separate from both the sub-conscious and physical bodies where time and space cease to exist. In this state, your body is completely left on its own to rejuvenate.

Switching Topics: One thing that really bothered me about the above mentioned “Through the Wormhole” show was that they apparently used CT scans to pull off these brain images. CT scans produce 700 x the radiation of a chest x-ray (per 2/13 Consumer Reports) and they were doing multiple scans on this person in the experiments. From what I could see, they were done repeatedly and in a short period of time, but I have no way of knowing for sure.

The subject of these tests that was getting then, probably got as much radiation poison as a Hiroshima occupant by the time the procedures were completed. I hope that the subject was paid well. Most hospitals still use CTs according to a recent Consumer Reports column.

Your first choice in imaging should be an MRI, IMHO, and even those high levels of magnetic radiation are, quite likely, very dangerous. The final choice is to stay well and avoid hospitals completely, if you want to thrive. Hospitals are just not places conducive to optimum health.

can make a grand, sudden jump into the highest of the spiritual worlds. There are no set ground rules except for a loving attitude must be there for this to work. You must develop this to Thrive.

41. A Contemplative Exercise

A method of keeping it all in tune:

As Souls, we all have infinite access to the state of awareness that I proposed above. Given this, the first step is this exercise to set aside about 15 minutes a day to Training Soul in a Creative Exercise. In our busy lives, that is asking a lot, but this is the most rewarding of all things that you can do, ever, to help yourself in every way, not just in staying well. By some accounts, the spiritual state that you are in amounts to as much as 50% of wellness... And I suggest that it’s more. But who cares? This is free and it will change your life if you do it.

So first, find the time... Then find a quiet place. We must find a quiet place so that we can hear the inner sounds that raise within us as Soul. So we want very few noises that might interrupt this process. Some can learn to actually use external sounds & thus aid in this, but at first, it is safer to start in a quiet, sacred place.

Find a comfortable, but supportive chair and relax yourself mentally. Think of those lights that the scientists observed going off in your brain and the higher ones that they saw, turning on. Find a soothing word to repeat to help calm your mind and relax. See yourself a happy Soul, a light, in a higher realm away from this crazy, mad world. This may be a real place or a fantastic place that you build-on somewhere else in the universe.

Stay here for as long as you wish, but 15 minutes is a good exercise. Slowly come back and greet the day with a new, more loving attitude as you venture into this world of wellness and Love and move up the ladder to Thrive. Incidentally, a Soul can move up the...
ladder at a slow steady pace or It can make a grand, sudden jump into the highest of the spiritual worlds. There are no set ground rules except for a loving attitude must be there for this to work. You must develop this to Thrive.

42. Healers

*Spiritual gifts that we are all given:*

We have all been in the company of a healer. In many cases, our greatest example was someone dear to us who had no formal training... maybe it was our mother or grandmother... or even a son or daughter. In fact, a person can be very high on the spiritual ladder and still be very young in years. Also, you can be much more wise in terms of the knowledge level in life that you are working from than they are. But none of that matters. What matters is where you stand relatively in terms of love. Love is the foundation of a healer. There may be other factor involved, but this is the key to spirituality. It is always about Love.

Healers are easy for us to recognize if we are paying attention, because they are additive and never subtractive. These great beings are the ones that can help us thrive and they are invaluable to us. If we have been allowed to flourish on this earth for any amount of time, we have been provided with one at some point. It’s a given and it’s our birthright.

Allowing Healers are brought here to allow you your space and help you Thrive. When you find one, never attempt to hold onto their coattails... But graciously follow them when they suggest your doing so. Give them their space and they will assist you in healing yourself. Notice the wording, because this always how it works. You are always the primary mover, the one in control.

All things in nature work as a part of the whole and healers are one of its most wonderful examples. They exist in at least two realms at once and, thus, defy time. They are quantum entities of the highest frequencies. In watching them work, the idea is to learn how to emulate their love, not to take advantage of their outer skills. If you remember to do this, your rewards will be great.

In my case, my Mother was my healer and I will cherish her always. She never pried into my life and never asked much from me. I only hope that you can recall yours at some point.

43. Great Health Recipes

*Having fun with the AHP:*

So what is a great health recipe? A recipe is a combination of foods. We have all tasted combinations of foods that we like. If it does not fit this first criterion, it can’t make my list.
If you have gotten this far, you probably agree that all recipes should include an eye on our health, but here are my criteria:

- Do you love its taste? Generally, as a complex organism, your body recognizes the things that make and keep you well. So it first must taste good to you and not even necessarily to your friends or family. If not, it misses the cut immediately.

- Fortunately, you are not trying to please a general audience, so this part of your job is easier than it is for, say, commercial chefs. You can prepare the best tasting food on earth to suite your taste relatively easily and their best would not even be in the running.

- Is it increasing your overall wellness factor? Again, having gotten this far in the reading, you are on the road to becoming a master at knowing what all of this means. You know that no one else can fill-in the empty blanks for you. However, this could take quite awhile, even if you are very good in determining what is best for you. All of us are just not starting in the same place. However, if this all rings true to you, your chances are very, very good that you will be Thriving soon.

- Few commercial chefs worry too much about the wellness factor in restaurants. In fact, commercial chefs leave that concern to the health department, mainly. The profit motive drives their preparations, but with your vision, we can change all of this. My vision: “Demand it... and it will come.”

- Have you ingested it with the vision that it will improve your well being? Our perceptions are undeniably influenced by preconceived notions. For this reason, every commercial chef knows that presentation is important to anything that they concoct. So they all have this one down well. Anyway, make your presentation interesting if you can.

- Did you arrive at the greatest and best version? Tastes change with any number of influences.

- Every chef knows that presentation is important, but where was your attention when you tasted it? This one may take awhile, but it is yours alone to work out. This is a trial and error thing, so make sure that you have gotten it correct before you abandon it completely.

On occasion, we have had members of our group ask for our personal recipes. Once I sent in mine and a member piped up that my tea recipe was unhealthy because I had added hot water, killing the enzymes. Well, I had not specified the temperature, but adding boiling hot water to tea may help it taste better and, if it is already dead, nothing is lost. It’s a fact. But the key is to make sure that if you are looking for your result to supply beneficial enzymes from some source and that you not use over 140Deg F water in the preparation once they are present. Always use care in pouring the correct temperatures together also. Mix up the cooler stuff, like Moringa tea in one cup and slowly add a hotter component to it. Enzymes always occur with fresh organic ingredients and even with some dried ones like Moringa tea. So always use care and awareness in your preparation and blending, but if you mess up, don’t throw it out. Drink it. This is not a contest.

I make many different kinds of hot(ter) and cold(er) drinks, but my favorite hot drinks are Coffee/Whey and Moringa/Green Tea drinks. Here are “my” recipes:
Coffee/ Whey: Make up a mug’s worth of hot coffee (I only allow caffeine in the morning and I’d probably never use it if my wife did not insist on it and leave me some). In an empty mug, add a heaping scoop of UWPP and stir in enough cream to make a paste. Add a heaping teaspoon of Moringa leaf and stir in. Add a tbl spoon of NOW brand liquid colloidal minerals, four drops of kelp/iodine & stir some more. Very slowly add your coffee stirring it in till the mug is full (if it clumps up, you went too fast)(rule: pour hot coffee into cold whey mix to reduce shock). Drink it & make some more but stir slowly this time. Save the rest separately and add that back in to keep the temperature up to 140 deg F as you drink it.

Now this is some great stuff IMHO and it tastes great cold, room temperature, or at 140 deg F. I’ll finish off a cup after it has been sitting on the table for hours and relish its flavor. Moreover, it is enough food to last me till lunch when I have my Moringa/ Green Tea and it will supply enough lasting energy to play two hours of hard tennis and then some. When I finish, I am neither hungry nor tired. It’s the a powerful energy drink to be sure... Not a fake commercial sugar, high caffeine, concoction that commercial marketers call a sports drink. Sometimes, I’ll deliberately leave ½’ or so in my mug and finish it off after tennis... the Moringa in the bottom is hot/ spicy and delivers a nice lift.

Lunch for me means sardines in water with no more than six sea salted saltine crackers followed by some citrus fruit if I don’t do a whey/fruit/protein shake

Moringa/Green Tea: Boil a cup of water and pour over a cup of Salada Pomegranate Berry tea. Allow to simmer. To this add some Crystal Energy described here earlier. Realize that the hotter the water, the easier it is for it to pass through your mouth membranes, but why test it? The stuff is dirt cheap and you want this absorbed as soon as possible. To a half cup of 140 deg F water add a Moringa tea bag. Allow to simmer. Mix a tbl spoon of Moringa leaves and 1/4 cup of heavy cream and stir in a large mug. To the mug, slowly stir in the Moringa tea followed by the Salada. Now this is my idea of a refreshing winter drink... Moringa is tart and it adds spice to any drink as long as you don’t go too far with it.

Smoothie My favorite lunch, a whey/fruit/protein shake/smoothie, consists of:

Putting about ½ c. of cream and ½ c. pomegranate juice in a blender: Add frozen Schwans blackberry/ blueberry/raspberry mix, a tbl spn of concord grapes that have been blended together (seeds in) from my vineyard, half of a frozen peach, a fresh, unfrozen orange, a tbl spn of frozen ground green coffee beans. Be careful to over-ground them. Then put them thru a fine sieve or you
end up with a mess. Save any grounds that don’t clear. Add a small amount of frozen pineapple (for digestive enzymes) and an organic raw egg or two... Blend all of this for quite some time. Add a heaping scoop or two of UWPP and lightly blend. Be careful not to overdo this or you kill the protein in the whey (I am told).

Freeze what you don’t drink of this smoothly in a plastic container and reuse it or eat it as a frozen ice cream snack... Its delicious!

**44 Transdermal Nutrients**

*I spoke of Dr. Mark Sircus’ Transdermal Magnesium Therapy in Ch.20. Magnesium is a key element in wellness... but there is more:*

**A Direct Path** By combining nutrients into a body and face cream (and I discuss this in several Group Posts later on), we can with the help of DMSO, MSM, and (QP) Quantum Programming, cause the nutrients of choice to go directly into the body with pre-determined results that were previously unheard of.

**It is Efficient!** The advantages to this are that they become more than twice as efficient and responsive. Since supplements must go through the digestive tract and digestion, in itself, is maybe 30% efficient. Some foods are more efficient and are absorbed even in the mouth like MSM, which is incredibly efficient using the *HL* MSM Protocol While others just pass through, and we get very little, like magnesium. So there are extreme problems with certain nutrients. However, most foods are well handled as we might expect, since we have evolved through time as successful organisms. Of course, the AHP is about maximizing that success and this is one obvious method.

**No Digestion** The point of Transdermal Nutrients is to bypass the digestive process completely. On the negative side, we must use extreme care in doing this, since we are also bypassing the body’s defense systems. In fact, nearly everyone does this every day, women especially, when they apply lotions, creams, deodorants, lipsticks, salves, etc.

**Precautions** What we place on our skin is generally absorbed straight into the body and sent directly to the liver. Many times they are not well handled, thus we compromise our health. Without question, some of these unregulated beauty products result in cancer and death, since they can introduce excess aluminum and heavy metals into the body. When this occurs, there can be no explanation given, but the results are obvious and easy enough to avoid if you read the labels carefully.
Positive Benefits So back to the positive side, because this delivery system is so effective, we can put safe nutritive products directly where we need them and quickly. Taking advantage of the incredible abilities of DMSO and MSM as outlined in Ch. 26 by Dr. Gregg as delivery systems and adding a proprietary QP, we can make up a great range of very effective skin and organ multipliers that would otherwise never would be delivered in effective enough amounts to the create profound results. This is especially true as we age, since our digestive systems lose effectiveness over time. However, our skin does not. So no matter how old you are, this system never loses effectiveness as a delivery system.

Toxicant Removal and other Benefits Finally, following the sage advice of Jon Barron, we can literally rid our bodies on a, say, four month schedule, of toxicants by placing Cilantro and Chlorella Tincture in the cream, applying it for a couple of weeks and then going back to the basic formulæ. Furthermore, when we put Astaxanthin in the cream, we have a visual method of determining that it has been absorbed. Finally, Astaxanthin, itself protects us from the harmful effects of solar radiation while allowing us to spend virtually unlimited time in the sun (read my earlier story in Ch-23 on this) and still not be sunburned. I am not recommending this, but we all get “stuck” sometimes, just as I did at the U.S. Open and we must get our natural source of D-3 when we can. With this formulation, then, we get some rather incredible both health and antiaging benefits that commercial beauty creams could never deliver and at the same time avoid the commercial toxins that they contain.

Preparation for Using Dermal Abrasion or Exfoliation is a way to get rid of older skin and bring the small capillaries closer to the surface of the skin. When you do that, you allow transdermal applications to become more effective. There are many ways of doing this, but first, even though your mother told you not to... When you itch, scratch it. In fact, scratching is nature’s way of helping rid your body of old skin. When you introduce nutrients, it is even better. Of course, you can overdo anything, but keep this in mind. Furthermore, there is a skin care product called a Buf Puf that is available in many stores and online at:

http://www.amazon.com/dp/B0015GQZ2U/ref=asc_df_B0015GQZ2U2405301?smid=A044X8DCPV0V0&tag=sdcbing77-20&linkCode=asn&creative=395117&creativeASIN=B0015GQZ2U

Buy the Buf-Puf with reusable handle on it (about $6.50), so that you can reach places in your back and legs without effort. Use this product “Green Side Up” only, so that you get maximum exfoliation in a hot shower that opens skin pores prior to applying transdermal magnesium and creams on your entire body and face. Never use products with DMSO or MSM on unwashed skin. This is especially true if you use any beauty products even if you are positive that they do not contain any toxic chemicals. While they do not... Ask yourself
the question, do I want lipstick or eye shadow injected into my blood? If you have bothered to have gotten this far in this book, we know that the answer is absolutely not.

However, a final word of warning: If you make up your own cream, be cautious of what you include because: “It’s the Liver Stupid.”

45. The Killer Cosmetics

Since I ventured into producing a natural body cream recently with the idea of making a cream that functions as a nutrient delivery system for Anti-Aging and Health, I have done research on products to add as well as, importantly, products to avoid and why. Dr. Mercola also did a piece just recently on commercial shampoo and the dangers attached to using these preparations. Some, like Dioxins and Sulfuric Acid would set off alarms with just about anyone with a rudimentary chemical background, but others are far less recognizable. Here are some primary examples:

Sodium Lauryl Sulfate (SLS), sodium dodecyl sulfate,C12H25NaO4S
http://www.flexyx.com/A/Akyposal%20SDS.html) is a surfactant, meaning that it is used to break down fats and oils. Also called Aquarex ME (see Sulfuric Acid), Sodium dodecyl sulfate, Sodium salt sulfuric acid, Aquarex methyl, Akyposal SDS, and host of other pseudonyms.

- According to the industry, SLS has a long history of “safe use” in a variety of consumer personal care products. Others dispute this vehemently, as our cancer rates increase on a yearly basis and we look for sound reasons.
- It is used in toothpastes and shampoos Toxicity @ Overdose: ORAL (LD50): Acute: 1288 mg/kg [Rat] is a foaming agent derived from coconut and/or palm kernel oil (So far, so good.).
- It is used in shampoos, creams and pastes to properly disperse their ingredients.
- So now we get into the negatives: It is probably the most dangerous ingredient used in skin and hair-care products according to most healthwatch groups.
- In the cleaning industry SLS is used in garage floor cleaners, engine de-greasers, car-washsoaps, etc. It is very corrosive and readily attacks greasy surfaces SLS is used throughout the world for clinical testing, ”As a primary skin irritant.”
- Laboratories use it to irritate skin on test animals and humans so that they may then test healing agents to see how effective they are... Are you getting this?
- A study at the U. of Georgia Medical College, indicated that SLS penetrated into the eyes as well as brain, heart, liver, etc., and showed long-term retention in the tissues. The study also indicated that SLS penetrated young children's eyes and prevented them from developing properly and caused cataracts to develop.
- In adults: SLS in shampoos may actually cause hair loss by attacking the follicles.
- It is actually classified as a “drug” in bubble baths because it eats away skin protection and causes rashes.
- Harmful to both skin and hair, it cleans by corrosion. It dries the skin by stripping the protective lipids from the surface, so that it can't effectively regulate moisture.
- Another potential serious problem: SLS reacts with many types of ingredients used in skin products and forms nitrosamines (nitrosates). Nitrates are considered cancer-causing carcinogens by many, but this may be incorrect.
- Because of the alarming penetrating power of SLS, large amounts of these are absorbed through the skin into the body. We just don’t know enough about them yet to know what this means at this point. If they are carcinogens, this problem is big.
- A variation of SLS is SODIUM LAURETH SULFATE (Sodium Lauryl Ether Sulfate- SLES). It exhibits many of the same characteristics and is a higher foaming variation of SLS.
- Contains low levels of 1.4-dioxaine classified as a carcinogen by the EPA.


**Ammonium Laurel Sulfate (ALS)** (ammonium dodecyl sulfate or CH3(CH2)10CH2OSO3NH4). Is another surfactant that in high concentrations is an irritant to eyes and skin. Shampoos containing up to 31% ALS registered six health complaints out of 6.8 million units sold. These complaints included two of scalp itch, two allergic reactions, one hair damage and one complaint of eye irritation. So, ALS gets no complaints when used in brief discontinuous applications not exceeding 1% concentration. But complaints are not the major concern. It is the cumulative effects that we should be watching for.


**Parabens:** a group of organic co-polyster generally used to inhibit the growth of bacteria and fungal growth. Below are several that would never be tolerated in any quantity around animals) Used commonly in all cosmetics, moisturizers, and “so called” antiaging products and as a food flavoring since it is antimicrobial and antifungal. Even though it is an obvious poison, it is allowed in concentration of up to .8% in a mixture and .4% as a single paraben. All cause chromosomal aberration in animals and should be avoided in any concentration. The human body can absorb as much as five pounds of cosmetic chemicals every year. Parabens can mimic hormones in the body and disrupt functions of the endocrine system The acid forms show up in most commercial shampoos (and they are strongly acidic even if in low proportions).

When Parabens are applied to skin, studies show that 60% of it enters the blood stream... and almost no commercially available cosmetics are paraben free per this website: [http://www.buzzle.com/articles/paraben-free-cosmetics.html](http://www.buzzle.com/articles/paraben-free-cosmetics.html) There are bound to be ramifications down the road when using them. You will pay the piper, eventually.

• Butylparaben (BP) C4H9(C6H4(OH)COO) is thought to do this by inhibiting DNA and RNA synthesis. So this chemical is anti-aging because it kills you... A new meaning!

It was once used as an insecticide and rodenticide till it was made illegal in 1998 by the EPA. The median lethal dose in mice is 5gm/kg body weight. So it takes very little to kill a mouse. However, it is still allowed by our government in face creams, etc. All Parabens have been identified as “endocrine disruptors,” meaning that they interfere with hormone production, balance, and regulation. So it shows up as: early puberty, breast cancer, low testosterone in men and unbalanced hormones women.

Wiki Ref: http://en.wikipedia.org/wiki/Butylparaben
• Benzyl-parahydroxybenzoic acid (BHB) is Ketone of Cholorophenyl
• Butyl-parahydroxybenzoic acid, a carbolic acid copolymer preservative http://www.chemicalland21.com/lifescience/phar/p-HYDROXYBENZOIC%20ACID.htm
• Ethyl-parahydroxybenzoic acid (EPB) C6H4(OH)COOH·2H2O are colorless crystals melting at 210°C; soluble in alcohol, water, and ether; used as a chemical intermediate and for synthetic drugs... Another reason not to take drugs!
• Ethylparaben (EP) (HO-C6H4-CO-O-CH2CH3) Same uses as the Butyl form above it is a B-Glucan inhibitor that attacks cell wall membranes and stops mitosis... very scary!
• Methylparaben (MPB) CH3(C6H4(OH)COO). is a preservative, bactericide, fungicide, and has been shown to build up in breast tissue. It is commonly used in cosmetic creams and foods. It is easily absorbed through the skin. It increases the effects of the sun’s UVB damage and, thus, increases aging effects and DNA damage. Are you getting this!

WIKI Ref: http://en.wikipedia.org/wiki/Methylparaben
Methyl-parahydroxybenzoic acid (MPB A) http://www.chemexpert.net/ME/methyl_p-hydroxybenzoate.html
• Propyl-parahydroxybenzoic acid is an irritant and acid

More obscure products used in commercial skin care products and shampoos:
• Dioxins: “dioxin” refers generally to compounds which have a dioxin core skeletal structure with substituent molecular groups attached to it. For example, dibenzo-1,4-dioxin is a compound whose structure consists of two benzo- groups fused onto a 1,4-dioxin ring.

Dioxins commonly denotes the chlorinated derivatives of dibenzo-1,4-dioxin, more precisely the polychlorinated dibenzodioxins (PCDDs), among which 2,3,7,8-tetrachlorodibenzo-dioxin (TCDD), a tetrachlorinated derivative, is the best known. The polychlorinated dibenzodioxins, which can also be classified in the family of halogenated organic compounds, have been shown to bioaccumulate in humans and wildlife due to their lipophilic properties, and are known teratogens (cause birth defects), mutagens (cause mutations), and carcinogens, but all dioxins should be avoided like the plague... And every scientist knows this. They are just bad news.
• Diethanolamine (DEA) a wetting agent in shampoos, lotions, creams and other cosmetics. DEA is used to provide a rich lather in shampoos and keep a favorable consistency in lotions and creams. DEA can react with other ingredients like SLS in a cosmetic formula forming the extremely potent carcinogen, NDEA (nitrosodiethanolamine). NDEA is readily absorbed through the skin and has been linked with stomach, esophagus, liver and bladder cancer.

• MSG monosodium glutamate, yes, the food flavor enhancer, is not a good idea there. However, no one knows how it works as a cosmetic, so when it is used for that, you are basically doing their testing for them. One thing that we do know is that it is a salt of glutamic acid. It may be fine, but who knows?

• Propylene Glycol (C3H8O2) makes a great organic alcohol antifreeze for cars compared to ethylene glycol, which is a poison, but you are a fool to be around this stuff for any length of time even if it is non-poisonous in small quantities... and it is commonly used in cosmetic products. It is a petroleum product converted from propylene oxide, using a catalyst generally, but not always.

• Sulfuric acid (H2SO4).... Come on now! What more needs to be said! Stay away from any product containing organic versions of this chemical... Like SLS!


  Link to several effective homemade cosmetic products that work including:
   Facial Mask, Cleanser, Toner, and Lip Gloss... So you can make your own and be safe.
http://www.buzzle.com/articles/homemade-cosmetics-recipes.html These are simple too.

46. In Summary:

My diet today is not so much different from that of Dr. Wahls’, but many people are just not ready to go there. Unlike them, I can generally learn to enjoy foods that tell my body to be healthy. Whey is one such food that has worked for me... MSM is another. It must be good if it keeps me this well, so yum.

On the other hand, I learned to love refined sugar as a kid, but now I see it as a slow poison. Soft drinks/sodas were essential to life in Air Force Boot Camp. They became more even important when I was not allowed access to them, but now I have no desire for them at all. I admit that I still love the smell of home-baked bread, but even that, I pass up, for the most part. Its all a learning experience and we learn, even at the cellular level.
Also, overcoming a life threatening disease like Dr. Wahls’ MS is a huge spiritual asset... and we can certainly build on these assets. Dr. Wahls’ cells got it and she has thrived. It may have been terrible for her to endure at the time, but she is a greater Soul as a result.

If you get in the habit of eating the LCD, UWPP and supplementing \textit{HL} MSM on a daily basis, you too can accomplish much of what Dr. Wahls did out of the desire to survive. Would Dr. Wahls have done that without the fear of death hanging over her head? Only she can answer that.

If you have been diagnosed with cancer, this is your best chance at moving back to health and many have already proven that it can be done. Nevertheless, no one should be working from this point of view. You need not wait for such an event to occur. Cancer is always easier to avoid than to cure. So there are proven clues here to help you do that, but it is always up to you to fill in some of the blanks. Each of us are all a little different. Our recipes vary. It is our personal journey.

And just maybe, we can all experience growing 800 years old as this small group of individuals who were “listening” carefully to the feedback that we were getting as individuals... and not following the heath advice of the mainstream “experts” (who do not appear to be faring that well as a group if you have noticed). when we can “just get’er done” in one shot... if that is what it takes?

Optimum heath is a closely-held secret and, most certainly, it is held by less than 5% of the population. It is even dismissed by some members of the alternative health community as an impossibility. In the next 50 years, we have a lot to prove. Dr. Mercola’s site reports the statistical downside of the mainstream failure better than just about anyone... and it is apparently all true. I too was a part of the doubters myself and did not know the difference. Thank God for this world wide web communication network and these technologies that we have developed as our ideas and words are passed around with constantly growing results.

I am just a kid... Born in ‘42. There is plenty more to learn, but I am up to it. We have much to thank the brilliant Dr. Seneff for and her contribution to this story, but others could be coming out of the woodwork as it unfolds. Maybe: Dr. Mercola, Byron Richards, Jon Barron, and Mike Adams will finally hear this story and “get it.” Its not that hard to grasp, but most importantly, its true and it works! Each one of them hits on key points already, but they miss the final story. However, our real goal is to transform the way medicine is practiced, generally... To stop the slash/ burn/ chemical destruction of so-called cancer therapy... To avoid most joint surgeries and most surgery interventions in general... To do away with all of the heart and joint surgical interventions. All of this can generally be avoided with this AHP.

What we are discussing, on a grand scale, is virtually a new way of living that includes a more open form of government with far less intervention and more small businesses that are more creative. The result being less destruction with less effort and less energy that produces more
effective work. In this vision, almost the entire $2.6 trillion Drug Industry would be unneeded along with the Insurance Industry and myriad of others required to support it.

What we are finally envisioning is a country that is at least three times more efficient, a whole lot wiser, and a whole lot happier... with more of the free time and freedom necessary to dream up our next level of beingness. Only our fragile mind and our reliance on others hold us back.

At the same time, however, we are all given free will... and the freedom to fail. Its always our choice as individuals and as a country. We are limitless beings in a world that is telling us to get on a linear train as we enter a tunnel with no real destination... with no vision of where it will lead except more corporate gains and government intervention. As the train gains momentum and steam, everyone, especially, our leaders grow fearful of jumping off... they might get hurt! Some call it a rat race and that is an apt description, but we stick with the same leaders... who have no vision and no guts. To me, a crash may be the best option. At least then, we can work to assemble a new method of transportation and move on in directions that work.

Looking at the problem from the current narrow popular viewpoint, my vision is clearly impossible. But we should, as future spiritual masters, always be seeing the whole from the widest vision that we can muster. Moreover, we, as spiritual beings, are blessed with the ability to pull this all off... with unlimited potential as we learn to Thrive.

This is the same vision that Thomas Jefferson and the founding fathers worked so hard to implement coming back around and functioning as they had hoped. They wrote our Constitution in an effort to protect us from the overpowering influence of a destructive and ever growing government, but we have allowed their effort to take a back seat to what they feared most.

Maybe some savvy doctors reading this will get on board and help us carry this story to the mainstream press and finally to the masses who are generally mostly interested “being happy” and trying their best at being sexy... Not that I don’t enjoy aspects of that also. However, at a practical level, I can guarantee them that their deep transfat GMO oil fried, potato chips and fritos will not get them what they want nor will it sustain them on the train for long. It is a total dead end, but the dead end is an illusion. There are ways out and nature actually has provided them and at a significant discount.

As Mercola says,”Take Control of Your Health.”

I reduce that down to, “Educate Yourself.” Its probably best reduced to, “Pay Attention.” Nothing comes for free, really, but maybe it can start right here.

One young woman in a Dr. Oz interview was reporting on her book that was touting raspberry
isolates as a way to control weight. Dr. Oz asked her how she got the information and her reply was, research, research, and more research. It is true and we all have that ability now with the web. Thank God.

**In 20 Years, How’d it Work?**

So what is the difference in about twenty years of aging? There are no identical twins here, but using your body as a primary test bed without scientific controls can work well IMHO.

Ideally, as Soul, I would control two bodies and give one our AHP while giving the other the SAD (Standard American Diet). After 20 years, comparing the two I would have first-hand knowledge and an absolute comparison. Maybe that will happen some day, but more likely we all have more important jobs to do spiritually than just doing health experiments. We will see.

In any event, I am stuck with just this one body to experiment with. As the saying goes, a picture is worth a thousand words, so here you go:

The Picture with my wife, Jan, and was taken in 1994 in the Italian Alps near Lake Cuomo. I had many joint problems then. I wore a knee brace when playing tennis. I was slow and not very quick off the mark... not nearly as agile as I am today. I also had not suffered my first really bad sciatica attack, so I had plenty to endure in the next few years.

So you be the judge. I started the *HL MSM* Protocol at age 56 in 1998 just after that picture.

I was using a steel leg brace, then, to play tennis. It kind of worked, but I related that story on page 4. Not having had my first really bad sciatica attack yet, I still had plenty to learn about joint pain.. Lots or surprises were coming. By the 11/14/01 picture at age 59, I was wise to all of that part, but I still was getting migraines regularly. Now they are mild and rare as I said before.
By the most recent 4/29/12 picture at age seventy, I have been well past all joint problems... A distant memory. Blood Pressure 120/80 and I generally never get colds.

I got the flu this year for one day. First a fever of 102, then my nose ran for two days: There is always a spiritual lesson when something goes wrong and flu is an expression of this. In this case, I failed to change from my 5,000iu/day fall mode to 15,000 iu/day winter mode. But I was listening, finally, and immediately went to 50,000 iu of Vit D3 and took my last MegaHydrate tablets with the results that I have come to expect. Optimum hydration, as Dr. Flanagan will tell you, is a primary key to wellness and getting back in balance.

A failure to change is at the heart of just about any problem and this was a reminder that I had not adjusted. That was actually the first real illness since I was overwhelmed by salmonella from eating a Caesar Salad about ten years ago. Traced to infected eggs, at least this was proof that my favorite restaurant in those days was using real ingredients.

I did get an occasional cold till I discovered that colds are basically a deficiency in sunlight (Vit D) as I relate elsewhere here.

I had not started the full AHP until much later, just three years ago, in 2009, actually. So the above pictures are not really a fair test, but this HL MSM was the protocol that basically changed my life completely. Would I have aged less on the full AHP? Maybe the next twenty years will indicate that I would have. Certainly, I did age though.

I wish us all the best of luck in minimizing the effects of cellular aging. I am pretty sure that we have the basic elements down well with the AHP, but improvements and new discoveries like Moringa and other jungle plants will always evolve. There are thousands out there to discover, especially in the various mushrooms, oriental herbs, and sea plants. Just be on the lookout and be willing to take the time to do the research. The web is a marvelous resource still. Some are revealed in these online discussions and will continue to be.

*Otherwise, I include them to clear-up any questions that you may have, plus as general commentary on what is said herein and as history as to how some of it came here:*
47. Early Online Discussions History

These discussions inspired this manuscript and the first comments actually go back to as far as 2007, when I just started really reporting my findings and compiling this information. The originals are filed in the two Groups’ Archives. I have cleaned up some of them, just to avoid confusion. We often write in shorthand, but the meaning comes through in most cases.

MSM Works for Emily
Hi Emily:

As to containers: It would appear that, especially if you have large amounts or do not use it fast enough, you should re-contain your MSM in a glass jar with a tight lid. The reason being that MSM picks up every chemical in its proximity (While many natural foods cleanse the body, MSM and DMSO may be the best of them at doing that anywhere). This is a very good thing once you ingest it, because it cleanses your body, but it could do the opposite if it has been sitting around for months in a plastic container. This is just a hypothesis, but it makes sense.

This goes along with why we recommend starting slowly on the protocol and why it works so well as a body cleanser. Of course, everyone knows this about DMSO, because it is Sooo active. It would be totally foolish to keep DMSO in a plastic container even for a day (IMHO). As most everyone here knows by now... MSM is just an oxidized form of DMSO, so the precautions still hold even if it is less active.

Finally, this is also why I recommend buying your MSM from a fast-moving supplier like one who sells it for horses... and the faster they move it, the better. As I have related here several times, my first knowledge of this wonderful stuff came from a guy who sold it by the rail car load and he shoveled it into a bucket for me. That was still the best deal in every way. The bottom line is that any handling makes for contamination and that is what you want to avoid.

Cheers, Huuman

MSM Works for Emily

Second Message posted from her:

>I had an interesting experience this week. My lab tests reveled, my thyroid was suppressed, so the Doctor cut my synthroid prescription in half. Now for the interesting part: for about 2 months I have been taking 3/4 TB. MSM every morning. I guess it works!!!!
I'll do lab tests again in 3 months to see how I'm doing. Predictions anyone???

Hi Emily:

I don't know anything about you and you reveal nothing except your basic problem. However, if you are over fifty, it is less likely that 3/4 level TB MSM could have that much effect, but it is possible, given recent news and studies.

I suggest that you increase your dose considerably (1 heaping TB twice a day, at least) and check back. If MSM is the reason that you got this relief, you can probably ditch the drugs altogether within a much shorter period than three months and there is nothing lost.

Also, be certain that you are holding the doses (with water) in your mouth long enough to achieve maximum absorption (no coldness left in your mouth before swallowing). This is key to making this protocol work best.

*Further note:*

We have no actual studies on this HL MSM protocol other than the feedback from two Yahoo Forums: Beck-blood-electrification and Coconut oil. Most of this has occurred in the feedback has come in the past three years and it continues ongoing.

Remember that MSM is "food", not a drug. While we all know that we can eat too much of any food, you know that eating too much food is not the same as taking too much of a drug or even a synthesized supplement that might drive you out of balance. The statement below on peas has been passed on many times in our groups, but it is true.

If I told you that peas could heal your problem and you took 3/4 TB of peas a day, this is where you are. It makes absolutely no logical sense, but these things are impossible to predict. You may just be totally devoid of organic sulfur stores in your body. If so, you have just been saved of some terrible pain down the road if you follow my advice.

We now know that MSM does affect endocrine/hormonal balances quite positively, which I did not realize till recently. What I do know is that, had your problem been related to joints, this advice would be almost 100% certain. Since I have never had extended health problems like yours to test personally, I have no first-hand experience with its workings as related to them.

I wish you the best. Please keep us informed. This is quite intriguing. We may be onto something. If it works, "please tell your doctor what you are doing".
I have no dog in this hunt, but my objective is to simply get this information out there and into the mainstream... where it should have been all along... had targeted drugs not become the main focus of modern (allopathic) medicine.. MSM is the most incredible "food" source of Organic Sulfur that I know of. Fortunately, many are picking up on them after many years in suppression.

I am forwarding this to my M.D. friend who happens to be an expert in this area. If you follow the above advice and are totally relieved, I am sure that he will become extremely interested... and I will not be surprised.

Kind Regards, Huuman

A Horse Woman Asks:
>Hi Jim,

I have been (not too closely) following your thread on MSM and am not sure if my question has already been addressed. Nonetheless, here it is...

I have been giving MSM to my horses for years. Vet instructions are to work up to one cup/day and mix in food. If your suggested dosage and ingestion technique is correct, how could this (vet's way) be helping my animals? Since this is a long-standing, (proven?), recommended remedy for joint pain in horses AND readily available in feed stores, could the vets be wrong? If MSM hadn't been useful (in this way) over the years, it wouldn't still be around.

So... I've believed in its usefulness and have used it accordingly for my horses. You're changing the paradigm and I'm trying to make sense of it. Can you provide more information on how using MSM in this way might be effective for animals, but not for humans . . . . and, vice versa.

I appreciate your helping some of us through this confusion.

Love and Laughter,
Anne

Hi Anne:

Simple answer: Train your horses to swish it around in their mouth's :0)

The fact is that any way will help, but I am giving you the best method for humans to ingest it. Also, consider that horses and cows don't have our digestive system. I am certainly not an expert on their systems, but know that they differ from ours considerably from College Biology I. I am
sure that your vet can enlighten you on the details and he/she, in turn, may learn something from
your question.

Regards, Huuman

>Hi Jim:

I have been taking msm since I joined the Crock_Lakhovsky group in January and first learned
about it. I get it from PC Networks and I just don't think it has done anything for me. I take a
heaping T every day. I have learned to grind it up in the blender into powder and then I can get it
down faster so it is a little easier to take. Tho it is still hard to do. I would like to increase it, but
it is like ingesting peroxide. I can only do that so long. So one scoop a day is all I can manage
consistently.

Yesterday, I took it with kombucha and it seemed even easier, so that is how I will continue to
take it. But I don't think it is going to ever do anything for me.<

Hi Anne:

If one tablespoonful is not doing the trick, double the amount till you get better. The key issue is
to get enough... Young people need less to get results. As we age, we simply absorb less...
which is generally the problem in the first place. We are not getting enough organic sulfur to
keep our joints in order, so we must supplement. Simple... & simple solution. What is hard
about scooping it down till you get enough?

Kind Regards, Huuman

Hi Lyn:

No one really knew much about MSM when I first heard about mega dosing. I started out taking
much more than 1tbsp/day MSM, but I had taken ½ gm/day previously with no effect.

Is 1tbsp too much? If someone has a mouthful of mercury, it certainly could cause an overload,
due to the fact that it frees heavy metals (which is a good thing long term). My instructions were
scant. I have given much more thorough/ careful directions here in the past here on many
occasions. But OK: ½ gram to start (if your joint pain tolerance is high and you are patient).

However, if you want to get'ter done. Take a tablespoon full and test the water. The heavy
metal release could make you feel badly, but it may be just what the doctor ordered if you have
no build-up. So, if that has no ill effect, move right on up toward ½ cup/day.
The fact stands that MSM is absolutely one of the least poisonous chemicals on earth... less so than water and it has the potential of relieving a whole lot of joint pain fast... and permanently... Not to mention its wonderful side effects while it is doing its work

Cheers, Huuman

> Lyn K wrote:

Jim, are you referring to 1 Tbsp. MSM or 1 Tbsp. whey? If it is the former, I would definitely not start out that high. This is advice I was given on a different group:

"We always recommend starting at a low level of between 500 and 1000 mg (eighth to a quarter teaspoon) per day.

Below is my ebay source for MSM. $19.95 for 2.2 lbs. plus S&H (and it is for humans). The thing that I look for is texture... too coarse and it is tough to deal with. This stuff is just right IMO.

Age V. Amount of MSM

Lynn<

Additionally, if you have severe joint problems, the recommendation on your referenced site is simply inadequate in my experience. Here is mine:

If you are over 60 years old, 2 oz/day in a 7-day period will help, but I have found that twice that is required... and for as long as it takes, not just 7 days, before all symptoms will eventually stop. In this case, it really is all about quantity. People under 40 absorb MSM better and simply do not need much to effect a cure. I have found that a couple of grams/day often do the trick for most people this age with minor joint pain.

My son is 25 and one gram/day is plenty for him. He has found that missing three days spells pain, though. This is proof that our diets, today, simply do not support joint health adequately. We ALL must supplement.

I have also discovered that MSM for animals never seems to have a texture problem. Human MSM can be too coarse... Strange, but true.

Regards, Huuman

> Hi Jim
Jim, did you mention the brand of MSM you used to get these results? If so I think I missed it. And how much did you say you took before achieving these results - was it 1/4 cup (4 TBS) per day?

Thanks,
Dee<

Hi Dee:

I have bought it on ebay... & gave the address previously. But in those days I bought it from some guy who sold it for horses (Ebay & Amazon are both good choices)

4oz/ day at the max rate. Now I take much less.

MSM never tasted badly to me.

My friend hated it at first, but after she discovered the benefits, she woofed it down like candy and never complained. She says she likes the taste just fine. Bitter? Maybe some, but it’s the cold, clean taste of healing that really gets it... and never having joint pain again makes it taste ever so wonderful. I love the stuff!

Its kinda like when I took cod liver oil as a kid... and got kinda addicted to it. Even now, years later, I still like the taste of it. Too bad we over fished the cod and virtually killed off that industry in New England. It is unlikely that we will chop down all of the trees and exhaust our MSM source.

Huuman

8/12/12
>Hi Jim
I started with 2 tbl spns at a time twice a day and I got nervous like I was having panic attacks so I backed off and am slowly adding more. I'm up to 4 tspns 3 x daily.

I guess some of us are more sensitive to it. I sure hope it's killing off my cancer. I need all the help I can get. Thanks for all the input on MSM. I'm going to keep adding more and more. I'm still having a lot of pain but I know the MSM is helping a great deal. I was doing pretty good for a while but the last couple of weeks have been a little rough.

Steve<

Hi Steve:
Cancer is much easier to avoid than to get rid of, but there have been some good results reported from using MSM, especially in the past two years. It may work just because it frees your body of heavy metals and toxic chemicals. If that is the reason and you have it for other reasons such as a lack of selenium, its not going to do much.

If you can avoid radiation treatment and drugs, that should help though. Also, read Duncan Crowe's site. He has some great tips there. In addition, don't forget how you got here... Bob Beck knew some things.

In any case,
I Wish You the Best,
Huuman

A Bad Solution from a Good Guy
>Jim

My solution to the bad taste is using MSM tablets, which I chew before swallowing along with a mouthful of water with ascorbic acid. The tartness of vitamin C helps with the bitterness of the MSM.

Alobar<

> I am really new to MSM, but I am really new to everything that gets talked about in this group. So here I go with another question: I am puzzled why and how this is an animal feed supplement. MSM tastes so vile and how in the world would anyone get an animal to eat it? I dowse mine with peppermint oil to mask the bitterness to get it down. But if any flakes stay in my mouth, Ugh. How does someone get this into an animal?<

Hi Alobar (and other person):

The key word here is TASTE. MSM only tastes badly to some. I never minded it, but my wife did. Interestingly, she has since gotten use to it and she is not particularly adaptive. Think about what it is doing for you. I actually enjoy the cold part and am neutral to the slight bitter taste.

My golden Retriever got a terrible case of arthritis at age 8 and could not go up stairs. I wrapped it in raw hamburger and hewoofed it down like candy. In two weeks he was running up and down stairs like a puppy. His hips finally failed at age 15 after I failed to exercise him in bad weather.

But this is the second part of this supplement... exercise. You have to get it worked into the joints for it to be effective and exercise is the key to doing that.
Tablets? You do not apparently understand the protocol. If you currently have problems, you would have to take about 30 one gram capsules a day to do any good. One the plus side, I have found that if you take enough MSM, you will actually learn to like it. My friend Deb and my wife both learned to love the taste.

Even if I am wrong, the question is: which is worse, sciatica or a bad taste in the mouth? How about a back operation that goes terribly wrong and knee replacement or hip replacement surgery where the bone breaks off, and debilitating arthritis. These are the possible tradeoffs.

Regards, Huuman

Hi Tanstafl:

The key to why is in the chemistry. It numbs the taste buds almost like what a shot of Gin does.

Regards,
Huuman

>Hi Jim:

Very interesting.
I tried it...

It took a while for the cool taste to go away, and it took a lot of switching and gentle chewing to grind the flakes down to the point it was almost all liquid, but I'm happy to say, the taste and after taste wasn't nearly as bad as it is when I add it to water, mix it for a few minutes, then drink it down... why I don't know. <<< *(this is a common reaction in my experience and it apparently is a reaction from the Methyl component of MSM. Tans was the first to report this though... after myself).*

Anyway, thanks Jim for the prodding... this will save me a lot of time making the capsules... but I'll still probably need to make them for my mom and dad, who are not as adventurous as I am... ;)

Tanstafl:<

>Hi Jim

I also say that this stuff tastes terrible - and the aftertaste just lingers for hours... so I'm making my own capsules... much better...<
I am interested in MSM. I also like to find the best deal for my (hard earned) money. I like these prices... I would like to understand what did you read that lead you to think that once powdered MSM is "vastly" inferior to powdered form. I have become very leery of marketing claims ... These feed on our insecurities to pitch their wares. Making powder from flakes seems to be a very simple mechanical process. Are MSM properties destroyed by heat?

I thank you in advance,
Frantz<

Hi Frantz:

I have not tried the flakes recently, but I did not like the texture. The cheaper powder works is easier to take in my experience, but both are fine.

MSM is an oxidized form of DMSO. There is no further reduction that I am aware of. Your deduction appears to be accurate and, certainly, MSM is not destroyed by making it in powdered form.

Why heat it? It makes no sense.

Cheers, Huuman

>On the subject of MSM, I have read that Organic Sulfur Crystals are more potent than MSM. Anyone have any experience with this?<

Strange statement that organic sulfur crystals are more potent than MSM is, in fact, a long chain Organic Sulfur that is easily absorbed due to its methane component... Hence the cold taste. All indications are that Goldstein's Crystals are, in fact, a textural form of MSM that, all derived from pine trees. But I am not an organic chemist and my question is, what is the point?

However, going on the assumption that Goldstein's MSM really is 85% more absorbable than powder, is it all that important? Experience tells us that 4 oz a day will heal just about anything when it comes to joint problems with enough duration.

I tried a flaky variety once. The texture did not work for me, so I put it on the back shelf and ordered the right stuff. Within a few months, 4 oz of powdered form turned it around for me. I never expect to need that level of protocol ever again since I listen to what my joints tell me and supplement accordingly. The bottom line is: If Goldstein's is more absorbable, but this protocol is acceptable, then it comes down to cost.
So Goldstein’s is not new news, but what is interesting is your reference is the long list of ancillary benefits that MSM yields... good stuff huh? Anyone here ever heard of a drug that has these wonderful side effects? Not in your life. The blood circulation benefit, by the way, is a result of the fact that MSM makes all connective tissue more pliable. So it makes your nails, skin, and hair more pliable also. perfect sense!

I have been using this *HL* MSM since I was 56 years old after reading an MSM salesman's website on the subject and calling him. He sold it by the rail car load for horses. I have never looked back. He told me about the protocol and the fact that no one in his family ever got sick (!)

The man shoveled me a few pounds of MSM. Since then, has repaired every joint problem that I have ever known including a knee that I tore up skiing at Mt. Killington years ago, the juvenile arthritis that I was born with in my hip and fingers, the lower back problems that I inherited, and a bad case of tennis elbow, and the neck pain that I got from working over a drawing board.

(Note that Glucosamine and Chondroitin (along with egg shell membrane and a host of other supplements) are all Organic Sulfates. Many of these in the Chondroitin family are large and poorly absorbed molecules according to organic chemists. All of them, in my experience, will upset your stomach if you take enough to heal you. They are all much more expensive to produce and sell, if that is an issue.)

**LOL on Small Amounts of MSM**

> Hi Jim:

I am very, very new to supplementation. I had preferred "Whole Food" for a long time until I finally understood how unpractical it was to find "whole foods" and the systematic depletion of our soil (in the USA at least) thus that our foods no longer are reliable a source of certain components/nutrients, e.g. Brazil Nuts analysis reveal the paucity of selenium from the Brazil Nuts available on the market... but I digress..

I am not sure it is arthritis but my knees have become quite painful when I run to such an extent I have almost given up running and use elliptical machines for my daily workouts... My knee’s creeks quite audibly when I crouch for example... So repairing my joints is in order before other parts start creaking too....

What is the minimum dosage for MSM for a person to notice a difference? I just bought some MSM Tablets and noticed that they are 1000 mg per capsules I would need to gobble 112 capsules everyday to equal what you take daily (4 oz) .. An Ounce is 28 grams or 28,000 mg .. Am I missing something here?

Frantz<

Hi Frantz:
Whole foods are best when you are getting enough nutrients as you suggest, but if you are having joint issues, your body is telling you that you are simply not. In fact, many other diseases may be telling you that including heart disease and cancer... listen to the Dr. Seneff video for that story.

If you were twenty-five years old, you might get results with a couple of grams/day. However, most people with bad joint problems are older (my son and I were not). So if you are 50 or older, that amount may not make a dent. In any case, start off slowly. MSM will release heavy metals that are bound up in your body fat. They do little harm there, but when they are released quickly, they can make you very ill. Yes, 112 capsules a day would be OK, but capsules are way too expensive and are not well absorbed.

Since we are all different, there is no set amount. Even a gram/day is better than nothing though (and you are going to spend a lot of money in the process. I buy mine in 5-10 lb. plastic containers on ebay or Amazon for about $40. It is specifically for marked for horses.

Cheers, Huuman

>Agnes<

Jim, My daughter has rather severe problems with her back and hip joints for which she has to go to the chiropractor constantly for adjustments as well as she has tried acupuncture. Now looking at various types of exercise that might help. Do you think MSM will help? Please advise where you purchase your msm, how much and how you take it. Comments from anyone else will also be appreciated.
Agnes<

Hi Agnes:

I certainly exercise. Add Duncan's whey protocol and make sure that she gets plenty of exercise. You also might add to that Interval training (see Dr. Mercola's site for videos on that). Without exercise, the nutrients can't move into the joints (as I have warned previously).

The point is that Duncan’s whey alone may correct a mild problem, but this (HL) MSM protocol absolutely works in most cases if you stay with it. I have tested it on myself and everyone that I know with joint problems who is not hung up on allotropic medicine. It has never failed as far as I know. As previously stated, there is no such thing as an organic sulfur overload. Too much is cheap insurance, and you simply pass whatever you don't need.

Finally, even with daily MSM, MicroLactin and Whey supplementation, I still hyper extend a knee, elbow, etc. occasionally a bit playing tennis and the answer is always to take a couple of heaping tablespoons of MSM as soon as I get home. From there, I just move on and forget about it. So far, in ten years, recovery is always immediate. Life is good.
Read my past posts on amounts, etc. There is a lot to this.

Regards, Huuman

>Just to add to the general information, I have been taking MSM for over a decade. I've found that results coincide with dosage. I've used up to two tablespoons at once. Usually a teaspoonful is enough.
Chuck<

Hi Chuck:

You have not told me anything about yourself. There are four important aspects to consider that affect your joints: Age, Diet, Weight, and Level of Health

If... you are 25 yrs old, in excellent health, not overweight, and you happen to enjoy lots of homemade soup made from scratch: a teaspoonful is enough per day is probably all you need right now.

However, I suggest that you not keep this as a rule forever. Because, chances are, you will “probably” age. Unless, of course, you have been reading Duncan Crows's posts for a number of years.

Regards, Huuman

>Jim remind me again-- what is the web site you use to buy MSM?

Thanks
Ron<

An Important Find From bG (and a total surprise to me, really)
>Hi Jim::<

Interesting that MSM has even more benefits than I ever conceived:

As in cancer also, the byproduct of fermentation acetaldehyde, blocks the function of the hormone like prostaglandin E2, the anti-inflammatory signaling hormone. This is why using msm to neutralize it followed by a prostaglandin simulator such as cod liver oil along with a saturated fat which improves this process is important to defeating candida and cancer for that matter. I know all this because my daughter’s tumors are shrinking and dying, have changed colors since starting msm and I wanted to know why. Took me several days of research, but think I figured it out.

bG<
Hi bG:

Always a great joint cure, this is one on many recent posts relative to MSM as an antifungal candida and cancer preventive and cure. I am glad that there is so more interest being paid to MSM, in general, today. There is no question in my mind that it totally changed the course of my life when the guy on line, who sold it by the rail car load for horses, offered me a few pounds for my many joint ailments and informed me of this HL MSM protocol.

I am happy to report that after a couple of months on it, I have not had a single joint problem. One of the other great benefits is that it makes your circulatory system more pliable... imagine that! No likelihood of ever getting heart disease.

It is getting to the point that I am expecting MSM to cure everything... then, where it is unsuccessful (as a topical cure) DMSO, its sister, will handle the rest. This is an amazing pair indeed.

An additional benefit that I recently learned is that MSM is one of the least poisonous chemicals on earth and even less so than water.

I think that a big clue that has been overlooked in the cancer conversation because it is "so simple" is our need for organic sulfur in our diets.

Regards, Huuman

The above was mostly written before the first Dr. Stephanie Seneff interview (http://people.csail.mit.edu/seneff/). Her interview opened a new window into the possibilities for Organic Sulfur and the HL MSM story expanded greatly as a result. It was always clear that HL MSM was magical, but her enlightenment has lifted it to an entirely new level.

48. We Are Learning More - More recent Discussions and Improvements

>Steve (post from 12/12 before I researched for my book)

Since you sent me your E-Book around 9 months ago I started off slow and you told your pea story so I started upping the dose gradually. I went up to 2 tbl spns 3 x daily.

• My hair got thicker and healthier.
• My finger nails got healthier and needed clipping every week.
• I had a balding spot on the back of my head, One day after taking MSM for several months, I asked my daughter if it was still there. She answered "Were was it".
• An ND friend told me the hair is linked to the liver and it meant that my liver was functioning better.
I wouldn't want to wake up in the morning without it. I just ordered 5 lbs. It has arrived, but there were several weeks that I had to back off for fear of running out completely... and the benefits slowed considerably.

So glad I can go back to my normal dose of about ½ a cup per day.

Many Thanks,
Steve<

Hi Steve:

Thanks for the feedback... ain't it great? Bald spot disappeared... that is a new one. Maybe you have reported the first of this ever occurring. You could have made history. Since I never had any bald spots, it was never something that I could have proven on myself. The same is true with heart disease and cancer. There is every reason to believe that MSM will cure these also, but neither me nor any of my family has had them to test since discovering this protocol.

By the way, once all of your possible health problems have disappeared, you should be able to slip back to twice a day. However, doing ½ cup/day or more has no real downside and it sure is cheap to do.

Given reports like yours, I really can't see how anyone could ever avoid using MSM and following my protocol. Its just too good to ever pass up.

Of course, your friend is correct regarding the liver, but the liver does just about everything, at some point. Rightly, we worry about our hearts, because of the dietary problems that modern medicine has passed along, but this is really the organ that we must pay attention to first. As you say, MSM nourishes it just as it does joints and arteries. It restores just about every bodily function while keeping us clear of toxins. The implications are huge in this society riddled with chemical toxins like mercury... and the resulting cancer that they cause.

By the time that I get around to actually publishing this, I expect that there will be no bodily function or disease that MSM has not shown to improve in some way.

Dr. Stephanie Seneff basically told us that in the Mercola Video, right? Stephanie is just one damned smart cookie, but she really needs to read about my protocol also. Knowing that being low in Organic Sulfur is huge and knowing how to take care of that problem easily are two really different things.

Stephanie obviously does not have a clue when it comes to MSM and neither does Dr. Mercola. But how could she unless she comes here or reads my posts in the Coconut Oil Group that I frequent? Most assume that this is common knowledge just because MSM has been around for so very long. It is not... and if it were, it would be in every health discussion on TV.
When you combine MSM with a Carb and sugar free diet, and Duncan Crowe's Whey Protein isolate, it is possible that we have something that will stretch an average lifespan to numbers that no one has previously considered even possible in modern history. We could be back to Old Testament lifespans like 800 years, who knows? Becoming 120 years old should be a piece of cake... bad comparison... but you get the picture. If you have not read Duncan's anti-aging site you must.

No doubt about it, when stories like yours finally get out, it would literally change the face of modern health. I have never encountered any single change, anywhere, that yields such results. But just getting rid of bald spots is, in itself, big enough guys, right!

Below is a post that I wrote for the Yahoo Coconut oil group that I believe, along with the referenced Mercola Video, begins to describe the optimum health story pretty clearly:

The bottom line is that I increasingly believe that you can set yourself up to be an almost zero cancer risk (barring an extreme problem like a near radioactive toxin source) as well as heart attack risk as Dr. Seneff suggests and possibly a zero risk for all of the other terrible diseases that Dr. Seneff touches on in the Dr. Mercola interview... plus the ones that I suggest in my comments.

To this, add avoiding colds and flu if you supplement with D3 in winter and Astaxanthin and even avoiding sunburn (!) when you overdo D3 in summer (this has the added advantage of allowing us light-skinned folks to live in the Virgin Islands full time without turning into prunes). And this can be accomplished in just a few weeks by going on HL MSM Protocol, then converting to Duncan Crows's Undenatured Whey Protein/ low Carb/ no refined/ low sugar Diet.

It is just too simple to be true, but the last two years have led me to increasingly believe this as the facts are revealed. Combine this with the weight optimization and anti-aging that this diet suggests with all of their benefits (well maybe...) and things get to be really interesting. This will not likely take long to prove out here on the web now that this suggestion has become clear to us.

I have noticed that things are just getting easier and more simple as the world situation, according to the mainstream press, approaches a collapse. I am excited. Can it be this easy? Probably not, but it is compelling and worth the effort to give it a try.

By the way, cigarettes did not apparently kill the American Indians and that suggests that they would not kill you if you got them unprocessed and natural as they did. Our tobacco companies have apparently made them much more dangerous and more habit forming through such devices as chemical growing methods (that poison you), "a silly millimeter longer, menthol, and filters". We may never know the answer to this one, but then, I am not recommending using tobacco and have never had the habit.
Most likely, an example of a similar industry is the one emerging in pot smoking. I predict that they will end up making pot very dangerous as they commercialize it, if it becomes a regulated industry like the cigarette companies. They want to increase their market and will discover how, even if it kills you. The bottom line is: let the Government and Commercial Industry together and into your life... and things must eventually go this way. This is why our founding fathers (TJ especially) had such distrust for large government, regulation, and taxes... and why Government loves big corporations. They manage to mutually benefit from their growth.

Cheers, Huuman

>Hi Jim

Got a spec of good news: Samoans smoke like fiends, Hawaiian don't. Yet, the lung cancer rate in Samoa is only 1/10th the rate in Hawaii. Dr. Joel Fuhrman is my current hero, ok so laugh out loud, he said this on one of his videos, that the Samoans eat lots of fruits and vegetables, but the Hawaiians don't. There may be other factors hidden in the statistics, of course. But I've changed my diet a lot since listening to him, not sure if will help with cancer should I get any since I smoked for 20 years about 25 years ago I quit...but I have lost almost 18 lbs. in a few weeks while being stuffed!!! :) BG<

**Capsules Work, But More is Better w/ MSM**

>Hi All:

You can take MSM capsules and get enough, it has changed the quality of my husband’s life who has stage IV brain cancer. He takes pure encapsulations MSM 850 mg 3 times per day. All this talk about not taking capsules is misleading.

Carol<

Hi Carol:

Your assumption is hardly the truth. A little knowledge is a dangerous thing, in my opinion and in this case.

When I first discovered this HL MSM protocol that I have recommended here for sometime, most of my body was hurting. I was taking 1000 mg in capsules twice a day. That amount gave me some benefit, no doubt, but I was getting more sick, daily. Certainly, 550 mg more, as you recommend, would have added little to my deficiency.

I have been actively getting this out for about three years now, but have told plenty of people about taking HL MSM from the minute that I got better... and that healing occurred in about two months. Since that time, many people have listened and many simply don't read things thoroughly or have not heard all that I am saying. In addition to Chuck’s earlier comment, here is an example:
Brian, tennis friend, age 50 (then), partially heard me in 2000. He, a nurse, had a really bad knee problem. In fact, his problem was so bad that his Dr. told him that knee replacement was his sole option. Brian took two 1000mg tablets/day and was completely cured within a month. Obviously, Brian's deficiency in MSM was not that great. He is grateful and never fails to mention how he got better when he sees me. I am happy for Brian, but he was lucky. Since he has gotten better I have corrected him, because his problem will recur unless he understands the HL MSM protocol completely.

Your husband was lucky to have benefitted, but his cancer may has gone away completely with enough of it. While an organic sulfur deficiency may have only been a contributing problem, we will never know if it was “the cause” as we now know it could have been. Even a small deficiency in organic sulfur, as he proved, can have terrible consequences.

As Dr. Seneff related in her interview, Organic Sulfur Deficiencies can cause just about every disease imaginable, including Cardiovascular, Cancer, MS, etc. Everyone should hear her interview at least once. I will always repeat this, because her interviews are key to knowing what HL MSM does.

Seneff is a marvelous observer, but she does not even know about this HL MSM protocol and due to the prejudices of her (scientific) group, she may never learn about this. Taking HL MSM is efficient and cheap and it wards off or cures people of all kinds of problems, but as Dr. Seneff says, “Joint diseases results because your vital organs need the organic sulfur and steal it. If it did not, you would die of organ failure (heart failure?)”. This is a profound fact that I was not aware of till this interview. Looking back, I am glad that I suffered so many years from joint ailments rather than brain cancer or a heart attack.

I believe that most everyone here would agree with my assessment above, but then, I have absolutely no fear of dying. I have been there and loved it. Death is an especially excellent ending for a tired and sick body IMHO. Nevertheless, I have more work to do and some of it may possibly even entail keeping you well, Carol. However, I get will this out and you may do what you wish. Enjoy that freedom. It may be fleeting.

Finally, there are many other ways of healing people and maintaining wellness. Duncan tells you about whey and some of his other products. He has thoroughly researched them. Listen to him carefully and do not minimize what he says as you have attempted to do here, possibly unknowingly, with me. You may mean well, but you are generally incorrect on this. 850 mg three times a day is seldom enough to cure anything.

Kind Regards, Huuman

Think about it Laura:

HL MSM is just an elegant delivery system for organic sulfur. You body rejects too much of it once it has had enough.
However, if it does not have adequate amounts for your vital organs to function properly, your body steals sulfur from your joints. This, so that you don't die from that organ failure. The result from this is that your survive, but with joint failure and arthritis. To paraphrase Seneff, Better a bad joint than a dead organism. That may be your body’s opinion, but mine was, “I am pretty sure that I’d rather be dead than to go through this sciatica pain again”. I think that most would agree if they had my experience, but few ever actually kill themselves over pain.

This is a very simple explanation for a very complex process that has alluded doctors virtually forever, but from all that I have read and discovered, especially recently, it is pretty accurate. Inadequate organic sulfur has been very closely connected to cancer, heart disease, most autoimmune diseases, and, of course, joint failure.

**HL** MSM is the quickest way to get back on track if you are deficient and Duncan's Whey Protein Isolates certainly will help keep you up to snuff. However, my experience is that, as you age, MSM is the only way to stay on top of the issue even if you are not on the SAD diet.

The bottom line is that it should never affect you badly, no matter how much you take.

Regards, Huuman

**All Natural Remedies Reinforce**

> Hi Jim:

That really makes sense about the body stealing organic sulfur from other places - ie joints...
My herbal training tells me that MSM works better in conjunction with organic rose hips = good source of Vit C. have you ever heard of this?... 'It aids in the production of connective tissue and for pain reduction' - aka decreases inflammation.

Thanks,
Don<

Hi Don:

No, but these remedies all reinforce each other. As Jon Barron says, Vit C is best taken when it is bound up in fruit with all of those other cofactors. I stopped taking unbound C years ago when I first heard that.

Where do you get your rose hips? I used to gather them up, but got lazy and my bushes died.

As far as joint health, MicroLactin (Swanson Vitamins sells it) has also been a great supplement along with MSM

Cheers,
Jim
>Hi Jim:

I believe this is the same video on you tube. There are 7 parts, should we need to watch all of them??

MAJOR thanks to Jim for posting this MSM info. Jim, if possible could you post your complete protocol again? I'm trying to help my Mom overcome her joint pain. I've copied about 10 of your post via the yahoo search but I didn't see the total protocol.

Also do you think the Animal MSM on Amazon is a good one? Keith<

Hi Keith:

My answer is: it is, and you bet!!! Watch it several times.

I have gone back through my messages from this and other groups and put them into a somewhat compacted version, but it is still too long to post online.

I just sent it to you... and you are welcome, just as I am grateful to the horse med. salesman who told me about it years ago. I would be living in total hell by now (if at all) if it were not for that man. But then, chronological age is certainly not at all an accurate way to compare people's health or life engaging abilities as Duncan Crows will tell you.

Keep this in mind: the real human life cycle is 12x12=144 years, not the puny 80 or so years that we normally think of as a life span. Science relates it in telomere length, but we are virtually killed off by mainstream medicine just because they do not get it. You and I must teach them that they are wrong.

Yes, the animal MSM (for horses) is high volume. That makes it high quality. That is actually my first choice and is what I am now using (and have been since day one, mostly).

Kind Regards, Huuman

>Have another question.. can or does MSM affect thyroid function? Was dx'd with hasimotos about 5 or 6 years ago... has been badly treated as no one really understands the disease, have been having problems since before I started the MSM, but it really went hyper to the point I had to stop the Levoxyl. It is now settling down, but one of the symptoms of hyperthyroid is anxiety, IOW, squirts of adrenal hormones.

I was actually told the thyroid was burnt out, at this point pretty sure they were wrong. And yes, I tried natural thyroid and did very badly on it. I am really at a loss. Going to see and endocrinologist this week, don't expect much, but its necessary given that Hyperthyroid can really cause a lot of damage. I just really don't know what to do or think at this point. It is amazing how well I feel given how many things are wrong.. its just so overwhelming. I really feel I need a definitive dx and then I can look at adding alternative therapies.

Sorry for all the rambling. Just been so frustrated.
Laura<

**undenatured whey is not enough**

Hi Duncan:

I'll check out the PubMed studies. In the meantime, it's good to know that you were ten years ahead of the curve on fucoidans!

I assume that it is because it is related to Whey?

By the way: I have discovered that, at least for me, **undenatured whey protein alone does not supply enough organic sulfur** to keep me out of joint/ arthritis problems. I had avoided daily doses of MSM for a couple of months on the possibility that it would, but last week, playing tennis, I got a foot cramp (first joint problem I have had in years) and last night I got a bad left hip joint pain (felt like the right hip joint that set me up for sciatica some years ago).

Two scoops of MSM put them to bed (as I knew that it would), but it also taught me a lesson that I am passing on for any active 70 yr old here...stay on lots of MSM if you want to remain active. I expect to stay on the courts for another thirty years or more at least with the help of Whey and MSM plus your anti-aging program. And this is a study that I don't mind participating in for free. It is actually very enjoyable!

Can you imagine a guy 120 yrs old (in the year 2061) who still has a good tennis game, (etc.)? What record book would that make? It sure seems possible.

Duncan... Again.... it is great to have you around my friend!

Cheers, Huuman

>Hi Jim; glad to help. My fucoidans page is 10 years old so there are probably newer studies of interest in PubMed :)

all good,

Duncan<

**Antibiotics & Dairy Cows**

General note:

As Duncan has said, and I agree: Dairy cows are always free range and always raised on grass (with some silage), but the more important thing in my mind is: Are they using antibiotics? I have discussed this at length with my favorite local dairy farmer and he tells me that he simply can't afford to give his cattle corn or grains except in very coldest weather when nothing else is available.

Beef Cattle are another story. They are fattened up using grain and not allowed to exercise.
Hi Duncan:

You input is always invaluable to our health discussions.

Thank you for being here!!!

Regards, Huuman

**MSM for Horses is Best**
10/15/2011, Laura Cody

> thanks,

You’re the first to acknowledge that the horse MSM is probably the same as the human MSM and way cheaper... I found some at Amazon... AniMed brand about the same price as your guy...

http://www.amazon.com/AniMed-Pure-MSM-5lb/dp/B000HHM9W1/ref=sr_1_1?ie=UTF8&qid=1318726519&sr=8-1

Whatchya think?

Laura C.<

Hi Laura:

I think that Mike "the Health Ranger" Adams, is a little over the top on this one in his warning, but he is essentially correct.. I liked Mike's page a lot better when he was small and did not have a staff writing for him. He essentially lost my interest when he grew successful.

MSM, the organic formula for oxidized DMSO, is best purchased from a fast-moving supply houses. As far as I have ever heard of or am aware, it ONLY can be made from oxidizing DMSO and since it costs almost nothing to do that, there is little worry that as long as it does not sit long, it is good stuff. That is why, years ago, I was advised to buy it in bulk from a supplier for animals... specifically horses, where it has been used effectively, and always in bulk. Since animal suppliers actually sell it by the rail car load, that turns out to be the most correct choice, but any fast moving supplier is OK. I have bought it in bulk on ebay and from horse people.

You know that it is good when you get that "cold" feeling in your mouth. There is nothing else like it. You can't even call it a taste, per se.

Pills have additional problems to those mentioned: there is just not enough there to do anyone any real good; if you don't scoop it in your mouth and follow it with water, you don't absorb near enough: the MSM has been handled too much even if it has never touched human hands, it picks up any and every chemical around it which is why MSM is such a great detox chemical: and
finally, pills are far, far overpriced. If you buy enough MSM in bulk, you could supply a small city for a few thousand dollars for several months.

Their study only confirms what I was told many years ago by that horse supplier. Go for bulk suppliers and take as much as you have time for. I might add... use it quickly and if you can't, move it into a tight glass container where it can't pick up chemicals.

**Some MSM History**
From Huuman (snipped from another site):

> "Here is the crux of our Study: Most MSM as commercially available does not contain 34% sulfur. Some contain no sulfur by observation. Like the fertilizers that we believe have broken the sulfur cycle the additives of packaging block or neutralize the bio availability of the sulfur contained in the MSM.

Organic Sulfur is _basically_ MSM precipitated from DMSO into a coarse crystal flake and not processed any further nor does it have anti caking or flow agents added. When the crystals we use in our Study are pulverized the effectiveness is reduced according to our Study members. Our Study has had to ship "powder" rather than crystal Organic Sulfur on two separate occasions. Many of our Study members had been taking some form of MSM prior to joining the Study, the least effective are those in pill or capsule forms.

When Dr. Stanley Jacob and other researchers began their MSM research it was with bio available sulfur. The resulting marketing of MSM has resulted in a less bio available form of sulfur. The actual manufactures of MSM are few while the number of resellers are very numerous but unfortunately we believe their products are contaminated by the additives of packaging just as our foods have been contaminated by over processing and chemical additives. Sulfur is very interactive and can form sulfates, sulfites and sulfides with most of the other element we find on the Periodic Table."

Looks just fine to me. As you may know, I started this _HL_ MSM for horses, here. The guy who sold it to me told me not to get carried away with initial quality. The problem is that it can pick up any local contaminants around it. So when it is not handled as much (he sold it by the rail car), you are getting the most fresh and least possible contamination.

With that in mind, the best place to store it is in a big glass jar with a top. I keep mine in one and ladle out smaller amounts... enough for maybe a week for the wife and I, then refill. Certain kinds of plastic could really be a bad thing to keep it in for any long period. We'll probably go through 5 lbs. in a couple of months. If you are going to keep it longer, I'd definitely purchase a special glass container for it.

Regards, Huuman

10/30/12

> Jim, Where do you purchase MSM for horses?

Theta"
Please explain what you mean by the phrase msm. Does this mean re taking it with other supps. Or mixing it in a cream form with other items.

Thank you,
Lymeover<

Does anyone know if there are other alternatives for a stress test? I've found a couple of sites mentioning cardiac MRI but the doctor's office says this isn't enough.

Thanks so much.<

10/30/12
Hi Lorelei:

As to buying MSM, Ebay is a good start, but most any place that handles animal feed and products sells it. I just found a new one on line that sells 5 pound lots for $35 with S&H.

Five pounds when taken properly should not last you over 60 days if you have any joint issues. Any joint issues are a great reminder that you are sulfur deficient. Think of them as you would the red light on your dashboard. If you don't take care of that red light, a heart attack could be the next issue.

Be careful what you store MSM in. It will absorb anything near it. Glass containers are always the best answer if you keep large quantities very long. The good thing is that it will absorb any harmful chemicals in your body.... especially things like mercury and heavy metals... nice to know huh? Does it absorb other organic nutrients? I can't say, but given what we are hearing about its healing qualities, this would not appear to be the case, but there is much to learn.

Topically, I would suggest its parent, DMSO as a curative. It is also pretty cheap. But be careful, DMSO absorbs things even quicker than MSM and can be very tricky to handle. MSM is the oxidized form of DMSO.

Also, don't forget your whey protein isolates. They also contain significant amounts of organic sulfur (and read Duncan's site on this... it is awesome). I currently eat/ drink about 5 lbs. of whey and 2 ½ lbs. of MSM per month. At one point, I was consuming over ½ cup of MSM per day... that is a lot of MSM, but you simply can't get too much of this nutrient. I am now 70 and I have "zero" health issues... really, for the first time in my life.

Lorelei:

People now say 70 is elderly, but age is really not the issue for the most part. Its nutrition and exercise. As we age we just need more and better and most get less and worse. The real lifespan is somewhere around 130 and that is currently thought to be defined by telomere length, but whatever it is, there appears to be a defined limit far beyond what we currently think of as old age.
I have a good friend right now who went though the operation that you are considering. She is wheelchair bound and will likely never recover (three years now) *(she has since passed).* Please put your Mom on MSM and Whey before you allow this dangerous cement injection operation (which will get in the way of the natural healing process). Watch the below mentioned videos and read Duncan's site carefully. If she is diligent, you should have her totally well within three months and there really is no downside. There are no guarantees, but this is what I have found so far. Remember these nutrients all work together and there are plenty more that can add to the healing process, but consider this your core. So add such things as liquid colloidal minerals (NOW is good)... and especially selenium, magnesium, and vitamin D3. I also love a little Megahydrate with every drink and MicroLactin (Swanson vitamins has it), if she is not lactose intolerant, as an adjunct to MSM but there are plenty more. Oh, and forget the stress test IMHO. Her heart and arteries will improve with her back and all other joints. Its all closely related. Also, exercise is always key to getting these nutrients into the joints... any that she can do is good and with as much motion as possible. When she gets better, have her take tennis lessons.

If you have not watched all seven of the Stephanie Seneff/ Dr. Mercola "You Tube" interviews where organic sulfur is discussed in detail, you must, admit. The woman is brilliant.

Huuman

**Borax**

>There are a lot of ppl posting about using 5 mule team borax at earthclinic. Com<

Yes, as Duncan recently pointed out: Borax is often used as it is considered less poisonous. Go back and read the "Borax Conspiracy" website. I am certainly no expert, but I am all over learning about this.

Borax is about half as bio-available, while boric acid is reported not poisonous even though the label will say otherwise... the reasons that they state are the "Conspiracy". As I stated earlier, it all of that worries you, just buy the Swanson Boron supplements and be done with it... you are looking for 3mg of working boron by whatever source best suites you.

Thus far, I have taken about 3/8 tsp/day of boric acid and have suffered no ill effects. I don't expect any either when I get to the 1 level tsp/ day max recommendation (therapeutic dose), but I'll let you know. Since I have no known health issues, I should be a pretty good test specimen on this one... but I am also in no rush to get to that level.

Since boric acid kills candida (thrush) by all accounts and it makes sense, I like this choice. It is also good topically for athletes foot and other fungal infections and it kills wood rot which is a fungus. Its all common sense and it all reportedly works as claimed. If you have ever had thrush, you know how nasty that one is and I have. Going further, if there is any truth in the claim that cancer is a fungus, then it may have anti-cancer effects. The point is, why not?

Regards, Huuman

>Hi Jim:
Why no Juice? I rarely drink juice (alone), so I am curious. It is often recommended on MSM sites.

Laura:

Hi Laura:

Well, you can cut back and go up slower, or stick with the 1 teaspn. and see if it goes away.

Water is always helpful for detoxing, but the protocol that really works is: **scoop it in your mouth, follow with water, swish it around for as long as you have patience for, then swallow.**

No juice. Never swallow it with water or any liquid as a chaser. Mike Adams gave you bad advice in his article. There is wisdom in this protocol (*as it was given to me*) and it works best. You absorb it in your mouth, not in your stomach. It is simple.

Hardly anyone understands this protocol that I was taught. Juices are not the problem. However, taking MSM any other way can be, because it means washing it down, rather than absorbing it in your mouth. Few health gurus get this distinction (including Mike Adam's writers). Those who have been successful doing it any other way are either young, where any amount will do the trick or they are taking even more than they would need if they did it this way. Can you imagine anyone taking more than ½ cup/ day? I can’t. I simply don't have enough time in my day to do that.

Regards, Huuman

12 22 12

**Why MSM did not Work**

Hi Steve:

Just to let you know, that man was simply not taking enough MSM to do the trick. People all over the world have been taking MSM for the last twenty years, and for the most part, reports have been negative unless they happened to be twenty years old.

I have said this before here, but think of it like this: MSM is food. If I told you that peas can cure cancer, would you eat one pea per day? That is about what they are doing and why it does not work for them. All organic sulfur sources would cure joint problems if you could take enough of them. But they generally cause indigestion. MSM is very unique in that it is tolerated by most in huge amounts and it is virtually never poisonous. As a chemist noted a few years ago it is less poisonous than water, but there are exceptions to every rule. A few can't tolerate much of it. To them I suggest many small "doses".... but we are not really discussing doses here, we are talking servings. Its food!

I have been well aware of Jim's work since he saved his guide's life with it... what twenty years ago now? But there is no earthly way, no matter how good it is that MMS should have any nutritional affect on people's joints. Also, like Duncan, I am wary of taking any strong chemical day in and day out even in four drop amounts. I have a bottle of it in my refrigerator, but its probably no good any longer. It cured my brother of a contagion once and I know that it works.
When you think about it, MMS is being used as a drug no matter how you cut it. It just happens to be an unconventional one. Our general bent here is toward nutritional healing and that, we know, makes sense. MSM can be combined with other joint supplements and it just gets better. It can be taken in huge quantities and it will never poison you. That is how wellness works. You get more than you need and you just pass it. Not to be negative, but try that will MMS and you will die and Jim Humble knows it. The stuff is poisonous in fairly small amounts, but it will kill pathogens if you don't take too much at a time just as you suggest. But many of the drugs administered today are deadly when overdone or even mixed with others. In fact, most people that read this here know that many legal drugs are deadly when taken as directed... which is the rub. It’s a case of collateral damage if you are the one of the unlucky ones.

Taking your Motrin in place of Tylenol is just the opposite of where I place my interests. All non-steroidal inflammatory drugs, including aspirin, are quite harmful over time and all will all attack the most important organ in your body, the liver. No drugs, period, for me thanks. I'll stick with wellness and food.

Jim Humble's MMS2 is still another story. I don't believe that I'd ever touch that stuff in any amount, ever, nor would I ever recommend it to anyone.

Duncan's wife is doing well on MSM because she is still young enough and because she is getting a good additional supply of organic sulfur with her whey. Chances are really good that she will have to step it up as she ages as I have learned is required if she wants to continue to avoid pain (which is our natural early warning system)... even if her aging is slowed with Duncan's anti-aging techniques. It happens to the best of us. My wife is 58 and she stays comfortable with a tablespoon twice per day now. She knows how the system works now and is careful to stay ahead of the curve. There is never any reason to need relief from joint pain... just up the serving.

By the way, I do take one drug... Selegiline HCL at a 1/4 tab per day. Thanks for that one from Duncan and his reference to the Canadian Pharmacy. It apparently increases my balancing abilities. I just read where the average 60-69 year old could only stand on one foot with their eyes closed for 3 seconds before they fall over. I can do that for 17 seconds before I put one foot down (and I never fall). That puts me in the 20 yr old range.

Regards, Huuman

>Hi Jim:
>To add to the controversy, I have recommended MMS to a man who took MSM mixed with vitamin C for years and who had developed a hip problem. After taking the MMS, the hip problem went away. I suspect that bacteria in the mouth, either from gum disease, root canal, or old extraction sites (cavitation) is responsible for that (arthritis). Although MMS may help to keep the bacterial infection at bay, it does not remove the 'root problem', which may be due to bad dentistry.

Steve<

Some History on the AHP
1/9/13
Hi Steve:
I certainly believe that you can... and will get past this, if you continue to do your part and it appears that you are so far. Taking all these elements together (High Level MSM, or HL MSM + Undenatured Whey Protein Protocol, or UWPP + Low Carb Diet + Energy (or raising your spiritual energy levels) that I am now calling the single term, Anti-Aging & Health Program, or AHP in my book), you are IMHO getting the most powerful level of the healing art on earth (and beyond).

Duncan has been polishing his Undenatured Whey Protein Protocol and the story behind it with Glutathione, ever since I first met him online about 15 years ago, but I am really just beginning to understand what he has been telling us with regard to its contribution to liver function in just the last few weeks. This, as I have gotten back into expanding and editing my multimedia ebook (because of your interest and the others here).

Liver health is huge when it comes to beating cancer back into its orderly place (many here have said that we all have cancer, but we keep it in line. Even though I have repeated that saying on occasion, it makes even more sense to me as this story unfolds). I really started working on getting a handle on cancer when my two lovely aunts and my cousin died of breast cancer within about a two-year period about six years ago. They were all three beautiful women and they were, I am discovering, not more than halfway through a healthy lifetime, at most.

My cousin was only in her early 30's, so she had a potential of over 5x her years. We can accomplish a great deal more spiritually with longer lifetimes. Currently, we just barely get a glimpse of how this life really fits into the overall picture and then we die... So dying early is just not efficient!

You and everyone else are welcome to the latest update of my ebook... just ask. It only takes me a minute to respond and send you a PDF of it. As I search down links and read what the "big boys" like Dr. Stephanie Seneff and Dr. Chris Masterjohn are telling us about sulfur and lipids and then feeding that information back into the liver story, I am amazed at the beauty in all of this... it is way more than just a science. It truly is a healing art. We are painting a scene that expresses total wellness in an new, but also very old, and lovely way.

There are several new suggestions in my book that I suggest you add to your diet program, but are a few: One, you must get plenty of Vit D3 (and you don't mention that in at least this post). Also, Moringa is showing me that it is far more than just hype. The Moringa Leaf is a natural stimulant that never lets you down and it is high in D3 and astazanthin, but just about everything else you can think of and probably things that no one even knows about that help improve health. Duncan will tell you about the anti-cancer qualities of Selenium and with good reason... don't leave it out my friend.

Basically, you have to feed your body (and liver) the highest and best food on the planet... take no chances. Then, you have to be sure to maintain your digestive ecology using things like the Prebiotic Inulin that Duncan has always spoken of and eat real cultured food like Natto to keep things working well.

Regards, Huuman

>Hi Jim:
Oh BTW, I have no problems with the taste. I took MMS the old way for a long time. If I can drink that, then I can drink anything. I only taste sulfur slight metallic taste...not so bad while swishing. Tastes a bit nastier when swallowing which surprised me since your taste buds are in your tongue. With TMJ the swishing motion causes pain is all. I had tried oil pulling with coconut oil but again the swishing did me in but that was for 15 minutes at a time.

I have tried and done many things also on this journey. I use a chi machine and a infrared sauna though not as often as I should. We moved out on my sister's 40 acres 3 years back and the work related to growing our own meats(rabbit, turkey, chicken, quail and am started to grow fish in an aquaponics system)eggs and veggies along with wild foraging (we have 1000s of blueberry and service berry trees and blackberries grow everywhere when we get rain has also taken its toll on my body. I gather cactus, spiderwort, toothed savory, acorns for acorn meal, Hawthorne (make my own Hawthorne tinctures), beautyberrys for jelly. We eat everything from scratch. We have just gotten 25lbs of quinoa seeds to replace rice and potatoes except for sweet potato. We do eat wheat products since Ed simply can not go without bread and his sweets but I do make my products from freshly ground einkorn wheat. But at least it is made with whole grains and the ice cream is from raw milk. I could get by with coconut peppermint patties using stevia or "just like sugar". I use chia for omega 3 along with LSA (flax/sunflower/almond) meal that is shaken on meals for good fats. I generally only use coconut oil or olive oil.

Ed had prostate cancer and we went to almost all raw (hallelujah diet and drank carrot juice by the 25lb bags) foods and we just shed the weight and I did feel better but I had grains but they were soaked and sprouted.

We now live on a limited income so food does have to stretch so we are bad and eat grains. I have tried to convince Ed to at least go paleo but as of yet not much luck on that front though he did mention saving up to buy a gluten free bread machine system to at least get rid of the gliadin that was created in wheat starting in the 60s. We are growing Moringa trees in the shed to get a jump on spring planting since that is supposed to be a super food and because we do get cold in the panhandle of Florida we can only grow it as an annual here.

Well I have bored you enough with my saga but I thought I would add that I have back and hip issues with pain that radiates down to my feet but it does come and go. I was taught to do trigger release on myself and that seems to help the most it is just difficult when it is your entire body versus an arm or something. Oh I do also take Low dose Naltrexone that I make from 50mg tablets. I dose 3mg a night. I did not think it was doing much but when I stopped for a couple of weeks I got very depressed and lots of pain returned so I am back on it. It is very cheap when ordered from India like $60 for a year. And we do drink lots and lots of water kefir drinks but the kefir grains eat the sugar to produce the good probiotics.

One last thing. Can you do the msm will doing beck protocol since Ed is in the process of make the homemade machines.

Linda<

Hi Linda:
Good question. So do I have a mouth full of fillings. No doubt that's a very bad thing and MSM will, for sure, grab some of the mercury. At this point, we'd need a comprehensive study to know what the best action is... Swallow or spit it out. The results that I report are based on swallowing though. So I can't speak to the second.

As to your difficulty with taking it... My wife sounded like you till she realized that the results beat the health problems... by Miles. Then she got over even thinking about it and "loves MSM". She woofs it down like candy... With dedication and purpose.

You first have to overcome your deficiency. chances are that ½ cup/ day will get you there in a couple of months. I'll send you an upgraded addition to the book.

Fibro? No refined sugar & low Carb... No grains. Learn about Duncan Crowe's undenatured whey.

These are all dietary issues that you relate... But most things are.

Stay with it & keep your sense of humor. It's always a mind/ body solution. So don't discount this last part.

Take Care, Huuman

Hi Linda:

Missed answering this initially. Bob Beck addressed this on his videos to some degree. MSM is an all natural food. I believe that he would agree that there are no conflicts. Homemade machines seem to do lot of good judging from feedback over the years. My friend's camera flash does some nice tricks too.

You are certainly a well-entrenched alternative healer. Please let me know when you get rid of the back &hip issues. They should pass away quickly.

Try making Ed's Ice Cream per my recipe using the fruits only as sweeteners. & keep him off the bread as much s possible.

Regards, Huuman

> I scanned Duncan's page but saw no recommendations on dosages for Inulin. Does one just follow the instructions on the container?

-Alan<

**Trush/ Mouth Candida**

Hi Alan:

Inulin is kinda tricky for some people, but it can work miracle for most of us in terms of maxing out the digestive flora. I have not heard anything definitive on dosages; but please realize that it
occurs in most veggies, so it is natural and dosage should not be critical. I usually have taken a tsp./day (good or bad?). Problem with flora is that there is no way to know how you are doing till you get bad reports from your digestive system and it may even be too late to control the bad outcome... like a candida outgrowth. There is no pain ID like with joints and MSM.

And its not just gut flora that can be a problem. Beneficial Mouth Flora keep down the candida... found that out the hard way. You don't want that to happen. Thrush is devastating stuff once it gets a toe hold and it’s a bear to beat. It probably took me two weeks of shear pain to get past that one. Boric acid appears to be the right solution for that one, but I did not know about it then. Inulin may help there too, but I have no knowledge of oral use other than just swallowing some lose. It does taste good, however, and it is a mild sweetener.

The problem for some is that inulin can cause a growth in bacteria that cause gas... yuk. No first-hand experience with that one though... guess I didn't need that.

So if you want to know much more, you are either on your own or you have to address it with Duncan... he is the guru and this, whey and slew of supplements that he sells. He both a fountain of knowledge and accessible, so shoot him an email or just call him.

Regards, Huuman

>Can I ask the group, if anyone has found a way to take MSM and mask the taste, trying to get the wife to take it is a no-no so far.

Come on folks Any ideas? Help me with this.

Peter<

**Getting the Most from MSM**

Hi Peter:

You can ask, but the question is, what do you want.. Maximum benefits or good taste? If you follow the protocol and swish it around in your mouth, the taste buds lose sensitivity due to the methyl component. The longer you hold it, the more benefit you get.

One person asked if she could eventually just spit it out. That is a good question and the answer is maybe... we just don't know. Basically all that you do know is what has worked for me and the people who have followed what I an now calling the HL MSM protocol in my book.

Many have tried putting MSM in juices for years with far worse results than I have gotten and heard from others using this protocol, but its your body. If you come up with something that is life changing, let me know, I am all ears.

I have been working on this for fifteen years and I know that, properly followed, it really will fix your joints up in a couple of months, no problem. And to beat that, you are likely to have no heart or vascular problems or contract cancer... plus, it has healed MS, I am told. The bad taste is a small price to pay IMHO for such outstanding results... plus just about everyone gets past this eventually.
Add a Low Carb Diet (LCD) and Undenatured Whey (UWP) and you have what I am calling the AHP or Anti-Aging & Health program... and from what I am getting, this will change your entire life to the better.

Regards, Huuman

The Boric Acid Conspiracy by Walter Last
Hi Alan:

You may want to read http://www.health-science-spirit.com/borax.htm

I used it as a supplement for a month or two, but went to Swanson's Triple Boron because the wife would not touch it. From what I found, I could do a teaspoon of it without repercussions but that is as far as I went with it. So here is what I'd do. Put a teaspoon of it in your mouth and swish it around for several minutes, then spit it out. I'd do it as often as I could find time to do it. The stuff is well known as a cure for vaginal thrush, so it should be totally benign orally.

I ended up "getting" it with a reduced laundry bleach solution, but I was desperate. It was killing me. It hurt like hell, but it cleared it out pronto.

Regards, Huuman

> Hi Jim. Thanks for the response. I'll start slow with inulin and hopefully avoid the gas.

I'm curious about your comments with thrush and boric acid. I believe I have thrush/candida and it has been a bit bad lately (eating too many holiday treats, perhaps?). How do you use the boric acid?

AHP Theory Explained Concisely
> Stephan wrote (snipped):

But while MMS may help in arthritis, it does not represent a cure, since arthritis most probable stems from gum disease or "cavitation" (old tooth extraction cites) or root canals, essentially bad dentistry. The arthritis would surely come back when using MMS were stopped.<

(note: this discussion topic was MMS not MSM... see warning below)

Hi Stephan:

Arthritis can be easily cured with the HL MSM (High Level methlysulfonylmethane) Protocol (that has already been proven first-hand), so your assumption has to be a simplification of a very complex process. However, I agree that arthritis certainly could begin as you suggest... or with just about any kind of infection. But a gum infection is often chronic and low level, so would present a huge problem in my estimation. Also, I had juvenile arthritis and it would not be explained by your theory, but it could be explained by the following:
Here is my simple take (my mind does not do complex) as result of my research on liver function:
The liver must not be over stressed or it fails in certain areas in its job of basically running the
body (as the most complex of all chemical plants on earth). When you eat too much protein, 
fat, carbohydrates, etc. or have given th liver any job that stresses it such as a long term infection
(of the gums, using your example), it goes into "life saving mode" (think of the guys sealed off in a
submarine when it is struck by a charge and compartments are closed). In this mode, certain
of its functions are bypassed. In the case of arthritis or joints, it simply contributes less to their
health and we get pain and joint failure. For this reason, I see joint pain as a very good marker for
liver stress.

Liver pain, itself, would be another warning of liver stress. It is interesting that we would be
alarmed and go to the hospital with chest pains, but not when we get liver pains it is passed off as
not being significant. This is because the liver dies slowly and the heart stops
suddenly, but both can be terminal.

My conclusion is that when provided with an adequate supply of sulfur the liver is relieved of
stress, therefore, arthritis cannot occur. My take is that this is the balancing game that people NOT
on HL MSM play and most lose.

The same is true for the protein, fat, carbohydrate part of the liver balance. If you go for higher
protein levels in your diet, you must reduce some other part in order to eliminate excess liver
stress. Actually, of these three, protein produces net lower stress, because the body can change
it to glycine which neutralizes toxins and relieves liver stress (a fortunate circle). In any event, if
you are going to be using lots of undenatured whey in order to increase your HGH and slow down
the aging process, you must reduce either your Carb or fat intake. In our case, we chose to reduce
carbs, so it all works just fine... The AHP (Anti-Aging & Health Program) is thus a successful
interactive program.

Basically, my conclusion is that virtually every disease (heart and cardiovascular disease
included), is related to liver imbalance and liver stress. This is why I am confident that the AHP,
as introduced here, will significantly increase life spans and overall wellness and health will
reach levels never previously possible in the history of humans.

So how could MMS (please do not confuse MMS with MSM people, they are very different
things) help relieve arthritis? I have no first-hand proof that it does, but it makes some sense that it
would if it reduces it reduces infection and allows the liver the freedom to do its full job.

Regards, Huuman

1/12/13 This supplement should be particularly interesting to those with any heath issues
related to the immune system or diabetes. You could spend days reading Duncan’s thorough
response (Which is part of the reason that most of us love this guy):

>Beta-1,3/1,6-glucan

Has anyone heard of this? some pretty strong claims are being made mike<

Just one of a group of beneficial sulfated polysaccharides to discuss.
A brief orientation of several polysaccharides appears on this product page:
http://www.skinactives.com/Glycan-7-Booster.html

I see polysaccharide therapy as an oral one myself but there is some evidence of cutaneous absorption.

Short chain sugars as well as sulfated polysaccharides and fucoidans are incorporated into my "glyconutrient pudding".

Certainly a pinch of other polysaccharides could improve the batch. More on fucoidans:
http://members.shaw.ca/duncancrow/fucoidans-references.html

Solid references for each major category of polysaccharide exist. Beta-1,3/1,6-glucan is insoluble and occurs in baker's and brewer's yeast, which is part of many probiotic formulas for bowel health.

The effects of beta-glucan on human immune and cancer cells:

"In animal studies, after oral administration, the specific backbone 1-->3 linear beta-glycosidic chain of beta-glucans cannot be digested. Most beta-glucans enter the proximal small intestine and some are captured by the macrophages. They are internalized and fragmented within the cells, then transported by the macrophages to the marrow and endothelial reticular system. The small beta-glucans fragments are eventually released by the macrophages and taken up by other immune cells leading to various immune responses. However, beta-glucans of different sizes and branching patterns may have significantly variable immune potency. Careful selection of appropriate beta-glucans is essential if we wish to investigate the effects of beta-glucans clinically."

Resource on beta 1,3 glucans:
http://www.ultraearth.com/products/79-extant-research-on-beta-1-3-glucans.html>

all good,
Duncan

**Cholesterol is the Wrong Focus... But it has Merit**
(a recent change in my own opinion following my research on this book)

01/17/13 >joeh wrote:
> Are there any new studies on the relationship of consuming coconut oil and cholesterol level?

>>Tanstaafl wrote
>>Hi Joe,
>>The best thing you could do for yourself with respect to cholesterol is - just forget about/ignore it... Just focus on eating as healthy as you can (based on your own research, not what the mainstream medical community dictates)... Also - one of the reasons you don't see much explicit
coconut related posts now is because pretty much everything has been hashed and rehashed over the years to the point there is nothing new to be added...
Check/search the archives and you'll find answers to all of your question<<

>>> 1/18/13 "Jim" huuman60
THE BIG DEAL
Hi Joe:

I agree w/ Tans on this..>but< this HDL/LDL Ratio is apparently useful as a measure of Liver Stress. And maintaining low liver stress determines just about anything else that occurs in your entire body. The Liver not only manufactures cholesterol. It influences this HDL/LDL ratio by at least 75% according to several sources that I read. So a healthy diet is really about maintaining a very well nourished, lean liver that is on the top of its game. There are other markers for liver stress: Common ones are: arthritis pain, joint pain, gall stone pain, kidney stone pain, diabetes problems... the list goes on. Some of the less common ones are Cancer, Heart Attack, MS. You know... it’s the stuff that takes that out the entire organism and the very thing that the liver is working so hard to save.

The liver is a baseball player running around the field with a four-foot glove trying to make the plays that others can't... because we commonly hit it with really SAD stuff. You know, lots of carbs, nasty transfats & refined corn sugars that deregulate it and make its game ten times harder. Once caught, it chases the stuff down with a six pack of Coars Light... Does this make sense to you? So if this organism is lucky, it struggles to keep it going till it is, maybe, sixty (at the 7th inning stretch. Then it hangs on by its teeth till eighty (game lost). That means twenty years of unnecessary chronic pain passed on to you, the manager, till its heart gets its marching orders and explodes. What’a game.

Since the liver is so self-protective, it is slow to show the results of stress, but when it is stressed, other organs begin to fail... or maybe, if you are lucky, it just passes them on in the form of skin cancer... as it attempts to throw off a toxic overload that is beyond its capacity to clean... and saves the organism from being rained out. Remember, this organism really wants to finish the game with a win, despite what is thrown at it!

On the plus side, the liver is in one way made very much like a biological, modern automatic transmission. That is, it has many fail safe modes. However, once all of those modes are broken due to stress, it can't even do its job with blood cleansing. Then, a major organ like the heart becomes the loser. As you know, dumping crud in the circulatory system can result in a rather sudden event... One that we are reminded every day about by the media. What they don't tell us about is the real "why"... and that is... Liver Stress. The Liver really is the manager of the organism, THE BIG DEAL. We may own the player, the organism, but we generally are handing down losing decisions. In fact, most attention, currently, is not even on the game. It is on the bat boy, the heart. This amounts to blaming a loss on him... More on him below.

I have always kinda known that the liver was THE BIG DEAL... but it really hit me as I researched some of what Duncan has been telling us for years about oxidative stress, etc. for my book. When it did, I was blown over by the truth in it. The reasons are the result of some of the
most complex chains of events in science. I read and understood them for maybe an hour... just long enough to visualize the relationships and get this concept. But architects, are generalists, we always start with diagrams and this was about following diagrams. The details behind the diagrams will blow you away, but the solutions are simple enough for third graders to understand.

Finally, we are not going to hear about this anytime soon, just because mainstream medicine has far too much money invested in what it sees as the basis of our problem... the heart (in my scheme, the bat boy). If it reversed itself, the first to lose would be big pharma and statin drugs... Whoa baby!!! A Trillion dollar drug type would suddenly bite the dust. Coars, Miller, General Mills, and nearly every other multimillion dollar food company would go bust. What a fire show! That amounts to both Leagues!

No, this is going to be a slow, painful transition that is coming. Yes, it will be a game changer. If you are listening and thirty, you will get to see this occur. Even if you are eighty, and subscribe to our Anti-Aging & Health Program, this could be just a mid-game show for you. That four foot glove will come off... when we discover that the liver can actually field barehanded! Imagine that! Everything just gets easier when stress is relieved.

So backing up, as Tans suggests, HDL/ LDL is a very poor marker for heart health. Relative to the heart, it is discussing the ratio of bats broken after the game is lost. Also, the real significance of this ratio is obviously not at all understood by the two mainstream cardiologists that I know, personally. What is more, these two are probably indicative of the level of understanding of most cardiologists in the field. They orchestrate a losing game and very carefully organizing bats so that we can strike out.

Ain't This Fun,
Huuman<<<

**mitochondrial failure**

1/17/13 Posted by: "Jason" eytonsearth3

Hi Duncan:

I absolutely agree with your HGH and whey approach. Glutathione is extremely important. I did a serious of Glutathione IV & PC IV treatments as a quick fix while starting drinking morning smoothies with undenatured whey protein years ago.

One of the primary problems with mitochondrial failure, as a syndrome, is breakdown in the reconversion process.

ATP (3 phosphates) is converted to ADP (2 phosphates) with the release of energy for work. ADP passes into the mitochondria where ATP is remanded by oxidative phosphorylation (ie a phosphate group is stuck on). ATP recycles approximately every 10 seconds in a normal person - if this goes slow, then the cell goes slow and so the person goes slow and clinically has poor stamina ie CFS." (Snip)

**Dr. Stanislaw Burzynski’s Cancer Treatment**

Personalized targeted gene therapy 1/19/13
Much is being made of the since Dr. Burzynski has just won his court case and it has put him in the news. Today, Mercola posted an article on it, plus two related videos on his site. articles.mercola.com/sites/articles/archive/2013/01/19/cancer-doctor-burzynski.aspx?e_cid=20130119_DNL_art_1&utm_source=dnl&utm_medium=email&utm_campaign=20130119

So what does all of this really mean to the alternative world? My answer is, probably nothing.

First off, his treatment involves a targeted gene therapy (and targeted always means drugs). These therapies include what he calls Antineoplastons which turn out to be what further boils down to altered amino acids. Some of these are in the form of altered peptides and some are altered amino acids.

First, the practitioner gets a blood sample and from that they gather a molecular profile and check out the genetic sequence. From this sequence, they determine which chemotherapy drugs to prescribe. The selected chemotherapy drugs sometimes have no relationship to the cancer type. Doing this confuses patent issues and thus we have court fights.

This war has little or nothing to do with wellness: While his treatment may initially shrink cancer tumors just as chemo always has, it also, as it always has, generally come back with a vengeance... the reason for the cancer has not gone away. Truth is, it will nearly always come back... And probably with a vengeance, because these patients are not educated about the cause. Everyone including the doctors are dead focused on effect. The patients seem better, so they quickly go back to their favorite FDA approved habits: they are still drinking six packs of Coors, eating a daily Snickers Bar to give them an energy spike, and eating plenty of fries fried in transfats. This war is about making money and lots of it by treating sick people and keeping them sick.

Duncan often speaks of a non-ribosomal peptide... Glutathione in the Yahoo Groups. His path is clear: Create a more open and available source of Glutathione. This is non-targeted and thus is an organic path to heading off the incidence of cancer initially... plus, just about every other disease known to man. Simplified, HL MSM and Undenatured Whey are both food source of organic sulfur and both help to avoid cancer. The bottom line here is that, “It’s the Liver Stupid” as I rediscovered when researching my book. The Anti-Aging & Heath Program is a natural, direct, and permanent way to get to overall wellness. Conversely, once your liver is compromised to the point that you actually know that you have cancer, your treatment is going to have to be very intense compared to all others, as Dr. Max Gerson showed us fifty years ago. He cured many cases with just diet alone. Yes, cured. It can be done.

Cancer and heart disease are serious issues. I need not say that, except that this means a lot more than most people think. It means that your liver has actually determined that it must compromise a major organ by redistributing toxic garbage to a generally sealed site somewhere in your body. It is sending what we see as a devastating disease, Cancer, somewhere else, in order for it to continue to function, at least at some level... so Cancer is really not even a disease. It is a life saving intervention, a reaction to liver toxins. In the case of heart disease, it is giving up on a critical organ just to give you a few more years here. This is just another example of how wise your body is compared to how stupid the human mind can be.

So it boils down to this: This is just another battle in the drug war. Although the war on Cancer will be getting in our pockets, medically speaking... and probably for many years to come. You do
not have to participate. No one will give you all that you must finally tailor the AHP to your own body. This is finally a spiritual adventure that you must undertake.

Regards, Huuman

For a good description of the causes of Cancer, read:
http://www.cancertutor.com/Articles/What_Causes_Cancer.html

The below dialogue started with Gary reading my pea story, as one might guess, which led to his buying MSM in Canada. Its in reverse order (as posted)(The last two were emails)
1/18/13 Hi Huuman:
I did find some at a pet food store one that sells stuff for horses and home critters as well. They have for people as well but mixed with other ingredients and in gel caplets. I opted for the horse powder. It doesn't have the best taste in the world but it isn't as bad as some people say on the net.
I put in my mouth followed by a mouth full of water swish it around till water and MSM warms up then swallow followed by more water to get rid of the taste and done.
Is there a set way of taking the MSM as before meals or after meals, time of day sort of thing?

Gary D.
I don't, but they have horses in Canada... go to a feed store and buy a bucket there. Especially feed stores have a rapid turnaround. That is the most important thing. If they sell it loose, just shovel some into a paper bag. Then find a big glass mason jar to keep it in where it can't pick up outside influences. It is really good at that.

I know that Duncan buys it for his wife, but do not know where.

Let me know what you discover. If you find something good, post it in the rooms for Canadians too.

>1/18/13 Hi Jim
> I have been trying to buy MSM I having a problem finding a Canadian supplier as US companies will not send it across the border into Canada. So far I am hooped. Health food stores have a type of knock off product in gel caps not the same from what I have read. If you know of any that will send to Canada it would be great.
>
> Gary D.
> Its in the Group Correspondence Gary, but, quickly, brand is not important. Search Amazon MSM for Horses.>

>1/10/13 Gary D wrote:
> Hello Jim
> Thank you for your reply.
> Do you mind if I ask you what brand name you use for your MSM?
> I will look around for a dealer here in Edmonton see what I can find.
>
> Gary D.
>1/ 9/ 3 No it is not... I'll explain it all.
> I hope to visit him someday.
1/9/13 1:26 PM, Gary D wrote:
>>> Hi Jim
>>> Thank you for the link to Duncan's site. I live in Edmonton Alberta I was thinking I would go out to see Duncan in BC I googled the trip found out it would be a 1700 km trip ouch. I think emails might be easier for now.
>>> Say what is MSM is it a type of salt? What does MSM stand for?
>>> Thank you for your help
>>> Gary D

Drugs V Natural Interventions
12/29/12 Hi Gary:

>>> That was pea, not pee. I guess you have figured that out by now. Frequent urination is just another sign of aging. Aging is not linear. This and every other health condition will go away slowly if you get your diet right.
>>> Read Duncan's site and follow his advice... this too will reverse.
>>> Join the Yahoo Coconut Oil Forum and ask him questions. Duncan is a wizard when it comes to anti-aging. He has been a good on-line friend for about twenty years.
>>> We both read a lot and help each other stay well.
>>> The undenatured whey protein diet and MSM, together, will do a lot for almost every health condition, but neither is a targeted cure. Except that almost all joint problems stem from a deficiency in organic sulfur.
>>> Undenatured whey protein has some and MSM is basically all organic sulfur. These are foods, not drugs. Drugs always have repercussions... always keep that in mind. Drugs may make things better for awhile, but they almost never cure anything.
>>> Wellness is an attitude.
>>> Jim

bone density loss
> Jan 24, 2013
This is so amazing! Ozonated oil helped to heal open wounds in the mouth of BRONJ patients within 10 days!
From: Dr. Frank Shallenberger [mailto:FShallenbergerMD@Letters.RealCuresLetter.com]
Sent: Thursday, January 24, 2013 8:02 AM
To: sfuelling@sbcglobal.net
Subject: These drugs destroy your bones... but this simple treatment stops the damage
http://securepubs.com/graphics/RCAlert_Masthead3.jpg>
Volume 6, Issue 4 | January 24, 2013<

These drugs destroy your bones... but this simple treatment stops the damage This is a story about a terrible problem. One that is becoming increasingly common. And one that we can cure with a natural, easy, safe, and inexpensive solution. The problem is called bisphosphonate-related osteonecrosis of the jaw (BRONJ).<

Bone Loss (Rewritten & re-posted 5/1/13)
Hi Group:
Bone loss comes in many forms. Herein, I mention a couple, but they are all associated with the classic SADiet which the FDA seldom implicates, since they endorse their food pyramid and collect their money from the mass marketed, packaged garbage that they class as food.

The fact is that Vitamin D3 alone could turn the bone loss problem around according to the Vitamin D Council’s recent report. Vitamin K2 is also helpful and the reasons are listed in my book. However, the main treatment, if you do the research, should boil down to organic sulfur (High Level MSM), the Low Carb Diet, and Undenatured Whey... These deliver in spades. I also, today, always recommend your reading, “Deep Nutrition” by Dr. Catherine Shanahan for a thorough discussion of the Low Carb Diet. If you incorporate these elements in your diet, the following discussion will be an unnecessary read, but let's continue anyway:

Ozonated oil may be a great treatment for bisphosphonate-related osteonecrosis of the jaw or BRONJ, also known simply as osteonecrosis of the jaw or ONJ. It is interesting that the FDA (on their web site) suggested that Vitamin D should be taken with any Drug treatment (along with calcium unfortunately). But at least they got it half right... and, to be fair, they may be improving, but it is too soon to say for certain.

According to the following article on the web address noted, you should focus on the two main issues to reverse bone density loss:  http://www.boost-bone-density.com/2StageProtocol.html

The following two paragraphs are snipped from the above article (with my comments):

1. Improve overall absorption of nutrients into your cells. As we age our cells become toxic and we do not uptake nutrients efficiently. This, of course, is a description of a hotbed for cancer. Any sound recommendations for increasing bone density will also help prevent cancer because they will detoxify your cells and increase nutrient uptake into them. (IMHO, it all comes down to what Duncan has been telling us for years... and the bottom line is that the Liver is where it all happens. The master anti-oxioxidant, glutathione, is a key link in this chain of events.)

2. Turn on the repair process in your body. You can start by giving your body the nutrients it needs, yet little happens because an aging body does not have enough growth hormone and other factors to repair itself. (My comment: While these are not really aging problems, per se, they are conditions that we commonly attribute to aging.) In this condition, the healing process does not turn itself on easily and does not work as rapidly as before. That is, we have neglected to pay attention to the factors that lead to a healthy liver, adequate minerals. and a healthy supply of glutathione.

They go on to recommend Magnesium and Calcium. I agree, but I recommend dietary sources for calcium (only). Even though a recent study suggests that supplementary calcium does not cause heart disease “in itself” calcium supplements definitely cause muscle contractions (read cramps). That one I have proven first-hand... So what is a heart attack but a massive cramp? Actually, the mainstream (FDA, MD’s, & Food Companies) loves calcium and you get plenty of dietary supplementation just from packaged food products, so this is just another reason to avoid it if you use packaged products. My advice is: Always get your calcium from fresh greens.

Magnesium may be a laxative, in quantity, but the key to taking it is to supplement it to the maximum, then complement that supplementation with liquid transdermal magnesium salts. If
dietary sources of calcium don’t reverse osteoporosis, the above article suggests that you may have one of the following additional problems:

- Excess calcium intake combined with too little magnesium (common for most people).
- Sex Hormones being low or out of balance (common for women beyond menopause).
- Low, poorly functioning thyroid (common).
- Candida Overgrowth (common).

However, the Anti-Aging & Health Program, especially Undenatured Whey and MSM along with the Low Carb Diet will not only reverse osteoporosis, they will reverse many other problems. So there is an easy long-term solution that requires no special treatment like Ozonated oil (which I am not discrediting) and will not lead to complications.

Now, on to the drugs: Have you listened to the commercials for Boniva, for instance, and heard the warnings? Does anyone believe them? Are you aware of the problems of all drugs designed to alleviate the problems associated with osteoporosis: Actonel, Fosamax, Zometa, Boniva, or Aredia (oral bisphosphonates)? Most here know that drugs rarely, if ever, cure anything. The above drugs are no exception. In fact, in this case, they exacerbate the problem as described below.

Esophageal adverse experiences, such as esophagitis, are occasionally associated with bleeding and rarely followed by esophageal stricture or perforation. ONJ (mentioned above) is a condition in which the bones of the jaw disintegrate. Severe, and occasionally, incapacitating bone, joint, and/or muscle pain are also experienced.

To be fair, reportedly, 94% of the ONJ cases occur in cancer treated cases. But they do occur, often enough, with the above oral bisphosphonate drugs used in osteoporosis treatment. Since few doctor are trained in nutrition, they seldom are aware of the cause and cure of osteoporosis (unfortunately), so they will generally suggest taking these drugs. I suggest that if your doctor does, it is time to consider looking for one who understands the word “cure.” It is well know that bisphosphonates do not create natural bone and though it looks thick in X-Rays, the bone is “structurally unsound” (in the words of an architect).

Kind Regards, Huuman
Regards,
Huuman

MSM Success/ Predictions
1/24/13 Hi Gary:

Sorry to hear about the groin pull. They can be very painful. Thanks for posting this for the others in Canada who may have probs getting the MSM.

And you are only at 1 Tbspn/ day, so far!

Story: I have a close friend who weighs maybe 375 lbs, who just crossed the 2 mos mark. He is really pretty compact for such a big guy, but you can imagine the stresses on his knees and they had paid the price. He stopped by yesterday to tell me that he had NO pain after having been unable to
sleep well (because his knees were going) for almost eight years. I tell you this because: You ARE going to get there.

The slight headache tells you that you had some toxins that needed to be dealt with and your liver is coming along. Wish that I could have reached you before the knee replacements, but so be it. My thought is that this AHP with help preserve even the crap they stick in us, but that one has to be tested. Furthermore, I predict that your back will heal fully and your "urgency" will be a distant memory by summer's end. Not sure about the carpel tunnel ops, but they will improve and the spurs will go away (mine did, and quickly).

Kind Regards, Huuman

>Hi I am new to this group I have chatted with Duncan and Jim of late and thought I would try MSM. Just a little history from me to start. I am 55 about 85lbs overweight, had a broken back eight years ago 3, 4, an 5 vertebrae broken in a fall. Two knee replacements twelve years ago, two carpo-tunnel operations on both hands and heal spurs to boot. I was a welder for thirty years standing on concrete all took its tole. Recently in the last year I started with a urinary problem which of course can't go a full night without having to get up and go the bathroom. I gather the problem is a swollen prostate so I am going to try MSM to remedy this and maybe my joint pains as well.

I live in Edmonton Alberta I say this because it is not easy to get products from the US into Canada. Although I found a pet store that sells MSM fairly close to me so all is well.

My results after four days of taking the MSM. I have been taking 1TbI spoon twice daily first thing in the morning and about one hour before bed. I haven't changed my diet yet I will wait for another week before doing so. I have had a slight headache but not to bad. In the last couple of days I have noticed I can go longer between having to pee. Last night was a full five and half hours that I didn't have to get up. Also the urgency of having to go has become less than it has been. Back in the middle of December I slipped in my garage practically did the splits I pulled a groin muscle. My doc told me it would be months before it would heal. Up in till I started with the MSM it has been a real pain, literally. I feel I am up 50% of original which is far better than it was.

That is about it so far I will chime back in about two days and give an update.

Gary<

The most alkalizing substances on the Earth/ Using (bi)Carbonates,
1 14, 2013 Hi Stephen:

The salve looks very interesting; very expensive though!

Some things are counter-intuitive. For example, although MSM, as a sulphur, is acidic, it is a strong alkalizing agent in the body. It literally strips acids from soft tissues, so the pH of many people will first drop as the body cleanses.

Lemon is a fantastic alkalizing agent, acting as a blood purifier and liver cleansing agent as well.
High quality fatty acids are alkalizing even though they are acidic, because fatty acids are required to deliver nutrients intracellularly.

While some people have great ideas, such as using magnesium, or using potassium, magnesium is not well adsorbed in the intestinal tract, so in order to make a big difference using magnesium alone, one will get loose stools.

Magnesium Bicarbonate is the best form of magnesium to use; about 50% is bioavailable.

When using (bi)carbonates, they should be balanced. In other words, don't just use sodium bicarb, use sodium bicarb, potassium carbonate, and magnesium bicarb.

The most alkalizing substance on the Earth that I've found to date (natural and safe, that is), is nine times roasted bamboo salt, imported from Korea. It has a pH of 11 and an ORP of about negative 600, making it a fantastically balanced alkalizing salt with significant antioxidant properties. I purchase salts and minerals from all over the planet to study them.

Here's an article I wrote about balancing the body's minerals:

http://www.greenclays.com/earthcures/alkalizing-balancing-bodys-minerals/

It's a bit more on the advanced side of things, designed for those individuals who haven't been able to restore their metabolic state to homeostasis.

~Jason

Two Feathers Formula
1/14/2013
> Hi Jason,
>
> That is so interesting!! As I stated, I know too little about it, I only know you have to strengthen the body's buffer system but don't know how.
>
> Yes, I am eager to learn more about this important topic.
>
> By the way, the 'Two Feathers Healing Formula' has amazing alkalizing effects. It was a while ago, I tested my saliva first thing in the morning and it was slightly acidic (6 -6.5). Then I took one of the Two Feathers tablets, maybe it was for a stomach issue. The next morning I tested and the pH strip was dark green, very alkaline! First I didn't put the two together but then I realized that it must have come from the tablet.
>
> Regards, Stephan<

research your supplements
Jan 14, 2013
Hi Duncan:
Agreed. That's why we have to research the devil out of what we supplement. One thing that we do know that the food that we get in stores will just not get us there. It's about optimization though & thanks for your input on that.

Regards,
Huuman

> My thought is that many supplements are "too weak" to do anything. It's a common sale in fact.

> If you use Black Indian Shilajit or Mumio for alkaline minerals you'd be better off with the trace elements.

> all good,
> Duncan<

**magnesium**

Hi Jason:

As to Mg as a supplement:
I agree that magnesium is difficult to absorb. The reference that you give for Milk of Magnesia (MgCO\(_2\)) \rightarrow (MgCO\(_3\)) is interesting. I have never tried a clear liquid form, so I know that I have never tried this as a supplement, but I have tried about every chelated and organic form sold and they _all_ turn out to be laxatives as you suggest. However, according to wiki, as I expected, Magnesium Bicarbonate (MgCO\(_3\)) is also a strong laxative, so aside its 50% absorbency, how is it a solution in itself?

My point here is that it’s the Mg, alone, that sets the tolerance rate, not the CO\(_2\) or CO\(_3\). So once you arrive at that point, you need another solution, and all you are doing is altering the chemistry of the laxative and changing the amount you can take in.

My solution is transdermal once I get to my tolerance rate of the chelate (I am not a fan of chelates though, mind you).

I did like reading about the Mg\(_{CO\_3}\) adding to the lifespan of animals... but question if it would do the same for people who achieve higher amounts of magnesium already (as I do). My reading led me to believe that you absolutely need all of the magnesium that you can get comfortably, while avoiding the laxative effect that we know is counterproductive.

I agree also that, "Lemon is a fantastic alkalizing agent, acting as a blood purifier and liver cleansing agent as well". Add the peel + lemon to Undenatured Whey Smoothies from an organically sourced lemon.. and even better. I grow lemon trees in my house for this... as house plants (mine died and I am starting a new one). Tree ripened lemons taste as good as oranges to eat and are very refreshing... same with limes I would guess but I have never tried raising them.

Kind Regards, Huuman
> While some people have great ideas, such as using magnesium, or using potassium, magnesium is not well adsorbed in the intestinal tract, so in order to make a big difference using magnesium alone, one will get loose stools. Jason

**Lemons**

Hi Jim!

Yes, lemons themselves are acidic; when they hit the stomach acid, all of the alkaline minerals are released... How you actually tell whether a substance is alkalizing or acidifying is by measuring the ash after its completely burned.

Here's an interesting basic article that explains lemons: 
http://phbalance.wikispaces.com/Lemons+Alkaline%3F

I know a few severe alcoholics with bad liver damage that repaired their livers with lemon water alone; some had to drink the juice of five or six lemons a day.

As a balneologist and balneotherapist, I study a whole bunch of different kinds of water. Acid water is known as proton donating water... IF the right acids are used, the net biological effect is alkalizing, providing that the body has an adequate reserve of alkaline minerals on-hand.

One of my favorite waters to experiment with is water that Jim Carr calls Hydronium water. By using a very strong calcium sulphate acid diluted into water, hydrogen atoms are actually displaced, functionally creating H3O3+ in the water... so, in this case, a hydrogen donor.

http://www.altcancer.net/h3ointro.htm ...a very interesting water additive!

Most ill people that I have experience with need a lot of work restoring minerals in the body, and in order to do that, the body's biochemistry has to first be normalized. Massive infections, cancers, toxicity, they all lead to an abundance of acidic waste build up in the body.

That's one reason I love MSM so much; MSM strips all of those acids out, and it can do it so quickly that a toxic person can feel like their about to die if they start off with too high of a dose.

So I have interested individuals monitor their pH levels through saliva testing while starting MSM, and have them cut back if their saliva pH drops to around 6.0... otherwise, a lot of these types of people would freak out and stop taking it.

I myself rotate the use of my MSM; I take about ½ cup daily for one to three months, then stop taking it for awhile.

I live in a city, and city water is contaminated with a lot of stuff that they don't test for, such as xenoestrogens, which can have a negative biological impact in the parts per BILLION. We buy our drinking water; 7 stage RO filtration, ozonated; then I add back in the minerals I want, so I know exactly what's in the water. I use a Hanna PWT Meter, and a Hanna Multimeter to test the PPM and the pH before adding in the minerals.
Acids aren't bad; my reference is always dealing with individuals who have an abundance of acidic waste built up in-body.

~Jason

**Lemons**  
1/16/2013 Jim wrote:  
> Hi Jason:  
> > Lemons are much more acidic than 5.5 by assumption and I'm told that they have a net alkaline effect. I am not sure why... makes no sense to me, but that would tell you that your readings may be all wet (pun intended). I'll have several electronic pH meters here and maybe one works. I'll have to check this out. My other thought is that MSM in water needs to be slightly acidic just to make it work.  
> > By the way, where'd you get the alkaline water... is that your tap water? I am told that slightly acidic water is more healthy, but it should soap up well. Ours here is almost dead neutral.  
> Cheers, Huuman

**Dr. Terry Wahl's**  
1/17/13  
(Jason on the Dr. Terry Wahl’s protocol & why it may not work, esp for CFS sufferers)  
Hi Gail:  

I have a real problem with someone recommending a high fruit/berry diet for CFS sufferers. You may be able to get a temporary fix with this, but an eventual crash is likely.

I like his idea of trying to flood the body with antioxidants. After years of research, I've personally concluded that fat is a better source of energy than sugar. Pushing fast burning sugars can be catastrophic for a small but significant portion of the population.

I tried this method of recovery early on. It vastly encourages latent infections to thrive. When I started to get worse, I kicked myself, because I should know better. For some it might work well; I went in and had my metabolism tested, and found out that part of my impairment was an vastly reduced ability to burn fructose, in any form. By eating a lot of fruit, it "appears" that digestive health improves and that energy conversion improves, but this is often just a nice illusion...

It is not sustainable for a large portion of people, just like running the body on caffeine can be done...but only for so long before the adrenals start to fail!

Please don't misunderstand: I'm not anti-fruit. Even people with intolerance can eat moderate amount of fruits - I use blueberries, black berries, and sometimes strawberries in my morning smoothie... but in extreme moderation.

The cure comes when whatever caused the mitochondria failure is gone, and the little mitos are recharged and repopulated. A lot of these methods out there are ways to steal from Peter to pay Paul; and it may work for some. After all, if you detox the body enough and heal the immune system, recovery is natural.
I absolutely agree that proper zapping/pulsing, blood electrification is a great idea.

I wish I had purchased a stand alone pulser; mine attaches to an EMEM3 device I have, is a little bulky and inconvenient to use, so I haven't used it much!

Oh, I almost forgot: I took Wahls' idea of antioxidants, and supplemented by using LOW glycemic extracts. It's more expensive to use extracts, but it's the only way that I personally could make it all work.

~Jason

Hi Duncan & All,

> Have you or others followed Dr. Terry Wahls' protocol. According to her, mitochondria recovery is in the fruits (berries)& vegetables, lots of them as in 9 cups daily, along with cutting out dairy & wheat and eating grass fed meat and other quality protein. Following this diet, she has recovered from MS and helped others with various illnesses. Inherently, she said when one cheats, symptoms start to return and it will take 2-3 weeks to clear them when returning to the diet.

> Gail

**Liposomal Vitamin C**

1/22/13

Hi Jim:

Yes, I really like liposomals; they really are more effective than other forms... the downside is the price. I've used liposomal glutathione as well; it's not as good as using whey, but even if using whey, taking glutathione for a period of time can be a good addition to a detox protocol. It's also a good way to test liver and blood health; taking liposomal glutathione will pack quite a punch if cleansing is needed!

Liposomal vitamin C is excellent, especially for people who may have a low tolerance for buffered C, ascorbic acid, etc. There are no digestive/bowel problems using it.

I think individuals should be getting at least three grams of vitamin C daily, and individuals dealing with illness, more. However, there is a fun way to test how much Vitamin C the body needs.

It's not a perfect method, and you really need a day off where you don't have to be anywhere; it's called the Vitamin C flush. Rather than type out the instructions, I'll just post a link: [http://www.livestrong.com/article/498842-how-to-do-a-vitamin-c-flush/](http://www.livestrong.com/article/498842-how-to-do-a-vitamin-c-flush/)

By following the instructions (it's important to use BUFFERED vitamin C for the flush), one can determine, roughly, how much Vitamin C the body needs; ie how depleted the body is or is not. If using liposomal as the supplement, one can probably supplement at about 1/4 the amount that the flush indicates with buffered Vit C.

Regarding the flow chart idea... I started developing detox protocols, bowel cleansing protocols and digestive healing protocols in my mid-twenties. Using edible therapeutic grade clays is a specialty, and I enjoyed helping others with these type of things. About 85% of the time, the limited methods I
used worked perfectly. But in my mind, they shouldn't have been effective 85% of the time, they should have been effective 95%+ of the time. So I simply said 'fare thee well" to the individuals who now had the tools they needed, and when opportunity presented itself (other brave souls), started an in depth study of the failed cases.

**We learn far more from failure than success.**

Eventually, what I noticed is that nearly 100% of the time, the failures had something in common: Acidic waste build up in the soft tissues.

So, I began developing steps... In other words, do protocol A for three weeks, retest, and then if success, continue on, if failure, return, and add protocol B... if failure, return, and add protocol C.

Each step in the process, ideally, is designed to eliminate or rule out a particular problem.

The idea being to set a clear goal that is measurably achieved, allowing room for individuals to be just that: individual.

Eventually, the end goal is to have this sort of system present for every main physiological system in the body... i.e. a program for digestive health first... including assimilation (eating habits) and elimination (detox)... a program for immune system strength (and pathogen elimination), cardiovascular health, muscular health, hormonal health, and neurological health.

Since everyone is an individual, I believe that health has to be sculpted for an individual... I've never found a one size fits all approach. Finding the right starting point, and given the right education, amazing things can be achieved.

Of course, I'm nowhere near qualified to deal with every system of the body... nobody is. The endocrine system is particularly puzzling, and while I understand more about neurological health than most, I often must consult with others. ...at some point, an individual reaches the point of halting degeneration, and begins the process of regeneration.

People can do this for themselves, at whatever level and pace they choose to.... hopefully before chronic and degenerative disease reaches the life threatening state.

I'm probably a good ten years away from publishing my next book, and I need to completely restore my own health before seriously considering doing anything on a formal level.

You're lucky to be able to grow your own plants/trees! Getting the mitos to a happy place has been confounding.

For example, I can do 100 squats/day with a 20+lb weight add-on, about thirty pull-ups with leg lifts (pulling the body up, lifting the knees the chest, then extending the legs straight out), I do about 100 back extensions daily, and 2 minute planks, with weight training about once weekly (functional weight lifting, not bulk building). Believe me, with individuals with CFS, this is not a pleasant experience; in fact, it is quite painful.
And still, I'm limited in what I can physically accomplish, such as standing still, sitting in a vehicle, etc... Sustained energy production and reconversion is not anywhere near optimal.

~Jason

1/22/2013

> Hi Jason (& Group):

> With regard to the flow chart approach (maybe we can pull some others into this):
> It is about how you approach the flow chart solution and how you make the mitochondria happy.
> Mainstream solutions might attempt to solve it by attacking each branch of the chart with a different drug. You might give some examples of what you mean to the forum, from an actual chart, so that we can see what it works. It sounds very comprehensive. I am thinking that you could end up creating a whole new field within the wellness community by getting this out.

> Next, what do you know about liposomal Vitamin C? Do you use it?

> I am just now researching it after reading Mercola's stuff. Till now I have relied on getting adequate C from citrus and especially organic lemons (as you suggested about a week ago) which are great. I actually eat the entire fruit, using the peel in my smoothy. The peel will really jack you up like morimba leaf does, but they are hard to come by. I am starting a new tree from seeds, so it will be awhile, LOL.

> Regards, Huuman

> Hi Jason:

> I am about as sure as I can be about this one, my new friend. This stuff is not for the weak at heart (figuratively). You are doing everything that I know about at least on the physical level... there is more, of course, but that is another story.

> Cheers, Huuman

> Hi Jim:

> Wow, thanks for the vote of confidence. :) Failure is simply not an option; for the mind that works with raw creativity, everything in the universe is connected, and everything has a valid meaning and purpose. The hardest part is weeding through the often well-intentioned but often misleading information. How one thinks is paramount to what one sees.

> With all "mystery" syndromes, chronic illness, and disorders, where one puts one's mind is critical.

> What I'm developing is a flow chart like system with key things that must be accomplished, then simply finding ways to accomplish them, and of course, one always, always questions everything.

> The hardest part is getting the mitos back to a happy place. Perpetual tissue damage occurs whenever ATP energy re-conversion can't keep up with the demand (rapid aging).

>
MSM Taste is Worth the Effects
Tue Feb 5, 2013:

Hi Craig:

You are not giving an accurate description of MSM taste... First off, it is neither bitter, sour, nor sweet. It is the strong astringent (not even a basic taste) of the methyl groups that you dislike. As I have related to everyone here many times, those methyl groups are, basically, temporary taste bud killers. The best way to take it is to just scoop it in your mouth, follow it with water, and swish it around till it numbs your taste.

The idea is that you WANT that methyl component into your system pronto.... and this will make it happen. If my wife can do this, anyone can... she is a food connoisseur (nut if you will) from the word go.

If you do it your way... or mix it with water or juice in a container, you are losing one-half of the value of this amazing organic chemical. So what you are suggesting is a problem, unless you are not serious about this actually doing anything for you (so, why in the first place?).

As Duncan warns, bananas are high carb fruits, also... So, you are doubly messing up with this "off the wall solution."

Keep it pure and do it correctly or you are just scratching your butt as we'd have said in the Air Force (with a bit more authority).

Regards, Huuman

>Greetings.
>I have an idea that may help everybody with getting past the bitter MSM taste. Measure out the MSM that you want to take. Dip a banana in it. The MSM will stick to the banana. Eat it. Repeat until all the MSM is gone.
>Works pretty good.

>Craig<

Natural boost that works
2/8/13

Hi Mike:

Let's be clear on this. Herbs are very different from minerals and vitamins in that they all contain micro nutrients & phytomutrients that can do some very special things. But I agree with the wisdom of Dr. Joel Wallach on this one: if you really get a huge boost from an herb, it is probably because it is providing you with a trace mineral that you were lacking in your basic diet. That means you should be supplementing that mineral on a daily basis. The problem with herbs is that they may only provide that trace element for a short period of time according to where they are harvested. plants can never
"make" trace elements. They can only take them from the soil. If I were you, I'd be supplementing with colloidal trace elements first and that Longefolia second or you are almost bound to lose this nice "boost" that you are reporting.

Especially, these wild herbs come from the mountains and are not cultivated. That means they can often have what you need and have been missing, but again do not depend on them for long. Suppliers switch sources in a heartbeat and you will be heart broken... so head them off.

Whey and MSM are more basic nutrients and they can't provide these. VCO might if you were very lucky, since it actually grows from soil originally... are you getting my point?

Regards, Huuman

>Thanks to both dunc and jim on this one. I haven't been this excited in a long time. Finally products that actually work. On the long jack now and noticed a difference in energy. >Something that the whey and vco >just hasn't provided. am looking forward to the other >herbs on the site as well >mike

**Magnesium**
Feb 5, 2013
What do you think of Jigsaw?
http://www.jigsawhealth.com/supplements/magnesium
Steven

Feb 5, 2013

Most magnesium supplements are worthless... The absolute best way to get it is magnesium oil, or even magnesium bicarb..
Tanstaaf

**Intestinal Virus**
Feb 2, 2013
"Duncan Crow" duncancrow
Seems the norovirus, if that's what it is in this area, is about the nastiest thing even the resilient young'uns have ever felt. Some get diarrhea, but not me. Feels like it nearly kills you at any rate. Lasts about 4 days. I think I got it out in 2.5 with 1.5 quarts of 40 PPM colloidal silver and the rest of the week was the complication of dehydration and the pneumonia on it.

Good thing we've been pitching semi-optimization beforehand. Makes us stronger I'm sure.

I found that warming in the hot bath relaxes the stomach so you can get some fluids to go through and not come up. Hope it helps.

all good,
Duncan

**Intestinal Virus**
2/2, 2013:
Hi All:

Here is my cure for intestinal virus:

"Put the Lime in the Coconut and eat it all up... It will relieve your bellyache."

Love the Song & Love the Cure... Funny thing is it did not hit home till I got sick. And its been one
my favorite song list for twenty years. By the way, I did not call the doctor and wake him up (as you
might guess), it just came to me in my moment of need and this is one nasty virus that is going around.
LOL.

Regards, Huuman

heart palpitations

Feb 8, 2013

Hi Anita:

A rhetorical question: If you get up anyway... how is it interfering? No, I have never gotten up
specially just to take MSM... that would be over the top, LOL. I was kinda kidding Anita... this is not
the best place to jest, but it's Huuman to do it. Sorry.

More seriously: I was relating to putting my full attention on this health problem surfacing as "heart
palpitations." I was saying that it is pretty far along in a chain of events that begin with Liver Stress
and, therefore, warrant a great deal of attention till gone... same with Cancer and CVD.

Pardon my ignorance, but what is this "organic sulfur" that you refer to and where did you buy it? I
did not know it was for sale, actually. Once you wade through all of this, you will know why MSM,
Whey, and Low Carb are the correct choice. They are an interlocking team. But, I'd probably just
throw the "organic sulfur" in my smoothy, if I had it, and it did not taste bad. What's to lose?

Yes, methylation is one of the keys to the whole process and you must understand it fairly well to get
the most out of the AHP. It's complex, but keep reading and read the online references, especially. It
hit me like a ton of bricks when I first got it. But this is not "Fun with Dick & Jane" reading. It takes
some real concentration to get it.

By the way, Byron Richards is about as close to getting this right as anyone out there, which is why I
reference him in my book. I suggest that you subscribe too his free newsletter. He seems to be reading
my mind in many respects. I am beginning to think that he is reading this CO & the BBE Yahoo
Forums. But, hey, it's all fair game. The book is mine, but the info is from all over the web. When he
starts writing about the AHP, we'll know.

Kind Regards, Huuman

heart palpitations

Feb 7, 2013
I didn't know the difference between just organic sulfur and MSM. What I've been taking just says "organic sulfur" so I guess I've been taking the wrong stuff? Tell me why it's okay to take MSM that is sold for horses. Wouldn't there be a question of its quality?

If I got up in the middle of the night to take MSM, wouldn't I be interrupting the time when my body is trying to heal and repair itself? I've been struggling with trying to sleep solidly through the night because I've read of the importance of sleep during those hours to help my liver and I feel better when I do sleep through the night without interruption.

Thank you again for the information. I hope to read more of your book this weekend. I only got to about page 26 and may have to re-read some of that (about the methylation)

Anita

**Magnesium/ heart palpitations**

Hi Anita:

Personally, and I have read reams about it. I am not going to get too much magnesium. No matter how much I try to take... I simply can't get too much. The limit is at diarrhea... and, no, you don't want that. It depletes electrolytes quickly.

On Blood Pressure: While magnesium lowers BP when it is too high, there is no reason to believe, that I have read, that it will take it too low. Duncan and others may wish to chime in here. But, I have never seen anything that would lead me to believe it would.

Byron's formula looks good and I am sure that he has researched it, but I am also sure that there are cheaper, equally good, solutions. Nevertheless, someone has to finance Richard's, Mercola, and Jon Barron... and it will not be me unless I suddenly become independently wealthy.

Your last point would be credible if you tested it and you indicate that you have not. This has to be a very rare event. No matter what we are discussing, there are people out there with allergies to just about anything, even MSM, the least poisonous chemical on earth according to some sources.

We arose from the sea and magnesium oil transdermal rub is basically going back to it. If you moved to the British Virgin Islands, would you refrain from swimming in the ocean because you read that someone breaks out in hives when they do? A half hour swim in the ocean every day would be a better solution, but I have to settle for a transdermal rub. These saltz include every mineral, not just magnesium. Mine are actually based on ocean water from Maine (when I can get it), combined with Zechstein saltz; but our local ocean water is a good second solution. The further north the water source, the more salt concentration (for you non-sailors).

By the way, Anita, I applaud your concerns here. Please do not take me the wrong way. All I am really saying is: Do more research, and take your time, but don't be afraid to take baby steps. I am pleased to hear that your palpitations are receding. Also, I predict that they will be going away, forever, within three months. You are on the right track.

Kind Regards, Huuman

**heart palpitations**
The reason I don't take more than that is because I know magnesium can lower blood pressure and mine already runs low. I read that a person needs 3 mg to 4 mg per pound of body weight. I weigh 120 pounds so 400 mg is almost in the middle of 360 and 480 mg and I feel safe there.

My palpitations have been so much better in the last week or so and my heart feels stronger. The only changes that I can think of are taking CoQ10 and not eating after 6:00 p.m. It could be one of those or maybe a shift in my hormones. I guess time will tell.

That may be true but I think the magnesium I'm taking is high quality. It's from Wellness Resources (Byron Richards). The ones I take in the morning have malic acid and some B vitamins in them (for energy), and the magnesium is 60% malate, 35% diglycinate, and 15% carbonate. The ones I take at night are for sleep and have vitamin C in them. The magnesium in them is from diglycinate, ascorbate and Kreb's nutrients.

Besides, I read some reviews about magnesium oil from people who broke out in some kind of skin eruptions wherever they applied it to their skin, so that kind of discouraged me from trying it.

Anita

heart palpitations
Feb 2, 2013

Thanks for the info. I also have digestive issues and recently started making my own sauerkraut and eating it raw with my evening meals. I was starting to feel better overall but ran out of it, and the next batch I made didn't ferment properly or something because it tasted horrible so I've been without it for a while now. I just made some more today but will have to wait for a week to eat it. I've been trying the gluten-free thing too for a while but sometimes slip a little if I eat out. I think I need to get back to low carbs again. My palpitations seem less since I restarted coenzyme Q10 but it's probably too soon to tell for sure. I think hormones could be causing a lot of my problems but am curious to see if getting my liver in good shape (like Jim recommends) will help with the hormones too.

Anita

heart palpitations
February 2, 2013

I do usually post on here but been reading this and thought I should post. I have mitral valve and digestive issues. The mitral valve gets worse when stomach is irritated and it irritates my vagus nerve. I had went to a business meeting last week for the health and wellness company I am with and they were talking about Mitral valve a women had said she started taking GLA and fish oil and her palps went away. Well I had been having a bad bought of them so I tried it and it has been working great. I also take CO q 10 and daily coconut oil.

Amy

heart palpitations
Feb 2, 2013

Frederick Patenaude has an interesting but I think trollish remark about taking no oil if one has candida. Anyone listen to this fool? I understand VCO and MCT oils are proven to curb candida and a lot of people find it core in an anti-candida diet. So whazzup with the man? I've never heard of him but I lodged an appropriate response on his forum anyway, with my customary brutal frankness ;)

all good,
Duncan

heart palpitations

Jan 30, 2013

Hi Carol:

I agree and how would he know, really? Certainly, you have some first-hand experience that contradicts what sounds like his "informed anecdotal level" information.

I'd be all over the coconut oil and I'd be looking for complementary additions to it.

Question: Are you doing Low Carb, Whey and MSM also? How about Ubiquinol and D3?

Regards, Huuman

>There's no rhyme or reason to them, no precipitating or alleviating factors. They don't happen every day. EXCEPT: I've noticed that when I get some coconut oil in, I don't have them. Of course, he thinks it's a coincidence, but I'm like Leroy Jethro Gibbs - there's no such thing as a coincidence! haha! <

Vit D2 V D3
Jan 30, 2013 2:02

D3 is the real stuff.... & D2 is artificial.

Mainstream hospitals commonly use D2 Does that surprise you? it should not. When it comes to diet, they still think that jell-O is a staple food.

I have no probs with cod liver oil no matter what you use it with, butD2 is a no, no.

Jim

>Why is vitamin D3 recommended over D2? Does this mean that Green Pastures Cod Liver Oil with the D2 is not so good?<

Heart V Liver Prob
Jan 30, 2013

Hi Osh:
I agree that chronic inflammation is the problem, but I doubt that their heavy handed technical solution is the answer. I also disagree that atherosclerosis the result of this problem. I think that its all about the liver as I say in my book. The gerontologists are stuck on fifty year old solutions that just do not make sense when you look at the overall solution.

When you go back to what Duncan has been telling us for years about cellular aging and the Glutathione Conjugation Pathway, what they are saying makes very little sense, but it pays the bills at the major institutions doing the studies. IMHO, its all about oxidative stress and the liver is the basic organ of life, not the heart.

Regards, Huuman

RE: this article
http://www.lef.org/magazine/mag2013/feb2013_otc_01.htm?source=search&key=telomere%20lengthening%20treatment>

Adding Coffee to Whey
Jan 17, 2013

No Tans, you didn't:

It is your choice, but I do it daily... sometimes several times using decaf... and it works fine. Its about how you go about it. I am not a cave man even though I may somewhat approximate their diet.

It's discussed in my book: Mix a lot of pure cream, A cap of NOW colloidal minerals, Some liquid iodine, a teaspoon of Moringa Leaf (which is also sensitive) and then pour in coffee from another cup that is now "not so hot." The idea is to keep temps moderated. I do not use a thermometer, but I have a nice electronic one if I wanted to.

Personally, I am not interested in any piping hot drinks or even ice cold drinks, ever. 130 degrees is about right for a hot drink. I do it with Moringa Tea also. It does not take a rocket scientist to know when you have destroyed whey. I did it maybe once or twice, but you know immediately. I drank those too, but they are messy. Its like drinking clumps of butter.

Regards,
Huuman

Adding Coffee to Whey
2012-02-19

I suggested mixing Whey into a coffee/ heavy cream mix. The Whey cream, if heavy enough and mixed well cools the coffee down prior to adding the whey.

I guess you typo'd something here, or I'm just missing something (I haven't read this entire thread, so maybe that is it)?
How can the whey/cream mix do the cooling of the coffee *prior* to 'adding the whey'?

I would never add something as fragile as whey protein *or* heavy cream to *hot* coffee... regardless of how effective it is at cooling the coffee, the damage will be done.<

Tanstaaff

**Skin Care**

Jan 17, 2013

Hi Judy:

Just read yesterday read in the D3 Council Newsletter that liquid D3 was good for this. I'd try mixing it with CC Oil & give it try. You might want to look further & see if you can even improve it with some other things, but CC Oil is a great start.

Regards,

Huuman

**CO Flavor**

> Jan 17, 2013

"Duncan Crow" duncancrow

Most of the benefits of coconut oil apply to refined-bleached-deodorized RBD as well as VCO. So, it's one of the right kinds but purists often want it raw :)

We don't use coconut oil much because of the flavor but when it's deodorized it's a good bland cooking oil. At home we use MCT oil though because it pours at any temperature and also tastes bland.

all good,

Duncan<

>>Has anyone tried coconut oil for dry, cracked hands with good results, and did you use it orally, topically or both?? My daughter has this problem, and hasn't had much relief despite using lotions and drinking a lot of water. It gets so bad, her knuckles will crack and bleed.

Any ideas what might cause this, and other suggestions?

Thanks in advance!!!

Judy<

**There are No Golden Years**

Jan 17, 2013

I agree with Duncan, except I don't particularly buy into the golden years concept. I am thinking that if we really have this down, 80 is a young whipper snapper and maybe not even middle aged yet. But this is a long term test. So far, it’s interesting, though.
I'll take whatever I am given... just dream anyway,
Huuman

(snipped from Duncs post)
> Hi Carol, when it comes right down to it what we want for our own health in our "golden years" is a lust for life coz that's fun and interesting, a bit of energy to back it up coz we can't actually do much about it otherwise, a decent immune response or we won't last, and a degree of mental focus like a healthy 30-year old has or as we age we might forget where to lick. Not too hard to do with supplements :)<

> all good,
> Duncan<

**Supplement Brands**
Jan 17, 2013
Hi Paul:

Why use Mercola's brand? Are you trying to help finance his web page? As Duncan says, his staff is messing up quite a bit now and you don't get his first-hand advice... that is bad. I do like his videos though. I'd rather read Wiki for more mainstream opinions and background science and Dr. David Williams' old newsletters for supp advice. He does his homework.

So far, I have never seen where Mercola's brand has a "hook." Often, the brands that Duncan refs do, though. In every case, I have found that Mercola lags behind Dr. David Williams in his advice. Sometimes they lag by as much as a year behind. With astaxanthin, he was about five years behind as I recall. Also, [www.healthtruthrevealed.com](http://www.healthtruthrevealed.com) beats him to the punch. But, as I said yesterday, you have to be ready for their proselytizing. Both Williams and Crusador sell more intelligently designed supps in my experience and I liked Dunc's ref site yesterday.

Finally, if you want stuff that has been out for awhile, why not use Swanson Vitamins and save yourself some bucks? They do a pretty good job for me so far... and others seem to agree

Regards, Huuman

>Use Mercola brand
>Sent from my iPhone

**Anti-aging and Herbals**
Jan 19, 2013:
"Duncan Crow" duncancrow
Jim, men who are interested in anti-aging and herbal support should look at the blend EHP from [http://therootofthematter.net](http://therootofthematter.net)

The EHP ingredients list contains a bunch of herbs we'll recognize (and several we probably don't). Maca, Rhodiola Rosea, Mucuna Prurients, Epimedium grandiflorum, Fo-ti, various ginsengs, Tribulus Terrestris, Wolfberry, Schisandra, Saw Palmetto, Cordyceps, Wild Yam, Astragalus etc... [http://therootofthematter.net/cgi-bin/itsmy/go.exe?page=4&domain=12&webdir=therootofthematter](http://therootofthematter.net/cgi-bin/itsmy/go.exe?page=4&domain=12&webdir=therootofthematter)
Although there is some attempt to increase testosterone in this blend, it also increases other androgens and is a general tonic, so it seems to me it might be a decent support formula.

I bought 3 bottles of shilajit and six of EHP, so time will tell now ;)

all good,
Duncan

elevate dopamine
Feb 6, 2013
Thanks to both dunc and jim on this one. I have not been this excited in a long time. Finally products that actually work . On the long jack now and noticed a difference in energy. Something that the whey and vco just has not provided. am looking forward to the other herbs on the site as well

mike

elevate dopamine /Mucuna Pruriens/ Maca
Jan 17, 2013 6:54
Hi Olushola & all,

I take Mucuna Pruriens and several other herbs just because of the research that I have done on them. It is fairly mild in taste and rather neutral. My study suggests that it’s a good choice for some hidden and rather and not well understood chemistry. Others in this category are Cordyceps Sinensis and Maca that I take. There are plenty more, but you must do your own investigation.

Duncan just gave you some great sites yesterday.

I agree with what Duncan posted last week. Essentially, we must pick and chose on these and some just are not worth the effort. These herbs are generally not particularly life changing, but the research indicated that they are worth considering. So they are not likely going to turn your life around, but when combined with the /High Level/ MSM, Duncan's un-denatured Whey, and a Low Carbon Diet, and, finally, spiritual exercises that suite you, you are most likely going to be in the driver seat here on earth for a long, long time baring an accident.

Back to herbs, my favorite all time herb, so far, is Moringa Tree Leaf (and Tea) simply because it contains a complete protein... which is unique for a plant and tastes good. It goes well in my morning coffee/ whey protein drank and It actually has a tart taste that "improves"; the taste of most things like whey shakes and my whey ice cream (recipes are in my book).

In Wellness, Regards, Huuman

Jan 16, 2013
"Jim" huuman60
Hi Duncan:

I bookmarked it. When I run outta Maca. I'll buy them. I am also running out of room, LOL.

Huuman
The company I get Shilajit from also sells Rhodiola and gelatinised Maca:

http://therootofthematter.net/cgi-bin/itsmy/go.exe?page=19&domain=12&webdir=therootofthematter

Jan 16, 2013:
"Duncan Crow" duncancrow

**elevate dopamine**

Hi Carol,

When it comes right down to it what we want for our own health in our "golden years" is a lust for life coz that's fun and interesting, a bit of energy to back it up. We can't actually do much about it otherwise, a decent immune response or we won't last, and a degree of mental focus like a healthy 30-year old has or as we age we might forget where to lick. Not too hard to do with supplements :)

Mucuna Pruriens that was just mentioned elevates dopamine, a feel good and healthy hormone that helps one remember where to lick and much more. I would caution that dopamine and the dopamine drug agonists have negative side effects and if the Mucuna (the herb) doesn't work to your satisfaction, selegiline (the drug) at least is guaranteed to increase dopamine without harm or side effects. Dopamine increase is the answer to the Zoloft/Paxil bunch of drugs that sometimes keep a person disabled, unproductive and on the couch.

There's a lot of Rhodiola info out there that wasn't available in 2004 and it looks like one of the winners.

all good,

Duncan

> Interesting, Duncan! This sounds like something I need to try - for a number of reasons. Thanks for the info!
> 
> > Carol

**Pregnenolone**

Jan 15, 2013"Jim" huuman60

Pregnenolone works for me, Duncan. And I agree that a healthy sex drive is an important element in Anti-Aging and measurement of youth. We are one organism and all parts must function well in order to be considered a successful whole.

Regards, Huuman

>Pregnenolone is now the topic of several anti-aging and healthy sex books. I just put down a decent DHEA book and looked for a compendium of current knowledge about pregnenolone. I've been taking preg for more than two years with my HGH-triggering amino acids with good results, and details from people who review whole studies will flesh out my own knowledge gained through the study abstracts, personal experience, and that of associates.
The Victoria Dolby ebook on Pregnenolone is her whole hardcopy book, more than 450 pages and just over $3 in cost. Yippee!, the free Kindle PC install was painless and the book so far is worth the effort for anyone interested in the details behind a few anti-aging principles.

As an alternative it seems the ebooks are cheaper than hard copy and another one, Pregnenolone - Your #1 Sex Hormone, by Susan M. Lark M.D. seems it might be a good one too: http://www.wwpublishing.com/Pregnenolone_Book_p/pregnenolone.htm
Here's Victoria Dolby's Pregnenolone book:
http://www.amazon.ca/Pregnenolone-Victoria-Dolby/dp/087983885X

all good,
Duncan<

**Herbal Improvements May Not Last**
Fri Feb 8, 2013

Hi Mike:

Let's be clear on this. Herbs are very different from minerals and vitamins in that they all contain micro nutrients & phytonutrients that can do some very special things, But I agree with the wisdom of Dr. Joel Wallach on this one: if you really get a huge boost from an herb, it is probably because it is providing you with a trace mineral that you were lacking in your basic diet. That means you should be supplementing that mineral on a daily basis. The problem with herbs is that they may only provide that trace element for a short period of time according to where they are harvested. plants can never "make" trace elements. They can only take them from the soil. If I were you, I'd be supplementing with colloidal trace elements first and that Longefolia second or you are almost bound to lose this nice "boost" that you are reporting.

Especially, these wild herbs come from the mountains and are not cultivated. That means they can often have what you need and have been missing, but again do not depend on them for long. Suppliers switch sources in a heartbeat and you will be heart broken... so head them off.

Whey and MSM are more basic nutrients and they can't provide these. VCO might if you were very lucky since it actually grows from soil originally... are you getting my point?

Regards, Huuman

>Thanks to both dunc and jim on this one. I haven't been this excited in a long time. Finally products that actually work. On the long jack now and noticed a difference in energy. Something that the whey and vco just hasn't provided. am looking forward to the other herbs on the site as well
>Mike<

**Herbal Improvements May Not Last** (Clarification)
2 13/13

Hi Mike:

I am not an herbalist either, but I have taken Longjack (Eurycoma Longfolia) for quite a long time and never noticed anything, really. But then I have no issues. Nevertheless, I take that and many others just in case... and we know that each one has valuable, unrepeatable phytonutrients.
As I said before, herbs can only do so much and when they really move you as you have reported twice here, I believe that you should get down to finding out why. The reason is that an herb is only as good as the soil that it is grown in and suppliers are likely to change their sources. You also reported having used another and that it is failing you now. That is the rub. You likely did not change, the herb did. The point is, unless you raise it, you can't control what an herb contains to any degree even if it is picked wild.

If it really is a phytonutrient that is giving you this boost, fine and dandy. However, I am inclined to believe it is not. I asked you before if you were taking a trace colloidal mineral mix and got no answer. If you are not, you should be. Many of us need more of a particular trace element in our diets.

My son had that problem. This is where genetics actually get into the picture (and genetics are, generally, way overrated). He was hyperactive till he got that mineral. We have no idea which one it is, but we know that it is there and we also know that any good colloidal source will always contain it... problem solved. That is, there is no issue with where it is grown, since it is not. Therefore, the missing trace mineral will always be available to him. You can buy Now Brand Colloidals for about $10/quart... $ .35/ day... Cheap insurance!

Next, your boost may actually come from getting one of the more primary minerals into your system from Longjack, but this would be less likely unless your diet is really, really bad... and you are here in this group, so what are the chances? Also, chances are that you are just not taking that much... what two caps/day?

We just discussed those (more major) ones that are often lacking yesterday, but: Chromium, Magnesium, Silicon, Potassium, Sulfur, Iodine, Boron, Zinc, Vanadium, and Selenium are the key ones for those who missed it. Most of us get plenty of copper and the other major minerals. And for men, we generally get too much iron, so there is never likely a need to supplement there. But the most important ones here are: Sulfur, Magnesium, Iodine, and Selenium, each for very different reasons. Our Group Archives are full of the reasons why these are important as are the BeckBE Group's.

Kind Regards, Jim

>Good on ya Mike. I'm not a herbalist but when I saw data on the tonic herbs it piqued my anti-aging >>and vitality interests.

> I've been taking the EHP blend for only a few days. Nothing to report but >tonics sometimes take >>awhile and I've been sick recently so my subjectives are a bit off and I need a turbo button.

> all good,
> Duncan

>>Dunc
>>Received the other products mentioned earlier from the root of the matter site today. a little >>background first. Had been taking vco and whey >>for some time no noticeable affect. Two weeks >>ago added longjack from the same sit, some effect but not much. took the regime today along with >>the above and within and hour the only way I can describe it is WOW. Talk >>about turbo charge.
Static Cling
Hi All:

Jon Barron's newsletter (newsletter@jonbarron.org) today hits on a topic that concerns me. He ends it with:

"A study at the University of Reading in England in 2009 found that chemicals called parabens used in many commercial deodorants were present in 99 percent of breast cancer tissues taken from women being treated for the disease. Parabens are estrogen-mimicking xenoestrogens that are also used in a number of other grooming products, so it's nearly impossible to identify those in deodorants alone as the major contributor, but it is certainly worth reading labels and trying to choose products labeled paraben-free."

What concerns me is that our failed government policies (FDA) do not even address the role that the skin plays in taking in these dangerous chemicals used commonly in cosmetics (transdermal migration). Unless you happen to have read Dr. Mark Sircus' book, "Transdermal Magnesium," it would not enter your mind that the skin is so susceptible to the transdermal take-up of virtually any chemical, but it is a wonderful delivery system for magnesium... and a horrible one for toxic chemicals.

Actually, parabens are probably far less toxic than formaldehyde discussed below because they are thought to (Wiki Quote): "Studies on the acute, subchronic, and chronic effects in rodents indicate that parabens are practically non-toxic. Parabens are rapidly absorbed, metabolized, and excreted." But they are making lots of money with them and there are commercial reasons for getting this wrong. Jon has far less to gain in his report.

So, this is both a problem and an opportunity, but first, consider the problem side:

My wife loves Anti-static Fabric Softeners (Snuggles). I can't get her to stop using them and today I found "four (4) Snuggles" in the clothes basket. If you read the warning label, you notice that you should only use the "low heat setting" when using them and "avoid over dosing." Dosing? Why dosing? Because they are loaded with chemicals that should really never come in contact with your skin, ever. Unless you are trying to preserve yourself with formaldehyde.

From Wiki some of the chemicals are (quote):
"Contemporary fabric softeners tend to be based on quaternary ammonium salts with one or two long alkyl chains, a typical compound being dipalmitoylethyl hydroxyethylmonium methosulfate.[3] Other cationic compounds can be derived from imidazolium, substituted amine salts..."

Let's pick one of these "imidazolium," This, the smell good component, acts as both an acid and a base. It is synthesized from formaldehyde. Do you really care that much about static cling as to subject your skin to this chemical?
Skin care products and cosmetics are no better... and women, especially, actually wear them on a daily basis. I could go through any one of them and pick out a chemical, give you its basis, and show you how it causes Toxic Overload of your Liver and negatively affects your health in any number of ways. You can do the same within five minutes, using Google.

Think of transdermal migration as the "syringe injection" of a chemical. It goes straight into your liver and toxically overloads it, bypassing the body's various intermediate oral digestive steps. Liver overload means Toxic Stress, which leads directly to cardiovascular disease and cancer over time. All of this for eye makeup and clothes that do not cling. Sounds like a poor choice to me... agreed?

Finally, on the problem side: if you simply washed your arm pits really, really well with a wash cloth, chances are that you'd never need a deodorant... I discovered that years ago. As Jon says, some of us are worse than others. If necessary, do it twice a day, but avoid deodorants when possible. They are all aluminum injections and the arm pits, especially, are very susceptible to transdermal migration as Dr. Sircus points out.

On the plus side. face and body creams can become the most healthy delivery system for nutrients (beyond transdermal magnesium) ever devised and I intend to take advantage of that soon. So covering up "fine lines and wrinkles" will no longer be a required... you can literally take your nutrients transdermally and become younger visually... all in one process. We are making progress.

Kind Regards, Huuman

**Toxins in Cosmetics and Shampoos**

3/10/13

Hi Melly:

OK on the Coconut oil... now let's talk about the shampoo (and cosmetics):

This is about carefully reading labels and not buying commercial products that start off with ingredients like: Sodium Lauryl Sulfate <http://en.wikipedia.org/wiki/Sodium_laureth_sulfate> (SLS). Aluminum Lauryl Sulfate <http://en.wikipedia.org/wiki/Ammonium_lauryl_sulfate> (ALS) and contain Parabens <http://www.buzzle.com/articles/paraben-free-cosmetics.html> such as Butylparaben <http://en.wikipedia.org/wiki/Butylparaben>, Ethylparaben, Methylparaben <http://en.wikipedia.org/wiki/Methylparaben>, Benzyl-parahydroxybenzoic acid, and Propyl-parahydroxybenzoic acid. These chemicals go by literally hundreds of pseudonyms. Few commercial shampoos made today, if any, do not contain these. It takes only a few minutes now on the web to research these products. If you do not recognize the names on your labels when you read them, look them up on Wiki, read the links... learn what they are.

Many people don't realize just how powerful (read poisonous) these ingredients are. The reason that the FDA turns a deaf ear. Supposedly, their rational is that a shampoo only contacts your scalp for a short period of time. Also, the amount is kept down as a percentage of the
overall contents, but no one apparently controls or even publishes percentages. Repeat applications increase the absorption of these toxins. In fact, these shampoos actually increase hair loss. Read my book for more on this.

Commercial cosmetic products, in general, are unregulated and most contain questionable ingredients. Toxins are well absorbed by the skin, which is why transdermal magnesium is such a powerful health protocol. When applied to the skin, they go straight to the liver. Strong toxins, of course, greatly compromise liver function. Furthermore, these toxins add up, so avoid even small amounts at all cost. Finally, we get way too many toxins in things that we cannot avoid. Cancer rates are increasing for a reason. "It's the Liver Stupid."

Paraben Free
<http://www.buzzle.com/articles/paraben-free-cosmetics.html> cosmetics are now available from most supplement suppliers.

Regards, HUUman

> Sometimes the best time to do this is before shampooing. Slather scalp and hair if you like, wrap with hot towel or plastic shower cap for 30 minutes at least. Shampoo. Repeat doing this and you will see good results after a while. Also ingest some vco. It will also lead to healthier skin. Start at 1/4 tsp then work it up to 3 TBSP per day. Never take vco on empty stomach - bad painful diarrhea will take place. Also don't take it after 3pm, too much energy won't put you to sleep.

Melly<
2/14/13

**Bone Mass/ Raspberry Ketones**

Hi Barb:

I find the results very, very questionable. First off, who sponsors this Science Daily site? Reading thru their stuff, I would say Big Pharma. Just a few things that pop-up that make me wonder:

1. These Raspberry Drops (Raspberry Ketones) are extracts of raspberries and have little or nothing to do with bone mass, from what I have read. How could they? It does not make any sense.

They say that there is a correlation between skinny rats and bone strength (if I am clear on this). That would be what you would expect with weight loss: (Snip) "Circulating adiponectin levels are significantly lower in obese humans and rodent models than in lean controls. It is known that excess body weight and elevated body mass index are strongly correlated with high bone mineral density, and that weight loss is associated with loss of bone mineral density and increased risk of fractures. However, the mechanism for this relationship is unclear."

Here is the reasoning: Heavy people are stronger (rats in this case) and must have higher bone mass just to support their excess weight or else they can't even walk... that is a known fact. If they lose
weight, their skeletal mass decreases and they lose some strength... duh! They simply don't need it and its all relative. This would not be the hormone related bone loss that women experience post-menopause and what older women should be concerned about. This is why you must do strength training and interval training as you lose weight... you'd like to keep both... And... lose weight.

2. The "scientists" that they reference on this site also tell us that (Snip): "Monitoring bone mineral density in postmenopausal women taking osteoporosis drugs (bisphosphonates) is unnecessary and potentially misleading, concludes a study published on the British Medical Journal website."

From all that I have read, bisphosphonates create nasty bones that seem dense, but are porous and break easily despite their density. It would appear that these reports all come from drug companies that are selling bisphosphonates and they are completely bias in their findings... plus they do not want you finding out just how bad their drugs are, “So please do not monitor them.”

Certainly, I like their idea of taking women off of drugs for three years after they have been on them given what unbiased findings report... why not? There is nothing good about them and we have much better ways of increasing bone mass and stopping osteoporosis... magnesium supplements are one of them. They are cheap and effective.

There is a plot, but you are following the wrong trail here... It would appear.

I am not a huge Dr. Oz fan, but he has led you to a simple weight reduction modality that people on SAD diets are going to be disappointed with. Of course, the mainstream drug companies hate natural cures, so why not try & find problems with it?

Does this modality work? Probably not very well, but we know that there is no magical cure for weight loss. You simply eat the Low Carb Diet with plenty of saturated fat and greens, add Whey, and MSM.... and everything just falls into place. Certainly, the Drops (or Raspberry Ketones) that Oz talked about are not likely to ever affect your bones either way.

Let's hand it to Oz for working, at least in a small way, toward natural cures. There are so few out there.

I actually am totally uninterested in weight loss, but I did buy a bottle from Swanson... for $3, it seemed like it would make a nice addition to my smoothie, on occasion and raspberry ketones are hard to come by otherwise.

How did they FDA approval? Good question. They didn't. This is a supplement and that is the rub. Drug companies pay millions to get approvals for crap like bisphosphonates that actually have negative effects and leave you with porous, dense "looking" bones and make millions advertising and selling them to people like you. Don't fall for it.

Regards, Huuman

> Very interesting. The plot thickens...
> Barbara

On Thu, Feb 14, 2013 at 7:54 AM, jadedhills@ntlworld.com> wrote:
> Causes Osteoporosis
> Regards Peter

>>> Barbara Shen
>>> February 13, 2013
>>> *To:* Beck-blood-electrification@yahoogroups.com
>>> *Subject: Raspberry Ultra Drops*
>>> How you believe in this drop?
>>> How did they get Dr. Z to endorse this?
>>> http://www.fox5.news.newerfx.com/?s=lf

Arthritis and Fungus... Any connection?
2/15/13
HI Mike & Helen:

I am certainly no expert on mold (let's call it fungus... more general) and I am not really certain what you mean by it nor even where you are affected by it. Are we discussing a Lung Infection? Maybe, if you would better clarify your condition, we as a Group could get a better handle on what we are trying to cure, but here is a general response:

As to the Jim Humble MMS Protocol (and its not so new)... basically, the Chlorine Dioxide Protocol that Mike alludes to and as many here are familiar: Jim has been pushing it for years as a universal treatment. For certain things, it has worked for me as a short term internal treatment for problems like Candida/Thrush. I would never suggest it long term and I would argue that it does not just kill the bad guys, it will kill all fungus and bacteria. In fact, Jim's argument that it does not kill them all makes absolutely no sense and is totally counter-intuitive.

Chlorine Dioxide would make a great spray as Mike alludes to kill mold in your house. Its safe than laundry bleach, but mold hates laundry bleach also. By the way, don't confuse MMS with MSM... they are unrelated. As an architect, I am called on occasionally to address mold issues in basements, etc. They generally are caused by moisture traps of one kind or another and a spray bottle of bleach water is a great first move. But as we know bleach is not so good to be around either, so chlorine dioxide is better as it dissipates quicker, as Jim Humble tells us. Either one will get it though. The key is to get a good ventilation path. By the way, I live eight miles from the beach, so it is a problem here too. Nevertheless, you want a strong immune system to combat such problems before they get a toe-hold.

Back on topic: Does MSM kill candida and other fungal varieties? I have no reason to believe that it would. Just as I would not suggest that eating a great Low Carb Diet or Whey would. However, I also don't get the relationship between "fungus" and osteoarthritis... assuming that is what we are discussing, really. I am thinking that someone is extending this fungus' ability way beyond its effects. I have never heard anyone attribute a fungus to any major common disease except cancer and I disagree that it is the "cause" here. Rather, the fungus thrives because you are so physically depleted that your body can no longer reject it and you can't Thrive.
I do agree that probably 25% of us do get fungus growths... probably a lot more, when you include skin infections and thrush. However one problem that mainstream medicine seems to have is separating cause and effect... especially with heart disease. This just sounds like another glaring example.

As far as getting rid of osteoarthritis, you are definitely on the right path. As I believe that osteo and cancer are not really even diseases, but are actually your body's reaction to toxins and poor nutrition.... SAD. I know, first-hand that HL MSM, per my protocol, will reduce osteo within about two months once you are on the full protocol. In fact it will generally repair sports injuries and injuries resulting in any trauma in that same period. It is also great after unsuccessful operations to get the body back inline with what it already knows it should be like. As a Quantum Entity, your body is one smart critter and it knows how it should look and feel. Your tiny little brain may argue, but it will lose, if given the debate, with the help of HL MSM.

But the really good news is that the AHP, per my book, gets your liver working like it should and quickly. That means it is a happy organism, period. Happy organisms are less prone to any kind of infection, fungal, viral, or bacterial... no more Toxic Overloads. More Glutathione, the Master Antioxidant that Duncan speaks of often, and a powerful Methylation Pathway with plenty of Organic Sulfur make the liver smile. This, IMHO, is the most healthy path that there is to a long and full life on earth. Nothing else comes even remotely close to it.

Recent Story: I have a friend, Billy, who was in an 80 mph car accident who dislocated both shoulders and messed up both knees some years ago. After one month on this AHP, he is well on his way to a painless, normal life. He still gets twinges, but he is back in the gym lifting and living a normal life. So its not just arthritis that it cures. He never believed it could happen... and without the AHP, it would not have.

I welcome all feedback from the Group on their discoveries... good and bad... following the AHP. We need to hear about them. Post them here

Regards, Huuman

From Michaelinde:
>I am not jim and don't have the knowledge base he has, but thought I would share this tidbit with u. Some time back was doing some research of this new product coming to light called MMS. I don't use it but some of the claims are, mold is destroyed in dwelling places and some apparently use it. There is a yahoo group I believe.

Mike

>>Hi, Jim

Just finished your e-book you sent to me. Thanks. I have started taking MSM one Tb. spoon a day and will try increase gradually.

Does MSM can detox MOLD? Having been living bay area for 30 plus year and a moldy apt. for long years, I have all sort of health issues including deep soreness arthritis like bone pain/muscle pain all over. I was just been tested having very, very dangerous high level of MOLD from an naturopath doctor. He said 25% people have problem detox mold and I was one of them. Mold can cause all sorts
of health problems. Overheard famous health author Andreas Moritz died from mold toxin last year. I think mold indeed is a big threat to our health. Besides changing the environment to move to less moldy place, I want to full force focusing on detoxing mold. I assume MSM is one of the good tool for that? Love to hear our group discussing this common mold problem issue.

Helen

Caution with DMSO
2 15/13
Hi Randy:

My thought is that I would not want any kind of soap in my blood... and that is what you are ultimately asking.

DMSO is potent stuff and it is dangerous, as I have warned many times, if you are not extremely careful with it. Think of it as a, "Transdermal Syringe." That is as accurate a description as you will get.

Yes, soap will emulsify oil and oil will not mix with water based solutions. My next question is: Would you inject hemp Oil into your blood? I would not. It may be great stuff orally, but directly in your blood? What are you thinking about Randy? Soap will also emulsify blood... and probably kill you if you get enough in there. Hemp oil's effect is totally unknown, but it could also kill you when it is injected.

Have I opened a can of worms here? By the way, don't try injecting hamburger into your blood either... just a subtle warning... and yes, you can eat free range meat without bad effects. That is not the point, though, is it?

I am repeating myself, but anything delivered through the skin, Transdermally, goes straight to the Liver. If you overload the Liver beyond a certain degree, you can expect major organ failure... the kidneys might actually shut down.

This recalls the time that I washed my hands in turpentine and my kidneys started shutting down. Turpentine is not acetone... we consider it pretty natural stuff (you know from pine trees) and I had washed my hands with acetone with no immediate effect previously, but I knew enough to get it off ASAP. The liver hates turpentine more. By the time I got to the sink to wash it off, I had nearly collapsed in a heap... and all of that was just through the skin on my hands.

Please be careful!

Regards, Huuman

Hi Jim,
I've tried to mix DMSO and hemp oil, but they do not mix together. Same with DMSO and essential oils, such as melissa oil. I have been trying to think of some possible emulsifier for the hemp oil, that I don't also mind having carried into the body with the DMSO. I tried Dr. Bronners Castile soap. This does work, but not sure about having that absorbed heavily into the body. Any ideas?
Thanks,
Hi Luigi, Randy & Mike:

No, I was not aware that Dr. Gregg had died, His study was passed to me via an email years ago along with a link and I pulled it up for my book. But obviously, he and I agree and he had a lot more credibility as a PhD. than I do as a reporter, so I used his work to verify my claims.

I have used it, in helping others, in delivering various nutrients and it has worked well in the past and I used it once in treating myself. So I know that he was correct in his basic ideas.

Dr. Gregg was a very intelligent man, obviously, but not very good at explaining himself. It took a lot of work just deciphering what he was getting at, when reading back through his papers, but I think that I finally got it down, LOL.

However, Randy may have encountered a flaw in his claims, here. It may not be so soluble in oils... at lease in certain oils and I have not yet tried it for that, but I do plan to soon. I can tell you for sure that I'll have a better idea on that one, first-hand.

Good one on the K2, Mike... LOL. I was all over that. Also, true on the Japanese being against GMO's... in fact, most intelligent people are, but they are not trying to make Cargill & Monsanto happy like the FDA is. Good source, it would appear.

Let's hope that the Japanese supply all of the natto and that it is not affected by the nuclear waste that Dunc reports on, though. Neither one is good.

Regards, Huuman

>Jim/Huuman,
>Thank you for defining an acronym after it is first used, as you have just done so well, a good practice. By the way, do you know that David Gregg passed away some time ago? David believed that DMSO was an excellent "transport"; for what you wanted you wanted to carry through the skin, from Aspirin to Cesium Chloride.
>Regards, Luigi

>>Hi Jim, yes, I'm serious. Not sure why, but they don't mix. I have 99% pure DMSO from a source in Tulsa, OK. I dilute it to 70% and 30% for different. Straight, it hard on skin. But >>you have me thinking. Randy

>>> I haven't figured out how to buy Natto from anywhere except the Japanese shop... and the Japanese are notoriously anti-GMO. Doesn't need to... only needs to break down the products of those genes. There's a good chance that fermentation does help make even GMO foods healthier.
>>>Mike

Hi Floyd:
There you go. Given that these natural remedies reinforce each other (unlike mainstream drugs), I would do both Peter's and the EMU oil solutions. MSM cream is just an effective delivery system.

You might even throw in the herbal mix in the cream. So here is what you'd get:

1 tablespoon Dried Fresh Sage
1 tablespoon Dried Fresh Oregano
1 tablespoon Dried Fresh Thyme
2oz MSM Cream
2oz Emu oil

Let me warn you about cutting corners on the herbals... don't. Buy them fresh from reputable suppliers who guarantee that they are from organic suppliers. Then follow Peter's advice on preparation. To start with, don't cut corners.

If this does not work, I have some other ideas, but try this first. It's still simple.

By the way, these herbals are going to look pretty bad on your arm, LOL. So you might want to start out using them separately and see how that works, first. So go through half a jar of the EMU and the other separately. If that does not seem to be effective, combine them for the 2nd half. If that does not work, get back to me.

I will be doing some serious testing on skin creams over the next few weeks, but not for this. I, most likely, will make some serious discoveries... they always pop up somehow. If they are too cool to reveal, we can talk privately. Heck, we might just come up with two great cream solutions out of this, one for rashes and the other to reduce aging.

You may begin to feel like a test dummy, but you may make a discovery that you can use forever on many things like Peter has done. I have never really used the Fulvic Minerals and Clays, per say, but this would certainly be one place that they should do some good.

Are you with me big guy?

Regards, HUUman

2/19/13

Hi Floyd:

Yes, you are right about the K2.

The technical information in my book can be deep and unless I review it, I don't get it either. However, the protocols are very, very simple to follow.

In my opinion, generally, there are far more essential nutrients that you must supplement than you mention here if you plan on staying well for long. By the way, in no place do I mention vit C, and I have my reasons. I stopped taking it maybe 8-10 years ago. However, I eat a lot of fruit including whole lemons and limes (both very low in fructose) and I am considering adding liposomal C at some point.
My own regimen probably includes some 50+ supplements/day including, yes K2, but also B-6, B-12, Magnesium in various forms, Colloidal Trace minerals, MegaHydrate, 30 different enzymes, a lot of herbals (as Duncan as I have discussed here), Quinogel (liposomal CO Q10), etc. and a very careful Low Carb Diet, with lots more Whey than Duncan advises, and plenty of MSM. It varies according to what is going on and what I research. It works really, really well for me, because I have absolutely no health issues and I just turned 71. I play tennis three to five times a week and life is good. I will be living well till I die... that is my plan and sickness is not a part of it.

It is more about discipline than "learning" Floyd. Look at your issues and address them separately and together. That is the point of my book. Do your research and build your own health program. My book can serve as a skeleton for that approach, but it gives you three very valuable things to start with: MSM, Duncan's Whey (along with Duncan's suggestions), and The Low Carbon Diet. It also describes why they all work in unison and separately... take it from there.

If you have specific issues, I am here to help... as is this wise (note I did not say learned) group. There are plenty of really learned people who don't have a clue... and often they are the problem. I also suggest that you join the Coconut Oil Group, because it is equally wise.

Kind Regards, HUUman

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> I have been reading all that have been put on line here and have a problem with my arm. There is an catch that I just can’t get a handle on. I belong to this group and have downloaded the ebook that you sent out to all. The problem that I have is that I am not much to these kinds of instructions. I don’t have the learning that most of you have. I have read the ebook and can’t get hook on it to understand what is being said. I have been taking MSM and vitamin C as some instructions I have been given. Now I see that you say to take K2 with it. Am I right about that? I am just having a problem putting it all together. Thank you Floyd Mackey<

2/20/13

Hi Floyd:

Go to a doctor and get a diagnosis for the arm so that we can comment on your problem. If no one can give you a diagnosis, maybe you could describe the actual condition in detail and someone here could relate to it.

As to calcium build-ups. I am sure that there are plenty of opinions here as to what causes free blood calcium and related build-ups on joints, but I am equally sure that the AHP itself, as outlined in my book will help you... it may fix your arm too, but that one remains a mystery. Certainly, if you have a parasite or something lurking there, it will have no effect.

After you have been on the MSM protocol for a month after the start-up, get back with me and let me know how you feel. Make sure that you pump as much Magnesium into your body as you can via oral chelates and transdermal oils. Other than that, you are good to go. I am expecting a really good report. Within two months, it should be about over, forever. That is what I have seen and heard so far. No knives are required. Thanks for asking...

Kind Regards, HUUman

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I don’t have control of my legs that started about 10 to 12 years ago. I was to see a specialist in fact 2 of them they both told me the same thing. There is calcium built up where the nerve endings go through the pelvis and are choking the nerves the feed the muscle in the leg and I am losing control. If I could find away to get rid of the blockage I would get that control back. They to put me under and go in with knife and I would not let that happen.

Floyd<

2/21/13

Fracking

But we are getting rich!!!! So who cares,
right?http://www.organicconsumers.org/articles/article_27073.cfm

This article is just giving you small a part of the larger picture. It is far more bleak. Its about CAFOs and Factory Farming. making the U.S. the worldwide energy kings again, and sacrificing our future for today's gain. It is politically correct by today's standards and it speaks directly about how we have come to live as a nation.

This is, without a doubt, the most harmful long-term environmental practice ever... even worse than underground nuclear testing. As these first complaints come in, we begin to see just how precious clean aquifers are. No amount of above surface nutrient waste can come close to what this practice does and there are no known ways of amelioration... or any in sight. Unlike the poor farming practices that we have slowly come to depend on in the last sixty years, no one can just stop fracking and go back to sound judgment. It will take thousands of years for nature to clear this up, maybe, no one even has a clue how long. What we do know is that polluted aquifers make lands within miles of a site and sometime within ten mile segments unlivable for everyone just as these farmers report.

However, the Washington environmentalists generally turn a deaf ear to it and will continue to do so. Why? It is making the U.S. temporarily rich. It allows us to spend money that we would not otherwise have. What a deal! Politicians no longer have to make the hard decisions that they hate to make and they can actually fulfill their stupid promises that they thought were lies even as they made them. Cake and Eat it too.... you bet!

With fracking, we can once again become the energy leader of the world which means that we can virtually do whatever we want internationally. We no longer have to depend on the Middle East for oil and we can ignore those idiots that we have angered in the past. We do not have to drill in Alaska. We can make the "environmentalists" really happy and both sides can coexist politically. On the surface (literally) everything looks good. That all works till you drill a well for your farm or a raccoon drinks water from a spring and slowly dies just as the goats did on the farm down the road. The politicians must love seeing the 35,000 people march on Wash. D.C.. Hey, Nice diversion.

Strange what politically being Green means compared to practicing what works responsibly. With fracking, our energy resources can multiply geometrically and it is occurring almost over night. Dry oil wells in Texas are now beginning to produce just like in the old days and hundreds of miles of tar sands become liquid gold. Wall street can start counting their money and everyone knows it. Hey, we are rich!
Long term, it means, just as these organic farmers report, we can no longer even raise animals outside of factory farms. It takes a lot more land to raise animals organically and fracking will quickly eat it up. Our very future as a nation is at stake, but no one is blowing any whistles. Certainly, any chance that we had of becoming a healthy nation again becomes more slim by the day. We just will not have the land area required to support responsible farming practices. The press is giving this a deaf ear and the politicians on both sides are happy. This is how we have come to live and... fracking is speeding up the process by leaps and bounds.

2/22/13

Floyd’s Skin Rash

Hi Floyd:

There you go. Given that these natural remedies reinforce each other (unlike mainstream drugs). I would do both Peter's and the EMU oil solutions. MSM cream is just an effective delivery system.

You might even throw in the herbal mix in the cream. So here is what you'd get:
1 tablespoon Dried Fresh Sage
1 tablespoon Dried Fresh Oregano
1 tablespoon Dried Fresh Thyme
2oz MSM Cream
2oz Emu oil

Let me warn you about cutting corners on the herbals... don't. Buy them fresh from reputable suppliers who guarantee that they are from organic suppliers. Then follow Peter's advice on preparation. So, right off the bat, don't cut corners.

If this does not work, I have some other ideas, but try this first. Its still simple.

By the way, these herbals are going to look pretty bad on your arm, LOL. So you might want to start out using them separately and see how that works, first. So go through half a jar of the EMU and the other separately. If that does not seem to be effective, combine them for the 2nd half. If that does not work, get back to me.

I will be doing some serious testing on skin creams over the next few weeks, but not for this. I, most likely, will make some serious discoveries... they always pop up somehow. If they are too cool to reveal, we can talk privately. Heck, we might just come up with two great cream solutions out of this, one for rashes and the other to reduce aging.

You may begin to feel like a test dummy, but you may make a discovery that you can use forever on many things like Peter has done. I have never really used the Fulvic Minerals and Clays, per say, but this would certainly be one place that they should do some good.

Regards, HUUuman

Hi Jim,
I had a thought, I use Hemic/Fulvic acid as a general pick me up, I used to take it all the time, too expensive for that, but very strong anti Bacterial/viral/ulcerative. Try drinking some on an empty stomach for about a week and a half, see if that will fortify your system. Also for years I have been curing Skin rashes with the following as a wash:

1 tablespoon Dried Fresh Sage
1 tablespoon Dried Fresh Oregano
1 tablespoon Dried Fresh Thyme

Steep in ½ pint of boiling water till it cools to just warm, strain and decant, keeps for 3 days. Apply to the skin area 3 times a day. All three herbs are very strong in their anti Bacterial action and they inhibit the salmonella infection.

Kind Regards Peter

2/23/13

Keys Speak
Natural Solutions <newsletter@naturalsolutionsmag.com> (link to site)

Hi Everyone:

I was just reading above on-line Article that was advertising Mushrooms of various varieties and touting their health benefits... which are truly great, especially considering the fact that the are generally white or brown as opposed to what we have come to think of colors in our food as the super phytonutrients that we should be looking for in our veggies as they point out.

Where they stumble in their article is when they begin discussing heart health and cholesterol reduction. Everyone, even alternative heath people, pander to the mainstream when they are pushing their products, so they still address their products from the Dr. Ancel Keys viewpoint or "Keys Speak" even though we know this guy was truly a quack in the true meaning (Not in the sense that "quackwatch" uses... That is, out of the mainstream’s fixed-brain, fifty year old viewpoint on how things work).

So what they begin with is that their mushrooms “Lower Cholesterol.” Now generally, what they are actually saying is that they increase HDL and decrease LDL carriers. Thee carriers are not really cholesterol at all... But higher HDL is actually good. The liver is the primary mechanism in determining this ratio and when the liver is producing lots of the HDL, it is telling you that it is happy with no inflammation, toxicity, or fat. This is something in “Keys Speak” that you have to get your head around when you are determining what you really want in your diet. In fact, no one following mainstream recommendations has a clue as to what a good diet is, so they don’t know where to start.

So when a biased add relates back to studies... you research the studies, then you discover that their product apparently does reduce cancer and heart disease. What is that actually telling you? The chances are that the translation is that you have discovered a product that is reducing Liver Stress. It is that simple. However, to do that, it must be contributing to methylation, glutathione production, increasing your sulfur stores, helping your mineral balance, adding antioxidants and/or enzymes, or reducing inflammation... to reduce what it has to be doing to the nutrient level. (Per the Title of this book,) “It's the Liver Stupid,” it generally starts there.
Mushrooms are foods that you want in your diet and, translation, they affect your liver positively. So, yes, include them. What you absolutely do not want is something that actually does "lower your cholesterol." Cholesterol is essential for every organ beyond the liver, where it is produced (and all other organs are beyond the liver) to function properly... Especially your brain. Low cholesterol diets are a big part of our population’s ill health and most diseases that are increasing in numbers like Diabetes, Heart Disease, Cancer, Alzheimer, MS, etc. are at least helped along by a low, wrong-fat, diet. Of course, there are other factors. However, when the mainstream talks about “good fats” they generally still mean wrong-fat, or vegetable oils (but now often include olive oil). The point is that if your translation of “Keys Speak” is incorrect, it will be disastrous, long term.

We eat pork from pigs that have been bred to produce a very low percentage of fat compared the free range pigs of sixty years ago. Our chickens are bred and fed lean, primarily corn and soy bean GMO grain diets, so are our cattle. Their meat is all relatively flavorless by comparison. Why do we like the taste of fat and the free range nutrients that these animals normally got in their diets? Because it is good for you. Your body knows even if your mind forgets. Our bodies Thrive on good nutrients and give you sound feedback. Learn to listen.

As Dr. Seneff points out in her interview, all meat eating animals go for fat first, then organ meat, when they kill their prey. Cattle and chickens love to graze. Why? Because this is where the nutrients that they (and we)Thrive on are located. We must have them in our diet which is why we must chose our foods wisely and supplement our diets correctly. Coconut oil is one good example, but there are plenty of other examples, such as mushrooms.

Even the highly touted “Grass Fed Beef” that the alternative community speaks of is not up to the nutrient capacity of a wild deer or buffalo, because all of our farm animals have been bred to meet the Keys standard as much as possible for sixty years. To get back to where we were nutritionally three hundred years ago is probably an impossibility at this point, but at least we have to learn "Keys Speak" and learn how to translate it into as healthy a Low Carb Diet as possible.

In Health, HUUman

2/24/13
Hi Theta:

Technically, you are absolutely correct, Theta. There really is no bitter taste associated with MSM and here is why:

Theoretically, methylation that occurs when you first put it in your mouth sets off a chain of events. These overload the mitochondria and they, at first, cause what some call "Bitterness." Bitterness, Salt, Umami (savory sensation), Sourness, Sweetness... these are tastes. MSM actually has none of these. But by overwhelming the mitochondria until they are put to "sleep" by the methylation, some just feel "horribly uncomfortable" if they swallow and this discomfort can actually cause some to vomit uncontrollably. That is an extreme case, but it can happen. For others, at the other extreme, there just is no problem from day one. Most are somewhere in between.

The key is to keep the MSM and water in your mouth till the mitochondria are basically intoxicated with this methyl component. A similar thing happens with any strong alcoholic beverage. The first shot is makes you wince. After that you can drink down a shot of pure 100 proof scotch and nothing
happens taste-wise. In both cases, you have put your taste buds to sleep. Taste buds are specialized receptor cells that allow information to enter the mitochondria and finally the brain.

Some of us have many more than others. I am a supertaster and have always had problems with bitter things, but MSM was never a big problem for me. Others may taste very little and MSM drives them crazy unless they follow my advice. In fact, some people really cannot taste much of anything, yet they may still have a problem if they just try drinking down MSM and water without the swishing. I have a friend who can only taste hot peppers. He has not gotten on the protocol yet, but he would be a nice test case.

I had an injury some years back when I hit a coral reef. The boat almost went dead in the water when it hit. The bridge of my nose struck the wheel of the yacht I was sailing and that interrupted the channels from them. I lost both smell and taste for six months. You grow new taste buds every ten days or so, but this nerve channel is key to keeping them all working, so it took six months to fix itself. Check out the basics of taste at:
http://www.plosbiology.org/article/info:doi/10.1371/journal.pbio.0020064

My theory is that the mitochondria are the key to all of this and, hence, the methyl groups that MSM contains works as it does. Most taste scientists (yes, Olfactology is a field), have not gotten this far, but a few have. Given this theory, one of the lesser benefits of the Anti-Aging and Health Program (that I describe herein) is that it will reactivate the mitochondria and allow old people who have lost their taste sensitivity to get their taste back, but the other benefits are obviously far more important. Nevertheless, having gone through six months of being tasteless, I now fully appreciate being able to taste things.

Kind Regards, HUUman

> I have heard that MSM tastes bitter many times. It is tasteless to me. Anybody else find it tasteless? I can put 5 grams in a little bit of water comfortably.

Theta<

Alzheimers
2/27/13
Hi bG:

Interesting and well written piece... this is the only one part that I find suspect and you probably already know why:

Dr. Joel Wallach claimed to have induced Alzheimers in animals almost twenty years ago by depriving them of saturated fats in their diets. Since brains are nearly all cholesterol and our SAD diets are nearly devoid of them today, it all adds up, but it has never been substantiated otherwise.

By using coconut oil in diets and eating animal meat that have not been purposely bred in an effort to reduce their body fat to lean meat ratios, and eating foods, in general, with natural fat ratios, Alzheimer's should become rare gain and basically eliminated from our list of "modern" diseases. Wallach calls it a, "doctor induced disease." If he is correct, and I think that he is, the herpes association that you reference has nothing to do with it.
The disease, then, Alzheimers, although named after the doctor who first "discovered" it, should be renamed the "Keys Effect." The Keys Effect is not really a disease at all, its an nutritional abnormality. However, most "Dis-eases" are. In this case, though, one man Dr. Ancel Keys, one of the really dark characters in our health history that the mainstream still loves, was the culprit who has bought it on.

By the way(as I reported herein), Dr. Keys also invented K Rations... in his brilliance. For those who love sugar, it was the mainstay of American Soldiers on the battlefront during WWII when things were really bad. It is comprised of hard candy, hard biscuits, dry sausage, and chocolate. Knowing this, it's difficult to fathom how we actually won that war. and Furthermore, is a good thing that it did not last as long as the Afghan War or the soldiers would be dying left and right of malnutrition. However, when you get right down to it, our entire population generally dies of Cancer and Heart Disease which are forms of malnutrition. I also noticed that many retired Airmen died of heart attacks immediately on retiring. That means at about age 40 to 45 on average, Given the "Chow Hall" diet that we were fed, it all makes sense now.

Regards, HUUMAN

> The Lyme's bacteria may not be able to stand the metallic silver particulate in its environment, so leaves the brain and nervous system once they become seeded with silver. It could be a near-permanent protection against not only Lyme's but also herpes, which has been associated causatively with Alzheimer's

2/27/13
Selenium and Key Mineral Nutrients.

Hi All:

Adding to what Duncan has said below:

Selenium has been shown in cancer research to be a strong cancer inhibitor (and often)... and for good reason. That is, there is a strong correlation between levels of cancer incidence and lower levels of selenium in the blood because of the pathway that Duncan mentions.

Furthermore, like most of the minerals, Chromium, Magnesium, Silicon, Potassium, Sulfur, Iodine, Boron, Zinc and to a lesser degree Vanadium, modern farming practices have taken Selenium and Trace Minerals from our diets.

The key thing here is that plants do not manufacture minerals. If they are not there naturally, you just do not get them ever... and you get sick. All disease can generally be traced to a lack of one or more of these. Add to this that modern practices require long shelf lives and you multiply the problem.

The three most important of these are Magnesium, Sulfur and Selenium: Magnesium for Bones and Heart and Selenium as a hedge against Cancer.

Sulfur is the most volatile of all of these and it is probably the most important element for health that we are all lacking in our diets, but who is counting? You can't survive long when any are missing. Any food that has been processed in just about any way, is devoid of sulfur. Even refrigeration, or just
sitting around, destroys sulfur content. For that reason, no one, likely, gets as much as they could possibly use.

Sulfur is the "key element" in the electrical transmission between cells. Does that tell you anything? There is more... a lot more, but the idea here is that you must first make sure that you are getting all of these minerals back into your diet that modern practices not longer accommodate.

Foods designed to intentionally sit on a shelf, be refrigerated or frozen, or are otherwise processed, can never deliver sulfur. So you must, somehow, figure out how to get it back into your body.

MSM, which also provides an elegant system for methylation (look it up in my book) and organic sulfur, and Whey are two superior delivery systems that Duncan and I speak of. But there are other, still important, adjuncts that also help. Selenium is one of them.

Finally, we must keep this glutathione conjugation pathway open that Duncan speaks of here or else the liver becomes overloaded and the entire organism (you) dies... as this death would be from what modern medicine would term an unrelated disease like CVD or Cancer. Fundamentally, this may not be easy to understand, but it's simple to take care of when you know what you are dealing with.

Kind Regards, Huuman
Mon Feb 11, 2013 1:05 am (PST). Posted by:
"Duncan Crow" duncancrow
>Selenium is primarily used in glutathione production by all the cells >depending on how much they are exposed to toxin load, and a bit is used >by the thyroid. Can't be well without it; dose is usually 200-400 mcg. >depending on arsenic loading from the drinking water.

>all good,

>Duncan<

**MSM Problem (in the order sent & received):**
Mar 1, 2013 Mike wrote:
Hi, I've tried MSM in the past but had to stop because all it does is make me sore. It feels like straining a muscle and I pull up lame. Obviously you can't go through life limping along so I stopped taking MSM. Have you heard of this problem before? Do you have any suggestion? I have high copper levels... and this may be some of the reason my body responds strangely to some supplements.

**Posted to groups** and sent Mike:
I certainly think that you are on the right path here. The antagonisers giving you a reaction would be one warning and your sensitivity to MSM is the other.

Next, as you say, You have to find your sensitivity threshold and stay within it till you get this licked with all of these, but they have to be key to beating it.

Good that you got a diagnosis on the Wilson's Disease... of course, I would not know the term, but there is a disease associated with each mineral in the same way... and that was my first assumption. How did your doctor determine that you don't have it? Just curious.
Not that this will make you feel any better, but probably five hundred are on the HL MSM and you are the first that has such a problem. However, it only makes sense that this problem is the key to your beating this. You just have to get it right and stay with it.

You might want to try some flushes and cleanses to see how/what they do for this. Jon Barron has a lot on that at his site about this. Again, take it slowly. You might start with a very light liver flush and see what that does.

HUuman

Mar 2, 2013 Continued Conversation from above email question:

H> Sounds like a strange detox reaction.
Mike> That's been my take on it for a long time.
H> Realize that a healthy body makes MSM naturally. If you are detoxing, and that is about the only explanation, you have to go very slowly and get past it.
Mike> OK
H> How did you get the excess copper?
Mike> No idea.
H> Can you avoid it?
Mike> I'm pretty sure it's not coming in via the diet... as nobody else in my family has high copper. So either I've picked it up somewhere or I'm absorbing it particularly well. It's officially not Wilsons disease (the genetic disposition to retain copper) according to the doctor (I got a second opinion just to be sure).
H> There has to be a solution.
Mike> VitC, manganese, molybdenum, zinc all antagonize copper. Manganese, zinc and molybdenum all make me feel unwell if I take too much of them (doses that don't make normal people unwell). It appears that MSM is another thing that antagonises copper... that I hadn't worked out. I've been chelating copper for the past 7 years. Only VitC (only the soluble form works) doesn't make me feel unwell... so I've favored that... but do try to make sure I keep manganese, molybdenum and zinc levels up... but below the threshold that they make me feel unwell. It feels like getting angina. In fact it feels like the minerals go to war. I'll try adding MSM on a regular basis as part of my chelation strategy.
H> Regards, Jim

Mar 2, 2013 Continued Conversation from above email question:

3/3/13
>Hi Jim:

Actually, this can be a quite typical response to MSM stripping acidic waste from the body. You can actually chart the effect by measuring saliva pH. As soon as the pH drops down below the 6.25 level, fatigue and varying amounts of muscle pain start to occur. For those with conditions like CFS, it's not soreness that is experienced, but pure agony.

In fact, for this reason, I sometimes use MSM as a diagnostic tool. It doesn't matter how well a person thinks they are or looks; an extremely healthy individual will barely react to taking things like MSM.

To help counter the effects, tissue hydration and liver support needs to be a priority. You can't get proper facia hydration without proper mineral balance, and you can't properly balance minerals without proper soft tissue pH.
Someone who reacts very severely to low amounts of MSM (1 gram) should consider a really thorough daily cleansing program. For example, 1 tsp. of edible clay twice daily, and the juice of about four lemons a day (in high quality water).

...cancer is right around the corner for many people who react severely. There are too many environmental pollutants out there post 2000 to think that eating healthy will prevent cancer. The body's detox pathways must be mastered, as well as the body's metabolic state.

~Jason<

**Mar 2, 2013 Continued Conversation from above email question:**

3/3/13

Hi Jason:

Interestingly enough, the late Dr. David Gregg suggested using DMSO as a diagnostic tool (Ch27). His method was that since DMSO imparts a strong garlic breath on people with serious health problems: The smell of garlic breath gets stronger relative to their problem, compared to a well person and that can easily be measured. So the stronger the garlic smell, the worse the problem. MSM does not do this, but your point is well taken and it would be a good tool, though maybe more subjective, than an actual breath analysis as Dr. Gregg suggests. But why not track both if you are using DMSO? However, I normally favor MSM, just because it is safer, and your pH analysis sounded like a good tool the first time you posted it here.

I immediately sensed that Mike, was in bad shape as you suggest, from his description. I also realized that his mineral balance was way off as he virtually told us and, finally, that he has to get it straightened out ASAP.

I'll send him your take on it, Jason. Also, as far as hydration goes, its hard to beat what Dr. Patrick Flanagan has contributed in his work for that, but clays can be cheaper if they are done well as we have discussed previously. I would actually do both, given the gravity of the situation (can't call it an illness yet, maybe, but as you say, it is a step away from a very serious one).

I can also see where he is apt to come down with cancer (or something else) soon if he does not get past this problem. Mike sounds like a pretty hip guy who has tried to do his homework, but has just not come across the correct answers to deal with his problem(s) till now. I am thinking that he will be all over this when he reads it. This has been an interesting lesson for me.

I know that I have said this before, Jason... but nice having you around. And thanks for stepping up. Your input is absolutely invaluable. It is rather amazing that Mike's doctor did not "get it," but we know how that goes. If I were him, I'd be looking for a new one. With input like this, maybe we can begin to force the mainstream to revamp their priorities toward wellness. As we say in tennis... "Take the ball early."

Regards, HUUman

3/3/13

**Joint Health is not the Basic Issue**

HI bG:
Glucosamine, Knox Gelatin, Chicken Cartridge and Egg Shell Membrane are all collagen sources and if you could get enough (Hyaluronic Acid is another one of similar value), they all would at least begin to solve your problem. However, you can't and they will not do the job. Chondroitin is a waste of time, period, because the molecules are just too large to do anything. Dr. Wallach missed the boat on this one. He was only partly correct. None of these supply enough organic sulfur efficiently enough and none aid in methylation, but they are good adjuncts. I also recommend MicroHydrin, but this will not do the trick on its own either. There will be synergistic effects.

I am using the egg shell membrane as a collagen source (among others) in my DMSO delivery system, body/face cream that I am testing, but this is a transdermal system and it is oriented toward the skin and is a supplement. They will help build the skin thickness back and thus take away the fine lines and wrinkles while in the process of delivering nutrients elsewhere.

You have a much more deeply oriented problem and I address it in my book. Joint issues always start at the Liver. "It's the Liver Stupid." To get the liver back you need a many pronged attack. You are not new to this, so I am sure that you are hitting some of the issues and you can still get around, so good, but you are obviously missing some others or your joints would not be telling you that they are unhappy, otherwise. Think of the joints as your "distant early warning" system, since they are last in the food chain and first to be hit, as the liver struggles to meet its quota and keep you otherwise well.

You are probably already doing most of what my book suggests but obviously are not on the HL MSM protocol (or you are taking creative short cuts as some others have been). It is like being two quarts low, but with an oil leak and screaming joints are valve clatter in a sharp turn. Certainly, there is no reason to be putting up with screaming joints, but they are telling you that other, much more important problems are coming unless you pacify them... the engine will eventually blow.

Kind Regards, HUUman

Fri Mar 1, 2013 11:30 am (PST) . Posted by: Baby Grand
>I'm going to try this for some hip and knee cartilage damage. So far I'm functional, and have just started using egg membrane capsules. I figure why not use the chicken and the egg, just sounds so complete.

I've read good things about these 2, and thought to give them a try. Has anyone else tried these 2 things? The glucosamine, chondroitin supplements I took didn't seem to do much. The Knox Gelatin helped a little more.

Since taking the egg membrane recently, things did seem to improve, but it's very soon, like 3 weeks, so not sure anything real is happening.

bG<

Paul wrote:
DEW. My dashboard is full of them. Very scary. Wish I could get one light off. But instead more keep turning on. Ugh. Hope to turn the corner soon. Thus is a very smart group thankfully
Sent from my iPhone

Hydration
3/3/13
>Jim,
Does MSM thin the blood? I notice sometimes my blood is nice and pink and thin. But today, it was thick and dark. Thanks and just to let you know. I am reading your ebook slowly, to make sure I remember.

Melly<
Hi Melly:

I believe that what we are really discussing here is hydration. The reason is: When I get Migraines (seldom anymore), it's because I have thick blood. My theory is that a migraine is the body trying to save itself by dilating the blood vessels and arteries and sending the available blood to the brain which is starved by poor blood flow. The first hint of a migraine is visual, followed by the left arm going numb. The progression strongly favors this theory as the problem. My Chiropractor friend, Dr. Hobbs, first suggested it years ago.

The next hint is that Mega Hydrate works by hydrating the blood and it fixes migraines. So my favorite answer to hydration is Mega Hydrate. Mega Hydrate goes into virtually everything that I drink... at maybe ½ capsule. I usually can buy it at around $25 for 60 capsules, so it is expensive. The Crystal Energy (liquid) that Flanagan makes is far cheaper to use, but not as effective in my experience.

Also, as Jason suggested in an earlier post today in the Beck-Blood-Electrification Group, edible clays help with this. My suggestion is do both and do them regularly.

Regards, HUUman

Mixing MSM with Water Negates the Methylation
3/4/13
Hi Ivo:

I don't know anything about you, but if you are over about 25, this cancer tutor protocol that you have found is almost totally worthless for you. Also, your following this protocol had absolutely nothing to do with your cyst progression, IMHO. This mixture would be very close to a zero on the scale of one to ten for effect. The fact is that your body makes far more MSM naturally than this protocol delivers in just keeping you alive. My HL MSM Protocol delivers many more times the effect of this, once you are past the "start up." Keep that in mind when you get serious about it. The water dissolved delivery, where many make their first mistake, negates "methylation" almost completely... and we could go on from there.

I am sorry that you are having the pain, but you just can't blame this innocuous treatment on your progression... actually either way. Had the cyst disappeared, it would also not be because you were taking this protocol. You would simply have needed to look elsewhere for the reason.

MSM has no "bad" side effects, in itself, but has many good ones. Taking much larger quantities of it than you have taken, too fast, could cause toxic release (assuming you have stored toxins), but this scant amount that you were taking could never affect anything unless you were on the verge of death.

You did not tell us how much D3, but I am assuming trace amounts there too. However, D3 has never been shown to cause these problems either. It took over 100,000 iu/day over a month's time to
cause the members of the asylum to become ill in the famously reported experiment done in the '30's and they all recovered as soon as they were taken off of that crazy, dictated protocol. If you read the Vit D Newsletter, it have been proven to have anticancer effects, but you have not been dealing with cancer by what you are saying.

I am sending you my book. Read it carefully and you'll have a much better understanding of what you are doing here. Then, get back with me here. We can all learn from what you are doing. Benign cysts are very difficult to treat wherever they are because the body just does not recognize them easily and there lies the rub. In fact, cancer would likely be more simple to deal with using the tools that we have. I do wish you the best.

Kind Regards, HUUman

—I used the protocol MSM/Vitamin D3 based on cancer tutor. Then when i made the water msm (mixture of ½ gallon of purified water and 5 Tbsp of MSM) and I began to give just 1tbsp /day the cyst become hard and painful. I tried several times in one month after a time of rest to come back the cyst and no pain on her. My opinion is that the msm forced to retract the cyst and the pain. I don't know. I Never more tried to use it again. Then I need to understand the side effects that can occur and how I can jump these side effects or reduce them.

Thanks,
Best regards, Ivo<

**DMSO is not an Irritant**

3/4/13

Hi Randy and Luigi:

Randy, that was my point and we agree. As Jason and others have said here, DMSO can be dangerous when not properly handled, so people must be careful when using it. MSM is far more forgiving. I generally would never recommend using it without following a list of precautions and I like the idea of 30% reduction with clean water. However, you can purchase it that way in the first place. This reduction, though, clearly does not make it inherently safer if you do not take the very same precautions (I mention this repeatedly herein).

What I don't like is saying that DMSO "burns" things. It simply can't. Some have reacted to it with a rash (irritated if you will), but my guess would be that they have not been completely sterile in using it and they simply have driven nasty stuff into their skin... and, no question, it will do that. That is what DMSO is very good at doing. Aloe Vera would indeed soothe their irritated skin in any case.

We have to be careful in our language so as not to discourage people from using DMSO and MSM in intelligent applications. This oxygen transport pair, DMSO & MSM, are both key to some outstanding health breakthroughs that could possibly be shut down or suppressed by indiscriminate terminology. So far, the mainstream (and FDA) has done its best to suppress the use of these and for years now, because they cannot make money with them. However, both are better than any "drug" that big pharma has and in a myriad of ways. This will come out as time goes on... and people begin using them correctly.
Basically, DMSO is just a far more absorbable form of MSM in that it has not yet oxidized. Theoretically, when either one has entered your body, they transfer back and forth between forms as they are utilized as Dr. Gregg describes. As he says, they are biologically just one thing (if he is correct). MSM is just easier for non-professionals to control and neither, in themselves, can possibly harm you. They are not “drugs” and neither one reacts with drugs... the theory is that they make you younger by "methylation" and "oxygen transfer." Thus act as both oxygenator and antioxidants as they transfer between forms within the body... which, as it were, nothing else in the world does this that anyone is aware of, so far. By the way, without these processes going on at the mitochondrial level, you would simply die. They are key to life's function at the cellular level. It must occur whether or not you supplement with them.

Kind Regards, HUUman

Heat Treatment for Cancer
3/7/13
Jim, with regard to the repetitious cancer claims made by the marketer for bio-mats, the researcher quoted says they are never used to treat cancer by themselves but to augment cancer chemotherapy. So, a marketer's mention of bio-mats in this regard is essentially fraud A hot bath increases core temp by the 2 degrees required for heat shock therapy in under 15 minutes, and this can be checked with a thermometer. This is what Paracelsus used "to cure any disease."

> all good, Duncan<
Hi Duncan:

> I have followed your arguments and your have my ear my friend. I am not buying Lymover's claims. Actually, my Father was looking into this method of curing cancer in the late '60's with great hopes... and finally gave up on it, basically, it for the reasons that you argue. He was a man well ahead of his times, but he actually bought into Dr. Key's BS on cholesterol... and that killed him at the young age of 67... which I now consider middle aged.

> But then, why worry about curing cancer when we can simply avoid it with MSM, Whey, and Low Carb Diet? We apparently have this licked. No one should ever get cancer in the first place... same with heart disease. I am becoming more certain that these are just peripheral diseases that should never occur in a population that follows their good senses. Read on for why I make this seemingly ridiculous claim.

> I hope that I am not offending you Lymover, but I do believe that Duncan is correct and I do have a fairly deep background in this particular healing mode.

> On a related topic, I just got a very impressive early result from a woman named Mona, whom I have never met, yesterday that she and I are very excited about... are you ready for this?

> Just one year ago, Mona read about MSM here and went on what I now call my HL MSM Protocol. Now, please realize that I was working almost totally on the empirical level then, but was a big advocate. At that time, Mona was 53. She had already had a spinal fusion and a hip scraping. She had Crohn's Disease (by the way, I have since learned that this is the only disease that the FDA says can be treated, legally, with DMSO/ MSM). She had an autoimmune disease called PSC (I have not fully
researched it yet, but it sounds really bad), also, Fibromyalgia, Chronic Fatigue Syndrome, Lung Chlamydia, Q Fever and Lyme and Myopathy... but get this: She was due for a liver transplant at level 4 (I have to read up on this too as to levels). She was waiting for a liver transplant when she started this HL MSM Protocol (which I had not yet named then). The woman was dying... as she says and she was in terrible pain.

> Today, she still has symptoms of Lyme and Myopathy, but her liver and these other maladies are gone... zip! One year on this protocol (but not quite, she did not understand it yet) has done all of this. Her doctors claim that what has occurred is a virtual miracle... impossible!

> Now realize that one year ago, before I got really serious with my book, I had no idea about how the liver affects the joints or how MSM increases mitochondria/telomere efficiency. This is still theoretical, of course, but the studies have been done and now we are seeing direct results that point the needle in the direction that my conclusions led me.

> Your constant, I don't want to call it wailing, but whatever, Duncan... regarding Glutathione Production and its affects is what led me to putting all of this together. I really believe that what we have here is a medical breakthrough in the making. Joint health was what got me started, but it's just a small piece of a much, much larger puzzle. I predict that what has occurred with Mona is just the beginning of a huge change in how medicine will be practiced worldwide once this gets out and it will all be centered on liver health. She has pointed the way to why, "It's the Liver Stupid."

> Kind Regards, HUUman

**Hearing and Sight Degradation with Aging**

3/8/13

Comments on article regarding Hearing:

The comment: "2. Human hearing starts to get worse at age 20. " is just plain wrong. If you include enough antioxidants in your diet, hearing stays the same. I proved that to my doctor 20 years ago. My hearing was fine from 20 Hz to 20Khz at age 69 and it is no worse now. My super high-end sound system has this range and I could hear all of those frequencies clearly before my son messed it up. It's now out of commission, but I am just too busy to fix it.

Vision is a different story: Presbyopia does seem to occur even with anti-oxidants. My vision went from 20/40 in high school to 20/15 at age 25 because I elected not to correct it with glasses. Today, I can read very small print in good light, but need 1.25 dioptre readers in darker situations. Still, my distance vision is still 20/15 at age 71. However, what I am saying is that aging does affect eye strain or darkness vision just as we are told. But the real point is that it does not affect hearing to any degree if our diets are not SAD. I generally do fine reading my super high resolution (2560x1600) monitors set at max resolution without glasses most of the time.

Most of these homilies that are passed on today are based on what happens to a population of "idiots" who follow the government and mainstream recommendation of a SAD diet. It is hard to envision just how good things will get when we start getting back more results of the full Anti-Aging & Heath Program (AHP). My thought is that none of these old school standards will hold for even a minute. In fact, there is no doubt that my vision has improved, somewhat, in just the past year on the AHP. It
has already dropped from about 2.5 diopters at its worst. Where it goes from here is anyone's guess. The fact is that we first age backwards on the AHP, so Anti-Aging is really a misnomer.

Regards, HUUman

**Cooking Oils**

Hi Paul:

So far, Macadamia Oil looks good as a cooking oil from all that I read. Red Palm Oil seems good and it adds alpha carotene to your diet which is nice (check it out) and it is cheaper to buy. Duncan likes MCP which is apparently benign in both directions as I read it, but very safe. Coconut oil is good, but as Dunc says, it imparts a taste... but that makes popcorn extra yummy. Not that I eat much of that either, but I still love it on a cold night watching March Madness which is coming soon.

Regards, HUUman

> However, when all is said and done, you just want to minimize cooking with oils as much as possible for the most part.

**Is Cancer Genetic or a Mitochondrial Problem**

3/10/13

I have said herein that basically all disease is a Mitochondrial and a Glutamine metabolism problem and that the AHP can help stop them... with few exceptions. This is a ridiculous assumption in terms of how mainstream medicine looks at disease today, but I believe that it will prove out and the AHP is already giving us back strong evidence that this is true. My poster woman, Mona, is a living example. There are plenty of other examples, certainly, but not as eye opening.

Watch this video on Thomas Sefried, PhD, who agrees with what I determined in my research when writing this book.


My premise: We can win this battle on cancer with HL MSM and the AHP and it is all about liver health... It simply does not take a team of twenty scientists and MD's to get this. Are these guys really talking? They are making this problem unnecessarily complex like Dr. Trent in his video (first mention in ch 1, here), they clearly get half of the story and the rest is deemed a solid mystery. My theory is, if you make the problem complex, you end up missing the truth. The truth is always really simple. Just open your eyes, listen, and pay attention and it will come. The source is not where you expect... the mind actually gets in the way.

Dr. Sefried gets into calorie restriction as a method of reducing the vacuolization of cancer. For healthy people, there are problems with stress in calorie restriction as Duncan has pointed out. However, in my opinion, the bottom line is that "some" calorie restriction is a good idea. Still, you just do not want to overdo it, either. It reduces glucose and increases ketones. Termed the Ketogenic Diet (R-KD) by Sefried, there has to be a healthy result, no matter whether we have contracted cancer or not.
Dr. Sefried sees calorie restriction, then, as a basis of treatment for brain cancer. IMHO, some calorie restriction should also be a method of keeping cancer from forming in the first place. Sefried, after the R-KD, treats the cancer with what he calls “natural drugs.” He does not define the “drugs;” however, let’s hope that they get the word on HL MSM and begin testing this Protocol. The same arguments should make some calorie restriction of value when using the AHP in treating and avoiding Type II Diabetes, most other disease, and health in general. For this reason, I no longer eat a true breakfast or lunch except for whey smoothies, etc.

Interestingly, Dr. Sefried is a proponent of the (LCD) Low Carb Diet, but also stresses reduced protein intake as does the Rosedale Diet. But here is where we see the rub: The AHP is about balancing a higher protein intake against the lower carb restriction and raising the fats in such a way as to not overload the liver. All the while, basically stopping toxin intakes as much as possible for the same reason. When this is all done, the liver is always the benefactor and the determining organ. The bottom line is, when the liver sings, the body is in consort. “It’s the Liver Stupid.”

Regards, HUUman

**MSM for Liver Treatment**

3/11/13

Hi Byron:

Thanks for your reply... so here we go, my friend:

You are undoubtedly correct if we were discussing mainstream doctors. Because it is certainly true that no mainstream doctors are treating Liver Disease with MSM. Furthermore, they would not even know how if they were. They'd be prescribing, maybe, 1 gm caps of MSM, once or twice per day and getting "zero results." So far, it sounds like you'd be there too, but I am hoping that I can change that. So bear with me on this and I'll send you a copy of my book, so that you can follow along with the refs.

When I had essentially written my book, I was certain that I had put together the key to Liver Health... and, virtually, the true path to wellness, hence the title, "It's the Liver Stupid." However, only a week ago, I got solid proof that I was correct when Mona wrote me. Mona, my poster woman, was up for a liver transplant (level 4) just last year and as a result had multiple associated diseases. She got on the HL MSM Protocol and is now, well. It could have been a miracle, but I am inclined to believe that it was because of the protocol. I realize that I am biased, but you'd be hard pressed to come up with another objective conclusion. Her letter, on reading my book, started... "You will not believe this!" But I do and I actually anticipated it given my research. It had to happen and it will occur plenty more once this is out. No one yet gets it in or out of the mainstream.

Given her associated diseases, Mona was, as she says, "virtually dead," when I told her about it and she went on the HL MSM Protocol (then unnamed) last year. Both she and her doctors had given up. They had no answers. She was on 14 meds then.

It was a done deal: Today, along with a healthy, fully functioning liver, she no longer has Fibromyalgia, Chrones, PSC, a rare, but always fatal (till now), autoimmune disease affecting bile ducts, and a host of other problems. Mona still has Lymes Disease, but I actually believe that HL MSM will eventually get that too. When accompanied with some other protocols, I don't think that it
has a chance. By the way, we know that no one treats Lyme with MSM either, right? There is no chance that it would work there either in small amounts, but the HL MSM should eventually get it.

No matter how many nice things you say about SOD, it is still second... and we agree. The "Glutathione Conjugation Pathway" (P35 in my book speaks this) is the key. So lets reorder your antioxidants properly: It should be: Glutathione (first & always), SOD, and Catalase, IMHO.

Now first off, what makes MSM/DMSO so effective for liver health? As the late, brilliant (if verbose), Dr. David Gregg (P46) points out in my book, and I believe that the man was ahead of his times on this: The "Oxygen Transport Pair" is not just an "antioxidant," but literally it shifts from a powerful oxidant to an antioxidant. This virtually supercharges the liver as MSM becomes DMSO in your body, thus retrieving and giving up the O back as needed (and intelligently by my premise). Combine this with the two M's with, "Methylation," and you have the key to inherent wellness at the mitochondrial level (P26... & well documented), then add Sulfur (P32, but you know this, mostly)... which turns out to, literally, be "liver food" and I am sure that Mona is now well for reasons that have been completely understood for quite some time.

When not used correctly, MSM is relatively ineffective or even unnoticed. It is just that no one ever researched or explained the HL MSM Protocol before at an objective level, even though many horse farmers seem to have been using it in their families for years. Keep this in mind, this is not my protocol, it was given me by a farmer. I just discovered from existing research how it works and why after using it empirically for many years. Mona got the word when I had no idea how it really works. Now I have a pretty good idea, but there is more work to do and people like you can help. I am just an architect, not a health professional, but I understand associations and these are pretty clear to me.

So I suggest that you reconsider what you have said, Byron, and get back with me. I would like to hear your opinion once you have.

Kind Regards, HUUMAN

>It is the liver stupid. The body has 3 main anti-oxidants SOD, Catalase and Glutathione not Glutathione, As far as I know no one is treating liver disease with MSM or CO Q. SOD, Catalase are part of a natural treatment of hepatitis and other inflammatory diseases of the liver and its used to bring high liver enzymes back into normal ranges by protecting the liver cells from oxidative damage. MSM is good for a lot of things but unless it has the right other co factors its not an antioxidant. Co Q is but it is not a master anti-oxidant of the body but it is important. SOD like glutathione creates trillions of free electrons for the body’s use, unlike 100mg of COQ which is limited, but useful for certain things. Byron Jacobson<

**MSM Questions**
3/12/13
Hi Olushola:

You are not a new kid on the block here, Osh, so you really know much of this, but for the newer people I'll dig down some:

To answer your first question: it is both... people fail to "swish it around," thus negating some of the methylation and they do not get enough.
My book has been in the writing four years now and I have gotten nothing but good results, except as I mention. I actually have no idea how many have tried the protocol, but I have only heard two negatives in that time:

- One was Dee last year, who left the CCO Group in a huff because she and Dunc could not agree on anything. She claimed it upset her stomach. She as taking it, nevertheless, and had some positives to report that appear in the History section of my book. Honestly, MSM should never affect your digestion negatively. It makes no sense, but she said it did.

- The other was Mike... only a few weeks ago: He is apparently having a severe detox reaction that does not allow him to take enough to do any good. Those reports and exchanges appear in the New Posts Section, called "We Are Learning More- Recent Discussions" in my book.

As far as Mona goes, she is an exceptional discovery who just came out of the woodwork last week:

- Mona has had liver failure. How many people in our group in the last four years were there with liver failure (that is our only sample): Chances are very good that she was the only one.

- Her autoimmune disease is so rare that they only have diagnosed 30 others and they are all dead now according to Mona. So we can be certain that she is the only one who has ever tried MSM for that one.

- Chrone's disease: Actually the FDA has approved MSM/DMSO for treating it, So there is likely a huge sample for that, but who cares? That is no big discovery. It has been out there for years as Dr. Gregg says.

- The only things that Mona still has left are Lyme's Disease and a nasty bacteria that hangs out with it. That is another test that is ongoing. She and I are working on a transdermal Protocol to help her combat this. Plus, she was just not doing enough MSM, but she is all over that now. It may take awhile, but I think that we will win this as I said in my previous post. Her oral supps were limited by her compromised digestion due to the host bacteria, so transdermal should get the job done.

Mona's opinion is that she improved "only" due to the HL MSM. She was nearly dead and no one had any answers. Her 14 meds were ineffective. Everyone, Mona included, had thrown up their hands.

We have loads of good reports beyond Mona, though, and many are documented in my book from P84 on. All of my local friends who have tried HL MSM have shown similar great responses, but none had anything like the problems of Mona.

My book is just not about supplements in general. There are tons of books on supplements. It is about learning how to find the ones that work best for you and an individual... To find your personal Anti-aging and Health Program (AHP). Its about learning how to discriminate between garbage and good... and how to raise your level of consciousness, so that you can become better at doing all of this. It is a "Do It Yourself Book on Health and Wellness." I just discovered during the deeper research that the Liver was the key to all of this. It set off a light that was previously dim. Duncan's work led me there though.

There are no drug reactions that I am aware of between MSM and drugs... probably because that would make no sense. MSM can be thought of as a part of your body... it occurs naturally, so why
would it interact? If a drug were so bad as to interact with MSM, you definitely should not be taking it... Not that I could endorse very many drugs in the first place. Let's see, my list is short: Selgin and... what else? Hmm, that is it! Help me out, there must be at least one more.

By the way, most all diseases should respond extremely well to MSM, but there are exceptions. The disease, ALS (Lou Gehrig's) is one. But if you happen to have the onset of ALS, MSM will make you sicker... and fast.

I talk about the farmer in my book... really a marketer of horse MSM who also raised horses. I have sense heard of and talked to others who raise horses, since. We do not have many horse farms here, but a couple are actually clients of mine. They all know about MSM and what it does. One that I recently heard about uses it just like the guy who introduced me to MSM. So the idea is not new. What Farmers do is almost all totally empirical. They do not document much of anything. They just know what works, but they are a dying breed. Sadly, factory farms are running them out of business. I hope that we can turn this around with a higher demand for truly organic products which factory farms can't possibly meet. Interestingly, our local organic dairy farm sells more cheaply than the supermarket products.

Quantum... first, did you watch the videos? I do my best to describe quantum occurrences in the book. Certainly, an Empirical explanation fits your definition, Olush. We have two products that utilize quantum energy that we plan to market with this book. One is placed under the hood of your car and it increases mileage, torque and hp. Dyno tests prove a leap from 51 hp at the drive wheels to 101 hp and road tests has indicated over 124 mpg on a two mile level course at 50mph on several occasions using redundant gauges. We got 62 mpg at the Mercedes Benz test lab in Detroit for overall driving. However, under more normal driving conditions we only got 46mpg average over 40,000 of testing in a 2012 Jetta Sportwagon (36 mpg EPA highway rated). Still that is well over a 25% increase in mileage (overall mpg) and usable power is phenomenal. Do I completely understand what is happening? No. But I love it and it will carry over to our "HUuman" body cream that I am testing, I am sure. Once the website is up, I will sell the book, the car device and the cream on it. June is the target date, but this is a big task.

Thanks for asking... Love your questions.

Kind Regards, HUUman

>Are you referring to the dosage as an incorrect us of MSM?

>If you get heat because of your position on MSM, it might be due to your rather small sample size of 1, A sample size of 1 is statistically insignificant. Mona. Maybe Mona improved because of the interaction between the drugs she was taking and MSM. Your ebook does list some supplements that should be taken along with MSM. Also, it might be a good idea to document some of the work of your farmer friend. Finally you need to define how you are using the term "quantum" I know the term from my studies in quantum physics/mechanics, which seems to be different from your usage. It seems you might be using it to express an exponential jump in outcome, right? Olushola<

**IBS Problem Solved**
3/11/13
Hi Barb:
Good to hear your reply. You were lucky. At 67, you are in the crowd that needs plenty more, so do as much as possible... my friend Craig (your age), does 1 heaping tblspn every time he goes to the toilet. There just is not any amount that is too much and you virtually begin aging backwards from the inside out. Within about three months, it you will begin to show a much more youthful glow... hair shines, skin softens & wrinkles lessen, nails grow faster & stronger & you just de-age. There is NO downside. Your mitochondria are functioning like a 20 yr old. Its an almost a free deal too. One that you don't want to miss out on. $42 for 10# and it is without question the best nutrient in the world. Tell your friends... get this out there.

Regards... With Love, Jim

On 3/12/2013 6:49 PM, Barb wrote:
> kiss, I am actually 67. I think MSM is the major factor in curing my 20 year IBS problem.
> Thank you Jim
> From: Jim <Huuman60@comcast.net>
> To: box <bcox242@sbcglobal.net>
> Sent: Tue, March 12, 2013 1:55:56 PM
> Subject: Re: e-book
>
> Good. Thanks on the report.
>
> Now take about 20x that amount just to stay well Barb... following the HL MSM Protocol in my book. Its easy and safer than drinking four glasses of water. There is no sense taking chances.
>
> Please get back with me on your particulars. I am guessing that you were about 40 yrs old, since it gave you that benefit. If you had been 70, you would have probably gotten nothing unless you were some sort of super being.
>
> Any additional info on your healing is greatly appreciated.
>
> Please do not forward my book in whole or part w/o permission. If you see any typos or errors I'd appreciate your reporting them back to me. It still has one more edit.
>
> Kind Regards, Jim

On 3/12/2013 2:36 PM, box wrote:
>> Hi Jim,
>> Wow, just catching up on this forum. I would like to request your e-book.
>> I recently "cured" my IBS of 20 years, by taking 4-6g of MSM a day, plus olive leaf extract. I knew it was an anti-inflammatory, as I had used it for back problems in the past, but had forgotten all about MSM until 2 months ago.
>> Can't wait to read your book,
>> Thank you so much,
>> Barbara
Hi Barb:
You can rejuvenate at any age... but the glucosamine had nothing to do with it. The anti-fungal may have helped some, but just good to hear that you won.

On 3/12/2013 7:11 PM, barb wrote:
> I am pretty sure I am not a not a super being! I am pretty herbal literate, but that is sure a bunch of MSM. However, at a low amount, it sure slowed my IBS, combined with Glucosamine and antifungal. I am 67, so guess some sort of a super human being..ha!' I have read you can rejuvenate until age 70. I have had IBS for 20 years, but have kept it under control, until the last 4 years, when all H broke loose. OK, where's the book? Want to read. If you have on a site, I am very willing to pay a fair amount to read.
> Thanks so much

**Autism in Children**
3/16/13

Dear new member to Sulfurstories,

I am so glad you joined. The way this list works is that when you join, if you will share your "sulfurstory", then listmates will know what to talk about to help you in your exploration of the good and bad effects you've seen with sulfur supplements or foods.

I set up this list many years ago when I was lecturing all over on the biological effects of sulfur, especially in neurodevelopment. I still lecture on sulfur, but mainly outside the US. My path has gotten a bit redirected in the last few years as I found a dietary treatment that does seem to help the sulfur pathways in a lot of people, and seemed to help more than what people saw through using sulfur supplements themselves. That research continues, but it has absorbed so much of my time that I slowed down the rate of bringing new sulfur literature to the list here, but there are also other members on the list who are into sulfur research and post it here.

The conversations on the list have slowed down considerably from years ago, but even so, there are many YEARS worth of great discussions in our archives, and the odds are we talked about what you are interested years ago, so please read the archives using the advanced search techniques you will find on the messages page. If you want to find posts referring to the medical literature, put PMID into your search criteria.

Also, please take a while to look through the links section and the files section for goodies that will give you a lot of needed background.

If you will post your questions/comments as soon as you can, that will spur people to post in answer to you, but most of the oldies on sulfurstories don't post anymore unless they see an opportunity to help YOU.

We look forward to getting to know you as your share your "sulfurstory".

With best wishes,

Susan Owens, list owner
Member of the Defeat Autism Now! thinktank
Head of the Autism Oxalate Project  
Researcher in sulfur's role in biology with an emphasis on glyosaminoglycans

Comment on the above: Glyosaminoglycans are sulfur containing foods and supplements. Dr. Owens is an unqualified expert on the various chemical pathways (Transport Systems) in the body that allow us to take up and use sulfur beneficially. Her interest, as she notes, is in using it to defeat autism. This is just one of the many uses for HL MSM that must be explored more.

Jim Gates, the Owner of Immusist will tell you that autism is being defeated as we speak. Kids that could not even speak, take Immusist and begin speaking their first words and his formula can be used transdermally.

Now add the AHP, a powerful program that we are finding can heal virtually every disease except ALS. By the way, ALS treatment, so far, is thought to require lowered sulfur, but they could be wrong there too.

Getting Adequate Organic Sulfur/ GSH  
3/19/13  
Hi Group (addressing Teresa's letter below):

Dr. Berkson has about maybe 10% cure with ALA and Silmarin milk thistle, if he is lucky. Certainly, glutathione (GSH) is the avenue to full success, but he is lost in an alley somewhere. Selenium is getting closer, but he is still missing the master components.

Teresa is certainly correct that GSH is the key deficiency in Liver Disease. Furthermore, though not mentioned, a compromised Liver is the background problem for virtually every other disease on the planet. There are many things that can compromise the liver... Toxins, overeating generally, too much fat, just about anything ingested in excess can cause the liver to not function at its best and the result, if you are lucky, will just be a cold or flu, but if it is bad enough, cancer, MS, CFS, Fibromyalgia, heart disease, etc.

IV Glutathione is like using a sledge hammer to drive a 10 penny nail... there are just easier and more simple ways of accomplishing this. There is a better way, as I mention below.

NAC is a bad idea in any case as Duncan Crowe (for those unfamiliar, check out his website) will tell you. It will work temporarily, but it is just not the way home... and "never" take NAC, long term. Better yet, just avoid it, period, as a supplement. But, yes, it is used in emergencies by the mainstream.

Certainly, no Tylenol... and all of these, as well as just plain Aspirin... don't use them. They stress the liver badly. The Roman army was issued and used Aspirin in its natural form with its herbal complements... white willow bark (Salix Alba) for pain relief. It was also used by the Egyptians and Sumerians. The herbal form is safer, but still, don't overdo it. Bayer patented what they considered the active ingredient salicylic acid, and thus we are left with another unsafe, mainstream medicine that everyone believes is safe, just like Tylenol, etc.
People actually do die from these "safe, over the counter, drugs", as you say, and the mainstream generally pins the cause on other things. There are fortunes tied to these drugs. And "too much" may actually be very little, when the liver is otherwise compromised. We play with our bodies, led by mainstream advice, as though they were chemistry labs... load up the test tube incorrectly and you can get results that no one could anticipate. You could end up in the ER, as Teresa suggests, or just come down with one of their induced diseases like a heart attack or cancer.

As Teresa suggests, we have the safe and healthy way out of this... and it's simple... undenatured Whey (Immunocal if you can afford it). Read my book: "It's the Liver Stupid." and learn how to actually get there. Also, read the book: "Glutathione GSH," by Dr. Jimmy Gutman... but Jimmy makes some mistakes... and he recommends NAC. Still, he points out the value of Immunocal in getting the GSH levels up to snuff and in getting the liver healthy. However, Jimmy also buys into the standard HDL/LDL formula which needs improvement. I submit that the HDL/LDL ratio is still an important measurement, because when HDL levels are high, you have a healthy liver. Forget about the heart: When your liver is singing, your heart sings along.

Finally... and my real point here: Whey smoothies are great food, as Teresa suggests, but you can't depend on them for their organic sulfur. Organic sulfur is "virtually killed" when you process a smoothie. Without organic sulfur, you are missing a key factor in the undenatured whey. The HL MSM provides pure organic sulfur in spades, plus it adds a key ingredient to the punch... the attached methyl group that increases "Methylation." I cover these in my book with plenty of published references. Taken together with the Low Carb Diet, you have the Anti-Aging & Health Program.

Kind Regards, HUUman

>Great advice for those with liver disease or just wanting to improve your energy. Dr. Burt Berkson out of Las Cruces, NM has helped many with liver disease (especially Hep C) from around the world. He has a protocol to increase the glutathione using IV alpha lipoic acid for those patients with severe cirrhosis of the liver along with selenium (200 mcgs twice daily) and silymarin. When they leave his clinic they take 300 mgs of a high quality alpha lipoic acid twice a day plus the selenium and silymarin.

About 4 years ago I learned that low glutathione levels are common in liver disease. Shortly after I was able to use IV glutathione which revived me for one of my son's weddings. It was amazing the difference that it made in my energy. That's the beauty of glutathione. But IV's can get expensive and after doing more research I found that coffee enemas (thanks to Dr. Gerson) also increase glutathione in the liver by 600-700%. What you find is that there really is more than one way to get the job done. I also added the selenium and silymarin daily. Then I learned about the whey protein and that also helped. NAC is another supplement that works to increase the glutathione. And there are others too. The ER's around the country keep IV NAC in stock for the patients that come in with liver failure. Many end up with liver failure just from taking too much Tylenol.

Anyone dealing with liver disease would probably want to read up on Dr. Burt Berkson. These articles explain his protocol and how he left conventional medicine

For those with low energy you might want to try increasing your glutathione and see if that doesn't help. Like Duncan, I too find it to be the most important liver support and energy boost out there. Undenatured whey protein shakes with the selenium would be a great place to start.
Thyroid Function
3/20/13

Brownstein’s lecture on Hyperthyroidism Dr. Brownstein is a holistic doctor who specializes in this: 3.newsmax.com/newsletters/brownstein/thyroid_video/video3.cfm?s=al&promo_code=12D94-1

The question remains as to how the Liver contributes to the problems that Brownstein has outlined. The point I that he treats patients with thyroid hormones and this may not be necessary given the AHP. He finds that ADD/ADDHD and brain dysfunction in children are often thyroid related. The T4 to T3 conversion may well be, basically, a liver problem. He also mentions that this is often an iodine deficiency which makes sense and he mentions also that soy should be avoided except in unfermented form as mentioned herein. Also, alpha carotene (as in red palm oil) is a great supplement for avoiding this problem.

The Methyl Donors (a better understanding of MSM/DMSO and a comparison to TMG/DMG) 3/22/13

The question has been asked as to how MSM and TMG compare as methyl donors (CH3) for body processes. TMG has no sulfur component, so it cannot be compared as a sulfur contributor:

Impairment of methylation results in abnormal cell synthesis and elevated levels of homocysteine, a toxic amino acid and a serious health risk. Methylation can be inhibited by inadequately functioning key enzymes, excessive protein and fat intake, poor diet, inadequate intake of methyl groups, coffee, alcohol or by smoking. Therefore methyl donors are very important to our health.

MSM/DMSO (Dimethyl Sulfone & Dimethyl Sulfate) and TMG (betaine anhydrous), both act as a methyl donors which is important for a wide range of physiological reactions in the body. They work closely with other methyl donors. These include cofactors: choline, folic acid, vitamin B12 and SAMe, a precursor of carnitine synthesis. TMG is a natural organic that occurs in high concentrations in mollusks and crustaceans.

Both contribute to electron and methane transport, the biosynthesis of melatonin, and the synthesis of CoQ10.

TMG may help protect the liver against the effects of alcohol, possibly by stimulating the formation of SAMe. There are reports that point to this as a fairly certain possibility for high levels of MSM/DMSO, but there are other possibilities that could lead to these results, also. This factor would be very helpful for non-alcoholic forms of fatty liver or non-alcoholic steatosis.(write me for references on TMG... The MSM refs are in my book).

TMG: Can act as an adjuvant of the polymerase chain reaction process, and other DNA polymerase-based assays such as DNA sequencing. By an unknown mechanism, it aids in the prevention of secondary structures in the DNA molecules, and prevents problems associated with the amplification and sequencing of GC-rich regions. TMG makes guanosine and cytidine (strong binders) behave with thermodynamics similar to those of thymidine and adenosine (weak binders). (WIKI)
DMSO/MSM: When Thalidomide came into the news and because of its widespread use in Europe and the connection to resulting deformities in babies, the FDA stopped everything being developed, including DMSO/MSM. It has been a struggle since, but it has been widely used for animals, especially horses. In 1978, the FDA approved DMSO as a prescriptive treatment for interstitial cystitis, an inflammatory condition of the bladder in women. However, 125 other countries have approved it in treatment of patients for such things as lupus, scleroderma, arthritis, and diabetic ulcerations. No one, so far, in the mainstream has ever used or tested it at high levels, so nothing is widely known about the HL MSM Protocol. It has been proven to cross the blood brain barrier in MRI studies.

In metabolism in the body, TMG converts to dimethylglycine (DMG) and contributes a single methyl group. Similarly, DMSO converts to MSM yielding Oxygen. DMG does not reconvert to TMG and here is where DMSO/MSM may be superior in this process. MSM reconverts repeatedly according to the late Dr. David Gregg. The methylation process apparently occurs later but little is known about it.

TMG has also been suggested as a less expensive substitute for S-adenosyl-methionine (SAMe) for conditions for which SAMe is used, such as osteoarthritis and depression. However, there is no evidence to show that it is effective for these purposes.

TMG is extracted from sugar beets in the process of making sugar, but it occurs in other plants such as Spinach and also in meat. DMSO/MSM is made from wood (lignin) pulp in paper manufacturing and it occurs in primitive plants... read my book for more on it.


From Bernard M. Cain who stopped by one day to the Coconut Oil Group:

(Please note that Bernard probably does not understand the HL MSM protocol, but he certainly knows about DMSO and MSM... I love this guy!)

I am 80 years old and I can read this without glasses. In 1950, I used DMSO, three level teaspoons, in 8 ounces of distilled water, drank it, snuffed it and rinsed my eyes, with an eye cup. The only problem was the smell. MSM does the same job with no smell or odor.

In the chemical trade they refer to it as 80 mesh. The powder form of MSM is usually because they have added a filler, to create more product, or in some cases to prevent clumping. Fillers are added to
make pills and to put in capsule filling machines so as to prevent jamming or plugging. Depending on the use you can order it in 60-70-80-90-100 mesh. 80 mesh dissolves in warm water.

Dosage. Two level teaspoons in 6 ounces of water (*Note that this not the HL MSM Protocol*). For all external applications, rub on, or apply with a dropper.

The same amount is used for internal use, if you are over 35 add 30 drops Aerobic Oxygen.

Take by the mouthful, and hold in the mouth as long as possible, then swallow. MSM is quickly absorbed in the mouth, then in the digestive system (*Good job here Bernard*). It only has a 3 or 4 hour life span, so it is necessary to take a mouthful every 90 minutes (*Could be, but I have no way to test his assertion & twice/day works for me*). Really good for most types of pain.

This dose: 2 level teaspoons in good drinking water is great for any eye problem. Use an eye cup do the right eye first, and snuff what is left in the eye cup up the right nostril. Then do the left eye, open your eyes so you can see the inside of the cup, then use what is in the eye cup to snuff up your nose. (*If you try this & it works, let me know. MSM worked on my dog for osteoarthritis *)

Keep a bottle with a dropper handy to your night table, if your nose is blocked put a few drops up each nostril, within 5 minutes you are all clear. (*If you try this & it works, let me know*)

If you have an old dog with cataract blindness, apply a dropper full in each eye, two times a day, with in three weeks he will have his sight back. (Same dose 2 teaspoons (level) in 6 ounces of good drinking water) If you have questionable water get a gallon of distilled water. If you have a dog that is lame behind (Hip dysplasia) mix same dose and put it out for drinking water. (*If you try this & it works, let me know. I wrapped MSM powder in hamburger for my dog & that worked well for osteoarthritis (OA) and hip dysplasia*)

Anyone who suffers from Allergies-hay fever- ragweed do your eyes, and nose and you are good until noon. I have been using this in my eyes and nose for forty-five years... complete relief with in fifteen minutes. (*If you try this & it works, let me know. There are better ways of dealing with allergies as discussed earlier... And they are a liver problem so this will help*)

MSM and DMSO, *as mentioned above*, are by products of the pulp and paper industry, it is extracted during the paper making process, the raw materials are trees, rice stalks, grain stalks, squash and pumpkin stalks. DMSO is the cement that holds the plants together (*interesting... Bernard knows some things as you can see, but does not go as far with it as Dr. Gregg did*)

Hi Osh & Group:

**Synergistic Effects**

3/23/13

It is just too soon to tell. We are still working this stuff out, really. But like you say: Look at your condition and treat it with all known protocols that you can afford. They all are synergistic in some way. If it is joints that you are treating: Hyaluronic acid, Egg shell membrane, Megahydrate, SAMe, Collagens & the various organic sulfur carriers, etc... They all make sense and I have always recommended this.
No sense in being a snob here. We want to get this healing job done and over, ASAP, then just get you to maintenance levels. I would far rather have a Group of totally well people than solid proof that MSM has done the trick.

For some of these conditions that no one had a clue HL MSM would effect just a year ago, like liver disease or autoimmune: Do your research and look at what others have used previously. Some have been very successful. However, I am seeing that w/o HL MSM these other supplements like ALA and TMG that others claim are so powerful will not put you over the top. With HL MSM, you just get well. That is our goal... wellness, not trying to make HL MSM a shining star.

By the way, thanks for the question, Osh... and that was a good one.

**New Cream:**

3/27/13

Actually, my friend Rich and I are developing some new protocols that will make MSM look like child's play (but MSM is still really good, mind you). I started this maybe two months ago and talked briefly here about it here and got some useful feedback, but now it is way over the top from where I started. My quantum body cream and spray now have my full attention.

I can actually program these transdermal delivery systems to effect a particular problem as they make you well overall and anti-age you. This works without changing the all-natural supplements that make them up. As you might guess, nothing like this has ever been done before. I got this idea from our work on quantized car engines, Dr. Mark Sircus' Tranndermal Magnesium, and MSM/ DMSO. The "Quantum Orange Cream" (QOC) has various supplements that I have selected that are delivered through your skin in less than a minute with no residue. We will also make it up as "Quantum effect Transdermal Ozonated seawater" (Q-TO-U) body spray delivery system and we hope to have them marketable by the end of June. I am working on a website for all three of these right now. These Quantized Systems can quickly make a huge difference in our lives.

As you would guess, there is always a Herx reaction when you speed things up too fast. The idea is to program them to the individual and their condition. I may sell it in levels of power. So you buy a #1 and a #10 and you mix them yourself (when you are not treating a specific condition) to match the degree of Herx that you are willing to endure. The #1 really has very little if any Herx. Just today, we discovered that the highest quantum level (#10) rubbed onto your feet will cause a strong flu reaction and make you itch all over as you release toxins (no, it will not actually hurt you). The Herx from the #10 cream can last 8-12 hours before you get past it. Then you just feel great. Now that is power! Herx=Power and Power=Speed of Healing. MSM never did anything like that and its Herx is much lower.

The best part is that I easily control the power. This part is huge in itself. I can ask you, "How much herx are you willing to put up with till you get well?" And you say, well maybe a runny nose and a little itching... So I give you a #6 and mail it with some #1. When you try it, you drop back and flinch a bit and say, "Hmm... that's worse than I really want to handle." So you mix is some #1 and move on. Now when could you ever do anything like this with drugs? All the while you are anti-aging and getting well at "your" decided rate. Again, we are not discussing side effects (bad stuff), these are healing effects (good stuff). With Herx, you are paying the piper. There is no free lunch.
By next year, we may be making sick old 70 yr old codgers into 40 year olds. Four years ago, when I started working on our Car Device (Called a, "6 Pack"), I would simply have laughed in your face if you suggested that this could happen, but it is absolutely working.

Regards, HUUman

>Jim or anyone, in your ebook you do mention a number of companion nutrients. Please elaborate a bit on what nutrients are synergistic with MSM. I would expect that the choice of nutrients would depend on what one is trying to achieve.

Olushola<

Hi Duncan:

I like what Dr. David Gregg says once you wade through it. Even though he is not very clear on where he got his information or in expressing it, I see him as a brilliant and creative theorist who may be the Einstein of the "Oxygen Transport Pair." You say that you have read his report and dispute it, so be it. We disagree, but below is why he gets two Chapters in my book:

Gregg used DMSO empirically and marveled at how well it worked, then he went on and recommended it to his friends. Not surprisingly, it worked well for them. Up till then, he had done virtually the same thing that I have done with MSM. From here, he did some experiments with the "Pair" and discovered some of their basic qualities, such as" they both dissolve in oil and water (recently disputed by one of our Group here). Finally, his research led him to his theory. How he got to his Oxygen Transport Pair Theory is vague. The bottom line is, In this process, he created some theories that I really like and that make great sense to me. While he did not lay it out plainly, I break it down as follows and relate it, as best I can, to what you have posted previously:

The first part of Gregg's Theory is that DMSO is a powerful oxidant that when it gives up its oxygen molecule becomes MSM. You appear to agree with that and have stated as much.

The second is that once it becomes MSM, it is an antioxidant and behaves as one. This you seem to disagree with. You seem to agree that oxidized DMSO is MSM, but you believe that then it is virtually is useless. Gregg's Theory disputes what you say and I could never see the body rejecting MSM just because it has been "Transported." Why would it when it is so otherwise useful?

The third is that MSM is an anti-oxidant. We all agree as to how anti-oxidants work even if the whole theory is suspect to some mainstream scientists. An anti-oxidant picks up free oxygen radicals (O's if you will), thus keeping our bodies from rusting away in the act of aging. Gregg's Theory says the MSM, in picking up the O, becomes DMSO within the body and is thus a powerful oxidant again. You dispute that. I say it makes great sense and I accept it just as I do the above. What else could it become? And why would an intelligent body reject a great oxidant if it needed it? Do you further dispute that the body is a Quantum Machine that inherently "knows" things... and wants to be well... which is the basic premise of my book? Do you believe that in the absence of scientific proof, nothing can occur? I think not.

Gregg's Theory says that this "Oxygen Transport Pair" as he calls it, continues to reprocess itself. Thus, his conclusion is that DMSO=MSM, once ingested and the MSM>DMSO>MSM>etc. That makes sense to me. Why should one or the other just go away if they are there and an "intelligent body" "knows" that it can use them? You agree to part this, but dispute the obvious IMHO.
Gregg further explains (and I love this too), that all plants basically thrive on this pair in their internal natural processes much like the familiar photosynthesis. Also, that the smell of garlic associated with the "burning" of DMSO is why garlic is such a powerful healing herb. What he can't explain that concerns me, somewhat, is that the opposite smell from MSM>DMSO>MSM does not occur... of course, this is a good thing, but the smell does not occur and that is counter intuitive.

The bottom line is that Gregg and I have observed empirically that this "Pair" is probably the most powerful natural healing protocol on the planet. Thus, from my attitude.. it's THE most powerful: Because virtually every manmade drug creates added problems as it fixes or attempts to fix another. While Gregg may not have absolute proof, the fact is that all "Proofs" are still just "Theories." Most "Documented Proofs" associated with mainstream medicine are either in vitro or as tested on lab animals. Furthermore, we all know that both of these can be entirely bogus when they are related to people... And from there, they become test studies... which we know can be guided by money. So what you hang your hat on so often is really all "Just Theory." Therefore, Gregg's creativity, unless something else comes along that proves otherwise, in my mind, stands as a wonderful, creative explanation that absolutely holds water.

The two aspects of MSM that I was told about in the beginning, organic sulfur and methylation... are contained in the name, Methyl/ Sulfur/ Methane. You find no real documentation on them proving that they work, but you also dispute most of what Gregg says and all that I was told initially... but I did find and submit some documentation on others in my book. This leaves MSM being simply an anti-oxidant (the one thing that you have given it, so far that I have seen) and that leaves it as being no better than any antioxidant out there. Thus, in your opinion, MSM is equal to, maybe, grape seed extract, for instance. Duncan, the results overwhelmingly prove that it is far better than these. Being even the world's best anti-oxidant supplement does not explain the reported first-hand results, so you have to find a higher "proof" my friend. Unless or until you do, Gregg's Theory stands as the one that reflects the results best. However, I also believe that MSM does what I was initially told it does by the salesman years ago... "methylate" while it provides useful organic sulfur (and to the liver). Only then, would the reported results make real sense, because, per the title of my book, and as I have discovered, "It's the Liver Stupid."

If MSM is a "stable construction molecule," how can it do anything but provide organic sulfur? That would make if a food like an apple, but with none of an apple's added benefits. How could it make people very ill from a Herx? How could it be an anti-oxidant as you earlier said it was? I simply agree with Gregg that what is reported is incorrect, so far. After all, as Byron Jefferson says: "MSM is known to do nothing for liver health," (So it follows: "Dismiss anything other than what I know and say as crap, outright"). Even this Alternative Medicine Community gets stuck and that is how human consciousness works. We are still people with very prominent egos and we love our ideas. We hate change... If our book says that green is orange, live with it, dude! You are color blind. There is no other explanation: green IS orange!

Folks, the so called "facts" simply do not jibe with the results... can we agree on that? MSM, till I got onto this HL MSM, was a very secondary treatment for joint ailments (only) and not even very good at it. Now we know that HL MSM does all kinds of crazy good things for our bodies. Duncan, please, can you buy the fact that "established proof" might be inaccurate? This is not a huge leap. Face it, HL MSM is not even on the same planet with established MSM uses, period. I figured that out years ago, but you are obviously not up to speed yet. I hope that you get it soon though.
Gregg says (restating the above) that: virtually no good laboratory studies or work have been done on this "Pair" and admits that plenty more needs to be done (my point). I have heard no comments on this from you except what you say below. You appear to think that what you have found is correct information, no matter what the first-hand reported results are. Also, you offer no references, not that I suspect that you are making this up, but you always give us copious references. Why is that?

Finally, you, Duncan, take all of the above a step further. You virtually call Gregg a lightweight and say that he is unscientific for theorizing what he can't outright prove. Such an argument would place most all of our revered scientists in the same boat. Einstein's E=MCC was not supposedly proven until the eclipse, which the scientists that I follow dispute as incorrect and proved nothing. Most of Nicola Tesla's work was never published even though he had most of it patented, he openly shunned scientific journals and groups "to their dismay." In my mind Tesla was absolutely THE preeminent scientist of the late 19th and early 20th C, bar none, even if the scientific community hated him. Tesla's work beat that of Edison by light years, IMHO... but what was Tesla really? A creative dreamer... and so was Gregg.

Kind Regards, HUUman

> If Dr. Gregg was correct he should be building proofs, not ignoring the proof that already contradicts his theory. We can only verify that Dr. Gregg's assumption quoted here had indeed been found to be incorrect in medical research, "When it is transported to the lungs where you have the highest oxidation potential, it could be oxidized back to DMSO, go back into solution, and not be released as dimethyl sulfide to the breath. Does this also happen? I believe it does.", before he proposed it. The unsupported assumption, methylation in the lungs, had already been shown to be a phaseII liver function, not a lung function. The Ph.D. Dr. Gregg hasn't based his theory on any research but is just a feeling he gets. Shoddy work for a Ph.D...the passage also mentions oxidizing the stable construction molecule, MSM, also in the lungs, yet MSM is known to be a stable construction molecule.

all good, Duncan<

**MSM... Why it Works So Well**

3/30/13

Hi Jason:

Before I respond: I discovered last night that eating an organic lime slice, followed by swooshing MSM actually makes the MSM taste really good... forget neutral. I am now wondering why. It should also work with organic lemon. Lemon is next on my list to try. There may be a hidden reason as to why.

Duncan disagrees that the sulfur is bio-available for glutathione production, since it is not bound in a protein. This was just something that I assumed and made sense to me. If he is correct and you are also on all counts, that would leave MSM as having no health benefits at all, other than aiding in collagen production, which everyone absolutely knows occurs... comments?

I agree that it is the results that count. I just happened to come across Gregg's explanation in my research and thought... well yes, this could be why this works so well.
I am wedded to nothing, not even the beloved "Scientific Method." So if what you suggest were Gregg's approach and that proves out, fine. Finding an explanation that matches observations is just fine, IMHO, if what you conclude is actually true. Who cares, really? Isn't that what drug companies do every day with the natural herbs that they reduce? Problem is that their products (drugs) generally turn out worse than the herbs and occasionally they go from being good for you to poisonous.

If it does "flip" and your body's innate defense intelligence "knows" how to take best advantage of that ability... there are two serendipitous events occurring, that would put MSM is a wheelhouse all of its own, explain why, and bring up its value 5x as a defense mechanism. Also, the search would be virtually over. I would love to see it tested. Maybe if it were, we'd disprove it but accidentally discover that real mechanism(s).

When you think about it, we have literally a trillion dollar drug class, Statins, out there today that, overall, probably do much more harm than good (and that appears to be the case). Sure they lower overall serum cholesterol very effectively, but then when you look at what they do to the body, that is a bad thing rather than a good one in almost all cases. This as opposed to a naturally occurring organic chemical (MSM) that does a lot of good... with no good understanding of what it does. Now this is a dilemma. We really must resolve this as quickly as possible so that we can maximize the benefits.

With the Low Carb Diet, when it first came out was not at all understood. It worked, so it was suggested. many took it to mean that they could just eat red meat and be healthy. Now we know a lot more. We know that it really is about limiting sugar and that carbs are sugar... big step forward. Now we know that green leafy veggies are really important and a whole lot more. We also know about the any health problems caused by sugar consumption and how hard it is on your system. Obviously, the drug industry has nothing to gain from this understanding, but we are forcing them to take notice as we reap the benefits of these new understandings.

Maybe when we isolate all of the mechanisms involved with MSM we can make a similar leap. My concern in doing this is that we have little to proceed with since it was never that important in the past and that, compared to drugs, no one really cares that we don't. They just keep treading on the same deficient past information. MSM is certainly not as important, overall, as Low Carb Diet, but it can be a milestone in health, nevertheless.

Thanks for jumping in Jason. By the way, have you read Dr. Catherine Shanahan's book, "Deep Nutrition?" It really is quite outstanding. Got my copy used on Amazon for one cent plus $3.95 S&H... what deal!

Kind Regards, HUUman

> I really don't see how MSM itself is antioxidant... not that it really matters. The sulfur MSM "donates" undoubtedly helps in glutathione production and utilization.

Once DMSO is converted into MSM, there would have to be some sort of energy process involved that changes MSM, allowing it once again to become oxygen reactive, one way or the other:<

**MSM as an Antioxidant**

3/31/13
Hi Jim:

Great (*on the lemon*), I'll have to try that. I'm back to taking about ½ cup of MSM daily, and I'm pretty used to the taste; the body adjusts to it when given time.

First, as a sulphur donor, MSM is an amazing detoxifier. It's well known as a liver detoxifier, but it's clear to me that it also detoxes at a cellular level. This effect can be charted and measured, and you can predict how severe a detox reaction will be simply by charting pH.

I pulled out my antioxidant meter last night, and added MSM to antioxidant water with ORP of about -300. Adding MSM had no effect.

I added MSM to standard dead tap water, and was able to measure no antioxidant ability whatsoever. I'm not saying that something can't happen in-body to convert MSM into an antioxidant substance, I just haven't seen any indication of that whatsoever. In as of itself, MSM is clearly not directly antioxidant.

Sulfur, as I understand it, assists in the utilization of glutathione, not necessarily the production of glutathione. It makes sense to me to use the Whey for production, supplementation of even more glutathione if needed (ill people), along with PHOSPHATIDYLCHOLINE (and other high quality lipids for lipid replacement therapy), and use MSM to bring it all together.

Here's a quote from Dr. Benjamin on MSM:

Glutathione has two different states within your body. There’s reduced glutathione and oxidized glutathione. The ratio of those two signifies the overall oxidative status or the ability of your blood plasma to address oxidative stress. MSM improves that overall ratio. In other words, you have much more reduced glutathione that’s able to deal with these free radicals. That’s, I think, kind of the key of how MSM really – and DMSO also does the same thing – by controlling that oxidative stress or protecting from the oxidative damage can have these therapeutic [benefits].”

According to Dr. Mercola, MSM also changes cell permeability. This improves cell detoxification, and improves nutrient uptake (at a cellular level).

It doesn't make sense to me that MSM is antioxidant; I use the most expensive and most potent antioxidants in existence, and they do nothing similar to what MSM does.

MSM/sulphur’s ability to strip acids from the body is astronomical. I used to give private tours to interested people studying balneology and balneotherapy; if I had a group of four or five people, I could do a stark experiment. There's a natural spring that I frequented that has naturally occurring, sulphur-rich antioxidant clay/mud water. I would use a clean sterling silver chain, and have each individual wrap it around a finger, and place the hand into this spring for about 30 seconds to a minute. Then, I'd have them remove it. I'd try to pick the "healthy athlete" of the group first. The silver would come back clean. Invariably, the ill individual would dip the hand into the water, and the silver would come out coal black.
This is the sulphur ripping the acidic waste out of the body. After three or four days of therapy in high quality water, along with some healthy eating modifications and plenty of drinking water, the experiment is repeated, and the silver would come back un tarnished. Therefore, after three or four days of water therapies, the body was now able to keep up with the elimination of acidic waste.

I see MSM referred to as an antioxidant everywhere, but I think that it enables the body to protect itself against free radicals, rather than acting directly as an antioxidant. An article written in FASEB by Ohio State University states that there is really no evidence that MSM is an antioxidant; that this is an assumption based on observations of biological effect.

http://www.fasebj.org/cgi/content/meeting_abstract/22/1_MeetingAbstracts/445.8

I think the issue is important to discuss, because if I thought that MSM was an amazing antioxidant, then I might ignore other important issues concerning antioxidant therapy, and being in error for some people can cause problems...

I use ozone industrially (at 10% concentration) at least 3 times a week, and I have to have my antioxidant capabilities and my antioxidant nutritional levels optimal!

~Jason

To All:

Watch the Seneff Video>>>Problems with Statins

Some key points that Dr. Seneff makes: Low cholesterol sulfate accelerates aging.

- A woman normally has a level of 1.5 units of cholesterol sulfate in her blood. At term, the level is 24.
- Statins are a Class X Drug, meaning that they must not be taken by pregnant women (like thalidomide)(teratogenic risks) since cholesterol plays a key role in fetal development.
- Cholesterol is a major part of colostrum and breast milk.
- High LDL in mothers produces low LDL in babies.
- Raw cow's milk is high in cholesterol sulfate.
- Cholesterol Sulfate is both fat and water soluble.
- High sunlight decreases increases HDL and decreases heart attack rates as do D3 supplements.
- No one can get anything published that makes statins sound badly which tells us that ethics no longer have a place in the mainstream.
- The key to health is really Cholesterol Sulfate.
- Astaxanthin and Sulfur, both protect us from the harmful effects of UV and radiation damage in general. The combination is greater.
- Wearing sunscreen, then forgetting to, damages you skin more than never using it.
- ENOS (Endothelial Nitric Oxide Synthase), (common in red blood cells, platelet, artery walls and mast cells) is sulfate synthesizer under pathological conditions.
- We actually extract sulfur from sunlight and air using the ENOS by Seneff's Theory.
- Electron (earlier interview) and sulfur storages are our primary storages.
- When the above are depleted, you take the sulfur from muscle and cause Muscle Wasting, MS, Arthritis, Diabetes, and Alzheimer's Disease.
• Low Cholesterol, then, causes the above diseases, because it is Cholesterol Sulfate that serves as the food for this.
• 25% of Americans over the age of 45 take Statin Drugs and few (if any) are warned of its health risks.
• An analysis looked at 72 trials which together involved close to 160,000 patients. It found that statin treatments significantly increased the rate of diabetes and liver damage.
• Statin drugs also interfere with other biological functions, including an early step in the Mevalonate Pathway, the central pathway for the steroid management in your body. So statins bring down the following levels:
  • All sterols, including cholesterol and vitamin D (which is produced from cholesterol in your skin).
  • All sex hormones.
  • Cortisone.
  • The dolichols, which are involved in keeping the membranes inside your cells healthy.
  • Coenzyme Q10 (CoQ10), which is critical to the energy generation in the Krebs cycle in the cell.

Your body easily converts Organic Sulfur to Cholesterol Sulfate as long as you have adequate Sulfur and Saturated Fat in your system. So the bottom line is: Take your HL MSM and Undenatured Whey, do the Low Carb Diet, and avoid Statin Drugs like the plague.

Kind Regards, HUUman

**Acid & Oral Health**
4/2/13
Hi Tre & Craig:

First off... Sorry Tre. That one whizzed right by me. I should have known better. Your point is well taken. However, I do get worried when someone could get the wrong "part of the story." No doubt, If you sucked on limes or lemons very long without something to neutralize them, you would get cavities. Also, If you went around eating lemons and limes without being mindful of their acidity, it would probably not turn out well.

My first-hand story was that those oral C's dissolve in your mouth tabs caused a huge cavity years ago and one bad experience is plenty. It was actually a quick cause & effect. I had not had a cavity in twenty years prior to that... & there it was. That cavity showed up in an x-ray and I had to read it to believe it. Today, I never go to dentists anymore... not in ten years since I argued with my dentist over mercury fillings. He has changed to plastic now, but I discovered that I don't need cleanings if my hygiene levels are high enough. Still, If a filling breaks, he sees me.

My oral hygiene today is pretty extreme today, though, compared to when I relied on dentists. I use those lovely plastic flossing toothpicks after eating anything and I waterpic fairly often to boot, plus, I use the Sonicare System. In those days, the oral plaque would buildup to the point that I had to have a cleaning every three months or I could not even floss without breaking the string. Now that was bad! It was probably also related to my high fruit and sugar diet... I ate a slice of pie every day then at lunch.
To answer the real question: I swish immediately after the lime. I would think that just swishing with water and MSM after the lime or lemon would be neutralizing enough. Water, alone, is quite neutralizing as you know... and swishing water and MSM should help a lot. It would be a sort of sand blasting effect, LOL.

To the above I add: Considering how fast the above cavity problem occurred, my teeth would be ruined fast enough if I were wrong. We must be mindful that this IS an experiment, as Tre is seeing here. We are really pioneers. Certainly, we do not want to end up with a mouthful of cavities just to alleviate a small issue, but the lime/lemon really was a nice find, I think, for those who are not past the taste issue. And I actually do "Like" the taste on MSM following a lime slice. Also, there are likely subtle reasons for this. Our taste buds work for a reason, Other than sugar, if something appeals to your taste, listen! Our bodies are intelligent. They know what is good for them.

As some of you know, Jason and I have been eating organic lemons for quite sometime now (me in smoothies) with no apparent ill effects. As Jason reports, they introduce awesome health benefits once they are in your body. To that I add the their skin is much more nutritious (full of C) than the inner fruit. Never heard about the seeds, but they are probably chock full of nutrients also. The rest of the smoothie is probably enough to neutralize the acid in that case... especially the cream and whey. Also, we know that the net effect is basic once in your body. However, it still does not register as to why, with me. I believe it, but it does not make sense.

Furthermore, If you research it, both lemons and limes are low in sugar and limes are the lowest of all citrus. Grapefruits are also quite good in terms of nutrition as Jon Barron recently reported. The red is better than yellow, but they are both good... and better than oranges. We should still consider them as desserts rather than staples, nevertheless. Citrus fruits offer no good fats and all provide some sugar. There is no such thing as a beneficial dietary sugar (or Carb) as Dr. Catherine Shanahan says in her book, "Deep Nutrition"... the book that has become my bible for the Low Carb Diet. Cate gets it on that and tells it as well as anyone could. As Duncan says, sugar ages you and, as Cate says, we have to count sugar rather than calories if we are really serious about our AHP (Anti-aging and Health Program).

Kind Regards, HUuman

> Hi Jim,
I thought that maybe Tre was referring to the lime juice you were using to hide the wonderful taste of the MSM. That would’ve been my question too.
Regards,
Craig<

> Hi huuman. I was interested in the acid complexity given the lime that you ate. How long after eating the lime did you eat the msm? Limes and lemons are acid and with msm as a component that might hurt teeth. Lymeover. Ps thank for your explanation but now you know "the rest of the story" as Paul Harvey would have said.<

Go at Your Own Pace Please
4/5/13
Hi Peter& All:
Hi HUuman: I started (MSM) slowly and built up over time so far have taken over 1kg and am only up to 6tsp a day. So yes, taking it slowly, and yes MSM gives me the runs and nausea occasionally, the skin rash started before msm. It started with the whey, thought the msm would clear it, but not yet. Good pain relief, but still need the morphine when it gets too bad, i.e., when I overdo it. Many Thanks All Pete<

Pete, you sound as though you are doing fine, but for others, think of it like this: You got this far without MSM and you've survived. You have no reason to rush. If these things become a problem, simply cut back. If you have health problems, there is never a reason to create more. In every case, time is illusion and you have an infinite amount of it. This is not a race to wellness. Let me explain this further in detail (and I do have a point here for you, Pete):

Your body "knows" how much of anything that it needs. Your mind is far less competent in that regard. As I say in my book, your body is a "Quantum Machine." That is something that we have learned at the expense of Newtonian Science that is quite literally, by his standards, impossible... But we know from many results. If we are paying attention, it is all of reality. That is, it is all around you and occurring within you. On one hand, your mind is a reasoning device. We need rationality to an extent. To be "whole" we must have both.

I had an extensive dream lesson on this just last night that I am passing on to you. Take it for what you will. Some will get it and others will dismiss it. These things work according to what we have earned spiritually and I respect both opinions.

Newtonian Science is rationality taken to one extreme. Magic is Quantum Science taken to the other extreme. Both are problems spiritually. Our goal should be to balance the two, really. Black Magic is an attempt to use Quantum Science to control other people or cause harm in some way. We must avoid all extremes as spiritual beings. Health and wellness occur when all of these are within the middle ground... the high road that we learn to allow to occur quite naturally over time.

If you have not watched the Dr. Trent Video please do so. This was not specifically in my dream, but one key point in it initiated some of this topic.

The point that is on the forefront is this: In Trent's video, he mentions that a patient had a blood transfusion and actually picked up memory from the person that they had received the transfusion from. We also hear similar stories from transplant patients. They suddenly can play piano or enjoy classical music when, in the past, they were tone deaf or hated it. Or, after the transplant, they are more forgiving or they are more inspired by art. That is, they have gained a degree of wisdom from the person from whom they received the organ (or blood in Trent's case). So what is going on? And why does the Newtonian World ignore this information when it is right there in their face?

Dropping back many thousand years, as hunter gatherers, this ability and knowledge was critical for survival. Now going from my dream: We always ate the organ meat first, because we had to know what these animals were doing, how they thought, and where they were going. In those days, we were not using high powered rifles and we needed their flesh to survive. Using a bow and arrow or spear, we required a great deal of additional information to defeat these intelligent and healthy animals that allowed us to survive. This degree of knowledge was critical. So we ate and learned. Often, we ate this organ meat uncooked, so that nothing was lost in the electron transfer. Quite possibly, the animal's heart was still beating when we ate it... sound gruesome to you? Well, it was not IMHO.
We are allowed to survive and it is our right as spiritual beings. Only waste is wrong. We must be frugal in every way that we can, even today. We are here today because our ancestors understood that these characteristics were passed on through living tissue and that all living tissue carries this "quality of knowledge" to some degree.

Today, Newtonian Science has raised a crop of virtual idiots in the above regard. They are blind to this greatest of all natural resources... the Quantum Field. A few have gotten it recently, but we are really just beginning, compared to what our ancestors knew. They preceded Newton and they were better off for it, even though our ancestors were quite rational in most ways. Yes, today, we have cars, machines, modern medicine and drugs... and oil, but they had infinite knowledge at their finger tips. We consider ourselves as the superior winners. However, until we actually learn what they knew and unlearn what we grasp so tightly... They remain the all-knowing and we, indeed, remain the extremely rational, out of balance, "modern" losers.

On the Quantum Level, many rational impossibilities become possible. The Newtonians consider them as illusions of the mind or worse, magic. However, when you actually see it operating as Dr. Trent and I have, you simply know that these are factual events and are being ignored by overzealous rationality. Our bodies, as I say in my book, are powerful "Quantum Machines." They run on electricity and virtually every cell in your body is intelligent. Furthermore, your body knows itself completely and communicates between cells instantaneously... there is no linear time on the quantum planes. These, so called cells, just "Know." In our dreams, we "know" also. We actually have access to planes beyond the quantum level and I mention this briefly in my book, but few have learned how to access them. All are denied access to these higher worlds until they have learned to embrace love without question. Otherwise, these are an impossibilities. Then, they are not really places, either, in the sense of what we think of as places... but there are no thoughts there either, LOL.

Getting back to reality as we know it: When you question the Quantum Force, you relegate it to less than its potential. When you embrace it... you allow it... and bring it to the forefront... that has to be your goal if you are looking for its full effect. That is, as a quantum being, you have immense control over this overall force. When Newtonian Scientists look into it with their negativity and doubt, they see, literally, zilch, for this reason. Also, where you live on earth affects the Quantum Force. There are places where it simply works better. That is, there are what some call,"Power Points" where this force is more fluid. Some are quite intense and others less so. Therefore, people and life in these places Thrive at a higher levels However, you as a Quantum Being can create and develop these places. You can create them in your home, for instance and you can invigorate your body, of course, by making it flow through you more potently.

So in healing yourself and in anti-aging, if you are going to gain the maximum potential of this great force (that many attribute to God and worship in fear... which is silly), you have to embrace it. By the way, God is far, far greater and infinitely less accessible, but this IS a part of It just like everything else. So again, listen to your body. It simply "knows" how to stay well.

So the final point, Pete (and this really was where I was headed, LOL): If you get diarrhea, then, it is because your body saw that you were overdoing something and is expelling it before it can make you ill. Embrace that ability also and be thankful that you are what you are. It is a gift extolled upon you as Soul. If others, your doctor, your neighbor, or your wife, doubts this capability, disregard their ignorance and let them learn at their own pace. They are here to learn just as we are. We all have to get it eventually. Our job is not to change the world, but to embrace it with love. It is, in fact,
"perfect"... We see it as imperfect because it does not work as our little minds expect. In Fact, we are all just where we need to be and learning at the level that we need to learn. There is never a need to press these issues, but we, absolutely, can learn how to enhance them.

Kind Regards, HUUman

4/7/13
Hi Jason (& All):

I have to say, I just love reading your posts, dude. You are so tuned in that it raises my awareness level just reading them... and I thank you for this one, especially. In reading them, I begin to wonder what the population as a whole would be like if they were all as tuned into their bodies and as aware as you are, but we have a long way to go and as I suggest below, there is always plenty more.

I hope that you watched Dan Nelson's video... the guy that Mary Jane referenced to us. I have watched it at least three times. He has the one that I post and another, more watered down version, that comes in four parts for beginners. But the first one is just amazing. I am in the process of getting in touch with him. He can help us explain some of the outstanding results (actually impossible in Newtonian terms) of our car experiments... which can't be that far from what we can get with people as we apply them. While it will take a few years to see how they translate to people, cars, being much more simple machines, translate results much more quickly,

Dan Nelson's results with water make all of the sense in the world to me, given what I already knew and have seen. Too bad that I can't make a Time Reverse Laser and make my own "Nelson" water, but Dan's water appears to be just what he says that it is and works as he describes.

No question here that "everything" is frequency and vibration and that he can actually replicate virtually all food using water. I have not written about it here previously, but yes, there are people on earth, referred to as "God Eaters" by those who are aware of them. They actually subsist on vibration alone. Their diets consist of changing frequencies, nothing else. We in the "modern world" (LOL) have a long way to go compared to where we are now to get there, but this is absolutely the ultimate form of subsistence. When you live on vibratory rates alone rather than unreliable food like we do, you get no impurities and, theoretically, you have virtually no lifespan and never age... and, no, they don't age.

Even with food getting in the way, our lifespans can increase dramatically and we can achieve the same lifespans as those reported in the Old Testament if we get our acts together... and as Dan suggests. This can occur even without the Xenon Gas that he refers to in his video simply by replicating those frequencies and there are several ways to get there. But again that is not the ultimate solution either. I love having his video known, because it allows me to tell you more than I otherwise could. I am only allowed to say so much. But of course, only a few can even hear these things anyway, so it does not matter. His video helps fill in the gaps between the physical and spiritual. It is very valuable to those who are ready to hear the subtle truths.

Dan tells us that food supplements get in the way of his water because they leave "ash" and this is true also. His water is a step away from the above ultimate delivery system and if he learns how to do it correctly he can learn how to avoid food entirely, but this is still not equal to what the God Eaters do. Once you achieve this level, you are no longer so confined to your physical body... but no one really
is anyway. This is just an illusion and Dan kinda gets that and hunts around about it in his talk. Their demonstration of praying over food, by the way, is very rudimentary. There is no need to do this. Once you have achieved a level of knowingness, these things occur automatically. That is, once you have achieved a high enough spiritual level, you can simply "know" that your food is good and it will be. Again, vibration is everything.

I am suggesting that this is where Dan's work is headed, but he does not yet know that, yet. He is closing in, though, with his nano particle water. Right now, I just am hoping that I can hook up with him at some point. One of my colleagues actually lives very near him. The three of us need to talk. I wish that you could be in on that too, Jason. I am sure that you would have some valuable input.

Kind Regards, HUuman

LAST, I've had to stop taking MSM for the time being. The more I upped my dose, the worse my fatigue became (becoming worse over, what? a 90 day period?). I wondered why, so I began doing some research, and discovered that any sulfur based compound can be a problem for those suffering from hypothyroidism.

So I checked my basal temperature, and it was 95.5. I was shocked, because I thought I'd solved my thyroid problem. I stopped taking the MSM, and within 12 hours, my temperature returned to normal, and my energy levels dramatically improved.

I'm very grateful I figured this out, because I have a massive amount of manual labor to do next week! <

4/8/13
Hi All:

Byron Richards offers this report on Fisatin, which I have supplemented for quite sometime for its reported ability to help sharpen mental processes. The interesting thing here to me is that his report claims it "boosts the function of cellular levels of glutathione" and I was unaware of that. Of equal interest though is it's ability to reduce "inflammation" which first got my attention. Given that I started it with several other "brain" supplements, I can't offer any first-hand reports on it's effectiveness.

Snip from Richards>
"Scientists continue to document the broad neuro-protective and neuro-rejuvenating properties of Fisatin. One of the latest animal studies shows that Fisatin has the ability to boost the natural production of serotonin and norepinephrine, making it a mood boosting nutrient with anti-depressant properties.

Fisatin performs multiple roles in helping your brain. One is that it has antioxidant properties. Another is that it boosts the function of cellular levels of glutathione, the most important antioxidant system in any cell. It also reduces glial cell inflammation, helps stimulate the formation of new nerve cells, and has cognition-enhancing properties. A recent study shows that Fisatin reduces inflammation of the blood brain barrier, helping provide stability to this important line of brain defense.
With so many potential toxic insults to our brains lurking everywhere, from environmental pollution to germ toxins, digestive toxins and stress in general, it only makes sense to bolster your brain’s vital protection systems.

Looking in Wiki, I see that it "has been shown to alleviate aging effects in certain organisms, such as the yeast S. cerevisiae, the nematode C. elegans and the fruit fly Drosophila melanogaster". However, these effects have not been replicated in humans. Also, it is flavinoids related to quercetin and a potent antioxidant that can alter signaling pathways leading to increased expression of several protective and antioxidative genes... And it lowers levels of oxidative stress markers.

"Fisatin, among other Flavinoids, was found to be a strong topoisomerase inhibitor. These are enzymes that control the changes in DNA structure by catalyzing the breaking and rejoining of the phosphodiester backbone of DNA strands during the normal cell cycle. This effect may be anticarcinogenic. But it also has one carcinogenic potential: As aDNA topoisomerase inhibitor, Fisatin and other Flavinoids may increase risk of acute myeloid leukemia, a rare disease and that risk is only for infants.

In recent years, topoisomerases have become popular targets for cancer chemotherapy treatments. It is thought that topoisomerase inhibitors block the ligation (the covalent linking of two ends of DNA molecules using DNA ligase or RNA molecules with RNA ligase (ATP)) step of the cell cycle, generating single and double stranded breaks that harm the integrity of the genome. Introduction of these breaks subsequently leads to apoptosis and cell death."

Topoisomerase inhibitors can also function as antibacterial agents.

Fisatin can be found in a wide variety of trees and plants, naturally, including strawberries and, apples, and grapes even though WIKI calls it a "drug" and I believe that it should be of interest to this group. It is available from most supplement stores online including Swanson and is not expensive.

Kind Regards, HUuman

MSM Does NOT Harm Teeth
4/12/13
Hi All:

I would say that DMSO is probably one of the most effective supplements in the world, from what I have read, when used either orally or transdermally. But there are obvious problems with DMSO that MSM avoids, even though the two turn out to be exactly equal, internally, as I explain below.

First, on the plus side, DMSO is a quick and efficient oxidizer... meaning that it delivers free oxygen molecules to any site on your body and that your body knows how to deal it with it in fighting a multitude of problems. So if your knee is hurting, rub some on and the body immediately will use it without any intermediate digestive paths. Orally, it is no different really. If you have a mouth infection, it goes straight to the source and it is absorbed, there it releases its oxygen bond and kills infections on the spot... but then, some of it continues on to the rest of your digestive system where it can do its magic there.

In my book, I repeat Dr. David Gregg, PhD’s saying that DMSO and MSM are an "Oxygen Transport Pair" and one becomes the other when ingested. So they would be a long-term oxidant (powerful destroyer) and anti-oxidant (free radical bonder, if you will) that continues transferring back and forth
for hours as needed. Duncan disputes this based on his readings, but this would begin to explain the reason that MSM is the powerful healer that we report. Since Dr. Gregg died recently, we can't be sure where he got this information. However, he obviously knew a great deal more than anyone else that I have encountered about DMSO/MSM, so I believe that he was onto something. I am inclined to accept his theory till a better one is proven, but I also know that this is not enough to explain all that is occurring. There is more...

Actually, given what the astrophysicist Dan Nelson writes, MSM/DMSO could be far more powerful than just an oxidizer/antioxidant as I suggest above. It could actually be involved in the transmutation of elements in its pathway. That would account for the strong metallic taste that one gets when they first begin using the HL MSM protocol. I recall it occurring often and decided then that it was just leaching mercury from fillings. However, on thinking about it, that does not make sense, since that taste stopped occurring some time ago and my fillings are still intact. Dan reports it with his water and I know exactly what he is talking about. So the two may be one thing.

This is pretty far out, but, in fact, Pons & Fleischman did encounter "Cold Fusion" and their experiments have been replicated at least a thousand times in the past twenty-five years (despite what Dan knows in his "White Paper." Additionally, there have been many books written since, on the low temperature transmutation of elements by noted scientists and even our own Dept. of the Navy agrees that it occurs and has replicated it.

Dan Nelson, who I just got onto recently, discusses the above event occurring within the body, and logically, when he discusses the conversion of magnesium to potassium in cell transport. Also, outside the body, he discusses the transmutation of water to gold. This transmutation process could be just one of the elements that make us the quantum machine that I discuss in my book. Actually, I believe there are plenty more and this is the tip of the iceberg, but there is much to be done to prove any of this. However, if it is true, Sulfur may be transmuting into any number of helpful elements as required.

So the above conclusion, though currently just theory, could some day be proven to be fact. Furthermore, it would explain the workings and results of using the "MSM/DMSO Pair" better than any other theory. But we are just beginning and it will take years before we actually know what is going on. In the meantime, just use them and be aware that you are using a very powerful protocol that is showing dramatic results first-hand, where it counts.

Now, for the negatives:

If you are particularly ill, it is thought that DMSO causes your body to leach off contaminants in much the same way that garlic does, but in doing that, you smell exactly like garlic. In fact as Gregg points out, the greater the health problem, the worse the smell. If you have ever been around someone who takes raw garlic cloves orally, you know the problem. They just smell horribly, but they are getting well. I believe that Bob Beck was wrong in his general assessment of garlic, but he may have been dead accurate in advising not to use it with his device. The two may be too strong together for the body to deal with at once and that would explain his bias. By the way, if you are wondering I have used both the HL MSM and the Sota device concurrently with no ill effects, but never DMSO with it. So that could still be a concern.

Next, DMSO can be just as dangerous as it is effective if you happen to have contaminants on your skin, because eye shadow or other beauty "aids" can be deliver them straight into your system and long
term and could possibly be toxic. So it requires absolute care in using it. Therefore, if you are a mechanic and have dirty nails and rub in DMSO into a knee joint, you could be inadvertently delivering dirty auto grease into your system and that, long term, could be life threatening.

Finally, I have read literally reams of papers on both DMSO and MSM in my research and I have never seen anything credible that would lead me to the conclusion that either MSM or DMSO could harm tooth enamel. However, I did have a person inquire once where he had a new filling fall out after starting the HL MSM protocol. It did worry me, because we know that MSM picks up heavy metals and expels them as discussed above... which is a good thing long-term. Then I learned that he had lost a "plastic" filling. There is no evidence out there that I am aware of that would suggest that either DMSO or MSM affect teeth enamel or plastic fillings. My assessment is that this man just had a bad filling... bad dental work. Unless it happens more than once, there is no reason to look further.

The bottom line here, then, is: Please don't put out "off the wall comments" that you can't back up. Think about it. People forget or don't have the time to research things, but they recall bits and pieces of these comments and might miss out on a helpful cure as a result. In that case, you have done unjust harm even if you had no such intention.

Kind Regards, HUUman

The Body Electric & More
5/3/13
Hi Vicki & RJ:

Beginning in about 1976, when I first transcended my body consciously and got to the realm of pure light and sound (which, as most religions teach, is accompanied with an overwhelming feeling of greater love), I realized that the brain, itself, is just a receiver and transmitter... not a place where things really get done as the mainstream believes. Furthermore, you do not have to be in a near-death state to go there... or on drugs (and I was neither). The mainstream is just dead wrong on this stuff as are religions. Since that time, I have accomplished this a few times over the years, but I can't do it just because I want to. What I have come to discover is that there has to be a "need" for this to happen for the greater good. Maybe that first experience was just for me to "get" it. After that, though, they are not just gifts for me to learn from.

Recently, I began reading Astrophicist, Dan Nelson's White Paper and watched most of his videos. Dan basically agrees with and repeats what I discovered independently, so it is nice to have some confirmation from someone who has a more scientific bent than I.

So what does this mean? Dan and I are in agreement that the brain is "way overrated," but when there is a fault with it, it is simply not able to pull in the stored information from our various auras that surround our bodies. Yes, the brain is a delicate transmitter and various things can affect it negatively, but at the same time, we are far more than just this transmitter/ receiver (or our physical body). In fact, as science is just beginning to understand, our whole body transmits and receives information from our outer auras. That is, our hearts can learn. When someone gets a heart transplant, they inherit information from the person who donated that organ (and many have reported this). Even our individual cells do that... Further up the line, so does our Heart Center itself, a powerful chakra, or energy transmission point long recognized by Eastern Religions, but basically discredited by Christianity.
So as Dr. Robert O. Becker tells us in his book, "The Body Electric," our bodies are basically electrical transmission centers. When we die, we shut down all at once, internally. It is an overall agreement, not a slow turnoff. We just leave. The cells stop communicating instantaneously in this agreement. With this understanding, Bob Beck's electrical devices do work in cleaning up the flows of electricity in our brains (and throughout our body as Vicky reports). When the various fields are opened and transmitting better we feel a lightness because we are in better touch with our "real" selves.

This phenomena is not just a mechanical mechanism. As Dan Nelson says, This is absolutely a "Quantum Effect." This is why I say in my book, "It's the Liver Stupid," that we are Quantum Machines. We basically underrate ourselves and see ourselves as the lowest part... our physical body. It is the only part that most can see (some see Auras) and we love physical verification. The same effects that Vicky reports with her magnetic pulsar can be achieved in spades by simply doing contemplative exercises where we envision ourselves as who we really are... Soul is one term for that Outer Electrical Aura. Therefore, we are that "Aura" that Dan talks about. This is our most important part and, as that part, we never die. What we do, when our body quits, is lose some of the lower functions of that Aura (the astral, causal, and mental layers)... so we forget, to a degree, who we are. Just to really mess up the little box that we put ourselves in, some don't forget the whole story. For this reason, the idea of reincarnation persists, because, guess what? It is true and this is how it works. The mystery is that we are so resistant to these truths and are so quick to discredit them. The evidence is everywhere and it really is a much more comfortable story than just a physical box that dies and goes to sleep or just disappears into thin air.

Kind Regards, HUUman

Hi Vicki,
Can you explain how you positioned it on your head, "for example: moving around? holding in a position for How long? Looks like the Neuro Star has a specific area in the top front for depression? Just curious, I don't want to screw my brain up more? By the way does Russ from SOTA say it is okay for head applications?

RJ

Vicky wrote:

> I contacted this company because I'm always looking at new things. Unfortunately not transparent. Asked for basic output specs - a reasonable request to know what is going into one's brain. They wouldn't answer me, said that I had to already own one, or have an practice actively seeking this technology. No specs on line. The only thing I was able to find out was that it output 135 v/m.

> The red flag for me was when they list the most common side effect with this Neuro Star is "pain or discomfort at the treatment site." They wouldn't explain that either. I asked if that was just because of the pressure against the skin, or what and they said I had to own one or have a practice actively looking for this technology. Yowzers. I have never heard of a therapeutic magnetic device of any kind having "pain or discomfort at the treatment site." All in all, I was fairly displeased with the lack of transparency for non-proprietary info.

> Okay, that rant aside, I can tell you that I've been looking into transcranial magnetic therapy for a few years because, one of the common "side effects" that I hear from the use of the Beck magnetic
pulser, is a feeling of lifting, or lightness, or brightness, change of mood, etc, when applied regularly over the head. These folks weren't using it for depression, but some other ailment, so it was an interesting effect to hear about.

> However, before the above experience, I had my own experience. I was trying the magnetic pulser on my head for a vanity reason (gray hair), and after a few days I notice I had sort of a spring to my step and felt energetic and generally happier than usual. I thought to myself, my sleep is the same, diet is the same, what has changed? And then I realized the only thing different at that time was me using the magnetic pulser once a day for about 10-20 minutes over my head.....very interesting...

> The point of my story of course, is...$500 a treatment? The Neuro Star company can get stuffed!

> And yes, the Brain Tuner of course works the same way for most people.

> Warm regards,

> Vicki

Re: The Body Electric and more
5/6/13
Hi Mike:

There is more than you are ready to accept, so far, as I read your question... and Dr. Jenson is living in the past. Below I expand on what I have said already, really, in my book:

My book includes a good deal on this very topic. In fact, I actually included spirituality in ultimate (AHP) solution and I believe that it is a truly necessary part of healing and wellness. Furthermore, it goes on, saying that dreams and contemplation are necessary as a means of staying well. However, spirituality certainly is not the primary topic of my book. So no. This is not about nutrients, Mike, unless you consider Love a nutrient... certainly, we all must have love to Thrive and spirituality is definitely about Love. In fact, it has been proven with babies... that they simply die without love.

Do I have a reference, Mike? Not right off the top of my head, No. But I'll bet that you will accept the above as a fact.

While I often use the word Quantum and Spirituality in the same context, they are actually very different... well maybe not and here is why:

Quantum energy is defined as the vast energy present in the vacuum of space and at the zero point temperature (absolute zero), when there is no molecular movement. However, it turns out that many of our concepts of spirituality coincide closely with Quantum Physics (notice that Mike uses the terms interchangeably ;0). If spirituality is real, then the fact that the two virtually coincide in certain ways makes way too much sense to my way of thinking. In fact, they may prove to actually be the very same thing, once it is all sorted out. That would mean that the ancients were much more wise than we are inclined to give them credit for, as Quantum Machines, and we are actually relearning from the past. The question then becomes... how much have we forgotten?

If we are the Quantum Machines that my book claims, then we have infinite access to Zero Point Energy and we can and do influence its actions. Astrophysicist Dan Nelson, my new mentor, makes
this clear in his videos. These results have been confused by Newtonian Physicists and they are lumped into those areas separate from their beloved "science" that some call "hard" science. We now know that hard (Newtonian) science is badly flawed and that this fact is showing itself throughout the medical world, today, as well as in physics where there are no explanations that can cover observed Quantum Phenomena. Dan Nelson says that there is no such thing as metaphysics, a term often employed by hard scientists to mean "unreal" physics. So it is either real or not and often, we are discovering that large parts of metaphysics are real.

So, I suggest that we have missed the boat as we have moved away from our inner knowledge and many still only accept hard science as proof. For example, the more that we have divorced love from medicine, the worse our results have become. The door to door doctor of the '50's had a great deal to offer and they learned through personal, first-hand experience (another part of spirituality) and not by watching a computer screen... Awareness IS love and first-hand experiences teach that. Those doctors with bags listened (another part of spirituality), paid attention (still another part), and learned. In other words, they gained inner wisdom. Watching a computer screen may inform you well technically, but it is not conducive with real wisdom. Interaction with others is really the key here. So, I suggest that we have lost the key.

Furthermore, when a doctor attempts to convince me that an artificial tooth, knee or hip is actually better than a real one, I know immediately that I am talking to someone who has so endorsed hard science that he has completely lost touch with reality. My opinion is that he is the one under an illusion, not me (as he wants me to believe), and it is time to move on. In fact, this has happened to me twice in the last few years. Since I generally have had few health issues, I am not encouraged by this. Each of those times, I have searched out and found my own answers. Fortunately, they were not life-threatening and I have had enough time to find real solutions.

Regards, HUUman

> Pam wrote, in fact, spiritual wellness is probably, by far, the greatest part of wellness and health. <
> ____________________________________________________________
> > The problem to this statement Pam is that when one begins to use words spiritual.experiences, quantum it opens a pandaras box of the words meaning different things to different members. Your definition may be different than mine, and mine may be different than another's.<
> >
> > So who is right? Is it you, Jim or myself? Then one begins to be bogged down such as I've found myself. Could you and Jim mean that by taking certain nutrients, brain performance is improved? Or that by taking certain nutrients your stress level is reduced, so that it is easier to feel pleasure, peace, and positive emotions toward others? If that is why is the message, then I agree, but to use these above buzzwords and then reject scrutiny from others when these expressions of thought is used then that is where we part. Btw this is food for thought, Dr Jensen taught that whenever phosphorous is in excess, then these (spiritual, floating in the sky) manifestations occur. Could it be that some members are eating too much seafood? (big smile)
> mike<

**49 Where We Go From Here**

Can we discover the liver’s contribution vs. sulfur’s role in:
• Slowing down Bone Loss: Is this because the liver is healthy from the available sulfur which boils down to a benefit in hormonal balances... especially in women? Because we know that sulfur itself is probably not the primary mover in these results and we also know that they are occurring or have occurred at least in some cases. Hopefully, we can spread the word on this and attract more interest with primary researchers like Dr. Seneff and resolve the more obscure relationships. (See the p112 post on this)

• Male Pattern Baldness: Also, it would be interesting to know just what caused Steve (in his post) to recover his hair and get rid of his balding spot. Was this just because he became generally more healthy or is there a direct correlation between balding and a sulfur deficiency? Or is it a better hormonal balance due to liver repair?

• Finally, why the healing with PSC, Autoimmune Bile Duct Disease and other reported healings? Are they real?

Thanks, "Huuman"

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Note:
This book is for information only. It represents the results, observations, views, and opinions of author and those who have contributed and tried the various protocols, but is not a recommendation for treatment. Anyone reading it should consult his/her physician before considering treatment.

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