This is the story of the creation of the symbol for Holographic Health. In 1985, I had finally determined that there were four basic elements and twelve distinct systems in which all of the contents of life could be viewed. It was several more years before the actual shape that contained these elements and systems emerged. In 1992, while under great emotional and psychological assault in the hardest battle of my life, the form presented itself. It is a hologram. The problem with attempting to picture this on a piece of paper became evident very quickly. I have since solved this dilemma by creating many charts that really represent only one idea. Yet, the information is so vast that in order to understand and be able to relate to it, I had to differentiate it into various diagrams and charts.

As this process was continuing, I began to see the need for an appropriate symbol to represent the entire conceptual theory. I wanted something that had deep spiritual significance as well as had the ability to tie together the multitude of ideas I was being led to conclude.

While watching television one day I saw an old rerun of “In Search Of”. On this show they had a former NASA scientist by the name of Maurice Chatelain. He had discovered a remarkable thing. Over the entire country of what was ancient Greece, which now includes part of modern-day Turkey, there are thirteen ancient healing temples. These date back thousands of years. His discovery was that when you connected the twelve healing temples on a map of the area covering this expanse, a perfect cross in the form of our logo was revealed. What is even more amazing is the fact that the center of this cross was the island of Delos. Delos is the most sacred place in all of Greece.

Mr. Chatelain stated that the planning and positioning for these temples could only have been accomplished from above the orbit of the planet. It is uncanny to see that these temples fit into the configuration that forms this cross with an exacting mathematical precision which traverses hundreds of kilometers. In fact, a mathematician was employed to calculate the possibility of these sites being randomly chosen for the construction of these temples. He calculated that the probability of these spots being chosen randomly was 35 quadrillion to 1. In other words, the temples and their sites were deliberately constructed as a symbol from a higher understanding from outer space above the earth. The perfect cross has appeared throughout the history of our planet again and again since that time.

Upon seeing this, I knew I had found what I was looking for. It is a form that is so strong it could hold the concepts I was being shown. It had all of the necessary components. It was based around the idea of healing. It had 12 points of symmetry with a center that represents the most important part of the ancient spiritual approaches known, the SOUL. Delos is the SOUL of Greece.

In the conceptual theory of Holographic Health, there are 4 elements that house 12 systems. The center is the SOUL from which all manifestation occurs. The SOUL is immortal and created by GOD. My next task was to find an inner symbol that could represent the SOUL and at the same time display through the 4 elements with their 12 points (12 systems), the multifaceted nature of our immortal SOUL and its relation to GOD.

Pythagoras was a great teacher and mathematician in ancient Greece who lived 2500 years ago. He used the Greek symbol, ipsilon, to represent the power of choice. Pythagoras called it “the forking of the ways”. The central stem separates into two parts. One branches to the right and the other to the left. According to Pythagoras, the right fork represents Divine Wisdom. It is our sincere reaching for all that selflessly serves all beings through the One Great Law of LOVE. The left hand fork represents Earthly Wisdom. It is the path that follows our lower nature, and through folly and thoughtlessness inevitably results in our undoing.

We are always in the center. This means the center of the stem, the center of the symbol and the center of the hologram of ourselves in relation to the greater hologram which forms the mind of GOD. As living beings, we are traveling down the road of this present moment life. In every second of every day and night, we are making very small to very large choices with our intuitions, mental thoughts, emotions, and physical bodies. These invariably lead us down the path of divine Love or earthly ego selfishness.

What has the ability to actually make these choices? In my opinion, it is the SOUL itself. If the theory of Holographic Health maintains its consistency, it states that the SOUL is the force that forms all aspects of our holographic being. It is therefore the nondual force that provides the energy for us to make choices. For most of us, unfortunately, the actual choices themselves are mostly made through the many different egoic components of the will. That is unless we can allow the SOUL to make the choices from the highest levels of our being and not get our egos in the way.

The 12 pointed cross became the perfect selection as the center of the symbol. Placed together with 12 pointed cross, I began to notice some remarkable things happening to the people who contemplated upon it as a spiritual matrix. Not only did it turn their hearts to higher thoughts, but it greatly assisted them in the healing of their own conditions. Inherent within the symbol lies all the power of the healing temples of old, as well as all the understandings of their even more ancient creators. All of the hidden energy signatures that represent life and resurrection are there. The SOUL, which resides in the center of our holographic matrix beingness, is what we must allow to shine through and direct our lives for the betterment of ourselves and all sentient beings.

Being a Christian and follower of the teachings of Jesus Christ, the cross has even deeper significances for me personally. However, the symbol in no way excludes any religious belief. In fact, it is designed to allow all beliefs through the multitudes of similarities that are evidenced within the theory itself. Nor is it there to promote or proselytize one religion as being right and another as wrong. Holographic Health acknowledges that there is a God which created our immortal SOULs, and from this all other manifestations are generated. Nothing more and nothing less.

Holographic Health has registered this symbol. Yet, it is my sincere wish that anyone who wants to use it as a focus for contemplation or healing will do so.  -----Theodore Baroody  2010
Specific Holopathic energy signatures have been added to each of our Biokinetic Formulas. This not only adds strength to the formula, but also gives it a direction in which to best function in the body. Each formula has energy signatures that are unique to it. The intent has been to create formulas that can meld with the individual needs of each person and provide them with an extremely high quality product for a very reasonable price. The purpose is to bring into balance all areas of the individual simultaneously. This includes the many spiritual, mental, emotional and physical aspects of our multifaceted nature. To this end, we humbly pray to God for guidance.

The “prime directive” of Holographic Health® is “World Peace through World Healing”. This idea encompasses a wide variety of approaches, including four sub-directives. These are to feed, clothe, nurture, protect, teach, and heal. To realize and manifest these ideas, I sponsor a program in India, Nepal and Tibet that is aimed at helping needy children, elderly people and their families. It focuses on the displaced Tibetan children, young people and elderly that have been mostly forgotten by the world. Many of the elderly are sick and destitute. After a very hard life of escaping from Tibet into India with only what they could carry on their backs and leaving their homes forever in the 1950s and 1960s, they worked as menial laborers on jobs such as laying railroad tracks at high altitudes. Now, they are truly disabled and very poor.

The Tibetans are a wonderful people. They are warm, friendly, smart and motivated to work for their own betterment. They are pacifists by nature and deep believers in God. Their letters to me are full of love and appreciation.

It is my desire in Holographic Health® that the gifts of God bestowed upon myself and this business, be shared with others less fortunate. The board of Holographic Health, Inc. agrees to take most of its yearly earnings minus operational costs, and as the general manager; I disperse them to the Tibetan people through our carefully monitored network of administrators and volunteers. I sponsor Tibetan people in India to distribute the money once it is there. Consequently, I have developed an honest and hard-working core of helpers who are totally devoted to the welfare of their own people. I can confirm that every dime is actually getting to these people and their hard-working families. There is no middleman to take a cut. All people involved are totally volunteering their time, including the Tibetan lamas in India and the U.S.A. who help administrate and distribute the funds. The money has to be actually hand-carried into Tibet! These tasks of proper distribution and careful handling of the funds are not to be taken lightly and demonstrates the high integrity of the helpers involved.

Know that each time you purchase a bottle of food supplements, a book, or anything else from us that some Tibetan person somewhere is benefiting. You actually get two benefits from this. First, you gain spiritual merit with your purchases by entering into this worthwhile covenant with Holographic Health, just by association. Second, you get the benefit of the products themselves. Healing occurs on many levels. For us here in the U.S.A., we can increase our vitality and body strength by using nutrition through the foods we eat and the therapeutic food supplementation available in Holographic Health. For others, such as the Tibetans, in less fortunate situations, the monies you spend with us can help increase skill levels for the younger people through education and inspire hope for a bright future. For the elderly, it gives them comfort at the end of a hard life. Every act we do, no matter how small, is recorded in the spiritual realms of God.

Through service to others… family, friends, clients, or the poor and destitute that we may never physically meet, we gain true spiritual merit and begin the birth of sincere compassion.

“WORLD PEACE THROUGH WORLD HEALING”
This is the “Prime Directive” of Holographic Health. The registered symbol above represents our commitment to this goal.
# TABLE OF CONTENTS BY CATEGORIES

| Biokinetic Formulas                           | 6   |
| Body Energy Support                          | 7-13|
| Energy Up                                   | 7   |
| Feel Good                                  | 7   |
| Passionate Pursuit                          | 7   |
| Pro-Tone                                   | 8   |
| Protector                                  | 11  |
| Tri-force                                   | 12  |
| Women’s Booster                            | 13  |
| Nervous System Support                      | 14-15|
| Symmetry (Anti-oxidant/Anti-aging/ Memory)  | 14  |
| Absolutely Pure L-glutamine                 | 14  |
| At Eez                                     | 15  |
| Better Mood                                | 15  |
| Digestive System Support                    | 16-20|
| Glyco-Well                                  | 16  |
| H.H.S. Formula                             | 18  |
| H.H.S. Stomach Egg                         | 19  |
| Lifeline                                   | 19  |
| Pan-Gest                                   | 20  |
| Circulatory Support                         | 21-24|
| Blood Harmonizer                           | 21  |
| Heart-Line                                 | 22  |
| Kleen Sweep                                | 23  |
| Potassium Penetrator                       | 24  |
| Musculo-Skeletal Support                    | 26-30|
| Calcium Penetrator                         | 26  |
| Cherry Gold                                | 26  |
| In-Sync                                    | 26  |
| Magnesium Penetrator                       | 28  |
| Minotaur                                   | 29  |
| Myo-Majestic                               | 29  |
| Myo-My!                                    | 30  |
| Immune System                              | 31-36|
| Back-Off!                                  | 31  |
| Colon-ize                                  | 32  |
| Free Breath                                | 33  |
| Fungal Balance                             | 34  |
| Immuno-well                                | 34  |
| Para-Norm                                  | 35  |
| Senses                                     | 36  |
| Specific Alkalizing Formulas                | 38-39|
| Alka Trace                                 | 38  |
| Aspara-Can                                 | 38  |
| Extreme Greens                             | 39  |
| Overall Support                            | 40-46|
| 12-Systems Synergistic Multiple             | 40  |
| Aneem-Away                                 | 41  |
| B-Well                                     | 42  |
| Bee Powerful                               | 42  |
| Bee The Best                               | 43  |
| Complete - C                               | 44  |
| Pink Lady                                  | 45  |
| Sungold                                    | 46  |
| Wipe Out                                   | 46  |
| Skin Support                               | 47-48|
| Alpha-Omega                                | 47  |
| Ho lo-Skin                                 | 47  |
| Skin/Hair/Nails                            | 48  |
| Cleansing Support                           | 49-50|
| Can-Clear                                  | 49  |
| Flow-Thru                                  | 50  |
| Appetite Control Program                   | 50-51|
| Trim-It-Up                                 | 50  |
| Trim-PM                                    | 51  |
| Folk Remedies & Such                       | 52-59|
| Amish Healing Wonder Oil                   | 52  |
| Bloodstones(Jasper)                         | 53  |
| Camp-ho-Rub                                | 53  |
| Delete                                     | 53  |
| Ear-Well                                   | 54  |
| Eye-C                                      | 54  |
| Flush Out                                  | 54  |
| Baby-Flush                                 | 55  |
| Fresh Start                                | 56  |
| Great Gums!                                | 56  |
| Hemorr-Norm                                | 56  |
| Magnets                                    | 57  |
| Nail-Well                                  | 57  |
| Ouch-Away                                  | 58  |
| Racket-Free                                | 58  |
| The Recipe                                 | 59  |
| Holosilver                                 | 59  |
| Holopathics                                | 61   |
| Holopathics                                | 61   |
| Books, Media, & Such                       | 62-75|
| Alkaline/Acid Water Test Kit                | 62  |
| Saliva/Urine pH Testing Strips             | 62  |
| Alkalizer Water Units                      | 62  |
| Holographic Health:                        |      |
| Theory Manual                              | 66  |
| Holographic Health Vol. 1:                 |      |
| The Earth Element                          | 66  |
| Holographic Health Vol. 2:                 |      |
| The Fire Element                           | 66  |
| The Air Element                            | 67  |
| Holographic Health Vol. 3:                 |      |
| The Water Element                          | 67  |
| The 80% / 20% Alkaline / Acid Chart        | 67  |
| Alkalize Or Die                            | 68  |
| Asparagus Can Do It For You                | 69  |
| The Brotherhood Of Intuition               | 69  |
| Hiatal Hernia Syndrome                     | 69  |
| Ascension: Beginner’s Manual               | 70  |
| Ascension: Beginner’s Manual 2             | 70  |
| Earth Safe Technology                      | 71  |
| Holographic Health Cap & T-Shirt           | 72  |
| Holographic Health Practitioner’s Package  | 73  |
| Holographic Health Practitioners           | 74  |
# TABLE OF CONTENTS FROM A TO Z

<table>
<thead>
<tr>
<th>Biokinetic Formulas</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absolutely Pure L-Glutamine</td>
<td>14</td>
</tr>
<tr>
<td>Alkaline/Acid Water Test Kit</td>
<td>62</td>
</tr>
<tr>
<td>Alpha-Omega</td>
<td>47</td>
</tr>
<tr>
<td>Amish Healing Wonder Oil</td>
<td>52</td>
</tr>
<tr>
<td>Anem-Away</td>
<td>41</td>
</tr>
<tr>
<td>Aspara-Can</td>
<td>38</td>
</tr>
<tr>
<td>At EEZ</td>
<td>15</td>
</tr>
<tr>
<td>Baby-Flush</td>
<td>55</td>
</tr>
<tr>
<td>Back-Off!</td>
<td>31</td>
</tr>
<tr>
<td>B-Well</td>
<td>42</td>
</tr>
<tr>
<td>Bee Powerful</td>
<td>42</td>
</tr>
<tr>
<td>Bee The Best</td>
<td>43</td>
</tr>
<tr>
<td>Better Mood</td>
<td>15</td>
</tr>
<tr>
<td>Blood Harmonizer</td>
<td>21</td>
</tr>
<tr>
<td>Bloodstones(Jasper)</td>
<td>53</td>
</tr>
<tr>
<td>Calcium Penetrator</td>
<td>26</td>
</tr>
<tr>
<td>Campio-Rub</td>
<td>53</td>
</tr>
<tr>
<td>Can-Clear</td>
<td>49</td>
</tr>
<tr>
<td>Cherry Gold</td>
<td>26</td>
</tr>
<tr>
<td>Complete - C</td>
<td>44</td>
</tr>
<tr>
<td>Colon-ize</td>
<td>32</td>
</tr>
<tr>
<td>Delete</td>
<td>53</td>
</tr>
<tr>
<td>Ear-Well</td>
<td>54</td>
</tr>
<tr>
<td>Energy Up</td>
<td>7</td>
</tr>
<tr>
<td>Extreme Greens</td>
<td>39</td>
</tr>
<tr>
<td>Eye-C</td>
<td>54</td>
</tr>
<tr>
<td>Feel Good</td>
<td>7</td>
</tr>
<tr>
<td>Flow-Thru</td>
<td>50</td>
</tr>
<tr>
<td>Flush Out</td>
<td>54</td>
</tr>
<tr>
<td>Free Breath</td>
<td>33</td>
</tr>
<tr>
<td>Fungal Balance</td>
<td>34</td>
</tr>
<tr>
<td>Glyco-Well</td>
<td>16</td>
</tr>
<tr>
<td>Great Gums!</td>
<td>56</td>
</tr>
<tr>
<td>Heart-Line</td>
<td>22</td>
</tr>
<tr>
<td>Hemorr-Norm</td>
<td>56</td>
</tr>
<tr>
<td>H.H.S. Formula</td>
<td>18</td>
</tr>
<tr>
<td>H.H.S. Stomach Egg</td>
<td>19</td>
</tr>
<tr>
<td>Holoskin</td>
<td>47</td>
</tr>
<tr>
<td>Holopathics</td>
<td>61</td>
</tr>
<tr>
<td>Holosilver</td>
<td>59</td>
</tr>
<tr>
<td>Immuno-Well</td>
<td>34</td>
</tr>
<tr>
<td>In-Sync</td>
<td>26</td>
</tr>
<tr>
<td>Kleen Sweep</td>
<td>23</td>
</tr>
<tr>
<td>Lifeline</td>
<td>19</td>
</tr>
<tr>
<td>Magnets</td>
<td>57</td>
</tr>
<tr>
<td>Magnesium Penetrator</td>
<td>28</td>
</tr>
<tr>
<td>Minotaur</td>
<td>29</td>
</tr>
<tr>
<td>Myo-Majestic</td>
<td>29</td>
</tr>
<tr>
<td>Myo-My!</td>
<td>30</td>
</tr>
<tr>
<td>Nail-Well</td>
<td>57</td>
</tr>
<tr>
<td>Ouch-Away</td>
<td>58</td>
</tr>
<tr>
<td>Pan-Gest</td>
<td>20</td>
</tr>
<tr>
<td>Para-Norm</td>
<td>35</td>
</tr>
<tr>
<td>Passionate Pursuit</td>
<td>7</td>
</tr>
<tr>
<td>Pink Lady</td>
<td>45</td>
</tr>
<tr>
<td>Potassium Penetrator</td>
<td>24</td>
</tr>
<tr>
<td>Pro-Tone</td>
<td>8</td>
</tr>
<tr>
<td>Protector</td>
<td>11</td>
</tr>
<tr>
<td>Senses</td>
<td>36</td>
</tr>
<tr>
<td>Skin/Hair/Nails</td>
<td>48</td>
</tr>
<tr>
<td>Sungold</td>
<td>46</td>
</tr>
<tr>
<td>Symmetry (Anti-oxidant/Anti-aging/Memory)</td>
<td>14</td>
</tr>
<tr>
<td>12-Systems Synergistic Multiple</td>
<td>40</td>
</tr>
<tr>
<td>Tri-force</td>
<td>12</td>
</tr>
<tr>
<td>Trim-It-Up</td>
<td>50</td>
</tr>
<tr>
<td>Trim-pm</td>
<td>51</td>
</tr>
<tr>
<td>Wipe Out</td>
<td>46</td>
</tr>
<tr>
<td>Women’s Booster</td>
<td>13</td>
</tr>
</tbody>
</table>
THEODORE A. BAROODY  
MA, DC, ND, L.M.T., Ph.D (Nutrition), Dipl. Acupuncture (I.A.M.A.), Fellow (A.S.A.)

Dr. Baroody was born in Sanford, NC in 1950. He received his B.S. in psychology and his masters degree in educational counseling from Western Carolina University in 1974 and 1978. He received his D.C. degree from Life Chiropractic of Marietta, GA in 1981.

He completed an N.D. from Clayton School of Naturopathy and received his Ph.D. in Nutrition from American Holistic College in 1991. He is a Licensed Massage Therapist, Certified Nutritional Consultant (C.N.C.), professional member of the American Association of Nutritional Consultants, a diplomate in acupuncture from the International Academy of Medical Acupuncturists and a fellow in the American Society of Acupuncture.

He studied at the American University in Beirut, Lebanon and at Colombo Americano, Columbia, as well as having traveled extensively in Europe and Asia to gather information on the healing arts and spiritual instruction.

He and his wife Sharon live in Tennessee. Presently Dr. Baroody uses his highly integrated system of Holographic Health which employs all aspects of health and healing. He has written a five volume series about this comprehensive program for self-checking and health. Holographic Health will enable anyone, lay person or professional, to take mastery of his or her own health.

Seminars to learn Holographic Health are now being taught for professionals and lay people.

Dr. Baroody lectures at conferences nationwide and often appears as a guest on radio talk shows concerning health topics.

Theodore A. Baroody

WHY BIOKINETIC FORMULAS® WORK  
by Theodore A. Baroody

Before becoming a professional, I studied healing all over the world and noted the preparations that really seemed to work.

Since then, I have spent many years as a professional health practitioner clinically testing and carefully observing the results of all types of herbs, vitamins and other formulas - in literally thousands of clinical tests.

Many food supplement combinations have been tested over and over to provide the precise ratio between each ingredient. Even one milligram more or less could imbalance a formula. This created what I call an interactive combination of substances. This means that each ingredient carefully builds and magnifies the others. My idea is to respect these formulas as though they were living.

After completing the conceptual theory of Holographic Health®, my unique testing system, and watching consistent health results from it, I created the Biokinetic Formulas.

These are alkaline-forming combinations of supplements in specific formulas for the most common groupings of symptoms that I have found among my patients. These are designed to enhance and quicken healing on all levels for my clients and family.

Having achieved these exacting milligram dosages and observing their remarkable changes in the lives of hundreds of clients, I knew that they would help practically everyone. Even so, I still felt something important was missing.

I believe very deeply in prayer and had watched firsthand in Northern India as the Tibetans prayed over their formulas while they were making them.

I wondered how I could provide this type of energy into my formulations. I wanted them to not only be interactively “alive”, but to also have a very directed purpose. I developed a methodology that holographically energizes my formulas. This methodology is 100% safe as it enhances and “brings together” the individual ingredients into one synergistically-acting formula. This gives the formula its holographic purpose. It is my way of directing a highly constructive, and effective prayer into these formulations as they are made. This is akin to homeopathy but is much more specific.

Our suppliers are 100% reliable. What you see on the label is what you really get. These products are so easy on the body that they can be taken day or night, with or without food. What we at Biokinetic Formulas strive for is to promote an alkaline-forming way of life.

As is outlined in our books, if you acidify the body, you die. If you alkalize your body, you live. I hope they work for you as well as they are working for me and my clients.

NOTE: The information in this catalog is only for educational purposes. Dr. Baroody does not prescribe, treat, diagnose, or recommend for any health condition, and assumes no responsibility. In no way should this information be considered a substitute for competent health care. Consult your doctor or health practitioner before using any product you have questions about. No claims are made that this, or any Biokinetic product treats or cures anything. They are formulated to assist the body’s attempt to be in balance.
FUN THINGS TO KNOW ABOUT YOUR AMAZING BODY!!!!

DID YOU KNOW THAT...............

THE BODY IS 70 PERCENT WATER?
THE BODY CONTAINS 30 POUNDS AND 13 OUNCES OF CALCIUM?
THE BODY CONTAINS 1.7 LBS OF PHOSPHORUS?
THE BLOOD CONTAINS 39,875,000,000 WHITE BLOOD CELLS AT ANY PARTICULAR MOMENT?
THE BLOOD CONTAINS 1,340,000,000 PLATELETS PER TEASPOON?
THE BLOOD CONTAINS 13,000,000 FIBRIN STRANDS PER TEASPOON?
WE GET 1352 COMPLETELY NEW SKINS IN A LIFETIME?
THE HEART BEATS 2.8 BILLION HEARTBEATS IN A LIFETIME?
THE HEART PUMPS 50,000,000 GALLONS OF BLOOD IN A LIFETIME?
THE KIDNEYS FILTER 40 GALLONS OF BLOOD A DAY? 14,000 GALLONS A YEAR?
WE BREATHE 490,000,000 BREATHS IN A LIFETIME?
WE DRINK 9,001 GALLONS OF FLUIDS IN A LIFETIME? (HOPEFULLY MOST OF THIS IS WATER!)
WE SPEND 28 WEEKS ON THE TOILET IN A LIFETIME? (MY WIFE WOULD SAY I SPEND MORE!)
WE WALK 65,000 MILES IN A LIFETIME?
WE SWEAT 3750 GALLONS IN A LIFETIME?
WE SPEND 17 WEEKS LAUGHING IN A LIFETIME?
WE SHED 143 PINTS OF TEARS IN A LIFETIME?
WE PRODUCE A NEW STOMACH LINING EVERY 5 DAYS?
WE PRODUCE A COMPLETELY NEW LIVER EVERY 57 WEEKS? 70 OVER A LIFETIME?
WE GENERATE A COMPLETELY NEW SKELETON EVERY DECADE?
WE PRODUCE 1.5 PINTS OF SALIVA A DAY? 11 PINTS A WEEK? 579 PINTS A YEAR?
WE PRODUCE 1 PINT OF BILE A DAY? 386 PINTS A YEAR?
WE PRODUCE 3 PINTS OF PANCREATIC ENZYMES A DAY? 1157 PINTS A YEAR?
WE PRODUCE 771 PINTS OF SMALL INTESTINES JUICE A YEAR? 2 PINTS A DAY?
WE PRODUCE 550 GALLONS OF DIGESTIVE FLUID A YEAR?
WE PRODUCE 1543 PINTS OF HYDROCHLORIC ACID A YEAR? 4.25 PINTS OF DAY?
WE BITE 1500 TIMES A DAY WITH OUR TEETH?
THE BRAIN CAN SEND MESSAGES TO THE MUSCLES AT 224 MILES PER HOUR?
THE BRAIN PROCESSES 1000 INTERACTIONS EVERY ONE THOUSANDTH OF A SECOND?
THE BRAIN NEVER SWITCHES OFF?
THE BRAIN IS RED?
THE BRAIN GETS 1 PINT OF BLOOD PER MINUTE?
THE BRAIN IS CAPABLE OF 100 TRILLION CALCULATIONS PER SECOND?
THE BRAIN PRODUCES 26,728 PINTS OF CEREBRO-SPINAL FLUID IN A LIFETIME?
WE HAVE SEX ON THE AVERAGE OF 112 TIMES A YEAR? (I’M SURE THAT’S DEBATABLE!!)
MEN EJECT 400,000,000 SPERM EACH TIME?
(IT SEEMS WE loose THE SAME NUMBER OF BRAIN CELLS EACH TIME TOO!!!!!!!!)
THE FEMALE UTERUS EXPANDS 500 TIMES IN SIZE DURING PREGNANCY AND RETURNS TO NORMAL IN ONE MONTH AFTER DELIVERY?
WE lose 80 HAIRS A DAY?
A SINGLE HAIR CAN SUPPORT 3.5 OUNCES OF WEIGHT?
WE PASS GAS 200,000 TIMES BY AGE 40? (MY WIFE SAYS I AM AN EXCEPTION. I WONDER WHAT SHE MEANT BY THAT?)
ENERGY-UP
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
I have found that the degree of effectiveness of our hormones equal how much “feel good” energy we have in a day’s time. That is, to have the energy to do what we need and to feel alert and energetic, yet balanced, not hyperactive.

After conducting well over 30,000 individual tests on people from all over the world using our Holographic Health® testing system, I have noticed that our “feel good” energy is occasionally split into upper and lower areas of the body. The upper deals with the hypothalamus, thyroid, pituitary and pineal; the lower deals with the adrenals and ovaries/testes.

If you feel a lowered energy level and weak all over, hormonally-supportive therapeutic food supplements may be helpful. When these hormones are added everything may seem more energetic.

Energy-Up is a formula for both men and women and targets the upper body hormones for the hypothalamus, thyroid and pituitary. In women, it can also target the ovaries. By supporting and nourishing these areas, greater energy levels are reached.

In addition, the following symptoms may be associated with an energy deficit.

• Mental fatigue
• Lowered energy level
• Cold hands and feet
• Loss of head hair
• Numbness & tingling sensations.
• A feeling of lacking upper body strength

INGREDIENT LISTING

1. THYROID TISSUE EXTRACT
This is the principal ingredient in Energy Up. It not only supplies support for this gland of energy metabolism, but will allow natural cellular regeneration rebuilding to occur. It is the T4 hormone, Tetra iodothyronine. T1, T3, & T4 must be present for proper balance. All are in correct ratio in this formula.

2. Trace Minerals
Contains 74 trace elements. In 15 years of clinical research I have found that trace minerals will supply the necessary components for the T1 (iodothyronine) hormone. Minerals are more important than vitamins. (See my book, Alkalize or Die).

3. Yam Extract
Supports T4 Function.

4. L-Tyrosine
An amino acid that supports the uptake of iodine - the T3 hormone of the thyroid.

5. Hypothalamus Tissue Extract
Very important area that controls the thyroid by pre-releasing hormones that target it. Determines 25% of our “feel-good” energy.

6. Pituitary Tissue Extract
This supports one of the master glands of the body. Targets the thyroid and can determine 25% of our “feel-good” energy.

7. Potassium Orotate
Dr. Reams stated that potassium was necessary to combine with thyroxine in order to provide an important substance from the thyroid.

8-9. Calcium, Magnesium Orotates
The ratio and levels of calcium are determined in the blood by the thyroid. Magnesium stabilizes the interactions between the thyroid and the hypothalamus.

10. Ribonucleic Acid
Important in all cellular functions as the transfer element for information. Targets upper body hormones, particularly the brain, and memory functions.

11. Lipase, Amylase, & Protease
Digestive enzymes that allow the pancreas to perform respectively: fat, carbohydrate and protein breakdown. This is our signature combination.

SUGGESTIONS:
For maintenance: 1 - 2 tablets per day
For moderate support: 3 - 6 tablets per day
For maximum support: 6 - 9 per day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD; DAY OR NIGHT

REMEMBER:
Is Your Body Feeling Like A Half-filled Cup?
Then Pop In A Couple Of ENERGY-UP!

FEEL GOOD
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
Feel Good is a formula for both men and women. It targets the lower body hormones: the adrenal glands, cells of Leydig and testes in men, and the adrenals and cells of Leydig in women. Practically everyone that I test needs some adrenal support.

We really abuse and weaken our adrenals which are our anti-stress glands in this society. By supporting and nourishing these areas, greater energy levels are reached. About 75% of the people I see as clients have weak adrenal glands. These very important glands not only supply part of our valuable “feel good” energy, they help with blood sugar regulation and a host of other vital functions.

In addition, the following symptoms may be associated with an energy deficit.

• Impaired digestion • Impotency • Nervousness
• Hypoglycemia • Poor appetite • Dizziness
• Asthma • Lowered energy level • Arthritic conditions
• Nausea • Either hyper or hypotension
• Depression • Middle of night insomnia

INGREDIENT LISTING

and Rationale for Usage:

1. Adrenal Gland Extract
Principal ingredient. Very important building block material for adrenal function. This affects blood sugar and both the cortex (cortisols) and the medulla of the adrenal glands.

2. L-Glutamine
An amino acid that increases brain function and adrenal function.
3-6. Vitamin B1, B2, B5, B6  
Shown to nutritionally support adrenals

7-8. Yohimbe and Damiana  
Supports adrenal function nutritionally.

9. Saw Palmetto  
Research shows it is helpful to the male prostate and the female uterus.

10. Sea Salt (Sodium and Chloride ions)  
These essential ions are very necessary for the adrenal gland itself. If the adrenals do not have at least a trace sodium, no matter what you do, their function will reduce. The amounts are very minute and are not enough to cause problems for salt-sensitive people. We use material from DeSouza Sea Salt. This is the only one that tests consistently good.

11-12. Zinc Gluconate and Potassium Chloride  
Research shows these minerals support nutritionally the adrenal gland.

13. Cold Pressed Flaxseed Oil  
Provides Omega 3 factors

14. Vanadyl Sulphate  
A special mineral ingredient used to build strength. Very similar in its action to Chromium Picolinate. It nutritionally supports our blood sugar metabolism.

15-17. Lipase, Amylase, & Protease  
These enzymes cause the correct breakdown and assimilation of other ingredients in this formulation.

18. L-Taurine  
Research shows this amino acid is helpful to men and teens.

19. Licorice  
An herb that from ancient history that supports the immune system.

SUGGESTIONS:

For maintenance: 1-2 tablets per day
For moderate support: 2-4 tablets per day
For maximum support: 4-8 tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.

FEEL GOOD FORMULA CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD IN THE DAY. IF IT SHOULD CAUSE YOU STAY AWAKE AT NIGHT BECAUSE OF INCREASED ENERGY, DO NOT TAKE IT LATER THAN 4:00PM AND THIS WILL CEASE TO BE A PROBLEM

REMEMBER:
If You Want To Be All You Should, Pick Up Your Pep With FEEL GOOD
with Passionate Pursuit. I also have not had headaches which seem to accompany the E. D. synthetics later on after taking them, even into the next day.

I wish I could make you promises about how wonderful this was going to make your sex life, but not even the major drug companies can do that. Now fellas, listen closely. Even Cialis has directions that state that you may need assistance with the stimulation, especially if you are older and have been having trouble for a long while. Get your partner to cooperate with this. Most of them are willing. But do not expect a flagpole to rise on its own in the beginning. You actually may notice it more in the night when you awake and find a surprise visitor from the old days up and awaiting instructions. As for me, I’m a little tired in the morning because of my age, but I feel good every other way and my wife looks like a female version of Smiling Bob.

Try it and give it time to work and see if it helps. One thing I can assure you of -- it will help you in other ways internally to rebalance the bioenergies of the body without harming you. If it helps to know this, I have not missed a dose yet and from what I am noticing, I do not intend to.

The “price is right” for Passionate Pursuit. Cialis is selling for $16 dollars a pill at the drug store and most of the other natural enhancers are three times as much as we are charging!

**DESCRIPTION OF INGREDIENTS:**

**And Rationale For Usage:**

1. **Tribulus Terrestris Fruit:**
   This ingredient helps with sexual problems, impotence, inability to maintain an erection and other problems. Testosterone levels increased substantially and so did muscle strength. Sexual ability and performance significantly accelerated. The activity of the sperm and sperm count lasted 30 minutes longer than normal. It is a potent aphrodisiac and sexual stimulant. It improves sexual desire and sexual performance and increases blood circulation to the organs.

2. **Korean Ginseng Root:**
   Ginseng has been used in various traditional medicinal therapies for thousands of years in China and North America. At present, it is also used as an ingredient for formulation of herbal supplements and functional foods. Ginseng is reported to have a wide range of therapeutic and pharmacological activities, which focus on immunological, central nervous system, acceleration of metabolism, and anti-oxidant properties. Modern therapeutic use refers to vitality, immune function, cardiovascular diseases, improvement of cognitive and physical performance and sexual function.

3. **Wild Oats:**
   Wild oats are reported to have been a noticeable sexual stimulant for horses and other animals, and studies suggest they have the same effect on humans of both sexes. Dr. Larry Clapp has studied alternative virility medicines extensively and concludes that it works very powerfully to enhance erectile function.” Other studies have also suggested powerful results.

4. **Potency Wood Bark:**
   It is used as a traditional aphrodisiac in Brazil. It is also a nerve stimulant and helps with sexual debility and impotence. It has been used successfully in studies to treat erectile dysfunction and to improve libido.

5. **Horny Goat Weed:**
   Chinese top medical doctors report that horny goat weed boosts libido and improves erectile function. It is used to restore sexual fire and allay fatigue. It works by freeing up testosterone allowing to you to have a more incredible sex drive and endurance. It has been proven to be a powerful, natural aphrodisiac, which will enhance physical and sexual sensations.

6. **L-Arginine:**
   L-Arginine is necessary for the execution of many physiological processes. These physiological processes include hormone secretion and an increase in growth hormone output products. It is often used for supporting healthy sexual function. Recently, dietary supplements containing Arginine have become popular due to Arginine’s nitric oxide producing ability to scavenge free radicals, as well as its ability to signal muscle cells, release growth hormone, support healthy cholesterol, and enhance fat metabolism. Arginine helps regulate salt levels in the body.

7. **DHEA (Dehydroepiandrosterone):**
   “DHEA IS CALLED THE “MOTHER HORMONE” for both men and women because it can be converted into other hormones the body needs on an as-need-be basis. For example: If your testosterone levels are too low, your DHEA hormone will convert itself into more testosterone. This is highly beneficial for increasing your libido.

8. **Beta Sitosterol:**
   Beta Sitosterol helps decrease the conversion of testosterone into DHT, this also means that it is effective for keeping normal levels of testosterone circulating freely through the body. This is important for proper prostate function, as well as building lean muscle mass.

9. **Gingko Biloba Leaf:**
   Medicinal use of ginkgo can be traced back 5,000 years in Chinese herbal medicine. The action of the herb may help support the brain, central nervous system and impotence. Ginkgo is known for increasing blood flow to the brain, which aids in mental function. The herb also increases blood flow to the genitals, which improves sexual function. In one study 78% of a group of men with impotence reported significant improvement without side effects. Ginkgo improves peripheral circulation and oxygenation.

10. **Deer Velvet Antler:**
   Deer velvet antler is proving to be one of the most beneficial products in natural medicine. Oriental physicians have regarded it as an essential health, energy and sexual tonic for the past 2000 years.

11. **Cnidium Monnieri Seed Extract:**
   It is a Chinese herb that has been used for centuries in Traditional Chinese Medicine (TCM) as an herbal anti-itch lotion and remedy for a variety of skin ailments and as a reproductive aid and aphrodisiac that increases sexual desire in both men and women. Today, we are told that it assists the body in producing nitric oxide, which relaxes smooth muscles and works to encourage healthy sexual function, and it has been used to treat male sexual dysfunction.

12. **Velvet Bean Extract:**
   The Velvet Bean has many traditional and medicinal usages including treating pain, cholera, diabetes, infertility, scorpion bites, snakebites, toothaches, increases testosterone, reduces inflammation, increases libido, kills some parasites, reduces spasms, calms nerves, lowers blood sugar, reduces fever, lowers cholesterol, and blood purifier.

13. **Maca Root Extract:**
   Native Peruvians have consumed Maca for centuries medicinally to enhance fertility and help a wide variety of hormone imbalances. Maca greatly increases the vitality of the body by increasing the libido, sexual vigor, and both the quality and the staying power of sexual activity.

14. **Damiana Leaf:**
   Damiana is one of the most popular and safest herbs to restore natural sexual capacities and functions and has been used as an aphrodisiac going back to ancient Mayan times. This potent aphrodisiac is a
wonderful sexual rejuvenator and stimulator known for its help with impotence and as a general tonic to improve all body functions.

15. Passiflora Coerulea Leaf:
Among many of this herb’s uses, one of them is to increase libido.

16. Catuaba Bark:
Catuaba is a tree found in Brazil. In herbal medicine, Catuaba bark is considered a central nervous system stimulant with aphrodisiac properties and the bark extract is used for sexual weakness. Contains a variety of sexual performance enhancing properties.

17. Butea Superba Root Extract:
Butea Superba is used as a sex enhancer in Asia by middle-aged and older men as a tonic and virility enhancer.

18, 19, 20, 21. Protease, Amylase, Lipase and Cloves:
These digestive enzymes and supports are added to the formula to enhance digestive breakdown and allow the supplement to easily absorb into the system.

19. Peppermint Oil Powder:
This is another digestive support for this product.

REMEMBER:

If You Want To Give Your Libido An Upward Boot, Take Your Daily Dose Of Passionate Pursuit

PRO-TONE

Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
Natural progesterone is a most interesting hormone. Not only does it regulate numerous conditions in females, but it also is supportive to males. Neither sex can live well without it. It is from a plant sterol that is converted to the identical progesterone molecule that the body produces.

Imbalances that this supplement may support are:
According to Dr. John Lee, a major progesterone researcher, inadequate progesterone is associated with:

1. blood sugar, zinc and copper levels
2. bone support
3. sexual energy
4. cell oxygen levels
5. nourishing thyroid function
6. natural diuretic and anti-depressant
7. fibrocystic breasts
8. embryo and fetus survival
9. estrogen and testosterone
10. vaginal dryness
11. cardiovascular vasospasms

When used by itself or in conjunction with “Women’s Booster”, I have seen it dramatically help pre-menstrual syndrome (PMS). Dr. Lee feels that many of the problems women face is from an estrogen dominance which is corrected by natural progesterone. See his book “What Your Doctor May Not Tell You About Menopause”.

I have found that natural progesterone does not like a lot of superfluous ingredients with it like perfumes or other vitamins and oils. What you really want is just the progesterone. Many times when testing the various progesterone cremes on the market, I found them weak on a muscle test. That is why I decided to formulate my own. There are 3 grades of progesterone and I obtain only the best. Pro-Tone is very concentrated and combined in a strong delivery system. Sometimes the delivery system will leave a pungent odor when rubbed on. This will disappear in a few minutes and it lets you know that the delivery system is working quickly. It is compounded in a natural water-based hypo-allergenic creme. Once rubbed on, it rapidly enters through the skin into the blood.

SUGGESTIONS:

WOMEN: Because of its strength, only a dab on the end of the finger is needed twice a day. Start on the day of ovulation until the onset of your period. Ovulation usually occurs at mid-cycle. This would be from 14 to 17 days, depending upon the length of your individual cycle. Women with hysterectomies and post-menopausal women can use Pro-Tone up to 25 days in a month. Rub it on in different places each day, but at least twice a week, rub it directly on over the ovaries. Do not RUB IT ON YOUR FACE.

If you are cramping at the beginning of your period, rub the Pro-Tone on a day or two longer.

Another thing that it helps is migraines that seem to occur
prior to ovulation and lower back pain.

**Men:** Men can use it once or twice a day up to 2 weeks in a month, and this is usually enough. However, remember that progesterone is a precursor to testosterone which is very important for men as they grow older.

**ON CERTAIN STUBBORN PAIN SITES, IT CAN BE USED MORE OFTEN. IT HAS A DEFINITE STABILIZING EFFECT ON MY SPLEEN, SO I USE IT DAILY.**

**REMEMBER:**
*If Imbalanced Hormones*
*Shake Your Emotions To The Bone, Try A Dab Or Two Of PRO-TONE!*

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**PROTECTOR**
*(AVAILABLE IN HOMEOPATHIC FORM ONLY)*

**BACKGROUND:**
My Greek friend Dimitri informed me that the Greek word for prostate is prostatis, which means “protector.” The ancient Greeks firmly believed that the prostate was the protector of the male body.

Taken care of properly, the prostate protects us in several ways. It provides a medium for our semen to be nourished, ensuring future generations. It provides protection from bacterial, fungal, and viral infections coming through the urethra, and it provides its own unique set of hormones and hormonal interactions that make us function at peak proficiency.

A sad scenario is beginning to emerge for us. No man over 30 years old is completely immune and every man should be aware and do everything possible to nourish the “protector.”

The statistics for Benign Prostatic Hypertrophy (BPH) are continuing to rise for men over 40. This is a condition in which the prostate gland swells causing discomfort, difficult urination, pinching of the urethra, retention of urine, kidney imbalances and lowered sex drive. Next BPH can lead to prostatitis. These symptoms are inflammation, low back pain, fever, pain at bowel movements and infections. The final level of BPH is prostate cancer. A new case of prostate cancer is diagnosed every three minutes in the U.S. and a man dies of it every fifteen minutes.

BPH occurs because of stress-induced hormonal changes. These changes enlarge prostate cells and increase an enzyme that converts testosterone, which the prostate needs, into dihydrotosterone, which it doesn’t need.

Dihydrotestosterone then competes for sites in the prostate that should only belong to testosterone.

Interestingly, we have found that Protector is very good for women with estrogen dominance problems. It seems to create a balance between estrogen and testosterone symptoms. In fact, it works extremely well for several different kinds of female hormonal imbalances.

*This is not a substitute for any drug. Consult your doctor if you have questions.*

**INGREDIENT LISTING**

1. **Saw Palmetto Extract**
   One of the most highly researched herbs in the medical community for prostate health and to maintain normal prostate.

2. **Pygeum Africanum Extract**
   Many studies suggest that Pygeum supports normal urinary flow and decreases the urge for nighttime urination.

3. **Beta Sitosterol**
   Regulates normal hormone balance which is a key predictor of prostate health.

4. **Zinc Orotate**
   Essential for male hormone production, sperm formation and overall prostate function.

5. **Stinging Nettles**
   Extracts of stinging nettles supports the prostate and has been shown to support prostate health.

6. **Vitamin B6**
   Used to increase the vital assimilation of zinc.

7. **Prostate Tissue Extract**
   Raw material is used to nourish the prostate gland and support existing energies.

8-10. **Lipase, Amylase & Protease**
   My signature enzymes for proper assimilation once in the stomach. They work on fat, starch and protein respectively.

11. **Lycopene**
   It gives the bright red color to tomatoes and red fruits. It is a carotenoid in the same family as beta carotene. Lycopene supports normal cell division in the prostate.

12. **Manganese Aspartate**
   Manganese activates numerous enzymes necessary for the utilization of biotin, thiamine, and ascorbic acid. Manganese may also play a role in supporting men’s health since, as a catalyst in the synthesis of fatty acids and cholesterol, it also participates in the production of sex hormones, thus helping to maintain reproductive health.

13. **Peppermint Oil**
BACKGROUND:
Hormones are the most difficult thing that a nutritionist has to deal with when helping clients. As natural health practitioners, we cannot recommend drugs for this. There are, however, natural substances that can assist the body to produce its own hormones correctly and in balance as it should. Tri-Force is for the triad of brain hormones that are produced by the pineal, hypothalamus and pituitary. I like to think of these very important glands in poetic terms as to what they do and how they interact. The hypothalamus represents courage. It provides the precursor hormones that tell the pituitary what to do. The pituitary represents power. She is the master gland that actually orchestrates and controls the entire body through the hormonal balance. The pineal represents wisdom and is concerned with our many daytime/nighttime waking sleep cycles. It is called the gland of enlightenment. I also like to think of them like a chess game. The hypothalamus is like the king on the chess board. Yet he can only move one step at a time. The pituitary is the queen. The pituitary is the “power” behind the throne that actually rules. The pineal is their “wise” court advisor that is looking after them and overseeing the spiritual welfare of the realm.

Tri-Force supports the endocrine system nutritionally.

Researched and documented issues of the pituitary are: 1) excessive urination, 2) left side head pain (left cervicals), 3) chronic headaches at the level of the eyes, 4) overweight, 5) non-insulin responsive diabetic, 6) sexual problems, 7) weakening of ligaments, bones and tenderness, 8) mental illness in self or family, 9) inability to be coordinated at night, 10) mental fatigue, 11) low energy, 12) cold hands and feet, 13) loss of head hair, 14) numbness and tingling sensations, 15) a feeling of weak upper body strength and 16) brittle nails.
WOMEN’S BOOSTER
Created To Promote Health Through
Alkaline-Forming Formulas

BACKGROUND:
Women’s Booster formula is specifically for women. It contains a very balanced formula to nutritionally support primarily the ovaries and uterus, but can also strengthen practically the entire hormonal system. It is designed to rebalance hot flashes, or what some women prefer to call “power surges.” By supporting and nourishing these areas, greater energy levels are reached.

Over the years, Women’s Booster has performed very well in our product line. I do not recommend that you stop your estrogen until you have consulted your physician. If your physician has discontinued your estrogen and they are not giving you an alternative, Women’s Booster has been used by hundreds of women for welcome relief. Also, add Pro-Tone to this, and you will probably notice even more symptom relief.

Women’s Booster only nutritionally nourishes the glands. It is NOT a replacement therapy.

INGREDIENT LISTING
1. Ovarian Tissue Extract
   Supplies the needed crucial building materials and support for the ovaries. It regulates PMS.
2. Uterus Tissue Extract
   Supplies building material and support for the uterus. Nutrionally contains progesterone factors. A PMS regulator.
3. Pituitary Extract
   The pituitary provides the target hormones to the ovaries and uterus. Considered to be one of the master glands.
4. Yam Extract
   Provides overall ovarian support.
5. Dong Quai
   A highly supportive and soothing herb used for centuries to balance lower-body hormonal activity in women.
6. Blessed Thistle
   As wonderful as its name, this herb supports estrogen in the body. Reduces cramping
7. Damiana
   Supports ovarian system nutritionally
8. Soy Isoflavones
   Supports the endocrine system
9. Lipase, Amylase, Protease, Peppermint Oil
   Enzymes that breakdown fat, carbohydrate, and protein respectively, allowing for a high absorption of all nutrients in this formula.

SUGGESTIONS:
For maintenance: 1-2 tablets per day
For moderate support: 2-4 tablets per day
   of PMS, or cramping
For maximum support: 6-9 tablets per day
   Immediately before or during menses, or if conditions are severe throughout the month

ABOUT OUR THERAPEUTIC FOOD SUPPORT FOR YOUR NERVOUS SYSTEM
One of the major health concerns I hear people complain about is nerve problems. Many different manifestations occur as a result of this. Mild ones are: insomnia, exhaustion, anxiety, manic-depression, bipolar depression, and the “shakes”. Severe ones include: Multiple Sclerosis, ALS, Alzheimer’s, Parkinson’s, Cerebral Palsy, and the many other oﬀshoot derivations of these.

In a recent study, one out of every three people over the age of 65 showed some symptoms of Parkinson’s disease. This statistic is not only shocking but is also indicative of how we do not take care of our nervous systems. Another alarming fact is that of the people I see, at least one out of 8 are on some sort of mood altering drug. This is even more surprising when you realize my clients are among the most health-minded group of people around. Who knows what percentage of the population is really on these substances? These numbers speak to us in no uncertain terms. They tell us there is a rapid and steady deterioration of the nervous system occurring in our world.

My clinical challenge has been to relax and build the nerves simultaneously. Through the system of Holographic Health®, I have had the opportunity to work with a variety of mild to severe nervous disorders. I have found that many products lack a comprehensive approach for supplementing and stabilizing the nervous system. Upon recognizing this problem, I formulated AT EEZ. It works to relieve stress and promote a calm state in both A.M. and P.M. hours. It is a relaxer that helps to improve sleep quality. It is a builder aimed at providing complete nutritional support for the nervous system and to help the body better cope with the stresses of daily life. I heard one of my clients, Mrs. S.P. put it this way, “My motor was running faster on the inside than on the outside. AT EEZ stopped this feeling and I am relaxed now.” If your motor is running too fast inside or outside this is a definite sign of a nervous system overload.

Better Mood and Absolutely Pure L-Glutamine are also excellent supports for the entire nervous system.

Symmetry stabilizes nervous system function while at the same time acting as an incredibly powerful antioxidant.

I would like to reach my senior years without shaking and rigidity and I want you to as well.
SYMMETRY
Created To Promote Health Through
Alkaline-forming Formulas
A comprehensive antioxidant, anti-aging, and support for the
memory systems in the brain

BACKGROUND:
Our ability to stay focused and remember seems to be one of
the first things to go. Symmetry is designed to support the brain
nutritionally and bring greater focus and memory to our lives.
Antioxidants are the guardians of our bodies. The immune
system is under such attack today. Symmetry is designed as a
potent antioxidant formula to relieve the stressors placed onto it.
Another It is a general support for the entire nervous system as
well. It may bring relief from the tensions of the day through
nervous system support and restructuring from a nutritional
standpoint.

INGREDIENT LISTING
1. Dimethylaminoethane
   Research has shown this to be nutritionally supportive for memory.
2. Resveratrol
   This is a powerful antioxidant for the immune system.
3. Grape Seed Extract
   The anti-aging antioxidant information surrounding this nutrient is
   overwhelming.
4. Ling Zhi
   The ancient Chinese emperors considered this mushroom the secret
to a long and healthy life. Like Carnosine, a list of what this
   substance can do is very lengthy. Books have been written about its
   uses for centuries. Many consider it a miracle food. It is said to
   support the body in these areas.
   a) heart and circulatory systems
   b) lungs
   c) liver
   The Chinese call it the “eternal fountain of youth.” I am making no
   medical claims here.
5. Gamma-aminobutyric acid
   A nutritional support for better brain function.
6. Carnosine
   A powerful antioxidant
7. Curcumin
   This spice is known for its ability to balance the body’s natural
   inflammatory response and enhances the body’s natural defense
   mechanisms for inflammation and pain due to overuse.
8. Phosphatidylserine
   Helps overall brain function.
9. Water Hyssop
   This plant has a number of uses in Ayurveda. Laboratory studies
   on rats indicate that extracts of the plant improve memory capacity
   and motor learning ability. Studies in humans show that an extract
   of the plant has calming effects. Recent studies suggest water
   hyssop may improve intellectual activity. It has antioxidant
   properties, reducing oxidation of fats in the bloodstream.
10. He Shou Wu
    Chinese herb that nutritionally supports the brain.
11-14. Amylase, Lipase, Protease, & Peppermint Oil
      This is my signature digestive enzyme combination. It helps the
      formula absorb properly.

15. Blueberry Powder
    Promotes enhanced brain function and supports the sensory system.
16. Choline Bitartrate
    CDP choline is metabolized to yield the free nucleotide cytidine and
    choline. Scientific research demonstrates that CDP Choline
    consumption promotes brain metabolism by enhancing the synthesis
    of acetylcholine.

SUGGESTIONS:
For maintenance: 1-3 tablets per day
For moderate support: 2-6 tablets per day
For maximum support: 6-9 tablets per day
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

ABSOLUTELY PURE
L-GLUTAMINE
Glutamine is the most abundant free amino acid found in the
muscles of the body. It is known as a brain food because it can
readily pass the blood-brain barrier. It helps maintain the
proper alkaline/acid balance in the body. It supplies the basic
building blocks for DNA and RNA. It promotes mental ability
and a healthy digestive tract. It has the ability to offset the
muscle breakdown effects of cortisol that are produced by
exercise. I use and recommend a lot of L-Glutamine clinically.

The powder has very little taste. I recommend that you put it
in your mouth and chase it down with water. I have gone to great
lengths to get the best, purest L-Glutamine powder possible at the
absolute best price.

SUGGESTED DOSAGE:
For mild support: 1 Teaspoon Per Day
For moderate support: 1 1/2 Teaspoons Per Day
For maximum support: 2 Teaspoons Per Day
Children under 10 take half doses of the above schedule.
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

REMEMBER:
If Your Brain Doesn’t Know What I Mean,
You Need A Teaspoon Of L-GLUTAMINE!
**BACKGROUND:**
This formula was made with one specific purpose: to balance and maintain a healthy nervous system and improve your depth and quality of sleep. **Only take AT EEZ at night. Do not drive or operate heavy machinery after taking.** Healing of the nervous system occurs much quicker during sleep.

Give the nervous system plenty of time to allow normal healing. It does, but slowly. At first things may not seem to be better. They may even appear worse. Then things will start slowly changing for the better. For mild support, try for 6 weeks without stopping, to see if it will help. For maximum support, try one year at least. If it is helping at all, don’t stop. I know this seems a long time, but the nervous system requires it. In essence, it is like trying to repair your electrical house circuits while they are still on.

I hope AT EEZ will help you as much as it has helped others with their sleep and nervous system healing.

**INGREDIENT LISTING**
1. **L-Tryptophan**
   - I have always found L-Tryptophan very helpful for sleep quality and to promote a normal sleep cycle.

2. **Passion Flower Extract**
   - This is the primary ingredient. It was used by the famous Edgar Cayce for nervous disorders and for sleep problems. I have used it separately for years with success.

3. **Valerian Root**
   - It is well known for its safe, calming action.

4. **Lithium Orotate**
   - This has been used for brain and mood regulation for a long time. We are using only small amounts to augment the formula.

5. **Chamomile**
   - Long used as a nervous system relaxer, made into a tea and widely used in Mexico.

6-9. **Lipase, Amylase, Protease, Peppermint oil**
   - These allow the food supplement to break apart and digest properly.

10. **Melatonin**
    - Wonder nutrient. It regulates the body’s biorhythms, helping sleep. An outstanding antioxidant. Related to Serotonin, a neurotransmitter.

**SUGGESTIONS:**
- For maintenance: 1-2 tablets per day
- For moderate support: 2-4 tablets per day
- For maximum support: 3-6 tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT.
FOR BEST RESULTS WITH SLEEP DISTURBANCES, TAKE AT BEDTIME

**REMEMBER:**
If You Want Your Nerves
As Free As A Breeze,
Then Take A Little AT-EEZ

**BACKGROUND:**
A long-time client made a disturbing comment to me that a high number of people of all ages that she knew were on some type of prescription anti-depressant. At first I thought she was kidding, but upon further questioning I found she was not. Antipsychotics are the highest grossing class of medications with sales of 14.6 billion dollars annually.

This seemed like an alarmingly high number. I was determined to find if there was any validity in her statement, or if she just happened to know a lot of depressed people.

After doing research, I was stunned to find out the truth. Eleven million plus Americans are newly reported to have “depression” each year. The number of prescriptions written for mood enhancers and depression lifters is even far greater for the same period of time. My client was right. A huge number of people are on these substances.

A recent survey indicated that nearly one-half of the U.S. population had undergone a diagnosable psychiatric condition.

What exactly is depression? To say that many numbers of us will suffer some level of mental illness may seem like an overstatement, but that is because you may be thinking of it only in its most extreme way.

There appears to be two categories. The first is minor depression. The three most common imbalances of this lesser form of depression are sleep disturbances, fatigue, and thoughts of death.

You are more familiar with the second type. Imbalances are anger, irritability, anxieties, phobias, extreme moodiness, manic-depression (bipolar), violence, weight gains and losses, mental ability reduced, excessive and/or inappropriate guilt. One in a hundred people is diagnosed as suffering from schizophrenia. **Better Mood** is aimed at balancing the brain nutritionally and to stabilize it by a totally natural method.

In no way am I recommending that anyone stop taking any drug whatsoever or stop seeing their medical doctor for any type of mental imbalance. This is merely a nutritional adjunct that may also help.

Other products that will complement **Better Mood** are B-Well and At Eez.

**INGREDIENT LISTING**
1. **Lithium Orotate**
   - Dr. Pfeiffer states that very low doses can also balance a depressive state. I am only using a very small amount here. This creates no side-effect and is very needed by the brain. I use it mostly for the digestive system and brain function, not as a clinical anti-depressant.

2. **L-Glutamine**
   - It is the most abundant free amino acid found in the muscles. It can pass the blood-brain barrier and converts into glutamic acid which is essential for cerebral function. Clinically, L-glutamine is the best nutrient I have seen for all types of mood and mental states.

3. **Dimethylaminoethanol (DMAE)**
   - This B-vitamin is a substance for the central nervous system. It is excellent for depression, anxiety, and hyperactivity. Clinically, it is very effective when properly combined with L-glutamine.

4. **St. John’s Wort**
   - This herb has reached legendary heights of popularity for all types of mild to moderate mood, stress, and agitation. Research indicates it is
also beneficial for immune support. Combined with SAM-e, DMAE and L-glutamine, this substance creates a balance through the four elements.

5. SAM-e
Recent information states that SAM-e is good for mood regulation. I have not seen this substance help much by itself, but balanced with other ingredients there is an enhanced action.

6-7. L-Phenylalanine and L-Tyrosine
The most important book anyone can read on depression and schizophrenia is written by Carl Pfeiffer, M.D. called “Nutrition and Mental Illness.” In this work he categorizes these problems into five biotypes. Better Mood should address all of these types. Phenylalanine converts to L-tyrosine which synthesizes two key neurotransmitters: dopamine and norepinephrine. These support positive moods.

8. Vitamin B12, Folic Acid
There is practically nothing that B-12 does not help. One very important area is the clarity it brings to the brain. Folic Acid is synergistic with it.

These are digestive enzymes and support to make this formula dissolve and assimilate properly through the gut.

SUGGESTIONS:
- For maintenance: 1-3 tablets per day
- For moderate support: 2-4 tablets per day
- For maximum support: 4-6 tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD; DAY OR NIGHT
*Do not take if you have PKU (Phenylketonuria) or are pregnant.*

REMEMBER:
If Your Emotions Feel You Are Being Sued,
Try A Little BETTER MOOD!

GLYCO-WELL

BACKGROUND:
“Glyco” is a Greek word meaning sweet or sugar. It seems that everyone is subject to blood sugar swings at some point in their lives. Hypoglycemia (low blood sugar) is so widespread that it is an epidemic. Its cousin, the notorious hyperglycemia, is now striking often within our world. Many are left with the side-effects of this affliction. Many it ultimately kills despite the best efforts of medical science.

GLYCO-WELL was formulated to regulate blood sugar issues. It is in no way a substitute for any medication. Instead, GLYCO-WELL is a regulator of normal blood sugar levels. It supports with the various functions of the pancreas and liver to maintain their balance. This is not a drug and should not be considered as one.

The United States, and in fact the world, is in the midst of a diabetes epidemic. According to the U.S. Centers for Disease Control and Prevention, over the past decade there has been a 40 percent increase in the percentage of the U.S. population with diabetes, and this trend is predicted to continue to climb at this astonishing rate unless something is done to change its course.

More than 26 million Americans are living with diabetes and the risk of developing serious complications, including heart and kidney disease, stroke, blindness and conditions leading to amputation. A full third of those who have diabetes don’t even know it, as the disease often develops without obvious symptoms. The remainder are faced with the challenges of taking care of this chronic disease in hopes of preventing long-term complications. There are two main types of diabetes, simply referred to as type 1 and type 2, as well as other special types, such as gestational diabetes, which occurs in women during pregnancy. Each of these forms of diabetes is quite distinct.

People who have type 1 diabetes (formerly known as juvenile diabetes) have lost the ability to produce insulin, the major hormone that controls the level of glucose in the blood. This is due to a process in which the immune cells of the body, which normally fight infection, turn against and destroy the insulin-producing cells in the pancreas. People who have type 1 diabetes must take daily insulin shots to survive. Although type 1 diabetes most frequently develops in children, it can strike at any age. Approximately 5 to 10 percent of the 16 million cases of diabetes in the United States are type 1.

Type 2 diabetes occurs most often in adults, though it has recently been growing in prevalence among children and adolescents. This type of diabetes accounts for 90 percent of the cases in the United States and is often linked to obesity. In type 2 diabetes, the body produces insulin, but tissues such as those in the liver, muscle and fat are resistant to it. This leads to an inability to process glucose and increased levels of glucose in the blood. Type 2 diabetes is sometimes called non-insulin-dependent diabetes, since insulin injections are not required to survive. Although many patients with type 2 diabetes can be treated with diet, exercise and oral agents, almost one-third of them do take insulin to control blood glucose levels. Anyone can get diabetes, but some people are at particularly high risk, especially for type 2. These include people who have close relatives with the disease, people who are overweight, the elderly and African Americans, Hispanics, Native Americans and Asian
Americans. Low-birth-weight babies and women who have had gestational diabetes are also more likely to develop type 2 diabetes later in life. Researchers estimate five million people in the United States have diabetes (usually type 2), but don’t know it. That’s because type 2 diabetes can develop so gradually the person does not recognize the symptoms, or it may develop without any symptoms at all. This group remains an important challenge, since even people with undiagnosed diabetes are still subject to long- and short-term complications. An estimated 57 million Americans have borderline diabetes, and each year up to one-tenth of them will develop full-blown type 2.

### Warning Signs and Symptoms
- Frequent thirst
- Unexplained weight loss
- Increased hunger
- Blurry vision
- Frequent or recurring skin infections
- Wounds that don’t heal
- Extreme unexplained fatigue

People may live for months or years without any obvious symptoms of type 2 diabetes. Sometimes, diabetes develops so gradually the person does not recognize the symptoms. Only a doctor can make a diabetes diagnosis. If you think you may have it, see your physician. Once again, Glyco-Well is not a substitute for medical care!

### Ingredients Listing
1. **Gymnema Sylvestre Extract**
   - Powerful herbal agent for effective blood sugar regulation.
2. **Bitter Melon Extract**
   - Tropical botanical that supports normal glucose transport.
3. **Pterocarpus Marsupium**
   - Supports normal glucose tolerance and insulin sensitivity.
4. **Fenugreek Extract**
   - Fenugreek contains a specialized soluble fiber to regulate glucose absorption.
5. **Jambolan**
   - An Ayurvedic botanical traditionally used to balance blood sugar levels.
6. **Fennel**
   - I use fennel for its ability to aid digestive health. St. Hildegard said this should be one of the mainstays of our diet. She called it a “happy food” because it would put one in a better mood who consumed it daily, according to her.
7-8. **Vanadyl Sulphate and Chromium GTF**
   - The top mineral to optimize normal insulin sensitivity. Chromium supports the power of insulin to process sugar.
9. **Cinnamon Extract**
   - Studied by the U.S. Dept. of Agriculture for its effects on insulin signaling and glucose transport. Cinnamon has been used for centuries, with references in ancient Greek and Latin writings.
10. **Zinc Gluconate**
    - Zinc is a vital mineral used by the pancreas to produce insulin.

### Suggestons:
- For maintenance: 1 capsule per day
- For moderate support: 2 capsules per day
- For maximum support: 3 or more capsules

**OR CONSULT YOUR HEALTH PRACTITIONER.**

**CAN BE TAKEN WITH OR WITHOUT FOOD; DAY OR NIGHT.

**NOTE:** Consult your healthcare professional before consuming this product if you are pregnant, nursing or taking medication for diabetes. Glyco-Well is not a substitute for insulin. Do not discontinue the use of any diabetic medication without the approval of your physician.

### Remember:
- If You Want Your Health To Upward Sail, Take Your Daily Dose Of GLYCO-Well!
Digesive Difficulties:

1. Belching
2. Bloating
3. Sensitivity At The Waist
4. Intestinal Gas
5. Regurgitation
6. Hiccup
7. Lack Or Limitation Of Appetite
8. Nausea
9. Vomiting
10. Diarrhea
11. Constipation
12. Colic In Children

Breathing And Circulation Problems:

13. Deep Breathing Curtailed
14. Overall Fatigue And Exhaustion
15. Tendency To Swallow Air
16. Allergies
17. Dry Tickling Cough
18. Full Feeling At Base Of Throat
19. Pain Or Burning In Upper Chest
20. Pressure In The Chest
21. Pain In The Left Side Of Chest
22. Heartburn
23. Pressure Below Breastbone
24. Lung Pain
25. Rapid Heartbeat
26. Rapid Rise In Blood Pressure

Structural Complaints:

27. Left Shoulder Pain, In Left Arm, Pain In Left Side Of Neck
28. Right Shoulder Pain
29. Pain Between The Shoulder Blades
30. Joint Pain In Extremities
31. Localized Or Overall Spinal Pain
32. Headaches
33. Temporo-Mandibular Joint (TMJ) Pain
34. Bruxism - Grinding Teeth In Sleep

Stress:

35. Dizziness
36. Shakiness
37. Mental Confusion
38. Anxiety Attacks
39. Insomnia
40. Hyperactivity In Children

Other Ailments:

41. Craving For Sugar Or Alcohol
42. Candida Albicans
43. Menstrual Or Prostate Problems
44. Urinary Difficulties
45. Hoarseness
46. Obesity

Other Ailments:

43. Menstrual Or Prostate Problems
44. Urinary Difficulties
45. Hoarseness
46. Obesity

Background:

H.H.S. Formula is a very well-balanced complete digestive supplement for the entire digestive system. It is our number one best-selling formula. This interactive formulation is the result of working with thousands of clinical cases of hiatal hernia syndrome involvement. Since publication of my book, Hiatal Hernia Syndrome: The Mother of All Illness? hundreds with this disorder have been referred to me. When I was creating the H.H.S. food supplement, all of this information plus every gland, organ and valve relating to the improvement and perfection of all digestive functions were considered. After careful experimentation, my clients, family and friends are now benefitting. I have received hundreds of reports from people nationwide who have gained relief from this product.

Ingredient Listing:

1) Ginger root

For hundreds of years, ginger has been used as a primary ingredient in digestive situations. I use it here as a group of four ingredients that balance earth, water, fire and air. I have had excellent results with this. Ginger is the fire element.

Ginger root’s use for medicinal purposes traces all the way back to Chinese, Japanese and Indian practices during the 16th century. Easing an upset stomach and reducing nausea are two of the many traditional uses for ginger root. Enough scientific research exists to support ginger’s ability to help reduce nausea from chemotherapy treatments. Ginger contains more than 400 different compounds. Among these 400 are many fatty acids. Lipids, another name for fatty acids, make up between 3 percent and 8 percent of ginger. Specific lipids active in ginger root include the free fatty acids—palmitic, oleic, linoleic and linolenic—as well as triglycerides and lecithin’s. These are in no way the harmful triglycerides or lipids. These actually help reduce the excess build-up of harmful substances in the system. In my opinion, I think ginger root powder can help to digest anything. It seems particularly good for hiatal hernia sufferers. It seems to soothe the tissues and allow the stomach to drop into place easier. Remember however that this is a clinical observation of mine.

2) Marshmallow root

I use this because it supports the water element. I have used it extensively for kidney imbalances. The part it plays here is to soothe the tissues and allow the stomach to drop into place easier. Remember however that this is a clinical observation of mine.
DIGESTIVE SYSTEM

THE WOODEN STOMACH EGG

After 25 years of giving people instructions on how to work on their hiatal hernia syndrome for themselves, I think I have found a better answer. Some people report that it is just too painful on their hands to do the HHS maneuver as I describe it in my book, because of various individual hand problems. Others say that they find it hard to do, but do it anyway because it helps them enormously.

So, a couple of years ago I started out with an engineer, designing a tool made out of plastic or rubber that might help push the stomach down. The only workable thing we could come up with was very expensive and difficult to make.

In frustration, I said to my engineer friend, “Andy, what I need is something more basic, more simple. Surely God won’t let this problem go unresolved with so many hurting people out there calling LIFELINE every day and depending on me for answers. The thing I’m looking for is something like this odd sized egg here on Wanda’s craft table.” I picked it up and positioned the egg under my ribs and pushed. It was a perfect fit and eliminated all the discomfort of using your own hands to pull down the hiatal hernia and stop its devastating group of painful symptoms. The egg did it better. So I decided to offer them to everyone and let folks feel the difference themselves. If you suffer from a hiatal hernia, which most people do, then try this and see if it helps.

Oh yes, by the way, I made this little discovery on Easter day. It seems that God does have a sense of humor.

REMEMBER:
It Is Better To Have A STOMACH EGG, Than A Stomach Ache

LIFELINE

Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
The liver is our lifeline. It performs over 500 known functions. The higher its level of function, the healthier we are. Considering its overall purpose, think of it as the body’s major stabilizing force, both in all the organs and in time.

Lifeline was formulated as an overall builder and strengthener of the liver. What concerns me the most is the portal vein. The portal vein brings all the nutrients that our small intestines prepared for our health from food. These nutrients are taken back into the liver for distribution to the rest of the body. It dumps these nutrients into thousands of six-sided lobules for final filtration and distribution. If anything affects the portal vein and/or if the six-sided liver lobules are weakened, our nourishment greatly reduces. This leaves us open to a multitude of serious illnesses such as jaundice, hepatitis and cirrhosis. It leads the way to about every other illness as well, if not working at its peak.

4) Fennel
Fennel relaxes the smooth muscle lining of the digestive tract (making it an antispasmodic). It is a tested remedy for gas, acid stomach, colic and spasms. It is a tested remedy for gas, acid stomach, colic, cramps, colic and spasms. Fennel seed is good for food poisoning. Excellent for obesity. It increases the flow of urine. It supports the air element. St. Hildegard von Bingen says it is one of the things that every person needs to take every day to maintain balance. I agree. It is perfect in this formula for its strong digestive abilities.

5) Pepsin
Serves to support the chief cells in the stomach for hydrochloric acid production.

6) Bromelain
Helps the pancreas in its very first stage. It balances the body’s inflammatory response.

7) Lipase, Amylase, & Protease
Digestive enzymes that allow the pancreas to perform fat, carbohydrate and protein breakdown respectively.

8) Green Papaya
Becomes a bioavailable form of hydrochloric acid in the stomach. This form of hydrochloric acid replacement never creates any stomach burning like other hydrochloric acid supplements can. Yet it provides the same positive results. Hydrochloric acid breaks down in the body and becomes alkaline forming. Hydrochloric acid is the only beneficial acid produce in the body. Therefore, it is very important to our life.

9) De-Glycerized Licorice
Is a special form of licorice that has a very soothing effect on the diaphragm.

10) Sodium Bicarbonate
Is normally produced by the pancreas and is a valuable pH buffer.

11) Potassium Bicarbonate
Supports the functional pathway between the adrenals and the pancreas.

12) Magnesium Orotate
Supports digestion.

13) Zinc Orotate
Crucially needed by the stomach in a later stage of digestion and by the pancreas for the Islets of Langerhans.

14) Chromium Picolinate
Vitally important to the pancreas. Regulates production of insulin.

SUGGESTIONS:
For maintenance: 1-3 tablets per day
For moderate support: 3-6 tablets per day
For maximum support: 6-9 tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.
Can be taken safely with or without food, day or night

REMEMBER:
Is Your Tummy Burning, Burpy Or Blah?
Take The H.H.S. FORMULA!
The liver consists of four lobes with four general functions. These are: 1) Blood and lymph management. 2) Nutrition storage. 3) Secretions of bile, gamma globulin and cholesterol. 4) Enzyme construction and dismantling.

The right lobe manufactures thousands of chemicals for our metabolism, especially enzymes. In terms of time, it represents the future and embodies the element of water.

The left lobe maintains our body functions, our homeostasis. It is affected by fungi such as candida albicans, parasites, viruses and bacteria. If this lobe is afflicted, food and environmental allergies start to multiply. In terms of time, it represents the past and embodies the element of earth.

The lower two liver lobes are smaller. The quadrate lobe is the storehouse of all of our oil soluble vitamins. These are A, D, E, F, and K. In terms of time, it represents the past and embodies the element of fire.

The remaining lobe called the caudate, functions closely with the right lobe. It more exactly humanizes and specifies the nutrients of our metabolism for acceptance by the body. In terms of time, it represents a synthesis of past, present and future, and embodies the element of air.

I find it extremely interesting that the liver has such a noticeable electrical component. The protein part of oxidative enzymes act as electron reservoirs. The coenzyme assisting it acts as a conduit through which these electrons flow and in certain reactions can actually give off or accept electrons. This ability allows the liver to be involved with our body biorhythms and time orientation.

Other Biokinetic Supplements that cleanse and support the liver in different ways are: 1) Kleen Sweep (lymph), 2) Can Clear (flush), 3) Complete-C (support), 4) Blood Harmonizer (blood), 5) Pan-Gest (enzymes), 6) HHS Formula ( bile).

**INGREDIENT LISTING**

1. **Liver Tissue Extract**
   This provides the primary material from which to build the liver and provide immune system support. It is a natural source of much needed bioavailable iron, yet it will not oversupply iron into the system. The body will only take what it needs. This nutrient is essential to help build and support the main right lobe of the liver.

2. **L-Carnitine**
   This is helpful for positive liver function.

3. **Beef Liver Fat Extract**
   This is a liver fat extract that will regulate all types of allergic responses. It is very good for building the left lobe of the liver.

4-5. **Vitamins E, and K**
   These are used to supply the storehouse of needs that build the liver and portal vein systems into the six-sided lobules.

6. **Choline Bitartrate**
   Helps emulsify fat. This is a part of the B-Complex family.

7. **Red Beet Extract**
   This extract helps to regulate bile functions in the liver so that building of the six-sided liver lobes can proceed smoothly. It also contains natural iron. This supports help gallbladder health.

8. **Skullcap**
   Skullcap is used for a wide range of nervous system issues.

9, 10, 11, 12. **Lipase, Amylase, Protease and Peppermint Oil**
   These digestive enzymes are exactly placed in this formula for their maximum building potential. Lipase is particularly important because of its ability to digest fatty deposits.

13. **Molybdenum**—Supports liver health.

**SUGGESTIONS:**

- For mild support symptoms: 1-3 tablets per day
- For moderate support: 3-8 tablets per day
- OR CONSULT YOUR HEALTH PRACTITIONER.

**REMEMBER:**

*You Can Get To Feeling Fine, When You Strengthen Your LIFELINE!*

**BACKGROUND:**

Excellent digestion is the key to superior health. Without superb digestion, you are fighting a losing battle. If you aren’t plagued with health problems now and your digestion is questionable, you might have to face a plethora of imbalances in the future. Just aging alone decreases our enzyme reserves. For example, young adults have saliva 30 times stronger than persons 69 years of age.

Pan-Gest was formulated to support in every part of the digestion. Anything that has to do with the pancreas, health will be addressed with Pan-Gest including blood sugar regulation. I modeled this formula on the most successful European and U.S. formulas that I have seen over the last 20 years. I then considerably strengthened and altered Pan-Gest to deal with many types of special issues that I have found beginning to occur more often in the last 5 years.

I have seen so many food allergies it amazes me that most people can properly digest at all anymore. Mostly, I find these allergies to be the glutens in wheat. I don’t know whether several generations of eating white bleached out flour has finally caught up with us or whether it is just the stresses of daily life. These stressors coupled with electronic and chemical poisons, have weakened our digestive systems down to a critical low. However these factors are interacting, they are causing a resurgence of mild to severe celiac disease.

Celiac disease is a digestive disease that damages the small intestine and interferes with absorption of nutrients from food. Gluten found in wheat, oats, rye, barley, spelt, kamet and teff are to be avoided.

Although 1 in 4,700 Americans have been diagnosed with celiac disease, a recent study suggests that the real number is closer to 1 in 250. My findings are even worse. Although my tests are kinesiological, I find about 1 in 5 with some mild to moderate disturbance that is pointing in this direction. Pan-Gest is designed to nutritionally support digestive health.
Another reason I feel I am seeing more and more serious digestive disturbances is because of genetically modified food. It is doing subtle but terrible things to our bodies energetically. As we continue to consume genetically modified food, even unknowingly, our digestive system is staying in a state of confusion. For example, fish genes are being spliced into tomatoes. This form of bioengineering opens a path for chronic digestive imbalances that we have yet to even hear of.

H.H.S. Formula is a wonderful adjunct to take with Pan-Gest. Pan-Gest does not address upper stomach issues the way that H.H.S. Formula does.

Think of Pan-Gest as the heavy artillery division of digestive support. It is also helpful for regulating the inflammatory response.

INGREDIENT LISTING

1. Pancreatin 8X
   Pancreatin is a combination of proteolytic enzymes, chiefly amylase, trypsin, chymotrypsin, lipase, elastase and peptidase. These have the same action collectively as do the enzymes of your pancreatic juice in digesting carbohydrates, proteins and fats. 8X strength is the strongest I could find. It is very effective all by itself.

2. Protease
   In addition to the enzymes in the powerful pancreatic 8X, I am using extra pancreatic protease. Protease begins protein digestion in the upper stomach with a pH of 6. In the lower stomach, protease again activates at a pH of 3. The higher pH of the small intestine then reactivates protease.

3. Amylase
   This amazing and essential enzyme breaks down huge amounts of carbohydrates. Many people are carbohydrate intolerant these days. Again, I contribute this to long term dietary abuses and environmental stresses.

4. Lipase
   This important enzyme digests fats. With all the gallbladder issues I see, this enzyme is an invaluable addition to our diets.

5. Papain
   This comes from green papaya fruit. It acts as a natural form of hydrochloric acid. However, unlike hydrochloric acid supplements, it does not burn the stomach if you get too much.

6. Pepsin
   This digestive substance is essential for all food breakdown in initial phases. It is released by a hormone called Gastrin and along with hydrochloric acid forms a pH of .80 to power our digestive forces.

7. Pancreas Tissue
   The pancreas is complicated. Many unknown factors are in play. The addition of this overall substance helps to insure the functioning of these unknowns and strengthen Pan-Gest.

8. Trypsin
   Aids proteins and amino acid absorption and metabolism.

9. Chymotrypsin
   Specific to certain functions in amino acid digestion and metabolism.

10. Lactase
    Enhances and assures a better assimilation of milk and dairy products for optimal lactose tolerance.

11. Glucoamylase
    Another enzyme support for high starch diets and carbohydrate diets.

12. Cellulase
    Decomposes fiber to hemicellulose. This in turn becomes glucose (blood sugar), absorbed through the small intestine cell membranes.

13. Sucrase
    Converts sucrose into glucose, our usable blood sugar. Very important.

14. Alpha-Galactosidase
    This is the principle enzyme in Bean-O. It helps breakdown certain kinds of proteins and prevents excess intestinal gas. Lack of this enzyme causes a major problem for some marriages after ingestion of too many beans.

15. Chromium Picolinate
    This substance is helpful for insulin/glucagon balances in the pancreas. It has some value in weight loss programs. Opens the way for zinc utilization.

16. Bromelain
    It has protein digesting properties capable of dissolving cross-linked and non-cross-linked proteins. Very helpful for inflammation in the body around joints.

17. Ox-bile Salts
    Used to support proper bile-flow in the gallbladder.

18. Peppermint Oil Powder
    An overall soothing digestive support for the upper stomach.

SUGGESTIONS:
Take 1 to 3 tablets 5 minutes before or with meals.
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
In Order For Your Digestion
To Reach Its Very Best
Give Yourself Daily Support With Pan-Gest!

BLOOD HARMONIZER
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
This formula greatly assists with blood balances. I first made it to balance cholesterol and triglycerides. But it is far more effective as a general blood circulation cleansing formula. I have seen it dissolve and stagnations as they are referred to in Oriental medicine. Nosebleeds, blood impurities, certain kinds of headaches caused by old traumas where stagnation in the blood exists, and bruises are all helped. Also, as strange as it may sound, certain unseen health factors that can enter from the outside and are carried in the blood can be avoided or eliminated with the use of Blood Harmonizer. Particular forms of chemical and radioactive poisons so prevalent in our environment today will carry in the blood for years sometimes before they deposit in the tissues, wreaking all manner of health issues that are barely detectable, but dangerous nevertheless. Blood Harmonizer balances these issues too, if these poisons are caught before they deposit in the tissues. If the poisons reach the tissues, use Kleen Sweep and Magnesium Penetrator in combination.

What a cholesterol reading means.
1. What it is: Cholesterol is a solid, waxy lipid. 50% to 75% is manufactured in the liver. The rest comes from our diet, the small intestines and cellular activity.
2. What it does: It covers every cell in the body and allows
nutrients and hormones in, while providing a barrier to wastes and toxins. Fifty percent of our myelin nerve sheath is cholesterol. It is used in the manufacture of our major hormones and bile acids and is considered an antioxidant. More simply put, we can’t live without it and if it is out of balance, we can’t live with it and be truly healthy.

3. What a reading means: There are four parts to consider. These are 1) total cholesterol, 2) high density lipids (HDL), 3) low density lipids (LDL), and 4) very low density lipids (VLDL). Total cholesterol refers to the total amount of all cholesterol in the blood. The following three categories are cholesterol blood transporters called lipoproteins. These are just fractions from which the total cholesterol is broken down.

(1) High density lipoproteins (HDL) It is the protective fraction of cholesterol. HDL draws cholesterol away from the linings of arteries. The higher the HDL, the more protection from heart disease.

(2) Low density lipoproteins (LDL) These are the real “bad guys” in coronary heart disease. LDL carries cholesterol through the blood and deposits it in the arteries as plaque (also known as atheroma, which produces atherosclerosis or coronary heart disease.

(3) Very low density lipoproteins (VLDL) These are used by the liver to manufacture LDL. VLDL can also act as a transport mechanism for excess triglycerides.

Ratios exist between HDL and LDL that are considered normal. Experts concur that if you can significantly reduce the total cholesterol reading, the others, including their ratios, usually drop.

Many cholesterol-lowering drugs (called H.M.G. or COA reductase inhibitors) can be rough on the liver or don’t work with the balance of the body. Remember that I am offering therapeutic food supplements to support and balance the body’s internal systems. I am not prescribing any course of action as a medical authority.

Try to do your part, which is: Reduce fat, starch and sugar. Don’t eat fried foods. Eat more fruits, vegetables and lean meats in small quantities. Blood Harmonizer will help to clean and stabilize the blood from there.

**INGREDIENT LISTING**

1. **Red Yeast Extract**
   This is the primary ingredient in Blood Harmonizer. It has been used in China for centuries as a spice. It is the fermented product of red yeast which is cultivated on rice. In 1979, researchers discovered that this Chinese remedy contained monacolin K, a substance that inhibits the activity of an enzyme involved in the production of cholesterol.

2. **Odorless Garlic**
   Used for centuries as a heart and immune system tonic. It regulates blood pressure by increasing blood purity.

3. **Taurine**
   Needed for the digestion of fats, the absorption of fat-soluble vitamins and the balance of serum cholesterol levels.

4. **Beta Sitosterol**
   Supports blood system balance

5. **Ginger**
   Many studies indicate that ginger can assist with regulating cholesterol and cleansing the blood.

6. **Fenugreek**
   Rich in a soothing fiber called mucilage. It has been demonstrated in animals and humans to have cholesterol balancing.

7. **Celery Seed Powder**
   Experimentally, celery juice significantly supports optimal cholesterol and LDL levels in animals.

8. **Reishi Mushroom**
   Supports the cleansing action in the blood.

9. **Shiitake**
   Contains lentinan. According to the “Lawrence Review of Natural Products,” lentinan has cholesterol-regulating action.

10-12. **Amylase, Lipase, & Protease**
   My signature three digestives to make Blood Harmonizer digest properly.

13. **Peppermint Oil**
   Used as a digestive support for the stomach.

**SUGGESTIONS:**

For maintenance: 1-3 a day

For blood support of any kind: 3 to 6 a day.

If total cholesterol is above 200: 6-9 a day.

OR CONSULT YOUR HEALTH PRACTITIONER.

CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

**REMEMBER:**

*If Your Blood Is Toxic*  
*Don’t Be A Miser*

Take Some **BLOOD HARMONIZER**

**HEART-LINE**

(AVAILABLE IN HOMEOPATHIC FORM ONLY)

**BACKGROUND:**

Hypertension or high blood pressure, is a dangerous problem facing a huge segment of both the male and female population, approximately 60 million Americans. It not only afflicts the middle to older age citizens, but is now beginning its insidious creep down into younger and younger ages.

It is a complicated problem too. It can arise from several different angles. One is a kidney imbalance. This occurs because a kidney enzyme called renin gets triggered and this activates angiotensin 1 and 2 which constricts the arteries and raises blood pressure.
Another angle is heavy metal accumulations in the system particularly mercury. This can send the blood pressure soaring. Yet another angle is a weakened heart, and/or heart valves. This causes the heart to overwork when it doesn’t have the strength to do so.

The dangers of hypertension are 1) heart attack and 2) stroke with paralysis. Heart-Line is formulated to help your system prevent this kind of problem from occurring. It is not in any way a substitute for your current drug medications. Consult your doctor before altering any hypertensive drug.

However, it is not harmful to take Heart-Line at the same time. No side-effects have been noted. In fact, it is an excellent protector and nutritional support for cardiovascular health.

Lately, I have been made aware of what my teachers call “subtle heart attacks that occur in women.” It appears that heart conditions in women go undiagnosed or dismissed more often than I realized. Ladies, if there is a deep ache and deep pinching pressure between the breasts and yet nothing shows with medical testing, I suspect a real problem is in the making.

It is recommended that you consider three additional Biokinetic formulas if you have heart concerns. These are Aspara-Can, Flow-Thru and Kleen Sweep. These four work together to help balance heart energies from all angles.

There is one more angle that causes hypertension. That is excessive stress. If your life is crumbling about you, take all 4 to mitigate the negative effects of this stress syndrome on the heart and body in general. Stress is the biggest killer. Never be deluded that you are immune to it. One of the first signs is some form of unstable hypertension.

During this time, exercise more, get counseling, talk to friends more, take warm baths and pray often as these things are helpful in hypertensive syndromes. I know this for a fact. I’ve been there. Excessive pressure will eventually cause the heart to seize up. No one is perfect or invulnerable. Take At-Eez at night to relax the body more, if necessary. But don’t think for a moment that stress-induced hypertension won’t bring you down. God is with you, listening. Ask for relief. Take what food supplements you need.

**INGREDIENT LISTING**

1. **Hawthorn Berry**
   This very well known and documented heart herb forms the basis for Heart-Line.

2. **N-Acetyl-Cysteine (NAC)**
   Research documented for this substance that NAC helps to support healthy blood vessels. This helps maintain smooth vessels which means that there is less for cholesterol to attach. The result appears to be greater blood flow.

3. **Heart Tissue**
   Used as material to build and/or strengthen the heart.

4. **L-Carnitine**
   This is the preferred form of this amino acid. It is known to support the heart muscle.

5. **Potassium Orotate**
   Used in heart rhythm regulation and for overall strengthening. Well documented.

6. **Magnesium Orotate**
   Magnesium and potassium aspartate are used together in these forms by many famous doctors for heart strengthening.

7. **Taurine**
   High concentrations of taurine are found in the heart muscle, white blood cells, skeletal muscle, and central nervous system.

8. **Tocotrienol**
   A potent form of vitamin E which helps promote optimal cardiovascular circulation.

9. **Garlic (odorless)**
   Used for centuries as a heart strengthenener.

10. **Lipase, Amylase, Protease**
    My signature three digestive aids for better assimilation the moment Heart-Line enters the stomach.

13. **CO Q10**
    Popular oxygenator of the tissues and basic heart support.

14. **Peppermint Oil**
    Helps with initial digestion.

15. **Selenium (Selenomethionine)**
    Needed by the heart as a protector, like asparagus. (See Aspara-Can) It enhances vitamin E uptake.

16. **Beta carotene**
    Form of vitamin A that is supportive to the heart.

**SUGGESTIONS:**
One to three tablets with each meal or as directed by your doctor.

**REMEMBER:**

If Your Heart Isn’t Feeling Fine,
Why Not Take Some HEART-LINE?

**KLEEN SWEEP**

Created To Promote Health Through Alkaline-forming Formulas.

**BACKGROUND:**

The number one health problem world wide is heart and circulatory involvements. We are constantly faced with the dilemma of how to keep our precious vessels clear and elastic.

Involved in many heart and circulatory disorders are heavy metals, man-made chemicals, radiation and occasionally, geopathologically-caused toxic residues that have lodged any and everywhere throughout tissues of the body.

**INGREDIENT LISTING**

1. **Calcium Disodium EDTA**
   EDTA is a substance used intravenously by medical doctors to reduce unwanted plaque, heavy metals, and other chemical poisons from the body. This process is expensive, time-consuming and not covered by insurance. Yet, combined with other elements in precise balance in this formula, I find that it is very effective in maintaining blood purity Powerful antioxidant. Heavy metals and other geopathological and environmental poisons so prevalent today in all of us, have been shown to directly or indirectly affect both the physiological and bioelectrical systems of the heart.
2. Ionized Clay
This product is very special. It is a form of negatively-charged clay, only available from one location. It has such a powerful detoxifying effect on heavy metals that people who take large doses (tablespoons) have occasionally experienced their mercury fillings falling out. It is combined in this formula to ground and stabilize the rapid healing effects that can occur.

3. Butcher’s Broom
European herb I have used as a separate ingredient for years. Supports circulation & supplies organic fluorine to the body.

4. Fennel
This substance was recommended by St. Hildegard to be eaten every day, by everyone. It is good for digestion.

5. Heart Tissue Extract
A raw material necessary for heart maintenance.

6-8. Nutmeg, Fenugreek, and Licorice
St. Hildegard recognized all of these as important in circulation and for vessel integrity. These are in a specific ratio to each other for maximum effect.

9, 10, 11. Amylase, Lipase, and Protease
This is our excellent digestive combination. It allows our formulas to absorb completely into the system.

12. Molybdenum
Molybdenum is found in several tissues of the human body and is involved in several enzyme systems. I use it here for its detox abilities.

13. Selenomethionine
It is helpful in detox situations.

SUGGESTIONS:
For maintenance/mild support: 1-2 Capsules per day
For maximum support: 3 Capsules per day
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

****Note: I highly suggest that you take 12 Systems Synergistic Multiples at 3 a day or 25 drops of Alka Trace a day if you are taking Kleen Sweep. The EDTA in Kleen Sweep has a tendency to pull minerals from the body as well as all the dangerous heavy metals and poisonous chemicals we are exposed to each day.

REMEMBER:
If The Poison Or Plaque Runs Deep,
Go For KLEEN SWEEP

POTASSIUM PENETRATOR
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
Potassium is an extremely vital mineral that we cannot live without. Yet, it is given very little attention in health circles. This is baffling when we examine all the documented symptoms that a low potassium level causes. These are:

- Itching nose
- Kidney trouble
- Acne
- Loss of ambition, drive
- Alcoholism
- Low energy (weakness)
- Anorexia
- Lusterless eyes
- Chronic Fatigue Syndrome
- Mental illness (depression)
- Abnormal Perspiration
- Muscular atrophy
- Acidity
- Nausea from excitement
- Anemia
- Negativity, cynicism
- Bitter Taste in Mouth
- Nosebleed
- Numbness
- Infection & Inactivity of Liver
- Oversensitivity to touch
- Constriction in Urethra
- Pain in side
- Cramp pains in heart
- Pain in lower back of head
- Digestive disturbances
- Painful pustules
- Distress in pit of stomach
- Pains and aches
- Eczema on legs
- Paralytic Symptoms
- Enlarged ovaries
- Sensation of cold
- Exclusiveness, Isolation
- Spasms (muscle tics)
- Fallen organs
- Stinging pains in left ear
- Fearfulness
- Stroke
- Feeling of sand in eyes
- Suppressed immune system
- Greenish ropey sputum
- Suspiciousness
- Hallucinations
- Tendency to blister
- Headaches
- Tendency toward violence
- Heart arrhythmia
- Throbbing periodic headaches
- Heart valves shrink, resulting in valvular regurgitation
- Throbbing feet
- Heart trouble
- Throbbing over eyes
- Increased heart rate
- Hypertension
- Tickling in eyes
- Insomnia
- Tickling in nose
- Internal fevers
- Tingling rectum
- Itchy skin
- Ulcers and tumors
- Weak heart

We use so much sodium in the form of salt in our foods that potassium imbalances have reached epidemic proportions. The primary example of this is hypertension (high blood pressure). So many more people have hypertension worldwide now than 50 years ago that it is appalling.

Chemically we know that an increase in sodium will elevate blood pressure. In Potassium Penetrator, I have formulated the 6 different types of the most absorbable forms.

Potassium Penetrator can be used along with your heart program of Heart-Line, Kleen Sweep and Magnesium Penetrator.

My principle reason for liking potassium so much is because it is a very good alkalizer. It is my experience in clinical situations that
the more accumulated acid in your system the sicker you become. Potassium has the ability to reverse this problem.

Do Not take Potassium Penetrator if:
1) You have a known kidney problem.
2) Are on kidney dialysis.
3) Are on diuretics. (Your doctor should already have you on potassium)
4) Do not give to children under 12 without your doctor’s permission.

**INGREDIENT LISTING**

1. *Potassium Glycerophosphate*
   This form of potassium is already bonded. This makes assimilation much easier. It is documented to penetrate cell walls easily through a mechanical process.
   (The next three forms provide my portal into the cell through the wall and assists all other forms to absorb.

2-3. *Potassium Orotate and Potassium Asparatate *
   *Potassium Asparatate*, Penetrates the inner wall of the outer cell;
   *Potassium Orotate*, Penetrates the inner wall of the inner cell and is metabolized in the mitochondria.

4. *Potassium Citrate*
   This form absorbs easily and regulates urinary calcium excretion, thereby improving calcium balance.

5. *Potassium Bicarbonate*
   Considered by many to be a good bioavailable form. It penetrates through our portal into the cell with ease.

6. *Vitamin B6 (pyridoxine)*
   This is essential as a cofactor to make potassium in any form work better.

7. *Cream of Tartar*
   This is very high in natural potassium. It is what is left after grape wine production.

8-10. *Amylase, Lipase, Protease*
   This is my signature digestive enzyme regimen that I find allows these formulas to absorb with little or no stomach upset.

**SUGGESTIONS:**

For adults: 1 Tablet per day

OR CONSULT YOUR HEALTH PRACTITIONER.

CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

I take 3 to 5 a day and this regulates my hypertension

**REMEMBER:**

Don’t wait too much later to take your Potassium Penetrator.
CALCIUM PENETRATOR
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
Calcium is a requirement for all 60 trillion cells in the body. Yet, it is a difficult mineral to really understand. There are many different theories of what kind to use and why.

My chief concern has been true absorbability, especially in relationship to osteoporosis which is reaching epidemic proportions in people over 55. I delved into cell metabolism for an answer. I feel I found one. I am addressing most every aspect of cellular interactions with calcium. Besides proper uptake into the bone, some calcium deficiencies are: tooth grinding (bruxism), restless leg syndrome at night, and nighttime leg cramps. Pro-Tone and Cherry-Gold are possible adjuncts to taking calcium.

Other calcium insufficiencies symptoms are: slow blood clotting, sluggish circulation, sensitive to moisture, afternoon headaches, dizzy in open air, staggering upon arising, palpitation under ascending stairs, varicose veins, icy sensation in spine, hemorrhages, soft bones, cysts, slimy salivation, sores that do not heal, lame ligaments, pus formation, discharges, and insomnia.

INGREDIENT LISTING
1. Calcium Carbonate
   Research states this type will penetrate into the outer layer of the cell membrane, releasing the calcium ion.
2. Calcium Asparate
   Research states this type will penetrate into the inner layer of the outer cell membrane releasing the calcium ion upon metabolization.
3. Calcium Citrate
   Research states this type of calcium forms a complex salt that bypasses the cell membrane and is only metabolized at the mitochondria and other structures found inside the cell plasma.
4. Calcium Orotate
   The three preceding calciums open the gate both chemically and energetically for calcium citrate to enter and be thoroughly utilized by the cell.
5.6. Di-Sodium, Di-Potassium Phosphates
   I use these forms of phosphates because calcium combines well with them and in order to be utilized, calcium must be in a proper ratio with phosphorus.
7. Vitamin D 3
   The sunshine vitamin. This is an absolute must for calcium absorption.
8-13. Catalase, Lipase, Amylase, Protease, Green Papaya Extract, & Peppermint oil
   Absorbability is the name of the game with calcium. By using these digestive enzymes in the right amounts, there is a sequencing that occurs allowing higher calcium utilization to reach the soft and hard tissues.
14. Vitamin K 1
   Current research states that this vitamin is very supportive in the absorption of calcium.

SUGGESTIONS:
For mild/moderate support:
1-3 Tablets at bedtime or throughout the day
For maximum support: 4-6 Tablets per day
Allow from 6 months to 1 year for results if taken for bone loss.
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

REMEMBER:
As Bones Age,
Don’t Wait Until Later,
Take A Nightly Dose,
Of CALCIUM PENETRATOR

CHERRY GOLD
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
Arthritis and all of its related “itis” conditions plague millions worldwide.

With all the new information about the anti-arthritis drugs being dangerous, you may find Cherry-Gold of great value. I also recommend In-Sync to help with the pain at the same time as taking Cherry Gold if the joint pain is moderate to severe. I have used the knowledge of the enlightened twelfth century lady, St. Hildegard of Bingen, as well as my own extensive research and experience in the making of this formula.

If the arthritis is severe, and you are serious about getting well, I suggest NO intake of meat, white sugar, or alcohol for 90 days while taking Cherry Gold. Drink only distilled or high pH, alkaline-adjusted water for this period. Arthritis is a very acid condition. Eat lots of fruits and vegetables. These are alkaline-forming. See my book Alkalize or Die.

INGREDIENT LISTING
1. Black Cherry Powder(200 mg.)
   I scoured the nation to locate the best form of cherry powder for maximum results in maintaining healthy uric acid levels. When uric
acid levels are not kept in the normal range, the body is more prone to
gout and joint inflammation. Cherries have a long history of
supporting optimal inflammatory response.

2. Glucosamine Sulfate
This amazing substance has a great deal of medical research behind it.
It is said to help build connective tissue and cartilage.

3. Celery Seed Powder
Supports joint health. St. Hildegard recommended it.

4. Bromelain
Helpful for pain as well as for digestion.

5. Manganese Aspartate
This is long known to support remineralization of the ligaments. Dr.
Reams also claimed it supports the reproductive system.

6. Goat’s Rue
This was recommended by St. Hildegard for pain relief.

7. Nutmeg
This is another substance that in small amounts was known in ancient
times for pain relief.

RECOMMENDATIONS:
For maintenance: 1-3 Capsules per day
For moderate support: 3-6 Capsules per day
For maximum support: 7-12 Capsules per day
Note: For maximum support, begin with 3-6 capsules a day. Increase slowly to the full 12 capsules a day.
Several taken at one time has been shown to relieve many different kinds of pain.

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

REMEMBER:
If Your Body Feels Creaky And Old,
Go For The CHERRY GOLD!
Inflammation also contributes to migraines and arthritic issues.

8-12. Lipase, amylase, protease, peppermint oil powder
This is my signature three digestive enzymes that assist the formula to properly absorb and do their job. You will see it in most all of my formulas.

SUGGESTIONS:
For Adults, start with 2 to 5 every 3 hours for maximum support, then reduce to 1 to 3 every 4 hours, then stop.
Caution: Do not use In-Sync if you suffer from (PKU) Phenylketonuria or if you are pregnant. This is not a drug nor a substitute for any drug, nor a substitute for competent medical care.
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

MAGNESIUM PENETRATOR
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
So many clients have asked me why I did not have a calcium-magnesium combination formula. The answer is simple. Calcium and magnesium compete for absorption sites in the small intestines! They are antagonistic to each other, so if you take them at the same time at least some of what you expect to get out of the supplement will be lost. Worse yet, when there is an excess of usable calcium in the body it is deposited in the soft tissues. This causes all kinds of problems. All of the myalgias, so common today, are the direct result of too much calcium in the tissues.

Research has shown that we must keep the soft tissues in proper balance. That is, supple, young, and free from excess waste products that cause pain and rapid aging. Because of our acid forming life styles, including diet, lack of exercise, and an unbelievable amount of stressors, our much needed calcium migrates from the hard tissues (bones) to the soft tissues. This causes premature aging as this generalized calcification of the soft tissues process that is going on as we age. In the arteries, calcification results in hardening of the arteries. In the heart, it results in heart problems. In the joints, calcification causes arthritis. In the kidneys, calcification causes gallstones. In the skin, calcification causes wrinkled skin. In the kidneys, calcification causes kidney stones. In the eyes, calcification causes cataracts. In the hair, calcification causes brittle hair. In the brain, calcification causes senility. In the cells, calcification causes a blockage of protein synthesis.

The interesting thing to note here is that the mitochondria of each cell that produces our cellular energy is magnesium dependent.

If too much calcium is in the cell, it will die. First the cells age, then the organs age. As they age, we as individuals age. Every function of your body can be inhibited when the mitochondria calcify.

If you are going to take both Calcium Penetrator and Magnesium Penetrator, then take Magnesium Penetrator in the morning and Calcium Penetrator in the evenings.

INGREDIENT LISTING

1. Magnesium Aspartate
   Goes to the inner layer of the outer cell membrane.

2-5. Magnesium Citrate, Gluconate, Orotate & Oxide
   These forms of magnesium enter into the tissues easily now because the previous magnesium energetically opens the gate for proper absorption. These magnesiums also displace excess calcium that is improperly stored in the tissues causing disease.

6. Vitamin B6
   This important vitamin is a powerful cofactor in correct magnesium utilization.

7-11. Lipase, Amylase, Protease, Lactase, & Peppermint Oil
   These are my signature digestive enzymes that insure that proper dispersal and utilization of all the magnesiums will occur.

12. Alfalfa
   This herb has been added in a tiny amount in order to help hold certain energies necessary to the purpose and function of this formula. Magnesium is also found in fair amounts in alfalfa.

SUGGESTIONS:
For maintenance: 1-2 Tablets per day
For moderate support: 2-6 Tablets per day
For maximum support: 6-9 Tablets per day
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
As We Age,
Sooner Or Later,
We All Need
MAGNESIUM PENETRATOR!
MINOTAUR
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
The MINOTAUR is an ancient Greek, half-human, half-bull with incredible strength. It represents the power within us to constantly improve ourselves through greater inner strength and musculoskeletal focus.

MINOTAUR works for both men and women. It supports every kind of situation in which a person wishes to improve their muscle, joint and connective tissue strength and tone. This applies to both athletes and non-athletes. It definitely helps muscular and skeletal balance anywhere in the body to begin to stabilize and finally hold.

Since I only enter natural drug-free and drug-tested weight lifting associations, I have tried every natural product on the market to increase strength. Very few really deliver. I am pleased to report that I have now successfully found the right combination. MINOTAUR has improved my stamina, strength and energy.

I can assure you that this product is absolutely pure. The chemical assay reports confirm this and are available with this product. The ingredients are free from any kind of binders or fillers. They work much better together as a powder, which is why I’ve made it available to you in this form. Take it in water or juice (except for orange and grapefruit) or as I recommend: just put the powder directly into your mouth and chase it down with water. It has little or no aftertaste.

Let the power of the bull work for you like it works for us.

INGREDIENT LISTING
1. Creatine Monohydrate
There is no natural substance which truly works to build strength and increase tone in the muscles of the body like Creatine. In fact, there is nothing even close to it. Creatine replenishes ATP in our muscle cells. ATP is our energy (gasoline). It is the powerhouse of every muscle cell. This also means we can exercise longer without a lactic acid buildup. Creatine combines with phosphorus to help buffer lactic acid. Lactic acid is a waste product of muscular exertion that creates fatigue and muscular soreness. Women have trouble with Creatine. It bloats them, but this combination is balanced and doesn’t create these problems for them. It is 99.6% pure with no fillers, plus it is combined properly in order to avoid this problem. My own weight lifting experience has shown me that Creatine Monohydrate supports and builds the deeper, heavier muscle groups by increasing the rate of protein synthesis and drawing more water into the muscle cell.

2. L-Glutamine
God gave us a great gift in L-Glutamine. See our write-up on this under our product “Absolutely Pure L-Glutamine. I have found that this substance works very well with Creatine. It builds the superficial, lighter muscle groups, thus perfectly supporting proper muscle strength.

3. Glucosamine Sulphate
This substance is made in the body from glucose and glutamine. It is undisputably the best nutrition available to support bone, joint, ligament and tendon integrity. Many health professionals believe that most musculoskeletal pain comes from ligament laxity, which means it is too loose. Glucosamine tightens these back up and supports the deep stronger ligaments, connective tissues and cartilages in the body.

4. MSM (Methylsulfonylmethane)
This miracle substance is needed by every cell. Besides being an excellent source of dietary sulfur, it aids and supports more superficial connective tissues, skin, hair and nails in the body. It stands a perfect complement to Glucosamine.

Interesting Footnote: We have all 4 elements adjusted and balanced in MINOTAUR. Each builds on and supports the other.
1. Creatine supports the Earth element.
2. L-Glutamine supports the Water element.
3. Glucosamine supports the Fire element.
4. MSM supports the Air element.

SUGGESTIONS:
Dosage according to weight (given on the bottle). Drink plenty of water while taking this product.

REMEMBER:
If Your Muscles And Joints, Are Feeling Weak And Sore, Try A Teaspoon Of MINOTAUR

MYO-MAJESTIC!
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
MYO-MAJESTIC is a food supplement which contains MYO-MY! and MINOTAUR mixed together. It has all the same benefits as these two separately but will not bulk you up as quickly as just the MINOTAUR will. I compounded it in response to certain male and female needs that could tolerate lower doses of MINOTAUR but were not able to see the results they wanted as quickly. As I have stated before, some women cannot take MINOTAUR because of water retention. MYO-MAJESTIC does not seem to cause this water retention in women yet gives them the energy and strength. There is also a group of men who are taking ACE inhibitors for their heart. These drugs hold onto creatine in the body, so they cannot take too much creatine. MYO-MAJESTIC is the answer for this too. They get a small amount of creatine, but not enough to cause any real overuse problems. The body repairing properties of MYO-MAJESTIC are noteworthy.

I know it seems confusing to try and figure out which one of these three food compounds is right for you. Our practitioners can test and get the exact one for their patients’ needs. My suggestion is to decide what level of improvement you want in your body.

For men who are not taking ACE inhibitors, I would suggest MINOTAUR. It is a raw energy producing supplement and there is research that indicates it is good for the heart muscle.

For men or women who are moderately serious to very serious about body sculpting or other athletic pursuits such as tennis, golf, cycling, or running I would recommend MYO-MAJESTIC.

For men or women who are mildly serious to moderately serious about body sculpting or other athletic pursuits such as tennis, golf, cycling, or running I would recommend MYO-MY!.
I can assure you that this product is absolutely pure like MINOTAU R and MYO-MY!! The ingredients are free from any kind of binders or fillers. Take it in water or juice. I recommend just putting the powder directly into your mouth and chase it down with water.

**INGREDIENT LISTING**

1. **L-Glutamine**
   Glutamine is the most abundant free amino acid found in the muscles of the body. It is known as a brain food because it can readily pass the blood-brain barrier. It helps maintain the proper alkaline/acid balance in the body. It supplies the basic building blocks for DNA and RNA. It promotes mental ability and a healthy digestive tract. It has the ability to offset the muscle breakdown effects of cortisol that are produced by exercise. I have found that this substance works very well as a catalyst for the branched chain amino acids.

2. **Leucine**
   Leucine helps with the regulation of blood-sugar levels, the growth and repair of muscle tissue (such as bones, skin and muscles), growth hormone production, wound healing as well as energy regulation. It can assist to prevent the breakdown of muscle proteins that sometimes occur after trauma or severe stress. It is needed not only for protein synthesis but also for a strong immune system.

3. **Isoleucine**
   Isoleucine, together with the other two branched-chain-amino-acids promote muscle recovery after physical exercise and on its own it is needed for the formation of hemoglobin as well as assisting with regulation of blood sugar levels as well as energy levels. It is also involved in blood-clot formation. Insufficiencies of isoleucine is only found in people deficient in dietary protein but symptoms may include headaches, dizziness, fatigue, depression, confusion as well as irritability. Symptoms of insufficiencies may mimic the symptoms of hypoglycemia. This nutrient has also been found to be deficient in people with mental and physical disorders.

4. **Valine**
   It has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue and maintaining the nitrogen balance in the body. Since it is a branched-chain amino acid, it can be used as an energy source in the muscles, and in doing so preserves the use of glucose. Many amino acids become deficient with drug addiction. Maple syrup urine disease (MSUD) is caused by the inability to metabolize leucine, isoleucine, and valine. The disease is so named because urine from affected people smells like maple syrup. An insufficiency may affect the myelin covering of the nerves.

5. **Creatine Monohydrate**
   There is no natural substance which truly works to build strength and increase tone in the muscles of the body like Creatine. In fact, there is nothing even close to it. Creatine replenishes ATP in our muscle cells. ATP is our energy (gasoline). It is the powerhouse of every muscle cell. This also means we can exercise longer without a lactic acid buildup. Creatine combines with phosphorus to help buffer lactic acid. Lactic acid is a waste product of muscular exertion that creates fatigue and muscular soreness. Women have trouble with Creatine. It bloats them, but this combination is balanced and doesn't create these problems for them. It is 99.6% pure with no fillers, plus it is combined properly in order to avoid this problem. My own weight lifting experience has shown me that Creatine Monohydrate supports and rebuilds the deeper, heavier muscle groups by increasing the rate of protein synthesis and drawing more water into the muscle cell.

6. **Glucosamine Sulphate**
   This substance is made in the body from glucose and glutamine. It is undisputably the best nutrition available to support bone, joint, ligament laxity and tendon strains. Many health professionals believe that most musculoskeletal pain comes from ligament laxity, which means it is too loose. Glucosamine tightens these back up and supports the deep stronger ligaments, connective tissues and cartilages in the body.

7. **MSM (Methylsulfonylmethane)**
   This miracle substance is needed by every cell. Besides being an excellent source of dietary sulfur, it aids and rebuilds the more superficial connective tissues, skin, hair and nails in the body. It stands a perfect support to Glucosamine.

**SUGGESTIONS:**
Dosage according to weight (given on the bottle).

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**MYO-MY!**

Created To Promote Health Through Alkaline-forming Formulas

**BACKGROUND:**

MYO-MY! is a food supplement. (MYO means muscle and MY! is the response you can get when others see you.) The ingredients in MYO-MY are documented to help bodybuilders recover much more quickly and build more lean muscle while reducing fat produced by cortisol, people who do not lift weights can benefit equally. The reason this is the. The body is in a constant state of muscle breakdown. This is called catabolism. If the body is not fed properly, it will seek branched chain amino acids (BCAAs) which are found in already existing muscle and cannibalize them for its survival. Thus, you have muscle wasting which is very common after the age of forty in everyone. In order to stop this insidious march of an ever weakening musculature, you need to supply the body with the proper balance of BCAAs. BCAA supplementation has been reported to decrease exercise-induced protein degradation and/or muscle enzyme release (an indicator of muscle damage) possibly by promoting an anti-catabolic hormonal profile. The availability of BCAAs during exercise has been theorized to help with fatigue. During endurance exercise, BCAAs are taken up by the muscles rather than the liver in order to contribute to oxidative metabolism.

MYO-MY! works for both men and women. It supports every kind of situation in which a person wishes to improve their muscle tone. This applies to both athletes and non-athletes. It definitely helps muscular and skeletal imbalances anywhere in the body to begin to stabilize and finally hold.

In fact, I initially compounded it for a very few women who could not take Minotaur because of water retention. What I found was that it had wonderful properties for all athletes. Next, I experimented on the general public. The responses were very good. Increased energy, a sense of well being, stress reduction, slimming up with an overall loss mostly in the belly, and an increase in muscle strength were some of the things reported.

I can assure you that this product is absolutely pure. The ingredients are free from any kind of binders or fillers. They work much better together as a powder, which is why I've made it available to you in this form. Take it in water or juice. I recommend just putting the powder directly into your mouth and chase it down with water.
water. It has little or no aftertaste to me but some people need to put it in juice or milk. Women seem to have better taste buds than men.

**INGREDIENT LISTING**

1. **L-Glutamine**
   Glutamine is the most abundant free amino acid found in the muscles of the body. It is known as a brain food because it can readily pass the blood-brain barrier. It helps maintain the proper alkaline/acid balance in the body. It supplies the basic building blocks for DNA and RNA. It promotes mental ability and a healthy digestive tract. It has the ability to offset the muscle breakdown effects of cortisol that are produced by exercise. I have found that this substance works very well as a catalyst for the branched chain amino acids.

2. **Leucine**
   Leucine helps with the regulation of blood-sugar levels, the growth and repair of muscle tissue (such as bones, skin and muscles), growth hormone production, wound healing as well as energy regulation. It can assist to prevent the breakdown of muscle proteins that sometimes occur after trauma or severe stress.

3. **Isoleucine**
   Isoleucine, together with the other two branched-chain-amino-acids promote muscle recovery after physical exercise and on its own it is needed for the formation of hemoglobin as well as assisting with regulation of blood sugar levels as well as energy levels. It is also involved in blood-clot formation. Insufficiencies of isoleucine are only found in people deficient in dietary protein but symptoms may include headaches, dizziness, fatigue, depression, confusion as well as irritability. Symptoms of insufficiencies may mimic the symptoms of hypoglycemia. This nutrient has also been found to be deficient in people with mental and physical disorders.

4. **Valine**
   It has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue and maintaining the nitrogen balance in the body. Since it is a branched-chain amino acid, it can be used as an energy source in the muscles, and in doing so preserves the use of glucose. Many amino acids become deficient with drug addiction. Maple syrup urine disease (MSUD) is caused by the inability to metabolize leucine, isoleucine, and valine. The disease is so named because urine from affected people smells like maple syrup. An insufficiency may affect the myelin covering of the nerves.

**SUGGESTIONS:**
Dosage according to weight (given on the bottle).

**REMEMBER:**
*When your friends see you*  
*If You want them to sigh, Try A Teaspoon of **MYO-MY**!

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**BACK-OFF!**

**BACKGROUND:**
At least six times a month I find myself counseling afflicted clients about the dangers of the herpes virus. This disease is devastating, physically, emotionally and mentally. It hampers, intimidates and many times destroys all sorts of personal relationships. It weakens the immune system and hides in the nervous system when the immune system temporarily puts it in check. While hiding out at the level of the nervous system, it causes damages there. It can mutate. Evidence is emerging that several of the nerve related disorders like Multiple Sclerosis stem from herpes derivatives, in this case human herpes virus 6. Herpes, in any form, leaves a trail of minor to major destruction behind it.

Herpes is tough and aggressive. It takes a while to get it under control. Keeping it under control requires a lot of vigilance, particularly with genital herpes.

Seeing patients battling herpes for 18 years, I have come to some rather interesting conclusions. I believe that the huge upsurge in herpes infections comes from our immune systems being altered by smallpox vaccinations. It has been stated that smallpox is eradicated. I believe it has just taken another form—grown smarter.

A close friend and client told me a remarkable story that supported my theory. Thirty years ago she broke out with hundreds of inner mouth blisters. Her M.D. recognized this “as the same infection that causes smallpox”. He could have only learned that in the school of hard knocks. He gave her another smallpox inoculation. The herpes outbreaks disappeared for 25 years.

In my opinion, herpes viruses and their derivatives are some of the most dangerous infections that we can have because they are so tough and attack the immune system so hard. They can make us very susceptible to other conditions. In my experience, no infection ever really leaves our body. In its great wisdom, the body finds a way to balance the infection inside, thus, the infection becomes a part of our internal body community, no longer a threat, and perhaps even an ally and contributing member in some cases. But herpes is different. It will utilize any opportunity to strike its host. Those opportunities come pretty often in stressful times. It is, in fact, stress that acidifies the body so quickly and paves the way for another internal to external attack on the skin. What is worse is that if herpes isn’t manifesting on the skin, it could be attacking internal tissues and organs. Herpes also has similarities to other more dangerous infections. I feel that in time, many of the labels on illnesses that we hear, like Lupus, Chronic Fatigue, Fibromyalgia, perhaps even HIV, etc. will be linked to some kind of herpes derivative. I know this is a far-reaching, unsubstantiated hypothesis, but I need to state my opinion.

**INGREDIENT LISTING**

1. **Butylated-Hydroxytoluene (BHT)**
   This is not a natural product. It is a food preservative. BHT is a super antioxidant. Except for stomach upsets, if taken without food, I have never seen any side effects from this. You must never take it on an empty stomach.

2. **Vitamin A (Beta Carotene)**
   Excellent for all kinds of infections. This form of vitamin A complements this formula perfectly while supporting the immune system.

3. **Inosine**
   Used as an antioxidant.

4. **L-Lysine**
   Helps maintain proper nitrogen balance in the body. When nitrogen...
levels are out of balance, herpes outbreaks are more likely.

5. Calcium Orotate
Calcium is a key mineral that keeps the body alkaline. The herpes virus hates an alkaline environment.

6. Thymus Extract
The thymus is the King of the immune system. Without thymic support, viruses would overtake all of us in short order.

7. Sodium bicarbonate
Used here for two results. 1) to raise and buffer the PH of this formula to make it more stomach tolerable and 2) To assist the stomach and pancreas with the breakdown and assimilation of Back-Off!

8. Vitamin K
Very important in helping calcium to become available in the body.

9. Peppermint Oil
Used to aid in the digestion of Back-Off!

RECOMMENDATIONS

FOR MAINTENANCE: 1 TABLET PERDAY
OR every other day

For maximum support: 3 or more Tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.
MUST BE TAKEN WITH FOOD; DAY OR NIGHT

REMEMBER:

Don’t Feel Depressed Or Scoff,
Just Take A Daily BACK-OFF!

COLON-IZE
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
The human body is host to billions of microorganisms. Some of these are good guys and some are bad guys. There are more than 400 different species of bacteria in the gut alone, and who knows what number of parasites and viruses.

Edgar Cayce, considered the father of modern holistic medicine, spoke about the small intestines leaking poisons back into the general circulation of the body and being the primary cause of psoriasis.

When the large intestines (also called the colon) leaks through its walls, many other negative conditions can arise. Among these are chronic food and environmental allergies, lowered immune function, blood sugar disorders, a build up of cell toxins, chemical sensitivities, irritable bowel syndrome, chronic arthritis, Crohn’s disease, hepatitis, pancreatitis and chronic fatigue.

I have always been attracted to colostrum and thanks to a few individuals, it is finally getting the recognition it deserves as a health super-food. Colostrum contains an impressive list of immune factors and is involved in increasing bone and muscle mass, burning fat, healing of all body tissues and regulating the balance of fungus, bacteria, parasites and viruses in the body. However, I personally am making no claims for these conditions with Colon-ize. There is ample research to support what colostrum can do.

The widespread use of antibiotics both as drugs and as used in animal feeds and care, has led to the mutations of “super-bugs”. This increased strength is not only found in bacteria, but also in viruses and parasites. Colostrum seems to absorb much better if taken in a capsule instead of a tablet. I have purchased the highest possible grade of colostrum and acidophilus for Colon-ize.

INGREDIENT LISTING

1. Colosstrum (325 mg)
This is the first food that any of us receive straight from our mother’s milk. It supplies us with an enormous amount of natural immunity. There are five types of antibodies which fight off bacteria, yeast, viruses and allergens. These are IgG, IgM, IgD, IgE and IgA. Colostrum contains all of them. Taking it as a therapeutic food supplement has tremendous value to our health. Colostrum supports our immune system so that we can better prevent the many “super bugs” floating around from anchoring into our bodies and starting their destructive cycle.
The next 5 products (2 billion CFU total for 2 through 6) are being listed under a category now called “Probiotics”. This means that they are producing the natural “good bacteria” needed for our colon health.

2. Lactobacillus Acidophilus
Research studies show that this form of lactobacillus supports the normal inflammatory response by preventing the production of histamine-producing cells called eosinophils. It stimulates lymphocyte production and is stated to help balance LDL cholesterol. (the bad kind) Over the years, it has been widely recognized for regulating the vaginal yeast population.

3. Bifidobacterium Bifidum
This form of lactobacillus can produce vitamins B1, B2, B3, B6, B12 and folic acid. Bifidus can also help maintain bowel regularity rather than a constipated state. Bifido bacteria counts decrease as we get older as a result of having less digestive enzymes.

4-6. Lactobacillus Bulgaricus, S. Thermophilus, & Lactobacillus Rhamnosus
These important types of lactobacillus form a supportive synergistic network as “good bacteria” necessary to maintain balance within the colon. From my clinical testing procedures, I find that bulgaricus supports the ascending colon, thermophilus the transverse colon, and rhamnosus the descending colon energies. Colostrum, acidophilus and bifidus support the small and large intestines as a whole. The main purpose is to properly Colon-ize the small and large intestinal tract and make them work smoothly from one organ to the next.

7. Fructooligosacarides (FOS)
This is a complex carbohydrate also known as inulin and sometimes referred to as a prebiotic. It supports beneficial bacteria in the colon, particularly bifido bacteria. It has the ability to bypass the upper digestive processes and only work in the intestines. An excellent synergist for this formula.

8. Apple pectin
Used to support bowel motility and because of its high malic acid content.

9-13. Lipase, Catalase, Amylase, Protease, & Lactase
These digestive enzymes are a trademark in my formulas. Their exact amounts allow Colon-ize to work to its fullest capacity. Lactase has been added for any dairy-sensitive people, although really no complete dairy products are in this formula.

14. Spirulina
This green protein is essential for its vitamin K. Of all the conditions I
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test (over 300), Vitamin K shows up weak the most often. I feel this
is because it is not produced by any beneficial colon bacteria. It must
be supplemented by diet.

15. Odorless garlic
Garlic sometimes called Russian penicillin is legendary in its uses for
balancing beneficial forms of detrimental colon bacteria, as well as
viruses, parasites and fungi.

16. Dimethylglycine (DMG)
This substance is used for its oxygen and hydrogen releasing ions. It is
an excellent free radical antioxidant.

SUGGESTIONS:
Take 3-6 capsules per day, preferably between meals. However, if this is not convenient, taking these with meals
will be fine.

OR CONSULT YOUR HEALTH PRACTITIONER.

REMEMBER:
My, How Illness Dies
When We COLON-IZE

FREE BREATH
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
Breathing freely is of paramount importance. Yet, the number of
people who don’t is shocking. In this time of extremely high
environmental pollution by chemicals, heavy metals and dangerous
gases, the problems of allergies, asthma and emphysema are
skyrocketing. The children suffer the most, but we adults are not far
behind. It seems that almost everyone is touched by at least some
type of environmentally-induced allergic reaction at one time or
another in any given year.

However, the depth to which breathing obstructions go are not
just limited to the lungs. The sinuses are a primary player. Most
people don’t realize that the sinuses are huge and go way back into
the head.

Many poisons and allergies are held deep in these sinus cavities
and cause continuous mucous and drainage. This is the way the
body is trying to expel these trapped poisons.

INGREDIENT LISTING
1. Vitamin B2 (riboflavin)
Research has shown that this vitamin support lung health. Besides its
usual benefits of helping light-sensitive eyes, it seems to help in true
migraine situations. Also used as a detox for man-made enviro-
chemical poisons. Be aware that this is the “yellow” vitamin and will
definitely turn your urine very yellow.

2. Lung Tissue Extract
Supports lung function.

3. Lungwort
A favorite of St. Hildegard of Bingen for all lung issues, especially to
maintain clear breathing.

4. Astragalus
Traditional Chinese medicine has used astragalus to support fluid
balance, the immune system, optimal blood sugar and cardiovascular
health.

5. Thyme
The old renowned herbalist, Culpepper, stated that Thyme is “a noble
strengthener of the lungs” Thyme supports optimal lung functioning.

6-8. Protease, Amylase, & Lipase
Used to assist the digestion of Free Breath for protein, fat &
carbohydrate contents.

9. Bromelain
A digestive enzyme from pineapple. Used in this formula to enhance
Quercetin’s benefits.

10. Quercetin
A bioflavonoid used to support normal histamine response.

11. Peppermint Oil Powder
Digestive aid

12. Boron
Used for immune support. Very good for the lungs.

SUGGESTIONS:
For mild support: 1-3 Tablets per day
For moderate support: 2-4 Tablets per day
For maximum support: 4-8 Tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.

CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
Instead Of Wheezing
And Choking To Death,
Try Taking Some FREE BREATH.
FUNGAL-BALANCE
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
Authorities state that 80 million (1 out of 3) Americans may have too much candida albicans in their systems. Candida is a fungal yeast infection. The list of problems that a candida overgrowth may cause are shocking. The tricky thing about candida is that it is a naturally occurring yeast in our bodies. The body can become overpopulated with it before the immune system will react. When the immune system does finally react, it is not necessarily to the candida overgrowth. It responds to the many candida toxins causing bacterial, viral and parasitic mass production. Even if the immune system is strong enough to handle the multiple critters birthed by the candida toxins, the candida infection itself still stays intact systemically in the body creating havoc on all levels. Then the entrenched candida simply begins again. More and more toxins are produced while the overworked immune system struggles to readjust and salvage what it can from onslaught to onslaught. Meanwhile, you, the candida victim, just get sicker and sicker from one infection then another until a total collapse becomes imminent.

Some conditions that have been clinically connected to a candida overgrowth invasion are: constipation; memory loss; depression; headaches; nausea; hyperactivity; ear fluids; dizziness; lost taste and smell; hives; acne; dry mouth; bad breath; schizophrenia; all types of infections including Epstein-Barr virus, chronic fatigue syndrome; poor digestion; cystitis; arthritis; kidney infections; multiple sclerosis; allergies.

A yeast-free diet is recommended but very hard to handle. The first thing I tell clients is to stop all fruit. Above all things, candida and all fungal infections love fruit. Next, reduce as much as possible milk sugar, other types of sugar, carbohydrate/refined/white flour type breads, rice and potatoes. Reduce cheese, wine, beer, brewer’s yeast, white vinegar, mushrooms and malt for at least 21 days. In my opinion, the undisputed classic book on the subject of candida is “The Yeast Connection” by William G. Crook, M.D.

INGREDIENT LISTING
1. Black Walnut Hulls
   This is the #1 substance to balance the body’s candida population.
2. Olive Leaf Extract
   Very powerful. Has a well documented effect on regulating candida and fungus as well as immune support. Used here to balance the water element.
3. Myrrh Powder
   Very powerful for immune support.
4. Grapefruit Seed Extract
   Recent clinical research shows this extract to be helpful to support microbial balance.
5. Pau D’Arco
   A South American bark that inhibits the growth of fungus.
6. Caprylic Acid
   An aggressive fatty acid for fungal balance.
7. Garlic (Odorless)
   Excellent for immune support and fungal balance.
8. Turmeric
   Used here as an antioxidant and free radical scavenger.

IMMUNE SYSTEM
1-800-566-1522 34

9. Bee Propolis
   Has ancient history of use to support the immune system.
10. Goldenseal
    Known for its fungal-balancing properties and immune support.
11. Peppermint Oil Powder
    Digestive support.
12. Wormwood
    Great herb against all kinds of worms. These often feed off of fungal by-products.
13-15. Amylase, Lipase, and Protease
    Used as a digestive aids for this formula. This is our signature combination.

SUGGESTIONS:
For mild support: 1-3 per day
For moderate support: 2-6 per day
For maximum support: 3-9 per day
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

IMMUNO-WELL
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
When we let ourselves get out of balance, our symbiotic system which contains beneficial bacteria, fungus, parasites and viruses constantly try to help us return to a balanced state. These organisms are in a balanced state until a new situation presents itself in the body and then they attempt to balance this within our physical beingness. Immuno-Well was formulated to support the immune system so we can successfully ward off unwanted bacterial and viral presences. To complete the balance in this formula, all four elements within the immune system: earth, water, fire and air, are addressed in correct ratio to each other.
BACKGROUND:
Parasites are a major health concern for everyone in every country. No one is exempt. We all have parasites. The irony of this is that just like all the other critters such as bacteria, fungus and viruses, we need them. However, they must stay in balance with the rest of our systems. When we get out of balance, parasites over-populate and pave the way for other outside very destructive parasites to enter. This is what is happening today because of the toxic state of our world. Add to this our poor diets and impacted colons, and you have a great breeding ground for all sorts of nasties.

I made the tablets small enough for a child to take. Children are very susceptible to an imbalanced parasite population in their bodies. In more serious situations, adults may have to take high doses in the beginning because of the size of the pill. Possible symptoms from having a parasite imbalance are abdominal distress, diarrhea, constipation, bloated feeling, urinary tract burning or cramping, fatigue, frequent colds, flu’s and other infections, and allergies.

INGREDIENT LISTING
1. St. John’s Wort
   This wonderful herb works very well to support the immune system. It is particularly mild on the stomach and can be used with children. Famous for maintaining positive moods.
2. Myrrh Powder
   Myrrh is held in high esteem for its antiseptic and detoxifying properties.
3. Thymus Extract
   Supports the thymus, which is the master gland of the immune system. Stabilizes the air element.
4. Spleen Extract
   Supports the immune system. It is very strong and assists this powerful organ in doing its important cleanup work. Stabilizes the water element.
5. Bone Marrow Extract
   At the crux of our immune system, this substance stimulates red cell production and strengthens the entire body. Stabilizes the earth element.
6. Grapefruit Seed Extract
   A powerful extract to help alkalize the body and as a natural microbial.
7. Black Elderberry Extract
   Recent research has found that this substance is not only a tremendous antioxidant and immune system supporter to ward off viruses.
8. Curcumin
   Bolsters the immune system and supports normal inflammatory response.
9. Aloe Vera Ferox
   A potent antioxidant that works with the colon bacteria.
10. Lymph Tissue
    This substance provides components that energetically support the immune system.
11. Ling Zhi (Reishi Mushroom)
    An excellent immune system support. Used for centuries in China.
12, 13, 14. Amylase, Lipase and Protease
    This potent combination is used for digestion of this formula. It is our signature digestive support.

SUGGESTIONS:
For maintenance: 1-2 Capsules per day
For moderate support: 3-8 Capsules per day
For maximum support: 9-12 per day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT
Note: Consult your doctor or health practitioner before using any product you have questions about. No claims are made that this, or any Biokinetic product treats or cures anything. They are formulated to assist the body’s attempt to be in balance.

REMEMBER:
If You Don’t Want To Feel Like H___l,
Support Your Immune System With Immuno-Well!
**SENSES**

(Available in Homeopathic form only)

**BACKGROUND:**

Ear infections are so common among children that they may be thought of as a type of ongoing epidemic. Antibiotics, dispensed like candy to children, are becoming less and less effective. Ear infections in the adult population are almost as common as they are in children; however, many of these adult ear infections go unrecognized. This is because they can manifest in unusual ways not easily identifiable as coming from the ear.

In our Holographic Health® testing system, I find ear involvements very often. The most distressing thing about ear infections is that even if they are identified, they are very stubborn to eradicate. Just when you think they are finally gone, they return.

In Chinese medicine, ear infections are differentiated into two categories. These are acute and chronic. Symptoms range from: 1) Sudden: throbbing pain in ear, hearing impaired, fever, chills, headache, dizziness, yellow discharge, to 2) Lingering: attacks of middle ear pain, smelly discharge from ear, dizziness, impaired hearing, mild fever, possible lethargy.

The eyes are often the victim of ear infections that migrate over into them.

**INGREDIENT LISTING**

1. **Thiamine (B1)**
   Insufficiency signs of B1 are: poor memory, headaches, dizziness, irritability, depression, insomnia, apathy, senility, noise sensitivity, fatigue, low HCL acid, constipation, appetite loss, edema, eye muscles freeze, nervous collapse, neuritis in legs and toes like pins and needles. B1 corrects a insufficiency condition known as beri-beri, which produces muscle loss, paralysis in legs, burning in toes, calves and soles, tingling in hands, and swelling in arms, legs, trunk and ankles.

2. **Beta Carotene**
   Converted by the body into vitamin A. This is for the eyes. It is a major immune support.

3. **Oregano**
   Another element recommended by Hildegard for the ears.

4. **Poria**
   This is found in Chinese medicine to maintain ear health.

5. **Myrrh**
   This is a legendary weapon in the arsenal of Chinese and Ayurvedic medicine.

6. **Silymarin**
   It strengthens the liver, which according to Chinese medicine, has a corresponding effect to the eyes.

7-9. **Amylase, Lipase, & Protease**
   These are my signature three food enzymes that allow this formula to break down properly in the stomach for rapid assimilation.

10. **Peppermint Oil**
    Another support to digestive functions, particularly for the stomach.

**REMEMBER:**

If You Don’t Want The Nasties To Cause An Internal Storm,
Take These Small Tablets Of PARANORM!

**DON’T LET THESE GUYS BE CRAWLING AROUND IN YOU!**
OR CONSULT YOUR HEALTH PRACTITIONER. CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
Instead Of Building Emotional Fences,
Take A Few Of The Formula SENSES!

IF SOMEONE OR SOME SITUATION THREATENS TO OVERPOWER YOU, JUST REMEMBER TO BE LIKE MR. FROG IN THIS PICTURE!

MR. FROG NEVER GIVES UP!
ACID SYMPTOM CHECKLIST
To help determine your current level of acidity, these are listed as beginning, intermediate and advanced.

BEGINNING SYMPTOMS: INTERMEDIATE SYMPTOMS:

1. Acne           1. Cold sores (Herpes I & II)
2. Agitation       2. Depression
3. Muscular pain   3. Loss of memory
4. Cold hands and feet 4. Loss of concentration
5. Dizziness       5. Migraine headaches
6. Low energy      6. Disturbance in smell, taste, vision, hearing
7. Joint pains that travel 7. Insomnia
8. Food allergies  8. Asthma
11. Panic attacks  11. Ear aches
15. Bloating       15. Bacterial infections
17. Diarrhea       17. Impotence
18. Constipation   18. Urethritis
20. Strong smelling urine 20. Urinary Infection
22. Rapid panting breath 22. Colitis
23. Rapid heartbeat 23. Excessive falling hair
24. Irregular heartbeat 24. Psoriasis
25. White Coated Tongue 25. Endometriosis
26. Hart to get up in morning 26. Stuttering
27. Excess sinus mucous 27. Sinusitis

ADVANCED SYMPTOMS:

2. Schizophrenia  9. Myasthenia gravis
3. Learning disabled 10. Scleroderma
4. Hodgkin’s Disease 11. Leukemia
5. Sarcoidosis    12. Tuberculosis
6. Multiple Sclerosis 13. All other forms of Cancer
7. Systemic Lupus Erythematosis

*Chart is reproduced from the book *Alkalize or Die* by Dr. Theodore A. Baroody 1991®

SUGGESTIONS:
8-10 drops per 8oz. glass of water
YOU CAN CARRY THEM IN YOUR POCKET OR PURSE AND ALKALIZE THE WATER OR OTHER BEVERAGES THAT YOU DRINK DAILY

1 oz. contains approximately 500 drops

REMEMBER:
If Your Health Flip-flops, Try Alka-Trace Mineral Drops

ASPARA-CAN
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
The incredible health promoting properties of this vegetable so intrigued me that after doing research on it, I wrote the booklet, Asparagus Can Do It for You. As far as I can tell, everyone should be eating asparagus.

Aspara-Can was created because it is very difficult to get people to eat asparagus on a daily basis.

INGREDIENT LISTING
Asparagus Powder
500 milligrams pure asparagus powder.

SUGGESTIONS:
For maintenance: 1-3 Capsules per day
For moderate conditions: 6 Capsules per day
For acute/ severe conditions: 9-12 Capsules per day
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
If Your Heart Can’t ASPARA-CAN!
EXTREME GREENS

(Available in Homeopathic form only)

BACKGROUND:
I started doing modern day research on the theory of alkaline/acid reactions in the blood and body tissues in the late 1970’s. I finished that clinical research and experimentation and published the book Alkalize Or Die in 1991. Many other doctors and researchers have since supported this idea and also published. The theory of over acidification is here to stay.

A sad thing that my best friend and organic agriculturist, Dr. Arden Andersen, has demonstrated to me on farms in this country and throughout the world is that there is just not enough nutrition in the soil to feed the plants that feed us! So many of our foods are deficient that it is alarming.

Practically everyone is at least mildly over acidic!

INGREDIENT LISTING

1. Sea Vegetables
   These plants contain every needed nutrient known just by themselves. This mixture of sea vegetables contains wakame, nori, kombu, dulse, and carrageenan.

2. MSM
   Overall unifier and synergist.

3. Fennel
   I use fennel for its ability to support digestive health. St. Hildegard said this should be one of the mainstays of our diet.

4. Alfalfa (leaf) & Extract
   This green is a major source for minerals and enzymes. I use the leaf more for enzymes and the much stronger extract for minerals.

5-7. Broccoli, Brussel Sprouts, and Turnip Greens
   These alkaline-forming cruciferous vegetables are known for their antioxidant properties. They contain vitamins A,B,C, iron, and phosphorus.

8. Wheatgrass
   Many people believe that wheatgrass is the most important green food on earth because of all the nutrients found in it and the way they are organized. Clinics across the world use wheatgrass therapy to heal every known condition. I love it because of its high alkalinity and its high frequency level.

9. Beet Root
   I use beets because of their high natural iron content and their strong action on the proper regulation of the gallbladder.

10. Spirulina
   This is a “superfood”. Spirulina is 70% protein and contains all the essential amino acids which is better than meat.

11. Ginger Root
   This is great for digestion which is why I include it and is known to support strong blood circulation.

12. Celery Seed
   It is used to support optimal inflammatory response and regulation for fluid balance.

13. Parsley
   This green food is very easy on the stomach and transits faster through the system than any other whole food. It is highly alkaline-forming. It is good for the stomach and the urinary bladder.

14. Corn Silk
   This is very good for kidney health.

15. Aloe Vera Leaf
   It contains substances that are helpful for proper colon function. This plant is so amazing that some companies have built their entire line of health foods around it.

16. Peppermint Powder
   This ingredient is paramount for good digestion.

17. Bilberry Leaf
   This herb helps with blood sugar support and eye health.

18. Pumpkin
   High is potassium, which is a great alkalizer.

19. Rosemary Leaf
   Alkaline-forming herb used to support digestion and the body’s detoxifying system.

20. Carrot Leaf
   We are using the leaf of the plant as opposed to the root because of its alkaline-forming green aspect that is still high in vitamin A.

21. Garlic Bulb (odorless)
   Contains natural agents that support the immune system, heward health and normal blood pressure levels.

22. Spearmint Leaf
   This alkaline-forming substance is used to assist the breakdown and digestion of the many ingredients in this formula.

23. Goldenseal Herb
   This is one of the best herbs on earth for the immune system.

24. Spinach Leaf
   This deep green vegetable is high in oxalic acid which helps to dissolve unwanted acid waste products in the body. It is particularly good for healing the intestinal tract.

25. Clove Herb
   Besides its wonderful smell, this aromatic herb has antimicrobial and digestive benefits.

Recommendations

For mild support: 3 a day
For moderate support: 6 a day
For maximum support: 9 or more a day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
If you want to be healthy
But don’t feel you have the means,
Alkalize yourself and regain your health
With a daily dose of Extreme Greens!
12-SYSTEMS SYNERGISTIC MULTIPLE
Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:
It is very difficult to find a multiple supplement that really creates balance within the body. I have tested over 100 different ones in the last 15 years. It has been my wish to formulate a truly balanced multiple food supplement for a long time. To do so, I used the 12 systems of Holographic Health® as a model, because each substance fits into one of these categories. Each ingredient had to be balanced against the others in order to achieve a maximum overall synergistic health benefit in the body.

A synergist is that which organizes and blends energies properly...in this case for the human body. The 49 synergistically balanced ingredients in this formula are the result of many years of clinical experimentation. The 12 systems synergistic multiple can best be described by the synergistic actions of each group rather than an explanation of each single ingredient. The reason being that each group is acting as a whole unit with its own purpose and thrust behind it.

INGREDIENT LISTING
Overall Synergists:
I am a big fan of bioavailable sulphur MSM (methylsulfonyl- methane). Recent information places MSM as a substance that is absolutely necessary for the overall functioning of each cell. MSM proponents list it as a panacea for all of our ills. Without going that far, I have found it to be the perfect comprehensive unifier for vitamin, mineral, digestive, chlorophyll, herbal, aminos and glandular ingredients. Imagine it as a mother that enfolds and protects the entire body with a magic cloak of warmth and joy.

There are seven major energy centers that help to energetically nourish the 12 systems in our bodies. Kirilian photographic processes reveal this to be true. Each of these energy centers supplies certain parts of the body with the necessary energies to function.

Each group of synergists relates to one of the seven energy centers as follows:

1. VITAMIN SYNERGISTS:
   Includes A, C, D, E, K, B1, B2, B3, B5, B6, B9, (Folic), B12, Biotin, PABA, Choline, Inositol, Lemon Bioflavonoids, & Beta Carotene. Relates to the 7th energy center located on the top of the head. This synergistic vitamin group supports the cerebrum, cranium & pineal gland.

2. MINERAL SYNERGISTS:
   Includes Calcium Citrate, Magnesium Orotate, Colloidal Silica, Iodine, Lithium Orotate, Zinc Glonate, Potassium Orotate, Chromium Picolinate, Selenomethionine, Phosphorus, Vanadium, Trace Mineral Mix, Molybdenum, Copper Glonate, & Boron Citrate. Relates to the 6th energy center located at the brow between the eyes. This synergistic mineral group supports the cerebellum, ears, nose, sinuses, eyes and part of the nervous system.

3. HERBAL SYNERGISTS:
   Includes Cloves and Grape Seed Extract.

4. CHLOROPHYLL SYNERGISTS:
   Includes Spirulina. Relates to the energy center at the throat. This synergistic herbal group supports the lungs, bronchial, esophagus, vocal chords, throat, nape of neck, jaws, thyroid, & parathyroid glands.

5. DIGESTIVE SYNERGISTS:
   Includes Protease, Amylase, Lipase, Cellulase, Bromelain, Pepsin, Peppermint Oil. Relates to the 3rd energy center located at the stomach level. This synergistic digestive group supports the lower back, abdominal cavity, digestive tract, stomach, pancreas, liver, spleen, gallbladder and autonomic nervous system.

6. AMINO ACIDS SYNERGISTS:
   Includes Lysine and Methionine. Relates to the 2nd energy center located two inches below the navel. This special synergistic Amino Blend supports the pelvic area, all reproductive organs & glands, kidneys, bladder, all liquids like blood, lymphatic fluid, sperm, & digestive fluids.

7. GLANDULAR SYNERGISTS:
   Includes Hypothalamus, Liver, Thymus, Adrenal, Pituitary and Thyroid Extracts. (Only pesticide-free products are used.) Relates to the 1st energy center located in the genital area. This synergistic glandular group supports the spine, bones, teeth, nails, legs, intestines, prostate, adrenal glands, & cell replication.

REFERENCES:

My research is always ongoing at the clinical level. Thus far, everyone is having very good results with this complex formula. No side effects have been noted.

SUGGESTIONS:
If this is the only supplement taken:
For maintenance: 2-3 Tablets per day
For maximum support: 4-6 Tablets per day
If taken with other Biokinetic Products:
2-3 Tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

REMEMBER:
If You Wish In Good Health To Stay,
Take Our 12-SYSTEM’s Every Day!
ANEEM-AWAY
(Iron & B-Complex Tonic)
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
At the very least, during the change of each season (4 times a year), our bodies need reevaluation and a kick-start tonic that can transition us into the next cycle of months. The seasons are each related to one of the primary elements in our bodies, which are earth (winter), water (spring), fire (summer), and air (fall).

The incredible needs of our systems for B-Complex go on daily. Many good supplements exist. I like liquid forms because the B’s get in the blood so quickly (about 1 minute). When combined with iron and vitamin C we have a very powerful tonic.

Anemia is a complicated subject and can occur from several different angles. A lack of iron affects the spleen more than the liver. This is not so surprising if you consider that the spleen actually stores more iron than the liver and seems to deplete itself far faster than the liver. I think this is the reason why we can display iron insufficiency symptoms, yet it never shows up in the blood tests. Edgar Cayce (considered the first modern voice of holistic medicine) recommended B’s and iron together in his health research for people.

Studies have shown that iron significantly improves muscle function independent of positive blood tests for anemia. This tells me that many of us are walking around with subclinical B-complex/iron anemic syndromes.

There are two types of iron, “heme” and “non-heme.” “Heme” iron is readily absorbed in the cells and becomes immediately usable hemoglobin which we must have for proper oxygenation of each and every cell in the body. This type is found in meat. The “non-heme” type which doesn’t readily absorb is found in green vegetables, nuts, dry beans, prunes and raisins. To make the “non-heme” type of iron available to the body, vitamin C must be taken with it. Studies show that vitamin C triples the intake of iron in our cells, regardless of the type. Research also states that children, women (particularly in child bearing years), and older people need iron more than men.

There has been concern over the use of iron in the last few years; yet, survey upon survey consistently shows that iron insufficiencies are the most common nutritional insufficiencies, especially among children, women and older people. The percentage of iron we absorb from food is regulated by the amount of iron stored in our bodies. If reserves are low, we absorb more; if high, we absorb less. The body always knows what to do. With the addition of vitamin C (I use pure sodium ascorbate) any negative effects such as free radical excesses, are neutralized and a greater amount of iron becomes bioavailable to us. Also, please be aware that I had to use cherry syrup to mask the B’s and iron. If you are diabetic, use with care and consult your doctor.

SUGGESTIONS:

Ages:
2-5 yr. old: ½-1 Teaspoons per day for 2 weeks
6-12 yr. old: 1-1½ Teaspoons per day for 2 weeks
12-20 yr. old: 1½-2 Teaspoons per day for 1 month
OVERALL SUPPORT

20+ yr. old: 2-3 Teaspoons per day (alternate 1 month on & 1 month off)

If you are presently taking Energy-Up, do not take Aneem-Away at the same time of day with it. Energy-Up Contains iodine. Iodine and iron will fight one another.

CAUTIONS: IF YOU HAVE ANY RESERVATIONS ABOUT THIS FOOD SUPPLEMENT, CONSULT YOUR HEALTH PRACTITIONER. NO RESPONSIBILITY IS ASSUMED FOR THE INGESTION OF THIS PRODUCT.

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BEE POWERFUL

Created To Promote Health Through Alkaline-forming Formulas

BACKGROUND:

Some people kept on me about making a truly comprehensive B-Complex in pill form with the holographic principles imbued in the product. I worked on this idea for some time before I realized there was already one in existence in which there is no way I could top. I have always considered bee products to be the most wholesome foods available to us. Both bee pollen and royal jelly have a complete pan-total complement of all the known B vitamins and their precursors in a perfectly balanced blend for the human body. Yet I wanted more. I sought to have produced a product that contained not only bee pollen and royal jelly, but bee propolis as well. The source for this had to be local and fresh. Most royal jelly, propolis, and pollen products that you find are from overseas and have lost most, if not all, of their potency and freshness. I sought to know the beekeepers personally and that they themselves collected the product in its purest freshest form. I also wanted something powerful enough to knock your socks off. I finally got the right combination. This is why I call it BEE POWERFUL. It is a very precise combination of freeze-dried bee pollen, bee propolis, and bee royal jelly. I recommend this to anyone for their overall nutritional support. Caution: A very tiny percent of the population are allergic to bee products, (about .5 of 1 percent). These poor souls are generally allergic to most everything. Many times, building up the use of bee products over a period of time can regulate normal allergen response. If you have doubts about this, start very slowly with the ingestion of this or any other bee products.

INGREDIENT LISTING

1. Royal Jelly

Royal jelly is a “thick milky” substance that worker bees produce to feed the larva of workers bees for the first 3 days. However, the larva which the workers have selected to develop into Queens are continued to be fed royal jelly by worker bees for 10 days. The abundance of royal jelly is what makes the larva become a Queen. Queen bees are made from the same kind of egg that makes a worker but the egg fed more royal jelly produces a Queen. It is the royal jelly that makes a Queen a Queen. I think this speaks volumes in itself. If royal jelly is potent enough to alter the genetic potential in common bees, imagine what it will do for you! This is truly an amazing product. Royal jelly is an extract (powder or liquid form). The powder extract is by far the most popular and is what capsules contain. There are two methods of achieving a powdered extract, (1) Freeze-dried or (2) Spray-dried. Freeze-drying the royal jelly cost more to manufacture but it is also the best way because no food preservatives have to be added. Freeze Drying the royal jelly removes all the moisture content. Contrary to what some royal jelly providers say, no nutritional value is lost in this process. This substance contains all of the B-Complex vitamins, including a high concentration of pantothenic acid (B5) and pyridoxine (B6). It is the only natural source of pure acetylcholine, a very important chemical neurotransmitter in the brain that allow nerve cells to work properly. Acetylcholine is diminished in Alzheimer’s patients and in men with erectile function. Royal jelly also contains minerals, enzymes, hormones, 18 amino acids, and vitamins A, C, D, and E. It has been shown to lower cholesterol levels when taking at
3. Bee Pollen

Bee pollen is like having a whole health food store in the palm of your hand. It is a storehouse of vitamins, minerals, proteins, fats and oils, carbohydrates, amino acids, over 5,000 enzymes and coenzymes, hormones, peptones, polypeptides and globulins, high concentrations of the nucleic acids RNA and DNA, and a variety of antibiotic substances. The human body can practically survive on honey bee pollen alone. This is because it is the only food which contains, in perfect balance, all 22 known essential nutritional elements (and others yet to be identified), which humans require to achieve and maintain optimum vitality. (See our writeup on Bee The Best). At least 2% of the contents of honey bee pollen has yet to be isolated and identified. By providing the human body with all the nutritional elements it needs, and in just the right proportions, honey bee pollen allows the body's own healing and rejuvenation mechanisms to perform their normal functions of building, restoring, and maintaining and protecting every cell. The honeybee collects only the purest of pollens. It avoids all toxic plants, including those contaminated with pesticides. Bee pollen's benefits are amazing. According to research, it contains every amino acid, (including but not limited to), isoleucine, leucine, lysine methionine, phenylalanine, theorne, tryptophan, valine, alanine, arginine, aspartic acid cysteine, glutamic acid, glycine, histidine proline, serine and tyrosine. It contains most every vitamin, including but not limited to, A, B1, B2, B3, B5, B6, B12, C, D, E, folic acid, rutin, inositol and biotin...plus all the necessary minerals and trace minerals, calcium, phosphorus, iron, copper, potassium, magnesium, manganese, silica, sulfur, titanium, selenium, iodine, chlorine, boron, zinc and molybdenum. Also included are over 5,000 enzymes and coenzymes. All of these substances are in a totally predigested absorbable form. In fact, pollen digests so rapidly that within 2 hours after eating, it can be found in the blood, spinal fluid and urine.

Interestingly, there are many factors that are in bee pollen that are yet to be identified. Every time something new is identified for the health industry, it is already in bee pollen.

Bee pollen’s benefits are amazing. According to research, it supports healthy skin, red blood cells, sexual stamina, overall energy, mental capacity, positive mood, supports the thymus gland, and some say increases longevity.

I have been able to secure the finest high quality bee pollen I have ever seen or tasted (and it tastes sweet to me). I can personally vouch for the purity of the source of this organic pollen as being the best.

SUGGESTIONS:
For maintenance: 1 -2 Capsules per day
For moderate support: 3 -4 Capsules per day
For maximum support: 5 -8 Capsules per day

OR CONSULT YOUR HEALTH PRACTITIONER.

CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

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**BEE THE BEST**

Created To Promote Health Through Alkaline-forming Formulas

**BACKGROUND:**

Bee Pollen is the most complete and perfect whole superfood available to us as humans, reportedly containing over 185 nutritive substances. At first, my primary interest was its extremely high protein content. However, after years of using bee pollen, I feel sure everyone could benefit from it. I work with many vegetarians and pollen is an ideal alternative to meat proteins. Protein is necessary for every major and minor functioning system in the body. Pollen is 35% protein.

The sheer magnitude of what bees can accomplish is a true marvel. The bees put the collected grains of flower pollen into a single small pellet. Each pellet contains 2 million flower pollen grains and a teaspoonful contains 2.5 billion grains of flower pollen! Bee pollen contains every amino acid, (including but not limited to), isoleucine, leucine, lysine methionine, phenylalanine, theorne, tryptophan, valine, alanine, arginine, aspartic acid cysteine, glutamic acid, glycine, histidine proline, serine and tyrosine. It contains most every vitamin, including but not limited to, A, B1, B2, B3, B5, B6, B12, C, D, E, folic acid, rutin, inositol and biotin...plus all the necessary minerals and trace minerals, calcium, phosphorus, iron, copper, potassium, magnesium, manganese, silica, sulfur, titanium, selenium, iodine, chlorine, boron, zinc and molybdenum. Also included are over 5,000 enzymes and coenzymes. All of these substances are in a totally predigested absorbable form. In fact, pollen digests so rapidly that within 2 hours after eating, it can be found in the blood, spinal fluid and urine.

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**RECOMMENDATIONS:**

Some people (only about 6%) have to start out with only two or three granules a day, particularly if they have allergies to grasses, flowers and trees (94% of us are tolerant of pollen).

I recommend 1 teaspoon a day, which is 6 grams or 2.5 billion flower pollen grains to everyone else. Increase this amount up to 2 or 3 teaspoons a day when you feel ready.

**THIS IS A WHOLE FOOD. IT IS NOT FREEZE DRIED. IT IS PERISHABLE AND MUST BE REFRIGERATED. THERE MAY BE ADDITIONAL SHIPPING CHARGES FOR THIS PRODUCT DEPENDING ON YOUR LOCATION. PLEASE CALL FOR SHIPPING INFORMATION.**

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At least 100mg per day.

**Royal Jelly has been used for years for the following:**
Anti-Aging Agent Hormonal Balance Energy Enhancer Positive mental outlook Cholesterol Regulation

**Therapeutic Actions of Royal Jelly:** Helps to keep skin smooth, toned and elastic, promotes sexual vitality and rejuvenation, facilitates fertility and can reverse impotence, supports the immune system to fight viral and bacterial infection.

Source: Bee Pollen, Royal Jelly, Propolis and Honey by Rita Elkins, M.H.

2. Propolis

Propolis is a substance made by the honeybee that provides immune system support. It is the sticky coating around buds that serves to protect them from the elements of weather plus from attack by bacteria, fungi, molds, and viruses. Hundreds of chemical compounds have been identified from bee propolis extract. The main chemical classes present in propolis are flavonoids, phenolics, and various aromatic compounds. Flavonoids are well-known plant compounds with antioxidant properties.

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BACKGROUND:
Vitamin C was first isolated in 1928 by Dr. Szent Gyorgyi. It plays a vital role as a component of enzymes involved in the synthesis of collagen and carnitine. However, without a doubt, Vitamin C’s most important role is that of being the primary water-soluble anti oxidant in the human body.

Vitamin C supports the health of the nervous system, eyes, teeth, gums, bones, muscles and blood vessels.

My purpose in making Complete-C is not just to provide another vitamin C supplement. There are a million of them out there now. The focus of this product is to be sure all areas of the C-complex are balanced. Most importantly, I want to repair, protect and sustain a very important metabolic system called the “Citric Acid Cycle” (Krebs cycle). This crucial biochemical pathway produces our available energy by making two chemicals called ATP and GTP.

ATP and GTP are our primary energy sources. 12 ATP molecules are produced with every completed citric acid cycle. The number 12 has significance to us in Holographic Health® because of the 12 systems that compose our being. If the cycle is compromised, then less than 12 ATP molecules are produced and at this point physical imbalance begins at the mitochondrion which are our energy factories in each cell. This will lead to the beginning of all disease processes. So keeping this cycle operating at peak efficiency for as long as we can is a major priority!

INGREDIENT LISTING

1-4. Calcium, Magnesium, Potassium Ascorbate, & Sago Palm C
They provide control to alkaline forming mineral ascorbates that go quickly into the blood. These are forms of vitamin C with a very high track record of absorption and bioavailability to the body. Between these 4 forms of vitamin C, all of the elements of earth, water, fire and air are satisfied.

5. Quercetin
A powerful bioflavonoid antioxidant found in pigments of leaves, seeds, fruits, rind and barks. Magnesium ascorbate greatly enhances the effectiveness of quercetin. Research shows it works very well to support normal allergen response, healthy cholesterol levels and normal clotting.

6. Cloves
India’s traditional Ayurvedic healers have used Cloves since ancient times to support the respiratory and digestive systems. treat respiratory and digestive ailments.

7-9. Lipase, Amylase, & Protease
These are my three signature digestive aids that will enhance the digestibility of this formula. Also these are important to correctly break down food for the citric acid cycle.

SUGGESTIONS:
For maintenance: 1-3 Tablets per day
For moderate support: 2-6 Tablets per day
For maximum support: 6-9 Tablets per day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
To Be All You Can Be,
Take Your COMPLETE-C!
BACKGROUND:
If I had to pick any one single vitamin that is most needed by the body and most deficient in the entire world population, it would unquestionably be vitamin B12. The need I see for B12 in my clientele alone over the past 20 years has been alarming.

I have been greatly troubled by this research because they precisely parallel everything I have always seen and said about the Hiatal Hernia Syndrome (HHS), creating mild to severe digestive imbalances in about 85% of those I see.

Digestion is the Key. If you want good health, keep your digestive system working well. B12 greatly assists digestion but is practically unabsorbed itself unless a special mucoprotein enzyme is present in the gut at the time of digestion called “intrinsic factor”. Without this enzyme, digestion is always reduced first.

A digestive imbalance can exist whether you feel it or not. According to research, nutritional imbalances that occur as a result of B12 insufficiencies include:
1) Nerve Tissue  
2) Iron  
3) Folic Acid  
4) Pantothenic Acid  
5) Certain Amino Acids  
6) Protein, Fat & Carbohydrate Metabolism  
7) Choline  
8) Vitamin C
9) Neuritis
10) Difficulty In Walking  
11) Insomnia  
12) Sore Mouth And Tongue  
13) Needles And Pins  
14) Hot And Cold Sensations  
15) Mild Disorders Of Mood  
16) Mental Slowness  
17) Memory Problems  
18) Diminished Reflex Response  
19) Difficulty Speaking (stammering)  
20) Unpleasant Body Odor  
21) Menstrual Disturbances  
22) Diminished Sensory Perception  
23) Intestinal Syndrome Sprue (Celiac Disease)

B12 will only absorb properly if your hydrochloric acid level and thyroid hormone levels are balanced. In this age of fast food and high stress, proper digestion must be worked for. Very mild to very severe B12 deficiencies can cause different levels of problems.

The list of imbalances that nutritional research has revealed related to B12 insufficiencies are startling. These are:

1) Nervousness  
2) Depression  
3) Insomnia  
4) Difficulty In Walking  
5) Neuritis  
6) Jerking Of Limbs  
7) Sore Mouth And Tongue  
8) Redness Of Tongue  
9) Numbness  
10) Stiffness  
11) A Feeling Of Deadness  
12) Shooting Pains  
13) Needles And Pins  
14) Hot And Cold Sensations  
15) Mild Disorders Of Mood  
16) Mental Slowness  
17) Memory Problems  
18) Diminished Reflex Response  
19) Difficulty Speaking (stammering)  
20) Unpleasant Body Odor  
21) Menstrual Disturbances  
22) Diminished Sensory Perception  
23) Intestinal Syndrome Sprue (Celiac Disease)

I can in no way verify whether these conditions are actually related to B12 insufficiencies, but this is what the research worldwide is stating.

This led me into some deep prayer asking for help. It came in the form of a dream. When I awoke, I wrote it down and began to gather the raw materials. I made a B12 creme. It is simple to use and very pink, thus I call it “Pink Lady”. Using a carrier system I was able to get the B12 effectively through the skin and into the blood completely bypassing the digestive process in a matter of seconds.

This is a non-toxic, hypo-allergenic creme. It is a wonderful hand creme. As usual, we are making no claims that this product will work, but my clientele love it. It sure beats taking injections, if you can get them at all.

According to medical texts the need for B12 increases during periods of high stress and pregnancy. Another interesting fact about B12 is that it is the only vitamin that also contains essential mineral elements.

There is some research that B12 is linked to autoimmune imbalances. This is where the immune system goes haywire and produces antibodies that fight against the body’s own tissues.

In conclusion, we all need B12. Practically everyone will benefit by getting more than they are presently absorbing in their systems.

SUGGESTIONS:
Use a big dab the size of your thumbnail once or twice a day and see if it helps. Give it at least 60 days to see, though it seems to work quickly. Just rub it on anywhere except the face.

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

REMEMBER:
Health Symptoms Of Low B12 Are Vast,
Use PINK LADY To Put Them In The Past

*Note: If you are experiencing any of the symptoms mentioned in this write-up on B12, or any other write-up in this catalog, please consult your medical authorities. Our products are in no way a substitute for necessary medical care and our articles are educational only. Neither the author, nor Holographic Health®, Inc., assume any responsibility for your health care. However, we strongly support your constitutional right to educate yourself and make your own choices.
SUNGOLD
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
SUNGOLD is a hypoallergenic creme containing a very high amount of B1, Folic Acid, B12, and B6. Each dab the size of a thumbnail provides an easily obtainable form of these vitamins. They can be utilized by the body by rubbing them onto the feet or abdomen.

There is quite a body of research that talks about the amino acid homocysteine as being the major reason for heart disease, not cholesterol. Homocysteine causes severe atherosclerosis. This was discovered by Dr. Kilmer McCully in 1969. Further he found a most interesting discovery, all patients with high homocysteine levels were also low in 3 specific B-vitamins. These are folic acid, B12, and B6.

Research suggests that a folic acid insufficiency (also known as B9) alone has direct relationships to the following. This does not include the incredible benefits of B1, B6, and B12. The benefits of B12 are outlined in the section on Pink Lady. The addition of B1 (Thiamine) is very important to completing this product. It not only balances each of the four elements (earth, water, fire and air) along with the other 3 Bs, but also creates stabilization within each of the 12 health system components found in the theory of Holographic Health.

1) Brain Damage
2) Constipation
3) Falling, Gray Hair
4) Sleeplessness
5) Depresssion
6) Mental Illness
7) Cleft Palatte
8) Mouth Sores
9) Brain Defects
10) Spina Bifida
11) Loss Of Libido
12) Anemia
13) Weakness
14) Celiac Sprue
15) Fatigue
16) Serious Skin Disorders
17) Restless Legs In Pregnancy
18) Forgetfulness And Irritability
19) Immune System Tissues Damaged
20) Sore Inflamed Tongue
21) Chromosomal Damage
22) Bone Marrow Changes
23) Toxemia Of Pregnancy
24) Abruptio Placenta
25) Hemorrhaging After Birth
26) Red Blood Cell Changes
27) Pregnancy Anemia
28) White Blood Cells Affected(lymphocytes)
29) No Wound Healing
30) Much Higher Risk Of Stomach And Esophageal Cancer

SUGGESTIONS:
1-2 dabs a day the size of the thumbnail (about 1/8 tsp) rubbed on the feet or abdomen. More can be used safely if needed. These vitamins are water-soluble and will be easily eliminated from the body.

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT

REMEMBER:
If B1,6,9,and 12 symptoms Start To Unfold, Use A Dab Or Two Of SUNGOLD!

WIPE-OUT
For Health Issues That Need Additional Support
Created To Promote Health Through
Alkaline-forming Formulas

BACKGROUND:
For Health Issues That Need Additional Support and are not responding to Immuno-Well, Fungal Balance, Para-Norm, Free Breath and Senses, consider Wipe-Out. We are seeing the reemergence of many older bugs. It appears that our over-utilization of synthetic drugs has created a whole new set of stronger than ever monsters. Many strains are mutating into more and more powerful forms. I ran across one the other day which can eat through stone and is immune to radiation.

Wipe-Out is a powder that combines many factors nutritionally and energetically together. It tastes about like a sweet-tart. Do not mix it with citrus juices.

I can guarantee you that all of the ingredients are natural and are the highest quality available.

INGREDIENTS:

SUGGESTIONS:
Start with 1/16 teaspoon and progress toward one or more teaspoons a day. Increase according to the amount of support needed.

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD; DAY OR NIGHT
SKIN SUPPORT

ALPHA-OMEGA
(Available in Homeopathic form only)

BACKGROUND:

Essential fatty acids (EFAs) are the beginning and ending of all good nutritional programs. They are the fats that we cannot manufacture, but we need to live. “Essential” is used to mean “must be ingested”. Other fatty acids are manufactured by the body. Alpha-Omega has been shown to have an excellent effect on supporting healthy triglyceride levels and if used with Blood Harmonizer has an overall positive effect on blood lipid levels.

There are several subtypes of fatty acids. These are Omega 3, 6, and 9’s.

Research suggests that EFA insufficiencies are linked to:
1) Growth retardation 9) Miscarriages
2) Eczema 10) Excess sweating, with thirst
3) Hair loss 11) Sterility
4) Liver degeneration 12) Susceptible to infections
5) Heart problems 13) Weakness
6) Behavioral problems 14) Dry skin
7) kidney damage 15) Vision problems
8) Arthritis pains 16) Tingling sensations in arms & legs

In Alpha-Omega, we have good balance of most of the necessary EFAs. I have tried many different types. This is the only one that I don’t burp. I feel better when I take it! Quality control in gel caps is harder than other methods because the oils may go rancid. The way Alpha-Omega is put together seems to prevent this.

I am pleased to offer this supplement to you. It works well.

INGREDIENT LISTING

1. Flax Seed Oil (400 mg)
   This supplies:
   a. Alpha-linolenic acid((Omega 3) 212 mg)
   b. Linoleic acid((Omega 6) 47 mg)
   c. Oleic acid((Omega 9) 75 mg)

2. Borage Seed Oil (400 mg)
   This supplies:
   a. Linoleic acid((Omega 6) 128 mg)
   b. Gamma linoleic acid((Omega 6) 76 mg)
   c. Oleic acid((Omega 9) 78 mg)

3. Fish Oil (400 mg)
   This supplies:
   a. EPA (72 mg)
   b. DHA ((Omega 3) 48 mg)
   Obtained From Cold Water Fish

4. Vitamin E (15 IU)

SUGGESTIONS:
For maintenance: 1-3 Soft Gels per day
For moderate support: 2-4 Soft Gels per day
For maximum support: 4-8 Soft Gels per day

OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

PRODUCT PAGE

REMEMBER:
If Your Skin Looks Like A Dried Up Prune,
You Better Take Some ALPHA-OMEGA Soon!

HOLO-SKIN

Holo-Skin is a great smelling facial nourisher with eight blended essential oils that display several interesting properties. These attributes are not caused by any one of these precious oils alone. The amazing positive effects of Holo-Skin result from the way they are combined according to the Four Elements as described in the Holographic Health Theory. This balancing gives Holo-Skin the ability to maintain skin level synchronization throughout the various levels of our being. Each essential oil has a primary and a secondary oil that stabilizes one of the Four Elements.

1) Sandalwood:
   Stabilizes the earth element while supporting all nervous system and spinal problems. The secondary protective essential oil in this category is carrot seed.

2) Frankincense:
   (Hojary quality from Oman)stabilizes the water element while supporting all hormonal and digestive systems. The secondary protective essential oil in this category is geranium.

3) Jasmine:
   Stabilizes the fire element while supporting the heart, and all immune system functions. The secondary protective essential oil in this category is myrrh.

4) Rose:
   Stabilizes the air element while supporting all cleansing organs and all of our special senses. Furthermore, it acts as a systemic immune system supporter. The secondary protective essential oil in this category is lavender.

The positive effects of Holo-Skin are:

1) Holo-Skin acts directly on wrinkle-prone areas. It revitalizes them and with its natural anti-oxidant nutrient oils, maintains skin health and integrity while keeping skin hydrated. Poorly hydrated skin is more prone to wrinkle formation.

2) Holo-Skin acts on the epidermis as a blocker and neutralizer of harmful electromagnetic waves (called ELF’s). Perfume companies are beginning to recognize what we have been talking about for twenty years. They are beginning to make anti-electromagnetic wave spray formulas. These ELF’s are harmful to the body!

3) Holo-Skin guards against the damaging free radical oxidation effects which are present in our air these days. This is from the vast amount of chemical airbourne pollutants swirling around in the air you are breathing at this moment.

IF USED AT FOUR TO SIX DROPS A DAY, A BOTTLE SHOULD LAST ABOUT 3 MONTHS. CAN BE USED UNDER MOISTURIZER OR AS A MOISTURIZER.
**SKIN/HAIR/NAILS**

Created To Promote Health Through
Alkaline-Forming Formulas

**BACKGROUND:**
The skin is our largest organ—adults carry some 8 pounds (3.6 kilograms) and 22 square feet (2 square meters) of it. It is in three layers. This fleshy covering does a lot more than make us look presentable. In fact, without it, we’d literally evaporate. Skin acts as a waterproof, insulating shield, guarding the body against extremes of temperature, damaging sunlight, and harmful chemicals. It also exudes antibacterial substances that prevent infection and manufactures vitamin D for converting calcium into healthy bones. Skin additionally is a huge sensor packed with nerves for keeping the brain in touch with the outside world. At the same time, skin allows us free movement, proving itself an amazingly versatile organ.

Hair is the fastest growing tissue in the body, second only to bone marrow. Thirty-five meters of hair fibre is produced every day on the average adult scalp. The average scalp has 100,000 hairs. Redheads have the least at 80,000; brown and black haired persons have about 100,000; and blondes have the most at 120,000. 90% of scalp hairs are growing and 10% are resting. It is normal to lose 100 hairs per day from the scalp. You must lose over 50% of your scalp hairs before it is apparent to anyone. Many drugs can cause hair loss. Thyroid imbalance and iron insufficiencies are reversible causes for hair loss. Over 50% of men by age 50 have male pattern hair loss. Forty percent of women by the time they reach menopause will have female pattern (hereditary) hair loss.

Nails grow faster in the summer than in the winter. Men’s nails grow faster than women’s (except during pregnancy and later in life when growth increases). The nails on the hand you write with grow faster. The longer the finger, the faster your nail grows. After an illness, your nail growth increases. Malnutrition, crash dieting or eating disorders can affect your nails. Your nail growth rate is affected by condition, hormone imbalance and aging. Nail disorders make up about 10 percent of all skin conditions. The condition and color your nails may indicate an underlying condition/illness, so it is important to remove nail polish and check your nails periodically, particularly before your annual checkup so your doctor can examine your nails for signs of anything. Color or shape changes, swelling of the skin around the nails, white lines, ridges or dents in the nail that don’t go away or nail pain are things that you may want to discuss with a physician. The nail plates are dead cells and contrary to the popular belief, they don’t breathe. So they don’t require oxygen. However, the nail beds and the cuticles are live cells and they do need oxygen, vitamins and minerals.

Nails don’t sweat. The nail bed does not have sweat glands, so it can’t perspire. It is the skin around the nails that gets sweaty. Nails grow at the rate of 0.1 mm daily (or 1 cm in every 100 days). So, for a finger nail to regrow completely, it takes between 4 and 6 months. For toe nails, the period of complete regrow is 12 to 18 months. Men’s nails grow faster than women’s nails. Finger nails for both genders grow faster than toe nails. Toe nails are about twice thicker than finger nails. The fastest growing nail is on the middle finger. The slowest – on the thumbnail. When nails are freshly cut, they grow faster than nails that are not cut often. That is why it takes so much time to grow nails longer than an inch (breaking nails is excluded). Seasons and weather also affect nail growth. Nails grow faster in warm climates and during daytime, than in cold climates and at night. Nails grow faster on young people than on old people. Also nails grow much faster during pregnancy. Nails grow at different speeds on both hands. If you are right-handed, the nails on your right hand will grow faster than the nails on your left hand and vice versa. Light trauma, like typing on a computer stimulates nail growth. Well, this kind of trauma looks more like a massage actually. Nails reflect your health status. Some mammals, for example elephants, have 5 nails on each of the their front legs and most often only 4 nails per hind leg. It is a myth that hair and nails will continue to grow for several days after death. This is an optical illusion and is due to the fact that the skin shrinks, thus making it look as if the hair and nails are growing.

Nails are very tough (compared to skin of course) but even they will be dissolved in about 4 days, if you put them in Coke because Coke is highly corrosive. Nail manicure is a very ancient activity. There is evidence that even 4,000 years ago it was known to our predecessors. The longest finger nail ever recorded was that of an Indian guy and it was 48 inches long. If you don’t drink enough water, this is bad for your health anyway but you might have never expected that it leads to dry nails as well. A hang nail is painful because you have ripped open the edge of the living nail root.

Zinc has a large variety of functions in which it participates. It is related to the normal absorption and action of vitamins, especially the B complex. It is involved in at least 25 known enzymes associated with metabolism. Zinc is a prime component of insulin and it is needed to break down alcohol.

Why does zinc work so well for skin? The most plausible reason was put forth from researchers at John Hopkins University. They reported that zinc insufficiencies suppressed RNA synthesis in the skin but not in the other organs tested. RNA gives instructions for repairing protein tissues, such as skin. It cannot do this when there is a zinc insufficiency.

Approximately 10 percent to 20 percent of the world population is affected by eczema at some point during childhood. Fortunately, many children with eczema find that the disease clears and often disappears with age. Research shows that zinc can improve this.

In general, atopic dermatitis will come and go, often based on external factors. Although its cause is unknown, the condition appears to be an abnormal response of the body’s immune system. In people with eczema, the inflammatory response to irritating substances overreacts, causing itching and scratching. Eczema is not contagious and, like many diseases, currently cannot be cured by medical methods.

**INGREDIENT LISTING**

1. **Horsetail**
   Horsetail is a member of the Equisetaceae family; the sole survivor of a line of plants going back three hundred million years. It is a descendant of ancient plants that grew as tall as trees during the carboniferous period of prehistoric times and members of this family gave rise to many of our coal deposits. Because of its content of silica, this plant is recommended when it is necessary for the body to repair bony tissues that are in not well condition, as a result of some
traumatism or because of their own corporal decalcification. Silica helps to fix calcium, so that the body can store more quantity of this mineral and it is able to form stronger bones or tendons.

2. MSM (Methylsulfonylmethane)
This miracle substance is needed by every cell. Besides being an excellent source of dietary sulfur, it aids and builds the more superficial connective tissues, skin, hair and nails in the body.

3-5. Lipase, amylase, protease
This is my signature three digestive enzymes that assist the formula to properly absorb and do their job. You will see it in most all of my formulas.

6. Vitamin B6 (pyridoxine)
This is essential as a cofactor to make zinc in any form work better.

7-11. Zinc Picolinate, aspartate, citrate, gluconate, and orotate
These 5 forms of zinc work together to penetrate the cell. They address each level of the cell structure. Their overall direction is toward the layers of the skin.

12. Peppermint oil
Used as a digestive aid to soothe the nausea that zinc supplements can sometimes cause.

SUGGESTIONS:
For mild support: 2 Tablets per day
For maximum support: 4-6 Tablets per day
Children under 10 yr. old: .5 to 1 Tablet per day

NOTE: ALLOW 60 DAYS TO DETERMINE IF IT HELPS.
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

INGREDIENT LISTING
1-2. Aloe Ferox and Aloe Leaf
Known for its safe laxative effect.

3. Barberry
Good for the liver blood cycle.

4. Turkey Rhubarb
Supports the blood cycle of the liver.

5. Lactobacillus Bifidus
Recolonizes friendly colon bacteria, reduces gas.

6-10. Lipase, Amylase, Protease, Green Papaya, Peppermint Oil Powder
Supports digestive enzyme function from the pancreas and helps to eat up dangerous waste.

11. Fenugreek
Used to calm the stomach.

12. Senna
An excellent bowel support. Cleans the cerebrospinal fluid. We use only 1 mg. just to balance the formula. It has no toxic effects at this minute dosage!

SUGGESTIONS:
Take At Bedtime
2 capsules a day for most cases, and increasing this number until proper bowel support occurs.
OR CONSULT YOUR HEALTH PRACTITIONER.
CAN BE TAKEN SAFELY WITH OR WITHOUT FOOD AT NIGHT

REMEMBER:
Clear Your Can,
With CAN-CLEAR.

BACKGROUND:
The liver and colon are the main sites of excess poison accumulations that are the end result of our metabolism. Without proper elimination of these poisons through the bowel every day, these waste products will reabsorb back into the body to some degree. Therefore one to three good bowel movements a day are mandatory. Even with supposedly good eliminations, there may still be waste poisons that persistently cling to the walls of the colon and want to “hang out” in the liver. The body, through its liver-bowel coordination, attempts to “washout” as many of these each day as possible in our eliminations.

It is my belief that dangerous waste cells are held in the liver first, then passed on into the colon as quickly as possible. If the bowel does not move them out quickly enough, these dangerous cells can reestablish themselves in the colon.

Mrs. S.S., a long time patient of mine in her 80’s told me “the secret to health and longevity.” She said, “Keep your bowels open and your mouth shut.”

Can-clear definitely regulates the bowels .... about keeping your mouth shut, I am still learning myself!
FLOW-THRU

Created To Promote Health Through Alkaline-Forming Formulas

BACKGROUND:

The kidneys operate in a very rhythmic harmony with the heart. If this synchronization is disturbed, kidney-heart problems follow. Flow-Thru was created to regulate this delicate balancing act between the kidneys and the heart. The results vary.

The natural way sometimes takes longer because our idea is to energetically balance and support the problem area, not just force an already weak, overstressed organ to carry on.

I often recommend Aspara-Can and or Kleen Sweep to be taken with Flow-Thru.

In kidney-heart issues which seem to afflict literally millions of people worldwide, always protect the heart first because this is the primary organ.

It is most important that you see your medical doctor if you are swelling a great deal. Flow-Thru, like all of our Holographic Health® Formulas, is a nutritional support, not a substitute for prescribed drugs. However, if you take any of these food supplements and feel better, this is your constitutional right.

INGREDIENT LISTING

1. Poria
   This is one of the principle fluid balancers in Chinese medicine. It is the primary ingredient in Flow-Thru. It is balanced; sweet. Enters the heart, spleen and small intestine channels.

2. Potassium Orotate
   It has been long known to support kidney excretion and balance. In order to bring a sense of harmony into Flow-Thru, this has been carefully measured. It unites with phosphorus to nourish the brain, and sulphur to oil the skin. An oxygenator.

3. Vitamin B6
   Not only does B6 allow for the absorption of potassium, it is in itself an excellent fluid regulator.

4. Marshmallow Root
   Used since Greek times, it supports the kidneys and urinary tract.

5. Watermelon seeds
   All of us know that eating watermelon makes us urinate. The seeds are even better. Plus they contain alkaline-forming substances.

6. Juniper Berry Extract
   Long used as a successful fluid regulator, particularly as this relates to the heart & liver.

7. Cornsilk
   Used as far back as ancient China; recent research finds it to be highly effective for balancing proper fluid levels. I have used it for 15 years with success.

8. Parsley leaf
   Seems to inhibit salt reabsorption. Very good fluid balance.

9. Cinnamon Bark Powder
   Supports kidney function

10-13. Amylase, Protease, Lipase, Peppermint Oil Powder
   A synergistically balanced group of digestive enzymes designed to allow this formula to be easily absorbed.

SUGGESTIONS:

For mild support: 1-2 Capsules per day
For moderate support: 2-4 Capsules per day
For maximum support: 4-8 Capsules per day

OR CONSULT YOUR HEALTH PRACTITIONER.

CAN BE TAKEN WITH OR WITHOUT FOOD, DAY OR NIGHT

REMEMBER:
If Your Urine Is Too Slow, Get In The FLOW

TRIM-IT-UP

A BALANCED APPROACH TO WEIGHT LOSS

Created To Promote Health Through Alkaline-Forming Formulas

BACKGROUND:

Weight problems are complex. They cover every aspect of the psychological as well as physiological makeup of a person; therefore, I have created an approach that addresses this problem from a multitude of directions. I have been asked about dietary approaches to weight imbalances since my first day as a doctor. After 20 years of watching patients and friends suffer from the mental, emotional and physical pain that excessive weight causes in all areas of their lives, I feel I have a safe answer.

It is important for anyone wishing to use Trim-PM to understand that I am not holding myself out as a weight-loss guru. Nor do I stand alone in my ideas. Through careful observation over the last 20 years, I have determined which weight-loss approaches seemed to work while keeping the body in balance, and why. I have combined these ideas from which I feel you can benefit. I have then added my own knowledge and experience to the process.
This is why I am recommending that you use two other products to insure that you will stay in balance during the time you are losing weight. Both of these have proven to us clinically that they will assist in weight loss on their own, but I do not sell them just for this purpose. These two products are 12 Systems Synergistic Multiple and Extreme Greens. These will provide the missing needs in your diet when you change it without adding anything into your diet that will increase weight.

A fourth supplement may be needed if you have trouble with constipation. That is Can-Clear. If you are not going often enough, acid waste poisons accumulate quickly causing all manner of illnesses and weight problems.

Excess weight is held in the body by these poisons and other tissue acid wastes. They hold water and fat in the cells and in-between the cells. To enhance weight loss metabolism, we want to reduce these poison by-products from the body.

My Holistic Approach To This Is Threefold:

- **To Increase Digestive Ability.**
  This is accomplished by the products themselves, proper food combinations, correct alkaline/acid ratios, and exercise.

- **To Reduce The Accumulation Of Any Toxins Which Interfere With Assimilation Of Food Nutrients, Creating A State Of Chronic Hunger.**
  This is done through the anti-oxidant activity found in the supplements and their nutritive support to your cells.

- **To Eliminate These Poisons.**
  This is done by increasing the fiber in your diet, the breathing exercises, drinking enough water, and certain nutrients in the formula that work very mildly. You may add our formula called Can-Clear, mentioned above, if you are still not clearing out enough.

  I wish I could make hard-fast promises about how much you will lose, but I cannot.

  Your amount of weight loss will depend upon your level of commitment.

### In The Package We Will Also Include:

1. **A low carbohydrate diet instruction sheet with gram amounts.**
2. **A food-combining chart. Put it on your refrigerator.**
3. **7 -day meal guideline and some basic diet recommendations.**
4. **An Alkaline/Acid list. Put it on your refrigerator too.**

Give this program at least 6 months to complete itself. Most of your losses will occur well before this. The walking, weight training, and basic low carbohydrate, high protein diet will keep you stable from that point.

Weight loss is not easy, so don’t be hard on yourself as you go through this process. Just do it. Commit to a more healthy life-style that will make you feel and look good.

### Recommendations

Take 2 Trim-PM at lunch and 2 at supper then 1 at bedtime. If you feel you can handle more after 3 days, go to 2 at bedtime. Wait another week and if you feel you can tolerate more, go to 3 at bedtime.

Take 1 of the 12 Systems Multiple with each meal. Take 1 to 2 of the Extreme Greens with each meal.

1. Trim-P.M. - 60 Tablets/Bottle
2. 12 Systems Multiple - 100 Tablets/Bottle
3. Extreme Greens - 100 Capsules/Bottle

* A 12% Savings Over Buying Them Individually!

### Trim-PM

*(Take only after 12:00 P.M.)*

Created To Promote Health Through Alkaline-Forming Formulas

**Background:**

It fulfills the second goal of my holistic approach to weight imbalances which is to reduce the accumulation of any toxins which interfere with assimilation of food nutrients, creating a state of chronic hunger while at the same time reducing weight through nighttime metabolism changes. The best time to breakdown toxins is in the afternoon and when you are sleeping because the body’s cleansing cycle starts then. Many people find that Trim-PM is excellent for insomnia.

Trim-PM’s effect is cumulative. It works slowly, but in a few days you will just start feeling like not eating as much in the mornings and up till lunch. What you do eat should be protein- oriented for breakfast like eggs, cheese and turkey or chicken. Sound appetizing? Just try it! Leave off the potatoes, bread (except protein bread) and cereals and watch what happens.

1. **L-Methionine**
   This preferred L-form of methionine is an excellent afternoon and nighttime weight loss substance and the primary ingredient in Trim-PM. It assists in the breakdown of fats, and helps prevent a buildup of fat in the liver and arteries, which is when these areas are cleaning themselves. It detoxifies harmful agents such as lead, mercury and all other types of waste acids. It diminishes muscle weakness, prevents brittle hair, protects against radiation, and is beneficial for osteoporosis and chemical allergies. It is a powerful antioxidant. In fact, according to research, as toxic substances in the body increase, the demand for L-methionine also increases.

2. **Enzymatically Hydrolyzed Bovine Collagen**
   This substance has gained a lot of popularity as an ingredient for nighttime weight loss. It works for this, but information as to exactly how is not clear to me. Another positive benefit of collagen that I see clinically, is that it effects musculoskeletal imbalances.

3. **Pandalidus Biopolymer Extract (PBE)**
   It has made a big splash lately in the weight-loss industry. There
appears to be a fair amount of valid research supporting it. PBE attacks fat and cholesterol binding them in the intestines, and not allowing them to absorb. This unabsorbed fat is then harmlessly eliminated through the colon. PBE doesn’t interfere with other vitamins or minerals it seems. PBE then rids the body of these congestive poisons, thus reducing excessive weight. **PBE is derived from shellfish, so if you are allergic to shellfish, consult your doctor before taking this product.**

4. **Hoodia Gordonii**

Pure Hoodia is Caffeine, Ephedra and Stimulant free. EVERY clinical case has shown people have been able to reduce their calorie intake by 900 to 1,100 calories daily. This is enough for most people to lose a pound every three-four days. Hoodia has no known side effects, no heart racing like you get from ephedra. Helps you lose weight naturally by suppressing appetite and allowing for comfortable normal feeling calorie reduction.

5. **Coleus Forskohlii**

In a recent study, six overweight women took 25 mg of coleus (250 mg capsules of 10% standardized forskolin extract) twice daily for eight weeks. At the end of the eight-week trial, the participants lost a mean of ten pounds, and reduced their percentage of body fat by nearly 8%. Blood pressure levels also trended lower during the trial.

6. **Hydroxycitric Acid**

Hydroxycitric Acid (HCA) is a popular ingredient in commercial weight-loss preparations. Research suggests that HCA is effective at triggering safe weight-loss. Animal studies have shown that HCA supports healthy serotonin levels and is effective at promoting weight loss.* Hydroxycitric Acid also shifts the bodies preferred energy source from carbohydrates to fats.

7-10. **Lipase, Amylase, Protease, Peppermint Oil Powder**

Digestive enzymes used to guarantee that Trim-P.M. will digest properly once in the stomach.

**SUGGESTIONS:**

Trim-P.M. is only to be taken in the P.M. hours.

OR CONSULT YOUR HEALTH PRACTITIONER.

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**AMISH WONDER OIL**

*(Secret Amish Formulation)*

**BACKGROUND:**

Every hundred years or so, a salve, balm, unction or formula of some sort comes along that just can’t be topped. When I came across this one, at first I refused to believe all the stories I had heard. They sounded just too good to be true.

The Amish people are farming folk. And farmers have to have hard core answers to problems that arise...or they go under. One of the answers they found through generations of experimentation is the “Amish Wonder Oil”. It contains all natural ingredients brewed in some precise method with precise proportions...and it works! They use it on farm animals and for themselves.

I’m proud to carry the “Amish Wonder Oil” in my Biokinetic formulas. Every household in America ought to have it on the shelf. You just can’t beat generations of “must-get-results” out on the frontier.

**SUGGESTIONS:**

Shake it up until it turns yellow and apply twice or more daily.

**DON’T DRINK IT, JUST BECAUSE IT WORKS ON EVERYTHING ELSE.**

**IT IS FOR EXTERNAL USE ONLY.**

**REMEMBER:**

If You are Sore, Cut, or Blemished from too much Toil, Spread on the AMISH WONDER OIL.
BAD DREAMS?
BLOODSTONES

Background:
Bloodstones (jasper) were recommended by St. Hildegard of Bingen, an enlightened 12th century Christian Saint, to dispel nightmares, and also, as she states, “the small demons that agitate one’s sleep and life.” I have seen Bloodstone help many times with bad dreams and nightmares; however, I can give you no guarantees. This is part of God’s wisdom. I have no scientific explanation for it. Place the stone next to the skin at bedtime. Some people tape it on. I have these available if you cannot find one. They are reasonably easy to locate at rock shops.

CAMPHO-RUB

Background:
Different forms of congestion are the primary cause of any and all pains and illnesses.

Our two basic external formulas address these congestions and balance them through (rub on) methods. Each serves a different purpose:
The Amish Wonder Oil is wonderful for what The Chinese call “Yang” (hot) conditions.
Campho-Rub reaches deeper into the body moving the more that deal with stagnant energy, lymph and blood. It is for what the Chinese call “Yin” (cold) conditions. It is more “heating,” but does not burn like capsicum. It is very comforting.

The method of properly compounding these quantities of camphor is no longer commercially available and is not sold anywhere that I have seen. This old time “Yin” balancing formula we call Campho-Rub, perfectly complements the Amish Wonder Oil, which is its “Yang”-balancing counterpart.

Keep both of these wonderful external “Yin-Yang” oils in your medicine cabinet. You will find a thousand uses for them just like we do.

Suggestions:
If you rub it on the chest, you must cover up very well if you go outside. Campho-Rub opens the skin pores then penetrating deeply. It is better to use a white cotton towel to cover the chest and relax awhile. Then rub the oil off and cover up very well. For all other aches, pains and scars, rub it on, but cover them with something if going outdoors immediately after application.

Shake well before using. A little goes a long way.

DELETE
(For Relief From Outside Influences)

Background:
Holographic Health® includes all facets of our health and life here. Just as I believe and have seen angels, so also do I believe and have seen the other spectrum of life.

Practically every aspect of Jesus’ healing work related to the “casting out of demons”, then health immediately returned. Any holistic healer worth his/her salt will tell you that unseen influences occasionally interfere with our health. Being a Christian, the struggle between light and dark becomes a constant reality to me; particularly when looking at the body as a whole. For me, the SOUL is what makes us live.

These outside influences are forces of chaos that would weaken and disrupt our spiritual life if they could. Just as people can be cunning and devious in this world, there are discarnate entities who are also cunning, devious, and in some cases, just plain malicious. You do not have to believe in God, have a religion or believe in an afterlife to see the way these dark forces are presently shaping our world.

To help mitigate, protect and deal with some of these energies during this turbulent age of the prophecies, I have formulated “Delete”. It is an anointing oil that is designed to give us protection and a little breathing room from these malevolent forces, until whatever is going to happen, finally happens in this world.

Symptoms of this problem are tricky because these energies can mimic any other health conditions, even ones as simple as headaches. Children are especially susceptible because they are more open and innocent. Listen to your children’s speech. If it drastically changes, pray for guidance. God will reveal the truth to you. Irrational activity among adults is another sign. Quick mood changes and tendencies to violence are indicators on occasion. Sometimes just long-term sickness that seems undiagnosable by your doctors can be a sign.

Delete is composed of nine essential oils in a base of high-grade almond oil. These work in a synergistic manner for this imbalanced state. It must be understood that the oils alone are not strong enough to do this work. It is the sealed frequencies that are prayers of protection in conjunction with the right oils in the right amounts that actually make this formula so powerful.

Remember that St. Paul wrote in Ephesians 6:12...For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

Many people worldwide have contacted me for help with these difficult, sometimes unspeakable problems. I don’t do any personal consulting on this situation. Contact your religious leader for further guidance.

Pray unceasingly.

Suggestions:
If you feel you might be afflicted by these sources, put a drop on the crown of head, to the right of the crown, on the throat, heart, navel, and one on the bottom of each foot or anywhere else there is some need of attention.
EAR-WELL

BACKGROUND:
Otitis media is the number one problem for children today, and more drugs are given for this than anything else. Most ear infections are the result of fungus. I have used this combination of oils for many years with success with my patients and family. I know it will be of value for you and your family too.

RECOMMENDATIONS:
Shake it well and use 1 or 2 drops in each involved ear at night.
Add a little piece of cotton in the ear to help hold the oil in if necessary.

REMEMBER:
If Something Nonphysical Is Tickling Your Feet, Try A Drop Or Two Of DELETE.

EYE-C

BACKGROUND:
The “Windows of the Soul” need not only to be cleaned on occasion, but also nourished and protected. When I formulated EYE-C, all these considerations were made. Particularly, I was attempting to “feed the eye”.

One vitamin that the eye really loves is Vitamin C. My approach is to feed the organ directly with this necessary nutrient.

Whether vision itself can be improved by “feeding” the eye, I cannot say. I use the product personally.

SUGGESTIONS:
Use one drop in each eye one to three times a day depending upon your situation. It stings a little when you first put it in, but stops very soon. This is because you really need it. The more the sting, the more the need. Sometimes one eye will sting more than the other which means that particular eye is stressed more than the other. Both hard and soft contact lens users tell me that EYE-C does not affect their contacts. It seems to clear the contact lenses as well as relaxing the eyes. However, it is not recommended for contact lens users when the contacts are in.

My patients love EYE-C. I bet you will too.

REMEMBER:
If You Want To See More Free, Try A Drop Of EYE-C.

FLUSH OUT

(A Sinus Facial Bath)

BACKGROUND:
Flush Out is an all-natural folk remedy used to support the mucous membranes and sinuses. Chemical and heavy metal pollutants have now saturated our environment to the point that practically no one is immune to sinus woes.

Many people suffer with sinus issues and yet have no idea they even have them! This is because they don’t have runny discharge and sometimes no nasal discharge at all.

Most people don’t realize that the sinuses are huge. Haven’t you wondered how so much mucous can come out of your head each day when you have a cold? The size of the sinuses are deceptive. They can hold a great deal of poisons on the walls that aren’t expelled properly.

RECOMMENDATIONS:
If Flush Out is used one or two times a day, you will notice improved sinus ventilation. With continued use you will notice more optimal air flow.
To do this simple, highly effective therapy takes about 30 seconds. There are 2 methods. The first method is the one most commonly recommended for sinus bathing. Start with a 5-quart bowl:
1. Fill a 5 quart bowl (not aluminum) with warm water.
2. Put ½ dropperful of Flush Out in the Water. Work up to 1 full dropperful after 1 week.
3. Stir.
4. Gently submerge your eyes, nose and mouth in the bowl. (See diagram below).
5. Breath in just enough of the solution to get it up into your nose. Blink eyes open and shut twice. Blow out the solution back into the water and raise your face out of the water. Blow out any excess water & mucous.
6. The total time you should have your face in the bath is between one and three seconds.
7. You may have mucous being excreted through the mouth and nose like a postnasal drop throughout the day. Spit this out. Occasionally, some mucous will come out of the eyes. Don’t be concerned. This is just part of the cleaning process.

**The second method is easier if you have a problem putting your face in the water.** Just run and prepare the water as given before. Then lift the water in cupped hands up to your face and sniff the water in through your nose. Gently blow it back out and wipe off. That’s it! Simple. This is the method I use.

**REMEMBER:**
*Purge Your Sinuses Clean,*  
*Without a Doubt*  
*by Using the Home Remedy,*  
*FLUSH OUT!*

---

**BABY-FLUSH**

**BACKGROUND:**
Some folks wanted to use Flush-Out with their children. But the children wouldn’t put their faces in the water or cup it in their hands and bring it to their face. Some adults also have the same problem. So I made up a stabilized solution of Flush-Out in distilled water. It comes in one and a quarter ounce clear plastic dropper bottles.

**SUGGESTIONS:**
You can use it in one of two ways. Either turn it upside down and let the individual drops go in the nose, or hold it upright and squeeze the bottle. When held upright and squeezed, it will squirt up into the nose. Just a squeeze in each nostril and a couple of drops in each eye. Our experience is that Baby-Flush works as well as Flush-Out for the sinuses. It is convenient for mothers with children or people on the go. Carry it in your pocket or purse and clean up those sinus problems.

Cautions: Keep Flush Out and Baby Flush out of reach of children. Do not use if you are allergic to iodine. This solution is poisonous if drunk at Full Strength. If ingested, use milk or corn starch immediately as an antidote and call your poison control center. If diluted in 4 quarts of water as suggested, it is absolutely safe.

**REMEMBER:**
*If Your Sinuses Are Full of Slush,*  
*Try some BABY FLUSH*
GREAT GUMS!

BACKGROUND:

When checking for all 190 conditions in the body, I am amazed at how often the gingiva (gums) are affected. I have formulated a very effective solution. It is based partially on the successful recommendations of Edgar Cayce and what I have seen that will create a balanced situation.

The gums are part of what I call the “fearsome foursome”. This relates to the four areas of the head that harbor hidden infections in what I refer to as the “eagle’s nest”. These are: the ears, the eyes, the upper and lower sinuses, the gums and teeth.

When your immune system gets a little weak, these come roaring out of their safe sanctuaries in the “eagle’s nest” and imbalance the body, creating all manner of havoc. After another battle in which your immune system finally wins again, these are beaten back up into “the eagle’s nest” where they remain safely cloistered until you weaken down again. Each of these battles cost something for your body to fight (sometimes more than you can afford), so you want to minimize these struggles as much as possible. The best way to do this is by addressing these areas directly.

I have created several ways to do this.

These are:
1) Ear-Well -for the ears
2) Eye-C -for the eyes
3) Flush-Out & Baby Flush for the upper and lower sinuses
4) Great Gums! for the gums

If after a period of time there is no improvement in these dental situations, seek dental care. Many times just using Great Gums! several times a day brings balance. I am very pleased with the results I see.

SUGGESTIONS:

For maintenance:
Use once at night after brushing.

For mild support:
Use 3 times per day.

For moderate support:
Use 5 times per day.

For maximum support:
Use 7 times per day.

*IF PROBLEMS PERSIST, SEEK DENTAL CARE IMMEDIATELY.

HEMORR-NORM

Background:

It has been stated that there are only two kinds of people in the world.... those that have hemorrhoids and those that don’t. I am surprised at the large number of people that are bothered by hemorrhoids. Their presence indicates a physical as well as energetic imbalance that leaves us vulnerable to certain electromagnetic problems.

There are different types of hemorrhoids. Some bleed, some protrude, some hurt and some don’t. But all are problematical. It appears that what causes their presence is a rather complicated matter. It is not just excessive lifting or constipation. It is involved with many interrelated body systems. Among these are coccyx problems and bowel imbalances. I have also recommended this ointment for excessively rough cracking skin on the feet and hands with excellent results. It can also be used on external sores. Some people have what is called “electrical problems”.

Use of Hemorr-Norm nightly seems to calm these down.

Edgar Cayce recommends this exercise to help hemorrhoids by raising the sphincter nerves:
In morning and evening, with loose clothes on do the following 3 times. To help, you must do them regularly.
• Rise up on toes and raise your arms above your head simultaneously.
• Then try and torch the floor with hands while still up on your toes.

It takes time to heal these problems.

SUGGESTIONS:

Give Hemorr-Norm up to 3 months for best results. for total support. Use it daily and watch your progress.

COMPLETELY SAFE FOR ALL AGES
EXTERNAL USE ONLY
MAGNETS

BACKGROUND:
Magnets have been used since ancient times. Back then, they were called “lodestones” and considered magical. Today magnets are still magical in their ability to bring comfort. But in these times we understand a little more about why.

A magnet has two poles, north and south. The north pole is considered a counterclockwise cooling force. The south pole is considered a clockwise healing force. For our purposes in health matters it is recommended to use only the north pole of the magnet. After twenty plus years of using magnets, I have seen no ill effects. Usually if they don’t work, it is because I have put them on a distant point instead of the origin. The north pole’s cooling action is like having an ice pack on an inflamed area.

There are only two basic rules to remember in the use of magnets:
1. Do not put them on your head (skull) or heart without the supervision of a doctor knowledgeable in this field.
2. Use only the north pole.

I use small, powerful, very inexpensive round magnets in my practice. I can get a reading up to seven inches away from my gauss meter (measures magnet strength) with these strong little fellows. Magnetism penetrates everything.

SUGGESTIONS:
The magnets are marked by an indentation in the center of one side. This is the south pole. Use only the smooth side against the body. This is the north pole. Just tape them on a affected area. (smooth side against the skin) and see if it helps. There is no risk to try it.

REMEMBER:
To Help Deal With Aches And Pain, Put A MAGNET On And Watch It Wane

NAIL-WELL

BACKGROUND:
Nail fungus is made up of tiny organisms (tinea unguium, onychomycosis) that can infect fingernails and toenails. The nails of our fingers and toes are very effective barriers. This barrier makes it quite difficult for a superficial infection to invade the nail. Once an infection has set up residence however, the same barrier that was so effective in protecting us against infection now works against us, making it difficult to treat the infection. More than 35 million people in the United States get this fungus. The fungus lives underneath the nail. The nail provides a safe place for the fungus and protects it while it grows, since fungus like dark and damp places. This is why it’s hard to reach and stop nail fungus.

These fungal organisms can be considered microscopic plants. Fungal infection of the toe nail is a very slow progressing problem. It generally starts in the outside corner of the nail with a yellow or brown discoloration. The area will gradually spreads over a period of time to infect the entire nail bed. At a later stage, the nail will become thick, deformed, discolored and have a foul odor. It may also start to split and crumble. Fungus organisms reproduce by means of spores, like plant seeds. These spores will migrate from the infected toe nail and attach themselves to the lining of the shoe. In this manner the fungus can spread to all of the toe nails. Infected nails generally have a brown or yellow discoloration, an odor, and tend to have a thick nail plate. The toenails are 6 to 7 times more likely to be infected than fingernails. Fungus grows very slow, so the sooner you spot and treat it, the faster you can get rid of the nail fungus. The organisms can sometimes spread from one person to another because these critters can live where the air is often moist and people’s feet are bare. This can happen in places like shower stalls, bathrooms, or locker rooms or it can be passed around on a nail file or emery board. So, don’t share them. Nail fungus may also spread from one nail to another.

I have seen cuticles cause carpal tunnel-like symptoms as well as many different types of arm pain that did not respond to other structural or nutritional work. We have specific muscle tests for the nailbeds in Holographic Health.

I have read of all the promises and guarantees made by other companies about their products. Some even say they can cure it in 7 days. I do not know if Nail-Well will work for you but in order to find out you must be consistent with the treatment on a twice daily basis. Nothing helps everybody, however I would not put something out that has not helped others and that I have not seen get positive clinical results. I will not make false or unreasonable claims. Nails grow between 1-2 mm a month. The old nail will not turn clear. It will be pushed out by clear new nail, then it must be trimmed.

I would also recommend the internal use of Fungal-Balance at 3 to 6 a day while using Nail-Well in conjunction. This is not an absolute necessity, but it may help.

SUGGESTIONS:
To speed this along, do the following daily:
1. File affected nail if needed. At least do it once or twice a week. Just use a regular nail file. This is not an absolute requirement, but it helps.
2. Apply a coat of Nail-Well in the morning and evening. Applicator is included. Take Fungal-Balance if you wish or if your practitioner feels it would be helpful. Not absolutely required.

3. Let it dry. This does not take long.

4. Keep nails trimmed. This is very important. As the nail grows, cut off the areas of discolored nail. Clean your nail clippers with alcohol after you use them on affected areas.

**SHAKE WELL BEFORE USING!**

**SPECIAL OFFER:**

**Nail-Well & Fungal Balance Package**

**REMEMBER:**

If you have a nail, That looks like *?!#,

Daily apply Nail-Well!

---

**OUCH-AWAY!**

**BACKGROUND:**

Ouch-Away! is a spray-on blend of nine different natural oils for support for joints and muscles. While congestive problems directly effect the lymphatics more and are deeper imbalances, the circulatory system can hold blockages in it that are closer to the surface. It will surprise you how fast it works. Use as you wish. There does not seem to be any side-effects.

This formula is complex to blend and is a mixture of five completely natural carrier oils and and four essential oils. There are a number of energy signatures in it that accentuates its effectiveness, in my opinion. I would be interested to hear your comments on how this does for you. I carry a bottle with me about all the time. Somebody always needs it. We love it.

**SUGGESTIONS:**

Shake before using. Spray two or three squirts on each affected area. Rub in completely. Best results are obtained by applying at least twice daily for one week. More is not harmful. Some people feel that the smell is a little strong. The smell will dissipate in about 15 minutes. Continue as long as necessary.

**REMEMBER:**

If pain wants to stay, Try a squirt or two of Ouch-Away!

For External Use Only. Do Not Apply To Broken Skin.

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**RACKET-FREE**

(Anti-Snore Spray)

**BACKGROUND:**

There are times in the lives of certain individuals when they simply must face an undisputable truth. And this truth is: THEY SNORE!

I have seen bruised and battered men walk into my office more than once from where their partners pummeled them in the back and legs with forceful blows of the fist and merciless toes into the calves.

I thought at first that this was a way their partners were just getting even with them for who knows what,....until it happened to me. Though my ex-wife was gentle, her pinches and punches were definitely not love taps.

Relationship problems abound from snoring. Spouses move to separate bedrooms. The amount of sleep hours lost, work hours poorly performed and accidents of all types occurring, because of snoring partners will never be known. I am sure the price is in the billions of lost dollars.

Then there is the dark side of snoring. The condition known as sleep apnea can ruin a person’s health. Snoring has not been medically linked by research to sleep apnea, but it is blatantly apparent to doctors dealing with this problem that more often than not, snoring is one of the primary symptoms.

Racket-Free is an oral spray for snoring. Like everything else in this product guide, it was made for my patients because of their needs. It is not a 100% snore stopper. Racket-Free lowers the volume by a full 75%. In moderate cases, it moves to 85-90%. In mild cases, it is usually 100% successful. Of course, there are always those that it will not help at all.

Racket-Free has to be used nightly. There is evidence that it has a cumulative effect.

If you have diagnosed sleep apnea, there is no evidence that Racket-Free will help with the apnea.

It is a 100% natural product with no side-effects, and no elevations of blood sugar, and it tastes good....like peppermint candy.

**SUGGESTIONS:**

Use it at bedtime. Spray 6 times in the mouth. If the snoring persists or returns in 30 minutes, wake your partner and repeat the process. We find that this is usually enough. However, if you need to hose him down with it all through the night for awhile, this is fine.

The cumulative effect ought to take hold in a 30 day period. If it does not work within 30 days of use, it is not the answer for you.

Good luck and pleasant dreams

**REMEMBER:**
**THE RECIPE**
*(Natural Cough Syrup)*

**BACKGROUND:**
Mr. Brett, a senior citizen from rural Georgia, introduced me to a cough syrup recipe that works on even the toughest cases. He claims it is an old concoction made of all natural ingredients.

I am very pleased to include “The Recipe” in my folk remedy section.

**SUGGESTIONS:**
Shake it up well, then take a little in the mouth at a time and hold it there. It will naturally seep down the throat and work wonders.

**SIPPING OR GUZZLING IT DOESN’T REDUCE THE COUGH AS QUICKLY.**
**CHRONIC COUGHING MAY INDICATE A MEDICAL CONDITION THAT SHOULD BE ADDRESSED BY YOUR PHYSICIAN.**

**REMEMBER:**
*If Your Cough is as Rocky as a Rough Sea,*
*Soothe Your Throat With “THE RECIPE.”*

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**HOLOSILVER®**

The reason being “born with a silver spoon in your mouth” was such a popular phrase was that wealthier people let their children use silver spoons. This, in turn, supported wellness by allowing the minute silver particles to address any imbalances. Though the scientific mechanism for understanding why particulate silver is so successful against these invaders has only recently been researched, I feel it is an important part of the Holographic Health® system.

We are promoting a form of colloidal / ionic silver that is homeopathically adjusted to include balancing the components of the symbiotic system. These energy signatures attach to the ionic portion of the silver.

There are three ways in which antibiotics work; however, a single antibiotic can only address one way at a time. Our colloidal / ionic HoloSilver® addresses all of these simultaneously. They are:

1) Crossing the outer membrane of the malefic invader by the ionic silver particles,
2) Addressing the inner components of the malefic invader by the colloidal silver particles,
3) Addressing the gene pool of the invader by the ionic silver particles.

We have gone to great lengths to secure the correct ratios for maximum efficacy. HoloSilver® actually has a very light golden color that separates it from other brands. A north / south static magnetic field is used when making the silver that further enhances its bioavailability.

We feel that this is the best silver solution available through testing and clinical comparisons to other brands. Try it for all body invaders - internally and externally - and you decide for yourself. Let us know.

Standardized at 15 ppm.

**REMEMBER:**
*If microscopic critters are making you ache,*
*HoloSilver® is what YOU should take!*
I believe in angels. Little angels, big angels, and all sizes in between. These celestial beings have made themselves known to my family for many generations. One such well-recorded event occurred in 1880 in the mountain village of Shawai-fet in Lebanon. My grandmother witnessed it and told the family this story in 1948, years after she had married and moved to America.

Shehan Bardawil, my great-great uncle, was stricken as a young child and left with seven infirmities. These were blindness, deafness, greatly imperfect speech, right side paralysis, right hand closed tight, humped over so doubled that his walking cane was only about two feet long and finally, he suffered often with fits that left him in such a motionless state that his family thought him dead. No help was ever found for him. One night while asleep, he suddenly heard a voice which awakened him, saying:

“Get up, oh ye man. I am the Archangel Michael. I come to bring you good news of healing your infirmities.”

Shehan, with his deaf ears, heard this voice. He sat up, put his hand before him, and felt human flesh. Archangel Michael gave Shehan very specific instructions about medicinal preparations and how to use them daily. He was told not to eat meat for forty days, to stay alone, to change his name to Michael and to never shave or cut his hair. The angel gave him the power to remember all these details.

Through signs and mumblings, Shehan made known to the family what must be done. They helped him. After 7 days the healings began. The first was his hand opening. He immediately put his hands together and praised God. Every 7 days something else would heal. In the meantime, the Angel would appear to him. The whole village witnessed this and everyone was amazed. His sight was the last to be healed.

The angel also told him to dig in a certain place: immediately an artesian spring bubbled forth. Next he was told to bathe in the Mediterranean for forty days and to build a chapel at the site of this spring. He was also told to “minister to the people but never become a priest and always to witness for the Lord.” All these things were done.

As a small child, my grandfather remembered seeing Shehan (now called Michael) bathe those 40 days in the ocean. My grandmother said her blessed uncle was very nice looking, straight in stature, clear-voiced, with long plaited hair down his back, a long beard and a warm, loving twinkle in his eyes. It was said that he helped many people.

I had some gold properties in the country of Laos. Anytime you are involved in gold, it is a dangerous business. I tried to sell these properties but could not. I went through many adventures in this pursuit but failed. My last ditch effort was with a questionable group of mafia-type criminals and I did not know they were of this ilk. After about 2 months, this criminal began to pressure me for more money. I ended up in a trapped situation. His statement was that if I did not produce the money he demanded, he would “break my legs and throw me in the Mekong River”. This was something he apparently had done to others already. On the last night for me to get this money together, my partner and I devised a scheme to fool him until the next morning. I booked a 7 o'clock a.m. flight out of the capital and prayed continuously for God to send an angel to help me. My hands were shaking so bad I could barely function. I have never been so scared in my life. Fear of imminent death is hard to describe unless you have been through it. I was presented with two huge challenges: first, to get past the front desk with my two big suitcases; second, to get transportation to the airport once outside of the hotel. Either one could have tipped off the criminal and I would have been caught and killed on the spot by his men. I sneaked out to the elevator of the hotel (which the criminal controlled) at 4:30 A.M. and went down to the front desk. The front desk girl was sleeping so deeply on the desk that a herd of buffalo could not have awakened her. So, I slipped past her and out the door. When I reached the street, there were no cars, taxis or any form of transportation. It was pitch dark and I was still 6 miles from the airport, shaking like a leaf. About that time a single headlight pierced the darkness heading toward me. It was a local transport motorcycle type vehicle with an open attachment on the back called a tuk-tuk. I waved the driver down, he stopped, and I told him I needed to go to the airport. In perfect English, he said for me to get in. He took me to the airport and helped me unload my bags. He said, in perfect English, “That will be 50,000 kip (about 6 dollars). Do you know how much that is?” By this time I was getting suspicious that something mystical was occurring; but, I was very traumatized. I handed him the money and he extended his hand to shake mine. As we shook hands, he said again, in perfect English, “Don’t worry. Everything is going to be all right.” At this point, I saw his eyes clearly. They were blue on blue. He got back on the tuk-tuk motorcycle, smiled, waved goodbye and disappeared into the night. ALMOST NOBODY in Laos speaks English - definitely not a tuk-tuk driver. And, no tuk-tuk driver would ever smile, shake your hand or wave goodbye. Undoubtedly, I was saved and in the presence of an angel. Needless to say, this event changed my life.

I hope these true stories will inspire you in times of trouble when you feel all alone.
HOLOPATHICS®

(A form of Homeopathy)

Holopathics is a two part word that means “whole” and “feeling”. Our desire is to energetically complete the partial “feeling” that is creating balance in the body. These “feelings” are very distinct energy signatures. According to physics, all matter is made up of energy signatures. The body is a group of these signatures. They work in synergetic union with each other. When these signatures are balanced, we feel good. Everything has an energy signature. Upon taking the specific Holopathics, body integration occurs. Holopathics allow the body to begin a process of synergistically addressing its issues, thereby moving it toward a balanced state of health.

These little pills have no side effects. They either work or not, but have no negative implications. No promises are made. Yet, I have watched them support hundreds of situations over the years.

SUGGESTIONS:

To use, you simply pour (2) in the lid and put them under your tongue.

Do not touch them with your hands directly or get them wet before using. Also do not get them around magnets. These are not homeopathics, as they are made without the use of any substances. They are made from frequencies only.

You will receive a small ½ ounce bottle of 150 small round white milk sugar pills. We can also put these in 1 ounce distilled water bottles with a dropper as an option to the milk sugar pills.

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<th>Organ And Gland Support</th>
<th>Allergens:</th>
<th>Pathogens:</th>
<th>Chemicals:</th>
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<tbody>
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<td>1. Liver</td>
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<td>1. Parasites</td>
<td>1. Heavy Metals</td>
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<td>2. Spleen</td>
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<td>11. Colon</td>
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<td>12. Skin</td>
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<td>13. Adrenals</td>
<td>Request For A Known Allergy:</td>
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<td>24. Parathyroids</td>
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All Bach Flower Remedies Are Available; Request What You Want:

Age: ________ (This is important)

Severity Of Imbalance: (Circle One)
1. Mild
2. Moderate
3. Severe

Disclaimer: These Holographic Energetics do not treat anything. They do not cure anything. They are related to nothing in the realm of medicine, diagnosis, or treatment.
ALKALINE/ACID WATER TEST KIT

BACKGROUND:
I have had many requests for a way to test the pH (alkaline/acid) level of water. Since more and more people are interested in this topic, I am providing a relatively accurate way to measure the pH of any water. It is a 1/2 oz. solution that comes from Japan. One bottle should be enough to test 250 applications.

This kit does not contain yellow paper pH strips. These do not work for water. They are only for saliva. pH testing can be complicated and expensive. I am giving you the easy way to do it, at the best price per test.

INSTRUCTIONS:
1. Put the water to be tested in the tiny cup provided.
2. Add one drop of the solution to the water. Shake it up.
3. Compare the color of the water to the small color chart provided. This will tell you the approximate pH of your water.

Note: If you want to see some magic, after you have done the above, add one drop of ALKA-TRACE drops to the cup. Shake and watch the color change upward toward a pH of 10!

SALIVA/URINE pH TESTING STRIPS

BACKGROUND:
I get hundreds of calls for pH testing materials. pH testing is very complex. There are individual pH testing substances for everything, but they are very expensive. This particular strip is reasonably priced and appears relatively accurate for saliva. I am not as happy with the urine readings, but they are acceptable. The range is from 4.5 to 9.0. The exact unit increment ranges are 4.5, 5.0, 5.5, 6.0, 6.5, 6.75, 7.0, 7.25, 7.5, 8.0, 8.5, 9.0. This gives you a more precise reading about saliva/urine pH. Do not use these for water or other substances and expect a correct reading. Use the Alkaline/Acid Water Test Kit for that.

I have looked a long time and through many companies to find these quality pH strips. My experience with litmus paper strips has not been good. I do not recommend them.

ALKALINE WATER IONIZERS

BACKGROUND:
The newest concept in drinking water today is electronically-restructured alkaline water. With all the additions and benefits it yields, our drinking water becomes a food, not a poison. Electronically-restructured water is produced through a special unit right at your own sink. This method yields alkaline drinking water and has another facet that I find particularly interesting. It lowers the millivoltage of the water. This means that the water molecule is reconfigured into one-half of its previous size and is a lighter, simpler form. This encourages superior absorption into the cells and creates a path for waste acids to be eliminated. The acid run off water can be used to water your plants or as a disinfectant on the skin.

For years, I have used, tested and endorsed the idea of drinking electronically-restructured alkaline water with hundreds of clients. It is my opinion that this technology will change the way in which all health care providers and the public approach their health in the coming years. I have administered over 10,000 gallons of this water for approximately every health situation imaginable. I am pleased to make available these high quality alkaline ionizer units, which are fairly-priced and have special features.

Many sources of water in the U.S. are unsafe for drinking. In 1974, tests done on water found 2,000 toxins. About 200 of these have been known to lead to cancer and nervous system disorders. Sixteen hundred of these toxins still have never been tested for their effects on the body. These toxins have been found in public water, well water and bottled water. In others words, we must do as much as possible to clean and reconstruct our drinking water to a beneficial level before we imbibe it.

Restructured water alkalizes by displacing acids and replacing alkalines in the body. My suggestion for everyone to assure they get the optimum benefit from their water is to drink restructured alkaline water, whenever possible. The second choice is to drink distilled water with added liquid trace minerals (Alka-Trace).

THE BENEFITS OF OUR RESTRUCTURED ALKALINE WATER IONIZER INCLUDE:

1) It turns the water into an actual liquid antioxidant by lowering its oxidative potential which counters free radicals. Too much oxidation is the reason metal rusts. This rusting effect is like having too many free radicals in your body. Free radicals join with healthy cells and tear holes in them, causing their death. In essence, this is what causes aging! Restructured alkaline water contains mega-electrons offset free radicals that are plaguing your cells. It also allows your immune system to respond better. This is measured with a device called an “ORP Monitor”. If the water readings are
above zero in the plus area, there is free radical activity being produced. If the water reading is below zero in the minus area, antioxidant activity is being produced. Testing tap water yielded a positive +500 to +600 reading (free radical producing). The alkaline-restructured water yielded a negative -350 reading (antioxidant producing).

2) Once the water molecule is restructured, it is in a hexagonal pattern. Most water today is in a pentagonal pattern, which is not preferable for many reasons. The hexagonal form in water has been deeply explored and tested by Dr. Mu Shik Jhon. Dr. Jhon, in my opinion, is the undisputed authority when it comes to understanding the nature of water. He authored, co-authored, and published over 272 research papers in at least 25 different journals over a 40-year period. He stated in his book, The Water Puzzle and the Hexagonal Key, that one of the methods in which hexagonal water is produced is through electronic restructuring with an alkaline ionizer. Although Dr. Jhon discovered numerous facts about water, I am merely touching on a few. As an example, hexagonal water resonates with the major amino acids, which are primarily responsible for the body’s entire cellular structure.

His research relating to water, DNA, is fascinating. In his book he states that our normal DNA, called B-DNA, is structurally supported by hexagonal water in the correct manner. Abnormal DNA (cancerous), called Z-DNA, displays a weakened bonding of the water molecules around it. This leads to aberrations of the DNA from its normal pattern.

I present this diagram on the differences between normal B-DNA on the left and abnormal Z-DNA on the right. Notice how the DNA binding strands are disrupted. According to Dr. Jhon, this is what a lack of hexagonally-structured, alkaline water can cause.

3) M.J. Pangman in her book “Hexagonal Water: The Ultimate Solution”, states on page 3 that water is the “most programmable substance on the planet” because of its unique ability and structure to retain the energetic signature of whatever is placed into it. Water has “memory”, as well the ability to store and transfer energetic information within the body. My own research over a twenty-five year period completely confirms this statement.

To strengthen the hexagonal nature of the created ionized water through the machine and eliminate the vibrational pollution, I have added a special modulating unit called the “Holowater Imprinting Modulator”. This enhances, vibrationally cleans, and greatly strengthens the hexagonal structure of the alkaline restructured water produced by our machines. What the “Holowater Imprinting Modulator” does is imprint the water as it is coming out of the hose with several additional energy signatures which will reinforce the internal nature of the hexagonal water that is being made through the machine. Specific hexagonal energy signatures and other energy signatures are added. They are sealed continuous quantum signatures for superior health, superior water, and antidote all toxins. The most interesting feature is the Schumann earth frequency (7.83 to 8.6 hertz), which is the primary strength energy signature. This is the same technology we use in our Earthsafes but without the variable capacitor. You can see the energy signatures being generated by a blinking light which is on the modulator. This further cleans and balances the energetic aspects of the water. One other thing that the modulator seems to do is to overlay the existing hexagonal structures at an angle. When viewed from a straight-on position, this forms an even more powerful and stable three dimensional shape known as a dodecahedron.

The dodecahedron is revered throughout time as a highly developed geometric construct that relates to the energies of the Soul.

This unit is what we sell. It is inexpensive and dependable. Call for pricing. Holowater unit is optional.
**Holographic Health® (Theory Manual)**

Holographic Health® is complete paradigm of wellness. It is a multifaceted, multidisciplinary approach to superior health. The basic premise is at the center of our being; we are immortal Souls. As Soul, we manifest physically and energetically through four elemental pathways. These are air, fire, water and earth respectively.

This manual can be considered an encyclopedia of Holographic Health® and its multitudes of interrelated correlations. It is through these correlations that the Theory of Holographic Health® operates with a simplistic beauty and unparalleled overall focus. This is the recognition of the integration and melding of the four primary elements Earth, Water, Fire, and Air, with all of the many other aspects of our being and surrounds. Through these understandings, the practitioners in Holographic Health® will gain important insight which will guide them in their quest for premium health for all.

**Recommended for Licensed Professionals**

439 pages, 600 Photos. Explanatory Diagrams & Charts

ISBN: **0-9752523-1-3**

**Holographic Health® Volume 1 (HoloTherapy)**

Earth Element, Structural/Connective Tissue Checks

Holographic Health® is complete paradigm of wellness. It is a multifaceted, multidisciplinary approach to superior health. The basic premise is at the center of our being; we are immortal Souls. As Soul, we manifest physically and energetically through four elemental pathways. These are air, fire, water and earth respectively.

The Soul attracts to itself these four elements, thereby creating a living being. Each of these elements manifests as a different part of our complete makeup. The air element delivers our intuition. Fire ushers forth the mind. Water yields our emotions. Earth gives us a physical body.

This is the first of four volumes. It is called “HoloTherapy”. It encompasses the earth element. It gives the practitioner and layperson alike a solid foundation upon which to help others who are suffering with structural and connective tissue problems. Through these pages and in coordination with the other volumes, students of Holographic Health® will gain a comprehensive knowledge of our holistic nature.

**Recommended for Licensed Professionals**

330 pages, 600 Photos. Explanatory Diagrams & Charts

ISBN: **0-9619595-5-X**

**Holographic Health® Volume 2 (Holosomatics)**

Fire Element, Primary Checks

**Background:**

Volume 2 of a series of 4 books by Dr. Baroody which outline the testing methods, procedure and protocol for his Holographic Health® Testing Program. There are 190 primary muscle checks and 56 secondary checks covering everything that relates to the human body on a multitude of levels. If you want to know something about the body and how to rebalance it, more than likely you will find it in the pages of this volume. It is illustrated with hundreds of pictures, diagrams, charts and easy to follow directions on how to muscle test, check the body for primary imbalances, and how to balance them if weakened. This is a very comprehensive manual. It includes procedures for every system, vitamin, mineral, glands, organs and other related health components.

**Recommended for Licensed Professionals**

535 pages, 450 Photos, Explanatory diagrams, charts & forms

ISBN: **0-9619595-8-6**
HOLOGRAPHIC HEALTH®
VOLUME 3
(HOLOPATHICS®)
Air Element, Holopathic Energy Signatures

BACKGROUND:
Volume 3 outlines the domain of energy signatures. These specific signatures are unique to Holographic Health®. Many thousands of different topics and their essences are incorporated. It will serve to facilitate energetic balancing for the student of Holographic Health®. Even if you are just curious about the nature of energy and how it can be tested, this book will give you many things to ponder. It can be used separately or in tandem with the Holopathic Quantum Modulator mentioned before.

This volume also includes hundreds of dot matrix stabilized energy signatures that the student of Holographic Health® can use on a daily basis to help friends and family. It embodies the element of air. Through these pages you will have access to many different ways of staying in balance.

338 pages, ISBN: 0-9619595-7-6

HOLOGRAPHIC HEALTH®
VOLUME 4
(HOLOPUNCTURE®)
Water Element, HoloPuncture: Theory and Application

BACKGROUND:
This is the fourth volume of the comprehensive theory of Holographic Health. Volume 4 introduces the study of Holopuncture and its vast applications to modern day health imbalances. It is the final integrated component within the theory and is governed by the element of water. Holopuncture utilizes the Twelve Superstring Pathways which loop and traverse the body forming a system of 816 holopoints that provide access to the body’s twelve holographic systems. Included in this volume are 160 photographs with 55 diagrams, charts and descriptions which allows one to locate the positions of each of the 816 holopoints. Rebalancing modalities and methods are explained and demonstrated. Holopuncture can be practiced separately with excellent results or can be used in conjunction with knowledge from the other three volumes. This synthesis of information will hasten a truly complete bioenergetic body rebalancing. Practitioners and lay-people alike can learn and benefit. The premise of Holographic Health is to synchronize all aspects of the physical-emotional-mental-intuitive self with our immortal SOUL. This enables one to create the circumstances which could lead to a state of superior health on all levels.

354 pages, ISBN: 0-9619595-8-4
BACKGROUND:

This beautiful chart is printed on glossy, heavy stock and laminated. Dr. Dhyana, a wonderful doctor in New Zealand appreciated my book, Alkalize or Die so much that she created this colorful and easy-to-read poster that outlines the entire philosophy of alkaline/acid food balancing for superior health...in one single glance.

Further she has outlined the entire premise of Alkaline/Acid understanding on the back of the chart in a very well done narrative. This is the finest, condensed understanding of the alkaline/acid principle that leads to superior health available in chart form. In full color, and presented with a flare from “down under”. Appropriate for framing, or just tacking to the refrigerator. Many people are using them as place mats!

FULL-COLOR, GLOSS-COATED LAMINATED CHART
(Size: 12”x16.5”)

ARRIVING SOON!
ALKALIZE OR DIE IN SPANISH!

BACKGROUND:

This eye opening self-help book carries an important message with one simple principle --ALKALIZE YOURSELF! Discover what causes tissue acid wastes in the body, how to prevent maladies using foods that create alkalinity. Stress on all levels causes the body to overproduce acid wastes, upsetting our delicate alkaline/acid balance. Includes a 21-day menu planner, 55 recipes, fold out acid alkaline/acid food combining chart, and over 350 foods with their alkaline/acid values. Health food stores rave about it. Used as a teaching tool by health groups around the world.

250 pages, ISBN: 0-9619595-3-3

“For some reason, stressing the importance of a good pH balance and in particular Alkalize or Die, seems to reach people and enable them to change, more than just telling them to eat more veggies! One patient at the chelation center lost 30 pounds in 6 weeks and felt wonderful! Another patient, an 80 year old woman who has been to numerous clinics, lost 7½ pounds in 2 weeks and stopped experiencing arthritic pain for the first time in two years!”.....J.H., Wellness Counselor for Holistic MD Ft. Lauderdale, FL

PAPERBACK OR EBOOK
ASPARAGUS CAN DO IT FOR YOU

BACKGROUND:
In his ongoing research, Dr. Baroody has been very excited to confirm many earlier reports regarding the health benefits of asparagus. He brings the reader up-to-date on previous research and then shows how his own clinical findings further the work. Includes well documented client reports. Known to be beneficial as immune system builder and supportive to the heart. Easy to follow directions on how to prepare and take asparagus in either fresh or capsule form.
52 pages, ISBN: 0-9619595-4-1
“Mrs. M.C., nurse, had been diagnosed with a large breast tumor by her medical doctor. I gave her Aspara-Can capsules to help with her imbalanced heart beat. After two months the heart normalized, and the breast tumor (which I do not treat) reduced by over 60%!"

PAPERBACK OR EBOOK

THE BROTHERHOOD OF INTUITION

BACKGROUND:
This small booklet is to guide you in the development of your intuition. I started to discontinue this booklet but have received so many requests for it recently that I decided to include it in the catalog.

PAPERBACK OR EBOOK

HIATAL HERNIA SYNDROME: THE MOTHER OF ALL ILLNESS?

BACKGROUND:
The only comprehensive self-help book on an issue I named the Hiatal Hernia Syndrome. It contains 45 unsuspected things that contribute to many various modern day issues. Simple to use techniques for keeping the syndrome in check. Illustrated with 33 pictures and 22 diagrams, full diet and exercise information.
“Without your book, I would not have been able help my son and patients with your non-toxic, non-invasive treatments. My son is now almost without any symptom.”.....C.M., MD - Altadena, CA

PAPERBACK OR EBOOK
ASCENSION:

BEGINNER’S MANUAL

LOVE. Love is the total, the beginning and ending of this process called ASCENSION -- our evolutionary destiny. This means to change every molecule of the physical body to light, and thereby immortalize it. It means absolute freedom and self-mastery for greater service to God. For the attainment of ASCENSION is to embrace all life, integrating every aspect of Being. The thrust of this book is to unify those systems already found to be valid and provide a reliable coherent focus through which a seeker may embody his own accrued wisdom. A complete how-to book based on the author’s many years of out-of-body and lucid dream experiences since childhood, combined with his own clinical research showing the link to health. Divided into the five stages of growth with diet, cleansing, exercise, and contemplation.

223 pages, ISBN: 0-9619595-1-7

“They have been distributed all across the country - coast to coast, border to border and then some ... Canada and even Nigeria with the wife of a chief there!”....Unity Village, MO

PAPERBACK OR EBOOK

(CE ALSO INCLUDES BROTHERHOOD OF INTUITION)

ASCENSION:

BEGINNER’S MANUAL 2

We are never anywhere except the beginning. ASCENSION: Beginners’s Manual II is dedicated to showing why this is so. It is written from the viewpoint of quantum mechanics, biomagnetics and their relationships to the One Great Law of LOVE. According to our present understanding of the science, we are giant interlocking vibratory energy patterns ...a vast network of personal information that forms us as living, conscious entities.

This volume explores many avenues in which to consider the ASCENSION process. It unites and expands the knowledge of the first manual providing both a historical background and a current methodology that is both accessible and applicable to our present time. It contains three full size foldouts 8.5 by 11 inches in the appendix too!


PAPERBACK OR EBOOK

(CE ALSO INCLUDES BROTHERHOOD OF INTUITION)
forces. These aberrant vibrations not only weaken us, but cause all emotions of anger and irritability are being amplified by these unseen skinned. If the truth be known, many of our sudden uncontrollable or other affect everyone no matter if they are thick-skinned or thin-there are frequencies being produced around us that to some degree rattle me from head to toe might not even phase someone else. Yet respond to all these frequencies will be different. Music that may and receivers. Everyone of us is different, therefore, the way we Insufficiency Syndrome”.

There is a syndrome named after it called, “Magnetic Field frequency change. The effect is now so bad on people’s health that very adversely because of this subtle, yet insidious daily hertz decreased a total of 50%! Your body’s biomagnetic field is affected produced out of ignorance. They are the waste products of other, these waves. The greater percentage of these frequencies are passed. We are all exposed to the exponential increase in the computer world. We are presently experiencing every worldwide e-mail and website emission rushing through your bodies. Electricity is just a carrier wave. What comes to your home via your electric company are the aberrant frequencies of your community and the world.

To make matters even more complicated, thousands of frequencies are passing through us every second and are amplified by electricity coming from many stray sources.

Scientific testing devices have shown and measured that you can walk down an area in any town and pass through a different millivoltage field every foot. These millivolts are wave frequencies. Some are very high and some low. What bothers me more than these fields of millivoltage is the question of what is being transmitted on these waves. The greater percentage of these frequencies are produced out of ignorance. They are the waste products of other, larger electromagnetic projects in our society. Just like our body produces waste products, so do power lines and stations produce extra unmonitored frequencies. Other sources of electromagnetic pollution are right in our own homes microwaves, radios, computers, televisions, and all the other gadgets that we have daily.

Over the past 500 years the earth’s magnetic field strength has decreased a total of 50%! Your body’s biomagnetic field is affected very adversely because of this subtle, yet insidious daily hertz frequency change. The effect is now so bad on people’s health that there is a syndrome named after it called, “Magnetic Field Insufficiency Syndrome”.

Our precious bodies are very delicate electromagnetic senders and receivers. Everyone of us is different, therefore, the way we respond to all these frequencies will be different. Music that may rattle me from head to toe might not even phase someone else. Yet there are frequencies being produced around us that to some degree or other affect everyone no matter if they are thick-skinned or thin-skinned. If the truth be known, many of our sudden uncontrollable emotions of anger and irritability are being amplified by these unseen forces. These aberrant vibrations not only weaken us, but cause all manner of issues! They do this by creating high amounts of tissue acid residues in our bodies. See my book, Alkalize or Die.

How can we protect ourselves from this dangerous type of pollution? We have created a unit called Earth Safe that has the ability to be tuned to the exact frequency that will protect each individual by strengthening the edge of our personal energy field on a continuous basis. If we are in a harmonious balance with the ever-changing frequencies of the earth, better physical and mental support results.

Our aim then, is to realign the individual’s harmonic field with the ever changing field of the earth. By creating this alignment we are automatically protected at a greater level from many aberrant forces. The earth will then do as she always does. That is... protect, surround, and nourish, keeping us “safe.”

We believe that EARTH SAFE harmonizes the waste vibrations flowing unchecked into our homes. Our physical bodies are protected from the frequencies emitting from computers, television sets, etc. They will be readjusted to benefit instead of harm us.

EARTH SAFE automatically protects you from:
1) Extra Low Frequencies (E.L.F) 4) Water Streams
2) Electromagnetic Frequencies (E.M.F) 5) Ley Lines
3) Aberrant chaotic waste frequencies 6) Vortexes

In addition to the above, a very unique extra component has also been included. It is a microcrystal processor programmed and specially sealed by our own process that has been attached into the coil circuit. Very specific frequencies are encoded to offer much greater protection. We find certain forces to be increasing in strength almost daily now. Earth-Safe is an inexpensive, continuous methods of dealing with these electromagnetic waste problems.

Many people notice a difference in the way they feel almost immediately. Some people tell me it is as though someone has lifted an invisible weight off of their shoulders.

Earth Safe can be adjusted to suit the situation. It is made to serve our needs for a lifetime, by a variable capacitor. This product is creating a revolution in electronic frequency protection. It is the only one of its kind.

Personal Pocket Harmonizer(I), Earth Safe II and III Whole-House Harmonizers, & Earth Ears attachment pictured here.
WE HAVE THREE MODELS OF EARTH SAFE:

The first (I) is a battery powered pocket unit that can be conveniently carried with you all day.

The second model (II) is larger and works by being plugged into the house or car. It can harmonize up to 10,000 square feet at a time. This protects the whole house or office including all those that live and work there.

The third model (III) does all the things that the first and second one do plus it balances the seven energy centers. It has a variable color chip that is very sophisticated and accurately emits the 8 correct colors in the proper order to realign our vital centers. These color frequencies affect the user regardless of whether they are in the same room as the unit or not. The color frequencies are sent into the house circuitry along with the protective 8.6 hertz frequency to give us a more complete body balance.

EARTH EARS

My problem has been how to strengthen the special senses. I formulated Ear-Well drops for the ears, Eye-C for the eyes and Flush-Out for the nose and sinuses. These products support and strengthen these areas, but I felt it wasn’t enough. Through extensive experimentation, we are finding that by using the Earth Safe III at 8.6 Hz frequency and channeling these color energetics in a certain pulsed fashion, we can enhance the strengthening of the difference senses.

This attachment are called Earth Ears. The results with it have overwhelmed me. I made Earth Ears to reach all three parts of the ears. Marguerite, my office manager has been hearing impaired for many years. Daily use of the Earth Ears has got all of us excited for her. It seems that she is having one breakthrough after another. She is definitely hearing better than before.

I have included specially programmed crystals in the Earth Safe III to direct and reinforce the strengthening properties of the Earth Ears attachment. The Earth Safe III has 2 crystals in it as well as a rather sophisticated set of chips, wiring and technology.

References:


EARTHSAFE UNITS AVAILABLE:

EARTHSAFE I POCKET HARMONIZER
EARTHSAFE II WHOLE-HOUSE HARMONIZER
EARTHSAFE III WHOLE-HOUSE HARMONIZER PLUS BODY ENERGY COLOR HARMONIZER