

(Victory over dis...eases)

#2

**“AND THERE IS MORE,
MUCH MORE”**



SHANTI LINSEN D.O., D.C.

“Victory over dis...eases”

#2

“ ...*AND THERE IS MORE, MUCH MORE!*”

Title: (“Victory over dis...eases”) #2AND THERE IS MORE, MUCH MORE”

Author: Shanti Linsen

All images: Shanti Linsen and internet

©2021 Shanti Linsen

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior consent of the author.

First edition of Victory over diseases published in 2008

Second edition of Victory over diseases published in 2010

Third edition of Victory over diseases published in 2011

Fourth edition of Victory over diseases published in 2011

Fifth edition of Victory over diseases published in 2016

(Victory over dis...eases)” # 2AND THERE IS MORE, MUCH MORE.”

Published in 2022

ISBN: to be applied for

Printed in Australia by [Shanti Linsen](#)

All brand names and product names mentioned in this book are trademarks or service marks of their respective companies. Any omission or misuse (of any kind) of service marks or trademarks should not be regarded as intent to infringe on the property of others. The author recognises and respects all marks used by companies, manufacturers and developers as a means to distinguish their product.

This book is sold as is, without warranty of any kind, either express or implied, respecting all the contents of this book, including but not limited to implied warranties for the book’s quality, performance, merchantability, or fitness for any particular purpose. Neither the author or its dealers or its distributors shall be liable to the purchaser or any other person or entity with respect to any liability, loss, or damage caused or alleged to have been caused directly or indirectly by this book.

Shanti Linsen DO, DC, Natural health advisor.

This book is also dedicated to the whole Universe

ABOUT THE AUTHOR.

As a young man, I felt the need to help people and “healing” was the profession I wanted to be in most of all. Fortunately, I was healthy and strong and was able to help my father in his factory, whenever possible, to make some money, allowing me to study physiotherapy. I played a lot of sport, especially hockey, soccer, tennis and later squash, the latter two almost all my life. I loved playing the piano and could sit for hours, just improvising music. I realise now, that playing like that, was a form of meditation as well.

Before I came to Australia in 1952, with my father, mother and 4 of my brothers, I studied Physiotherapy in the local hospital, under the guidance of my father’s friend, the head physio. This’ was a busy time, as time was moving forward to go to Australia.

When I arrived, I could not be registered in my profession as a Physiotherapist, since the government of the day, would not recognise my degree. The same happened to a lot of other professionals as well. This made life a little harder, because I had to find other type of work. It did not take too long, as after two weeks I found work in a factory as a process worker. This was good, as I started to earn money and it gave me time to look for other, more stimulating work and learn to speak better English. Indeed, soon I found the work I was hoping for in a gymnasium, doing massage work on injured sportsmen and women.

I was also involved in teaching physical education and weight reduction classes.

During this time, I started to study other modalities of the natural healing kind, such as iridology, biochemistry, naturopathy and `Touch for health`.

On one of my overseas trips, in 1970, I met a very interesting man during a flight from New York to San Francisco. As he was my travelling companion on the aircraft, we naturally talked about a lot of things.

His name was Mr. Aubrey Pescud, Osteopath and Herbalist from Ballina, N.S.W. Australia.

I was almost ready to go to work as a “healer” and make the above studies my profession and then to meet this amazing man, was almost too much.

We may say: “What a coincidence”, but I don’t believe in coincidences and I rather think of it as “synchronicity”. Anyway, you can imagine, what the subject of our conversation was about for the rest of the journey. The discussions did not stop, when we parted at the airport on arrival in San Francisco. When I arrived at the hotel in the city, guess who else turned up? Yes, it was Mr. Pescud and his wife again. He invited me to their room, where we talked for hours together. In the end he asked me to come and see him at his home in Ballina, as soon as I got back to Australia.

As soon as I arrived back home, I went to see him, because he wanted to discuss his patients and offer me his clientele, after teaching me his very ‘special method’ of Osteopathy.

As I am writing this story, I still get a buzz, as it was such an event, one that we will only experience once in a life time: “The opportunity that knocked”, or was it Divine intervention?

I quickly made some very in-depth enquiries about this man, as the stories of his healings he told me, were so amazing and almost unbelievable. I wanted to be sure, that he was the health professional he said he was and that the cures he talked about were genuinely true.

My mother’s physician in Sydney had heard about him and that was 800 kilometres away from Ballina.

In the Lismore area, which includes Ballina as well, everybody was talking about him and the people were all raving about his treatments and the results he achieved.

His patients came from far and wide and they did not mind travelling over hundreds of kilometres, because the results of his treatments were well worth it. When I heard this good news, I was getting even more excited and I knew this was the man I wanted to follow.

I thought: “He can teach me so much and eventually I can take over his patients as well, together with him backing me up, in the same town, I cannot lose. What a future lies ahead of me, being able to support my family well”.

Mr. Pescud and I discussed an apprenticeship type of arrangement and I went to work with him immediately. I did the work and he supervised. Once the word got out, that his clinic was open again, full time, the waiting room was never empty.

During the next year and a half, he taught me HIS special ways of treating various ailments, through manipulating the spine, assuring that this was in good order.

In 1972, I went out on my own and opened my practice in East Ballina NSW as the:

Jos J. Linsen Osteopathic and Naturopathic clinic.

As you can see here, I was very proud of this name; my own business.

It was not very difficult to get started on my own, as Mr. Pescud had now retired properly and did not do any work at all. He was 84 years of age and rather than giving treatments, he came to be treated. Both he and his wife came regularly to be checked over and have massages, which kept them supple and mobile. During these visits, we often discussed patients' problems and it was good to have him there at times to ask questions and get answers.

The best thing he taught me and has always stood out as good advice was, `that every person in the world is different from the next one and this should always be considered during the evaluation and treatment of a patient`. We must treat each person as an INDIVIDUAL and not just as another patient with a complaint, similar to the one in "the book", or a previous patient with a similar complaint. The books we learn from, can only give us guidelines, into which direction we should go. The differences between all of us are very varied and these variations can affect the treatment or medication a person needs. One person may be acidic, another alkaline another neutral, so for these instances alone, we must find different treatments.

One cannot treat a person over the phone either. Unfortunately, this is done at times, but unless we have the patient in front of us, giving us all the clues for diagnosis, a correct Osteopathic treatment cannot take place.

We, as practitioners must not rely on the patient's diagnosis. Usually, the patient can only tell you where it hurts or something very superficial.

It was good for me to have had such a man as a teacher and mentor. Learning is one thing, but to gain a lifetime of experience in just a few years, was an absolute winner. All students of Osteopathy and Chiropractic, as in my particular field, who qualify today, should all have to spend some considerable time with a qualified practising person, before they can go into business on their own. We can learn so much from experience. A lot of professions have apprenticeships and the reason for that is very sound. In one of my study books, I found the following saying:

***Learning comes from experience gained,
Through actual contact with the patient,
Rather than from text books, which deal with generalities.
One may become well trained,
Without being truly educated.
Freyette DO.***

Even after all the time I spent with Mr. Pescud, it is amazing what I have learned since. *In 'Victory over dis...eases', I have enlightened you with some actual case histories in the beginning of that book, to show you what can be achieved. These cases have been part of my 48 years in business as an osteopath and show you, what I have been confronted with. I hope that you too will be as thrilled as I was and still am, that I was able to help cure them, so they would have a life again. The main thing though, is THE PREVENTION of diseases, which I have attacked with vigour, because I believe we should never get sick, so we should never have to be treated for diseases, except for accidental problems, such as broken bones after a fall or whatever.*

It is not going to be easy for you to change your lifestyle, as we are all caught up in this society, which is brainwashing us into believing certain things, but if you love yourself and your family, you would do anything to keep yourself and them healthy and happy for many years to come, wouldn't you?

We are so lucky, that we were given a brain by our Maker, to work things out for ourselves and chose the best way to go, to be happy and well.

One thing that annoys me is the media. We are constantly bombarded with negative stories of destruction, killing and hate. It doesn't have to be this way.

I know that only a very few of the world's population are running `the show` and they are telling us what we should do all the time, because they are trying to make as much money as they can and they need us to be their slaves. In other words, we have become their puppets and dance to their tunes all the time, as they constantly repeat and repeat their actions and notifications through advertising as well, so in the end we believe them and worse still "ACCEPT them".

During the last decade or more, since I have been able to take charge of my life properly, I can now see these flaws in life and I am now able to **not** accept them. Yes, I am still part of this world, therefore I also have chosen a path to make my brothers and sisters aware of the negatives, by teaching what I have learned and try my best to change your lives like I did. *I am not telling you what to do, but I am only suggesting and making you aware that we can have a much happier life, if we followed our own thoughts.*

MEDITATE and be quiet often and allow your thoughts to become real.



I will on quite a few occasions repeat myself, but that is done on purpose. It is a well-known fact that, when we attend lectures or read things, we only take in a small portion of the subject matter. So, to be told a story or a subject a few times, will not hurt you. I hope you will get a real benefit from the following pages, as I hope you got from reading "Victory over dis...eases".

I am not a writer by profession and this is my second book ever, so please bear with me and forgive me for not always writing things down exactly the way they should have been. *I always mean well* and have your health and life in mind.

Love and peace, Shanti.

PS, but not an afterthought. My God made me proficient in helping to heal people from their ills. During my life, at special times, when I needed it, He always stood by and enlightened me with information I NEEDED at that time. When I was 77 years of age, He sent me away into the desert to do a meditation I wrote about. What a change that made in my life!

Even though I had no official professional qualifications in Osteopathy, Chiropractic and counselling, HE found the people, who taught me everything I needed to know, with love. *I was never an academic and learned everything I know through practical learning.*

For that reason, I believe that there should be 2 schools of learning; one for the academic students and one for the practical ones. Two of my children are the same as I am and they too have made it in this world, without learning from books and there are plenty more, famous people as well, in the same predicament. Einstein left school at the age of 15.

There were many times, when I thought I could not help a patient, but divine intervention pulled me

through and the end results were positive.

"Many of life's failures are people, who did not realize how close they were to success, when they gave up." - Thomas Edison

1

I realised years ago, that we should **prevent** diseases, then we would not have to be cured, so here is your chance to do just that and with all the knowledge I have gained over 69 years in actual clinical work, firstly as a Physiotherapist from 1952 to 1972, then as an Osteopath till 2009 and now as a Natural Health Advisor, plus all the research I have done over the last decades, your chances are absolutely real.

If you are a person of age and have settled in your ways, you may find that big changes will be difficult to achieve, but at the same time, we can always learn and improve. However, I would like you to remember your responsibility to your family, your children and particularly your grandchildren, who are on the threshold of life. They look up at you as an example. We can do so much for them and the results will be fantastic. Teach them from the beginning, what the right direction is and keep them away from poisons, whether we take them orally or experience them in our daily life as toxins in houses, in the streets, in the water we drink, the air we breathe, the thoughts put in our minds etc., something I will expand on shortly. It is up to us, the older generation, to share our experiences gained, with the younger ones, something nature tells us to do. In indigenous cultures, the elders have always been there for the younger ones and taught them the right ways of living, the best way they knew and still know, so let us try and continue this practice and teach what we know is best. Educate ourselves with information that is valuable and necessary and leave so much rubbish behind, the stuff we hear and see daily. We are on this beautiful planet to learn, love, experience, share and teach and also be peaceful in our ways. Once we have achieved this goal, we can move on one day and know that we have reached the beautiful goal of *`being`*.

Another thing I realised is, that we as professionals, are often called "healers", but we are really the directors and the patients themselves are the healers, because our bodies are a self-healing system. We as professionals are steering you into the right direction for healing with the knowledge we have gained. Even though I refer to myself as a *`healer`* at times, it is really an expression, rather than a fact. Prevention is the way to go. When we have to cure ourselves, it means we have not looked after ourselves in the first place.

Please move on now and enjoy! There is a lot to be absorbed.



***Add years to your life and add life to
your years!***

Shanti 19/11/2021

Alphabetical table of contents

Anaphylaxis	118
Asking the Universe	13
Aspartame	45
Author's afterword	134
Autumn years the	24
Bar soaps	111
Bar codes	61
Bicarbonate of soda and maple syrup	21
Being prepared	93
Biodynamics	42
Biomass Index	117
Blocked sinuses	38
Burns	60
Bug killers	122
Cancer and the sun	17
Canola oil	56
Child birth	36
Cholesterol medicines	109
Counselling	121
Crystals and their disappearance	66
Cleaning with artificial chemicals	103
Coconut oil	63
Colloidal silver	31
CT and CAT scans	40
Diets	80
Diabetes	74
Doctors' appointments	76
Domains picture	97
Drinking water	82
Fads and fashions	107
G.I. Glycaemic index	117
Giving from the heart	13
Guided meditations	126
Having faith	78
Health foods	101
Health again	51
Our natural senses	88
Index	132
Junk food	27
Magnesium	69
Land of milk and honey	77
Making compost	105
Marriage	124
Meat glue	49
Meeting people	39
Messages from the Universe	15
Mountain air	65
Mozart effect	91
My spiritual and loving life now	10
Neem tree (the)	72

Our freedom	67
Our natural senses	88
Oxygen therapy	71
People who love people	115
Psychotic drugs	87
Recommended reading	132
Respecting peoples' choices	37
Seed savers	85
Setting goals	16
Siberian cleanse	58
Sight	88
Smell	88
Sink holes	112
Sports drinks	73
Take away foods	29
Taste	88
The path to paradise	86
The power of positive thinking	12
Touch	88
Violence	49
Watching TV	123
Water, water everywhere	84
We must walk the talk	115
White lighting	55

This book explained.

Hello everyone.

This book is an extension of “Victory over dis...eases” and as I promised, I am writing here about a lot of things, only barely mentioned in the above book.



During my constant researching, I came across some amazing stories and items, I wish to share with you. These articles, may help you make up your mind, whether you want to accept life, as it is going today, or you may want to change to improve your health and/or living standards for yourself and/or society.

I know, how hard it is to live a really healthy life, as we are constantly bombarded by hidden ‘nasties’, but by telling you what I have found during researching, I can at least make you aware, so you may react IF YOU WANT TO. I cannot tell you what to do and that is NOT my aim, but as a brother and healer, I give you that choice.

I advise you to read “Victory over dis...eases” first, to give you a better insight of what follows, but it is not necessary.

I am going straight into the information you need. Please note that there are times, when I purposely repeat myself, as some items are so important.

Also, all the following reports, have been gathered over a long period of time, so repetition is definitely happening and some of the statements have maybe changes somewhat.

I would like you to have a look at the back cover of this book, reminding you of the happy and loving family you are (have) and how in the end, you will be the same when seniors, because you have prevented your bodies from getting diseased.

I really wish you a very HAPPY and fulfilled life,
Shanti

MY SPIRITUAL AND LOVING LIFE NOW.

I will share with you the changes I have made myself in the last few years for the better. I wish that I had made these changes earlier in my life, but sometimes the time is not right or we are not ready to do so. That is why, when we read or get instructions from other sources, at that time you may not be ready to follow these instructions completely. Later on, when you are ready, these instructions are coming through loud and clear and following them is a breeze. So, don’t panic, when you read something in these instructions and you feel uncomfortable or not ready; keep reading and store the information in your computer-brain for a while, till you are ready to implement them.

I have now become a different person, who has grown so much and I have learned ‘heaps’ since I first wrote my book, called “Victory over dis...eases” edition # 1, a book I recommend to you all. You should maybe read it first before this book. # 2, will make any real sense, where I discuss some of my *healings* and also give you many hints and ways to live a better and happier life in every aspect, to prevent diseases for the rest of your life. I have learned from all my experiences, from you my brothers and sisters and also from growing so much in my spirituality, something I never realised would OR COULD happen. I had the instructions stored away in my brain, but I was not ready to implement them. When I was ready however, it was easy!



On a daily basis, I meet people, who instantly know I am me, a person, who is in charge of his life, approachable, genuinely loving and concerned. It does not matter where I am, whether in a weekend market, the supermarket or on the street, I get recognition for who I am. It sounds strange to say this, but people see in me the Light I portray, as soon as they meet me. A good friend of mine told me that I am the Light, absolutely in charge of my life, something we all should try to achieve. That is the difference between me now and me even in the fairly recent past.

If I think back a few years ago and remember how I felt then, the changes have been amazing. I am able to express myself in a loving way, which is always acceptable, as people feel comfortable with me and often seal it with a hug or a kiss. I have shed the stresses, which made me so depressed and difficult to live with. I want to ask those who found it difficult to accept my ways then, to forgive me and not hold a grudge as I love you too and it was not intentional. In my book: "Victory over dis...eases", I cover a lot of dis...eases, dis-comforts or uneasy feelings you may come across, whether physical, psychological, mental, emotional, spiritual or sexual. I do NOT however suggest cures for any of these, as I maintain that: "Every person in the world is different to the next and curing a disease is a very personal thing."

Looking at the various aspects of our life above, which I have underlined, being physically great, is not everything, something some people think so important. Our spiritual life is as much, if not more important than the physical. When we are balanced in these two, our mental, emotional, sexual and psychological sides will be easy to manage.

Some people find it easy to talk to a friend, others may want to consult a professional person for their problems and others may decide to meditate and consult the Universe or their God in prayer. The most important phase in life is to recognise your problem and that in itself is half the cure. Deciding yourself, that you need to change something is the MOST important step. In "Victory over dis...eases", I touched on a lot of dis...eases, but could not expand on them, due to space allowed for other, more important subjects at the time, things I wanted my readers to be aware of. I did promise you, that I would possibly write more about the following items, if I had the time **and now**; I made time to do just that.

I am going to write about things that can happen, when you change your ways to a loving, understanding, caring, harmonious and happy person, who is not selfish and shares your life in every way possible, with all the world. May it be people, animals, plant life or whatever; a person who has things in balance and does not put money first. Then you too will become the Light. Forgive and forget. Learn to close the doors on the past and move on. Living is in the moment: "Now, this very moment you are alive and well."



To share unconditionally is so great and giving from a loving heart is an experience, not many people have really ever felt. We are inclined to give, with an ulterior motive of receiving something back, or being paid for the deed of giving. That sort of giving is never "from the heart".

I am still dealing with people, wanting to do something for me, when I give them something. Their reaction is very often something like: "I must give you something in return, or I must do something for you." No, that is not what I expect.

Receiving can be very difficult for people, but giving is relatively easy, once you get to know, that it comes with love. I have learned to receive graciously, knowing that the giver has given from the heart. It takes a little time to get that far, but for me it is so nice to be there now. I had the most amazing experience I want to share with you as an example.

I went to north Queensland in 2012 and stayed in a place called Mareeba, which is west of Cairns, on the Atherton tablelands. I stayed there for 5 months and found this place to be very happy and pleasant and some of the people to be very loving and approachable. I went back to the Sunshine Coast for the summer months, as I had to do some business there.

I made some amazing friends while I was in Eumundi as well, who gave me a recipe for a new life. I met one man in particular*, who helped me understand the spirituality I had "in my pocket" he said. (I had a lot of the information stored in my brain *(or pocket if you like)*). He taught me to open my mind to

all the ammunition I had stored there and use it for myself and others to use. He gave me his book* and I studied his format. I went forward at an amazing pace in the right direction. With my changes under my belt, it was even easier to meet people, who had similar views and intentions.

* see recommended reading: Ken Dowling

THE POWER OF POSITIVE THINKING AND GIVING FROM THE HEART.



Let me explain something. I have never done this before, when I have given things away.

While I was still on the Sunshine Coast in Eumundi, I met a lot of struggling people, who wanted information about a happy life, but could not afford my book, where they would find the answers to their problems, so I finished up giving them a copy unreservedly. I did not think of anything else, but helping them.

During my drive back to Mareeba, I put it out to the Universe, that I would find a position as house-sitter, instead of having to pay rent at the Mareeba showground, where I planned to go.

As soon as I arrived, I asked the receptionist, if she knew someone in town, who wanted a house-sitter. She went outside to the notice board and ripped a notice off the board, advertising just such position. I got the job and stayed there well over 4 months, while this family went touring around the country in their caravan. I did some calculations and the amount of money I was saving over the 4 months house minding, was exactly 10 times that of what I had given away in books. The saying is: "When you give from the heart, you will receive back ten-fold". It was exactly correct. It is normally silly to do this, because that is a calculated giving. Most times when you give from the heart, you would not likely receive back the benefits of giving, from just one source. Often you receive returns from different people or different ways, but in my case it all happened in one fair swoop.

These people had to return for family reasons after about 3 months. When they were ready to continue their touring, they went away again for a while and I stayed on for another 2 months or so; in other words, I was therefore also rewarded with more rent-free time, allowing me to make a few improvements to the caravan from my savings. I am so happy with everything.

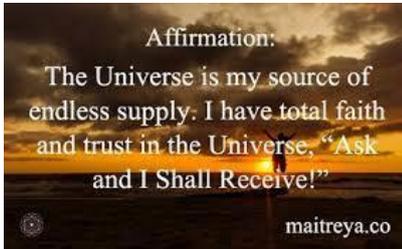
Then I was invited by Michael Alba from Mareeba (and I proudly mention his name here), to speak at a forum, together with a number of other speakers, which lasted 2 days. It was probably one of the most amazing experiences of my life. The whole weekend was full of deep feelings for one another with love flowing the whole 2 days. I had not met any of these people before and we just got on so well. The weekend finished with love circles, "OM" chanting, lots of hugging, beautiful conversations, great food and great feelings in general.

Two days later I went to see Michael again and he too was still `on a high`. I just needed to see him again. The whole weekend happened, because he was told by an inner voice one morning, as he woke up, to put this weekend together. He had never done anything like it. In fact, he is not an academic or an organiser normally, but he is one of the most beautiful people I have met for a long time. He is genuine and very much from the heart all the time. His wife too, is such a beautiful person. They grow their own fruits and vegetables organically and share a lot of them with others.

They gave me my organic vegetables every week and I am so grateful for that, as I had to leave my bio-dynamic farm in 2009, for various reasons.

I have had the opportunity to speak in various towns around Australia about these subjects and I am grateful for the opportunity and share the knowledge.

ASKING THE UNIVERSE



During the above workshop, I put it out to the Universe, that someone there could accommodate me, after I finished my tour of duty at the house-sitting job in town. Would you believe it ??? You better!

I was approached by a married couple, who were attending the workshop and own a property about 20 km from Mareeba, to join them and park my caravan on their place, for as long as I wanted to stay there. Not only that, I was also told that the area where the property is

situated, has the best climate for human existence. I had spent some time looking around that area over the last few months, just to get a feeling of the place. I always felt good, driving through the area and I hoped that this would be the place for me.

Here we go again; I trusted the Universe and had the faith that I would be accommodated.

I WAS!

I rang a friend in Cairns the following morning and she said:

” Every time you put it out to the Universe with a request, you get what you ask for”. I said that you too can get what you want, as long as you faithfully believe and trust when asking for something you need; AND don't forget to give “thanks”.

The people who were going to put me up on their farm, had some more discussions among themselves over the next day or so and decided at the last moment, that it was not the right time for them to have anyone there, as they needed to visit their other farm in Victoria and they cancelled the spoken contract, but....within 2 days, I was approached by another man, whom I also met at the forum in Mareeba, who offered me an even better deal.

He, his wife and myself, were thinking of setting up a community of like-minded people, very spiritual, caring for the Universe and Mother Earth, growing all our own food, teaching people self-sufficiency and more, to be able to help them in different ways.

The following week this man and I had a good talk about what we were going to do. He told me that the property next to theirs was for sale, which needed some real loving, as for years this property was used by people, who were not the best of citizens in our society.

Well, after a few months, it happened. Ten people (families) were approached, who would like to share the property.

The property was 80 acres in size and was on the market for \$250,000. To share a portion, we all would pay \$25,000 and basically own 2½ acres each. On the remainder of the property, we were going to establish fruit trees and veggie gardens and have a common ground for camping and so on, when we had visitors during workshops etc. On our individual acreages, we could do whatever we wanted to, within limits of course and set up our own domain. The whole property would serve as a type of community.

I must say, that I have always been very cautious about communities, as I have never heard of one, which was really faring 100% successfully, except the domains in Russia, as suggested by Anastasia*. These are very special and have the right people joining them for life.

I bought into this property and chose my parcel of land and was very happy with that, as it was something I had dreamed about for a long time and I could afford. I met the people who were going to be involved and really got on with all of them. Most of them were younger families and there were 2 little children.

**It was also an idea Anastasia was talking about in her book, having one's own domain. Look on the internet and google: "The Ringing Cedars of Russia" or even better, buy the whole series of the books by the same name.*

I designed my buildings in detail and was very happy with the result. I was the first person to start

building and built a carport to accommodate the car and caravan. Later on, I was going to build a studio type of cottage, beside the carport, sell the caravan and live there. The cottage was to be 7 x 9 metres and had a kitchen and bathroom on one side and a large room for living and sleeping on the other side. I spent a lot of time on my own and did a lot of hard work, getting the place ready for building.

I employed a young carpenter to help me initially. I had a dam dug, in the shape of a heart, cleared and levelled the building plot and built the carport, planted some fruit trees, marked out the boundaries of my plot, but not fenced, bought a water tank and made a driveway etc.

The other tenants were not ready to build and there were some weeks, when I did not see or heard from anyone.

Suddenly I felt so very much alone and isolated something I do enjoy at times, but.... .

I started to think and realised I was maybe too far away from people, as this property was about 100 km from a shopping centre, where I could buy good food. It would also take a good bit of time, to produce enough food to survive on.

Further, most of the markets I liked visiting and the people I got to know in and around Mareeba were so far away.

Then the worst thing happened.

One of the 10 tenants became the overpowering influence and started to tell us what we could or could not do, fairly typical of these communities. As I said before, I was aware that this could possibly happen. I challenged this man one day and he ran off in a huff. I said to his wife: "He doesn't like to be challenged does he?" and she said: "You are so right".

Lying in bed one morning, I was thinking that I made a mistake, but the opportunity to buy some land for \$25,000 and call it my own had me completely convinced, that this was my future. It suddenly frightened me and I decided to get out.



I went straight to a safe place and put the place on the market. Luckily my plot sold within a few weeks. I got all my investment money back and in the bank. I was so lucky.

I have learned another lesson and that is important.

I was quite sad, as I would have liked a plot of land of my own, but it did not happen.

Not thinking clearly, taking into account my age and the condition of my back, I was not able to do the hard work any longer either. My brain said: "Do it", as I have a young and active brain, but my body rebelled under the strain of the physical work I did on this plot.

What I am trying to tell you, is that I have so much faith in the future, because we are reacting on the given instructions from God, the Universe. We know that we will be fine. As I said earlier, that we should start preparing now and for that reason I bought this property, to grow my own food again; nourishing food.

Please try and follow these thoughts and you will have quality food when things happen. What is going to happen you say? ^

I and others have forecast a worldwide famine and a lack of fuel for many people, to do the things they are doing now. That means, you won't be able to go shopping like you can now. Many of you, who read this, say that is a doomsday forecast. Yes, and they have been predicted so many times before and nothing ever happens. We should not be complacent though. I am not saying that I know the time or date it will happen, but look around you and see how the politicians are running scared. Things are out of control; the `pollies` find it impossible to get things right these days. Finances the world over are going mad. It does not matter which country you look at, from the richest to the poorest countries around the world. It is not up to me to make you do things, but it won't be a bad idea to start a vegetable bed* and also grow some fruit trees anyway, will it? Home-grown products are always so much better for you and really that is what I like to promote first and foremost.

This is my secret and it works all the time. I love my God and know that He is listening and when the time is right, I will be rewarded.

* Vegetables and fruit trees, may be grown among your ornamentals in the garden and will enhance the colour and variety of leaves as well.

^ Covid 19 may be what is happening. I don't know.

MESSAGES FROM THE UNIVERSE.



Every day, whether I am awake or asleep, I receive messages as clear as a bell. The words are a spoken word, received into my sub-conscious mind. They vary from having to meet someone, ring a particular person in trouble, about the condition of my car, forthcoming weather, altogether a whole range of things on a daily basis.

I react to them in a positive way and find them very helpful.

I also believe that I am being warned and protected by these messages. Some say that these messages are from my Angels and they help me throughout my

life. I believe in Angels and often, when I ask for help, I get a message first and then a confirmation in the form of a feather, which will be on the path, where I walk. I keep these feathers. *Since I wrote this article, I have actually made a windmill with the feathers as windmill blades.*

A most amazing thing happened one day (a message from my Angels) about a storm, which was brewing. I wrote the story under White Lighting further down.

I believe in the power of the Universe so much, that I was not even worried, when the storm struck. I have mentioned before, that we must have absolute FAITH in the workings of the Universe or God and KNOW that you will be dealt with positively. Your God, who made you, loves you and does not want to harm you, as you are His child.

Does any father want to hurt his child?

Some people find this difficult to achieve, but if you read on, you will find that my life is very comfortable. It is not that I cannot have a negative thing happen to me, but I manage to cope with that easily.



Usually there is a lesson I have to learn and I also believe, that from the most negative things that happen to us, the best lesson is learnt. The impact is strong and therefore we do not forget it so easily.

Another example is something that happened yesterday. I organised my car to be serviced. There was no urgent reason for me to have the car serviced that day, but it suited the mechanic.

An hour after I delivered the car to the mechanic, I received a phone call from him. He found that both front wheels were very wobbly and I needed new wheel bearings, as it was dangerous to drive the car even for a few meters. The bearings were only replaced 7000 km ago and I was surprised, as they should have lasted 100,000 km. So, I was taken for a ride, by the previous EXPERT, who advertised himself as a “front-end-specialist”. I was ‘lucky’ or was I, that I had the job done that day? Synchronicity was at work here, not luck!

Karma will deal with the “so called specialist”. I will forget the whole thing and go on living my very special way.

I must have known something was going to happen, as I arranged last week, to have some money transferred into my account, money I needed to pay for the extra costs involved, over and above the regular service. This was another message I received, not thinking of an unexpected bill.

We all get messages from God, but most of us ignore them. They are subtle and usually happen when we are quiet, like lying in bed or when we are daydreaming, reading a book or meditating. For this reason, it is so important to have some quiet time during your day, to allow these messages to be heard clearly. If you are watching TV or listen to loud music during your spare time continually, you cannot hear these messages.

Similar messages can affect our whole life. In my book I explain how I became an Osteopath and this too was such a message. If I had not heeded to this message, I wonder what I would have done with my life, but in hind side that is silly. I did heed the message and I am **me** now, having had a good life in general, with the necessary ups and downs for me to learn from. That does not mean, I like bad

experiences mind you, but we have to take the good with the bad. When things go RIGHT all the time, I start wondering what may happen next.

SETTING GOALS.



Now here is an interesting subject to talk about, because often we roam aimlessly around, without a goal in our life. You know what I mean? We seem to be happy, being led by others.

Goal setting is an important function and without doing so, it is very difficult to get anywhere or get anything done properly.

Okay, whatever we do in our life must always have a goal at the end. If we set a goal, or make a plan, we basically follow a straight line from A to B, short and powerful, with purpose.

It is not so much how we get there, that must be considered, it is what is at the other end that we must keep in mind.

Let me start with an example.

I read a story about a golfer, who had been playing for many years and was not very good at it, because he spent far too much time in working out his stance, his address to the ball, his swing etc, without really thinking about where the hole was. He was given an exercise to do with some golf balls, throwing them at a tree. He hit the tree every time, without thinking about it.

So, this proves, that it is not just knowing the technique of HOW to hit the tree, it is the knowledge of hitting the tree; the goal.

In our lives, be it finding a job, being a good parent, anything really, has all to do with: "What do we want to get out of it in the end. What or where is our goal." How we do it, is very personal and we all have different ways of achieving these goals. Nobody should tell you what to do or how to do it. That is YOUR way, but you know that in the end, you will achieve your goal if you set one.

Too much preparation can make you very confused and we plan and plan, to finish up failing, as we cannot foresee the circumstances that we are going to come across in our journey.

By the time we get to a job interview for instance, (I have done it and we all have done the same), we think that we can prepare a speech before the interview and do this faithfully, only to find, the interviewer follows a very different line of thinking and nothing we have prepared, fits in there.

All we need to do is prepare ourselves mentally, that "we are going to get the job (point A) and you must see yourself doing the job (point B)". Doing this sort of preparation is positive and you will find that the interviewer finds you a great candidate for the job, full of confidence.

Again, I speak from experience, as in a very important interview during my life, I was asked by a panel of 12 interviewers, why I should get registered as an Osteopath. My answer was a very direct one: "....Because I am doing this work very well and I am good at it."

I did get registered immediately; within 5 minutes!!!

This is the same every time. I mentioned being a good parent and I am not saying that I was one, but when you start off in your adult life, *imagine* yourself with a loving wife/husband and some children around you, all playing and having a great time together. Keep this in front of your mind all the time, that is important and do not lose track of that.

One day your partner will appear out of the blue, at a time you least expect it and "bingo" you fall in love. Goal #1 is reached or in football terms, 1 – 0; you scored the first goal.

After a while, sometimes sooner than later, the second goal is scored and number one child is born: 2 – 0.

You are on the way to be a champion, as maybe the scores will continue to rise. So you see, what may happen, when you focus on the end result and not on the road in between?

Another thing that comes to my mind here, is the constantly thinking of negative thoughts like: "When I get my heart attack.....," for instance. While we keep thinking this, the possibility of this happening is

very real. “I am an old man”, a friend of mine keeps telling himself, so he basically sits there all day waiting to die and he does not do any exercise, `because he is an old man` (in his head). He will not walk anywhere, even if the distance is 100 metres. This is so sad.

Be positive and treat every day as a blessing and thank God for that. Live now and let the past be the past;

CLOSE THAT DOOR and....throw the key AWAY.



The future will take care of itself.

I have set my life's goal at 150 years and some people say: “Who wants to live that long?”

Well so far, I am quite well and have no reason to `kick the bucket` just yet, as I have so much to do and share.

If,.....if, this goal is not reached, or if I become a burden to society, because I am not well and I don't want to go that far, than I will pray to God, to take me home earlier. That will be another goal for me, if that happens. I certainly will not say: ” If I become sick, blah, blah, blah”, because that is so very negative.

Think positive and clearly lay down what you want in life. Be positive and believe faithfully you will get what you ask for, as long as you NEED it, yes, every time. Set those goals!



CANCER AND SUN.

It is interesting to hear and read that SUN ON YOUR SKIN, CAUSES SKIN CANCER. Well, if you over-do the SUN-BATHING, it becomes SUN-BAKING and you take the risk of burning your skin, which causes all sorts of problems, not just cancer.

Sunshine is a NATURAL and safe way, to PREVENT CANCERS OF ALL KINDS. (That's new, hey?) Sunshine gives us vitamin D, which is so important. Ever since man was put on this earth, sunshine has given him the wonderful protection from cancers and other sicknesses.

This will probably shock you, as for years now we have been brainwashed, to ‘slip, slop, slap’ and protect ourselves from the dangerous sun. Ever since those warnings came out, skin cancer and other cancers have been on the increase. WHY?

Because, we have deprived ourselves of Vitamin D, which naturally is a cancer fighter, as vitamin D converts to CALCITRIOL in the body, which repairs damage from cancer cells.

Sunscreens are very damaging to the body, but they are produced by money hungry companies, who fill them with nasty chemicals and who really don't care about your health.

Vitamin D reduces the spread and reproduction of cancer cells, yes, all cancer cells, not just melanomas.

It has been estimated that 600,000 cases of breast cancer, pancreatic cancer, lung cancer, ovarian cancer, prostate cancer, skin cancers and colorectal cancers could be prevented, if Vitamin D would have been increased.

Recently I saw an advertisement, telling people to take Vitamin D supplements.

WHY IN THE NAME OF NATURE, WOULD WE IN AUSTRALIA AND PLENTY OF OTHER COUNTRIES, WHICH HAVE SUNSHINE DAILY, WANT TO TAKE VITAMIN 'D' SUPPLEMENTS, IF NATURE PROVIDES IT FOR FREE?

Why, because there is money to be made. On the one hand these people warn you not to have sunshine on your skin, which makes vitamin D, and on the other hand they want to sell you their unnatural, chemical products for monetary gain.

You see the scam, again? The Big Pharma sell the sunscreens, which are toxic and also Vitamin D supplements, which are un-natural.

We have to be on our guard all the time and when suggestions are made, we must investigate why, after years of problem free living, suddenly we are doing the wrong thing.

Read my article below, about Colloidal Silver (pg. 61), nature's antibiotic. Before 1938, only colloidal silver was used to treat and cure somewhere in the vicinity of 640 different diseases. Suddenly it was not good any more as we were led to believe by the Big Pharma. They decided to produce a medication for thousands of ailments, at a very big cost to you, AND WITH MANY NASTY SIDE EFFECTS. NOTE: Find out what contra-indications your prescribed drug has, before you take it.(and I will say this again later, just to remind you to do it.)

Today, most of the antibiotics have lost their punch and colloidal silver is being used AGAIN in hospitals, for various purposes. I (and another large amount of people) am using colloidal silver and keep myself well and have not been to a doctor for any ailments for over 60 years. YOU CAN MAKE COLLOIDAL SILVER AT HOME. (See in the Colloidal silver on page 61).

By the way, I have been a very keen sun-worshipper all my life.

I sunbathe, but I do not sunbake. I have only been sunburned once, falling asleep under a palm tree, being tired after a long flight to Honolulu, when the shade of this palm tree disappeared sooner than I expected.

As a young child, living in Holland, I was taken to the local hospital, 3 times a week, to have my body treated with Ultra violet radiation, which I needed to be well. I was short of Vitamin D. The doctor picked that up very early and he used the natural method, rather than popping a pill. But there were no BIG PHARMA companies in those days.

Since I have lived in Australia, I have always sported a nice suntan and I feel wonderful. My skin is that of a very young person.

There is another add on TV and it states:" There is nothing healthy about a suntan.", well this is a blatant LIE!

In life, we know that OVER-DOING anything, is wrong, whether it is eating, exercising, etc. The saying is:" Everything in moderation."

Therefore sunbathing should be done sensibly and gradually, if you have not been in the sun for a while. A few minutes to start and gradually build up and increase the dosage. This will not only do you no harm, but actually makes you healthier.

If the whole population would do that, we could reduce the cancer figures by up to 60%. Remember my saying in "Victory over dis...eases", we must all do what is right for each one of us. We are all different and we must treat ourselves the way OUR body needs to be treated, not like another body.

The Canadian Cancer Society, endorses Vitamin D as a cancer preventer.

The American Journal of Epidemiology has done tests and found that women of very light skin types, who had high amounts of long-term sun exposure*, had half the risk of developing breast cancer, compared to women with lower amounts of regular sun exposure.

*Long term exposure does NOT mean long exposures to sunshine. It means regular sunbathing over a long period.

Consuming a healthy, natural diet of vegetables daily, which are full of anti-oxidants, is also needed. I say fresh, natural, raw (preferably) and unprocessed. This should comprise of over 50% of your food

intake DAILY.

The intake of Omega 3 and 6 are necessary for the skin to be healthy and protect it against sunburn. DO NOT OIL your skin, before you go into the sunshine, as this will BAKE or FRY your skin, but after you come out of the sunshine, put coconut oil on yourself, to guard against the drying effects of the sun. Ensure that the coconut oil is Virgin, Organic, cold pressed coconut oil. The cheaper variety is not to be used for this purpose. Coconut oil is a wonderful skin lotion for all types of skin and it is the safest of all skin lotions. The people of the Pacific Islands, Papua and other islanders, have used it for years. Look at their beautiful skins.

I hope to have cleared up a myth, that suntanning is dangerous.

This myth is: Busted!!!!

1. TO BE HEALTHY, ALSO REDUCE YOUR SUGAR INTAKE TO ZERO.



All sugars, excessive fruit eating, and hidden sugars in foods (processed foods especially). Xylitol, stevia and a little honey are okay.

2. BE AWARE OF SUBSTITUTES, like aspartame etc. Read my blog about aspartame (page 87), please!

3. Further, read the acid-alkaline sections in “Victory over dis...eases” as well. An alkaline body is always healthy. Talking about sun cancers, alkaline people are much less prone to sun cancers, compared to acidic people. (See pg. 100)

Known as the sunshine vitamin, vitamin D is produced by the body in response to sunlight. It also occurs naturally in a few foods — including some fish, fish liver oils, and egg yolks — and in fortified dairy and grain products.

Vitamin D is essential for strong bones because it helps the body use calcium from the diet. Traditionally, vitamin D deficiency has been associated with rickets a disease in which the bone tissue doesn't properly mineralize, leading to soft bones and skeletal deformities. But increasingly, research is revealing the importance of vitamin D in protecting against a host of health problems.

Symptoms and Health Risks of Vitamin D Deficiency.

Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency.

However, for many people, the symptoms are subtle. Yet even without symptoms, too little vitamin D can pose health risks. Low blood levels of the vitamin have been associated with the following:

- Increased risk of death from cardiovascular disease
- Cognitive impairment in older adults
- Severe asthma in children
- Cancer

Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis. Reading these statements, it is no wonder, that so many people THESE DAYS, get the above ailments.

CAUSES OF VITAMIN ‘D’ DEFICIENCY.

Vitamin D deficiency can occur for a number of reasons:

1. You don't consume the recommended levels of the vitamin over time. This is likely if you follow a strict vegetarian diet and do not sun-bathe, because most of the natural sources are animal-based, including fish and fish oils, egg yolks, cheese, fortified milk, and beef liver.
2. Your exposure to sunlight is limited. Because the body makes vitamin D when your skin is exposed to sunlight, you may be at risk of deficiency if you are homebound, live away from the tropics, wear long robes or head coverings for religious reasons, or have an occupation that prevents sun exposure.
3. You have dark skin. The pigment melanin reduces the skin's ability to make vitamin D in response to sunlight exposure. Some studies show that older adults with darker skin are at high risk of vitamin D deficiency.
4. Your kidneys cannot convert vitamin D to its active form. As people age their kidneys are less able to convert vitamin D to its active form, thus increasing their risk of vitamin D deficiency.
5. Your digestive tract cannot adequately absorb vitamin D. Certain medical problems, including Crohn's disease, cystic fibrosis, and celiac disease, can affect your intestine's ability to absorb vitamin D from the food you eat.
6. If you are obese. Vitamin D is extracted from the blood by fat cells, altering its release into the circulation. People with a body mass index of 30 or greater often have low blood levels of vitamin D.

Tests for Vitamin D Deficiency

The most accurate way to measure how much vitamin D is in your body is the '25-hydroxy vitamin D blood test'. A level of 20 nanograms/millilitre to 50 ng/mL is considered adequate for healthy people. A level less than 12 ng/mL indicates vitamin D deficiency.

Treatment for vitamin D deficiency involves getting more vitamin D through diet and/or supplements. Although there is no consensus on vitamin D levels required for optimal health and it likely differs depending on age and health conditions a concentration of less than 20 nanograms per millilitre is generally considered inadequate, requiring treatment.

Guidelines from the Institute of Medicine increased the recommended dietary allowance (RDA) of vitamin D to 600 international units (IU) for everyone aged 1-70, and raised it to 800 IU for adults older than 70 to optimize bone health. The safe upper limit was also raised to 4,000 IUs.

If you don't spend some regular time in the sun or always are careful to cover your skin (and sunscreens inhibit vitamin D production), you should speak to your doctor about taking a vitamin D supplement, particularly if you have risk factors for vitamin D deficiency. Always look for the natural supplements like wild Salmon (farmed salmon is about 25% of the wild salmon), Herring and Sardines, Cod liver oil, Tuna, Egg yolks, Wild Mushrooms (commercial mushrooms, grown in the dark contain very little Vit D), fortified milks, whether animal or soy milk and other fortified products may help you get more Vit D. Generally speaking, most people are short of this vitamin in their body.

BICARBONATE MAPLE CANCER TREATMENT.



Tapping for Maple syrup. Maple tree grove.

“International Medical Veritas Association.

The bicarbonate maple syrup cancer treatment focuses on delivering natural chemotherapy in a way that effectively kills cancer cells, but significantly reduces the brutal side effects experienced with most standard chemotherapy treatments. In fact, so great is the reduction that the dangers are brought down to zero. Costs, which are a factor for the majority of people, of this particular treatment are almost nil. Though this cancer treatment is very inexpensive, do not assume it is not effective. The bicarbonate / maple syrup cancer treatment is a very significant cancer treatment every cancer patient should be familiar with and it can easily be combined with other safe and effective natural treatments.

This cancer treatment is similar in principle to Insulin Potentiation Therapy (IPT). IPT treatment consists of giving doses of insulin to a fasting patient sufficient to lower blood sugar into the 50 mg/dl. In a normal person, when you take in sugar, the insulin levels go up to meet the need of getting that sugar into the cells. In IPT they are artificially injecting insulin to deplete the blood of all sugar, then injecting the lower doses of toxic chemo drugs when the blood sugar is driven down to the lowest possible value. During the low peak, it is said that the receptors are more sensitive and take on medications more rapidly and in higher amounts.

The bicarbonate maple syrup treatment works in reverse to IPT. Dr. Tullio Simoncini acknowledges that cancer cells gobble up sugar, so when you encourage the intake of sugar it's like sending in a Trojan horse. The sugar is not going to end up encouraging the further growth of the cancer colonies, because the baking soda is going to kill the cells before they have a chance to grow. Instead of artificially manipulating insulin and thus forcefully driving down blood sugar levels to then inject toxic chemo agents we combine the sugar with the bicarbonate and present it to the cancer cells, which at first are going to love the present. But not for long!

This treatment is a combination of pure, 100% maple syrup and baking soda and was first reported on the Cancer Tutor site. When mixed and heated together, the maple syrup and baking soda bind together. The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell.

The actual formula is to mix one part of baking soda with three parts (pure, 100%) maple syrup in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Take 1 teaspoon daily, is what is suggested by Cancer Tutor, but one could probably do this several times a day.

“There is not a tumour on God's green earth that cannot be licked with a little baking soda and

maple syrup." That is the astonishing claim of controversial folk healer Jim Kelmun, who says that this simple home remedy can stop and reverse the deadly growth of cancers. His loyal patients swear by the man they fondly call Dr. Jim and say he is a miracle worker.

"Dr. Jim cured me of lung cancer," said farmer Ian Roadhouse. "Those other doctors told me, that I was a goner and had less than six months to live. But the doc put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays."

Dr. Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda. Since then, reported by a newspaper in Ashville, North Carolina, Dr. Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly he claims of that number, 185 lived at least 15 more years and nearly half enjoyed a complete remission of their disease. When combined with other safe and effective treatments like transdermal magnesium therapy, iodine, vitamin C, probiotics and other items like plenty of good sun exposure, pure water and clay treatments, we should expect even higher remission rates.

It is very important not to use baking soda which has had aluminium added to it. The Cancer Tutor site reports that Arm and Hammer does have aluminium but the company insists that is not true. One can buy a product which specifically states it does not include aluminium or other chemicals. (e.g. Bob's Red Mill, Aluminium-Free, Baking Soda and in Australia the McKenzie's brand). Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective, when it comes to cancer tissues. It's an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Studies have already shown how manipulation of tumour pH with sodium bicarbonate enhances some forms of chemotherapy.

"The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously and through catheter for direct targeting of tumours," says oncologist Dr. Tullio Simoncini. "Sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results only in some tumours, while others – such as the serious ones of the brain or the bones – remain unaffected by the treatment."

The maple syrup apparently enables and increases penetration of bicarbonate into all compartments of body, even those which are difficult or impossible to penetrate by other means. These compartments include the central nervous system (CNS), through the blood-brain barrier, joints, solid tumours, and perhaps even the eyes. IPT makes cell membranes more permeable, and increases uptake of drugs into cells. The maple syrup will make tissues more permeable too. It will transport the bicarbonate across the blood-brain barrier and every other barrier in the body for sugar is universally needed by all cells in the body. The essence of IPT is that it allows cancer drugs to be given in a smaller dose, far less toxic to normal cells, while building up lethally toxic concentrations in cancer cells. Both IPT and bicarbonate maple syrup treatments use the rabid growth mechanisms of the cancer cell against them.

Dr. Jim did not have contact with Dr. Simoncini and did not know, that he is the only oncologist in the world who would sustain the combining of sugar with bicarbonate. Dr. Simoncini always directs his patients to dramatically increase sugar intake with his treatments, but has never thought to mix the two directly by cooking them together. Because his treatments depend on interventionist radiologists who insert catheters to direct the bicarbonate as close to the affected

area as possible, or physicians willing to do expensive intravenous treatments, I pushed bicarbonate up into the number six slot in the IMVA cancer protocol. With the discovery of Dr. Jim's work bicarbonate comes back into our number three spot right behind magnesium chloride and iodine. (I, Shanti, mention the use of iodine in other writings as well, since we do not normally get enough of this amazing mineral in our diets today. Iodine was removed from the milk dairies a number of years ago and replaced with the toxic chemical Bromine. There is no iodine in bread anymore either. Why? Was it keeping us too healthy and is it interfering with the drug companies?)

That number three slot for a brief time was held by hemp oil containing THC. The great advantage that maple syrup and bicarbonate treatments have over this type of hemp oil is that it is legal thus easily obtainable. The two together, backed by a solid protocol of other nutritional substances makes winning the war on cancer almost a certainty. When using these substances, it is safer to change one's vocabulary and not say one is treating and curing cancer. Far better to conceptualize that one is treating the infectious aspect of cancer, the fungus and yeast colonies and the yeast like bacteria that are the cause of TB.

Dr. Simoncini says that, "In some cases, the aggressive power of fungi is so great as to allow it, with only a cellular ring made up of three units, to tighten in its grip, capture and kill its prey in a short time notwithstanding the prey's desperate struggling. Fungus, which is the most powerful and the most organized micro-organism known, seems to be an extremely logical candidate as a cause of neoplastic proliferation."

pH of the blood is the most important factor to determine the state of the microorganisms in the blood.

"Sodium bicarbonate therapy is harmless, fast and effective because it is extremely diffusible. A therapy with bicarbonate for cancer should be set up with strong dosage, continuously, and with pause less cycles in a destruction work which should proceed from the beginning to the end without interruption for at least 7-8 days. *In general, a mass of 2-3-4 centimetres, will begin to consistently regress from the third to the fourth day, and collapses from the fourth to the fifth,*" says Dr Simoncini.

There are many ways to use sodium bicarbonate and it is a universal drug like iodine and magnesium chloride. *Raising pH increases the immune system's ability to kill bacteria, concludes a study conducted at The Royal Free Hospital and School of Medicine in London.* Viruses and bacteria that cause bronchitis and colds thrive in an acidic environment. To fight a respiratory infection and dampen symptoms such as a runny nose and sore throat, taking an alkalizing mixture of sodium bicarbonate and potassium bicarbonate will certainly help.

1/4 teaspoon apple cider vinegar and 1/4 teaspoon baking soda taken 2 times or more a day is another treatment as is lemon and baking soda, or lime and baking soda formulas. Perhaps maple syrup could be substituted for honey, for those who live in parts of the world where maple syrup is not available, but to my knowledge no one has experimented with this.

Mark Sircus Ac., OMD

Director International Medical Veritas Association

<http://www.imva.info>

<http://www.magnesiumforlife.com>

<http://www.winningcancer.com/>

This article is from the 850-page e-book [Winning the War on Cancer](#).

I hope this will clear the air again, with some more scientific results.

BE SENSIBLE AND ENJOY LIFE TO THE FULLEST.

Shanti. My personal comment: I hope I have given you another way of being well in reducing the risk of diseases, which are so rampant in society. Research in a lot of these above-mentioned diseases, seems to come to nothing. A lot of money has been collected over many years for **cancer research** and the results are very poor, so where has the money gone? Why not investigate the NATURAL treatments, that are gaining popularity again? Rushing off to the doctor will only fill the pockets of the multi-nationals, that's why. Then they say:" it is not scientific."



Science does not have a great reputation for reliability, where the good old-fashioned treatments are proven reliable, through their use over time. It is also a laugh, when some take-away outlets and soft drink manufacturers advertise their products at sporting fields, where healthy people exercise and then these companies collect and distribute money to combat the diseases these so-called 'foods' cause, because they have NO nutritional value at all. (I am being kind. here.) These people are very two-faced, scrupulous and money hungry.

I wish you good health and a long, 'dis...ease' free life, Shanti with love.

PS. I do take (lugols) iodine, Vitamin C, (Natto Pro-biotics and Oxygen on occasions), as supplements daily and make sure that my diet of the vegetable world includes garlic, chili, ginger and turmeric, to boost my immune system constantly. I sunbathe daily if possible, even if it is for ½ hour or so, while having my snacks and lunch. I have not seen a doctor for ill-health for over 60 years. No colds or the flu even, during all this time. I have NOT taken ANY drugs either, not even an aspro.

THE AUTUMN YEARS.



Here I want to give a message to those, who have been here a little longer than some others.

We often call it 'the Autumn years'.

I spent the last 5 months in Victoria, Australia, where the weather is very different to what I am used to. I have lived in a warm climate up north for many years and I did not remember the seasons to be so amazing in a cooler climate.

There are hot summers, cooler spring and autumn times and cold winters. As the seasons change, the trees let you know that winter is coming. They change

their foliage and it looks great. This is autumn or fall for my friends in the States.

Well, my lovely people, once we reach our autumn years, we should be so happy, because the time has come to celebrate the 'colours of our life'.

I have taken so many photos of the changing colours during the last few months. I have seen the slow changes from yellows to reds and eventually the falling of the leaves. These trees look beautiful and start to rest, during winter, for another flush of fresh leaves in a few months. That flush will be light green and darkens as the summer approaches, to be there for us to enjoy in many ways. We can look at them and see the beautiful colours of green, which is a very relaxing colour, (used by colour therapists), we can sit in the shade under their canopy to keep cool and shortly after, some trees bear fruits for us to enjoy and to feed us.

What I am saying, the autumn colours are an indication of the beauty of this period. The trees look great and are so enjoyable. People who are getting on a little, must never think of HOW OLD THEY ARE, but always remember the good feeling of life and everything it gives and has given you in the past. Now you have more time to enjoy your life and the grandchildren etc., these must be happy days. Forget your little quirks and enjoy life to the fullest. Make it all count and that will extend your life.

No more of the saying: "...I am .?.years (and the dreaded word) old".

Never think of yourself as being old, so forget the numbers, just live and be happy. Celebrate your day of birth, instead of your birthday and how many years you have been here. That does not matter.

I read a beautiful series of books, called "The Ringing Cedars of Russia", and in one of the books, the great-grandfather of Anastasia was at the end of his life. At 140 odd years, he just came to say goodbye to Anastasia one day and walked away, to go and die in the bush. No fuss, just the accepted thing to do, as his faculties were failing and there was no reason to go on. All his body-cells were starting to fail in their duties to maintain his over-all health and he knew it. So only then, he decided to call it a day. This was not because he was a certain age, it was due to the fact he could not support life any longer in a satisfactory way. Up to this day, he would still walk and come to see Anastasia, be it walking slowly, but all was well enough for that visit. NOTE: Animals do this too.

This is where we must get away from society's pressures and instead, do things our own way.

I have decided to do just that. I thought that when my time comes to pass over, I would like to be driven to a place where I feel at one with Mother Earth. Then walk into the bush, as far as I can, not over tracks, but pushing away branches etc, till I come to a place, where I feel I can go to rest forever. I do not want to be found. I do not want a grave or my body cremated and the ashes kept. No, I want to be remembered as Shanti, who was a friend and loved everybody and I want the right to go home by myself, back to where I came from: Mother Earth.

Remembering people with gravestones or any other reminders, does not allow that person to die and go back to earth peacefully. Remember that the spirit (YOU), lives on. I even think, that the crosses people wear, remembering Jesus Christ, is not allowing Him to really die. (My opinion). Going back to visit a grave, on occasions, is not doing anything for that person, because there are only the remains of a body in that grave, not the spirit, who is the real person after all. It hurts people, when they go to a grave. They cry and sob and all the while they feel sad. Why? I don't believe in REMEMBRANCE DAYS.

If I cannot achieve my goal, I will be cremated and have my ashes spread around a national park, to go back to Mother Earth, to be at one again.

That person in the grave, is someone they loved and remembering him/her alive is so much more positive. Surely, that person doesn't want us to be sad? We can talk about our relative who passed over at home and remember the nice things we did together, the laughter and joyous times we had together. Isn't that how it should be? I want to be remembered that way. The ways I helped others out of love; the good times we had with family and friends and strangers for that matter. I have a ball meeting people these days and have great conversations with them about anything and everything. I feel young and get on with the younger generation. They keep me young at heart and I still get a little extra heartbeat, when I see a young lady, who is nice to me.

Why not? We have our eyes to see and if pretty, why not admire her *or him for that* things and if these things are nice, so much dirty old man, I have the same feeling animals, the whole world!



we see something or someone *matter*? We have our eyes to see better for our mind. No, I am not a about all creation. The trees,



I love being in the bush and admire nature, the trees, the flowers and the animals; all these are my friends and I admire them all. Age has nothing to do with the old or the new. I just picked a few stems of Narcissus and I am sitting here enjoying the slight perfume that drifts from them into my nose for my enjoyment. Really natural perfume, no additives from man. Beautiful! We should always be there on the spot to love and to be loved

by people and Nature. I just love all of it and I am waiting desperately to get back on the road, to enjoy

all these creations again. I have been here in this one spot for 7 months, but I had to. I had to be close to my publisher and I will always be thankful for him coming into my life and being there for me. I will have to do some real soul searching when I leave, to get back on track with all the beauty around. I have become a couch potato and I feel unhealthy, not walking or being able to ride my bike. It is just too cold for me and any amount of clothes I put on, don't seem enough to keep me comfortable. I am going to enjoy myself as I have been doing, since I have been on the road for over 2 years. I miss the people there, who are all young at heart. They don't talk about their ages. They just move on regardless. I have met people well into their eighties and still camp out at night, as if that is the norm. Beautiful! Let's look at your situation. If you are a person, who lives in a house and do the regular things people do, like shopping, watching TV, going out to dinner and see friends on occasions etc., what can you do to improve your quality of life. You could be as happy as a pig in ... (you know what). Okay, that's fine and you may not want to change your life, BUT this kind of life does not seem terribly fulfilling. You are not achieving much and sitting down a lot is not going to make you any healthier. Yes, the grand children are going to wear you out, but that is only because you have no energy, due to your lifestyle. I know older people, who sit all day and can hardly move when they walk. That's not right, but that is what they want. I mentioned in "Victory over dis...eases" on a number of occasions, that 'you can take a horse to water, but you cannot make him drink'. That `horse` will eventually die from thirst and not from old age. One older gentleman told me the other day, that there is absolutely nothing to watch on TV and it is all crap. I agreed, but he is the one who sits there all day, watching the TV. Why does he not do some hobbies or craft etc?

We naturally must move our bodies to keep it healthy, as I mentioned in the book earlier. It is the norm to do that. So maybe I can slowly move you in the right direction and start with a little bit at the time. Just a little walk around the garden or around the block and while you are there doing that, enjoy the views of nature and talk to some people. Don't rush it, but make a concerted effort to really take it all in. 'Smell the roses' along the way, as most of the home-grown ones still have a perfume. I know the ones you buy from the florist are dead; no perfume!

Each day, go a little further and faster and admit that the TV was a waste of time anyway. You can watch some more rubbish later on if you really want to. I do not have TV and if something happens that I need to know, I will hear it down the road somewhere, but most news items are not really of any significance. What difference does it make to most people if a train derailed in Algiers? Except the families of people, who may have been killed, nobody really cares, but that is what is in the news hour. Every night there is a house fire, a person bashed up, a sportsman given his/her marching orders and the weather forecast is nearly always wrong. So...? Let's give it a break and live your life to the fullest, with your loving family beside you. So often there is no communication in a home, because of the TV. It has first priority all the time. Even when friends come over for a drink, the TV is always on and the conversations have to be held over the top of that noise. TVs are in all rooms of some houses and even outside in entertainment areas. You cannot escape them. That square eye! Brrr!

Anyway, you must make up your mind yourself, as I can only advise you, something I do out of love for you. I have seen too much misery, not to pass this on to you and I am sure that deep down in your heart, you agree with me on a lot of these subjects. Maybe you just want to be tough and say: "What has that to do with him, what I do?" Absolutely nothing at all, but I like to see you healthy and not be a burden on society through the health schemes and the doctors' services, something we all pay for in our taxes.

I hope I have stirred something up in you and I know when you read this and you go mad, it proves that I am right.

“WHAT IS THE PROBLEM WITH JUNKFOODS”?



Junk food has slowly crept into our lives over the last 50 or so years and we should do something about that. The Health Departments and the Governments even, call it JUNK FOOD! Adults, this is your problem. It is NOT a treat you give your children, as some people call it. It is getting them hooked on toxins and de-vitalised stuff.

Junk food is obviously not good and we still allow the rogues in these establishments, to produce stuff, which I class as trash and it is all about making money. A number of individuals have told me, that they have bought some of these “so-called” hamburgers, left them un-refrigerated for over 2 years on a shelf and after that time they looked exactly the same as the day they were bought. Not even the weevils got into the buns and there was no sign of deterioration at all; they were just the same as they were 2 years before. I have heard these stories from a number of people. Other burgers or parts thereof, were found under the front seat of the car, where the child did not eat his burger, put it back in the bag and tossed it on the floor, only to be found some time later, when the car was given a good detailing.

Is this not enough to tell you, that these blobs of so-called foods aren't real food? AND, they are so massive in quantity! Our stomach is just a little larger than a big grape fruit, 1 litre approximately. Eating these 'blobs' and drinking another large amount of poisonous drinks as well, doesn't fit very well into our stomach, so you stretch it, to another size, making you feel uncomfortable. And in the end, you haven't been fed properly.

Proper food deteriorates after a very short time and that is nature's way of getting rid of the leftovers and for them to go back to the earth. These take-aways are full of preservatives (and other chemicals), which we do not need. Hey, why have these preservatives, if you are going to eat 'the thing' there and then?

It is not just take-away shops I am talking about. I also include the prepared food on the supermarket shelves, that you just put in the dreaded microwave oven. These too are full of all sorts of chemicals we do NOT need. Please learn about the numbers* and read the ingredients on the labels. That is what they are there for.

WHY DON'T WE EDUCATE OUR CHILDREN AT SCHOOL ABOUT THESE THINGS? About good, healthy, life sustaining foods and how to grow them and prepare a meal with them. We were educated that way in “the old days” ** and our parents were knowledgeable and helped us, by showing how a good meal was grown in the garden and prepared in the kitchen.

**Please get the booklet called: "The chemical maize", written by Bill Stratham and Lindy Schneider. It gives you ALL the numbers and the meanings of them, in foods and also in body care products, for your protection.*

**Some people always snigger at the words: “in the old days”, but you can say what you like, they were REAL. We ate well, of quality foods, mostly homegrown, we had good family times together without TV or electrical gadgets, we walked as a family into the forest, we observed nature in all its glory, we saw the stars at night and all this contributed to people being more realistic and free of pressures. We talked together around the table at night and solved our individual problems. YES, they were the “good old days”!

Is the “Health System“ really serious about HEALTH? Or is it the “Sickness Industry” we are talking about? Are the governments serious about stopping obesity, heart attacks, asthma, cancer, skin problems, arthritis and diabetes etc, and spending fortunes on treatments and drugs? OR, are they supporting the BIG PHARMA? Isn't it the education department's responsibility to teach people? Teaching children about quality foods and the mis-use of chemicals, which are doing so much harm? Sitting on your hands is not achieving anything. We should “walk the talk”.

Why do we talk about these things forever and ever, without action? Daily we hear about how the population is getting sicker, but still no real action. Because we are NOT PREVENTING AND NOT EDUCATING. The Cancer council is always collecting money for research, but what is happening? The children are suffering and all the officials, are talking and not acting.

Watch what the average customer puts in their trolley, when shopping in the supermarket.

Loads of white bread, bottles of low-fat milk, diet colas, tin foods, instant meals to be microwaved, polystyrene containers with instant noodles (just add hot water) and the list goes on. Hey folks, this is bad and I am sorry to have to tell you again, but in “Victory over dis...eases” I have gone to great lengths, what the food we are eating should be like, so we can be well and trim. No, you don’t have to buy my book, but common sense prevails. No rubbish should ever be eaten and the stuff I just mentioned and all the take-aways are absolute crap. (Sorry for the expression, but I cannot be more specific).

You treat your car better than yourself. You make sure there is the right fuel in the tank; that the oil level is correct; the water in the radiator is right and so on. Why do you do this? Because you know that if you don’t have all these things right, the car is not going to perform.

I have heard all the excuses about being busy and not having time to cook and all that. This does not give you the right to abuse yourself and your children the way some of you are. YES, I AM FURIOUS, BELIEVE YOU ME and I am not retracting any of my statements. I am an older citizen and have looked after myself. (see my picture above). I am still able to drive around the country, prepare my meals, have showers, do my washing, clean my unit and care for the car. I have to shop as well and I find it difficult to find good quality food at times, but I manage and I try hard to buy from road stalls and from farm gates when I am travelling. There are places and towns which have farmers’ markets. I sprout my own seeds for fresh, organic food. I eat fresh fruits wherever I am and yes, I too sin sometimes, but you must read my word: SOMETIMES. I will NEVER eat at these so-called family restaurants though, that would be the limit for me.

The day my mother was being buried, I had to leave very early in the morning to attend to the funeral. My son asked me if I would like something to eat before we left home and I declined, as it was 5 am. On the way, he asked me if I wanted something to eat and I said that I was a little peckish. He knew the road well and turned into the driveway of a McDonald’s place. I started to shudder, but since I never had one of their products on principle, I had a McMuffin. Well, I was right to shudder, as the thing was horrible.



This was the most ‘horrible thing’ I have ever eaten It was the first AND THE LAST ONE.

In the future I would rather go hungry, rather than to put that stuff into my system again.

Do I have to spell it out again? If you have read my book, you know that I have been very nice and given you warnings in a gentle way, but that was written a few years ago. Now we are still talking and still nothing is done about the problem. I hope

you are with me and follow the road to health yourself, even if the officials won’t do their job. Why do they get paid? I thought people get paid for a job well done? These ‘so-and-so’s’ don’t deserve to be in their jobs at all. The problem of the system is that it is not holistic. It is CURING, sorry TREATING, they concentrate on, because that makes money! They never think of PREVENTION!

It will not be difficult, but we must start now, to grow some things at home, even if we grow in pots on the veranda; something is better than nothing and every little bit you can grow will be so much better for you than the bought stuff.

I mentioned sprouting seeds. A sprouted seed is about 600 times more valuable than the original seed, where the sprout comes from. Isn’t that something? Real food! And it is sooo easy mind you!

Ask the children to help you; they love it.

Forgive me if I have upset you, but I love you all and that’s why I am writing this down, but I could keep quiet and keep it all to myself and let you suffer.

Many of my patients asked me, why I have not passed my knowledge on to others who have come on the scene after I retired. Well, I tried very hard, but so many professionals, who have come through the regular channels of learning, seem to ‘know it all’. As soon as they leave University, they forget that ‘years of experience’ mean so much. I certainly used the knowledge of Mr. Pescud, my mentor, to learn everything he had to teach me.

TAKE-AWAY “FOODS”. The quality of them*.

Tonight, I was watching the news on TV and I saw an article that is of foremost importance to all people, who buy take-aways. The fact was brought to light, that so much food sold via take-away outlets is dangerous to buy and eat.

The most alarming thing was the temperatures, at which foods are sold.

Jamie Oliver wins a case against McDonald's. (I article. It was sent to me on

It is well known, at least we should be on or below 4 be a minimum of 60 degrees contaminating bacteria. This containing meat, chicken and complying to these grow at an alarming rate and It was interesting to see that all over Australia, found tested, were selling foods A lot of shop keepers were still doing the same thing. At first, I thought that but even these items were a Really, what do these at all about our health?



Viviana Fabbri July 10 at 10:43 PM · 47

JAMIE OLIVER WINS AGAINST McDonald's

McDonald's loses legal battle with chef Jamie Oliver, who proved that the food they sell is not suitable for ingestion, because it's highly toxic. Chef Jamie Oliver won a battle against the largest junk food chain in the world. Oliver proved how burgers make.

According to Oliver, the fatty parts of the meat are "washed" with ammonia hydroxide and then used in the meat "pie" packaging to fill the burger. Before this process, according to the host, this meat was already not suitable for human consumption.

Oliver, radical activist chef, who took on a war against the food industry, says: we're talking about meat that would have been sold as dog food and human beings are served after this process. In addition to meat quality, ammonium hydroxide is harmful to health. Oliver says this: "The process of pink shit".

apologise for the quality of this my i-phone.)

should be aware, that cold foods degrees C and hot foods should C, to be safe and free of is especially so for food items, fish. If these food items are not temperatures, the bacteria will double their numbers every hour. the gentleman testing these foods about 90% of the food outlets that were a real risk to our health. fined last year and this year were

vegetarian foods would be okay, risk at times. shopkeepers think? Do they care

Especially in holiday places, where a lot or most of the customers are visitors/holiday makers, these unscrupulous establishments are getting away with anything.

Not only are these foods dangerous to your health, the quality is often extremely poor.

I have experienced this recently, when I took a friend out for lunch and we decided to have a piece of grilled fish and a fresh salad. Well, the fish was so bad, dried out and there was so little of it, and the salad was 'yesterday's leftovers', that I wanted to complain, but since you pay up front and I did not want to get upset even more, we got up and left, without eating any of it. These people know that and they don't really care about you, as the visitors/holiday makers, keep rolling in day after day and may never get back to this place anyway.

I don't understand that the health inspectors are not harder on them and fine them heavier or close them down.

I like to keep this message short, but I want to warn you, that this is a real problem. If, and I hope you will never experience it, you suddenly feel sick after eating out or have a take-away, please report this to your doctor or the health department of the local Shire Council.

This practice must stop.

A typical example

Do we have to wait till it is too late? Do we want to put STUFF in our mouths, which is making us sick and eventually kills us, due to a failure to nourish our bodies? (Read Canola oil blog pg.111.)

Well, here is just one report, which was printed in the Sydney newspaper "The Telegraph" on Saturday, 28 January 2012, headed:" SLOWLY DYING OF HER Mac ADDICTION." LONDON.

A teenage girl, who has eaten almost nothing else except `chicken nuggets`



for 15 years, has been warned by doctors, the junk food is killing her. Stacy Irvine, 17, has been hooked on the fast food, since her mother bought her some at a McDonald's restaurant, when she was two. Shocked doctors learned of her habit when the factory worker, from Birmingham, north of London, collapsed and was taken to hospital, after struggling to breathe.

Ms Irvine, who has never eaten fruit or vegetables, had swollen veins in her tongue and was found to have anaemia.

Medics gave her a series of injections and started her on an urgent course of vitamins.

Despite being warned she could die if she stuck to her nugget addiction, she still can't resist the fast food.

Despite a diet that regularly means she eats at least a third more than the 56 gr. of fat recommended by experts, she manages to keep relatively trim.

This may be due to the amount of exercise she does or her metabolism.

But the craving is taking a toll on her health. A lack of vitamins and other nutrients, combined with a dangerous amount of salt, can raise blood pressure and weaken the immune system and lead to an increased risk of heart attacks or strokes, particularly as Ms Irvine ages.

(A less serious consequence of her craving is that she is struggling to find places to store all the free toys and novelties that come with the meals. They currently fill 4 bin bags.)

Her exasperated mother Evonne Irvine, 39, who is battling to get her daughter seen by a specialist, said: "It breaks my heart to see her eating those damned nuggets."

"She's been told in no uncertain terms, that she will die, if she carries on like this. But she says she cannot eat anything else."

She once tried unsuccessfully to starve her daughter, in a bid to have her eat nutritious food.

Ms Irvine, whose only other variation in her diet, is the occasional slice of toast for breakfast and crisps, said that once she tried nuggets she "loved them so much they were all I would eat."

Evonne Irvine's other two children, Leo five and Ava three, both eat healthily.

In one six-piece portion of McNuggets there are 280 calories, 17g of fat, 16g of carbohydrates, 3g protein and a massive 160 mg sodium, equal to 480 mg salt.

If Ms Irvine ate three portions of each in a day, she would eat a third more fat and almost double the recommended salt, but virtually no vitamin C.

Each portion of nuggets, contains just two percent of the daily vitamin C requirement. (end of article in the paper).

My comments:

First of all, why do people introduce their children to junk food, especially at the young age of two?

Surely today we know better and we should take notice of the many warnings that are raised daily. If the girl was hooked on this food so easily, does that not wake you up, what is in this food?

(I wrote in one of my blogs about a friend of mine who always ate good food. However, one day he was starving, after driving all day in his car and he drove into one of these establishments. He ate nuggets as well and a few days later, he almost drove in there again, but realised he was hooked on this stuff, just after one visit. WHAT DO THEY PUT IN THESE FOODS? ARE THEY ADDICTIVE DRUGS TO MAKE YOU COME BACK REGULARLY? Good for business.)

Refined carbohydrates, such as all white flour products, are addictive in themselves.

The most addictive food is: Pizza, followed by chocolate, chips, cookies, ice cream, French fries, Cheese burgers, soda, cake and cheese on this order.

Secondly, the amount of fat she consumes is certainly excessive and the reason she wasn't putting on weight, is that fat does not make a person fat. It is the carbohydrates like grains and sugars, that make us fat. Watch the hidden sugars in bought foods, something I warn people about.

Thirdly. The above article talks about the exasperated mother. My goodness me! At the age of two, she addicted her daughter and could not do anything about it????? Well mother, shame on you! Maybe you need as much help as your daughter, especially if your other two children eat 'HEALTHILY' (?)

Fourthly. The fact that this young lady only eats chicken meat, grains (probably white bread and the coverings of these nuggets are made with white wheat flour) and salt mainly, her body is so acidic, that she will not only suffer from heart or any other obvious organ problems, she will soon have severe arthritis, and she is open to all sorts of infections and diseases. When we are young, we can abuse our bodies quite severely and survive, but when we age, these abuses are going to play havoc. See the list of foods we should eat to be alkaline and healthy.

Lastly. The article mentions the amount of sodium in these nuggets. I have also mentioned in my book, that the figure of sodium we read on labels on foods, should be multiplied by THREE to get the correct salt level = sodium chloride.

I could go on and on, but I hope you have got the message, reading this article and NEVER let your children tell you, they cannot eat good food*. It is up to you, as parents, NEVER TO INTRODUCE BOUGHT FOOD AT A YOUNG AGE, IN FACT AT ANY AGE, which the manufacturers have produced for profit and not for health.

Be aware as well of this word HEALTH, which is freely used by charlatans, to make you think something is truly healthy. The other word: NATURAL, is also used pretty loosely.

Natural food is grown in your garden and eaten freshly picked. These keep you healthy.

**A friend of mine named Tracey, was a nanny and one of her customers went away on a 3-week holiday. They wanted their children cared for and Tracey got the job.*

There were 5 children. The parents were professional people. The mother informed Tracey, that the children were 'picky' eaters and they always wanted their choice of meals. So, the mother did cook 5 different meals each night, to satisfy the children and keep the peace.

Tracey did not stand for that, so as soon as the parent were gone, she sat down with the children and said to the eldest: "What is your favourite meal?" Then the second one and so forth.

She told them, that on day one, they would be served the choice of the eldest child and on day 2, the next choice etc. The kids agreed and there was no problem at all. Tracey did not have to cook 5 meals a day.

On returning home, the mother was informed of the regime and was so pleased, that a solution was found, making her life a lot easier.

What can be done, with some logical discussions hey?

COLLOIDAL SILVER. (CS)



I mentioned colloidal silver in "VICTORY OVER DIS...EASES", but did not have the space to elaborate on the value of CS in our daily life.

What is colloidal silver?

Colloidal silver is a liquid suspension of microscopic silver particles in clean water. These silver particles are put in the water by electrolysis. Anyone can make colloidal silver, once you buy a colloidal silver generator*. It is so easy to make and it will only cost you cents, compared to when you buy it from the chemist or wherever.

**Contact Silverwell. P.O. Box 376 Belair S.A. 5052 Mobile phone:*

0408835798 E-mail: mail@silverwell.com.au

I am writing this address here, as I have had a great deal of success with this unit myself and have used it for years.

How to make colloidal silver.

You start with very clean water, meaning that the water you use, must have less than 2 ppm (parts per million) of dissolved solids in it. You can get a meter to tell you, what the water has in it from the company as well. The company recommends a commercial brand of water, available in supermarkets, but I have friends who have a distiller, especially for this purpose, so you do not have to buy water.

You cannot use tap water. If you are going to use CS for all sorts of purposes, such as keeping the

swimming pool free from algae, as well as for your own and your friends' personal health, it would be worth buying a distiller, which you can plug in the mains power point. It will pay for itself in a very short time.

Put the water in a jar and invert the top of the colloidal silver generator onto the jar, so that the two electrodes are covered to the right depth. (Instructions come with the unit of course).

Switch on the unit and wait till the unit switches itself off. You can also use the metre to calculate the strength. That gadget is also available from Silverwell.

The CS is now ready to use. Following is a list of diseases that have been treated successfully with CS in the past and there are more I am sure.

COLLOIDAL SILVER USES BEFORE 1938. In other words, before antibiotics and it was working very well then and it is working very well today, without side effects.

(If a young doctor reads the following list, he will almost immediately collapse, as he is brainwashed in the modern techniques the Big Pharma dictates.)

Acne

Adenovirus

Anthrax Bacilli

Appendicitis (post op)

Arthritis

Asper Gillus Niger

Athlete's Foot

Axillae and Blind Boils of the Neck

B.Coli

B.Dysentaria

B.Pyocaneus

B.Tuberculosis

Bacillary

Bacillus Typhosus

Bladder Inflammation

Bladder Irritation

Blepharitis

Blood Parasites

Blood Poisoning

Boils

Bromidrosis in Axille

Bromidrosis in Feet

Bucolic Communis

Burns

Burns & Wounds of the Cornea

Cancer

Candida albicans

Candida, yeast infection

Canine Parvo Virus

Cerebro-spinal Meningitis

Cholera

Chronic Cystitis

Chronic Eczema of Anterior Mares

Chronic Eczema of Metus of Ear

Colds & Flu

Colitis

Conjunctivitis

Cystitis

Cystitis Dermatitis

Dacrocystitis

Dermatitis
Dermatitis suggestive of Toxaemia
Diabetes
Diarrhoea
Diphtheria
Dysentery
Ear Infections
Eczema
Ediditymitis
Endamoeba Histolytica (cysts)
Enlarged Prostate
Epiditymitis
Erysipelas
Escherichia Coli
Eustachian Tubes
Eustachian tubes Eczema
Fibrositis
Furunculosis
Gastritis
Gonococcus
Gonorrhoea
Gonorrhoeal Herpes
Gonorrhoeal Ophthalmia
Gonorrhoeal Prostatic Gleet
Haemorrhoids
Hypopyon Ulcer
Impetigo
Infantile Disease
Infected Ulcers of the Cornea
Inflammatory Rheumatism
Influenza
Interstitial Keratitis
Intestinal Troubles
Keratitis
Legionella Pneumophiia
Leprosy
Lesion Healing
Leucorrhoea
Lupus
Lymphagitis
Malaria
Menier's Symptoms
Meningitis
Nasal Catarrh
Neurasthenia
Oedematous enlargement of
Turbinates
Offensive Discharge of Chronic
Suppuration in Otitis Media
Ophthalmic practices
Ophthalmology
Paramecium without true Hyperplasia Para-Typhoid
Perineal Eczema

Phlegmons
 Piasopharyngeal Catarrh
 Pleurisy
 Pneumonia
 Poliovirus
 Prostate
 Pruritis Ani
 Pseudomonas Aeruginosa
 Pyorrhea Alveolaris (Rigg's Disease)
 Quinsies
 Rheumatism
 Rhinitis
 Ringworm
 Salmonella
 Scarlet Fever
 Septic Conditions of
 eyes, ears, mouth & throat
 Seborrhoea
 Septicaemia
 Shingles
 Skin Cancer
 Soft Sores
 Spore-Forming Bacteria
 Spring Catarrh
 Sprue
 Staph Infections
 Staphylococcus Pyogens Albus
 Staphylococcus Aureus
 Staphylococcus Pyogenea
 Strep Infections
 Streptococci
 Streptococcus Faecalis
 Syphilis
 Tinea
 Tonsillitis
 Tonsillitis (Follicular)
 Toxaemia
 Trachoma
 Trench Foot
 Tuberculosis
 Typhoid
 Ulcers
 Vegetative B.Cereus Cells
 Vincent's Angina
 Viral Warts
 Warts
 Whooping Cough
 Yeast Infections

Now there is a list of uses, the chemical manufacturers won't like to read.

You can use CS for de-contaminating your kitchen benches, breadboards and bathroom. YES, THE TOILET AS WELL!

Just spray the colloidal silver water on the area you want to de-contaminate and leave for 6 minutes.

Just wipe the area dry with a clean cloth. (BUT NOT A KITCHEN SCOURER, WHICH HAS BEEN USED FOR A WHILE. Tests have shown that these kitchen cloths and scourers are the most contaminated things around the house and harbour more germs than any other item, even the toilet seat, would you believe that?)

However, you can spray or soak these cloths in a bowl with CS and get them squeaky clean and free from germs.)

Use CS frequently in the bathroom and you should have no problems with negative germs. The cutting board, used to cut up meat, MUST be cleaned straight after use and sprayed with CS, to stop contamination. I put my wooden cutting board in the sun after spraying it and do not wipe it dry.

Have a small nasal spray bottle handy, for when you come in contact with someone who has a cold. Immediately spray some CS into your nostrils and mouth to avoid a cold yourself. That really works! I have it handy all the time, just in case. I have not had a cold for 60 years.

You can purify your drinking water by adding a teaspoon full of CS to 10 litres of water. Shake it and leave for 6 minutes and shake again, wait another few minutes and it is all done. No contamination by negative pathogens at all.

Add 2 cups full to your drinking water tank, if you live on a farm or have a rainwater tank and that will ensure safe water.

Give CS to your animals in their drinking water, yes even the house cow.

Spray the inside of the fridge and freezer with CS; soak your toothbrushes in CS; spray the air ducts of the air conditioners, add it to laundry washing water to stop the mouldy smell you sometimes get when the weather is damp. I mentioned swimming pools before. Yes, it does a mighty job and NO chlorine.

Use CS as a body deodorant, guard against dandruff, spray on small lacerations, spray on smelly feet and in shoes, great for tired eyes or sore eyes, ear infections, mouth sores and ulcers, bad breath, sore throat, nappy rash on baby's bottom, etc. You cannot lose and if you are not sure, use CS on anything that needs disinfecting. Where CS is healing, some commercial products are actually doing damage to tissues, so be careful of chemical compounds.

How to use CS internally?

You can use CS, 12 to 15 ppm. strength, on a daily basis at a rate of 1 tablespoon full (15 ml.) 3 times a day, straight, without diluting, for maintenance of good health. Hold this quantity under the tongue for as long as you feel comfortable and then swallow it.

If you are unwell, you can increase this amount to 1/2 cup, 3 times a day.

DRINK LOTS OF WATER TO ALLOW THE PATHOGENS TO BE FLUSHED OUT OF THE BODY.

Start with a small amount daily and then increase if needed, when there is a real problem.



Caravaners and motor home operators should add CS to their water tanks as a safety precaution. You never know where the water comes from exactly.

NOTE: We hear of the disease called argyria, which is a silver-overdose-disease, but CS made the way as suggested above, will not cause this at all. There is no problem using it and the Big Pharma will do anything to tell you, that CS is dangerous of course.

CHILDBIRTH again.

In this article I will follow up on my pages in “Victory over dis...eases” about childbirth, since there was a story in the news recently about a young woman in England, wanting a child so desperately, that her mother has stepped in and wants to lend her womb, to be transplanted into her daughter, so her wish will be fulfilled.

I wrote in Victory over dis...eases, that when a couple, a husband and a wife, want a baby, they should prepare themselves in a most precious way, for a baby to be conceived, in love and really wanted by the parents. This baby, must know from the moment it is being conceived, that the parents have made all the plans, in harmony and love, to welcome this newborn into the world.

The people in the case at the centre of all this controversy, seem to be so selfish, that the baby is just some sort of by-product of their greed, `wanting a baby`, whatever it costs. I am not talking in terms of money, that's their problem, but the baby is not considered at all. Does this baby have any rights? It does not seem that way. If you would like to read more about my feeling for newborn babies, read the article about `Childbirth` and read all my emotional feeling about the subject of childbirth.

What about the girl's mother? What is wrong with her? I know, she loves her daughter enough to do almost anything for her and that is amazing, but her body could be ruined forever and so could the body of the daughter. The second operation will be necessary to reverse the process to return the womb back to the mother and in my opinion that is ridiculous.

Having a baby naturally, is set aside for the majority of our women folk and it is the ultimate experience for them, however, some of you ladies were not meant to have children and the reason cannot always be found. In the case of a lady, I came across years ago and I wrote about in my book, it was so obvious that if she had a baby, it could be born a cripple, as that ran rife in her family.

When we plan a child, we must be extremely healthy, yes, the father as well as the mother, and we should do anything to have our bodies in perfect order, BEFORE conception, to allow the sperm and the egg, to be of the highest quality. I mention in the book, about race horses and racing pigeons. They are chosen for top breeding and if the male or the female of the species is not top quality, they are put down and/or certainly not used for breeding.

I do not suggest anything as drastic as that, in cases where people are not healthy; that sounds a bit like `hitler-ism, but you know what I mean. I really hope you do. I love children and cannot do enough for them to keep or make them healthy when I meet them. They are so beautiful.

A baby deserves the best of health from the very moment of conception, right through to adulthood. Only the parents can give that assurance, by doing everything they can, for it to happen and set an example.

I am not telling these good people what to do. I know that the future mother will be a very good mother for her baby, because she is going to allow her body to be subjected to torture for her baby, BUT it is not right. Women who cannot conceive, for whatever reason, must really think very hard to find a solution, which is solid and good for the baby to be.

When this young woman eventually has her baby, and I hope she does, if she goes through with all this, she may not be able to feed the baby herself, due to many complications that have been raised. Here again, the baby suffers, as it is so necessary for this little infant, to receive the best food for it to make it to childhood, and a strong adult. Surrogacy doesn't solve the mother's plight of bearing her own child.

I sincerely hope that this family finds a different way to have a child, by adoption or whatever, because what they are planning is WRONG in my opinion.

I know adoption is not the same as bearing the child yourself and rearing it and be parents to your own creation, but the baby has rights too and it should have some say, in what you are doing.

I really know what she is going through and if I was there with her, I would console her in her venture. I really want to help those in need. She is my sister on this planet and I will help, if I can.

I hope too that this lovely lady will find the answer soon and will be at peace with the decision.

For goodness sake, don't do this for an adventure, just to get known around the world. That would be so sick! Don't get sucked into the medical experimental trick either, that would be even worse.

Please pray for her, that whatever is going to happen and that the baby will be healthy.

RESPECTING PEOPLE'S CHOICES.



I went to a meeting the other day and we had lunch together with a number of elderly people. At the meeting we had a guest speaker, talking about our rights, when it comes to choices made by ourselves, as to how we would like to be treated in case of an accident, when the possibility arises, that we may get dementia, permanently brain-damaged, losing our faculties to think for ourselves and to speak to others, how we feel and how we would like to be treated.

You can imagine how wide this field is and what could happen, not only to older folk, but to younger ones as well.

We have seen many film clips of young people, who have met with an accident, be it in sport or on the road or at work and who are now in a wheelchair, completely depending on others, 24/7, for all their needs.

Would you like to live like that? Would you rather not be here? It is so difficult to describe the feeling of others, but the only way we can imagine this situation, is to put ourselves in their shoes.

That is difficult enough as it is, but we should try and imagine this situation.

Talk to your doctor and ask him what he/she says about this.

There is an 'Advanced Care Planning Program' for all Australians in force, for you to have a look at and if you wish to eliminate your family's involvement at the time you could become dependent on them, fill in the necessary forms and discuss the situation with your family also. Tell them what you want, when things become difficult and see what their reaction is. Nobody wants anybody to die or not to be here any longer, but you as the person involved, should have the right to decide, what sort of quality of life you want.

When I was a young man and about to be engaged, my partner and I went to a solicitor (lawyer) and discussed a number of things, young marrieds should know about. He brought up the subject of a will. When he asked if I had a will, I replied, quite firmly: NO, because as a young man, I did not think a will was terribly important. You make a will when you are about to die, don't you? He straightened us out quite quickly and said: "The signing of a will is not going to kill you". This is something we all have to learn to understand, that even if you own very little, but enough to make a difference to the family and you die, the value of that property, may no longer be your families', but may become part of the state. So many people don't think it necessary to have a will, but it really is, the same as this form above, which we all should have, disregarding our age.

Strange thing to talk about, isn't it, but I feel I should bring it up.

Think about it!

You can get much more information by contacting: www.respectingpatientchoices.org.au

Your doctor should have all the relevant information at his/her disposal anyway.

BLOCKED SINUSES.

Sinuses, once blocked, can leave the face and you may have difficulty. There are so many chemical inhalers on the market, but I would rather see you use a natural method. The one I have recommended to my patients for years, is the use of seawater inhaled through the nose and expelled through the mouth.



sufferer with a nasty pain in the face and you may have difficulty breathing as well. I would rather see the market, but I would rather see you use a natural method. The one I have recommended to my patients for years, is the use of seawater inhaled through the nose and expelled through the mouth.

This works so well, that it usually takes just a few washes to unblock the nose and sinuses. I always recommend that the sufferer takes a container full of seawater home with them and have it there in case you have to repeat the process.

Seawater is very healing, because it has so many minerals in it, including salt, which can only do us good. Very few people have a problem after following this process and come away free from all the pressure(s) in the head area.

Colloidal silver, will do the same thing and will be more accessible for those people who do not live near the sea or live near a polluted sea. (read my colloidal silver blog above).

“Hydrogen Peroxide food grade”, a very good product, used correctly, can be used here as well. I will deal with that at another time, you cannot be too careful with quality.

What H₂O₂ does, is oxygenate the tissues, something we need to do often. The oxygen in the air is getting very low. People don't breathe deeply anymore and those who smoke, well they're asking for even more trouble.

Sinuses and other breathing passages, can be fairly badly affected by the air. The quality of the air has a lot to do with our general health. Our breathing organs, the lungs and its associated body parts, the nose, the airways etc., are the first organs to deal with negative air. These organs should be working well to be healthy. When we breathe deeply and regularly, we take in more oxygen, which fights infections throughout our tissues. No negative pathogens can survive in an oxygen rich atmosphere and therefore, we should be healthy all the time. Colloidal silver does much the same; it too creates a pathogen free zone, when taken.

Oxygen therapy (pg. 149) has been around for a long time and is used constantly throughout the world successfully to combat deep-seated problems of infections anywhere in the body.

People who have had their tonsils removed, always have more trouble with sinus problems. The removal of tonsils, hinders the proper flow of lymphatic fluid. Again, experience has shown me these things to be true and with herbal mixtures I was always able to clear those parts of the airways, affected by an infection.

My suggestion is to start doing some very deep breathing exercises, this means deeply breathing out, out, out.... and then breathing in through the nose, pushing out the abdomen first and then lifting the chest, to get a maximum amount of air in the lungs. You will be surprised, how much air you can breathe, BUT DON'T RUSH THE VERY DEEP BREATHING, as it could make you dizzy. (Hyper-ventilating). Maybe it would be best to sit down at first.

Start slowly, as always, and allow the body to get used to doing this. Some people also find it a little painful at first, because we just haven't done this for so long; almost a new experience!

Get all the oxygen you can muster, breathe in a clean area, near the beach or in the forest. Relax when you breathe, enjoy the experience.

MEETING PEOPLE.



So often when I am out, someone wants to meet me, almost unexpectedly. Here are some examples.

One day during my tripping around the country, in a national park, I sat talking to some other caravaners and a station wagon pulled up in front of us, about 30 metres away. When the lady stepped out of her car, instantly I got this feeling, that she was calling me, to come over and talk to her.

I told the caravaners about this feeling and they looked at me, as if I was just about to pick up a lady. Their looks were something to be believed and therefore I had to explain, that I get these feelings very strongly. As this happened just on dark, I did not want this lady to feel uncomfortable about me coming over at that time.

The next morning, at about 9.30, I went over to see her and said to her, that I felt she was calling for help and if that was not so, to tell to go away. She admitted she was calling and she knew also, that someone was coming for her. We sat for at least 2 hours, talking about her predicaments and she was very pleased we met. During the next few days at this park, we kept meeting each other on occasions and had some meals together.

The day came, that she was leaving for other places and we said goodbye and she thanked me for helping her and lending 'an ear'.

Off she went and I left the next day myself to go further afield.

The following day, we met again, totally unexpectedly in a place we certainly had not planned to meet. We talked and there was so much more to talk about. She also asked me, to tell her about myself, as she said, I never hear anything about my counsellors' background.

I shared my past with her and she too was able to help me in various ways.

You would not believe this, but we kept bumping into each other for 5 weeks and all this time, we discussed some of her and my past, completing a really good round of counselling both ways.

On another occasion at another national park, I arrived somewhat late, as the trip was a bit slow, due to foggy and rainy conditions on the way. As I arrived, there was only one car in the park and the driver, a young man of 29, was leaning on the bonnet of his car and his girlfriend was standing beside him.

As soon as I drove past them to park my caravan, I got this feeling again, that he wanted to see me and even a feeling of him thinking: "Why are you so late, I have been waiting here for ages." I parked the caravan and started to prepare my meal. He came over to see me and as soon as we were introduced to each other, he said out of the blue: "Can I come over in the morning to talk to you?", as if he knew I was a counsellor.

In the morning he came over and we sat and talked for 1½ hours and really solved his problem. His girlfriend came over and when we parted, they both hugged me and thanked me for my time and all I had done for them. They put their arms around each other and hopped and skipped away to their car, packed up and waved goodbye, till they were completely out of sight. They were so grateful.

Strange how things turn out, but as I always say, all these meetings are synchronised by the Higher Power for a good reason.

That night, being the only caravan in this large park, where you could park 50 or 60 caravans, 2 caravans came in and parked near me, but with a nice distance between us.

The next morning one of the men came over and said: "I hope I did not disturb you last night, as I was playing my guitar." I told him if I had heard it, I would have come over as I like guitar music. Oh, he said, we must get together tonight and play some music and have a little get together with the other people. As the night drew near, we all went to this van and sat down and had a few drinks (of water for me). The conversation followed and was concentrated on health. Both couples had big problems and wanted to come and talk to me the next morning.

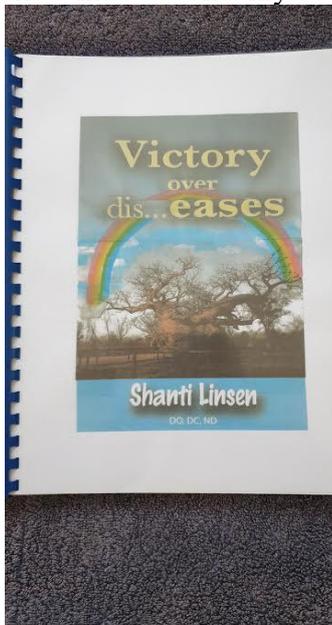
They did and one after the other were interviewed and I was able to help them in setting a pattern for their future life. They bought my book (2010 version) and went away very happy. We kept in touch for a while and they were doing very well.

Even more recent (August, 8. 2011), as I was on a drive to introduce and sell my latest version of the hard copy, which came out on August 5, I stopped in the coastal town of Batemans Bay in NSW, on my way from Buchan in Victoria to Lismore, to hold a book launch. I gave a copy of my book to the lady in the health food shop. (She was the shop assistant). Almost immediately she said:” I feel so happy, I want to cry”. She showed a few little tears of happiness and I gave her a kiss on the cheek. She said that by holding the book in her hands, she could feel the peace and love, which I promote in the book.

That was so lovely and she was given that copy to look at during the evening. I went back the next day and they bought 3 copies to sell in the shop. That was very pleasing for me as well.

Just before this, I stopped in a shop to ask where the health food shop was and a customer in this shop took me outside and pointed me in the right direction. Before we parted, she was talking and asked me if I was on holidays. The conversation switched to the book and she said, that if I wrote some information about myself and the book, she would write an article in her column in the local newspaper and help promote the cause. She was writing a column every week about topical happenings around the area. Then she said, that I should hold a book launch in this town, upon which I said, that I was on the way to Lismore to do just that.

That same afternoon, I was having some lunch in a café with my brother and a lady was sitting near the window, on my left, reading a magazine. After 10 minutes, I said to my brother:” This lady near the window wants my book.



” He said:” How do you know that?” I told him to wait and see. (I could feel the vibrations, this lady was putting out).

She got up to leave, came over to our table and said:” Can I have a look at this book?”, which was lying on the table near my left elbow. I said:” Yes, of course”. She sat down beside me and looked at it and felt the book and said:” I would like a copy.” With that said, she pulled out her purse from her handbag and paid me for it and had it signed. She walked away very happy. My brother was flabbergasted. He was not on the same wavelength as I was, obviously!

CT OR CAT SCANS. MRI AND PET SCANS.

Cancer defeated. Go to: custserve@cancerdefeated.com.

This article came to my notice and I thought you would like to read some of it, as these dangerous scans are being used at an alarming rate and increasing daily.

In the USA, 3 million CAT scans were performed in 1980 and now the figure has increased to 70 million per year. (2012)

People are not aware of the dangers of these radiation devices and are still thinking that an X-ray is alright, but when you see the tables below, you will realise that the CT scans and PET scans, are many times more dangerous than X-rays.

In fact, some people think that CT scans are less dangerous than X-rays. They are very ill-informed and maybe it is because what they have been told by their doctor, I don't know.

Radiation from CT scans are hundreds of times higher than X-rays and the doctors don't tell you

that.

You get 4 times more radiation from a CT scan than originally thought.

An abdominal CT scan, exposes you to the same radiation amounts as 500 X-rays.

Yes, CT scans have virtually eliminated millions of exploratory surgeries and have allowed doctors to make critical diagnoses, but at the same time, they are widely overused and even abused. Whole body CT scans, sometimes performed on healthy people "for peace of mind", are equal to 900 chest X-rays

Diagnostic procedure	Typical Effective dose (mSv) ¹	Number of chest X-rays (PA film) for equivalent effective dose ²	Time period for Equivalent Effective dose from natural background radiation ³
Chest X-ray	0.02	1	2.4 days
Skull X-ray	0.07	4	8.5 days
Lumbar spine	1.3	65	158 days
IV Urogram	2.5	125	304 days
Upper GI exam.	3	150	1.0 year
Barium enema	7	350	2.3 years
CT scan (head)	2	100	243 days
CT scan (abdomen)	10	500	3.3 years

1. Effective dose in milli-sieverts (mSv)
2. Assumes an average "effective dose" from chest X-ray of 0.02 mSv
3. Assumes an annual average "effective dose" from natural background radiation of 3 mSv in the USA

Source: European Commission, Radiation Protection Report 118, "Referral guidelines for imaging" Directorate General for the environment of the European Commission; 2000

6 QUESTIONS YOU SHOULD ALWAYS ASK YOUR DOCTOR, BEFORE SUBMITTING TO ANY MEDICAL IMAGING TESTS:

1. What alternatives can I use, that don't involve radiation, like ultrasound, MRI or digital photography in dentistry?
2. Is the test really necessary? (Remember doctors fear malpractice)
What difference will it make in my case, if the result of the test is positive?
Is the facility accredited by the college of Radiology? Will the test use the lowest level of radiation for adequate imaging?
Will the scan be limited to the affected area ONLY and will the nearby areas be shielded?

These following tests should never be used, as they emit too much radiation:

Heart scans

CT scans

Whole body scans

Pet scans

Virtual colonoscopies.

Remember:

It is your body!

YOU ARE IN CHARGE!

You employ the doctor for a fee!

You make the decisions!

Say NO, if you feel you don't want a scan done, because of the radiation effects on your healthy tissues.

RADIATION IS NEVER SAFE!

Discuss these issues with your doctor and take a witness with you, because of your emotional state in cases where there is a serious problem. Don't be forced into anything you do not want. They will often try to scare you into doing these tests, but check the alternatives.

Referrals to other types of diagnostic services, are very often a money-making business in medicine.

BIO-DYNAMICS.

(from Bios: = life

A science close to my
provides the food I like
maintenance of my
Rudolph Steiner (1861-
correct word to use),
introduce health to the



and dynamos: = energy.
heart, as it produces and
to eat for good health and
whole body.

1925), invented (not quite the
Bio-dynamics as a way to
soil, that will produce an

abundance of life in the soil, in the form of microscopic living beings, as well as the larger worms and other critters, who altogether work 24/7 to make the structure of the soil as good as you can get it, for the production of nutrient rich produce, full of vitamins and minerals for us to consume. There is no other way*, of getting these minerals and vitamins from the soil, because generally they aren't there in the first place. They have to be introduced and the way Steiner does this is by using nature's manures, herbs and cosmic radiation, to put all of them back in the soil in the right combination and proportion. Apart from enriching the soil, the quality of the soil is improved and the structure is friable and porous. Rain water can penetrate freely and be stored in the soil for plants to take up, when they need it. It will not evaporate in the soil, as it does in dams and you don't have to irrigate, unless there is a drought for a long time. The ground-stored water is healthy and fresh, not like some stored water from polluted dams or water courses.



The original product Mr. Steiner found, was what he calls the BD 500. This is produced, by filling special cow horns, from lactating cows, with fresh cow manure, also from lactating cows, who graze on bio-dynamic pastures, collected first thing in the morning.

Once these horns are filled, they are buried in the ground, in a selected place, over the winter months and left there to mature. The selection of the burial area is very important.

After a few months, one horn is retrieved and inspected for maturity.



If the contents is right in this horn, all the other horns are retrieved and the horns emptied into an earthen ware container, where they are mixed together and left for a while longer to age a little. The smell of manure is completely gone and the BD 500 has a rich earthy smell about it. All these facets of Bio-dynamics are done following a calendar.

Some methods are a little different, but basically this is how BD 500 is made. When the right time is there, for applying the BD 500 to the soil, a small amount is gathered and stirred in water, making a deep vortex stirring clockwise, then making chaos by stirring it quickly the other way, or anti clockwise and again after making a vortex, back to the clockwise movement etc. This process is

repeated and takes one full hour. It is good to have all the family members help in the stirring and the applying of the liquid.

On a small family farm (or house block), the family member carries a bucket and walks quickly over the ground, broadcasting the liquid with a leafy branch or a natural bristle hand broom and sprinkles it as far as he can in both directions of his path. A systematic approach is used to have members follow a certain pattern over the farm, so as to cover all of the area.

There is a special time of the year and also moon-phase, when BD 500 is applied. You will learn this at your workshop.

It usually takes 3 applications for the first year and 2 during the following years, but this may vary somewhat in different areas. Whilst you use Bio-dynamics, no other manures are needed on the farm. Any manure you collect from your animals, any leaves, grass cuttings, small branches etc., are used in the compost pile. The Bio-dynamic compost pile is very special as well. You don't just throw all these materials in a heap and hope it is going to make compost. There is a procedure to follow and when the pile is completed, all in one day, it is capped off with straw or hay and all the other ingredients from BD 502 to BD 507, are strategically placed in the pile as well. The BD 507, made from Valerian flowers, is also used to sprinkle all over the compost pile.

What happened to BD 501? Well, 501 is called `horn silica` and it is made up from powdered silica, packed in a horn and buried over the spring and summer months for 6 months and then applied with water. The influences from these preparations finish the compost, making it perfect for all minerals to go back into the soil, plus more.

It is so interesting and the food that you grow is something else. Over the years we had a lot of visitors come and learn from us, the use of bio-dynamics and when they sampled the foods, they could not believe the taste. They say:” It tastes different and so real.” A carrot tastes like a carrot, not like the ones you buy from the shops and the tomatoes! ..yammo!

Cattle put in a paddock, over the paddock to find they normally do, in a they start eating from the to the back fence, because 189, I talk about the dynamics for his grazing his cattle behaved.



treated with BD 500, will not walk all the ‘sweetest pickings’, something non-bio-dynamic paddock. Instead, gate, systematically grazing their way it all tastes good and sweet. On page farmer who switched over to Bio-paddocks and he was so amazed how

In Bio-dynamics there is being animals or weeds that are very noxious. The farmer makes a “pepper”, from the weed or rat or whatever he wants to get rid off, by burning that pest in a vessel over a hot fire. This is a bit like cremating. After a while, there are only ashes left. These ashes can be prepared a certain way for distribution around the farm to stop the same pest from entering the farm. Again, some rules apply, so be careful and make sure you know what you do.

This is still only a minute summary, compared to what you learn attending a workshop. These workshops can take 7 or 8 days straight, depending on the lecturer, but we liked the 2-day week-end ones, so you had time to digest what you learned during the following week, before being overloaded with information. There is a lot of it.

I hope I have inspired you to go Bio-dynamic.

In India, Mr Peter Proctor (1928-2018), a soil scientist from New Zealand, who has worked with bio-dynamics for 50 years, has set up thousands of hectares of bio-dynamic farms of all sorts and built 10,000 compost piles etc., over the last 15 years of visiting there. He has a fantastic response, especially from farmers, who started to grow GM foods, amongst whom many committed suicide, because of the lack of returns from their farms as promised them.

If you like to see for yourself what India has done, google `Peter proctor` and there you will find a great website.

Preparations list:

BD 500 Cow horn manure

BD 501 Horn silica

BD 502 Yarrow Potassium, sulphur +

BD 503 Chamomile flowers Calcium +

BD 504 Stinging nettle Iron +

BD 505 Oak bark Calcium + fungal

BD 506 Dandelion flowers Silica +

BD 507 Valerian flowers Phosphorus

BD 508 Horsetail Foliar spray for fungi

Cow-pat-pit is another manure type preparation made in bio-dynamics.

For more information about Bio-dynamics in Australia go to:

www.biodynamics.net.au (Bellingen NSW)

www.rudolphsteinaudio.com/agriculture/agriculture.html

The Bio-dynamic Research Institute. (Demeter)

Bio-dynamic Agricultural Assn. of Australia

c/- Post Office

Powelltown. Vic. 3797

**Since I wrote this article, I have recently been introduced to Syntropic farming as well. I don't know too much about it, but 2 lots of friends are using this method and are very happy with the results.*

Bio-dynamic examples.

1. Joe, a 300-acre cattle farmer, was a sceptical man in many ways, but after a while coming to our lunch meetings, he realised we were 'fair dinkum' (Australian: for 'honest and true'). He started asking questions after he sent out soil samples to 6 different companies for analysis and the results varied drastically. When he saw the results he said to his wife, what am I to do? One quote was for \$25,000 for lime treatment alone and there was more than lime to be used on his land to make the soil 'healthy'. He told us this and we said to him to use Bio-dynamics. It took us a while to convince him, but he came to do a "Biodynamic workshop" and was very impressed. Immediately after that, he started to use this science and within 3 years, the production of his grazing grasses was trebled. He sometimes could not find his animals, as the grasses were so tall.



He also used to cut silage for winter feed for his cattle and the contractor, who always did this work for him, could not believe, that he only had to use 1/3 of ground, to make the same amount of silage, compared to previous years.

Not only that, Joe found that the cattle were eating every last sprig of grass in the field and of the silage from now on, where before they would leave a lot and tramped it down.

The total amount of money he spent on Bio-dynamic preparations over 3 years was \$1240, a

big difference to the above quotes from the chemical companies.

His neighbour Allan came over to see him one day and asked him about the silage and Joe told him everything.

2.Allan's story. A very sceptical man as well, as so many farmers can be, due to the fact, they have always done their farming the same way and it seemed to work for them, till they are shown a better way.

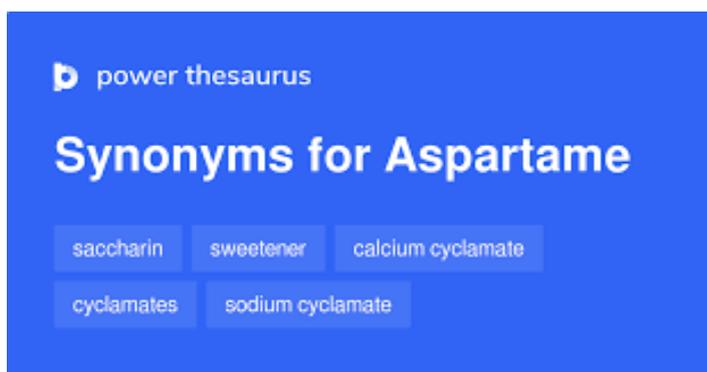
Allan came over to us and started asking questions for himself and described his own situation. He was a lot harder to convince than Joe was, but he at least allowed us to help him, spread out some "BD 500", the "cow horn manure" as it is sometimes called.

We continued treating his paddocks and when he decided to put the cattle in the first paddock, they grazed a most unusual way he said, something he had never experienced. They started from the gate and systematically grazed their way down the paddock over time, not leaving a single leaf of grass behind. Usually cattle quickly run all over the paddock, trying to find the 'sweetest pickings' and then eventually graze all over these paddocks. He rang us up and asked what had happened. We told him, that the grasses were ALL sweet and they did not have to compete with the other cattle for the best grass. He was really impressed and was converted as well.

We had that instinct as well once, but nowadays we rely completely on the professionals, who prescribe chemicals, mostly UNNATURAL for us. It would be good if we all became more aware of these facts again and did things well and be truly healthy again.

I hope you are enjoying my work. I love telling you all this. Please take me seriously, as times are getting closer to being very difficult. It won't hurt to be prepared anyway, will it?

ASPARTAME



And there are more trade names on the market. Such as:
Sweet 'n Low, Splenda, Equal.

This is disturbing!!!

**SWEET POISON... A MUST READ
TO THE END!**

Dr. H. J. Roberts' lectures.

"In October of 2001, my sister started

getting very sick. She had stomach spasms and she was having a hard time getting around. Walking was a major chore. It took everything she had just to get out of bed; she was in so much pain. By March 2002, she had undergone several tissue and muscle biopsies and was on 24 various prescription medications. The doctors could not determine what was wrong with her. She was in so much pain, and so sick she just knew she was dying.

She put her house, bank accounts, life insurance, etc., in her oldest daughter's name, and made sure that her younger children were to be taken care of.

She also wanted her last hooray, so she planned a trip to Florida (basically in a wheelchair) for March 22nd.

On March 19, I called her to ask how her most recent tests went, and she said they didn't find

anything on the test, but they believe she had MS.

I recalled an article a friend of mine e-mailed to me and I asked my sister if she drank diet soda? She told me that she did. As a matter of fact, she was getting ready to crack one open that moment.

I told her not to open it, and to stop drinking the diet soda! I e-mailed her an article my friend (a lawyer) had sent. My sister called me within 32 hours after our phone conversation and told me she had stopped drinking the diet soda AND she could walk! The muscle spasms went away. She said she didn't feel 100% but, she sure felt a lot better.

She told me she was going to her doctor with this article and would call me when she got home. Well, she called me, and said her doctor was amazed! He is going to call all of his MS patients to find out if they consumed artificial sweeteners of any kind. In a nutshell, she was being poisoned by the Aspartame in the diet soda and literally dying a slow and miserable death.

When she got to Florida March 22, all she had to take was one pill, and that was a pill for the Aspartame poisoning! She is well on her way to a complete recovery. And she is walking! No wheelchair! This article saved her life."

If it says 'SUGAR FREE' on the label; **DO NOT EVEN THINK ABOUT IT!**

I have spent several days lecturing at the WORLD ENVIRONMENTAL CONFERENCE on 'ASPARTAME,' marketed as 'Nutra Sweet,' 'Equal,' and 'Spoonful.'

In the keynote address by the EPA, it was announced that in the United States in 2001 there is an epidemic of multiple sclerosis and systemic lupus. It was difficult to determine exactly what toxin was causing this to be rampant. I stood up and said that I was there to lecture on exactly that subject.

I will explain why Aspartame is so dangerous: When the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. Formic acid is the poison found in the sting of fire ants. The methanol toxicity mimics, among other conditions, multiple sclerosis and systemic lupus.

Note, that our normal body temperature is 98.6F (37C).

Many people were being diagnosed in error. Although multiple sclerosis is not a death sentence, Methanol toxicity is!

Systemic lupus has become almost as rampant as multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers.

The victim usually does not know that the Aspartame is the culprit. He or she continues its use; irritating the lupus to such a degree that it may become a life-threatening condition. We have seen patients with systemic lupus become asymptomatic, once taken off diet sodas.

In cases of those diagnosed with Multiple Sclerosis, most of the symptoms disappear. We've seen many cases where vision loss returned and hearing loss improved markedly.

This also applies to cases of tinnitus and fibromyalgia. During a lecture, I said, 'If you are using ASPARTAME (Nutra Sweet, Equal, Spoonful, etc) and you suffer from fibromyalgia symptoms,

spasms, shooting, pains, numbness **in your legs**, Cramps, Vertigo, dizziness, headaches, tinnitus, joint pains, unexplainable depression, anxiety attacks, slurred speech, blurred vision, or memory loss you probably have ASPARTAME poisoning!' People were jumping up during the lecture saying: 'I have some of these symptoms. Is it reversible?'

Yes!

Yes!

Yes!

STOP drinking diet sodas and be alert for Aspartame on food labels! Number 951. Many products are fortified with it! This is a serious problem. Dr. Espart (one of my speakers) remarked that so many people seem to be symptomatic for MS and during his recent visit to a hospice; a nurse stated that six of her friends, who were heavy Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence!

Diet soda is NOT a diet product! It is a chemically altered, multiple SODIUM (salt) and ASPARTAME containing product that actually makes you crave carbohydrates.

It is far more likely to make you GAIN weight!

These products also contain formaldehyde, which stores in the fat cells, particularly in the hips and thighs. Formaldehyde is an absolute toxin and is used primarily to preserve 'tissue specimens.'

Many products we use every day contain this chemical but we SHOULD NOT store it IN our body!

Dr. H. J. Roberts stated in his lectures that once free of the 'diet products and with no significant increase in exercise, his patients lost an average of 19 pounds over a trial period.

Aspartame is especially dangerous for diabetics. We found that some physicians, who believed that they had a patient with retinopathy, in fact had symptoms caused by Aspartame. The Aspartame drives the blood sugar out of control. Thus, diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are NEUROTOXIC when taken without the other amino acids necessary for a good balance.

Treating diabetes is all about BALANCE. Especially with diabetics, the Aspartame passes the blood/brain barrier and it then deteriorates the neurons of the brain; causing various levels of brain damage, Seizures, Depression, Manic depression, Panic attacks, Uncontrollable anger and rage.

Consumption of Aspartame causes these same symptoms in non-diabetics as well. Documentation and observation also reveal that thousands of children diagnosed with ADD and ADHD have had complete turnarounds in their behaviour when these chemicals have been removed from their diet. So called 'behaviour modification prescription drugs' (Ritalin and others) are no longer needed. Truth be told, they were never NEEDED in the first place!

Most of these children were being 'poisoned' on a daily basis with the very foods that were 'better for them than sugar.'

It is also suspected that the Aspartame in thousands of pallets of diet Coke and diet Pepsi consumed by men and women fighting in the Gulf War, may be partially to blame for the well-known Gulf War Syndrome.

Dr. Roberts warns that it can cause birth defects, i.e. mental retardation, if taken at the time of

conception and during early pregnancy. Children are especially at risk for neurological disorders and should NEVER be given artificial sweeteners.

There are many different case histories to relate of children suffering grand mal seizures and other neurological disturbances talking about a plague of neurological diseases directly caused by the use of this deadly poison.'

Herein lies the problem: There were Congressional Hearings when Aspartame was included in 100 different products and strong objection was made concerning its use. Since this initial hearing, there have been two subsequent hearings, and still nothing has been done. The drug and chemical lobbies have very deep pockets.

Sadly, MONSANTO'S patent on Aspartame has EXPIRED! There are now over 5,000 products on the market that contain this deadly chemical and there will be thousands more introduced. Everybody wants a 'piece of the Aspartame pie.'

I assure you that MONSANTO, the creator of Aspartame, knows how deadly it is. And isn't it ironic that MONSANTO funds, among others, the American Diabetes Association, the American Dietetic Association and the Conference of the American College of Physicians? This has been recently exposed in the New York Times. These [organizations] cannot criticize any additives or convey their link to MONSANTO because they take money from the food industry and are required to endorse their products.

Senator Howard Metzenbaum wrote and presented a bill that would require label warnings on products containing Aspartame, especially regarding pregnant women, children and infants. The bill would also institute independent studies on the known dangers and the problems existing in the general population regarding seizures, changes in brain chemistry, neurological changes and behavioural symptoms.

The bill was killed.

It is known that the powerful drug and chemical lobbies are responsible for this, letting loose the hounds of disease and death on an unsuspecting and uninformed public. Well, you're informed now!

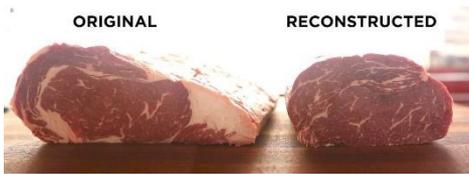
Please print this out and/or e-mail to your family and friends.

Approved by USDA, and they also approved the use of neurotoxins, (aspartame, fluoride), pesticides and herbicides and growth hormone and anti-biotic injected meats.

More info is available on the web by googling meat glue.

Following is my account of meat glue.

MEAT GLUE.



Also called Frankenmeat. Aactiva (TG-FP) is a brand name
What is this? Is it what I read: Glue for meat? Or glue made
from meat? Read on:

Well, yes, since 1995 the substance Transglutaminase has been used, without your knowledge, to glue off-cut meat, chicken and fish pieces together, so the end product APPEARS to be one whole piece of steak, chicken or fish etc. again. The `glue` is used at a rate of 0.75 to 1% of the total weight of the meat, to actually glue together offcuts of meat, to make them one whole piece and sold as such, especially through the restaurant trade. As a consumer, you will not know the difference, because the cooking of the meat will hide all traces of joining which are very difficult to detect even if you saw the steak before it was cooked.

Upon looking it up on the internet, you will find some remarkable results and also you will find, that in Europe and Japan, (and by now I hope in Australia) this practice has been banned a long time ago. We in Australia need to do more, to stop these practices. There are some diseases which are linked to this product and Huntington's and Parkinson's diseases, which are just 2, I came across. Wow, what next!

VIOLENCE.



Violence in modern society is a real problem, but the reason for it is not so obscure, surely. If we look around us, we see violence amongst ordinary citizens everywhere. Take the occasion, when you are driving along on the road and want to make a turn. Another car driver comes up behind you and is in a real hurry. He doesn't wait for you to quietly make your turn and wants to pass you, before you can even attempt to make

this turn. You make the turn and he is mad, because he cannot complete his pass. What do you get? This mad driver starts yelling and ranting, sticking his finger out of the window and accuses you for moving in his path, which you had chosen, before he was even close to you. There seems to be no tolerance left amongst some people. But hang-on! Not all people though. There are those who are very patient and these people are the ALKALINE people. The acidic types are usually angrier and more spiteful, because of their nature and occasions such as the above suit them, to build up their acid level to a comfortable one. It has always fascinated me, but it has been observed by my mentor Mr. Pescud and myself for many years. Why are people so violent, especially little children?

Violence is everywhere and is shown on TV, in movies and during sport. Sport today is a business where violence is allowed to be part of it. Anger amongst sportsmen and women is the norm and is always picked up by the cameras as a type of `sideshow` performance. The cameras zoom-in on these occasions and make a big deal out of them. You know what I mean? The footballers punching one another, the cars crashing into each other or safety barriers on the racetrack, the motorbikes sliding from the track and the cameras follow every detail of the rider's misfortune. Not once, but repeatedly these occasions are being shown during and after the race and of course make great headlines in the press for days to follow.

Then the best of all SPORTS. Where 2 men (or women as well), are put in a cage and almost fight to the death, punching and hitting and kicking each other, till one is declared the winner, whilst the loser

is blood-stained and exhausted, lying there, needing medical attention. This is shown on television and families sit there gawking and yelling with children present, who should be in bed by then. The influence of these violent pictures, become the norm in the lives of children and young adults, going through life thinking that violence (that sort of behaviour) is okay.

This is showing up when young adults go to clubs at night, drink heavily or go on drugs and when a disagreement occurs, it erupts like a volcano into an all-out brawl, where there is no regard for life, as the brains of the revellers don't logically think of what is going to happen when the fights starts. Kicking, punching and all sorts of nasty things like stabbing will happen and often it is ONE victim, attacked by a number of attackers. The chances of the attacked person getting away without serious injury, are very limited to say the least. Most times the attacked person finishes up with severe injuries, which very often leave him so badly damaged, that his whole life is affected negatively. Meanwhile the attackers get away altogether, or if caught, get a minor sentence and live a happy life afterwards. What is the sense of it all? This is shown on the television the next day and repeated often, for the younger generation to see and maybe copy. I am a person who loves everyone and I have no malice towards anyone. I may at times not like a person, but that does not make me hate that person. The easiest way of overcoming this situation, is to keep out of his way and keep the peace that way. I have seen children's programs on TV that in my opinion are a beginning of violence. There is hitting, yes with soft toys and pillows, but the act of hitting is always wrong. Parents allow their children to hit them at times, but this should be strongly discouraged. Hitting is opposite to loving and hitting is an expression of not liking someone. I get really furious when I see a child hit his parents and it takes me all my willpower not to say something to stop the act.



Parents, please love your children and show them what NICE is all about. Cuddling and playing happy games, romping with them on the lawn outside or on the floor in the house, letting them know that you care for them in a loving way. Have fun and laugh a lot and turn OFF the `idiot box`. There is very little of any value to watch. If there is something interesting or educational, by all means sit and watch these programs and sit with the children, as sometimes they want to ask questions from you, to fill in the spaces not explained in the show. If you are there, they can ask you immediately and get an answer from their very own, and loving parent. They get the truth! When violence strikes: TURN THAT OFF IMMEDIATELY and tell them why you do that. Tell them 'we love each other' and we hate naughty things. We don't want to watch people hurt each other as we don't like to be hurt either. The television is such a convenient way of entertaining the children, BUT., the stuff they take in! Mute the advertising, because there is a lot of negative stuff advertised you don't need. The brain of a child under 7 years of age, is learning about half of all it is going to learn in its whole life. That's a lot of information and if the subjects are negative, this child will be a very negative child and later on an adult in society. Surely, there are still games we can play together, the jig-saws, board games etc., which will stimulate their brains and teaches them to think.

I was lucky, that my children were brought up in the country, where they entertained themselves on the farm, climbing trees, seeing the bird life and other animals doing their things and learning from them. They did not have to be educated in sex; they saw what the animals did to reproduce and it came naturally to them. I remember my little daughter observing a rooster mounting a hen and she said

lovingly:” Look Daddy, they love each other.” That was so innocently beautiful, I could not believe my ears, but that is the way she had learned about male and female relationships. They saw the buck and the nanny goats mate and did not blink an eyelid when it happened; it was nature at work in its most beautiful way. Love makes the world go a/round, in a beautiful rhythm and we know it. Sometimes we forget this and allow negativity to enter our lives. Society brings in a lot of it and it happens slowly. Big business advertisers are cunning and get the message to you slowly, eventually you start to believe it as the truth. Watch out folks! I would like to see all of you be aware of the tricks of the trade. I was given a book to read on marketing and I have not been able to start reading it yet, because I am getting negative vibes from this book. Apparently, it is supposed to be very clever, but I don’t want to sell for the sake of selling and making money. I want to get my book out there and the information I am writing to come to you, because I know it is good information. I kept the price of my book low, so you can afford to buy a copy. It will take me longer to recoup my expenses, but that’s the way it is. I hope you will like the information and I hope even more, that your life will change for the better many-fold.

HEALTH. Acidity again.(There are better charts available on the net).



This afternoon, a friend came past and started to complain about his neck, how the nerves in his neck are so sore, as soon as he turns his head to one side. He told me that the doctor said, having seen his X-rays or whatever test he had done, that the vertebrae in his neck were full of osteophytes and they were

the cause of his pain. These bony substances are pretty rough and behave like sandpaper, rubbing the nerves, going into the arms. He said there is little they can do for it, except give you pain killers and/or inflammatory drugs. So here we go again. If you read my book about acid/alkaline, arthritis and what it does, and where it comes from, you will realise that if you spend the whole of your life, eating and drinking acid forming drinks and food, you can expect this to happen. These particular nerves, travel down the arm and can cause the common effects of frozen shoulder, tennis elbow, carpal tunnel syndrome and alike.

I know, this man was never told this was going to happen when he was young, BUT if he started on an alkaline diet today, he will certainly improve in the future. I cannot say, how much better he will be, but it is worth trying.

However, he should STOP drinking beer and any other alcohol, stop eating meat and breads etc, and all the things I suggest in these pages in the book. Mainly consume alkaline foods and drinks.

Yes, it will be the hardest thing he will have to do in his whole life I would imagine, but if he doesn’t change his ways, he should stop complaining to others and pretend he has no problems.

He would be so much better to have a go and prove to his mates and friends, that if you try really hard, you can achieve anything. There is no such word as “can’t” and it is NOT in the dictionary either. He knows what I think and I ignored the whole story today, because I told him before: “It is no point telling you what to do anyway, you won’t change.”



His answer was then: “Stop drinking beer?” I said yes AND stop smoking and a whole lot more.

“I’m not doing that”, he said. I told him he was quite mad not to, because he still has plenty of years before him. Taking the horse to water again, but you cannot make him drink, can you?

There are so many conditions, which relate to acidity and if you look back through the book and other accounts around the world, or if you don’t believe me, you will find out that alkaline bodies are healthy bodies. No negative pathogens can survive in an alkaline state, but they just love the acid.

This is all part of the lack of education as well and I have mentioned that, in schools and at home, we should be taught these things and once upon a time these instructions were passed on from one generation to the other. Today we don’t have time to teach the children anything at home any more, at least very little, except for some parents I know, who try really hard to get the correct message imprinted in their children’s head.

Father works, mother does most of the time as well and when they come home tired, there is little time to discuss such things or spend time with the children in the kitchen and teach them how to prepare a proper meal for instance. All they see is a pre-cooked, frozen meal being put in the microwave oven and that is dinner! Or mother comes home with a take-away meal deal. What about that, how easy was that then? Who wants to cook and spend time preparing vegetables, which make a real meal? These bought meals are not feeding you the minerals and vitamins you need for good health. You don’t have to be a gourmet chef to make a wholesome meal. In fact, some good ingredients are sometimes completely ruined, by these chefs. Some foods, especially sauces, are prepared days before the event and re-heated several times, till eventually they appear on the dinner table. I know, because my son was a ‘very good chef’ and he learned from all different chefs from around the world. The trouble is, that these foods taste very spectacular and that’s why people like them, but they don’t realise the food value is not there. That must always be the first consideration, surely. Today we seem to concentrate on flavour, rather than on nutrition.

There is nothing wrong with a nice variety of steamed vegetables, freshly prepared, flavoured with herbs and eaten immediately. Yes, you can dress them up with a sauce, but not from a packet!!! Make a mushroom sauce with buckwheat flour and pour that over the vegetables, or snip some fresh parsley from the garden instead of mushrooms, anything fresh is great.

If the above man would do things like that, he will be so much better soon; I mean better as in improved. We can never guarantee the result, without a consultation of course and even then, there are so many variables.

If you find a small amount of rust in the car one day, don’t keep talking about it, FIX IT!! Yes, there and then, because if you wait, it is going to get worse and that is a guarantee.

So, if you find a little discomfort in your body, do something about it then and don’t wait a moment longer. There is no time to wait, because it is going to get worse and then you will complain all the time, till people get sick of hearing about it. It is like rust in your car. Once it starts, it gets worse very quickly, so it **MUST** be attacked immediately. When you fix it or have it fixed by a professional person, make sure you don’t just take the pain away! No, attack the cause and get rid of it.

It is no good just drying the carpet each time it rains.

Get on the roof and fix the broken tile!

You see what I mean? I know how difficult it is going to be, believe you me. I have seen many patients go through these times and there are many moments, when they want to give up. If you have a partner, a child, a friend or a neighbour in the same situation, help them all you can and give them moral support. That is hard as well mind you, but if we love them, surely, we will do our utmost to see them through these rough patches.

Wow, what a job we have before us, either as a sufferer, or as a helper, but a good deed is so deserving. Remember, that if you are the sufferer, you would like someone to support you, wouldn’t you? Of course; and it will make the job so much easier.

I hope that I have inspired some more of you to take real care of yourself and that in a little while you turn around and you can say: “I did it all by myself; my mates said I could not do it, but I feel great!”

HEALTH CARE. Emotional expression.

I was lying in bed this morning and remembered a friend of mine, Steve, who has 2 sons and 2 daughters and from them 5 grandchildren. He really loves them all so much.



As Steve is well and truly a grandfather of mature age, he has become also quite emotional and cannot go to funerals any more. They upset him too much and I can understand that. At funerals, they always drag out the tears with emotional statements and music, which in my opinion is totally unnecessary. Instead of remembering the deceased person for the joyful and happy character he/she was and harping over the fact we are going to miss them so much, bla-bla-bla, we should be happy and celebrate the fact, we have known them happily for years.

It is often the expressions that are used that can upset the living partner, father, mother etc. and when taken literally, they get extremely upset.

The persons expressing themselves do not mean to be so crude, but it can come out very harsh to those who are affected.

Steve lost his eldest son one day, totally unexpected. This man at the age of 33, fell out of his bed in the morning and died there and then. He did not hit his head on anything, it was a carpeted floor, he was strong and fit, just out of the army, where he was toughened up and there was no reason, why he should have died*. The authorities could not find any cause for his death, after days of checking for one. This was a strange case alright. Naturally Steve was heartbroken and suffered a great deal, especially at his age. He was not a well man anyway and this event did not do him any good.

**My partner and I thought about this man's death and came to the conclusion, that he may have been 'astral-travelling' and when his body awoke, he was not there in spirit.*

What upsets Steve most is that when people come up to him and say: "I know how you feel".

However, unless you have had something like this happen to yourself, YOU DO NOT HAVE A CLUE how he feels and he gets into a real rage and says: "You don't know!" He translates the expression above literally and he cannot understand that this expression is just what people say at times like this. Maybe we should be much more aware of the feelings of people, when they are emotionally upset like in Steve's case and say something like: "You must be devastated and I would not know what to say to console you."

Try and remember the feelings of a person, in need of compassion and take your time to find the right words to say. Wait a little while and think what the person would like to hear at a time like this. It is very difficult to know what to say and every case is different. Sometimes it is better not to speak words at all and just put your arms around them and hold them tight. Let them FEEL your concern through love, which is often better expressed by touch.



I remember a case, when I was a little late at a funeral service and stood in the back of the chapel, next to a lady, who was also a little late. During the service, she started to shake and cry. Even though I did not know her at all, I put my arm around her shoulder and held her firmly for the rest of the service. When all was over and she could talk to me, she said: "That was so nice of you, as I really needed that, I am the nurse who nursed the deceased for the last few months of her life and we became very close."

This deceased lady died from cancer and in the end, she died very suddenly at a very young age.

I did not say anything and just held her tight. She could cry and let her emotions out, knowing it was alright, because I was there for her at the time. You see what I mean, there are times when we have to react with feelings, not words.

Be careful in what you say and how you express yourself, as it may hurt someone. I know you mean well, but like in Steve's case, he gets really upset when someone says these words described above.

Take your time and wait, rather than be too quick off the mark and say the wrong thing. I am learning all the time and hope to be better each day as well. I used to blab out some beauties sometime and hurt people. I have learned, I hope?

HEALTHY. Stresses and strains.

It is so amazing how we are reminded about things, when we keep an eye out for information.

I was staying at a friend's place the other day and when I woke up, saw a sign saying: "The best things in life are free."

Well, that was strange, because I wanted to write about the most wonderful things in life, like love, smiles, friendship, sunshine, the stars at night, the trees and the flowers, the birds and their beautiful songs, the ocean to swim in and cool off on a hot day, laughter, the love of your pets, faith, hugs, kisses, etc. All these are free and we so often do not think about them. Read them all again, slowly this time. We should fill ourselves with all these all day and every day. We are inclined to concentrate on making money and being busy doing our work and have little thought for the most wonderful things in life, as written above.

It is so easy to have a smile on your face and make another person smile back at you.

Since I have changed my life so drastically, by meditating and fasting in the desert,

I haven't stopped smiling or in supermarkets, where having to do their chores, pleasant, I am always effect on the people I meet smile and very often stop When I am in the bush, observe the trees, the



and when I walk around in the streets most people are somewhat stressed, which are boring and not all that smiling and this has a very positive or pass casually. They return my and talk.

enjoying the freedom of nature and flowers, the animals and when I bathe in the crystal, clear waters of the creeks, it makes me so happy and it is free. Yes, I am privileged to be able to do all these things now, after working in my profession and bringing up a family, but I have done it by myself, as I was so kindly reminded by a beautiful friend. I have taken the steps to do what I want to do. So many of you are trapped in paying off loans and rates for the house you live in, worrying about all sorts of society made situations, which in the end are killing you from the pressures put upon you. I have never used a CREDIT card. I buy something when I can afford it and do without it till then. I have learned to save and to keep a reserve. I use a DEBIT CARD only. My money.

Sometimes you may feel that you should go to a doctor for stress relief, but this is always tackled with chemical drugs, which do us more harm than good. Instead, you should go for a drive to the beach and sit there meditating and drinking a freshly made fruit juice or a nice glass of water. It is healthy and calming, without toxic drugs. That way, you are not being poisoned and come out of it free from the burdens, without side effects. If you cannot meditate, JUST BE CALM and breathe and observe nature.

It is well documented, that for every physical ailment, there is an emotional cause.

Think about this for a while and analyse your problem carefully. Sit quietly and think why you are sick or feeling unwell and sad? Try and go back a little further in your life and see what you come up with. You have to be very honest with yourself and sometimes this is difficult, because you will be in denial. You will refuse to accept that you are under so much pressure, because you have chosen that path and you were RIGHT doing that, weren't you? (Mmmm)

It is very difficult to admit that you are wrong, isn't it? Say "SORRY" to yourself; apologise!

The cause may be the job or profession you have chosen; it may be the partner you are with; the house you live in; the suburb or town you decided to reside in etc. There are many decisions we have to make and sometimes we make the wrong one, but it is hard to get out of that.

We must though, because if you don't, it will kill you, from the stresses it puts on you. You will be forever miserable. You have right to be happy and well, ALL THE TIME.

YOU ARE IMPORTANT, so never under-estimate that fact.

I have had to make some of these decisions a few times during my life and was so glad I did. One happened in 1954.

Yes, one job in particular. It was really stressing me out. One morning I walked into the office and my superior asked me to come and see him in his office. He told me I had made a mistake, writing the wrong figure on a factory production order. I apologised and then he said, that I had made other mistakes in the past. (He would not tell what they were.)

This was too much for me, as he had been on my back for many weeks and I knew, it was not because I made mistakes; he felt threatened. I decided there and then to leave and I told him so.

He said:” You cannot do that.” I showed him how it was done. I picked up my bag and some of my personal things from my desk and walked out. As I walked away, he called out:” What about your wages for the week and your holiday pay?” I yelled out:” You can have them. I don’t want anything to do with you anymore.”

I drove away, feeling very happy and glad I took that decision. My stress level decreased daily after that and I was proud to have taken that step to freedom. I had a week off work, went to the beach and enjoyed myself and found another job, which I liked very much, almost straight away.

This also proves, that if we are stuck in a rut, it seems we cannot change so easily. The idea is, to get out of that negative situation first and then accept the new challenges, which are usually very exciting. Some nice meditation and prayers will often solve the problem. I know!

Accept the things that are free in life and enjoy the ride. There are more of them, I have not mentioned, but you should add them to your list.

Happy travelling through life’s wonderful path.

WHITE LIGHTING.



There is a lot written about the ‘White Light’ and some of the writings are a bit confusing, to say the least. I introduced White Light in my book, but more details were needed, so here we go.

What is ‘White Light’?

It is the Love of the Universe and some call that God.

White Light is put into all beings, when we arrive here on

earth and may be used whenever we are in need of help. We may call on it in cases of danger, stress, anger, discomfort, anxiety, fear, lack of understanding, troubled relationships, any negative influences, in other words, whenever we need some help. The best part about it is, that we have this power inside us and we only have to set it to work. It is the Divine protection everybody has, but seldom realised. It is for us, to call in the Angels to support us, when WE are in need, but it may also be used to protect others, like family and friends.

When you surround yourself with White Light, you put a shroud of protection around yourself, or others, to stop any negative influences. It is like building a big, in-penetrable bubble, where nothing negative can go through. Use it for yourself, your family, car or property.

Do this visualisation any time.

Imagine you see a bright, white light above your head in any form, being a ball, a streak or column. This light then travels into your head at the top, through the crown chakra and fills your whole body with White Light, till all parts of the body are filled and maybe even overflows through every pore of your skin. While this is happening, ask the Divine Power “to protect you from all negativity and radiation” (I always put those two together). Then meditate some more if you can, **ABSOLUTELY BELIEVING AND KNOWING**, that you have been heard. Trust the Universe for helping you and I will prove that shortly, with one of the many occasions I had to call on the White Light.

White Light yourself twice a day if you can, especially at night, when spiritual attacks are most common, something we do not realise.

In the morning it is also good, because you can protect yourself against the negative influences of the

day following and there are plenty. Each day I use the White Light for myself and I always remember to include all my family and friends, sometimes giving an extra mention of someone in special need. Since you have these spiritual gifts, work with them and teach them to others. Don't forget to be a student as well, because we are never too old to learn. When we are both a student and a teacher, we are so much more equipped to go on in this beautiful world and accept everyone's opinion and share the love of others.

My most amazing case.



One day the radio was putting out very severe weather warnings of hail, lots of rain and howling winds in our area. I was home by myself and did all the necessary things to stop any damage caused by loose items outside, forced by strong winds etc. I went inside and White Lighted the property and everything on it, including buildings, animals and of course myself. I White Lighted my partner who was out shopping and waited. The storm(s) were very severe and indeed a lot of damage was done everywhere, **BUT NOT ON OUR PROPERTY**. After the storm

was over, I went outside and took stock of the happenings and found a few branches down and some water lying around, but apart from that, nothing much happened.

I went next door on my right and saw big piles of hailstones, about the size of golf balls in the garden and up against the house and shed. This neighbour asked me if we had any damage and I said no. He told me that a big tree had fallen down and was lying in line with our common fence.

I went to the other neighbour and there too was quite a bit of devastation and also a big tree down, again parallel to the common fence on that side.

If these trees would have fallen in our property's direction, both would have hit the house. The neighbours could not believe **MY LUCK**. That's what they said, but I knew I was protected by the White Light. That is how well it works and I totally believe and trust in the power of White Light; I make sure I say 'thanks'.

I will go now and I better White Light you as well in the future, that is, if you want me to. Start using this tool yourself as soon as you can, you will feel so much better.

CANOLA OIL.

I have been given permission BY Neil and Andrea Garvey, the authors of CREATION MAGAZINE, to print this article, so you too can make a decision, why people get sick from so-called healthy foods. Please join me and spread the word, by sending this article to your beloved friends, so they too can be well, by not consuming toxic foods and drinks.

◆◆◆◆ Open a Creations Magazine and you'll find pages of healing art
and people who will heal you. It's a trusted venue, time-tested and joyous.
I'm proud to be a part of it.

Rochelle Jewel Shapiro, psychic, auth

Canola Oil.

CanNot!

by Shona Botes ◊ South Africa.

Canola oil and canola-based products have been at the centre of controversy for quite a few years. While some say, canola oil helps lower cholesterol levels, it actually has a few nasty side effects as well (note: only animal studies have been done regarding the toxic effects that it has on living organisms).

Despite no human studies, this product was placed on the GRAS (Generally Regarded as Safe) list, when, in fact, canola oil is a by-product of a highly toxic insecticide.

The real name for canola oil is LEAR, or Low Erucic Acid Rape, as it has been extracted from rapeseed. This oil is an industrial oil product, which has no place whatsoever in our bodies. In light industry, it is also referred to as penetrating oil. Rapeseed oil is also the source for mustard gas, which was used as a chemical warfare agent, and was banned after World War I for causing severe blistering of the lungs and skin.

Canola actually is a genetically modified food which has been classified as a bio pesticide by the EPA. Like mercury and fluoride, canola is also not eliminated from the body. It is found in almost all fast foods, convenience foods, chocolate, candies, bread, potato chips, baby foods and formulas, most peanut butters and cookies, frozen French fries, rye breads, chocolate syrups, mayonnaise, granola bars, some vegetarian convenience foods, lunch meats, margarines, movie house snacks, tortillas and most other bakery foods.

Studies done on rats and other lab animals showed that after consuming canola oil, fatty deposits accumulated on their hearts, thyroids, adrenal glands and kidneys. When they stopped consuming this oil, the fatty deposits disappeared, but unfortunately scar tissue remained on the affected organs.

Because it is high in glycosides, canola oil has been shown to inhibit enzyme function. Its effects are known to be cumulative, resulting in side effects taking years to show up. It is also able to inhibit the metabolism of foods. Being a trans-fatty acid, it is also possible that this man-made oil has a direct link to causing cancer (even from just breathing in the toxic fumes created when frying foods in it).

Rapeseed oil is an acetyl cholinesterase inhibitor. This compound is crucial when it comes to transmitting signals from the nerves to the muscles. This is possibly why there has been a dramatic increase in cases of multiple sclerosis and cerebral palsy over the past few years. Other conditions which have been reported include respiratory illnesses, loss of vision, constipation, anaemia, heart disease, irritability and low birth

weight in infants. It is known to severely deplete Vitamin E levels in the body, as well as cause severe clotting of red blood cells, which can pose a serious health risk.

The best way to avoid consuming this toxic industrial by-product is to prepare meals yourself from scratch, and especially avoid fast foods at all costs.

Editor's Note: We oppose all forms of animal testing. We fully support implementation of humane medical experimentation that promotes the health and wellbeing of all living creatures.

SOURCES:

http://www.ew.com/list_7427295_harmful-effects-canola-oil.html

<http://www.rense.com/politics5/dare.htm>

<http://organicyogamama.com/canola-oil/>

http://www.ew.co.uk/about_5414785_dangers-canola-oil.html

http://www.cantola.com/Tricky_Foods.html

Shona Botes is a personal finance blogger as well as a Citizen Journalist for Natural News. Her spare time is spent learning about natural healing, blogging, taking scenery photos, cooking from scratch and cycling. Her blog may be viewed at: www.swaziextreme.com/greenpiggy, www.naturalnews.com/O31550_canola_oil_side_effects.html.

All the best and please work on your total health, it is all we have to be happy and live a long time. Nothing is more important!

^SIBERIAN CLEANSE.

This unique system for the restoration of the body was imparted to a woman by a female Siberian shaman many years ago.

She said, "If you do this every year, you will never grow old." To what extent this is true, is complicated for us to judge at the present. But we can tell you what happens in the human body when resin is ingested.

Over the course of your life you have most probably been on some fashionable diets or specialised cleanses. And you know very well that this was "not your thing"! To do this, you need both the appropriate mood and desire. But what do you do, when the mood is not there? Can a method of cleansing be used to achieve the advertised result without any strain? You will probably laugh, but such a method exists, and it is provided by ingesting turpentine balsam.

The "Siberian cleanse" is very simple and, unlike other cleanses, does not cause stressful situations for the body. Gently and slowly, including the process of cleansing and improvement on the cellular level, a person's chromosomal chain begins to be restored! Such a deep effect is rarely achieved, with the use of complicated special homeopathic systems of healing.

When you begin to drink turpentine, (definitely NOT TURPS, which is used for thinning paints etc.) your immunity increases, since resin is a most powerful antiseptic. The blood shows an

increase in the content of phagocytes, which destroy viruses, parasites, and foreign pathogens. The result is the release of the energy potential that previously protected the life of these bacteria and parasites. All the glands and organs of our body begin to work more intensively and more effectively.

Further, the cells of all the body's tissues begin to regenerate, that is, there is a cleansing of all the old material (residue) that the cells could not get rid of earlier. At this moment, the exacerbation of some "old" internal disease is possible. For that reason, in this situation you need to get a sense of yourself: if you begin to feel extremely unwell, then the cleanse must be stopped and begun anew after a couple of months. The second time, the cleanse will proceed much more easily. During the cleanse, there will be a cleansing of the liver and blood vessels, which become more elastic, as a result of which for many people the self-regulation of blood pressure will be restored. There is a complete recovery from cholecystitis, colitis, enterocolitis, hepatitis, gastritis, and ulcers of the stomach and intestine, the microflora of the intestine is restored and regulation of the metabolism occurs. The general tonus increases, and the person's energy becomes greater. The sole condition for the effectiveness of the "Siberian cleanse" is this: it is essential to consume more fresh food of plant origin and to lower, preferably to omit entirely the consumption of food from slaughtered animals. When discarding residues, cells should instead receive healthy and pure materials for their renewal and new development. And then, with the aim of the complete improvement of the body, you are entirely able to tolerate two months without the consumption of meat. Whether you allow your body to continue to suffer all depends on how much you truly love yourself.



Cedar tree cone



Siberian Cedar trees

DIRECTIONS:

The first day, early in the morning on an empty stomach, take 5 grams (1 teaspoon) of cedar resin, following which you must not eat or drink for 30 minutes. If you cannot tolerate the bitter taste, you can take it with water. Over the course of ten days, increase the quantity of cedar resin to 15 grams (1 tablespoon) as follows: during the first three days take 5 grams daily, during the second three days take 10 grams (2 teaspoons) daily, and during the remaining four days take 15 grams each morning 30 minutes before eating.

During the next 10 days, take 1 tablespoon of cedar resin with cedar nut oil in the morning 30 minutes before eating, and 1 tablespoon at lunchtime, 30 minutes before eating. During the following 10 days, take 1 tablespoon of cedar resin with cedar nut oil in the morning 30 minutes before eating, 1 tablespoon at lunchtime, 30 minutes before eating, and 1 tablespoon at supper time, 30 minutes before eating.

After thirty days, the first half of the course of treatment has been completed. During the next thirty days, take cedar resin with cedar nut oil, reducing the dose. In the first ten days of the second half of the course of treatment, take 2 tablespoons of cedar resin with cedar nut oil per day, 1 tablespoon in the morning and 1 tablespoon at lunchtime. In the next ten days take 1 tablespoon

of cedar resin with cedar nut oil in the morning 30 minutes before eating. During the final ten days, for four days take 1 tablespoon of cedar resin with cedar nut oil in the morning 30 minutes before eating, in the next three days take 2 teaspoons in the morning 30 minutes before eating, and during the final three days take 1 teaspoon in the morning 30 minutes before eating.

In total, the course of treatment is 60 days in duration. The dosage is calculated for a person of average build.

In order to consolidate the results, the course of treatment may be repeated in two months. It is recommended to take the treatment twice a year, in the autumn and spring.

This article has been reprinted from a message form the Cedar nut press.com.au

NOTE: I, Shanti, have no knowledge of this procedure and am therefore not responsible for the outcome, if you follow it.

It sounds interesting though, as I know that cedar oil, is very healing.

BURNS.

Healing Miracle for burns:

A young man spraying his lawn and bushes with pesticides, wanted to check the contents of the barrel, to see how much pesticide there was left. He raised the cover and lit his lighter; the vapours inflamed and engulfed him. He jumped from his truck, screaming. His neighbour came out of her house with a dozen eggs.



She broke them, separating the whites from the yolks. The neighbour woman applied the whites on the young man's face. When the ambulance arrived and when the EMT's saw the young man, they asked who had done this. Everyone pointed to the lady in charge. They congratulated her and said: "You have saved his face." By the end of the summer, the young man brought the lady a bouquet of roses to thank her. His face was like a baby's

skin.

Keep this treatment in mind for burns. First aid consists to spraying cold water on the affected area until the heat is reduced and stops burning the layers of skin. Then, spread egg whites on the affected area.

A woman burnt a large part of her hand with boiling water. In spite of the pain, she ran cold water on her hand, separated 2 egg whites from the yolks, beat them slightly and dipped her hand in the solution. The whites then dried and formed a protective layer.

She later learned that the egg white is a natural collagen and she continued for at least one hour, to apply layer upon layer of beaten egg white. By afternoon she no longer felt any pain and the next day there was hardly a trace of the burn. 10 days later, no trace was left at all and her skin had regained its normal colour. The burned area was totally regenerated thanks to the collagen in the egg whites, a placenta full of vitamins. This information could be helpful to everyone.

THIS IS AMAZING AND WELL WORTH REMEMBERING IN A CASE OF BURNS. FILE THIS AWAY IN YOUR FIRST AID BOX.

Another amazing remedy is Aloe Vera (Barbadensis).



Aloe vera barbadensis



Ouch!!

CASE; My son had just replaced the exhaust on his car. He decided to start the car to see if everything was alright. He went underneath the car, to see if there were any leaks or whatever and by mistake, he grabbed the new exhaust, which by then was very hot indeed, something he did not expect. The palm of his hand got burned quite badly, so immediately I rinsed his hand under cold water for about 20 minutes and started to apply Aloe vera.

I cut a broad leaf in half, over the whole length and put the jelly part on his burn and covered it with a bandage. Later that afternoon, I replaced the leaf, with the other half and again bandaged it up. We left it there overnight and amazingly, when he woke up, we un-banded his hand and NOT A SINGLE SIGN OF THE BURN WAS REALISED. He went to work, without any sign of it.

BARCODES.



Australia 93...



China 690/5

VERY INFORMATIVE ADVICE.

Before I write about barcodes, I would like to throw in, that a week or so ago, Current Affair did a doco on frozen vegetables imported from New Zealand. As it turns out, if it is a Coles or Woollies home brand, there is a more than a good chance that the product has come from China. Products made by McCain's, Birdseye and other supposedly reputable companies from New Zealand, are now purchasing vegie products from China and selling that product under their name.

Basically, check where it is produced by the comments on the back of the pack and if it says produce from New Zealand and Imported products, it has Chinese vegies in it. Put it back on the shelf. I would even go as far as to say, even if it has "product of New Zealand" I would be suspect about where those vegies in that pack come from. Play it safe, unless it has been grown and packed in Australia, stay away from it, unless you don't mind digesting poisons.

Pretty scary stuff!!

Learn from BARCODES

Please Remember: the Australian barcode prefix is 93.

PLEASE NOTE – if you love Australian produce, love our farmers and the thought of keeping jobs here, AND you like to eat healthy foods and buy quality products, then please read on. Please again

note the Australian barcode prefix is 93.

There are no food inspection regulations of foods grown or processed in China, Vietnam, Hong Kong or Thailand.

Other world countries are scared of China, making all these foods, but can you differentiate which one is made in Australia, the USA, Philippines, Taiwan or China? For your information ... the first 3 digits of the bar code is the country code where-in the product was made or grown.

Example: all bar codes that start with 690, 691 through to 695 are all MADE IN CHINA. 471 is Made in Taiwan.

It is our right to know, but our governments and related departments never educate the public, therefore we have to RESCUE OURSELVES.

Nowadays, Chinese businessmen know, that consumers do not prefer products 'made in china', so they don't show from which country it is made. However, you may now refer to the barcode.

Remember, if the first 3 digits are 690 through to 695, then it is Made in China. Don't forget, Hong Kong is now China too.

00 ~ 13 USA & CANADA

30 ~ 37 FRANCE

40 ~ 44 GERMANY

49 ~ JAPAN

50 ~ UK

57 ~ Denmark

64 ~ Finland

76 ~ Switzerland and Liechtenstein

93 ~ Australia

628 ~ Saudi-Arabia

629 ~ United Arab Emirates

690 ~ 695 China

740 ~ 745 – Central America

All 480 Codes are Made in the Philippines.

DO NOT BUY FOOD PROCESSED IN CHINA, HONG KONG, VIETNAM, THAILAND!!! Remember, there are no food inspection regulations!!!

WATCH WHAT YOU BUY. ESPECIALLY 'HIGHLINER' FISH PRODUCTS. They all come from China, even though the box says 'product of Canada', it is from China and 'processed' in Canada, that is, only the coating is added and packaged in Canada.

The fish are raised in pens using chemicals, that are banned in Canada as cancer causing, but legal in China. This was exposed on CBC TV's 'Marketplace'.

Please think before buying anything from China.

Avoid buying all processed food packaged in China. Anything goes! We just don't know what else is in those packages. Unlike the United States and CANADA (and Australia, Germany, France, Italy, Great Britain etc). China does not have laws regulating food processing.

Basically, do not buy any processed food from China. This includes Hong Kong. MANY companies are using a Hong Kong address to avoid this type of image reputation.

SHANTI'S NOTE:

There were pictures on the information I received, but they were too horrible for me to show you. I cannot stand cruelty to animals and what happens to them afterwards.

Good health and good luck, because it is not easy to find out ALL the necessary information you need. In fact, it is hard!! But it is for you!

COCONUT OIL.

INGREDIENTS: 100% raw organically grown extra virgin coconut oil; Cold pressed. No trans or hydrogenated fat; no cholesterol or hexane. No refrigeration required.



What coconut oil does:

Reduces risk of atherosclerosis and heart disease

Reduces risk of cancer and other degenerative conditions

Helps prevent bacterial, viral and fungal/yeast infections

Supports immune system

Helps control diabetes

Provides an immediate source of energy

Supports healthy metabolic function

Improves digestion and nutrient absorption

Supplies important nutrients necessary for good health

Supplies fewer calories than other fats

Promotes weight loss

Helps prevent osteoporosis

Has a mild, delicate flavour

Is highly resistant to spoilage; has a long shelf life

Helps keep skin soft and smooth

Helps prevent premature ageing and wrinkling of the skin

Helps protect against skin cancer and other blemishes

Functions as a protective antioxidant

Does NOT increase blood cholesterol level

Does NOT promote platelet stickiness

Does Prevent and Cure Alzheimers Disease.* see below

Query: I went to the health food store to buy coconut oil and all the brands they carried were in a solid form. None were liquefied. Is this how it is always sold? Can you eat it solid? Does it matter?

Answer: One of the characteristics of coconut oil is its high melting point. At temperatures above 24C coconut oil is a liquid. At temperatures below this it becomes a solid. So, the oil will be either liquid or solid depending on the temperature of the room. There is nothing wrong or unusual about this. Butter, for instance, does the same thing. In the refrigerator it is solid, but take it out on a hot day and let it sit on the counter, it melts. If you refrigerate olive oil it becomes solid as well, but out of the refrigerator it is liquid.

Sometimes you will see two bottles of coconut oil in a shop, side by side and one will be solid, while the other is liquid. The reason for this is that it takes several hours for the oil to adjust to the room temperature. If the room is below 24C, then the liquid bottle came from a warmer environment, before it was placed next to the solid bottle. Oils can hold on to heat for a long time, so it may take several hours, for the oil in the bottle to solidify. If the room temperature is in the mid or low 20's, it may take 24 hours or more for the oil to solidify.

Critics who try to discredit coconut oil claiming it to be an "artery clogging" saturated fat, will often justify their position by pointing out the fact, that coconut is solid at room temperature. They say when you eat the oil, it will solidify in your arteries and cause a heart attack. This idea is totally preposterous. For one thing, our body temperature is 37C. Coconut oil is a complete liquid at that temperature. And, coconut oil does not circulate inside the arteries after you eat it. Coconut oil, like any other fat or oil, is digested and broken down into individual fatty acids in the digestive tract. The fatty acids from coconut oil are used by the cells in the body as food to produce energy. There is no way they could clog the arteries.

Like butter, you can eat coconut oil whether it is liquid or solid. There is no difference in nutritional value or chemical makeup. You don't need to liquefy the oil before you use it. Solid coconut oil melts very quickly when put in a hot pan.

If your kitchen is kept below 24C, coconut oil will always be solid. On a hot day it may melt. You can keep it in the refrigerator if you like. However, it isn't necessary. Coconut oil does not need to be refrigerated. It is very stable and has a long shelf life, so it can be kept on the kitchen counter or in a cupboard.

*Your local food store may have the Cure for Alzheimer's Disease.

Alzheimer's affects 5.2 million people in the U.S. and doctors are stymied over finding a cure. But one doctor may have stumbled on a simple and safe solution that seems to reverse the memory loss and mental "fog" associated with this dreaded disease.

Dr. Mary Newport has made a startling discovery. And she's now reported her findings to the medical community. A daily intake of one widely-available oil halted the symptoms of her husband's early onset Alzheimer's. In fact, it reversed much of the damage done by the disease.

At just 53, her husband began to lose his mental functions. As an accountant, he found he had trouble completing tax returns and basic accounting tasks. Later, he had trouble keeping his shoes and socks together or finding a spoon in his kitchen.

He was put on various big name Alzheimer's drugs, one after the another, but he steadily declined. In desperation, his wife researched the "why and how" of Alzheimer's until she made an important discovery. Her findings showed that Alzheimer's patients had brain cells that were unable to process glucose. That's the brain's principal energy source.

In fact, without glucose, the neurons in the brain begin to die. But Dr. Newport discovered another energy source that can "refuel" the brains of Alzheimer's patients.

The Importance of Ketones.

This other energy source is called "ketones." Ketones are a fat that's easily digested and used by your body. Your liver converts them into an alternate energy source for your brain.

Athletes, soldiers, and body builders use them to power their bodies through tough conditions. They do this by drinking a type of oil made of medium chain triglycerides (MCT).

Coconut Oil Is Full of these Ketones

Coconut oil is made up of 60 percent of MCTs. Big Pharma has already seized on this. In fact, there's a new Alzheimer's drug in the works that uses MCT oil as a key component.

But Dr. Newport says that the coconut oil alone may reverse the effects of Alzheimer's disease.

Her husband began taking coconut oil twice a day. After two weeks he could draw a simple clock – which he couldn't do prior to the coconut oil. (Drawing a clock is a typical test for Alzheimer's.) After two months, he was more himself, joking and alert. His focus had increased. His memory improved. And he was more active.

Fast forward two years: He's now running again and doing yard work. His short-term memory is so improved that he remembers all recent events and conversations with accuracy. Here's the best part: his MRIs show that his brain atrophy has ceased and actually improved past his original MRIs from years earlier.

How Fat Factors into Alzheimer's and dementia.

Your brain is made up of fats. The right kind of fat is beneficial to your thought process. The wrong kind may actually promote diseases like Alzheimer's.

Studies show that trans fats, get absorbed into your brain cells and change them.

Renowned nutritional counsellor Dr. Raymond Peat points to a 1980 study. This study found rats, who were fed milk-with-soy-oil, absorbed the oil into their brain cells. This changed their cells on a fundamental level. It made those cells become abnormal. Studies show that trans fats do the same.

On the other hand, Dr. Peat says your brain needs healthy fats to function at an optimum level.

Coconut oil is such a fat.

How to Use Coconut Oil.

You can start taking coconut oil to promote your brain health, even if you have no symptoms of Alzheimer's. It's used in cooking throughout the Philippines and parts of India and Thailand. These countries have some of the lowest levels of Alzheimer's in the world.

Coconut oil is versatile. You can use it in place of other vegetable oils in cooking. You can also use coconut milk in place of regular milk in many recipes.

But the easiest option is to just take it by the spoonful. Dr. Newport gave her husband eight teaspoons

of coconut oil throughout the day. She started to see improvements after about two weeks. Two months into the coconut regimen, he was acting more like himself.

You can find coconut oil in most natural food stores and some supermarkets. But be sure you're getting the pure virgin coconut oil to reduce your exposure to the chemical extraction process.

I, Shanti, have been taking coconut oil for years at a rate of 2 tablespoons a day.

MOUNTAIN AIR. Smoke pollution.



Having been in the lower Snowy Mountains, 2 years running, during the winter months, I appreciated the clean fresh air most of the time, but I was always very cold.

There were times, when I suffered from congested breathing and at first, I could not work it out, although it soon came to me. I was living in a house with a bloke,

who had a slow combustion stove in the kitchen.

I asked him one day what the smell was he created in the air and he told me that he used empty milk and fruit juice containers to start his fire.

The trouble is that these 'cartons' are a composites of plastic, aluminium, glues and waxes as well as cardboard, so many things that should not be burned in a stove. I remember the days of back-yard incinerators, people had years ago and burned just about everything they wanted to get rid of.

These incinerators burned grass cuttings, freshly fallen leaves and all sorts of smelly things like plastic. They smouldered for hours if not days, leaving the whole district in a haze of smoke and goodness whatever toxic chemicals.

These incinerators have been banned for years now and it has improved the air quality, especially in the big cities, where there were so many of them.

The area where I was staying in the Snowy Mountains, had no planes flying overhead, so that pleased me a lot. A few months before I came here, I was in a place where the vapour trails were in the sky all day, going in all directions. That worried me, mainly for the people who permanently live there.

Anyway, there is another thing about these cold mountain places.

The locals have a fire burning 24 hours a day, to keep warm.

Burning wood at high temperature is quite clean, as it burns all the chemicals too; as I said, this is if you have the fire going at full blast, but you would use up a large amount of fire wood, so these good people turn the stoves down to a gentle burn to save fuel, but it comes at a cost. The smoke is heavy, due to un-burned parts of the wood, which are toxic and affect people with respiratory problems, such as asthma etc.



One day my friends were trimming some trees and burning the cuttings, dry ones and fresh ones as well and it burned almost without smoke, because it burned so hot. That is the correct way to burn, but for a stove almost impossible to achieve.

Some of the newer models of combustion stoves are a lot better and burn almost completely all the wood and smoke related chemicals from the wood, so the air is kept fairly clean.

This smoke laden air affected my breathing a lot and I had to protect myself from that, the best way I could, something that was not always easy, as the breeze carried this polluted air towards my caravan (of course). You know what it is like, when you sit around a campfire. The smoke always comes to you, doesn't it?

Especially at night, when the air was almost still, it was difficult to breathe at times.

So, what are we going to do, to correct this problem? Well, I for one, am moving back to Queensland soon and spend time in the warmer weather again. With more projects on my plate, I could not escape

the Snowy Mountains right there and then, as my publisher lives there. What the locals can do about it is not easy to solve and I cannot help them. You can't wear more clothes during the day, you will fall over from the weight. Good luck guys and I hope that you find the right winds to blow the pollution away. (To the neighbours! Oowahh, naughty).

CRYSTALS and their disappearances.



As we all know, crystals have been used for many years, in Healing, Love, Chakra healing, Protection, Creativity, Dreams, Money, Power, Good luck, indicating birthstones and in all sorts of other ways, such as pendulums. They are very powerful accelerators of our minds and our will.

There is much written about crystals and we can find this on the internet and many books from Crystal Shops around the

world.

My article is about the disappearance of crystals.

Here are a few examples of myself and a friend, who have suddenly found that our favourite crystal has disappeared.

The first story is about a friend, who used her crystal as a pendulum, for contacting the spirits of the departed and she used it on a daily basis.

One day she wanted to do some more work with her crystal and she could not find it, where she usually placed it on her desk. She was perplexed and searched everywhere for it, but without success. For days she searched and almost turned the house upside down, but still nothing. She was a bit concerned, as this particular crystal was her favourite tool to work with.

She decided not to look for it any longer and took a break from her work for a few days. The work she did was quite challenging and she decided it would not hurt her to have a break from it.

On a warm and sunny day, she decided to go and have a swim in the backyard pool. It was later in the afternoon and she was really looking forward to a refreshing dip. As she was standing on the paved section around the pool, she suddenly caught a glimpse of a brightly coloured ray. As she looked into the direction of this light, she found her favourite crystal, lying beside the pool. She was wondering, what her crystal was doing there.

Well, most users of crystals know, that crystals we use for healing and all the other things mentioned above, need to be cleansed, especially in the beginning, before we use them, to clean them of foreign influences, caused by other people handling them and all sorts of other reasons.

She then realised, that she had used this crystal for months and without a break. She had also noticed, before the crystal disappeared, that it was not working as effectively, as when it was first used.

When she found it, she also realised that the crystal itself decided, it needed cleansing and went for a cleansing session of its own. ` (This is SO amazing, isn't it).

Cleansing crystals is often done in the sun. Whenever I get a new crystal and want to use it, I always leave it in the sun for a day, wash it in sea water or even bright moonlight will do the same.

Once cleansed, the crystal should never be touched by anyone else and this is an important thing to remember. Place your crystal in a small cloth bag, when you are not using it or at least leave it somewhere, so nobody will touch it.

Case two.

My own experiences are even more remarkable.

The first instance. I was wearing a crystal (Watermelon tourmaline) around my neck for protection and had it there for months. One evening, we decided to go out to the cinema and I was in the bathroom getting organised. I was just standing there in front of the washbasin and the crystal fell on the floor. I thought this to be strange and picked it up and put it back on the little cord around my neck. We went

out and had a lovely evening. Before going to bed, I used the bathroom and again the crystal fell off its cord. I realised then, that it did not want or was needed to be there anymore, so I put it in a box and stopped wearing it. I was fine now and should go on with life. I thanked the crystal for its wonderful support, during this time.

Case 3.

The second time something like this happened, I was lying on a rug near a local dam, really enjoying the day. I was wearing a gold chain with a Citrine crystal on it, for wealth. The Citrine is used, so you will never be without and always have sufficient funds to get by.

As I was lying there, totally still, almost asleep, I suddenly felt a tickling feeling around my neck and I was wondering what caused it. I sat up and the chain, with a very good clasp, HAD COME UNDONE and the crystal was lying on the rug under my neck. I looked at it and thought back to the earlier described incidence and straight away I put the crystal aside next to my binoculars. I realised immediately that the crystal had decided, I did not need to wear it anymore. I was fine now and had sufficient means to go on living. I did not need to depend on the crystal for help any longer.

When we packed up to go home, we both picked up things from the rug; I gave the rug a good shake to get rid of some pine needles and went on our way.

On the way home I asked my partner, if she had picked up the crystal and she said no. I realised then, I did not need it anymore either, even in the future. I prayed and asked my Maker, to give it to someone else, who was in need, or if it had gone back to nature, to thank it for its services to me.

I find this to be so amazing.

These and many more stories are around and I have heard many tales, where the lost crystal has turned up in a strange place, nowhere near where it could have gone astray or where it was used.

Please, be happy to use crystals for all sorts of reasons and do not be disappointed, if when the time comes, when you are healed, it will want to leave you or is telling you that you have reached your goal,

OUR FREEDOM, at the cost of the multi-nationals.



This is a serious matter and should be made known to everyone in Australia, as we do not seem to have FREEDOM OF SPEECH or freedom of any sort anymore.

The TGA, Therapeutic Goods Administration, are clamping down on all sorts of NATURAL HEALING products and services, which have been working well on many of our problems in the past. We are confronted with a dilemma, that our rights to choose are taken away from us. In this case, some healing methods, which have been around for hundreds of years and should

be allowed to be used at the discretion of the user, may not be available to us, if they get their way.

I PERSONALLY SEE THIS AS A DRIVE BY THE BIG PHARMA, WHO ARE WORRIED THAT THEY MAY MISS OUT ON A SALE.

We have seen these tack-ticks used more and more, over the last number of years and they should be stopped.

Don't we have any say, what we want to do with our own body anymore?

Modern medicine does NOT have the best of records, insofar as healing is concerned and the records show it clearly, although never published in the common press. Most of the time, we are given drugs to delay pain or inflammation, but the cause of the problem is not being addressed most of the time. I read a quote from Mark Twain, who said: "Medicine is a game they play, whilst the disease heals itself." It is interesting to note this quote was written so many years ago. Mark Twain 1835 – 1910).

The majority of patients, who see a doctor are asked, what is wrong with them and the doctor immediately starts writing a script for a drug, without even diagnosing for himself, what is really happening.

The time given to a patient is minimal and is not enough to be able to make a diagnosis anyway.

When a patient chooses to go to the natural healing practitioner, where the patient gets plenty of time to discuss his/her problem and goes away with a natural medicine or treatment, which is NOT dangerous nor causes any other further ailments, due to the mild nature of these herbal medicines, mostly without side effects, he or she gets persecuted by the BIG PHARMA CONTROLLED TGA, in other words the Government.

COME ON AUSTRALIA do something about it!!!

People, IT IS YOUR BODY AND YOU ARE IN CONTROL at least you should be!

The biggest problem we have, is to be able to fight these giants, as they have so much money, all taken from you in the past and they are still taking it from you on a daily basis. We as small fry, without money to fight these Multi nationals in court, will always loose out, as the giants can afford to engage the most expensive lawyers in the land, or even the world.

I have had personal experiences with drug taking and cancer treatment in the past, prescribed to my son, who died from the side effects of the aforesaid, NOT FROM THE DISEASE. Later on, after my episode, dealing with my son, another case was presented to my partner's son, who was also treated the medical way at the age of 30 and he too had to succumb to death because of poor scientific treatment and the side effects of the treatment.

One hears all the time, that medicine is scientifically proven, but how often do we hear about a drug, which has killed or maimed many people, before they take it off the market, because they changed their minds about the validity of the product. Take Thalidomide for instance. The Swiss company CIBA, developed it in 1953 and then it was introduced by the German company Chemi Grünenthal GmbH in 1956, the company who produced this drug. It was used to stop morning sickness in pregnant women mainly, but had other 'uses' as well. They are now apologising for the many maimed people it caused. (Empty words, so easily spoken). Today, Thalidomide has been revived and is used again for a number of diseases. What the... !

Doctors are prescribing drugs, which have many side effects and some of them are very serious. Some of these and research has shown me, that the average drug prescribed has up to 70 different, nasty side effects. Is that warranted? Is that not a case where drugs should be taken off the market, as it is slowly killing people? "...I SHALL DO NO HARM...": (Hippocratic oath)

Today we have a beautiful way of finding out what each drug contains and what the side effects are, by looking them up on the internet. It is all there and if you feel, you should know what you put in your mouth, you should look it up! Simple, but you WILL BE HORRIFIED what they do to you.

Do the same for the herbal mixtures you may come in contact with. You will be surprised how simple these prescriptions are. Thousands of years have gone by, since some of the old-fashioned herbals have been around and served people well. The Chinese and Western herbal practitioners and some of the lesser-known tribe's people like our own Aboriginals etc, have cures for things we hardly expect the western world to be able to tackle.

Please, take a stand and protect yourself from UN-NATURAL chemicals and support your health, by demanding the government to leave the safe treatments alone, by allowing Natural healers and the associate businesses, who produce these natural medicines, to continue to operate, alongside the multi-nationals. This MUST BE your choice and your choice ONLY. This choice is a given right to everyone.

I hope that you can see the point of this message and I am writing this for your health sake.

I have not seen a doctor since 1962 for sickness and I believe that if I had done so, I may not be here today, that is if I had gone along with chemical prescriptions in the first place.

One drug always leads to another and once you are on the treadmill, you cannot get off.

GREAT BUSINESS! BAD ETHICS!

MAGNESIUM. Mg.



A lot has been said about taking Calcium in our diet, to promote healthy bones and to prevent Osteoporosis and many more symptoms.

As mammals, we start losing the enzyme lactase to digest milk (mother's milk) after the age of two years. Drinking milk is therefore a waste of time as a food source after that. Drinking the milk from another mammal, something 10 or more times heavier than a human, is even more ridiculous.

If, however we could have access to RAW milk and ferment it and produce products such as yoghurt, kefir, brie and camembert cheeses, we will get some calcium benefits.

Having to pasteurise milk, to kill all sorts of negative pathogens, shows me that the industry is not very clean. I have worked in the pit of a dairy farm, putting the milking cups on the teats of the cows and what I noticed was, that the cow's teats were never really very clean from the cow's shit, even though they got some sort of a 'quick' wash with a dirty rag and a spray of Bromine (Not Iodine).

I had a small goat dairy and produced un-pasteurised goat milk, strained, bottled and frozen straight away and NEVER had I any problems with diseases.

Raw goat milk or sheep milk are better absorbed, as the fat globules are smaller, similar to human milk and the human digestive system can handle these products better.

The milk industry knows about the lack of calcium people get from drinking milk, as they promote the addition of calcium and Vitamin D to the milk.

Still the question remains, that the digestive system of a mammal, does not digest milk very well after the age of two years.

Now there is another thing to be considered. Eating or drinking foods of one source only, is usually throwing our vitamin and mineral balances out. It is always wrong to take one vitamin or one mineral on their own, rather than taking a well combined 'multi vitamin and mineral' supplement, *if we need a quick and short boost.*

Of course, eating a well-balanced diet is the only way to go and keep well, without supplements, especially if the foods are bio-dynamically grown, in soils that have all the necessary minerals in them. So many foods are grown on soils, that are in themselves depleted from all minerals and vitamins, so artificial fertilisers are used, to boost these missing elements. However, these artificial fertilisers are of an in-organic nature and are not the same as the natural, organic types, created by organisms in the soil. This matter can be discussed at another forum, but I hope you see the difference and understand that we need quality food. We can expect the same problem to arise, when you put poor quality fuel in your car's fuel tank. This car is not going to perform at its best.

All this is leading me to the intake of Magnesium, a mineral most of us are short of in our diet and a very important one for a good calcium uptake. Calcium and magnesium, must be well balanced for good health and if we do not have this balance and we are short of the required amount of Magnesium, we can get quite sick and get all sorts of problems.

Therefore, I recommend the consumption of tree nuts, as a regular part of our diet, as nuts have a wealth of minerals in them, especially magnesium. Add seaweeds to your diet as well, as these also carry a good supply of ALL THE MINERALS, including iodine.

MAGNESIUM (MG) DEFICIENCY MAY CAUSE:

1. Anxiety and panic attacks, as Mg keeps the adrenal stress hormones under control.

- 2.Asthma. Insufficient Mg increases both histamine production and bronchial spasms.
 - 3.Blood clots. Mg Works the same as Aspirin and keeps the blood thin in a natural way.
 - 4.Bowel disease. Deficiency slows the bowel action and causes constipation.
 - 5.Cystitis. Deficiency of Mg. make bladder spasms worse.
 - 6.Depression. Serotonin, which elevates moods, depend on Mg.
 - 7.Detoxification. Mg is crucial for the removal of toxins such as metals, aluminium and lead.
 - 8.Diabetes. Mg enhances insulin secretion, facilitating sugar metabolism.
 - 9.Fatigue
 - 10.Heart disease. Mg is used in hospitals for acute myocardial infarction and cardiac arrhythmia.
 - 11.Hypertension. Insufficient Mg causes blood vessel spasms, causing High BP.
 - 12.Hypoglycaemia. Mg keeps insulin under control.
 - 13.Insomnia. Sleep regulating melatonin is enhanced.
 - 14.Kidney disease. Mg deficiency contributes to atherosclerosis kidney failure.
 - 15.Migraine. The serotonin balance is Mg dependant.
 - 16.Musculoskeletal conditions. Fibrositis, Fibromyalgia, Muscle spasms, eye twitching.
 - 17.Nerve problems. Cramps in calf muscle, foot and toes.
 - 18.Vertigo and confusion.
 - 19.Obstetrics and Gynaecology problems. Mg also prevents
 - 20.Pre-menstrual syndrome and cramping pains during menses.
 - 21.Tooth decay. Mg deficiency causes an unhealthy balance of phosphorous and calcium in the saliva.
 - 22.These and more negative symptoms may occur, during times when the Mg levels are below par.
- Always maintain the happy balance for good health.

The best way to get sufficient Mg in your body, is your diet.

If your diet is not up to scratch, there is the mineral combination called: MAGNESIUM CHLORIDE. This is available in a crystallised form and is soaked in water, to make it drinkable. Another way to take it is a liquid form, often called Magnesium oil, as it feels very oily, but is really soaked crystals in water. This form can be drunk, following the instructions or rubbed into the skin and is that way taken up into the body.

Apart from Mg to help calcium uptake, Silica is also necessary. This is too difficult for the average person to work out, so you really need a Naturopath again, to help you find out exactly what you need, by taking samples of your vital fluids and stool. These then will be examined in a laboratory for the final results, to find out exactly what and in what combination you need supplementing.

DISCLAIMER.

I can recommend Magnesium to most people, especially if you suffer from one or more of the above symptoms.

Naturally, I cannot be responsible for you and I always suggest you go to a natural healer, who is conversant with the use of minerals.

The above information is derived from research material and personal experiences.

O₂

OXYGEN THERAPY and how to make it.

I wrote this article about how to make Oxygen for your health. By ingesting H₂O₂ (Hydrogen peroxide), we are getting more oxygen into our body. *

Some of you have heard of oxygen therapy. For those who are not familiar with the science, this is a quick informative article to tell you, what it actually does, but I keep suggesting to get the book, mentioned a little later.

Oxygen is a vital element we need for survival. Our blood, through the iron* in it, is a storage place for oxygen and we need a good supply of oxygen to ward off various nasty diseases, which may attack us at any time. An oxygen rich body, cannot sustain viruses, harmful bacteria, negative pathogens etc. (see list below), so it is therefore imperative, to have the oxygen level in our body at a high rate at all times.

As I have already discussed, the world's oxygen level is quite low these days, compared to what it was before the industrial revolution, say 100 years ago, when there was little pollution. In the country, due to the higher number of trees and pastures, the level of oxygen is higher than in the city as a rule. Near the ocean, the Oxygen level in the air is also higher. Pollution levels around cities deplete the oxygen levels drastically. We are not told about these things, as it may scare people, but unfortunately, this is true and we should know it. Because there is not really enough oxygen in the air to sustain a really healthy life. Oxygen therapy is therefor so good to practice, to get our oxygen levels up on a daily basis.

You can do this easily by following the method described below. It takes only a minute to add some to a glass of water twice a day.

Information derived from the book: "THE ONE MINUTE CURE" by Madison Cavanaugh.

This book is a must for everyone, as it is such an eyeopener on what is happening out there in society through the treatment of diseases. This book is available as an e-book and I suggest you download it today. (and read it also)

How to make 3% Hydrogen Peroxide from 35% Food grade Hydrogen peroxide. (H₂O₂). **NOTHING ELSE WILL DO!**

In order to make a 3% solution that can be ingested, you must start with 35% food grade hydrogen peroxide and dilute it according to the way it will be used.

To start:

Pour 30 ml 35% food-grade H₂O₂ into 330 ml. DISTILLED water.

(Or: Pour one ounce of 35% food-grade H₂O₂ into a pint jar, and add 11 ounces of distilled water.

This will yield 360 ml (12 ounces) of 3% H₂O₂).

IMPORTANT NOTE: Make sure you label it: 3% Food Grade Hydrogen Peroxide to distinguish it from the 35% strength, which **SHOULD NOT BE INGESTED OR EVEN SPILT ON YOUR SKIN**, as it is very strong. **ALWAYS USE RUBBER GLOVES WHEN HANDLING 35% Hydrogen peroxide and protect your eyes.**"

You can use the diluted solution in a variety of ways, and you should store the unused portions of both the 35% and the 3% in the refrigerator, clearly marked, for better keeping qualities.

If you wish to ingest hydrogen peroxide, you will need to dilute the 3% solution further.

Use: 10/15 drops of the 3% solution in a 250 ml. glass of water, twice a day.

You will absorb the 3% hydrogen peroxide through the mucous membranes. The skin will benefit from rubbing some H₂O₂ into the it or sniff some into your nose for the treatment of lung and sinus problems. All in all, it produces many health benefits. The list below, although far from exhaustive, provides some of the uses of 3% hydrogen peroxide.

*The beauty of taking oxygen is, that it cannot do you any harm and will only benefit you in many

ways. It is cheap as well, however I personally suggest to give it a break regularly and observe the changes in your body. It could dry your skin. As we move on in life, we have different needs.

Use it in cases of:

Alzheimer's disease, Parkinson's disease

Diabetes, Stroke

Multiple sclerosis, Lou Gehrig's disease (ALS)

Brain injuries, Learning disabilities

Cerebral palsy, Chronic fatigue.

Autism and many more.

DO YOU SEE THAT ALL THESE DISEASES ARE DIRECTLY RELATED TO THE BRAIN?

Hydrogen peroxide also kills: Viruses, harmful bacteria, Toxins, Pathogens and disease micro-organisms.

READ THE BOOK. DOWNLOAD IT TODAY

PLEASE!

THERE IS SO MUCH MORE TO LEARN AND YOU WILL PROBABLY FIND THE PROBLEM YOU HAVE OR ARE SUFFERING FROM.

Disclaimer.

The author of the book: "The one minute cure" and the writer of this article, Shanti Linsen, cannot be held responsible for your actions and reactions, as we do not have control over your handling and consumption or general use of the material mentioned, unless you are in our complete physical control.

Always see your health professional for advice.

Further read the disclaimer in the book.

NOTE: Shanti Linsen, the author of this article is editing this article right now in 2021 and Shanti is taking and has taken this mixture for years, without any problems, in fact the opposite is true. I have not had a cold or the flu since 1962 and together with taking Vitamin C, Lugol's Iodine, and all the immune boosting herbs and spices, at the age of 88, I feel well and protected. I do not feel the need to be vaccinated against the Covid 19, as my immune system is very strong and boosted daily.

** If you have iron deficiency, start taking Vitamin C, which will help the iron to absorb, before going on iron supplements, which can constipate you.*

THE NEEM TREE. (Azadirachta indica) (Can be grown I Australia).

The Neem tree has been thousands of years by the sub-continent.

All parts of the tree have properties such as:

inflammatory, anti-ulcer

In Sanskrit the name of all ailments".



known to have healing properties for people of India and countries of the

amazing healing and health antiseptic, anti-viral, anti- and anti-fungal.

the Neem tree suggests "The cure of

DISCLAIMER.

The below-mentioned uses for Neem are given for informational purposes only. The writer is not responsible for what you do with this information.

The information has been gathered from various websites and publications in the media/internet.

1. The Neem tree oil is used as an insecticide and medicinal, for pest control and is used in cosmetics.



2. The Neem seeds: After the oil has been extracted, the residue is used to enrich the soil and lower nitrogen losses. This use also reduces the nematodes in the soil.
3. The Neem leaves are used to treat Chicken pox and warts, by directly applying the paste to the skin. They also are used to increase immunity. They can be used in a dried form, capsulated, internally, to reduce fever in cases of malaria. Soak your feet in a Neem tea

bath for fungal problems. Leaves may be used in the storage containers of grains, to ward off weevils etc.

4. Twigs of the Neem tree are used to brush your teeth. Some toothpastes have Neem in them, to ward off mouth/gum infections.
5. Neem leaf and seed extracts can be used as a spermicide.
6. The powdered bark and root of the Neem can be used as a treatment for lice and fleas on your pets.
7. Neem's anti-bacterial properties are therefore used to treat skin problems such as Psoriasis, Acne, Scabies, Eczema and more. You can also treat Diabetes, AIDS, Cancer, Heart disease, Herpes, Allergies and more.
8. Neem is used as an insect repellent for both personal use and in the garden, in health care and cosmetic products. Soaps, Toothpaste, Shampoos, Lotions and Creams.
9. Neem is non-toxic to animals and protects crops from over 200 of the most common pests.

SPORTS/ENERGY DRINKS.



I just looked up the ingredients in some very popular sports drinks, advertised heavily and drunk by international sportsmen and women and seen on television, available for children to see and take note of.

These companies have all the

information on their website, so I thought you may be interested to know what they contain:

- Brominated vegetable oil
- Sucralose (Splenda, now made by Johnson and Johnson)
- Glucose, sucrose and fructose
- Citric acid
- Natural and artificial flavours
- Salt – potassium chloride
- Sodium citrate
- Monopotassium phosphate
- Glycerol ester of wood resin
- Artificial colours- various dyes and colours.

I decided to tackle one item out of this list of mostly bad and destructive items and the one is: **BROMIDE**, No. 1 on the list above, but look them up yourself. You will be horrified.

Bromide is used as a flame retardant, patented by a chemical company. This product is banned in Europe and Japan.

It can cause skin lesions, memory loss and nerve disorders.

In animal tests, it affected their reproductivity and behavioural problems.

It is used as an emulsifier and the FDA has approved it in the USA to be used at no more than 15 parts per million.

Bromines are common endocrine disrupters and it is part of the halide family, including fluorine, chlorine and iodine.

If you take bromine, your body will not hold onto iodine, a mineral we NEED.

NOTE: Beware of other sodas containing sodium benzoate and yellow dye #5= tartrazine, which is banned in Norway, Austria and Germany.

Bromine is also used in pesticides (methyl bromide); plastics used in computers; dough conditioner (potassium bromate); fire retardant (poly-bromo diphenyl esters: PBDE), used in fabrics, carpets, upholstery and mattresses.

In medications: Atrovent inhaler, Atrovent nasal spray, Pro-banthine, an ulcer medication, and anaesthesia agents.

You will find it in hot tub and swimming pool treatments.

The health risks. If you ingest or absorb Bromine through the skin etc., (it replaces IODINE, which is a very important mineral for good health). Bromide or bromine which will **increase** the risk of cancers of the breast, thyroid, ovaries and prostate gland. It is a central nervous system depressant and can cause acute paranoia, schizophrenia.

Between 1920 and 1960, at least 20% of all hospital admissions in the USA, for acute paranoia and schizophrenia were a result of ingesting bromine containing products, like soft drinks or sodas.

Also: Skin rashes, loss of appetite and abdominal pains, fatigue, metallic taste and cardiac arrhythmia are a common problem.

You can read more in my book on iodine and its importance for good health. The lack of iodine in our diet today is in my opinion the reason why so many people suffer from asthma and other thyroid related diseases. I suggest here, to take iodine supplements, which in fact should be called 'minerals we need daily'. If you do not want to take supplements, which I can understand, supplement your diet with seaweeds and kelp and don't be shy to use heaps of it. You will do your body a great favour. Seaweeds and kelp are so very rich in ALL minerals, that these alone, are like a mineral pill of the most natural kind.

I may tackle the rest later. Some others, like sucrose (sugars), have already been dealt with, but this one POISON in soft drinks should be enough for you NOT to drink it at all.

For those people living in the tropics, drink coconut water from young coconuts, fresh from the trees. That is so refreshing and gives you heaps of energy instantly. Coconut water was used to infuse wounded soldiers during the war, if no blood was available. It is apparently very similar to blood. **DITCH YOUR SODAS ALTOGETHER, TO DRAMATICALLY IMPROVE YOUR HEALTH!!!!**

DIABETES.



I am not familiar with diabetes, but I made some interesting observations lately of 2 men, one in his 70's and the other man in his 60's.

The first case. He is 75 years old and has had diabetes for a long time. He also has high blood pressure and bad circulation in his hands and feet and is overweight. A few years ago, he had a triple heart bypass operation as well. I don't know if he has any more other problems, but he did not tell me

about them. He will not exercise at all, not even go for a 100-metre walk.

The second case is a man of 62 years of age and he is in a bad way. Apart from diabetes he has high blood pressure, is VERY overweight, high blood sugar levels, cholesterol high, bad circulation and is incontinent. He is a house father with 2 teenage children. Now for a man of his age this is a terrible situation.

Together with these above complaints, both of these two men are very forgetful, they are slow moving, no energy, always tired, cannot make up their minds about anything, disorganised, untidy, generally awkward and they “want to, but cannot” do things.

I thought I bring this to your attention, as maybe you or someone close to you has the same or similar symptoms and have never been properly diagnosed and/or treated.

I know from these two cases, that all they do all the time is go to the doctors and get more medications.

The 62-year-old, had a box full of medicines when I saw him the first time and I asked him:” what are all these medicines for?”

He answered me with the usual reply, as many people do:” I don’t know any more, because each time I go to see the doctor, in a clinic of at least 8 doctors, I see another practitioner and he/she gives me another set of medications.”

I suggested to him to take all of them back next time he had to see the doctor and get a new start, which he did.

This situation is not an isolated case and many people in the community are in the same boat. We have to be more vigilant about what we take as far as medications are concerned, as all of them are poisonous and have many side effects, especially when we take more than one at the time. Look them up on the net and you will be surprised what they do, besides “treating your problem”. I mentioned this in previous writings and I think you should remember to do so, each time you get a prescription and BEFORE you have it filled.

Here we have a typical need to prevent rather than to cure.

I have given these two my opinion about their lifestyle, as far as exercise and diet is concerned, but I don’t know whether they will follow through. I think the 62 year old is keen to be well again and says he will follow my instructions, but the 75 year old tells me “...he is an old man.” In other words, that is his excuse to be sick, because society dictates to him, where he is. He refuses to accept the fact that you can be vital and active at any age. I mentioned before in a previous article, that we should never mention our age, as this can become a problem. Accept your life and vitality and enjoy youthfulness all the time. Don’t start thinking about heart attacks and strokes, or I can’t do this or that, just because you have been here for a long time. This is just the way to get a heart attack or stroke, thinking about it all the time; you draw this to yourself. Be youthful and active in the body as well as the mind. Think YOUNG. “Victory over dis...eases” ends with my words:

“Shine like a beacon, run like a hare and act like a teenager”.

This is what it is all about for all of our life and when your `use-by date` comes along, things will be easy and you will be taken without being sick or diseased.

PREVENTION IS THE SECRET. Read the article about coconut oil above. Nobody, should be in the above or any other situation, where we get so low, that life is a misery. In MOST cases, these symptoms can be prevented, if only we were shown the right way early, to live a happy, healthy and fulfilled life. Where is the education for this?

Take care of yourself by having a good and healthy diet, exercise daily, keep away from your doctor as much as possible, if he/she is a pill pusher especially. Have no hate and forgive quickly, if you make a mistake. Don’t carry a grudge, but discuss the matter immediately and go on living happily. Be in touch with your Maker and ask for daily help and protection. YOU ARE THE HEALER!

Yeah, yeah, yeah! It is easy to say all these things. I hear you say: “ but”. It can be done however. I had to endure a lot of negative situations like you at times and how I made the changes in my life. IT IS NOT ALWAYS EASY, in fact it is NEVER easy, but the challenge is worthwhile and the outcome is fantastic. People see me now, after I did some deep meditations in the desert in 2009 and the difference is outstanding. They can hardly believe the difference and each time I meet a friend, whom I have not seen for a while, the comments are always the same:” Gosh, you look well and younger

than last time I saw you.” These are nice comments and it makes me even more adamant to keep going the way I am. I must be doing something right. When people think I am 60 or 65 when I am actually almost 88, that’s not too bad hey!

I hope you can take some notice of the above information and make your life a bit happier or the life of someone near and dear to you.

PS. Amazingly, while I was just about to publish this article, a friend came in and showed me a book about diabetes, written by Dr. Sandra Cabot MD, about reversing diabetes naturally, called:” Diabetes Type 2. you can reverse it naturally” (ISBN 978-0-975-74367-6)

I am sure that Sandra would not mind me telling you about her book, as it tells you what to do.

I have written about synchronicity in the past on a number of occasions and here we have one of them again. For this book to be introduced to me, just at the right time, is so good.

As well as the book, a pamphlet about BergaMet, a natural plant derivative (Citrus Bergamia Risso, known as Bergamot), was found in the book. This natural medication supports healthy cholesterol levels and healthy blood sugar levels as well.

Is this not fantastic?

Good luck and good health forever.

DOCTOR’S APPOINTMENTS.



WHAT A WASTE OF TIME !

Something that has bugged me for years, to hear from people that they make appointments and have to sit and wait for ages, before being attended to, that must be so annoying, especially sitting there amongst other sickly people.

Why do we make appointments, if we cannot be seen when we arrive? Okay, we all know that at times, there are circumstances beyond the control of the doctor, where a patient needs an extended time for whatever reason, but it happens all the time I believe. During my clinic days, a patient very seldom had to wait to be seen.

Fortunately, I haven’t seen a doctor for sickness for over 60 years and I am so pleased, because I don’t think I would be here today, swallowing all those pills and potions made up of poisonous chemicals, but that is another story altogether.

What I am writing about today is that the patient, who works in a job or is a housewife/husband, has to take time off work to attend these appointments and that is fine, if you get what you want, but ask the doctor to see you for more than one problem, you have to make another appointment. 2 items cannot be dealt with in one appointment. Somehow the government made these rules.

What about the patient? Is he/she not important and don’t they have a life that deals with time as well? Is there nothing else, then sitting in waiting rooms half your life? On top of that, driving your car more than what you need to, causes pollution, something we don’t want. 2 appointments, 2 runs in the car.

The medical profession might love it, because it causes diseases and that is what they live off.

They call this the “Health system” and a good friend of mine Elaine Hollingsworth, calls it the “Sickness industry”, in other words making money from diseases, caused by man himself. If you look up the effects of drugs that are given to people by the medical profession, you will be horrified. They all cause nasty side effects. And I have written about them before. As I stated in an earlier article:”

Before you have your prescription filled, go home and look that drug up on the internet and find out if the side effects out-weigh the sickness you are trying to cure.” Most of the time, a disease will cure itself over time, as the body is a self-healing system, BUT PREVENTION is the way. I tell people to do the right thing from as early in life as possible. I urge parents to deal with health of their offspring from the beginning of a child’s life. Yes, we have gone a long way away, from the natural habits* we should be dealing with today, so it becomes hard, very hard to change back to nature.

If you are happy to sit in waiting rooms, drive for hours and then take poisons, GO AHEAD, but don’t

blame me if you don't get better. (and YOU WON'T GET BETTER EITHER.) Usually there is a shift in direction and one thing gets "treated", but another side effect happens and the merry-go-round is in full swing.

*I have just finished writing a book called: "THE WAY WE MEANT TO LIVE" and this book deals with the natural ways, we should eat, sleep, clean, and generally follow nature's ways, the way it was meant to be, before man changed the rules and started to follow the chemical way of life, with all its short-cuts and un-natural behaviours.

Let us love this place we call Earth, **our home** and respect it for what we get out of it **NATURALLY**. We can be happy and be treated like Kings and Queens by ourselves and others and give back unselfishly to our brothers and sisters. We should be well and healthy and vibrant and loving and giving and harmonious and appreciative and willing and able to live almost forever.

Well, there is another one off my chest and I hope things will change and that we all get respected for whom we are and given a chance to help others in the time we are here. No one is better than any other person in this world. We are all important, yes **IMPORTANT**, whatever we do in life, so we should be respected by professionals everywhere. After all, we **EMPLOY THE DOCTOR, SOLICITOR, DENTIST** or whatever professional person, so they must respect that. Without your appointment, they would not be there, would they? So, you have rights, just the same as they do. The fact that someone is more brainy academically than another person and can study stuff, this does not mean that the 'doer' amongst us is not a very integral part of society. **WE ARE ALL EQUALLY IMPORTANT!**

I feel that the time spent in a doctor's surgery, together with the driving and going to another branch of the industry, sitting there again and having more negative influences put upon you, like X-ray or scans, or, back to the chemist and home again, is better spent on doing some gardening and growing your own veggies etc. At least you will get some real benefits, from the actual gardening, which is like a meditation, as well as the eating of health-giving food, when the produce is ready.

The so-called professional person will employ a gardener, a painter, a builder and even less appreciated professions like a clean-up man and they are supposed to be on time and get the job done as well. Do we appreciate that person? There is no difference between professions, we are all needed. If the garbage collectors weren't there, what would happen? It has happened, when they go on strike for better conditions etc, and it is not nice to see the garbage piled up on the side of the roads. Let's do the right thing for all the people and be happy!

THE LAND OF MILK AND HONEY.



Let me start this article with an apology, if I am upsetting anyone, who is very religious and believes in the Bible, please do not be upset, because I do not mean to go against anything the Bible says. However, there are scriptures, which are written by the various authors, who use analogies, to make it clear to the readers of the Bible, what they mean, as the Bible is written for all men and women of this world, some of whom are not academics and need simpler explanations of situations. That is why I used the title above.

Just to recap the things I have written in my book and in some articles since then, about all the negative hype about drinking milk and how good it is for you, especially for calcium intake. However, if we as humans decide to drink milk during our later life, after being a baby, it should be at least real, fresh, un-adulterated human milk.

Secondly, all mammals at the age of two years, lose the enzymes to digest milk (that is the milk of their own species. There is more written about drinking milk above).

No other mammal does it. For goodness sake, be sensible and think about it!

Okay, a discussion between a good Christian friend of mine and myself, was the drinking of milk and I said the stuff is no good for us as an adult. He then came back with the argument, that the Bible says: "The people were sent to the Land flowing with Milk and Honey" (Exodus 3:8). In other words, he

understands this to mean, they were told to drink milk and eat honey, because that is good for you, the Bible says.

Here we have a point of discussion, which he wanted to stop, because he is a very great believer in what the Bible says and that's fine and I appreciate that, but he is wrong in believing, that this statement means that lots of milk and honey are good for you.

The bible means to tell people, that the promised land is a land of PLENTY of opportunity if you work hard.

Milk is baby food, God knows that, since He created man. Honey, also a product of nature, is a great food, but we should not eat honey in excess either.

Can you follow me? This statement was made in the Bible, to tell people that the land was a fertile land and this land would sustain them. It was rich in every way for survival and would grow anything they wanted to sow.

People from some Middle Eastern countries and in Africa, drink goat milk and yak milk, which indeed is closer to human milk than cow milk and of course it is not pasteurised or homogenised. These good people also make all sorts of dishes with the milk and ferment it in various ways, which makes it more available to us and is digested easier. Then the discussion came to Yoghurt. Well, yoghurt is fermented milk, but most of the available yoghurt is made with cow milk again. Not only that, it is usually sweetened and flavoured, when we buy them from the stores. These sweeteners are mainly sugar and the flavours are on the whole artificial. Read the labels and find out for yourself.

I hope to have cleared this up for you and please do not be offended by my statements, if you are a follower of the Bible. Living by the Bible is a pretty good life and I wished more people would do so. We would have a much better world, as long as you allow the Bible to speak to you personally. It is not necessary to have the Bible explained by someone else and get their version. Allow the words to come to you, the reader. That is how the Bible was edited, for ALL MANKIND to read and understand in their individual way.

What you understand, when you read the Bible, that is the message you are supposed to get.

HAVING FAITH.



When something goes wrong, what is the first thing we say?
Oh God!!!

Faith is not something many people have. We often think we have faith, but when we are tested, things go totally wrong. This is especially so, in cases of sickness. If we suffer from a disease like cancer or something, we always think the worst, instead of making the decision to heal ourselves.

Impossible I hear you say? No, it is not so! Positive thinking alone, is a very powerful healer. Many times, I have heard from people, that the doctor said that a patient has ONLY 3 MONTHS TO LIVE (for instance) and these messages are ALWAYS negative and threatening. If you mention that you are going to heal yourself, they jump up and down like clowns and even suggest you are crazy.

I have complete faith in what I want and what I get from my Maker, KNOWING I am part of this Maker. In the article about `giving from the heart`, I proved to you that when you ask something from your God, IN FAITH, YOU WILL GET THAT, BUT ONLY AT THE RIGHT TIME and only IF YOU NEED IT. We often want something NOW, but now may not be the right time, as only God (or we ourselves) know. However, if we have Faith, we must wait and KNOW that we will get what we asked for. In the past I have proven this and what I asked for has always been supplied at the right moment; not too early or not too late, just at the right time. Sometimes we may ask for things that our God thinks we are better off without and then we will NOT get what we ask for, as we are protected from something that would be negative to us. I believe that our God, does test our Faith from time to time and lets us wait a little longer, to see if we complain or do something stupid instead. I have had this happen to me as well, but that was a long time ago. Today, I ask once (in other words I make the decision), knowing it WILL happen and I wait and THANK Him dearly for helping out.

Remember that You are in charge of your life all by yourself. You can make things happen. Point the

bone at yourself with a positive message. **You are the Healer, the organiser, the life giver, the lover, the father or the mother, etc, all things you want is what you are. You truly are amazingly powerful and capable, more than you give yourself credit for. There is NOTHING you cannot do. Everything IS possible. If someone else (a doctor) can use the power of telling you that you only have so much time to live, you too can over-ride that message.**

I had a man come to my clinic and he needed his teeth extracted. He however did not want any injections and the necessary chemicals put into his body, to kill the pain. We decided together, that he could use HIS OWN POWER, to stop any pain, WITHOUT these injections. After telling him what to do, he meditated as he was about to have the operation done for about 5 minutes, as he was sitting in the dentist chair and then told the dentist to go ahead. THE DENTIST WAS VERY WORRIED, but the patient was fine and came out of the chair without feeling anything.

POWERFUL STUFF HEY!

When my children were little and started to think about what they could do, they often came out to me and said:” I cannot do this Daddy”. I told them there and then, that there is nothing you cannot do. There is no such thing as CAN’T. I am fortunate that I realised this, when I was still pretty young and was able to pass this information on to my children. Over the years I have seen them tackle projects, which seemed impossible at first.

Not all that long ago I was staying with my youngest son, who is very practical, like his Dad. He was doing something that astounded me. I thought about this and realised he knew, that there is nothing that he could not do, because he had the FAITH in himself, that he could achieve this. It was so good to see and I was so pleased. He is 50 years of age and is very inventive.

Years ago, when my daughter was only 16, she asked me one day, if I could help her remove some rusty spots on her car. I said of course I will help you and the next morning at about 5 am, I heard the angle grinder whining away in the garage, where she was working. By the time I got there some time later, she had the biggest holes in her car, where she found rust, which had been patched before and filled with car bog. She decided that all that bad rust and fill had to go, before she would be happy. I looked at it and realised we had a big job on our hands. We had to find a sheet metal place to get some plates cut to fill these holes. When we got home, SHE did all the repair work herself and she did the spray painting and all.

During her younger years, she watched her older brothers do similar work on their first cars and she remembered what to do.

Again, this was a pleasant time for me, as I realised, she too remembered that `there is nothing we cannot do`. She had faith in herself and her capabilities.

So, my friends, remember that whenever you are in doubt, have absolute faith in yourself and KNOW THAT YOU CAN DO WHATEVER YOU WANT.

” Faith can move mountains.”

DIETS.



There is so much written about diets and a lot of them are alright, but the problem is that we are all so very different and we have different digestive systems and needs. Generally speaking, I do not suggest a diet to anyone, unless I know the person. Just recently, I met a fellow, who was over weight, not too bad but definitely had a decent belly and I could see, he needed some help. I asked him some questions

and he kept on telling me that he was eating a good, healthy diet. I immediately asked him to write down exactly what he consumed every day for 2 weeks and to be quite specific in what he ate. For instance: When he was having a sandwich, whether he was using butter or margarine; whether the bread was whole meal bread or white; if he toasted the bread or had it fresh and things like that, as all this information was important to me. Also, to write down, all the things he consumed during snack times and the drinks he was having. If he was using sugar or honey in his tea and/or coffee. I then would look at it and analyse all these things, to see if he was really having a GOOD diet for HIM. You may eat fruits, vegetables, grains, seeds and nuts for instance and find that you are not doing so well after all.

A study was done years ago by a father and son, in the name of D'adamo and they found that our blood type had a lot to do with what we should consume. Most of us know that there are 4 main blood groups, being O, A, B and AB. These can be positive or negative in their Rhesus factor, but that does not come into the diet apparently.

Well, the O -type blood group, as suggested by those authors, do not make good vegetarians and they need some meat in their diet, but the A types, make good vegetarians.

This is just one instance, where a suggested diet, found in most of our available books on the shelves of health food shops, is not going to sit well with all people and you just cannot draw a straight line and say "this food is good for all people".

Generally, naturally grown fruits, vegetables, nuts, pulses, grains and seeds etc, are good to eat, but some people may have to abstain from some of them, something we already know anyway.

This is rather interesting; By observing/looking at a particular food, we sometimes get a negative vibration, or a very positive vibration, to let us know that, that particular food we are looking at, is attractive to us or not. If this is so, we should take heed and only eat what food is attractive and leave the negative ones behind for now. Doing that will improve your digestion and the value of this food will be 100%. The particular "negative" food (at this moment) may be alright at another time mind you, but at that moment the body prefers not to have it.

If we eat negative food, we often feel the after effects by being uncomfortable, windy and burping, sneezing and coughing almost immediately after eating. Some foods are so bad for us, that the reactions are quite severe and usually then, we are warned, that we are truly allergic to that food, because the end result is very strong and severe measures are called for.

So many additives are put in our modern diet, that I have been warning you for a long time, to stick to fresh, live food, not fast food or pre-packed stuff, which is not sustaining our health. I am often asked, how bad is it to eat take-away food? Not good! Read the articles called "Junk food" and "Take away food".

(Well, I myself would have a pizza sometimes or a meal from a Thai kitchen, once or twice a year and

then I feel guilty, because I like to eat more gluten free meals these days

To help you make up your mind what you should eat, you must always allow your eyes do the choosing and your thoughts decide what you need at that moment.

Close your eyes and imagine a certain food, or combination of foods when you are hungry and don't worry what time of the day it is.

Modern society and of course big business have dictated to us that breakfast cereals are to be eaten at breakfast time and things like that, but it is up to you what you eat at any time of the day. I do not take part in this habit at all and I eat what I feel like at a certain hour of the day. Sometimes I may only eat a large piece of Pawpaw and seeds, after my supplementary drink for breakfast. Other mornings I make my special vegetable `omelette` and feel great having that. When the next hunger bells ring, which could be any time after a few hours, I will once again start thinking of various foods available to me and make a meal out of them and so forth. I make sure, I always have enough variety of foods on hand, so I can choose.

Experiment with food and don't be afraid to try things. I am always coming up with dishes, that no one has ever thought of, but they are for me, at that time.

I love the different soups I make and often add things to the soup at the time it is served, like coconut cream or spices. I have never had to throw food away, due to a bad combination of ingredients. I have only been cooking for myself, since 2009. Sometimes I may find, that the added spice wasn't quite what I expected and I would not add that again the next time, but really, it is so nice to have a go. I do not use recipes for my daily diet.

IMPORTANT.

Grain intake should be cut down drastically from our diet, as we eat far too much of them. Especially as the grain foods are made of refined carbohydrates, in other words **WHITE FLOUR PRODUCTS**. White flour products are very fattening and destructive to our bowels. Then we have the sugar laden prepared foods, more fattening and they feed cancers. Another lot is the salty foods. Salt is hygroscopic, which means it holds on to water and can make us bloated as well. You know what happens when you leave the salt shaker open to the air; the salt becomes water logged.

For our carbohydrate intake, usually eaten in the form of grains, I suggest more vegetable ones, such as pumpkins, carrots, sweet potatoes, squashes etc. Look them up on the net and change your diet. You will feel a lot more comfortable. When you have grains, make positively sure they are whole grain, I mean 100% whole grain, as they have their own roughage for better health, (the bran etc). There is virtually no 100% whole grain bread on the shelves of food shops these days. You really have to search for them in special shops, which are far and few between. Most of the advertised "whole meal" beads are at most 25% whole meal and the government allows this 'lie'. Making your own bread, could solve the problem. Make your bread and put some in the freezer. Don't eat it all in a few days. Grains that are less acidic in nature are favoured, such as whole grain/brown rice, millet, quinoa, kamut, etc.

Sprouted grains are a lot more acceptable, as they digest a lot easier and have more value. It has been noted that a sprouted grain, is up to 600 times more valuable than a dried grain kernel. They are more like a vegetable. The sprouts and the "almost ripe" grains contain what is known as "Grape sugar", a very digestible food indeed. Once a grain dries and becomes a hard kernel, this grape sugar turns to starch which is hard to digest, unless very well heated in one way or another.

Sprouts are a great additive to your diet, especially when you have a salad and they are so easy to prepare. I do mine in a jar with a piece of cheese-cloth on top, held by an elastic band.

To start, soak them overnight in some water and drain the water off them in the morning. For the next few days, soak them a few times a day for say 10 minutes at the time and drain the water off them.

Some seeds are ready in a few days, like MUNG beans. Alfalfa seeds are great, but be careful in the summer time, as they will turn sour quickly and must not be eaten. Once seeds have sprouted to your liking, put them in the fridge for later use, while another batch is growing, so you will have a continuous supply of them.

It is not easy to change your habits, now you have set a pattern, but it is worthwhile changing for better health. Start slowly and just do one thing at the time.

So many foods are damaging to our health, such as soy, as the oestrogen in soy elevates the levels in

the blood and this may contribute to the formation of cancers, the same as sugars. Cancer feeds on, and loves sugars of every type, including honey, fructose found in fruit and of course pure sugar products including molasses etc.

My direction of healthy food, has always been to imagine, what “Adam and Eve” would have eaten, in other words what early man would have consumed. * There were no supermarkets etc, so they would absolutely rely on nature. We should still be doing the same as much as possible and grow a lot of our own food. A lot of people have their own house on a block of land and some of this land should be partly put aside for edible food. These may be grown in amongst the garden variety of plants and they certainly can look very attractive. Many garden trees should be fruit trees, producing food all the year round and why not? It is nice to see a citrus tree for instance, flowering and spreading a beautiful perfume. Then the fruits set and gradually grow larger and change colour, till it is ready to eat. This fruit is worth so much more than bought fruit, which has been picked un-ripe (for transport and storage reasons). During this lengthy time, the vitamin value drops by at least 80%. Taste the difference between a freshly picked orange or mandarin and a shop-bought one. It is quite amazing.

**My new book called: “How we are meant to live”, should be available to you now and is a very strict guideline to general living.*

I must leave this page here and I hope I have given you some advice to take on board to improve you and your family. Lots of happy meals and good health.

DRINKING WATER. Too much can be harmful too.



Your Health ... by Nutritionist Barbara Bourke

Before you start reading the below article, I would like to pass on what I believe is the correct amount of water for the individual. Forget, that you should drink at least 8 glasses of water a day; this is too general.

Under normal, average conditions, the average person needs approximately 30 ml of water for every kg of body weight per day.

Drink it slowly throughout the day, so the water is getting absorbed into the cells. If you don't drink a lot of water and especially if you are overweight, start slowly and increase to the correct amount over time, do not force the water down your throat so to speak.

After a while your body will want the water.

Tap water has so many added chemicals, especially chlorine and fluoride, just to name 2 (out of dozens of chemicals) and is not a healthy option. I believe in drinking pure water, like spring water..

Article by Dr. Ben Kim: <http://www.riseearth.com/2013/05/why-drinking-too-much-water-can-be.html>

On January 12, 2007, a 28-year old Californian wife and mother of three children died from drinking too much water. Her body was found in her home shortly after she took part in a water-drinking contest that was sponsored by a local radio show.

Entitled “Hold Your Wee For A Wii,” the contest promoters promised a free Wii video game machine to the contestant who drank the most water without urinating.

It is estimated that the woman who died, drank approximately 2 gallons of water (equal to 9 litres) during the contest. When she and other contestants complained of discomfort and showed visible signs of distress, they were laughed at by the promoters and were even heckled.

This tragic news story highlights the importance of understanding why drinking too much water can be dangerous to your health.

Whenever you disregard your sense of thirst and strive to ingest several glasses of water a day, just because you have been told that doing so is good for your health, you actually put unnecessary strain on your body in two major ways:

1. Ingesting more water than you need can increase your total blood volume.

And since your blood volume exists within a closed system (your circulatory system), needlessly increasing your blood volume on a regular basis puts unnecessary burden on your heart and blood vessels.

2. Your kidneys must work overtime to filter excess water out of your circulatory system. Your kidneys are not the equivalent of a pair of plumbing pipes, whereby the more water you flush through your kidneys, the cleaner they become; rather, the filtration system that exists in your kidneys is composed in

part by a series of specialized capillary beds called glomeruli. Your glomeruli can get damaged by unnecessary wear and tear over time, and drowning your system with large amounts of water is one of many potential causes of the said damage.

Putting unnecessary burden on your cardiovascular system and your kidneys by ingesting unnecessary water is a subtle process. For the average person, it is virtually impossible to know that this burden exists, as there are usually no obvious symptoms on a moment-to-moment basis. But make no mistake about it: this burden is real and can hurt your health over the long term.

Forcing your body to accept a large amount of water within a short period of time –say, an hour or two – as several contestants did during the “Hold Your Wee for a Wii” contest can be fatally dangerous to your health.

Here’s why:

If you force large amounts of water into your system over a short period of time, your kidneys will struggle to eliminate enough water from your system to keep the overall amount at a safe level.

As your circulatory system becomes diluted with excess water, the concentration of electrolytes in your blood will drop relative to the concentration of electrolytes in your cells. In an effort to maintain an equal balance of electrolytes between your blood and your cells, water will seep into your cells from your blood, causing your cells to swell.

If this swelling occurs in your brain, you’ll experience increased intracranial pressure i.e. your brain will get squeezed because the flat bones that make up your skull don’t provide much give.

Depending on how much water you drink in a short period of time, you could experience a wide variety of symptoms, ranging from a mild headache to impaired breathing. As occurred in the tragic water-drinking contest, it’s quite possible to die, if you drink so much water in a short period of time.

This information is particularly important for parents to pass on to their children.

Foolish drinking contests are not uncommon among high school and university students, especially while playing cards.

So how much water should you drink to best support your health?

The answer depends on your unique circumstances, including your diet, your size, exercise habits, and environment.

If you eat plenty of foods that are naturally rich in water, such as vegetables, fruits and cooked legumes, you may not need to drink too much water at all.

If you do not use much or any salt and other seasonings, your need for drinking water goes down even further.

Conversely, if you do not eat a lot of plant foods and/or you add substantial salt and spices to your meals, you may need to drink several glasses of water every day.

Regardless of what your diet is like, if you sweat on a regular basis because of exercise or a warm climate, you will need to supply your body with more water (through food and/or liquids), than someone who does not sweat regularly.

Ultimately, the best guidance I can provide on this issue is to follow your sense of thirst. Some people believe that thirst is not a reliable indicator of how much water you need, since many people suffer with symptoms related to dehydration and don't seem to feel a need to drink water on a regular basis. My experience has been that most people, who are chronically dehydrated have learned to ignore a parched mouth. If you ask such people if they are thirsty and would like a piece of fruit or a glass of water, they will almost always realize that they are indeed thirsty.

Some people suggest observing the colour of your urine as a way of looking out for dehydration. The idea is that almost clear urine indicates that you are well hydrated, while a darker yellow urine, indicates that you need more water in your system. While this advice is somewhat useful, it's important to remember that some food additives (including some synthetic nutrients such as vitamin B tablets) and heavily pigmented foods (like red beets) can add substantial colour to your urine. Thumbs down for synthetic nutrients, and thumbs up for red beets and other richly coloured vegetables and fruits.

The main idea that I want to share through this article, is to beware of mindlessly drinking several glasses of water per day, without considering your diet, exercise habits, climate and sense of thirst. And when you do find yourself in need of water, remember that you can get it from liquids and/or whole foods that are rich in water. (August/September 2013 Health Buzz)

Please share this article with family and friends, as many people are regularly misinformed on this topic by mainstream media.

NOTE: I am so glad Barbara sent me this article, as I have been saying this for years. We are all different and we have different needs. Please share this news with your friends and I do suggest that you NEVER go into eating or drinking competitions EVER. There would be nothing more damaging to your body than doing that.

One more way of telling if you are hydrated, is looking at your finger pads. If these pads are flat and crinkly, you need fluids. When you are properly hydrated, they are plump and firm.

You very often see older people, with very flat and crinkly finger tips.

*I Shanti, am not keen to consume 'distilled' water during a normal day. You should get **SPRING WATER**, which is naturally rich in minerals and these spring waters are usually more alkaline as well. Some spring waters are quite acidic. I have checked some brands in the supermarket and they should NOT be drunk. Best is Ph. 7.5 to 8.5. Test strips or meters can be bought for the testing of water. See you pool dealer for them.

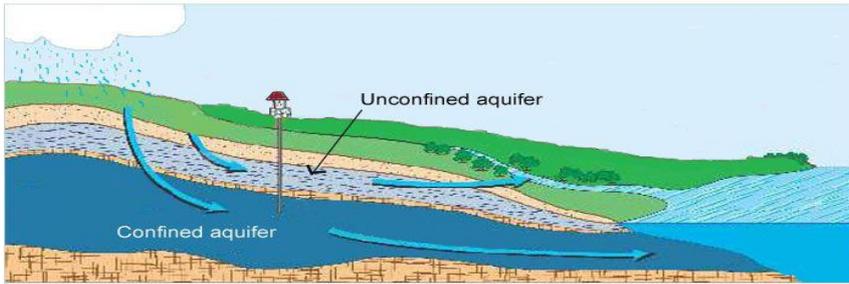
Distilled water is a good idea, *when going on a cleansing fast*, to really flush the system of all toxins, BUT do not continue using distilled water for a long time.

Distilled water, H₂O, is pure water, without any dissolved minerals in it, so it has the capacity to attract many of these, which we are trying to get rid of.

Fasting should always be done under supervision of a professional person.

WATER, WATER EVERYWHERE.....

...but not a drop to drink! At present we are still in the position to use water almost at will, as there SEEMS TO BE plenty of it, but....things are getting tough.



The aquifers under the ground are drying out quickly and the ones that are not drying out naturally, are being ruined by “GAS FRACKING”.

This is very serious stuff, especially as the world population is doubling in the next few decades. The population in 2021 was 7.9 billion people and

growing at a rate of 1.05 % per year. Together with climate warming, things don't look good, to supply everyone with drinking water in the future. Scary stuff hey?

As from today, we must start thinking of conserving water everywhere, by turning off the taps when not in full use.; wash the car on the lawn, not on the concrete driveway; compost your gardens more and have a good layer of mulch on top, to stop evaporation; shower with the shower only running when you need to wet your body and to rinse your body and ideas like that. Shower with a friend! More inventions are needed and used, to make use of every drop of water in the home and industry. We made sure, that we always used our water 3 times on the farm, whenever possible.



The great Artesian basin. (Shown here).

There are some smaller basins as well, also in doubt in the future.

South Africa has a real problem at the present, with the supply of water. The massive rains we are experiencing at present, may be a god-sent. The overflows should replenish these aquifers and fill them again for a while. That's good news.

SEED SAVING.



I was asked to speak at the Seed Saving Club, while I was in Mareeba. It was a great day, as I learned a lot from these people, the way they collected and saved the seeds from true plants, NOT GM ones, for later sowing. The way they stored them in small paper bags, marked clearly and dated them.

It is so important to save seeds for everyone, as one day, all the seeds we buy, to grow our vegetables etc., are genetically modified and will NOT grow the true plants we expect.

I had that happen to me years ago, before much was known about GM.

I bought some bean seeds and planted them. They produced beans and after picking these, I left the stalks to dry, as I always had done in the past, so they could be composted. However, these stalks did not dry out and continued to grow, eventually producing some strange fruit, I could not identify. I was disgusted and suddenly realised what had happened. I chopped them down and composted them green.

There is a seed-bank in the Arctic region, set up to provide seeds, when things get bad one day and no seeds are available.

When I heard about this, I was rather impressed, till later on, I heard that Monsanto and Nestlé were also involved, 2 companies who produce GM seeds.

Get the message?

If you want seeds in the future, you may have to get them from them and you will pay a hefty price for a seed, which will not produce a viable seed for you to save, for the next season to sow.

You will have to buy them EVERY YEAR after that.

Just remember that seed saving is very IMPORTANT for survival, as all the people at the seed saving day realised.

THE PATH TO PARADISE.



Two houses, side by side, were listed by the heritage council and the occupiers were asked to have an open house, for the public to inspect them. Between these houses, there was a space of land which was not looked after and pretty rough. The wife of one house talked to her husband and said it would be nice to do the exhibition, but we should clean the alley and put a table and some chairs down near the river, for people to sit and have a refreshment as well. We should go and have a talk to the neighbours and see what they think. They all decided, that it was a good plan and they should make it a pathway, by mowing the grasses and levelling the ground, so it can be used on a regular basis for

themselves as well.

After a few weekends, it was all done and it looked pretty good indeed. They put a table and some chairs there on the river's edge and these two families, met there often, where before, they did not see each other that much. This in itself was a good outcome.

When the day came for the heritage inspection, a lot of people turned up and they all ventured to the river for a look and had some refreshments.

The owners of the two properties, used this spot, to meet each other on a regular basis, as they thought this was paradise to them.

Paradise is what we should all be aiming for; a spot on this Earth, we can call paradise; a spot where we can be and feel very much at ease and even grow our own food.

Let's face it, the writing is on the wall, as it cannot go on, the way they rape the Earth. A blind man can see it clearly.

The path these people made, is something we should all think about. Create a Paradise, where we can be with the family all the time and this space is usually our own garden, if you live in the city or the suburbs. To grow your own food, does not take too much effort and it is fun for the children as well. It is relaxing and very stimulating. It also keeps you away from the electrical gadgets in the house, which are slowly killing you from some disease especially autism, which is now rampant in the world, especially where people use so many electrical gadgets. The latest figures are show that 1 in 88 people worldwide, suffer from autism. Strangely, in communities where they do not allow mobile phones and computers, there is NO autism. Please, don't be apathetic about this and say:" The world has been predicted to fall apart anyway, whether I do this or not.", because this is where you are wrong. If a lot of people make these changes, IT WILL MAKE A DIFFERENCE AND IT HAS TO START WITH YOU.

Don't wait till it is too late. There will not be another chance, once the tide has turned.

I travelled far and wide across Australia and other countries as well in the past, where large areas are totally destroyed by these gigantic machines, just to get coal, iron ore, timber etc, for profit.

These parcels of land are never re-instated to their former glory and left in a disgraceful state.

I often think of how I would feel, driving one of those machines, destroying the land? NOT GOOD!

PSYCHOTIC DRUGS for children.



I have already written an article about the invention of drugs to combat psychiatric diseases previously. Slowly these psychologists and psychiatrists, in cahoots with the Big Pharma are inventing more reasons, to put you into a category, so they can put you on a drug. The report said that in ten years, the whole world population will be

on a psychiatric drug. Now it is coming to a head.

On the news, 20/11/2014, there was an article on "Psychotic drugs, prescribed to children" and the way they are over-prescribed.

Here we go. The medical profession is getting their way and are dishing out drugs willy-nilly to children, who do not need them, but they and their parents are pressured to take these drugs.

I don't know what these drugs are called, but if you have been prescribed drugs of any kind, ALWAYS look them up on the internet FIRST. The answers are there and you will have to make up your mind, whether the `plusses` outweigh the `minuses`. In other words, are the side effects worse than the disease itself? In most cases they are a lot worse and I advise you not to take them and attack the problem in a natural way. Go to an herbalist or a reputable naturopath for help.

We as parents have that obligation, to discuss all our problems with each other in a calm and sensible way.

I again suggest for us, as a family, to sit down each day after work and school and together solve each other's problems, because "a problem shared is a problem halved", as well as to enjoy each other's positive happenings of the day. Especially, ask your child what his/her day was like and do not accept an answer like: "Alright" and allow him/her to walk away. Ask them in a detailed way, what they experienced, because sometimes they go through a traumatic time, be it bullying or some sort of difficulty like that and they don't like talking about it, or are afraid to talk about it.

This should be done on a daily basis, together in the family room without interference of mobile phones, video games, radio or TV. Each of us should have a say and the rest of the family should offer advice, as to how we can do things better the next day.

I am so glad that I was born when I was, because I experienced this situation when I was young. We did sit in the family room, talked, played music on our individual instruments, played games, worked together on some projects and we did not waste any time, because **this is family life**. There was no TV and the radio was very primitive. This time was also helping to prevent situations from happening and/or getting worse.

I cannot remember going to the doctor for any real sicknesses during my childhood. Mother always seemed to be able to control anything that came our way, even the so-called children's diseases. If one of us picked up a "bug", Mum would put us all together quickly and treat all of us together, in a 'natural' way.

We never had any problems with that and certainly did not get a recurrence of these in later life. We were never vaccinated for any diseases.

Drugs are very seldom the answer. They are band-aid solutions and only suppress the real deep-seated cause.

Pain killers and anti-inflammatory drugs, should not be used, as a first line of defence. These drugs should only be given as a supplement to the real cure, which should be established first and then (maybe) some drugs, but preferably a natural herbal, bush flower essence or homoeopathic prescription should always be considered first, because they do not have any side effects and work just as well or better. **REALLY THINK ABOUT THIS GUYS. I AM SERIOUS.**

Our body is a natural healer and time is sometimes required. We should be patient with the patient,

who is afflicted with a problem, be it physical, emotional or mental. Remember that prevention is the way to go. These problems do NOT just appear overnight. We should be aware early, that a person is in trouble, especially a child. If we do not sit down regularly, these problems grow, without being detected. Talking is SO important and often this does not happen in modern families. Togetherness is healing. Love is healing. Understanding is healing. Talking is healing. Hugging is healing and problems may be prevented altogether, so they will not have to be cured. This is NOT just a problem with children. So many adults find it difficult to cope in their life as well and that is why there are so many suicides.

UPDATE: (October 2021) Now we are in the days of the dreaded Covid. I just got a message from my niece, who may lose her very important job in the education department, because she doesn't believe in being vaccinated against this disease. This should be everybody's right to choose, what happens to our body at any time. **If after all, everyone else is vaccinated, why should they worry about someone who is not? They "cannot" get the disease, can they?**

Can they??

This has been my argument all the time with children's diseases as well. There are many RATS in the world today, you can smell them everywhere!

Cases like this, where people are really being screwed and cannot see a way out, often turn into suicide and the Government should be held responsible.

Now I have found peace and live a very quiet life, I have time to think. Read my personal story above. Each morning I do my daily meditation and give life a lot of thought. There have been times in my past, where I too have had difficulties and had short-comings in communications, but things have changed so much, since I have found peace. I wish I had done this years ago, but that was not the right time of course. Things happen, when we need them the most and mine came in 2009, when I was told by my Maker to do a 10-day meditation and fast in the Kimberley desert.

I hope you will be well soon, if you are not on top of things, but consider a good talk with a friend, be that person a family member or an outsider, who has a good ear for this sort of thing.

OUR NATURAL SENSES



The conscious and sub-conscious awareness of the effects into our senses is a very interesting thing to investigate.

Our senses are like windows to the outside world and one by one, are controlling our life throughout the day. We may experience a negative effect or a positive effect, influenced by a sound, smell, taste, sight, touch or feel.

That is what our senses are for and these influences may have short, or long- lasting effects.

I would like to deal mainly, with the positive influences as they are healing and prevent sicknesses and the negative ones will automatically be addressed.

In general, we are naturally drawn to beautiful sounds, smells, tastes, sights, touch and feels. These make us well or at least better.

See how we react when we touch a soft animal, smell a beautiful flower or eat a gorgeous meal for instance.

For thousands of years healers have been using these positive vibrations to comfort mankind and heal all sorts of negative ills. Yes, it is the vibrations of all things, which we are dealing with. Remedies have been used for centuries to calm, soothe and reverse negative vibes etc. and therefore heal ailments of the physical, mental, emotional, psychological and sexual kind. These mentioned remedies are not necessarily prepared potions by herbalists, or any other vibrational specialist. Nature has its own way of giving us the vibrations through our senses. You always feel better when you hear a beautiful sound,

smell a sweet flower's perfume etc. as I said.

I think of the flower essences remedies, the colour therapies, the various forms of massage, acupuncture, healing baths, crystal healing, homoeopathy, tuning fork vibrations, sound bowls, etc, that are used with tremendous results.

The vibrations they produce are calming, taking away the stresses, which cause so many physical ailments. It is well documented, that for almost every physical ailment, there is an emotional cause. It is never right, to suppress emotions by masking them, so they can return at a later date. Modern medicine is good at that. Healing is not very often achieved, as chemical medicines are introduced, which are damaging to our whole body. They often cause more and other complicated side effects and more drugs have to be taken for the rest of your life.

At some of our workshops, on the `Australian Bush Flower Essence`, emotions ran very high at times, because we were dealing with them. I always used to be on the lookout for someone, who became negatively affected and I would approach them with a gentle touch, hug or give them a flower.

One day a lecturer herself 'lost it' during her time in front of the audience. I picked up on that quickly and I immediately went into the garden, meditated for a few moments and I was led to pick a `Bottle brush` flower. I put it in a small vase, lit a candle and went onto the stage and presented these to her, giving her a hug as well. She was lecturing on the Australian Bush Flowers Essences and she said to me quietly:" How did you know I needed this Bottle brush flower? This is the very flower for my present problem, one of the remedies used in the ABFE range."

She finished the lecture without any more problems and told the audience about this flower, being the remedy for grief. She told me in private, that this day was the anniversary of the murder of her husband and it suddenly came to her during lecturing.

So you see, what amazing things can happen if we are calm and in touch with life around us? I did not consciously know, that the Bottle Brush was the flower for grief, but I was led to this flower during a very short meditation. The Universe saw to that.

Vibrations are all around us and we should cherish the positive ones. For this reason, we should go into our gardens, the bush, the beach and any other place of tranquillity, where we can escape the vibrations of the maddening noises, toxic smells, electronic vibrations etc., of the modern world, as much as possible.

I mention the beach and why not? Shells have beautiful vibrations and indeed there are people who use them and make essences from them for healing as well. When walking on the beach, we will ALWAYS pick up a shell, when we see one. The air near the beach is laden with Oxygen, therefore filling our lungs with this magnificent gas for life. In the cities and some suburbs, oxygen is at a very low level and not really enough, to keep us well. Factories, cars and all other polluters take away what we need for good health.

Positive vibrations

Hearing
Beautiful music
Bird song
The wind in the trees
Water falling
Rain drops
Young animal sounds

SIGHT

Flowers in bloom
Greenery
Mountain mist

Negative vibrations

Noisy wild music
Artificial noises from engines
Traffic noise
Barking dogs (all day or night)
Sirens
Screaming people

Herbage
Severe storms
Bare earth

<i>Snow falling</i>	<i>Fallen trees</i>
<i>Young life</i>	<i>Dead animals</i>
<i>A beautiful person</i>	<i>Destruction</i>
<i>Viewing a colourful sky at sunrise and sunset</i>	<i>Rubbish</i>
<i>The rising of the moon</i>	
<u>TOUCH</u>	
<i>Natural fibres</i>	<i>Artificial fibres</i>
<i>Beautiful healthy skin</i>	<i>Rough skin</i>
<i>Soft wooden articles</i>	<i>Metals</i>
<i>Hugs and cuddles</i>	<i>Rough surfaces</i>
<i>Sex</i>	
<u>SMELL</u>	
<i>Flowers</i>	<i>Smoke</i>
<i>Natural scents and perfumes</i>	<i>Burnt foods</i>
<i>Attractive food</i>	<i>Artificial/chemical scents</i>
<i>Sea air</i>	<i>Traffic smells</i>
<i>Forests</i>	<i>Artificial garden and household</i>
<i>The ozone in the air during a thunderstorm</i>	<i>Chemicals</i>
	<i>Decay</i>
<u>TASTE</u>	
<i>Pleasing foods</i>	<i>Bitter foods</i>
<i>Refreshing drinks</i>	<i>Artificial drinks</i>
<i>Ripe fruits</i>	<i>Salty foods</i>
	<i>Unripe fruits</i>

Of course, there are more than these, but you get the message. I am sure you have some favourites of your own you could add here.

Hearing.

Living near a busy road, where the traffic noises are happening all day and sometimes night, is not good. With that, we also get the pollution smells of course. I hear people say: "I am used to them and I don't hear them anymore." That is not the point. The fact, that we have got accustomed to these noises is not a way of eliminating them, they are still there, as part of our life and do really affect us deep down. Some people play loud music all the time to mask these noises and that may be another negative noise, as so much of the music played today, is quite disturbing.

It is great to hear the natural sounds from the birds or even the droplets of water falling when it rains. I have acquired Tinnitus from using noisy machinery for many years and I can hardly hear these bird songs without hearing aids, which I have recently acquired. I don't like wearing them, as they are so annoying, but I love the bird sounds. Hearing aids have certain restrictions, but overall, my social life is maybe a very little better and that is important.

Hearing beautiful sounds is very healing of a negative emotional state we may be in. If we happen to be emotionally/negatively affected and all we can think of is bad things, we have to bring ourselves back into "The Now" very quickly. Yes, into the "Very now" and do not think past this very moment. Make a concerted effort to think of nothing else than this very moment. If you start to wander outside the now, come back straight away.

Play some meditation CD's or calming music like Mozart, chant the 'Om' and get back on track.

You say Mozart? Yes, it has been demonstrated, that playing Mozart music, creates what is called a:



‘MOZART EFFECT’ * an effect which is very calming and soothing.

Look at some of the examples above for positive sounds and there are plenty more you can use. When we hear a bird sing, we normally aren't happy just to hear the sound, so we look for that bird in the trees as well. Often, we are also pleased with this bird's appearance and that is always a happy *sight*.

Meditation is of course putting all thoughts outside of your conscious mind. For those who have not experienced meditation, please get help soon, because it has saved many people from going insane. Negative thoughts can take over your life and some people never come out of it. I experienced this and was able to clean up my life. Try the guided meditations in my book entitled: “ The way we are meant to live”; they will be of great benefit to you.

Sight.

Visually, we need to see beautiful things with our eyes as much as possible. We all know this and therefore we make our homes beautiful, our gardens a lovely place to look at and be in and we even go as far as travelling overseas, to experience pleasing sights.

We decorate our rooms, so we feel happy. We choose certain colours of fabrics in our clothes, on our furniture and carpets on the floor the way it makes us comfortable. We are attracted to foods that are presented pleasantly. (That little sprig of parsley can do so much on a meal).

We often like plants and flowers in our home or garden and we love to see a floral display in someone else's garden. All these and more can set the scene for a good day ahead.

Here is a short version of what colours can do during your day. There are more sites on the internet to look up.

Red: Lust, treat negative issues, causes excitement, the colour of love.

Yellow: Jealousy, competence, happiness.

Green: Good taste, envy.

Blue: Masculine, competence, high quality, corporate.

Pink: Sophistication, sincerity.

Violet/purple: Authority, sophistication, power.

Brown: Ruggedness.

Black: Grief, sophistication, expensive, fear. *

White: Happiness, sincerity, purity.

**I make a special mention right here of the colour black. We see sooo much of black these days all around us. People wear black all the time and it makes folks angry and abusive easily. These people are often in a very acidic state as well.*

Please, change your clothes to something colourful, for a better day ahead It really works. A young patient of mine was healed, after she changed her wardrobe from ALL BLACK, to florals.

Smell.

How good is it to smell a rose, grown from the original rose stock, full of perfume and fragrance? Artificially grown roses, without a perfume, don't do a thing for me and I would not buy them to give away, even though they look nice.

A favourite *natural* perfume of your choice, does so much for your well-being and that is why we use them daily. A lot of people have a range of perfumes and use the one they are attracted to on the day. They pick you up and keep you going throughout the day. The smell of the ocean and the bush attracts us, so we go and visit these places.

However, if we experience bad smells from fires, cigarette smoke, garbage tips, traffic smells and artificial perfumes (which are so over-powering and almost choke someone, who is not used to them, because they are laced with dangerous artificial chemicals or whatever), we are negatively affected. If you are not used to these chemically derived smells, they can give you headaches, set off an asthma attack and even affect your eyesight.

In my clinic, I would not tolerate strong chemical perfumes, as I would start to sneeze and get runny

eyes. Also, the sheets and towels on the massage table would take on these smells, which were very difficult to eliminate. Even smokers were warned, not to smoke before they came for treatment and have a good shower, as their perspiration was very strong and also was hard to get out of the sheets and pillows.

Taste.

We know what taste can do for us. Let's go dining and eat a very tasty meal. What a delight! I reckon there is nothing more positive, than to have a beautiful meal, prepared by a good chef *with love*, eaten in pleasing surroundings. That is probably why we take our partner to a good restaurant, when things are a little down. You will never fail to improve the mood.

Then of course we have the situation, where the food we have been offered is tasteless, over/under cooked and served without love. I mentioned the story earlier.

Touch.

To be touched, can be an amazing healer. Over the years I have been able to help people, who were emotionally affected in some way or another, by just giving them a hug, put my arm around them and so on. I mentioned a case at a funeral earlier as well.

There are so many people out there, walking around on a daily basis, who would love to be hugged, but we don't know, who are the genuine people with true love in their heart, that we can trust. I very much realise, that so many people are being harassed by sexually driven people, so a line needs to be drawn somewhere, but if you are in touch with the Universe, your God, and have faith in the positive workings of God, you are almost always directed to beautiful people, who are genuine and loving. The beauty of touch is so healing and costs nothing. I know that I myself need hugging often, something I missed out on, in my childhood.

I had a 'hug chart' in my clinic for years and it stated: "We need 12 hugs a day for growth and 4 hugs a day for maintenance." Now we do not necessarily need to hug another person. Hugging a tree or your pet will also do a good job. We all know what a pet can be like for some people.

Massage, the art of touching the body, by a professional masseur/se, relaxing and relieving tensions all over, is quite an experience. I massaged all my patients, before I made any adjustments to their body, because it relaxed them and I had time to listen to their stories, why there was tension in the first place. Having treated thousands of people and massaged them all, I did not come across one person who complained being touched. Sorry, yes, there was one man, who could not stand to be touched at all, as he was very ticklish and I had to send him away, without treatment. I very seldom had to give them more than 3 treatments, to get that patient well again, because their emotional disease (state) was relieved and the physical disease disappeared quickly after that.

It is not just massage by a professional person, but also the massage given by a lay person in good faith, can be so rewarding to the recipient.

Then another rewarding touching is to touch soft, natural things, be it an animal or a piece of clothing. Look at little children, who clutch their Teddy or 'blanky'. Wow, how wonderful is that!

Wearing artificial clothing is not pleasing as a rule, even though they feel soft to touch; they are still not the same as natural fibres and do not have those vibrations that are really pleasing. They are not really good to wear either. You may like the looks of course, but they generally do not allow perspiration to be taken away from the body and we feel stifled in hot weather. We do not need to wear antiperspirants as much by wearing natural clothing compared to the artificial ones. In fact, we should not have to use antiperspirants at all, if we consume natural, organic foods, not the factory produced items you find in the supermarket, full of preservative, colourings and what else chemical.

I never use anti-perspirants.

Touching wooden articles is always more pleasant than metal objects to me. I find wood warm and alive, where metal is cold and dead to me. We do and see other people touch articles in shops they are attracted to. These articles are not just attractive to look at, but also attract us to touch them.

Having sex would be the closest and most amazing touching we can encounter.

Sex between 2 people in love is usually a very emotional affair and should be considered as one of the most amazing times of our life. We should not have to prepare ourselves in a special way, but the fact

that we are in love with our partner, the time is always right, whenever we approach each other. The giving of special attention, such as flowers or gifts is normally a daily routine anyway and does not have to be accentuated as part of foreplay.

In most partnerships however, “making love” needs a special time to prepare and the act of “foreplay” comes into being here a lot more, rather than when people are truly in love. This means to me an artificial preparation, to get your partner ready to submit to the act of sex, by giving flowers, taking him/her to dinner and have a few drinks or even a gift of something more out of the ordinary.

Being close to your loved one is very special and is always appreciated by both parties. Just being together in an embrace, is an amazing feeling. If one is not in love, being in an embrace is comforting, but not deep and from the heart. There is a vast difference. All of us have hugged a stranger and really felt no deep emotion of attraction. When hugging our lover, the emotions are very deep and give us a warm feeling of wanting to hold on and on. If you haven't seen your loved one for even a few hours, the meeting on return is of high emotions and beautiful feelings when you hug. On the other hand, if you meet a partner again, whom you are not really in love with, the meeting is quite casual and a peck on the cheek, is often all you may expect. It does not matter how old we are, love never dies and should always be on a high.

This of course is a generalisation and a very personal subject, as there are so many variants, but I thought I bring it up anyway, as part of touching.

BEING PREPARED.



In my book: “Victory over dis...eases”, I spent most of my time telling you about my experiences and some healings I was involved in, some handy hints and preventions of diseases for an improved life and general guidelines to survive the messy world we live in, but most of it in a very condensed way.

Now, I am sharing with you, the more in-depth reasons for living and general life; our relationships with others and the sharing of ourselves and our goods for the betterment of the whole Universe.

As mentioned earlier our planet is being raped by a few, who do this for monetary gain, at the cost of all the people, who live here and work hard to make ends meet. The animals and the plants are most often NOT considered, even though they form a VERY important part of balancing Mother Nature. Multinational companies plunder the Earth and cause a lot of pollution in doing so as well, affecting all of us physically. We must wake up now and we cannot be complacent any longer, as so many people are. We in Australia live in a country, which has everything, and we should share it all between ourselves in a loving way.

The multinationals, who do all the raping, have no concern for Mother Earth or anything in it or on it. They don't care about what is going to happen in the future, as long as they have what they want now and all it is, is a lot of money* whilst they are alive. What are they going to do with it all? How much do you need? How much money do you need to spend to be happy?

It seems that we will not learn until it is either too late or getting very late. Most earth-loving people, will see this as the truth, but the multinationals don't even give it a single thought. Well, they do, but pretend not to, as they want money at all cost.

So much land is cleared all around the world and this is one, cause of global warming. Where there are trees, there is coolness and that is where it will rain. This clearing of land is often to graze beef cattle, to feed people. It is so expensive and damaging to the Earth and eating meats makes people very acidic and therefore open to diseases. To feed people vegetarian food, takes one fortieth (1/40th) part of land and that land has plant life on it, which keeps the earth cool.

Rain forest land, land often cleared for grazing, has very little topsoil as a rule and will not sustain grazing grasses for more than a few years, so more land will have to be cleared. If this cleared land

would be treated properly, with bio-dynamic principles and using a lot of mulch and compost, it would eventually be good land to grow crops for years with good management, but this is not done. Artificial fertilisers produced by Mr. Big, are used and the land will die, together with all the little critters in the soil.

It is estimated that the world population will double by 2033, which is not long from now. Where are we going to live and grow food to feed them all??? Tell me, what is going to happen? That is why the politicians are driven to the walls; they don't have an answer. Well actually there is an answer, but it is going to interfere with Mr. Big making money, so the governments all over the world are not letting them down, as they need them for their support and meanwhile, we are spinning out of control.

October 2021. I am in the middle of re-editing some articles and just now, the governments of many countries are going to meet in Scotland, to discuss the world's situation on climate change etc. There is a lot of urgency for doing that and STILL some leaders are protecting the Mr. Bigs.

WE CANNOT AFFORD ANY MORE TIME. 2050 is TOO FAR AWAY.

By then, there will not be many people living a normal life. They will be SURVIVING, the best way possible.

Together with the enormous influx of more people around the world, causing more problems, all wanting more power to use, SOMETHING NEEDS TO BE DONE NOW, yes NOW!

I can hear in some people's voices that they don't want to commit to these above predictions and go on living the way they are, as it is easier not to think about changes. These are the people, who are going to knock on the doors of thinkers, who have grown or are growing some food in their back yard and ask for a bit of food one day. I don't like these predictions either, but they seem to be on the horizon. *I hope I am totally wrong.* Read between the lines of newspapers etc, and you will find, that they don't tell you the real news ever, because it would set the world on fire so to speak. I opened the world news on my computer and for interest sake I read the headlines only. Well, well, well, it never changes. Murders, rapes, house fires, even if they have to report on them from an overseas country, motor car accidents, child abductions, what the mining magnates are doing, the top 10 richest people in the world, drive-by shootings, oh so much rubbish, but not important.

Negative, negative, negative! Where are the real facts of life; what is really going on? It is all very depressing. Tell us honestly what is really happening please!

No, they won't, because it would set the cat amongst the pigeons and people would be so scared, that there would be anarchies all over the world and that would be disastrous. There would be total chaos everywhere. There could be rushes on the banks and the stealing of all the foods in the shops, break-ins and so on. See what has happened in the USA, supposedly the richest economy in the world. They are as vulnerable as the next, as they are broke and their reign is coming to an end. They pretend to be in charge, but have lost control. A lot of countries have bought bonds from the USA and if they cannot be paid for, these countries will also fall; Australia included. Times are very serious and please mark my word, don't be complacent now.

We, as individuals and families have to take control of our own destiny now and work out what to do. It is different for everyone, so plan it now. Scary you say, no it is not, because we can do something ourselves. My Mum and Dad saw the writing on the wall, before the Second World War and they planted a garden and had some animals, all in a suburban back yard, to keep us alive. We had to supplement towards the end of the war, but we did not starve like so many others all around us did. We were even able to share with some prisoners of war, who sheltered with us, during the allied invasion. There was not much room for a flower garden in the end, as every square inch was used to grow survival food.

The above instructions are simple enough, as most people have a backyard, a balcony or *a friend with a bit of land*. Get together on this land and help each other. Starting a community with your neighbours in your street is probably the best community I can think of. You won't have to leave your home or move to the country. All you need to do, is start growing food first. Get together soon and have a discussion of how you can plan this. Plant food on the footpaths outside your home. Yes, the Council will carry-on for a bit, but if you all get together on this project, they will give in eventually. It has happened in a number of places already. If you find, that one neighbour becomes controlling, like I found in the community I was involved with, leave him alone and do without his input and continue with your friends as you are now. Start a buying cooperative, buying wholesale and meet regularly to improve on what

you have done so far.

On the community I was involved with, we were planning to grow enough for ourselves, as well as those less fortunate. Sharing is beautiful and the exchange of food is a must. We were not waiting for what we could get out of it, as we were concerned for our brothers and sisters out there, but we wanted to help them. *The transfer of love is what matters.* If you love mankind, you will help wherever help is needed. We cannot ignore this and even the animals will benefit. So many species are dying out, due to their habitats being destroyed by man and really, it doesn't have to be that way.

I was speaking to a man who had a beautiful self-sufficient garden with plenty of fruit trees. These trees were quite tall and I asked him: "How do you pick the fruit from the top branches?" He replied: "That fruit is for the birds and other animals." They too will have food, as long as we grow stuff.

We must put money-making in the back-ground all the time. It is not necessary to have much money in the bank or to have a fancy house to live in.



On the above-mentioned community property, we were going to build houses made of strawbales, mud bricks and log cabins or even use wattle and daub or live in a tipi, as long as we had a roof over our heads, we should be happy. (This is always better than living in a cardboard box, in a slum, like so many people do around the world.)

We did not think, that we needed the fancy structures you see everywhere now. I hope that the people, who are still on this property, are happy and continue with the plan.

If you grow your own food, you do not need to keep it in a fridge, as you will pick your produce daily and eat that.

Tomorrow you will gather some more for that day. You can make your own furniture from trees and branches and cover yourselves with the woollen garments from the sheep you (or your friends) graze to keep you warm. The skins of the animals, when they get too old, may be used in many ways, as the Indians did and still do on the American continents, in Africa and the aboriginals in Australia, for instance.

I wanted to be completely prepared and I knew that I had to invest the little I have in land, as my pension will not be there for me one day. I wanted to build a little cottage out of strawbales, something I am very partial to. I would have solar electricity and a chemical free water supply from a dam or bore, with a wind mill to pump that up, so I could drink, bathe and water my gardens. I would not be in the caravan any longer, as I would sell it or use it for accommodation for others. I would live a life of 'luxury'. I would be independent, something we should all strive for, because energy via the grid is going to be so expensive shortly, as maintenance to the power grid is going to cost trillions of dollars and you have to pay for this. It is the time NOW to do something yourself. Get organised and spend the money on an alternative way of lighting your house. There are a lot of different ways of doing this and you should investigate these.

Solar power we all know about and also

Wind power is an alternative, but there are more ways being investigated and have been invented many years ago by very brilliant people like Nicola Tesla. Look them up on the internet. Then there is the Bedini wheel; have a look at that. These are readily available today. There are more of them, but I have no final information for you at this stage.

I now live on a pension and really, I have never been happier. It is not much and I have not much, but I have what I need. The more important thing is, I have my lovely friends, who support me every day of the week. I can call anyone of them at any time and get support or give support.

Yesterday, I met some of them at a weekend market, where I was just wandering around and stopped at a stall, with crystals and things. I am always amazed at the beauty of nature, especially crystals, gemstones and even petrified wood. It is all so amazingly correct. Never do you see one like another. They are individually beautiful and attractive to me. I did some fossicking years ago and got hooked. I could have loaded the car up with tons of beautiful creations, but there is a limit what you can load. For

years after, I cut and polished stones and used them to make gifts, together with my wood turned creations. I never sold a single item, but always had enough gifts to give away to make someone happy. I thought that my creations were too valuable to sell to just anyone, who would not appreciate, what went into the making of these gifts, as they were much more valuable as a gift from the heart to me. Things made by a friend, with their own hands are more valuable than a diamond bought from a shop. Where I mention the giving from the heart and maybe you cannot afford to buy something, MAKE SOMETHING to give away. That is real giving, as when you are creating this piece of artwork or whatever, you are thinking of your friend or relation. That is real giving from the heart.

At a fruit stall in this market, I bought some beautiful red papayas and I knew the lady well. I gave her a hug as I left and a younger woman, who was also serving said: "I just love hugs." I said I do too and we hugged each other spontaneously. Some people cannot understand how I can hug a complete stranger and feel close to them instantly, but I consider everyone to be a brother or sister and have love for them as a family member of this planet. I unreservedly accept any person, whatever their belief or colour. This is my plight these days, to be happy and loving to the whole Universe. For this reason, I have dedicated my books to the Universe.

{ Years ago, a lady brought her baby boy (Aaron, I remember) into my clinic, who had difficulty in breathing. As the mother and I were talking, I nursed the little fellow and loved him from the bottom of my heart. After I treated him and they were leaving, she said to my wife: "I have never met anyone, who can show so much love for a total stranger as your husband does." }

A few stalls along at this above market, were a husband and wife. They did Reiki and some other modalities of natural healing. I stopped to talk to them. We clicked immediately and straight away we hugged each other, as it felt right to do so. You just know, who is happy to be close to you and allows you to be close to them.

Anyway, I was asked to sit down with this couple and we talked about beautiful things. I gave them a copy of my book. She paged through it straight away and as she is a psychic said: "I am seeing you doing talks with people in the future and I will ask a friend of mine to organise a weekend, so people can hear you speak."

This was so amazing again. We did not know each other five minutes before and here she is organising a discussion group for me to speak at. Now, when I go to this market and the lady sees me, she rushes out and hugs me and always says that she `loves` me. Even though her husband may be working on a client, he too comes out and gives me a hug. How good is that?

It is a beautiful feeling, to be attracted to like-minded people. They open their auras and feel comfortable for you to come close. I have friends, who cannot do that and they don't even like being touched. To me, it is strange, as I am the opposite. I am a `toucher` and a `hugger`. My aura is always open, to share my love with people.

If you are not sure what I am talking about, I will explain. Have you ever experienced a feeling, that a person doesn't want you to come close to them? They greet you with an *outstretched* arm to shake your hand, as far away as they can reach and step back after the hand shake. Their aura is quite a long way away from their body. Then we have the opposite person, who is welcoming you with either a very closely positioned handshake or an immediate hug and a kiss on the cheek. These people have an open aura close to their physical body. These are the opposite feelings you get from people with a closed or an open aura.

At times, when you walk along the street, some people almost invite you to say hello or smile at you, as you pass them. Others ignore eye contact all together and walk along with a straight face. All these symptoms are a sign of open or closed auras.

We must learn to be close to our brothers and sisters and trust them. Make sure that others see you as a friendly, trusting and welcoming person, so they will automatically be the same. We need them, as much as they need us. I will cover some more instances later on.

Above I mentioned the 80-acre community property I was involved in. Maybe you and your friends can purchase some land and do the same as we did, as long as the people are complementary towards each other and not controlling.

That is the hardest thing to overcome. This must be sorted out, before you commit yourself, because there is usually ONE person, who becomes the 'master' and wants everything his way, not considering

all the others' wishes. This could be a very difficult problem to solve later.

There are so many of you who have lived close to each other for years in your own homes and neighbourhoods and have your social gatherings on a very regular basis.

You all get on and discuss matters in a "family type way". You go camping together or even go overseas as a group and find these outings a very pleasant way to spend together. Now, these are the people whom you should invite and share a property with. Get rid of your overdrafts and the second car and sell your present property and start growing your own foods.

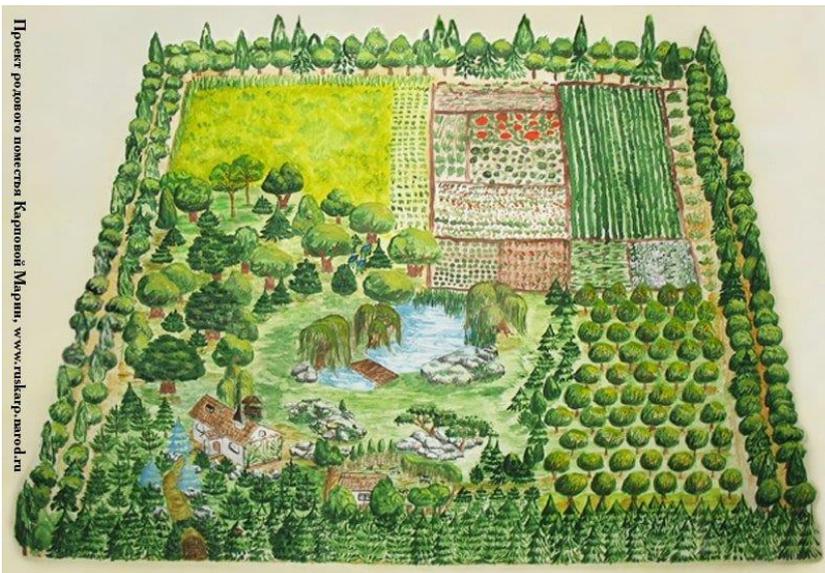
Working the soil is like having a holiday. Having an overdraft is something, which is standing in your way for happiness.

At the moment, you (2) are working for years to pay the bills and support the banks, which make billions of dollars out of you and your neighbours. On your own piece of land, you will not have these expenses. You can share your cars, farming implements and so many other things, which are needed, but only on occasions.

Try to be debt free, as this will allow you happiness you may not have experienced before and if things get tight you will not have to worry.

If you grow more than you need on the cooperative, have a small farmers-market every so often and get rid of any excess or donate this to a charitable organisation.

I once more, suggest for you to read the "Ringing Cedars of Russia" books, as they are so very inspiring and in Russia and some other countries, these Domains are being built. So far in Russia and Europe, there are over 400 of them with the largest of them having over 200 – 300 families. The peoples' faces show how they feel. You can also google "The ringing cedars of Russia" and get a lot of information and see and meet the people.



This is 1 Ha, or 2 ½ acres.

This picture shows you what an average domain would look like.

Unfortunately, things did not work out for me on this property, as the expected `Guru` did appear and I sold my plot, as I did not want to be controlled at my age on my own and went back to **the Rodeo** grounds in Mareeba, for R and R.

I still want to eat quality, organic, fresh, life giving food, so I am now hunting for these, without having to grow my own, which has become too difficult to do for my body. I have a young mind, but the body tells me differently at times. I had a bad accident in 1977 and injured my spine.

It is imperative for all of us, to become more alkaline and eat and drink right. So, you see, consuming alkaline foods and drinks, not only stops you from getting sick, but it also makes you a nicer person to be with.

One little secret is, that when you meditate, pray, are at peace, be kind, love and chew

your food a lot, you will also increase your alkalinity, besides eating alkaline food or drinking alkaline drinks. Even chewing a juice is a good habit, as you mix saliva with the ingredients in the juice. Sounds a bit silly, but it works. Slowing down, when we are eating, is important. Some people just shovel their food into their mouths and swallow this down as soon as possible, but you are better off to be the last to leave the table, having chewed every tiny bit.

Coming back to self-sufficiency. This is something we must attack with vigour. Not just growing plants, but making our own compost and worm castings. Worms will recycle your kitchen scraps, papers, cardboard and so on. More of that will follow later. Food and water will be in short supply one day, as (1) *the world population is going to increase* drastically and (2) *more trees are being cut down* and (3) *the gas-mining companies are poisoning the water tables, by fracking*.

It is not so far away from now and we must remember our offspring's fate who need to be educated in thinking `self-sufficiency`.

I was an active member of the Permaculture group in Cooroy, west of Noosa on the Sunshine Coast. We were always looking for more members, even though we had over 200 active members already. We used to welcome newcomers and help those, who had no experience in edible gardening and how to set that up in all sorts of circumstances.

For this reason, I was looking at a 300-acre property at that time, surrounded on 3 sides by forestry, a very large shed and 5 dams, just outside Cooroy, to start another community, for retired farmers and members of the permaculture group, over the age of 55.

I did a lot of work in planning this venture and was going to spend well over 3 million dollars, with the approval of my accountant and solicitor, but nobody was interested, even though it would have cost them only \$135,000, to have 1 hectare of land, a 2 bedroom strawbale built cottage, water tank and solar on the roof and the use of the rest of the property, growing fruits, nuts and grazing animals.

It did not take off, as somehow people don't want to share.

It will happen one day! I hear more and more people thinking about this need of sharing land, with like-minded people, who want to live a simple, but worthwhile life, without the financial chain around our necks.

The gardening programs on TV are also very educating. You can learn so much there, without even having to go out and today, they are educating people in organic growing. That is really good.

Permaculture is a science developed by Bill Mollison and David Holmgren, both Australians and the science takes into account, the layout of your individual garden or farm, the aspect, the waterways or dams, the way the property faces and many more points. Look up `Permaculture` on the internet and get some great ideas there. Permaculture is practiced all over the world now.



It is always a good idea to make a plan first, before starting to make your garden, so any mistakes are avoided, rather than fixing the problems later, by having to re-do the work. It is the same as building a house. You cannot just build it!

We have all made these mistakes in the past and we have learned from them. A permaculture designer can help you a lot from the very beginning. Permaculture is not an alternative to Bio-dynamics. They are different sciences.

Bio-dynamics was invented by Rudolph Steiner, the same man who designed the Steiner education system. Look on the internet and find out a lot more

about bio-dynamics. Steiner was a visionary and was given many inspirations, as to how the land, soil, air and water could be made healthier and more productive.

Some countries, including Australia, were at one stage thinking of developing more areas for living in

the future, although I have not heard anything about that lately. The Australian government is looking how to develop the North. Dam building is on their list, but it is old fashioned technology. More thought should be given to Bio-dynamics and Permaculture for water storage **IN THE GROUND**, as was proven by one of our permaculture members, who went to Jordan and made part of a desert, into a **LUSH GARDEN IN 4 YEARS** without dams.

I always suggest, that when you are ready to start a food garden, you have your garden designed by a Permaculture designer and then introduce bio-dynamic principles.

So many people we have helped setting up gardens, are today very happy, as the produce they get is healthy and very tasty.

It would take too much writing here to explain both sciences, so I suggest you get help immediately and purchase the books you need, written by the above authors.

Then, for some people it will be wise, to read the 10 books written by Vladimir Megré (The Ringing Cedars of Russia, mentioned above) about Anastasia, the lady who lives in the taiga in Siberia. Her ways of living are absolutely amazing.

The best thing about using these sciences is, that you will re-cycle all your kitchen, household and garden wastes and never need to use artificial fertilisers and pesticides, so therefore making your food safe and nutritious to eat. You should grow your produce from seeds, obtained from your local `Seed-savers group`, so you know they are true, not irradiated or genetically modified. You can also save your own seeds and exchange them with members of the `seed savers group` as well. You will get all, yes all, the nutrients your body needs for optimum health. You will not have to pop pills and get supplements from the shops. You will have fresh, live food, I mean **FRESHLY PICKED** every day of the week. You will not have to store food in the refrigerator, as you pick your food daily. Another good thing is that you will eat, what is in season, something I am adamant about that and have written about it extensively. When you read my notes on seasonal food, you will find that it makes so much sense. You can forget imported food from overseas, which is almost always irradiated and also not controlled enough for it to be safe to eat. You will save a lot of money as well, because it is a lot cheaper to grow your own food, than to buy it from a shop and you save on the running costs of driving your car to town to buy your food. You only have to go into your garden. You won't have the trauma of facing the traffic. It is good for the environment. You don't even have to get dressed up. Also, growing food is good therapy, and it is relaxing. It is great for the kids to learn and see the seedlings or seeds grow they have planted. Gardening is a form of meditation and medication also, being there amongst nature. Garden with your bare hands and get the dirt under your fingernails and walk bare footed, touching the soil is also good. We need to be **IN TOUCH** with Mother Earth, as much as possible. The dirt will wash off when you have your shower or bath later.

Also, you get sunshine and that means Vitamin D, preventing osteoporosis and many more benefits, as long as you don't overdo the sunning; but we must get sun daily for good health. (Already covered). The scare campaigns that have people covering up all the time as soon as they walk outdoor are wrong and it is badly advertised. The sun is the world's most important star and without it, there would not be life. If your garden is laid out properly, you will get shade anyway.

Our trees and shrubbery are natural protections from the severe sun, so if we grow more trees and use them as our protection, we should not get sun burnt. It is a fact, that so many trees have been cut down over the centuries, that the earth is getting quite bare and therefor global warming is occurring.

People, who are acidic by nature, have much more trouble with sun exposure than an alkaline person. The latter can generally stand some more sun and that person does not burn so easily. I have always been a sun-worshipper. My doctor found that out at an early age, I needed sun and in Holland, where I was born, there is not that much sun as a rule. He sent me to the local hospital 3 times a week, to have controlled Ultra Violet radiation exposure.

**Almost ALL sunscreen preparations have severe chemicals in them, not just dangerous for our health, but also the environment.*

Hawaii and some other states in the USA, have banned the use of those, which contain some of these chemicals, as the corals reefs were suffering from them.

I was mildly sunburnt only once in my life at the age of 29, as I fell asleep under a coconut tree in Honolulu, as the shade moved away from me. I have never gone to sleep under a small, shade tree since,

having had that experience. If I am tired and I want to be outside to rest, I will always seek out a place, where the sun is not going to affect me negatively, whatever the circumstances. Since then, I have always sported a comfortable tan, a natural protection against severe sunburn and a really good form of Vitamin D, totally natural and free. At my age of 83, I have never broken a bone in my body, even though I have fallen at times, but was able to save myself with a military body roll, preventing such damage as well. I do believe that we should cover up, with a large brimmed hat, long sleeve shirt and so on, if we need to be in the sun for a longer period of time. It would be stupid, to expose oneself to the sun for a long period and our brain will tell us this.

Anyone would get sunburnt, even a person from Aboriginal or African heritage. In fact, these people can get severely burnt, if they have not had sun exposure for a while. The fact that they have a dark skin, does not mean they have sufficient Vitamin D either.

When you go sunbathing, do it regularly on a daily basis and after you come out of the sun, apply some coconut oil, the very best product, to keep your skin moist. It is safe and natural and has been used by the people from the Islands around the world for eons.

I think that sensible sunbathing is the answer and it is different for all of us. I have mentioned it over and over again, that we are all different and so we must treat ourselves in a very special way: OUR WAY! No drug, food, drink etc. can be of the same benefit for all of us. We all react differently and so it becomes a little science for each of us, what we can endure or what we should keep away from.

With a pendulum, you can work out what you need or how much you need to take of a supplement if you are prescribed one being of a natural or chemical nature. Read under Pendulum in "Victory over dis...eases."

Please use common sense in everything you do. We have our brain given to us to use, so use it all the time. *'We should not have to be told by anyone, or have a sign saying, that if there is no water in a swimming pool, it is not safe to dive in, hey!' Maybe you should check first. Just an idea!*



And there are so many more signs everywhere. They are dangerous I think, because you have to look at them all the time, taking your eyes off the road.

Safety signs should not be necessary in a lot of cases, but there are so many of them around, telling us what to do. This is almost an attack on our intelligence and we rely on them. Most of the time it is to cover Shire councils and businesses etc. from people suing them at the time of an accident. If you drive a car too fast around a corner, you have a good chance of losing it and finishing up in a ditch or against a tree. Speed warning signs are only things of recent times and once upon a time, we had to drive at the safe manner we calculated ourselves. These signs are not always correct anyway, so it is up to the driver, to take caution and prepare himself for an emergency. It is always better to go a bit slower and ensure safety. You will get there alive in your own vehicle, not in an ambulance or hearse.

Cars are like people and they are all different. You can drive a sports car around a corner faster than you can drive a truck or regular road car, so a speed sign is really useless for all cars.

Coming back to individualities; I was told a story recently, of a couple who were examined by a doctor and he told the husband, that he was pretty fit and whatever he ate was good, but his wife should eat better, as she was not well. They told the doctor, that they ate exactly the same every day. He was dumbfounded, but he did not take into account, that we are all different and that some foods just do not suit all of us all the time. I cannot blame the doctor, as he hasn't had any training in nutrition, so he does not know anyway, but the point is that we should eat and drink what we need at any given moment. This

is very difficult to work out at times, but if you did it by trial and error, you will eventually establish a regime, that is right for you. As we move on in life generally, our food intake needs a change from time to time also. I have noticed these changes happening over the years. I cannot eat the foods I could even 10 years ago and my intake is very simple these days. I eat some spicy foods at present to keep my immune system strong and concentrate on simple, fresh, stir-fried or lightly cooked foods.

**I am quoting an old Cree Indian chief's saying:*

*“When all the trees have been cut down,
When all the animals have been hunted,
When all the waters have been polluted,
When all the air is unsafe to breathe,
Only then we will realise, we cannot eat money.”*

So much for the wealthy and the controllers of Mother Earth. I often wonder if they have ever thought, what may become of their own families in the future?

Can they look their grandchild in the eyes and tell them:

“Poppy is working hard to make a lot of money, which will kill you. It won't be long now.”

HEALTHFOODS



I like to tackle them here as well, because we are bombarded with the word `HEALTH this` and `HEALTH that` and most of the time, this is just a word to attract your attention and making you believe, that whatever they advertise is suddenly going to make you healthy all by itself. I would guess that 90% of the time this is not so. As I have mentioned already, healthy food is LIVE food, in other words

food that has been grown bio-dynamically or at least organically, without chemicals and picked just before consumption. As soon as we pick fresh produce, it starts to deteriorate, as oxygen starts to do its job of breaking it down. Also, various bacteria and moulds are starting to help this breakdown process, something nature has planned, so it may be re-absorbed back into the soil and be used as compost and regrowth. Composting is a natural thing. Take a tree in the forest. We do not have to artificially compost it, as its fallen leaves and branches will over time break down and do that job, together with the wild animal droppings. These animals may be small beetles or bugs and they contribute to the cause. Then we have the larger mammals, who may rest under a tree for the night and make a considerable contribution. We need to mulch our back yard trees, by `artificially` composting them with grass cuttings and fallen leaves from around the yard plus some manures, to get the same result as there are not the animals to do the fertilising.

Health food shops carry a lot of lines which are not healthy for you.



I opened a '**NATURAL food shop**' years ago and we would not carry anything, that was not natural, so our shelves were very bare, compared to regular '**HEALTH food shops**'. We would have people come in and demand articles, that were available in other 'health food shops' in other towns around the area. We would not budge, as we set a standard, we believed in. We did not last long and had to close the shop down after a few years.

My apologies for the quality of this picture.

Caption: David (friend) grinding raw wheat into 100% wholemeal flour, on his converted bicycle in front of the shop.

We should not have to choose between healthy food and regular food. All food should be healthy and life sustaining. Wild animals will always find the healthy foods for survival.

I might have written the following story before.



Many years ago, when I was still a child, the gypsies used to roam the back roads of my country and they would let their horses graze on the road side after they finished their tripping for the day. Inside the fenced paddocks, the domesticated horses and cattle would graze on grass only, whilst the gypsy horses would graze and browse on grasses and also many herbs. These horses always looked in good condition, without man's interference and needed little attention from their owners, as they ate whatever they needed to keep well. Animals instinctively know what is good for them and leave bad things alone. The animals inside the paddocks needed extra supplements and injections against all sorts of diseases. You have seen your cat or dog chew on some grasses at times and that is a natural medicine for them when they need a clean out.

Here is another example. A friend of ours left a part box of cornflakes behind after his visit. I thought I would give the cornflakes to the goats, since we did not eat that sort of food, so I tipped the contents out over the electric fence, but the box slipped out of my hands. I planned to retrieve the box sometime later that day, but when I went into the paddock, I could not find the box. The cornflakes were still there and stayed there till they rotted away. No animals, neither my goats, nor wild birds or ants attempted to consume them. People say that goats will eat anything, but that is not true in the case of artificially produced foods. However, they found the box more palatable than the contents, so they ate that box. Cornflakes are something people eat every morning for breakfast. There is a lesson to be learned here, hey!

Therefore, this is another time to warn you again, against buying supermarket 'foods' and of course 'take-away foods', and using the microwave.

These products have not much value at all and are as 'dead as a doornail'. Apart from that, they are laced with chemicals for all sorts of (the manufacturer's) reasons.

Since I am on the subject of additives, I would also like to draw your attention to chemicals in "make up" products, skin products, soaps, beauty aids, hair shampoos and conditioners, nail polishes, toothpaste etc. etc., some of which are very damaging, not only your skin as the first receptor, but also to your total health, as the skin is an organ of absorption. Whatever we put on our skin, anywhere, is absorbed by the skin into our blood stream and eventually these chemicals finish up into some of our organs, doing enormous damage. This absorption time is very short in most cases. I could write an extended list of all these ingredients here, but I am sure you are getting the message. These ingredients are also in the recommended book, "*The chemical maze*", so please look them up for your health sake.

CLEANING WITH CHEMICAL PRODUCTS.



ALL BRANDS OF CLEANERS, DETERGENTS, DEODORANTS, TOOTHPASTES AND OTHERS, bought in the supermarket are suspect to be severely toxic, whether used in the kitchen as cleaners, the automatic dishwasher, laundry or anywhere in the house; don't buy the automatic bug killers and house deodorants, which are set-and-forget gadgets, killing you slowly. Please think clearly, before you buy these items. The advertisers make them look so attractive and easy to use, but they forget to tell you that the

chemicals used are dangerous to your health. YES, THEY ARE CONVENIENT, but why are there so many cancers and other sicknesses around? These diseases did not exist years ago, before these so-called convenient chemicals and take-away foods were available. We are bombarded with enough chemicals from the air and the water supplies from your town water as it is.

One water supply I investigated, had as many as 37 chemicals in it to make the water "safe" to drink. WHAT? SAFE TO DRINK, WITH ALL THOSE CHEMICALS! You have to be joking! We have enough trouble coping with the necessary, daily products alone.

In the home, we can use natural cleaning and disinfecting products, which are harmless. They are also very much cheaper and you need only a few products for all the different uses in the home. Have a look in your cupboards and see how many products you have there. The `big boys` produce a different chemical for every conceivable cleaning job and make you believe you need that article. What is wrong with growing perfumed flowers in your garden and use them to deodorise your house?

Sick house syndrome is another area we should be very much aware of. Modern building products are laced with very toxic chemicals in the form of glues, binders, plastics, etc. etc.

There is hardly a product on the market today in the form of furniture, cupboards in the kitchen, laminates, floor coverings including carpets, blinds, materials covering furniture etc, that is not toxic. We breathe in those highly dangerous chemicals all day and it is estimated that it will take at least 7 years before these chemicals have leached out of your home. This is called "outgassing".

Little babies crawl all over the carpeted floor which has FORMALDEHYDE (just to mention one chemical) in it, which can cause respiratory symptoms, eye, nose and throat irritation, coughing, wheezing, chest pains and bronchitis, to name a few. We can clean the carpets all we like and make sure they LOOK good, but the FORMALDEHYDE is still there for all of us to inhale. For those people who are smokers, it would be good to be told that formaldehyde is present in the smoke of tobacco. Remember the secondary smoke you puff all over innocent people!

Then, when the carpet needs a little extra attention, we are told by the manufacturers to cover the carpet with one of their chemical powders or sprays, let them sit there for a little while and then vacuum the carpet to get rid of the dirt. The residue of these chemicals will not be gone, by the time you have finished vacuuming, so baby will get another dose of toxic stuff into his body. The stories go on and on.

Advertising is very powerful and we are repeatedly bombarded with messages on TV especially, to make us buy, but don't get sucked in. Press the "mute" button on your remote control, during advertising times when you watch TV and cut these fast-talking people out of your life. These multi nationals are after your money and if you give in, you are on the way to killing yourself at an early age through sickness and very likely from some preventable diseases. Go natural ONLY. We all should eventually die from old age, NOT a disease. AND YOU SAVE A LOT OF MONEY TOO!

You have most of the cleaning products in the house for safe cleaning, such as bi-carb of soda, white vinegar, salt, chalk, lemon juice, tea tree oil and eucalyptus oil.

Steam is a great way to get rid of bacteria and all sorts of little critters, however some of the steam cleaners advertised on the TV, will in my opinion not do the job of killing bacteria, as the exposure time of the steam taken to do this, needs to be quite a lot longer, than just swiping a steam mop over a surface.

They will clean it from dust and even some stubborn stains etc, but sanitising it, I doubt that. When laboratories or hospitals sterilise an instrument to be used later in an autoclave, the minimum time to kill all the germs is 20 minutes in a steamy environment of 100 degrees Celsius. Steam is 100 degrees wherever used, but the time for it to work is important. So, when I see these demonstrations done, swiping the steamy mop over a surface, I don't think it will kill the germs as they say. I would like to see more proof of that, before I would buy one of these gadgets. We are made to believe that it is so, because the sales person is another one of those fast-talking people, whom you are supposed to believe. They repeat this advertisement daily and even make you believe that if you ring them within the next hour, you get a discount (or whatever). As I said, they are there daily, so what is this: `ring within the next hour - thing' all about? Or the other one: if you are one of the next 19 (?) to ring us, we will give you.....(some bonus). Get it? Same ad will be there again tomorrow. Colloidal silver is a great steriliser. I use colloidal silver, which I make myself, to sterilise my breadboard, kitchen bench, toilet seat, sink etc. My breadboard is made of wood and every time I use it, I scrub it thoroughly, rinse it and then spray colloidal silver on it. Then I put the board outside in the sun, until it is dry.

There are many chemicals on the market for cleaning around the home, but we should not have to resort to these at all, as they do us harm. We can rely on nature to do the job as well and it is safe for you and the environment. There are a number of books available on natural cleaning products and you should seek them in your book store or download them from the internet. I just googled 17 of them.

I mentioned earlier that the ingredients you mainly need, are in the house already in most cases, such as bi-carbonate of soda, white vinegar, salt, chalk, tea tree oil, eucalyptus oil and lemon juice.

McKenzies, the manufacturers of aluminium free bi-carb in Australia, have put out a small booklet to celebrate their 160th birthday and it is available via www.mckenziefoods.com.au. This booklet gives you many ideas for cleaning in a very simple and safe way. Please get rid of all the chemicals in your home, they do you harm, even though they are called safe by the manufacturers.

Did you know, that when you have a hot shower in chlorinated water, which is virtually all the waters supplied by your local water people, that you breathe-in chloroform? This is something that not many of us know. The bathroom fills with a low dose of chloroform. Small bathrooms in a cold climate, when the window of this bathroom is closed during showering, are the worst.

Chloroform was used years ago in hospitals, to put someone under, instead of the modern chemicals, when they wanted to perform an operation on a patient. Small doses are even dangerous. The immediate effects can be dizziness, blurred vision and slurred speech and even fainting. Small doses are said to be carcinogenic, so if that is so, is this another reason why there is more and more cancer around, compared to years ago, when water was more natural? I have invested in a shower chlorine filter, which screws onto the wall pipe and your shower head will fit on the end of the filter. A very simple gadget and you can get them anywhere, even at your favourite weekend market. I just like to think about these things. The immune system is attacked and we cannot fight back naturally. Our body is an organic system and not an (artificially) chemical one. So many of today's chemicals are made from products derived from the petrochemical industry and they are NOT safe.

I am also thinking about injections for a multitude of diseases these days. I hope your child is NOT injected for nothing? We should not need these at all, if we keep ourselves healthy and make sure our immune system is strong, by eating quality food, which is nourishing our bodies properly, exercise daily, have a positive mind full of love and harmony etc. and of course (here I go again):

DON'T EAT TAKE-AWAY FOOD OR FOODS FROM THE SUPERMARKET, WHICH HAS BEEN ARTIFICIALLY PRESERVED, COLOURED ETC, ETC, ETC. THEY ARE DE-VITALISED.

Protect yourself and your family. Yes, even toothpaste can be dangerous. On the packed of quite a few brands, there is the warning, that toothpaste should never be swallowed. What do we see, when children brush their teeth? They suck the toothbrush, which is soaked in toothpaste and a chemical Sodium Laurel sulphate (a real No-No) is being consumed. Buy natural toothpaste and READ THE INSTRUCTIONS. Please use common sense, whenever we need nature's help. Remember "Adam and Eve", just as an example.

Reading “The Ringing Cedars of Russia” and getting the information from Anastasia, who lives in the taiga without a house of any sort, just a dugout with grasses and pine needles. No supermarkets or anything, eating of the natural bushes of berries, eating mushrooms, grasses, nuts and seeds on a seasonal basis, bathing in a natural lake without soaps and/or body lotions, dressing only in some small amount of natural fibre clothing at special times only, tending to her wild animals, who bring her food, such as nuts from some trees, would have to be the way to go. She does not have the need for cleaning stuff. It would take a lifetime to get used to that, as we who have lived the way we are today, but once you are born into this situation, it would be fine. Her children don't know any better, so they would be happy too. Wow!

Remember your family, especially the children, who are in your care. If they grow up with all these things in the home, they become brainwashed with what they see and hear and they will continue to use these materials in their later life and pass that on to their offspring. We often do what our parents did before us, so if what they did is good, go ahead and do the same, but if it is a bad thing, drop the habit. Sometimes we do not realise that what we are doing is bad, so think about everything we do and have inherited. I repeat again, that we are given a brain to work things out by ourselves.

Once again, 3 articles came to my notice recently about taking chemical drugs.

1. The taking of paracetamol for arthritic pains is a waste of time.
2. The use of anti-biotics being over-prescribed in many cases.
3. And as I mentioned before, Cholesterol medicines are not working. See article further down.

I wonder how many more drugs are useless and are doing harm for NOTHING.

Stay tuned!

MAKING COMPOST AND HAVING A WORM FARM.



Every `weed`, every blade of grass, every twig, every leaf, you find in your garden, MUST be reused in your compost and should be recycled. It is so important, to keep all the organic waste matter on your farm or backyard and NOT get rid of these, via the garbage collection.

Weeds, as they are called, have very special functions to play on your property. The roots of some weeds may go down deep into the ground and bring up one type of

mineral, say magnesium; another weed may find its way to potassium and so on. By discarding these plants and getting rid of them, you have just got rid of a valuable mineral, that would have made your plants healthy and you will have to bring back that mineral in some other way. Usually this is done by introducing an artificial chemical mix, bought from the produce store. Here we are going to spend unnecessary money on artificial chemicals again, but you are told that is the way to go.

By making your own compost, you retain these valuable, natural minerals and they in turn will be distributed again throughout your garden at a later date. In nature, the trees and other plants do not get fertilised like we do in our gardens and farms and still they survive well for many years.

THAT WAS, AND IS THE PLAN OF THE CREATOR!

When you see a weed, don't pull them out of the ground, with the roots and all. The reason for this is that while this plant was growing, it attracted some valuable microscopic entities, moulds and fungi. These should stay where they are.

So, remove the herbage above the ground, by cutting the stems just above the soil level and then into small bits. Leave the roots in the soil and put the green stuff (nitrogen) you cut, directly on the soil or in the compost heap. If you leave it on top of the soil, cover them lightly with some mulch and wait till the green has turned to brown (till the nitrogenous material has become carbon, which may take a few weeks) and then very lightly fork that under the topsoil, covering it up with a little more compost or mulch, so

the soil is never bare. If a lot of weeds come up and just cutting by hand is too much work, we can use the long-handled cutters or scythe (whipper-snipper or edge trimmer), as they do that easily. Then lay the weeds where they are cut. Do not take them away. If it is in a garden bed, cover them up with 50 mm of mulch for 2 or 3 weeks, as mentioned above and then plant into that using a handful of worm castings (read below) to each seedling. This is often referred to as green manuring. If weeds are cut this way on a path, rake them up and put them in the compost heap, especially if they have nasty seeds in them, because they will be made useless by the heat of the compost. Get it?

Under no circumstances, should we ever use toxic poisons, to kill these weeds. Boiling water and steam would be ok.

Bio-dynamic compost is the richest supplement you can give your garden I know of. It is so specialised and full of nutrition and microbes for your plants. To get bio-dynamic compost, you will have to do a course in Bio-dynamic gardening and then have a few people in for that day, to help you build this compost heap. It is quite complex and without an expert there on the spot, it is almost impossible to achieve at least the first time.

I wrote about that under Biodynamics.

Worm castings from a worm farm, are an amazing `fertiliser` (supplement) prepared by our little friends the worms, who work 24/7/365 without a holiday.



Worm farms come in many shapes and sizes, but they are costly. However, you can make one or more out of old bathtubs or wooden crates for almost nothing.

The best way I have used worm castings, is when planting out seedlings. A handful of worm castings as the first soil these seedlings touch will set them up for a quick-growing plant, as I said above. Later, as the plant starts to establish itself, more worm castings may be added to the base of the plant, for further growth. If you have access to a lot of worm castings, use it freely all the time, for the garden's health.

“Worm pee”, the liquid that comes from the worm farm, is a great fertiliser. It is a good idea, to dilute this liquid about 10 to 1, before

applying that to your garden regularly.

Plants grown in the bio-dynamic way, will very seldom need pesticides, as the leaves are strong and healthy, something the modern bug doesn't like. These bugs like the soft and easy-to-eat leaves, grown the chemical way and leave the good ones alone. A bit like modern man; we (not me) like soft breads and things, easy to chew and the more difficult ones are often bypassed, although they are the ones we need to eat, as they have all the goodness still in them. The softer varieties of food are the most refined ones, with most of the goodness taken out.

When there are a few pests around and you see a few holes in the leaves, don't worry. A hole does not hurt you, but a chemical residue, something you cannot see, does.

If need be, we can resort to a spray made from other herbs, such as stinging nettle, tomato leaves, garlic and others, or seaweed spray and fish oil sprays, which fertilise your plants at the same time. Some bugs are good in the garden and they in turn keep the bad ones at bay. Don't just go around and kill everything. We need our friends in the garden. For more information on these natural sprays, etc. consult your Permaculture group, rather than the fertiliser supplier.

I have covered the worm farms and other farm ideas in my book: “Farming and building.”

I don't believe in killing, a Buddhist belief, but deterrents are the way to go.

Natural food is always grown without chemicals. In nature, this is done automatically, as described above (natural). That is how it should be today and it can be that way, if we, when we set up a garden for food, remember to do what nature does. Add the manures from our animals on the property or import that from outside. *Dog poo should always be composted and not used fresh on the garden.*

Make compost with all the leftovers from the kitchen, grass cuttings, fallen leaves from the trees, news

paper, cardboard from the packaging, anything that breaks down again, originally made from trees, in other words paper, wood shavings, sawdust, straw, any natural, recyclable material, such as wool, cotton, hemp and bamboo clothing.

Plastics and any artificial material made from petroleum products should never be used. Old steel tins and thin steel material, can often be left to break down (rust) and later added to the compost heap. Egg shells, egg cartons (unless recycled at a market or somewhere), meat products (covered to stop flies), so many things we normally put in the garbage bin, can stay at home and be composted. Think at how much you throw out that could be saved for this purpose. At the same time, we stop the excesses going into landfill, a big problem around the world.

All these items composted, make your food more palatable and valuable. As mentioned, a lot of the above can go into the worm farm as well. Chickens are good recyclers. A friend of mine grows `chooks` and she uses them to help her make lots of compost by filling a small yard with a lot, and I mean a lot, of vegetable matter she collects from the supermarket rubbish bins. The floor of this yard would be at least 40 to 50 cm (1½ feet) deep with scraps of all kinds. Then in go the `chookies` and they start scratching all day long, eating and pooping and mixing and digging, till after a few weeks, all the scraps are gone and have turned into a great compost, full of nutrients, mixed with chook poo. She leaves that there for a while to mature and by this time she will have another yard ready for them to continue the cycle. When I saw that, I thought what a great idea. Her husband goes out with a trailer and gets all the stuff and she does the rest. There are places, where you can get all these left-overs, such as restaurants as well as fruit and vegetable shops and supermarkets. It pays to think hey? You should see the colour of the egg yolks; a beautiful, natural orange.

FADS AND FASHIONS. Something entirely different.



We are in a world of fads and fashions. We are constantly pressurised to follow fads, which come in all the different facets of our life. One day it is fashionable to wear this or that and another year it is something else. One year, men grow beards, the next thing it may be moustaches. Our ladies are annually caught up in fashion changes etc.

Body tattoos are another one. The same thing happens with what we eat.

We have heard of Blueberries, how amazing they are for this and that; the next time it may be Chia seeds, because they are very high in Omega 3, Vitamin B12, calcium and 4 times more anti-oxidant than Blueberries; or Maqui berries, scientifically proven to contain the highest concentration of anti-ageing and anti-oxidants; dulce which is very high in all minerals as most seaweeds are; or cacao over cocoa etc. These foods are heavily promoted and written about in the press. Today we call them “Super Foods”. We then follow these and start to eat them, as if they are suddenly going to save your life. We are made to believe that changing to these new foods, all we have done in the past is immediately erased and we are going to live forever. TILL, another fashionable food or diet comes along, overriding the previous one. You know what I mean; we have all been there and maybe still follow the system on a monthly or annual basis. These foods are very good, I must admit, but we should have them all the time as a normal part of life, not because they become fashionable. Okay, what do we do now?

I believe that ALL naturally grown foods have something to offer us and if we have a varied diet, of say blueberries IN SEASON, other foods IN SEASON and so on, we will be well all the time; that is nature's

intention. Some foods ripen in the summer, others in the winter and if we analyse why, we can see the reason for eating these during that time, rather than buying them imported from another country, which is in the opposite season to ours. Also, these imported foods are irradiated and that is not good. Does that make sense to you? I am glad to mention it again, as to me this is important.

Just to re-cap real nature. When Man was nomadic, we would only be able to eat what was growing where we were living or roaming at the time. We would be moving on slowly, following the seasons and eat the local produce, right? If we lived permanently in one place, we would provide for a year's supply of available foods for us to consume. Nothing has changed really, except that we have become a bit lazy and find it difficult to grow our own. It is so much easier to go to the super market and just buy a packet of something. We can heat it up in the microwave oven and presto, a meal is served, but this is not natural and not healthy and not sustaining and is not keeping our immune system strong, as it is de-vitalised food.

"A meal is NOT served" as the stuff we buy is a concoction of chemicals added to some originally edible foods.

Yesterday, 18/8/2015, I saw something on TV that was a new thing for your health. It is buying prepared meals from a vending machine. These meals were prepared as a wholesome meal (they suggested). Okay, without going into the quality of these meals and saying they are or not, I saw a customer getting her meal from the machine and putting it straight into a MICROWAVE oven provided right there, to heat it up.

WOW, you know what I think of microwave ovens by now. It is such a shame that we are brainwashed all the time in believing that it is all so easy, but unfortunately this is not so. Once a meal is put into a microwave oven, it changes its molecular structure into other forms, compared to the natural ones and they are not healthy. MICROWAVE OVENS SHOULD BE BANNED, AS I WAS TOLD THEY ARE IN RUSSIA IN 1976. A new invention is a "Speed oven", which they say is not a microwave oven. WRONG AGAIN. These speed ovens are a combination of a microwave oven and a convection oven. They are often used in places where you can get a convenience meal, such as service stations, to quickly warm up a pie or sausage roll. It is up to you what you do, but I want you to be happy and healthy and the only way you can achieve that is by eating proper, naturally (organically) grown and prepared food. Of course, there are the necessary physical exercises, rests, mental exercises, emotional situations to consider etc. as well, which need to be taken into account. Eating is like putting petrol in your car's fuel tank, but to keep your car going for a lot longer, you also have to add engine oil to the engine, other oils for the brake system, gearbox etc, air in the tyres and a good polish of the body work and other parts. Surely, I don't have to put a detailed list of things we are supposed to do to the car. You know them.

The last thing about being healthy is proper elimination, sometimes forgotten. It is alright to eat good foods and drink healthy drinks, but there is always a waste product to get rid off somehow. This is so often forgotten in the world, but a very important function just the same.

There are a number of organs to do this for us and they are the kidneys, the bowels, the skin and the lymphatic system. Wow, you might say, are they all there for us to be well?

Yes, indeed and VERY important indeed. They should all work to keep us well, otherwise we may become toxified and sickness follows. Many people do not perspire enough, therefore the elimination of these toxins is not happening and also skin problems follow. Other people do not drink enough clean WATER, which cleanses the whole body. Drinking coffee, chocolate or any other made-up drink, does NOT cleanse the body and does NOT take away the toxic materials in the digestive system. Natural vegetarian foods have roughage in them, such as the bran in grains etc. to keep the bowels healthy. White flour products do NOT have this roughage and that causes constipation and all sorts of problems. That is why they advertise to add bran to your diet, but that should be a natural part of your diet in the first place. Animal meats, do NOT supply us with roughage, so for the real meat-eater, roughage is always a problem. Bowel health is finally addressed very well these days and is called gut-health. More and more attention is also given to this subject these days, information that was passed onto me by another of my mentors in 1953 and never forgotten.

Please take notice of this and follow the guidelines, but all you really need to do is eat properly and all will be well.

As I mentioned before, I think about all these things a lot and come up with these answers. You do not have to be a rocket scientist to work that out. Common sense will tell us the truth and we should act to the findings. It is your health and your life. It is nice to be well and drug free and I have been there for 60 or more years now without doctors. I feel that if I had followed the medical system, during the last 60 years, I would not be here to tell you these things.

It is often said: "You are what you eat!" Eat right and you are right!

I prefer to say: "You are what you can digest." As we move on in life, our digestive system changes constantly and we have to monitor these changes and act upon them. Different foods we could eat years ago, may not be as useful as they were then. I found that cooked foods are better for my digestion these days, rather than raw foods; yes, even salads. This may sound strange to you, but I have tried them out and found the value of cooked foods.

Eating in a peaceful setting is always advised. Eating quietly and slowly; chewing a lot and talking little during eating, is a recipe for good digestion.

Also, develop a healthy mind of peace and tranquillity. Love everybody as your brothers or sisters. Don't hate, but appreciate everyone's point of view. Smile all the time and let people see how happy you are. Learn all you can and listen a lot. Be happy being quiet. We don't know it all and we can always learn more. If you cannot love a particular person and he/she upsets you whenever you meet, don't hate them, but ignore them and treat them with love and respect just the same. It is better for you. They have a right to be here too.

I have gone off the track of fads and fashions in this article, but the info is good anyway.

Fashions can be a problem, as the unsuspecting customer, may be trapped into something that is doing "her" harm. I mention "her" here, as most of the time, fashions affect the ladies more than the men.

The problem, following fashions is that the designers introduce things like the high-heel shoes, which are so damaging to the spine of the wearer. As an Osteopath I have observed many cases of poor spine alignments, due to wearing high heel shoes, especially the ones with stiletto heels.

The walking gate of the wearer is very un-natural and the spine has to cope with that somehow.

I am sorry girls, but I feel I must tell you what I know to be correct.

I really would suggest, that you wear them only for a very short time, when going to a special function and do as many others have done in the past, kick them off, under the table, once you have reached your destination.

Sorry, sorry, sorry. I really like the looks of a lady in high heels, but I feel sorry for the effect on the body. I still love you girls!

Maybe one more. Your bra straps, which are cutting into your shoulders! I don't know what you are going to do there.

You cannot take your bra off, when you reach your social destination....? (Well, you can, but you may not be so popular). (Or VERY popular maybe!)

I hope you are with me in spirit and remember that these suggestions are from the heart, trying to save you and your health. No, don't hate me, please. I am making you aware of things, not often mentioned or discussed.

CHOLESTEROL MEDICINE, WHAT A SCAM!

On the ABC TV program Catalyst, Saturday 2/11/2013, it was revealed that yet another medicine was prescribed to millions of people, absolutely for NO REASON, except to make money for the Multinational Drug company at the cost of innocent and unsuspecting patients, who trust their doctor, to do the right thing for them. It was the Statin drugs most people know about. The following statin medicines are on the market, to lower cholesterol: [simvastatin](#), [atorvastatin](#), [fluvastatin](#), [lovastatin](#), [pitavastatin](#), [pravastatin](#), and [rosuvastatin](#) and they all have side effects, as usual. The most common effects are difficulty in walking, loss of memory and muscle tone and even kidney failure. It may take up to 6 months to get rid of some of these side effects, after going off these drugs. I don't know what

happens when you are unlucky enough to contract kidney failure in the meantime. The worst aspects of these drugs are that the patient is not told the truth and research done in the side effects of these drugs, are done by the manufacturer, using people, who are not a good cross section of the community. Therefore, they come up with very favourable results and make it appear that these drugs are quite safe. In fact, the negative results are at least 100 times worse, than the results published by the drug companies. That is disgusting to say the least.

This is not the first time that these findings are published and some doctors agree that something should be done about it. Other doctors are particularly chosen, because they are willingly prescribing these types of drugs for a reward. In other words, these doctors are on the `payroll` of the drug companies, to push these drugs, even though they are not needed. There are over 30,000,000 (30 million) people worldwide taking these cholesterol drugs and they do not need them. The Heart Foundation was upset, that the ABC aired this program, but I cannot understand why. Are they also covering up for the drug companies then? Are they afraid the patient is finding out the truth? I really don't get it any more. This is the sort of news, that should fill the news hours on TV and even radio. Also, the printed press should take these up as a priority, to educate you and keep you safe, not the daily house fires, which are always in the headlines. I feel sorry for people, when they lose their house through a fire or storm, but it is not important to the public at large. The above affects us all, either directly or indirectly. But I suppose these multi nationals have so much money, that they even sponsor healthy activities, like sport. That makes people believe they are even more genuine and concerned for your health. Even some take-away outlets are sponsoring the outdoor activities for the whole family and then they tell you to come and eat at their family restaurant at the end of the day. They then serve you a very unhealthy meal and serve you toxic drinks, which are really not for human consumption.

You make up your mind what should be done. Can you trust your doctor? I hope he/she is a genuine practitioner*, who really cares for you as a human being and maybe even a friend. Remember however, that a doctor as a rule has not had any or very little training in nutrition. This subject is not covered during the training of doctors in the University.

Doctors SHOULD BE WELL trained in nutrition, so they can advise their patients to prevent sickness, rather than take poisonous drugs. Remember the Hippocratic oath? * BUT some say: “ that the oath is irrelevant in modern medical practice.” That is so typical.

It always amazes me that, when a person takes natural herbal medicines prescribed by a herbalist or naturopath and they get positive results and cure themselves, the medical profession jumps on their backs and always stand behind the saying:”...that is not scientifically proven”. Time has proven that these natural remedies are working and have so for hundreds or more years. Why bother proving their worth? There is no money in it for the “BIG BOYS”.

Obviously, the drugs I mention, have such bad side effects and they are scientifically researched?

How many of them have been taken off the market over the years, after they maimed or killed thousands of people?

Take Thalidomide for instance. A drug scientifically developed for morning sickness and this drug has left thousands of children without a proper limb growth.

I had to see a doctor for my driver's licence renewal and at that time I had developed a bit of a rash. I did not know what it was and asked him to have it analysed. When I went to get the result a week later, he told me to take Grisiofulvin for it and that this medicine would fix the problem. I immediately asked him what the side effects were and at first, he was reluctant to tell me. I insisted of course and he said that it' would affect my liver, but it was reversible'. I was horrified; my liver, the most important organ in my body, he must be kidding. Then I asked him: “... are there any more contra indications you want to reveal to me?” He again was very reluctant to tell me, but eventually, he printed off an A4 size page of all the negative side effects of this drug. MIND YOU, THIS DOCTOR HIMSELF, WAS A VICTIM OF THALIDOMIDE. I asked him there and then, why he would prescribe a drug, which is going to affect me so negatively. He looked at me as if 'I had 2 heads'. I said to him, that he has not learned much from his own experience. Of course, this drug affecting my liver would eventually have to be over-ridden by another drug to heal my liver and goodness knows what else he would give me and what that drug would do. This is the way people get on the merry-go-round of drug taking and once you are on it, you never get off it, unless you are a thinker and make up your own mind.

I drove away and went home. I went straight to my computer and verified these findings on the internet. They were correct, so what do you think I did? I tore up the script and tossed it in the fire. I found out that the rash was due to the stress I was under at the time and then I realised, if I did something about my stress, I would eventually cure myself. It may take some time, but the body is a wonderful healer on its own. Indeed, while I am writing this article, my rash has gone and I am fine. I went to see a homoeopath as well and slowly the rash went away.

**It is interesting to note, that the 'Hippocratic oath', an oath ALL DOCTORS had to swear by, in the days gone by, has been conveniently changed from the original form, to accommodate the modern drug prescription methods.*

In fact, during the 1990's, the Hippocratic oath fell out of favour and now NONE of the 10 medical schools in Australia and New Zealand use it.

The original oath included the following statements; "a promise to share knowledge, to help the ill and not cause harm, and to never give a deadly drug or help another to use one...." Mmmmm!

(Another expression always annoys me and I may as well get this off my chest, whilst I am bitching and that is that original medicines like herbals etc, are now called the `alternative medicines`. Not so, they are the original and modern western medicine is the alternative. Okay, now I feel better! Have a laugh.) Really it does not matter. All in all, it is what we as individuals find works for us, whatever it is called. I don't really care at all and I was not really upset about it, but it is interesting, how things can change. Someone found it to be more appropriate to put a name to modern medicine and the name may as well have that primary front, hey?

THE USE OF BAR SOAPS.



The use of bar-soaps, especially the ones, that lie on the soap holder in the bathroom and laundry, can really become a problem. I really feel it is important to mention this to you, as there are so many skin problems around.

Commercial bar soaps are very alkaline by nature and will strip the natural oils from your skin first and then attack your skin as well. The reason for this is the Ph level is very high. Our skin has a Ph of approximately 5.5 and anything we put on our skin should be close to that. All the commercial soaps I have tested over the years were in the vicinity of Ph 12 to 14.

Following is a quick explanation of the Ph scale. Ph is important in agriculture and soils are constantly tested for the correct Ph for a specific crop. Ph is also important in our body and that is why I mention it so often in conjunction to food. Food and drinks should be mainly alkaline in nature and that means they should be around Ph 8.0 to minimum of 6.0. The balance for food and drinks should be 80% alkaline and 20% acid.

Each time we go up or down by one whole number, the value changes by 10 points, or 10 times the value of the previous number. The difference between Ph 5.5 and 12.5 for instance is therefore 70, not just 7 times more alkaline, a serious level. All soaps and body care products should be balanced to the skin.

A skin product should be acidic, rather than alkaline. Everywhere in my writings I mention the value of alkalinity, but that is the foods and drinks we consume. Lime is a very alkaline chemical and was once used to dissolve whole carcasses, skin, hair and bones. So, if we continue to bombard our skin with an alkaline product, we eventually strip all the goodness from our skin and we get a very dry skin. This

than has to be corrected by the necessary compatible hydrating body oils or creams, something we should not have to resort to, if we used a well-balanced body cleaner.

Another reason why I warn you about bar soaps is that when they lie there all day in the soap holder, they attract fungi and moulds from the air and at times even e.coli germs. When you wash with this bar of soap, you rub these moulds into your skin; not very good! You may have noticed some blackish streaks along the bar of soap, when the soap dries; well, this is a mould.

So, I suggest you use a Ph.-balanced body cleaner, preferably in a gel form, packaged in an airtight container with a pump on top, so no air can enter the container, carrying germs.

All soaps made with caustic soda, are alkaline!

I have not tested the soaps, that people make themselves or the ones available in the weekend markets, made from goat milk and soya oils.

Look up 'Castile soap' on the net. You will find some amazing revealing truths about a totally natural soap, which has been around for hundreds of years and you can get it from your bulk-food store.

Please think about this and maybe you now realise, why your skin is so dry all the time. There must be a fortune in making skin hydrating products. There are hundreds of different brands on the market and they all seem to sell well.

Sometimes it is worthwhile thinking of using a more natural product, such as pure olive oil, avocado oil, coconut oil, macadamia or apricot kernel oil, which are a lot cheaper and are very safe to use. Yes, they are oily and you should use them straight after you had your shower, when the skin is still somewhat damp. Rub the oil into your damp skin and pat your skin dry with a towel, then allow the oil to penetrate before getting dressed. Also, ingesting coconut oil* especially, on a daily basis is a good thing to do. 2 tablespoons a day is accepted as a good measure for maintenance. Coconut oil is mentioned on page 129, as a great healer and aid to some diseases like Alzheimer's disease (very important). It is always better to treat the body from the inside. We are often hurried and treat skin problems from the outside, such as acne, but that doesn't work.

How long should a treatment last to get results? My cures were always obtained within 3 months, by treating the body from the inside. Acne would be gone and rashes gone too, etc. Putting something on the skin, without treating the cause is a band-aid treatment. We must stop the cause first. We must also consider that we may be allergic to a food or skin treatment and that can be a more difficult problem to solve, as we should find out what it is, that causes the skin to react. A lot of chemicals in these body lotions etc., are absolutely wrong, especially Sodium Laurel/Laureth sulphate.

That is why modern medicine is failing badly, as the cause is not found and attacked. Most of the time a pill or potion is prescribed to mask the problem only. Unfortunately, this willy-nilly prescribing of a chemical and it is ALWAYS causing another problem as well.

I also mentioned allergies before, allergies from the modern cleaning products, be they laundry powders or liquids, air fresheners, pest sprays or household cleaners. Toxic chemicals in building products, like carpets, chipboard furniture, are very bad and a house may not be safe to live in for 7 years after it has been built. It takes that long to "out-gas". Use safe and natural products only for your health sake and for the environment. These are serious problems not often solved. Hydrating or other products are recommended by the doctor for rashes and allergies, where the patient should be examined for allergies to chemicals. Just stopping the use of a certain washing powder, can fix a problem.

Friday June 19, 2015.

Just as I am proof reading this article a news flash came over the radio, that Pope Francis has put out a paper called "Landato Si" in which he urges all people to individually help, to make the Earth cleaner by stopping pollution and destroying nature for gain. (Google: Papal paper on climate change)

Global warming etc, is mainly due, to us being so busy, consuming at an alarming rate, wanting and wanting more things we really do NOT NEED.

Go back over my writings and you will find that I am also very concerned about the same problems. It is OUR RESPONSIBILITY FOR SURVIVAL OF THE PLANET AND EVERYTHING IN/ON IT.

While I am on the subject of doing something for our Planet, we **MUST** be more careful of water use, as last night I saw a science program, where they found that the underground aquifers around the world are drying up at an alarming rate, especially in Africa, Western Australia and South America. This is not to be taken lightly as mankind's survival depends on them a lot.

We, as individuals **MUST** act **NOW**. You must not be complacent any longer and remember our friends, our brothers and sisters, our children and grand-children; they are **OUR** responsibility.

Read the article in the beginning of this book.

SINK HOLES



All over the world people experience unusual holes in the ground, which apparently appear from nowhere. Nowadays this happens more and more often and a lot of them appear, after mining has started or even long after mining has finished. With the advent of gas mining, where very deep holes are bored into the ground and pumped full of water and chemicals under pressure, it seems to happen even more frequently. It appears, that when these holes are sunk, a lot of the softer rock structures dissolve

and allow higher layers of the earth to almost melt into them and eventually absorb the top soils, leaving big holes that can swallow structures like houses and smaller ones will swallow up people. They seem to appear suddenly and as I saw on a news program, a woman was hanging out her laundry in her backyard and suddenly she disappeared into one of these holes, directly beneath her washing line, totally unexpected, as there was no hole, when she walked out there. Luckily, she did not go down very far and could be rescued, but some of these holes go very deep.

Even more recently in Brisbane, a hole appeared in someone's backyard and all they can put it down to is the underground earthworks to construct a road tunnel. The repair costs of this particular hole would run into the millions of dollars.

A different scenario is quick sand. On a property I was driving around on, the car suddenly got bogged with one wheel sinking quite deep. I was driving my Nissan Patrol 4WD and could not get the car out at first. I did not have my car engaged in 4WD. I engaged the 4-WD and realised I could not go forward, so I proceeded to drive backward in Lo range. This was even a little struggle, but I got out. I had driven over this spot before and apparently, I set the whole mass in motion driving over the same spot and made some sort of a bog, till this time it was soft enough to get me stuck. The wheel was in this bog right down to the axle.

Gas mining (Gas fracking) bores, are appearing all over the countryside and if this practice is not stopped, we could all be in danger, not just from these holes, but from the poisons that will enter our underground water aquifers as well. It is happening all around the world now and some of these gas plants had to be closed down, due to poisonous material appearing in the water. In my opinion, they should all be closed down as man is again interfering with nature for monetary gain. In the USA there are well over 200.000 of these wells sunk already and more are drilled on a daily basis. The underground water is so polluted with chemicals and gas, that in a large number of households the water coming from the tap is mixed with gas and if you hold a match or lighter near the water, the gas actually ignites and a flame stays alight, as long as the water runs. This is encroaching on our liberties and again, it is the big boys that benefit financially from destroying the earth. When someone complains, these companies do tests and always come out with a favourable result of course, saying there are no dangerous levels of anything in the water table. Farmers in those areas have to irrigate with chemically charged water and even the animals have to drink this stuff and in the case of cattle for meat and milk, you will eat this meat and

drink the milk one day, which has these chemicals in it. The people in these areas cannot use the water they were used to and have to buy water to drink, something that is an expensive business. A very famous scientist once said, if water becomes more expensive than petrol, the world is in trouble.

It is coming close. What is going on, hey?

Water, a God given thing, should be free for us to enjoy. I wrote before, we all should install a large rain water tank besides our house and catch every drop that falls. Make it a large tank too, even if you have to sacrifice some of the garden. If you have water and I mean clean water of course, you have life. We cannot do without it and buying water in bottles, is not only expensive, but also increases the wastes in the garbage dump, as not all these plastic bottles are recycled. Some people say that rain water is also polluted from the air it travels through. Yes, I agree with that in some cases, especially in industrial areas, but after rain a litre of colloidal silver put inside your water tank, will fix that problem.

I hope the world is going to come back to normality soon, so we can enjoy the natural beauties of every aspect of living. I have protested against these mining giants and signed petitions to stop them from doing so much damage. I have financially supported some organisations as well, to do the fighting for me. But the giants are so powerful. I hope for the sake of our children and our grand-children, that we will all have to stand up for something, that is our God given right. Tell your member of parliament please, what you think of this. Sign the petitions and make sure that your voice is heard at protest meetings. That is the only way, we will ever get anywhere unfortunately. We should not have to do this, but our representatives often don't listen to us and that is the time to vote them out.

Yesterday, a shipment of radioactive material has come to Australia from France FOR US TO DEAL WITH AND STORE OR BURY ON OUR CONTINENT. I think this is disgraceful, to say the least and I have already sent a letter to the appropriate minister of protest. Why do we sell Uranium to these countries and take back the poisonous residues when they have extracted what they want from it? Isn't it the responsibility of France in this case, to deal with the residue? Why do we have to suffer the consequences of radiation for hundreds and hundreds of years to come? Apparently, there is more coming soon from other countries and we should stop that from happening. Even the ship, transporting this material, was declared not seaworthy by the USA, so massive negative things could have happened on its way over to Australia.

[An aboriginal elder said the other day that if you awaken the Dragon in the ground, he will make things difficult for mankind. Digging up Uranium especially, is waking up a monster dragon, who is killing people left, right and centre. Digging in general, as for coal, iron ore etc, also affects the dragon mind you.]

We as people are the force; we are the country, we make the decisions. Our representatives should listen and not just vote along party lines in parliament. For that reason, I believe that all parliament members should be Independent and NOT belong to a particular party, so they can represent us truly.

Gas production of course is, to get more energy going for more people and industry in the world, BUT as I mentioned earlier, we should stop consuming so much. We should only buy when we NEED something, not because we WANT something to replace the older, still useful gadget or whatever, which is often following fashions as mentioned under 'Fads and Fashions' above. There are so many alternative ways of producing renewable energy from the sun, wind, wave action, magnetic energy etc, that raping the Earth is not necessary and damaging the Earth at the same time.

A recent update on clean air (April 2015) came to my notice where in a city in China (I think it was Beijing), where they were importing fresh air in pressure cans from South America for people to inhale. What is coming next?

What I am trying to convey to you is the seriousness of life on this planet. We somehow have to stop polluting everything. We must go back to nature and live a simpler lifestyle. We must reduce our demands on resources. We MUST cut back and live a more down to Earth lifestyle, the way we were meant to. We should all read the above again and this time we should do something about it.

I have also finished another book, called: "The way we are meant to live." Here I write down in plain terms, the way we should live and therefor have a happy and healthy life. Not easy to achieve, since we have been on the modern way of living for many years now, but still possible, at least some of it.

WE MUST WALK THE TALK!

Another thing I wrote about above is the statement called “Landato Si”, Pope Frances put out recently about the seriousness if the pollution problem. It is our moral obligation to do something ourselves NOW; each one of us!

I am so serious about all my findings, that I am sharing them with you and bring them to your notice. I am not telling you what to do, but unless everybody helps, the rest of us will suffer regardless. We should consider others and love our brothers and sisters, who would like to be well for a long time and like to preserve Mother Earth for our future offspring. We are bringing them into the world, so we are responsible for them.

The Australian states individually have taken steps to stop people smoking in communal areas. This is a positive step towards clean air and better health. If we could do this for polluting industries as well, we would be on a good road to recovery. Even though there are the necessary meetings of heads of states, like the one in Paris in 2015, to reduce air pollution, this is not happening fast enough in my opinion and the goal set, is not high enough and MUCH too far ahead in the future.

I went to a market this morning and from a distance I heard this amazing female voice singing and playing a guitar. I went straight over there and stood there perplexed at the clarity of her voice and diction. She really moved me; she sang like an angel. I bought a CD and am playing it now in the background, while I am typing this. Why I mention this, is that she in her way, at the age of 22 is contributing to the beauty of life, making people very happy. There were a lot of people waiting to be served, as they all wanted her CD's. Her music is NOT polluted and comes from a beautiful heart.

PEOPLE WHO LOVE PEOPLE



In most countries around the world, there are organisations, who's members work tirelessly and voluntarily, to help others. Without these beautiful people, the world would not function the way it is. There are so many people who need help and cannot get help from governments, so the voluntary organisations get into action and do their best to save these people from doom. Even though there are so many helpers in all sorts of fields, there are still millions of people suffering tremendous ‘pains’, seemingly without an answer. These volunteers need to be congratulated for the work they do tirelessly and constantly.

We can think of:

Volunteer fire fighters, who risk their lives in many circumstances under extreme duress of heat, especially as they have to be dressed with fire proof clothing, which is making them even hotter. Then there are the hours they have to be on duty, at times around the clock non-stop. As fires are so unpredictable, many times these men and women are caught up in situations, where they may be cut off from where they are safe and death often occurs. Even their fire fighter vehicles may be burnt, leaving the fire fighters without water and safety gear. I was involved in the volunteer fire brigade years ago and I could quote you instances, where we used to be out all night in difficult terrain, fighting fires in dense bushland on steep slopes, to save our homes and property. Most of the fires I was involved in were lit by people and could have been prevented.

Carers for the elderly or disabled. That is another branch of love-care. These carers do their work, often at the cost of their own family life. I know a number of these people and I must say, they are very special.

The couple I think of now, individually have their own special people to look after and work different days and hours. The husband and wife hardly see each other and have brought up 2 girls, both of whom are also very caring. Oh, they do get paid by the way, but that will never be enough. Congratulations to them all!

Meals on wheels volunteers are special people too. I have done this work for a while and found it rather interesting. The folks see you coming and invite you into their home. They all want you to stay and talk, as they somehow don't realise, that you have to get moving to the next person, as the meals were getting cold. We often used to go back to them after the work was done and spent some time with them and talked. We as volunteers, were sometimes the only people they saw during the day. They spent the rest of the day watching TV.

Op-shop volunteers are doing another amazing job, because the goods they sell, are bringing in revenue for a number of 'help organisations'. The goods, which are mostly donated by the community, especially clothing and blankets etc, also offer a cheap alternative to many in the community to buy, instead of having to spend money in the retail shops, where they would be much more expensive.

These volunteers are mostly older folks and work many hours a day at times and always have a smile on their face.

Red Cross: We all know what an amazing organisation this is all around the world. They are involved in so many 'help aids', from rescues in snow, on the ocean and of course on land in cases of tsunamis, landslides, floods, to famine affected areas etc.

They prepare food packages and send them wherever they are needed. They go personally to places, where people are in trouble and help them get back on their feet. So many more things they do, wow!!

SES rescue workers in Australia. The same accolade can be given to them and many other organisations around the world. After and/or during a flood, bad storm, cyclone (hurricane) etc., these people have to go out into these situations and help the less fortunate often risking their own lives. They have to free trapped people from their cars and homes, pull them out of fast flowing rivers and you have seen them all. They all deserve a medal, but that would be a pittance, as to what they really deserve. Often the people that have to be rescued, have put themselves into these situations, like trying to cross a flooded river, getting trapped in the meantime. Good on you folks and congratulations!

Ambulance men and women, even though they are paid a wage, should also be mentioned here, as the work they do is so amazing.

When you see or at least realise, what they have to put up with during a day's work; it is incredible. I don't know how they do it, seeing other people suffer dreadful wounds and pain and at times, all their work is not enough to save a life and eventually their work was in vain.

I attended an accident one day myself, where a lady driver was pinned down in her car, after a massive crash with a horse on a foggy night. I was the first responder and did what I could and called the emergency number. I stayed till the ambos took over, but I felt sick and was in some sort of shock myself. I realised that I could not do that work as a profession; you have to be a very special person.

Then I think of the organisations, which deal with people in a negative emotional state; yes those people who are contemplating suicide or something like that. To be able to help a person in need of love and understanding, is always easier face to face, but some of these people have to deal with these traumas over the phone, which makes their job extra difficult.

I have had some experience, dealing with traumas and have sometimes dealt with people over the phone as well. I know, I rather do this job face to face, seeing their reactions and be there for them, when they need a real shoulder to cry on. We hear of so many people, who cannot cope with their situation, be it at home, at work or even in the street. I was just reminded, about the terrorist attack in Sydney and the attack in Paris, where not only the people caught up in the siege, but also how the people, who witnessed the goings on from the street, were affected. We saw the floral tributes after the event, proving so many

people were emotionally disturbed at the time and will have scars from this event for maybe all their lives.

Helping people in need is a wonderful thing, but many folks cannot do that. It is a very special gift to those, who do give freely out of love, with care in their hearts. There are many other people, either singly or in organisations, who should be mentioned, but for now I leave it at this.

BODY MASS INDEX OR QUETELET INDEX

The body Mass Index number, is derived from the mass weight and height of an individual. The BMI is defined as the body weight, divided by the square of the body height and is universally expressed in units of kg/m², resulting from weight in kilograms and height in metres. If pounds and inches are used a conversion factor of 703 (kg/m²)/(lb/inches²) must be applied. When the term BMI is used informally, the units are usually omitted.

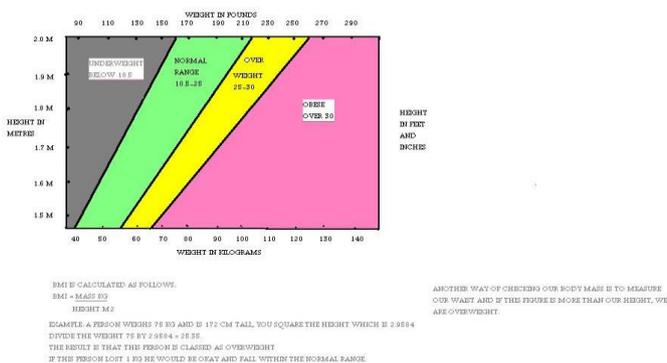
BMI = $\frac{\text{mass kg}}{\text{Height m sq.}}$	= $\frac{\text{mass pounds}}{\text{Height inches squared} \times 703}$
Underweight	18.5
Normal	18.5 to 25
Overweight	25 to 30
Obese	over 30

Average Aussie 27.5 (12th in the world)

Japanese 22.5

Holland 25

An alternative to BMI is to define obese individuals, as those whose waist circumference is greater than 50% of their height, indicating excess intra-abdominal fat.



GLYCAEMIC INDEX

(where can I find out about it)

This information is very important for diabetic people especially.

I was going to write about this subject, but it is very detailed and complex so, I rather refer you to the information on the internet for those who are really interested in the subject.

Much of the pioneering work on Glycaemic index was carried out by Professor Jennie Brand-Miller, PhD, Personal Chair in Human Nutrition in the Human Nutrition Unit, School of Molecular and Microbial Biosciences at the Sydney University, Australia.

The [Glycaemic index website](#) at the University of Sydney provides extensive information about her work as well, as a searchable database for GI values.

Another resource I like is the website established by medical writer David Mendosa and devoted to issues involving Glycaemic index, Glycaemic load, and diabetes management. The Mendosa site also provides comprehensive lists of foods and their GI values.

ANAPHYLAXIS

An Anaphylactic reaction is an acute allergic response, involving IgE (Immunoglobulin E test) mediated, antigen stimulated mast cell activation, resulting in histamine release. That is a mouthful.

Exposure to the antigen may result in dyspnoea, airway obstruction, shock, urticaria and in some cases death.

Anaphylactic reactions may be caused by bee stings, food allergens, medications or exercise.

Rapid administration of subcutaneous epinephrine (adrenaline) is the treatment of choice for severe reactions.

It is an antigen induced IgE mediated release and production of chemical mediators, the target of which is blood vessels and smooth muscle.

Anaphylaxis is a severe allergic reaction. Allergy occurs when the immune system over reacts to a substance or trigger in a person's environment that is typically harmless. This is called an allergen. The immune system responds, by making an antibody to attack the allergen and this starts off a range of immune system reactions.

Allergies can be mild, moderate or severe.

Anaphylaxis is the most severe allergic reaction and affects about one person in 200.



most severe allergic reaction person in 200.

Typical symptoms:

FOODS:

Any food can be a trigger, however the most common trigger foods, that account for about 90% of allergic reactions include: crustaceans (lobster, prawns, and crab), eggs, fish, milk, peanuts, almonds, cashews, pecan, walnuts, sesame seeds and soy products.

Other foods include:

Dairy, chocolate, MSG, additives, citrus fruits, strawberries, tomatoes, wine, especially red wines, histamines and other amines in some foods.

We must be aware of the hidden additives in packaged foods and we **MUST** read labels.

When we find: milk protein, milk, non-fat milk solids, cheese, yoghurt, caseinates, whey, lactose, lactose milk, eggs, egg albumen, egg yolk, egg lecithin and others on the ingredient labels of some food products in the supermarket, these must be investigated. Also, gluten products such as wheat, barley, rye, triticale, wheat bran, malt, oats, cornflour, oat bran, soy, soya beans, hydrolysed vegetable protein, soya protein isolate, soy lecithin, salicylates, strawberries and tomatoes.

People who have candida, must eradicate **ALL** sweets from their diet. **THIS IS VERY DIFFICULT FOR A WHILE**, but the exercise is worth doing. Sugars, honey, syrups, soft drinks, fruit, grain products (especially refined carbohydrates such as white flour foods and white rice etc), **MUST** be taken out of

your diet immediately. *This is `sooo` hard, believe me, but as I said, worthwhile. You will feel so much better without it very quickly.*

Only 25 years ago or so, the average person would consume about 2½ kg of sugar per year. These days it is something over 25 kg and I have read that higher amounts are used. In some cases, up to 60 kg per year. The maximum amount per day would be 6 teaspoons-full TOTAL and to give you an idea: the average soft drink has about 20 teaspoons of sugar in a bottle or can. WOWEE !

There is so much hidden sugar(s) in bought food, you virtually cannot buy anything in the shops, which has been pre-packed, without some kind of `sugar`. If you read the labels you will find the culprits. Sorry guys, but that is the way it is. To refresh your memory on label reading; the first number or name mentioned on the ingredients label is the food stuff, which is the highest in that product. So, if you see sugar first, that means there is more sugar in this product than anything else. Staying with sugar for a moment, the manufacturers want food to taste the way we have developed our taste buds and sweets are on the top of the list in all sorts of foods, together with salt. Common salt is called sodium chloride, which has very bad side effects in our body and we only NEED a very small amount of it in our diet. These days we consume heaps of it, as again it is put in all sorts of pre-packed foods. We often hear the ingredient sodium mentioned. Sodium is NOT salt. Above you read that salt is sodium chloride, the real nasty one.

‘When you read the sodium number on a label, you should triple this number to get the actual salt value’. I bought some yoghurt the other day and put some grapes in it. When I was eating the yoghurt, I found it to taste salty. I read the label and yes indeed, they put salt in this product.

‘LATEX-FOOD’ SYNDROME.

High: Avocado, Banana, chestnut, kiwi fruit and mango.

Moderate: Apple, carrot, celery, melons, papaya, potato and tomato.

Low: Apricot, cherry, citrus, fig, grapes, lychees, mango, nectarine, passion fruit, peach, pear, persimmon, pineapple, strawberry, buckwheat, rye, wheat, coconut, hazelnut, walnut, chick peas, peanuts, soya beans, dill, oregano, sage, peppers, shell fish, sunflower seeds.

INSECT VENOMS:

Bee stings, jumper ants, ticks, fire ants and wasps.

SOME PRESCRIPTION DRUGS:

Penicillin, aspirin and many more.(I don’t know the drugs.)

UNCOMMON TRIGGERS:

Exercise, anaesthesia and latex (rubber).

Having read this article and go back in my personal history, I can relate to some of these foods especially. I have always had a skin “problem” (maybe saying this, is too far-fetched, calling it a problem), but there was always something upsetting me, especially in the digestive area. From an early age, I had stomach pains and they have always been there in some way or form, but I have been able to manage them.

I have had some little niggles lately especially itchy skin and I have been trying to sort out what foods could be causing it. One by one, I have eliminated some foods by trial and error and found not really any one in particular, that was upsetting my skin just yet. I was eating avocado daily and did not suspect this fruit to be a worry, but I left this out of my diet for 3 weeks. There was no change in my skin condition. So, I re-introduced the fruit to my diet. After years of testing foods for a reaction, I decide to check on the internet and see what I could find. Well, I was amazingly surprised to read that the above-mentioned fruits, including avocado, could have an anaphylactic reaction, together with another few of the latex producing fruits like mango, banana etc (see above).

I know I am allergic to fresh mangoes, as I ate so many one season, that I finished up with a “mango rash”, as the local farmers called it. We had a bumper crop and I ate mangoes for breakfast, lunch and dinner. My mother made mango puree, juice, dried some and froze some. We had enough mango

products for a whole year in different forms.

If I stew mangoes or make a jam with them, I do not react that way.

Fresh oysters do the same to me, (not that I like them) but when they are served in a mornay sauce and have been cooked my body doesn't react. Obviously, the enzyme attacking my immune system, has been killed by the heating, in both the above cases.

I have also found that HONEY can create a skin rash in some people, which becomes itchy. When these people stop taking honey, this settles down in about 3 days.

I was brought up with sweets as my father was a honey cake manufacturer and we used a lot of honey, sugar, glucose and syrup in these cakes. It took me years to wean myself off sweets.

Some of the more common reactions are:

1. Skin rashes
2. Coughing
3. Shortness of breath
4. Asthma
5. Wheezing
6. Sneezing
7. Nasal congestion
8. Running nose
9. Watery eyes
10. Redness of the face
11. Insomnia

Suggested remedies

Green tea and chamomile tea

Aloe Vera gel (anti histamine)

Fresh pomegranate or sugar cane juice.

Concoction of tomato soup, 1 teaspoon of freshly chopped ginger, 1 teaspoon lemon juice and a dash of salt to help 2,5,3,7 and 9 above.

Now I am of the opinion, that my dry skin is still an aftermath of my negative emotional state I was under a number of years ago, when I got a bout of psoriasis. The emotional diseases are always much more difficult to heal, than the physical ones, so patience is the word. I am getting better slowly on a daily basis so that is good.

The body is such a complex system, that nothing is easy if we want a cure. We must always look at all the aspects of living and that is why I am writing this down. I don't believe in modern medicine.

NOTE: *I have found a solution, which is helping me with my dry skin in the meantime, through researching all the time and it was the addition of NATTO to my diet.*

Natto is a Japanese pro-biotic and available from the Asian Food market. I take it 3 times a week and it has helped me tremendously. I have been taking this natural medicine now for almost 3 months and will slowly reduce the amount I am taking, and continue to feed my body pro-biotics.

COUNSELLING.



Some of you know that I travelled around Australia in a caravan and loved this life, as I met so many beautiful people. Some of them had problems they liked to share and solved and I seem to be there for them all the time. I have the most remarkable incidences, where someone may come to see me, as I am sitting quietly reading outside my caravan. The person approaches me with a saying:” May I come and speak to you, or may I come in the morning and bring my wife/girlfriend so we can have a chat!”

This is the work of a professional councillor, but since I have spoken to so many people over the years, I may be classed as a councillor anyway.

The results of my work are remarkable. All the people I have seen over the last few years, are very happy with the advice I have given them and they thank me (most of the time) with a big hug. I wrote about a lady arrived in a National park late in the afternoon and drove past where I was sitting, talking to other caravanners. As she drove past, I ‘HEARD’ her saying:” Please come and see me; I want to talk to you”. [This was not a voice, but a vibration, I suppose.] I have this ability to hear people’s thoughts, once they tune into me. Anyway, her story is written above.

Only a few weeks ago, I met a couple from WA at another National park. He came over as soon as I parked my caravan and introduced himself. He was a very nice man and asked me if I did mind him looking like a “hippy”.

I said what difference does looks make? Well, he said that so many people make up their minds on looks alone. I really enjoyed their company for 3 days and they too had issues they wanted to talk about, as their families were brought together after both these two were divorced and re-married and there were children involved. The usual mess through the court system and compromises as to when they have the children to mind, etc.

6 Children in total were involved, of which 4 were still at home. They decided to take a holiday together, as these 4 younger children were with one of their grand-mothers anyway. But they missed them so much, as we were on the East coast of Australia and the children were on the West coast, thousands of kilometres away.

When we left each other, after making some really good friends, we huddled together and hugged and cried and he gave me a very special gift, something he really treasured. I was so impressed. I was almost going to give it back, but that would have hurt him. I will keep that gift forever and make sure I keep it in a safe place, where I can admire it all the time.

So, you see, what we can do, when we have a sympathetic ear.

We can all be of service to our neighbours and friends, but we must make time. When someone is in trouble, we must forgo our personal desires for a little time and help those in need. We can all be counsellors when we want to be and help the needy.

Have you ever had a time, YOU wanted to talk to someone about your stresses in life, be it relationship problems or job-related issues etc?

Maybe you feel stressed out now? Well, please ask a good friend to hear you out and help you get back on the right path, or find a good professional counsellor. You can save your life that way!

BUG KILLERS.



An interesting observation, occurred to me a while ago, when I was watching TV. Not often do I watch television, but on this occasion, I sat through an ad, which really astounded me. They were advertising a bug killer which was all automatic and you did not have to do the spraying yourself. This gadget did it all, 24 hours a day, automatically. A little puff every so often and the house is free of bugs for up to a number of days or even weeks. Then another ad

later on, also mentioned, that you can have one outside your home and when this is working, no bugs would annoy you there either. This spray, puts a bug free halo over the house and garden, free from bugs, like a glass dome. That is the way they advertise it on the ad.

HELLO!!! The bells were started to ring for me, when I saw this and realised, that all day, 24/7, inside or outside, the bugs were being killed, with poison, okay? Don't you think you are being spared from these toxic chemicals? It doesn't matter if you are a human and so much bigger than a bug, but eventually, these chemicals are GOING TO GET YOU!! A little drop/puff at the time, but over time it is going to accumulate in your system and you become the BUG, that is being treated. One drop of rain at the time, eventually makes a flood.

These chemical companies are so clever, knowing we are all looking for convenient ways of doing things today, so out went the fly swatter, in came the hand-held spray can and now, even that thing is old fashioned technology. They know that we are gullible enough to fall for these tricks, but do you see what I mean? These gadgets even look amazing; a real decoration on the wall.

The lady in the ad was very excited and danced around the floor, after she started the gadget and she was ever so pleased, she had found a new way of doing things.

In today's world, we are travelling just too fast and expect new things to happen in our lives on a daily basis. See all the electronic devices that are marketed today. You can walk into a shop daily and find new things there every time. Buy something today and tomorrow it is superseded.

It is TOO FAST to comprehend all this and it is not necessary. If your mobile phone for instance is quite a few years old, you may need another one soon, but not within a few months from purchasing the one you have, surely. Isn't that keeping up with the Joneses?

But as I said, today we expect this to happen and the manufacturers are rubbing their hand together with glee and making millions out of you. The millionaires today are those people, who are inventing gadgets. Actually (Now it is November 2021, as I am editing these statements), the first double trillionaire in the world is Elon Musk and not far behind is Jeff Bezos. We know them all; oh, and the mining magnates, who dig up our beautiful earth for their profit, not yours by the way.

Well, my friends, I am hard on you, but I would like to see you healthy and happy. Health is all I am concerned about and if we keep away from chemicals in and outside the home, we will do much better. I have written these articles about chemicals in our home on a number of occasions. I am now printing them here.



I saw a "tennis racket like" gadget last year, which has a battery in it and electrifies the 'strings' on the racket. As soon as a bug hits it, it gets zapped and drops to the floor. The guy using it was living in a caravan and when he was watching TV or reading, he had this thing in his hand and swiped it at the nearest bug that came near him and he was having fun doing it as well. At least he wasn't being poisoned!

Okay, that is it for now.

WATCHING TV.

I had the good fortune of a broken TV set for a period of over 6 months. I was not worried, because I did not watch TV that often anyway and when I watched anything on TV, it was usually a wild life documentary or sport, like tennis.

I really enjoyed the wildlife around me and making friends with them when travelling.

The problem was a faulty aerial connection. I knew it was not much, but I could not be bothered having it fixed, as I had other things to do with my time, which were very much more important than seeing violence, stupid characters in movies, children's programs which are not suitable for viewing as they often portray the wrong things of real life, unreal situations in families, violent "sports", etc.

I am sure you must agree with me, that there are very few decent programs on the telly that are stimulating and educating but we don't turn it off.



Instead of watching TV, we should sit and talk to each other or play board games or something that involves the whole family. We have become a nation of zombies, sitting and staring at the TV screen, quietly being indoctrinated with NEGATIVE stuff and eating unhealthy snacks and drinking toxic drinks. This is very serious mind you.

Where is the love gone, that could affect the whole world? If we as individuals, would firstly love ourselves, we then will be equipped to love our neighbour, the whole world would be so different and beautiful, peaceful, without fights, wars, hate, violence, destruction, all the negativity etc, etc.

Very seldom we see or hear a positive news item on the news hour. The hour is filled with negative items, we are supposed to be interested in. The way they portray the news, is as if we like to see or hear all that.

Well, I have asked many people about the contents of the news (and programs) we see or hear and everyone I talked to, agrees with me, that there is nothing worthwhile looking at. Strangely though, a lot of these very same people, watch TV avidly every day and night. One finds it hard NOT to turn the TV on, at night especially. The reason is, that we have got used to doing so for a long time and we have forgotten to get the board game out instead. The thing to do is to leave the board game or jigsaw puzzle out on the card table, so you can start the game immediately, when the time comes to have some real FAMILY time.

Not having watched TV for 6 months, hasn't done me any harm and when I had the thing fixed, I came across exactly the same stuff I saw all these months ago, except they changed the names.

TV companies find it very important to put on the news, items such as house fires, murders, rapes, all sorts of other nasty attacks on people, road accidents, police violence, bloody faces after attacks, overseas railway accidents, sportsmen and women being naughty etc.

I had an interesting, personal experience, when I organised my book launch. I went to a number of radio stations and TV channels and asked them if they could cover this event, something I thought was important for the community, a book, to teach us how to be happy and healthy in all the different ways of our life, surely should have some attraction.

Two TV station producers said they would cover the event, BUT both of them told me, *if there was a house fire on that day or around that time, they would not be able to come*. As I said above, house fires are in the news every day and the reporters seem to find them all the time. I wonder if these people are arsonists?

I was told people want that sensationalism, but as I said earlier as well, my research tells me differently. It is not as if I asked just a few people, I have asked hundreds by now and I still get the same answer. I have not found a single person who likes what they see on TV news.

The real news is never shown and maybe we are not told what is really going on, because it could affect the economy or business.

We really need to start thinking again and work out what value we put on life.

Firstly, the value of our own life, our personal values, which are so important. We as spirits, living in our body, have a responsibility to care for both. We dwell in our body and need to keep it healthy and

clean. Just the same as we keep our houses clean and tidy. “Cleanliness is next to Godliness” and we are part of God, we therefore need to be more aware of the beauty of our lives and appreciate the health and happiness we should afford. When we, as individuals are happy and healthy, we are so much more valuable to society as a whole. Not just one person, no, all of us together. I have spoken about similar situations before and I will continue to do so in the future, as this is so important for the whole Universe.

If peace could only reign everywhere, what a place this world of ours would be.

I know, YOU, the person reading this article, do agree with me, but are you going to turn the TV off more now? Are you just going to watch your favourite program, which is educating or entertaining you and your family, instead of sitting there all night and even watch the ads? You know these ads are also very damaging and they are trying to make you believe that what they are selling is GOOD and even cheap. “You can tell by the red stripe through the original retail figure, can’t you?”. As if we believe them doing that.

Yes, invite guests to come and join the family fun as well and try to do so without alcohol. Alcohol should not be consumed anyway, as it is so damaging to our system and it is a bad example to the children who are there with you. Sharing is great. Giving is greater still and as you read in my article about giving from the heart; it is so amazing.

MARRIAGE.



A bond between a man and a woman, should always remain that way. A man, who finds a woman of his choice and falls in love with her, or this may also be in reverse, will eventually marry her, which is a sacred bond, instituted by God (Nature). This marriage is not necessarily forever, as we are meant to believe. There may come a time, when one of the partners is out-growing the other and feels restricted. Rather than staying together against all odds, it is always better to separate and find another, compatible partner again. There are a lot of people who will disagree with me now, but that is because we have been taught to believe that we should stay together `till death do us part`.

I was in the same boat once and when my partner left me, I was devastated, but now I can see her reason for leaving me. I thought we made a pact, not a marriage as such, to be there for one another for the rest of our lives.

A man is needed to fertilise the egg of a woman, to bring forth a baby, just the same as it is in all natural, living beings, whether it is an animal or a plant. In a marriage, the producing of a child, is an act of love, at least that is how it should be. The man and the woman, make this child out of love and in a same-sex relationship, this child is NEVER theirs. This does not mean they cannot, or do not love their adopted child, but it is not the same. Unfortunately, too many children are born, being just an accident of “love making” (lust) and half the time true love doesn’t come into it at all.

I was watching a program on TV and some young men and women were interviewed on a holiday island, during a summer vacation. They all agreed that they were there to have sex, the most important objective of the holiday. That is NOT MAKING LOVE. It has nothing to do with love. It is lust. Of course, these people don’t want a child born out of this lustful act anyway.

Okay, today, we see more and more relationships between same sex partners. If a man or a woman wants to live with another man or woman, that is their choice. This will NEVER be a MARRIAGE in my opinion and a new word should be found for these relationships. That of course is going to cause another dilemma, because these people want the same rights as married couples and if another word was used, things will be even more complicated. All over the world, legislations are being passed in the various parliaments, making it legal for just these situations and they call it MARRIAGE. Of course, the reason for this is to have these people on side, when the next election is being held. The pollies cannot leave anyone out and they will do anything to catch votes. A relationship between 2 same sex partners should NEVER be called a marriage, a word especially reserved for a man and a woman’s bond, to live together and raise a family.

I had a conversation with a single mother a few years ago about this and I said that a man was also needed to raise children. She said to me that she could teach the children all they needed to know, even how to saw a piece of wood and how to hammer a nail into that wood.

A pity that she missed the point. It is not that she could not teach the children to be practical, but the influence of a male, is different than the influence of a female. We are different you know!

That is the point I am making in a same-sex partnership, especially when they adopt children. The influence of 'the other sex' is not there and the children suffer. I will not go into what exactly they all are, but I am sure you know what I mean.

How great is it, when a father comes home from work, gives his wife a nice cuddle and goes to his child and plays with it, doing lovely bonding things? These are the times, when he also contributes to sharing the responsibility of being a father and taking the chore away from the mother, who has a thousand and one things to do yet, before the day is done. She is now free to do things on her own, things she could not do, during the day, because the child or children were keeping her busy. The point is, that a man, the father in this case, does things a different way. He is a MAN and is a little rougher maybe and he takes the children outside and plays man's things; he kicks a football, plays some pretend cricket against a garbage bin and stuff like that. Mum looks out of the kitchen window and sees that happening and feels great to see Dad and the children having so much fun, while she prepares a meal and as soon as it is cooking, comes out and joins in the fun as well. A real family affair of a man, a woman and children. I can go on all day with examples of this kind, but we all have our own ways of being a real family, who love one another and respect the difference between a man and a woman. When the day is done, and the children have been put to bed, the parents have this lovely time together of enjoying each other's company and sharing the experiences of the day, before going to bed and hugging each other etc, before going to sleep.

I am a romantic and appreciate the difference between a man and a woman.

"Viva la différence"!

I have learned a lot over the years and wish I could do it all over again. It will be very different next time around. I can tell you. I miss a lady in my life, a soul mate, as I could be so much happier, but that is the way it is now. I must accept my fate and share my love with the many people I meet every day. Since I have become more aware of my spirituality, my life has taken a turn in a most amazing direction. I feel so useful in so many different ways, as I can help so many folks, who seem to be lost and cannot see a way out. I do a lot of counselling and make these folks happy again. A lot of them are single people, who have lost a partner or have broken up a relationship and don't know what to do. A marriage/relationship breakup takes at least 2 years to repair and we must grieve for that time and allow ourselves to become single again, before taking on another partner. Most of us are on the hunter's trail, immediately following a breakup, but that is not good. I understand why, but please do allow yourself some time-out to find yourself again, just the way you were before you were in the relationship, which is no longer. Please NEVER, break up and keep going back, time after time. This is a sign of not having separated at all and a weakness on your part. You may think you are never going to find another partner, but allowing yourself that separation period, will heal all the negative feelings and you will be yourself again, the beautiful YOU. Don't change for anyone. Just be you, all the time. Don't think that a break-up should be nasty. In fact, it would be so nice, to breakup in a friendly manner, with total understanding of the reason of both parties. Nasty break-ups are costly as well, because solicitors get involved and you both lose out. Difficult isn't it, but true.

I went a bit further than I planned to, but it will not hurt to read all this anyway. I hope you are happy and related to a beautiful partner, who is understanding, happy, loving, good looking, big hearted, reasonable and a great provider in every way.

GUIDED MEDITATIONS.

I want to include here, 2 very powerful `guided meditations` for people who do not normally meditate and find it difficult to concentrate on keeping their mind clear. I have also written them in my book: "The way we are meant to live", as I think they are so amazingly helpful for you, to learn to relax. You can use your own way of imagining the situations you want to be in and how long you would like these meditations to last. Feel comfortable in all you see and do and let your mind be at rest all the time. Trust the result of the outcome and remember you are being loved by the angels and the dolphins. The outcome will be very beautiful.

The first meditation:

Find yourself a place where it is quiet, fresh air, away from noises and smells. A peaceful place in other words!

Sit or lie down, without crossing your legs or arms.

Take some deep breaths through your nose and out through your mouth. Relax! Close your eyes!

(Ideally, you should get someone with a quiet voice to guide you through these meditations and pause after every sentence and allow the message to sink in.)

"I see myself walking through the bush and I am really enjoying myself as the day is pleasant and warm.pause....

The sun is shining and the temperature is just how I like it. ...pause...

It is quiet and there are no people around. ...pause after every sentence...

I am bare footed.

It is early in the morning and then I suddenly come across a high, stone wall

The wall is very tall and it goes on for a long way.

As I am walking, I come to a doorway.

I look at it and I am drawn to this door:



I knock on it, for someone to open this door..... As I wait a moment or two, slowly the door opens and there is an angel greeting me with a very lovingly smile.

She puts her arms out to take my hand and beckons me inside.....

I follow her and I see the most beautiful "garden" imaginabile.....

The grass is so green and soft covered in dew.....

Some pigeons are stripping the seeds from the grasses.Other animals are there grazing.....

I can see kangaroos, wallabies and another host of animals, all peacefully eating and enjoying their breakfast meal together.....

I take a deep breath and take in the perfume of the blossoming flowers from the air, which are nourishing me.

The sounds of other birds are beautiful, melodious and soft.

The insects are doing their thing, especially the bees, who are working the flowers, to gather nectar for their hives.

Some of the bees, land on my arm, but are totally friendly, because I am so much at peace and at one with this garden.....

I know they are not going to harm me and suddenly they disappear again.....

The dew on the grass I walk on, is eliminating some toxins from my body; I can feel it so well.

As I am walking along with the guidance of my angel, more and more beautiful vistas show themselves.

They are magnificent..... a lake a little further on and mountains in the background.....

As I walk along, these reveal themselves as the most beautiful earthly vistas I have ever seen.....



Everything is blissful and peaceful and there is only peace all around me.
I cannot imagine anything different while I am wandering around here.....
Slowly, as I walk towards the lake, I see the clearest water I have ever seen.
I can see fish swimming at any depth and above the water there hangs a fine mist.
I see a family of ducks with ducklings..... there are herons..... pelicans..... spoonbills
all gathering their breakfast from the shallows.
The graceful swans are gliding along, as if driven by the current.
The cormorant, being an early gatherer, is already drying his outspread wings in the sunshine on an old tree sticking out from the water.
There are fish jumping from the lake, as if they are thanking the new day for their food they have just taken.

I am now going to have a swim with all my friends and cool off somewhat.
I walk into the water and swim slowly as not to disturb the locals.
They are not frightened, because I feel so much at peace and at one with nature.
The surface of the shallower parts of the lake, are covered with different coloured lilies; pink ones..... yellow..... and white ones.
Some smaller birds hop from one leaf of these lilies to another, finding their prey for breakfast.....
There is absolute peace and harmony among nature and its creatures.
The Sun is shining bright and warming all of nature, including myself.
I realise this happening and I am now thanking the Sun for appearing every day, as without the Sun there would not be life at all.
The Angel suggests, I sit with her on a fallen tree, near the water's edge and take in the vista.
She too sits down and speaks to me softly.
She explains the beauty of nature at its best.
She also mentions to me, that the whole world can be this beautiful again, if all of us learn to appreciate it and work towards this end with love.
Sitting there peacefully, I take in all of it, deep into my sub-conscious mind.
The effect of the angel being there besides me, makes it easier to grasp, as she meditates with me.
After a good while, when all these amazing and beautiful things have penetrated into my mind, I wander off into the glade again and enjoy



the massive amounts of flowers,perfumes and colours of nature.....

There across one side of the lake is a waterfall where I am going to have a shower and cleanse my body.

This water is just the right temperature, so I am very comfortable.

The water falling on my shoulders, is giving me a massage as well and my blood starts to flow around my shoulders and head.

My thinking becomes clearer and I just feel great.

This experience is rather overwhelming and I feel the need to lie down and have a rest.

I am going to lie on the grass and allow myself to dry off whilst I rest and play with the animals, as if I have known each of them for years.

These animals are not afraid of me, because they only know peace and I am `peace`. I feel amazingly happy and free and all at one with Nature.

My cares have diminished to zero and I want to stay here forever in this Paradise.

I don't want to go home, to the dreary jobs and places where I need to be for now.....long pause.....

Eventually when I am ready, my angel and I start to wander towards the gate again and have another good look around, before I thank the angel and say goodbye to her as she asks me to come back soon.....

As I leave, she gives me a nice hug and I go in peace, remembering, that I can always go back there at any time, when I feel a bit blue.

I now leave through the door and feel great, laden with peace and tranquillity. “

Stay in that frame of mind for a while, as you are till lying down.

Only get up when you are ready to get up, even if it takes an hour or more. This is your TIME.

This experience will be with you for a long time and can always be regained at any time in the future”.

The second meditation.

This meditation is especially valuable to balance your chakras, when you are down, disturbed and uncertain about the future or if you are trying to get rid of some stress in your past and need the chakras working at their best.



*“I am standing on a very small sandy island with only one palm tree on it, in the middle of the ocean.....
 I am naked and feel very comfortable being there.....
 The day is warm and comfortable with the sun shining.
 The ocean is so blue and inviting.....
 I am looking into the distance and wonder what lies beneath the ocean.
 I walk forward and stand in the water about knee deep. The water is pleasantly warm also, just the way I like it.....*

*As I stand there, I lift my arms above my head and clap my hands loudly, calling the dolphins.
 I do this a few timesand suddenly I see two dolphins in the distance....., swimming and jumping out of the water.*



*They are happy and are coming closer to me every minute. This scene is making me very happy and I cannot wait for them to come really close.....
 Soon they arrive at where I stand and they ask me if I would like a ride.....
 I said: “ Yes please”
 They invite me to hold onto their dorsal fins, one dolphin on each side of me and off we all go away from my island.*

*This alone is an amazing experience, as they dip and jump and zigzag everywhere.....
 This play goes on as long as I want it to.....
 The dolphins are very happy, to make me happy for as long as it takes.....
 Soon I cannot see my island any more as the distance they have travelled is quite a long way off shore.....
 After a while these dolphins ask me if I would like to see their special castle.....*



I agree to that and they start to dive down.....
 They tell me that I do not have to worry about breathing air, as they can arrange it so, that I can breathe via gills, like a fish.
 I can take my time. There is no hurry.....
 Arriving at the base of the castle I let go of the dolphins' fins and I go into the castle.....
 The bottom floor is all bedecked in RED walls and beautiful paintings. Red is the colour of my 'Base chakra'.....
 There are a lot of little coloured fish swimming around and I admire them.
 Even the fish swimming on this level are mainly of a red colour.

 I am staying here as long as I likeand admire the scene. It is very peaceful..... balancing..... and healing.....
 After spending some time there and I am getting my Base Chakra balanced, I slowly climb the stairs and come to an ORANGE coloured floor.....
 Similarly, this floor is mainly coloured in orange, including the fish. Orange is the colour of my 'Sacral chakra'.....
 I find peace here as well meaning, I am doing what I have set out to do and balance each Chakra at the time.

 After another little while, I climb the next set of stairs and come to a YELLOW area.
 As before, most things on this floor are yellow. Yellow is the colour of my 'Solar plexus'.....
 The solar plexus is important to me, as it controls my emotions and if I am not balanced, I can be in trouble.....

 I spend some extra time here and don't want to rush, before moving on to the next level.....
 Again, I hold conversations with the fishes of yellow colourations. It is all so friendly and easy.....
 Up the stairs I go and into the GREEN area.
 Green is the colour of my 'Heart chakra'. I know how important it is to be balanced in my heart.....
 Together with the solar plexus, I don't want to rush leaving here and spend some good time, enjoying the peace I am receiving at this level.
 I take it all in and let it sink in into my heart.....
 Up I go again and now I arrive in the LIGHT BLUE area.....
 This level deals with the 'Throat chakra'.....
 My voice and expressions are controlled by a clear and free throat chakra.
 I talk to the fishes and clear my voice.
 Listen to them answer me and I say: " I love you as creations of this wonderful planet I live on".....
 Up I go another flight of stairs and I come to the DARK BLUE or magenta floor.....
 The same colour as the evening sky.
 The chakra here is the 'Third eye', our wisdom chakra.....

 Slowly but surely, having a great time balancing my Chakras, I now move to the top floor of the castle and I reach the PURPLE floor.

*The area called the “Crown chakra”.....
 This chakra allows me to communicate with the Universe and the Cosmos.....
 I want to clear all the chakras to be free and open to have the `Chi` or life force move easily between them.....*

Once I have travelled right to the top and have enjoyed the journey, I start climbing back down, floor by floor and reflect on all the things on each level again.....

I am taking time to do solong pause.....and once I arrive at the bottom floor, the dolphins are there to greet me again.....

They take me back to my island via a different route and I am enjoying the ride again in their presence.....

This return ride is even better than the way over from the island,as now I feel so clean and relaxed and I can really enjoy myself.....

I arrive back at the island.....

I give the dolphins a big kiss of love on their snout and thank them as a brother/sister for the experience.....

I now imagine myself lying down on the beach of this island and going to sleep, resting and filling myself with the love of everything you have experienced.

Stay there as long as it takes.....

This is your time!

Next time you need to balance your chakras, go back to your island and clap your hands again.

The dolphins will be coming to get you soon.

As I said, these guided meditations are so good, especially if you do not meditate regularly and/or find it difficult to concentrate on nothing.

You can get someone to guide you very quietly in the background, saying these words and all you need to do is follow the directions you are given.

I remember doing these for the first time with a guide and I refused to come out of the meditation, as I found so much peace. I wanted to stay there in this happy place(s). I am not a water person and was at first a bit worried about the breathing under water, but I had complete trust in the promise of the dolphins.

I was asked only a few days ago, what I did when I first started to meditate.

I told the lady I was so frustrated at times, as my mind is always busy, but I persisted and with help of these above guided meditations, I managed to be quite a good meditator (most of the time).

I am a planner and my brain never stops working. I wake up during the night and I could be working on the most complex problems, trying to solve them and I have solved some amazing things, especially during the early morning hours, just before sun rise.

I hope these will be beneficial to you as well and I am sure there are even more of these we can think of. Whatever suits you, you should familiarise yourself with that situation. Find a happy situation where you would like to be and meditate on that.

Think of a happy scene like a flower, a beautiful coloured bird and listening to its song, a happy child, a beautiful* partner, etc., all worthwhile scenes you can create within yourself.

*A beautiful partner is a person who is not only beautiful to look at, but has a beautiful heart and disposition, loving and caring for you as you would for her/him in all circumstances.

Beauty is only skin deep, remember!

I hope and wish you luck in this venture. These have certainly helped me.



RELAX in the open spaces, with fresh air and the soothing sounds of nature.

RECOMMENDED READING:

Victory over dis...eases	Shanti Linsen	ISBN: 978-0-9871344-2-4(5)
The way we are meant to Live.	Shanti Linsen.	
Farming and building	Shanti Linsen	
Share MY POT OF GOLD	Shanti Linsen	
Fruit and vegetables	Shanti Linsen	
‘John 1 : 1’	Shanti Linsen	
Book of poems	Shanti Linsen	
In the beginning	Shanti Linsen	
The Chemical Maze	Bill Statham	ISBN: 9780957 853560
Universal symbols	Ken Dowling	ISBN: 978-0-646-58828-5
The “Mozart effect”	Don Campbell	

INDEX:

About the author	4
Alphabetical index	8
This book explained. My spiritual life	10
The power of positive thinking	13
Asking the Universe	13
Messages from the Universe	15
Setting goals	16
Cancer and the sun	17
Bi-carbonate and maple syrup	21
The autumn years	24
What is the problem with junkfood	27
Colloidal silver	31

Childbirth again	36
Respecting people's choices	37
Blocked sinuses	38
Meeting people	39
CT and CAT scans	40
Biodynamics	42
Aspartame	45
Meat glue	49
Violence	49
Health. Acidity again	51
White lighting	55
Canola oil	56
Siberian cleanse	58
Burns	60
Barcodes	61
Coconut oil	63
Mountain air	65
Crystals and their disappearance	66
Our freedom	67
Magnesium	69
Oxygen therapy	71
The neem tree	72
Sports drinks	73
Diabetes	74
Doctors' appointments	76
The land of milk and honey	77
Having faith	78
Diets	80
Drinking water	82
Seed savers	85
The path to paradise	86
Psychotic drugs	87
Our natural senses	88
Mozart effect	91
Being prepared	93
Domain picture	97
Health foods	101
Cleaning without chemicals	103
Making compost	105
Fads and fashions	107
Cholesterol medicine	109
The use of bar soaps	111
Sink holes	112
We must 'walk the talk'	115
People who love people	115
Body mass index	117
Glycaemic index	117
Anaphylaxis	118
Counselling	121
Bug killers	122
Watching TV	123
Marriage	124
Guided meditations	126

Recommended reading	132
Index	132
Author's afterword	134
Dear reader	135

Author's afterword.

“In a nutshell.”



Having read “Victory over dis...eases”, and this book “Victory over diseases #2, ...and there is more, much more”, which contains thousands of words, you would think that it is enough to convince you to take care of yourself and be happy and healthy for all of your life. Some of you may think that it is all too difficult and “I cannot be bothered” doing all that, even if it makes me live longer. It is not the LONGER life necessarily but it is the QUALITY of life I

am pushing.

If you find it too difficult to follow all these suggestions, maybe you can follow just some of them and that will help anyway. Otherwise close the book and put yourselves in the position of native/original men and women. These people ate all the natural, locally grown, organic foods, drank just clean, fresh water and had a very happy and long life, even if the apple was a bit “sour”. In other words, do things your way.

Some of you also say that in today's world, you cannot live like that. Well, that is not true. It is not as easy as it used to be, but we can still live by nature and eat natural food from the earth, if we want to.

I know people, who do live such lives and have children too. I used to and I am ashamed that I am not as strict as I used to be, but that is because I cannot grow my own any more, but I still do my utmost to obtain the best quality, natural fresh foods. Some folks do not need much from the outside world when they grow their own food. My daughter is one of them and she and her husband live a very healthy life off the land. You should see their produce.

In another book I have written, named: “The way we are meant to live”, my daughter and I have illustrated what can be done and she and her husband run a very busy business as well, just the two of them. So don't say it can't be done.

It makes me ashamed not being able to do this still. Remember that we are all IN this world, but we do not have to be OFF this world. We have a right to live a life we love ourselves, even though we have our society, which dictates a large part of our lives.

This is it in a NUTSHELL. Allow your brain to reason it all out and then implement these thoughts into your life.

As I have written earlier, that I have always been a `black sheep` and have lived as much as possible the way I wanted to. It is not always easy, but if you want to make the sacrifices it is worth it. If I was spared of the accident on the farm and had stayed there, I could still be doing everything natural and be a lot better off than what I am now. Hind side is yesterday's stuff and cannot be used today. We should take the positive knowledge with us and store it, then call upon that knowledge whenever it is required. That is learning. Let us share our experiences and help others as much as possible out of love for one another as brothers and sisters.

THAT IS THE REASON WHY WE ARE HERE ON THIS PLANET, something some people have never realised. They often wonder why we are here and why we are often miserable. It should not be that way. Love yourself and when you do, you love everyone out there.

LIFE IS MEANT TO BE EASY!
MANY HANDS MAKE LIGHT WORK.
MANY LOVING HANDS MAKE IT PERFECT!

With lots of love, Shanti

Dear readers.



I hope you have enjoyed being informed about some facts we don't ever read about or see on TV, which are extremely important to us.

As you know I was travelling around Australia in a caravan for the last 5 years and seeing the beauty of my country. Having done that, I have appreciated a lot of things, but the one thing I missed, is the availability of fresh, organic food, something I was growing on my farm, before I started to travel.

Self-sufficiency is now becoming more of a need, rather than a luxury or a hobby, as the figures show us, that in less than 22 years, the world's population will have doubled to what we have now and that is, there will be 15 BILLION people to feed, something that seems impossible, as we cannot feed the population now.

On the news we hear and are told that the multinational companies such as Monsanto and Nestlé are solving the problem, by seed saving and will be able to supply us with the seeds we need. Yes, they will supply us with seeds, but you will PAY for them dearly, as they are genetically modified, so you will have to get new ones every year (FROM THEM), as the mother plant will NOT reproduce a fruit with viable seeds. This is control at the highest level, with the backing of governments the world over. I mentioned in a previous article, that I spoke at a seed savers day in Mareeba recently, where I stressed the need for these people, doing just what we should all be doing and that is save VIABLE seeds from your fruits, vegetables and herbs NOW, and share them with others. You will have produce in the future and you can save your family from famine. Yes, you yourself, your own children and grandchildren will starve, as so many do already in some countries. It is hard to imagine today in the western world, as things are okay, but I am not joking or taking this lightly. I wonder sometimes, how many people are saving their seeds, for sowing the next season? You may say: "I can't be bothered.", but that is just it, WE SHOULD BE DOING IT, because we will need some seeds one day, to feed ourselves and we cannot leave it up to just a few. We should all be working together, towards a comfortable and safe future.

We also need to be more aware of consumerism, the practice of buying so many goods every day and week. Doing so, makes the multi nationals rich, as they need to supply the manufacturers with coal, iron ore, wood and many other things made from the oil industry. All these raw materials come from Mother Earth and she is suffering. What I did NOT like to see when travelling around Australia was all these mining ventures all over the place. It was sickening to me. It cannot keep on going, but only WE can stop them from doing so and that is to stop buying a new `this and the other gadget` every day. We can do without them. I have not watched TV for months and have not missed it. I, rather than sit there and be bombarded with rubbish, spend another half an hour in the garden or straighten out some dirt, getting ready to plant some food. "When God put Adam and Eve in Paradise", He wanted them to be happy and self-sufficient for many years, but unfortunately, man disobeyed Him and now is paying for these consequences. Whether you believe this story, at least man was put on this Earth and learned to survive off the land. Simple living was the order of the day. Providing for our families was the number one priority. We have become greedy and our God is often called MONEY, but as a Cree Indian Chief said one day: "When the rivers have dried up and the trees have been felled,we realise we cannot eat money". We can all re-create our own Paradise. We must live together in harmony. We must appreciate all creatures, even the ants, who can be a nuisance at times, but they have an important role to play just the same.

I am writing this article and it may be the last one for a while, as I will really need time to spend!"

doing”, “teaching” and “planting ?”.

Folks, I have said what I want to, about the need to provide for oneself soon. You folks, who surely can see the writing on the wall, will follow these thoughts and act upon the predicted negative future, **IF WE DON'T ACT.**

It is better to be prepared, than to miss out. You cannot loose.

I have written about it in my book and in some articles before, so enough said about it; it is in your hands. It indeed spells doom and gloom, because it is. It won't be pretty or comfortable, but again, **ONLY IF WE DON'T ACT, YES ALL OF US TOGETHER.**

Lots of love and peace, Shanti. You are in my thoughts every day!

P.S. Today, Monday, 8th November, 2021. (I am editing some articles)

One more thing. As I woke this morning and turned on the TV, just to see, if there was anything of interest, I heard the notification that people are now asked to get a **BOOSTER SHOT FOR COVID 19.** This means, that those people who have had 2 shots already, are now 'told' to have another vaccination, something we were not told about in the beginning.

ALSO, THESE SHOTS MAY HAVE TO BE REPEATED EVERY 4 to 6 MONTHS, and it does not matter which brand you had previously. The jury is still out, as to how often you will have to be re-vaccinated in the future.

Are they serious? Are they playing games? Are they thinking you are stupid? Is this scientific, doing things without previous knowledge of what may be the outcome? I think it is time, that we are told **WHAT IS IN THESE VACCINES?** More rats maybe?

The whole thing sounds like control again and the regulations for un-vaccinated people are getting stricter.

WE, WHO LOVE OUR BODY AND DO NOT WANT TO BE INTERFERED WITH, are going to be persecuted, because we have done the right thing by ourselves and keeping our bodies healthy.

For many years now, I have seen the writing on the wall, of governments wanting to control the population in various ways and they have tried so hard and failed. Now they have released the Covid 19, scaring people into being vaccinated with an **UN-KNOWN, UN-TRIED, UN-SCIENTIFIC VACCINE,** which is seemingly doing the job of controlling **EVERY PERSON ON THIS PLANET.**

I would rather be dead, than being controlled by the rich.

I am **NOT** afraid to die and if it comes to that, I will go in peace, knowing I have done all I can to help humanity, the best way I know. I have spread my love, I have sent much peace to everyone, I have treated and cured many people with the knowledge I have gained over the years and today, I am sitting here sending the information I have obtained over the years, trying to protect you from harm. What I have written above and in my previous books, is to help you gain some knowledge also, to keep you well and happy. I hope you see it this way.

OPEN YOUR EYES AND LISTEN CAREFULLY AND SEE THE BODY-LANGUAGE WHEN THE AUTHORITIES SPEAK.

Dear women, you are always so amazingly observant, whenever you deal with people. You have this special sense men do not have or use.

Let us hear your voices, loud and clear.

You are good at this game and I don't mind admitting this fact, being a man. I have been here a long time and have experienced this fact more than once.

Why do you think they employ so many women at Border patrols and airport checks etc ?

Yes, that's right.you got it!

Once more, I wish you a happy, healthy and peaceful life.

Shanti with love!

Blank page