

Victory over dis...eases

Re-edited version.

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Victory over dis...eases

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This book is dedicated with love to the whole Universe.

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Introduction

Hello reader,

When I decided on a name for this book, I came up with the current title:
“VICTORY OVER *DIS...EASES*”.

The word `disease` means many things to me. Our physical, sexual, psychological, emotional, mental and spiritual discomforts are just a few of them, so in other words, once we are out of our

comfort zone, we are now no longer in a state of 'ease', but in a state of 'dis-ease' or 'uneasiness'.

The writings that follow therefore, cover a wide variety of topics, where or when we can feel uncomfortable, uneasy or dis-eased.

In this publication I have written suggestions, to help you to be well for a long time. I am NOT telling you what to do, but my life's experiences have taught me a lot and these experiences I am passing on to you as a teacher. There are some very controversial items stated here and not everyone would agree with me, but that is alright, however I am not going into a discussion with you, whether I am right or wrong.

If you are a doctor and you read this, you will be horrified at first, as what I state here, is NOT what you have been taught, but read on and you will find a lot of items, that are true if you open your mind to them. However, I have proof of all my statements and I stick with them.

If you don't want to read any more and you think, it is going to be too difficult, stop NOW, but I am writing from my heart and my soul as a brother to you all. I care so much for the Universe and everything within it and that includes you as well. I have learned so much, especially during the last decade, since I have had time to spiritually connect with everything. You will read later on, that I was 'told' to do a meditation in the desert, which changed my life so much.

I now understand why some very well-known people in history have made an impact on the whole of society, worldwide, after meditations of the same kind and so often in the desert, sometimes for a short time and other times for years.

This book is NOT written to be challenged. I am writing down my findings and what I have learned from personal experiences, research and from my patients over the years, as well as my new-found circle of 'friends', who lovingly support me all the way at any time. We are on this planet to learn and to teach, so this is my contribution. There is a book in all of us, when we start to think about it.

I hope to inspire you with ideas, to make you well and keep you well for many years to come and **prevent sickness coming your way in the first place** and to accept the whole Universe as a friend to support you always. Nature supports you when you realise that when you have a little bird come and sit on your knee, as happened to me in the bush when I was meditating quietly and a butterfly land on one's hand as happened to a dear friend of mine just recently to say: "You are loved".

This new and updated version of "Victory over dis...eases (2021)", is written with more information about our social existence, the things we take for granted and the advertising we so 'love to hear and see' and be caught up in on a daily basis, without even having to use our own brain to work things out, to see if all they tell us is the truth and nothing but the truth.

Please be aware of the money sharks who want your money and nothing else. The products they want to sell you are not needed by you most of the time and are not worth the money, EVEN IF THEY GIVE YOU 2 FOR THE PRICE OF ONE.

Takeaway food is another shortcut to ill-health, so don't think you are eating something that will sustain a healthy body for long. Some parts of industry, use sugar, knowing very well that sugar is a very bad additive to our diet, BUT they keep on making products with sugar in them, because it is MONEY, despite the fact it is killing us.

The word HEALTH is used so readily all the time, even by insurance people who are in the market to take your money for compensation IF you get sick. They advertise that insuring with them against sickness is your HEALTH. You would be better of keeping yourself well and put

some money aside each week and keep this in a tin under your bed (every member of your family), to pay for accidental injuries IF THEY OCCUR. This is how I have managed to survive, without health insurance ALL MY LIFE. I believe in my God and have faith that He will keep me well, as I am doing what He has told me to do. I hear His voice often and get instructions.

As you will read further on, I reached my “fourth 21st birthday” last year and have not seen a doctor for illness for more than 54 years; nor have I taken any medication at all or had a cold or the flu, something ‘they’ say (The HEALTH INDUSTRY) everyone gets at least twice or three times a year and that is supposed to be the norm. Come on! Wakey, wakey!

I will not be held liable for what you do with the following instructions, as I have no control over your actions and as stated many times during my writings, you are different to the person I write about, physically and spiritually and subtle changes would always have to be considered in the treatment of every single person in the world, but remembering you are a creation of God, you will never be alone and will always be supported and loved.

If you go ahead and do something I did to another patient, the outcome is entirely your responsibility, not mine.

I am confident though, that if you follow these general instructions and adapt them to the situation in your life, you will be so much better, if not healed in time. It will depend on the gravity of your condition, your age, your outlook on life and how far the ‘disease’ has been allowed to rage on, or physically has been aggravated by chemical interferences over the years.

I am going to deal with your physical problems mainly in this book, but throughout the writings, I will continue to remind you, that life is not just physical.

Generally speaking, if you alkalise your body, eat health giving foods that are grown and prepared at home, gave away all packaged and industrially prepared shop bought foods, reduced your animal protein intake, drank fresh fruit and vegetable juice and plenty of alkaline water instead of soft drinks, turned off the TV for most of the time and improved your family life, be positive and believe in yourself, you will be so much better in a short time. Remember:” Love makes the world go around”, so give that a real go as well. Loving everything in nature is so amazing; people, trees, animals, everything. You will be at peace very soon.

I would like you to share these instructions with your friends, but only if they are as convinced as you are, that natural healing or better: ‘prevention’, is the way to go. Trust yourself as a healer; be patient and positive as there may be a lesson to be learned from your predicament.

The acid/alkaline chart is very valuable for anyone.

Contact me by e-mail, if you genuinely need help, not an argument, at: shantilinsen@victory-over-diseases.com. ALWAYS MENTION THE WORD “VICTORY” IN THE SUBJECT LINE otherwise you may not get a reply.

Throughout this book I underline or highlight words or sentences, as I want you to take extra notice of what is written. If I would just write in the normal way, you might miss my intention. I hope this is not disturbing to you.

One more thing I want to mention is that I sometimes jump like a monkey in a tree, from branch

to branch and get a little off the subject, but that is because there is so much in my head and I want to write that down while I think of it. This proves I am not a writer, but I mean well. It also makes me repeat myself at times, but that can be good.

I wish you a happy, loving and healthy life.

Shanti

About the author

My personal introduction will only take a few words, as I prefer to write about more interesting subjects.

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.

In 1952, I came to Australia with my father, mother and 4 of my brothers. 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 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.

During free time, I played squash upstairs, on the first squash courts in Sydney. I was also involved in teaching physical education and weight reduction classes, some self-defence for women and wrestling for men.

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 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 again. He invited me to his room, where we talked for hours together. In the end he asked me to come and see him at 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.

As I am writing this story, I still get a buzz, as it was such an event, one that we 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 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, which were varied indeed. In 1972, I went out on my own and opened my practice in East Ballina NSW as the:

Jos T. 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 professionals 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. I will enlighten you with some actual case histories in the beginning of this book, to show you what can be achieved. These cases have been part of my 48 years in business 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 will attack 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, 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, therefor 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.

Start at the beginning of this book and you will be thrilled with the results I have achieved.

I am proud of the fact that I have been able to help these patients physically and many times mentally, emotionally or spiritually.

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. I am not a writer by profession and this is my first book ever, although

partly re-written now, 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 write about later. 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 this predicament.

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. You will read in the Asthma article, that I needed to pray, as *apparently*, I was not getting a result. It did not hurt to pray at all and I was helped, because I HAD THE FAITH that He would help me and to ask when I was in need.

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

I want to thank a number of people who have been so helpful with research and also the publishing of my work.

Firstly: my ex-partner Kaye, who initially has been so great in finding things for me on the internet, as I had no time to research there myself, plus I was completely computer illiterate. Thank you Kaye and I wish you a very happy life.

Then I cannot thank Jordi Llonch enough for all he has done. His expertise in publishing is amazing. Without his help and many hours in front of his computer, the original publication of this book would not be a reality. Thank you, Jordi, with lots of love.

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 gathered over 48 years in actual clinical work as an Osteopath 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 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. 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 as I will discuss later on, we professionals 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.

It took me a long time to find a title for this book and I think this one “Victory over dis...eases” is well suited. 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

Cures and treatments

Early to bed and early to rise, makes a man healthy, wealthy and wise.

Benjamin
Franklin.

Cures and treatments are given to those people, who for one reason or another, have let their health slip downwards, to a point, where the body itself, could not do the recovering.

Some physical and also mental, emotional, psychological, spiritual, sexual and any other diseases are commonly treated with drugs, interference by operations and so forth.

These actions are usually quite severe and can cause drastic side effects, which in turn need to be addressed as well.

Drug intervention is almost never without bad side effects and secondary diseases will almost always occur. These man-made diseases then need to be tackled as well and so the merry-go-round is in full swing.

So-called alternative treatments are usually much kinder and have very few side effects if any. These treatments are mentioned further on in this book and should be looked at in the very first instance when we are not feeling well, because of the milder effects on the body. The trick of healing lies in the early detection of something going wrong, not gone wrong. If something has gone wrong, you have waited too long. So often we allow a disease to get so bad, that drastic measures are called for. If we had started earlier, the treatment would be so much easier and kinder. Be aware of changes in your life. Take time out regularly and be quiet and observe your body and soul in meditation. Life is difficult today and we are so involved in our work and making money, that our bodies suffer unnecessarily, because we HAVE NO TIME to not work or whatever. There are times when you need to MAKE time. You are important! You are a human being, who is part of this beautiful world and you DO COUNT. Never think that you are not even important. There are always people who need you, yes YOU.

Yes, there are times when modern medical intervention is needed immediately, since you have left things go too far to the negative side, because they can revive a person faster than the alternative ones. However, they can be so potent, that we often pay the price later.

When the **first sign** of a disease (discomfort) appears, we should act immediately and start the treatment the NATURAL way. We should be aware of symptoms and find the treatment to suit. Go to a natural healer, such as an Osteopath, Chiropractor, Acupuncturist/Chinese herbalist or Physiotherapist for body imbalances, an Herbalist, Naturopath, Kinesiologist for other types of discomforts, etc.

I do not necessarily support the Health Food Shops, as they are agents for Vitamin and mineral manufacturers and want to sell you goods, which are not necessarily what you need. Treatment for a disease is more than popping a pill. You need to be completely diagnosed first, before you should buy a pill. Do a cleanse etc., something I will discuss also.

Those (health food) shops that sell bulk foods, like flour, seeds, nuts etc., are good to support, rather than buying these products from a super market, where these items may be stale and preserved. You can buy a small amount of these goods and get some more when you need them,

having fresh foods all the time. The more they sell, the fresher the products are. So please give them a go soon.

Go and see a good friend or relation if you have an emotional upheaval and cry on their shoulder. If that person cannot help you, ask him/her to take you to a good counsellor. Early intervention in these circumstances is so vital. Don't be tough and think that you can overcome some traumas, which are deep seated. We all need help sometimes. Yes, me too! I've been there and done that, but I learned so much from the experience, that I am not sorry, I had to suffer this pain, as now I can share with you what I did.

Education in this field is very poor and it is up to ourselves to do some research, as to what these different healers have to offer. In other words, what does an Osteopath do and what does he/she treat?

What is kinesiology and what do these people do? Etc.

We all know what a doctor does and are you happy with that alone?

If you have car trouble, you sometimes need not only a mechanic, to do the mechanical repairs, but also an auto-electrician and/or a spray painter etc.

Not unless this mechanic is trained in all these professions, you will have to go further afield.

The same thing happens when we are diseased, we sometimes need more than one healer, to tackle the complexity of our body. And it is complex.

You know all the different medical specialists; why don't you make a point of learning about the **natural** healing fraternity?

After I had studied the different natural sciences, I was able to either treat the patient myself with Osteopathic/Chiropractic and/or Naturopathic methods or I would send this patient to another natural healing specialist, whom I knew and I would make sure he/she was well qualified to deal with this particular problem.

Now however, I am wondering, why we need to be *treated* all the time?

Are we really doing such a bad job of looking after ourselves to prevent diseases? The answer is YES. Times are difficult and we are so much involved in making money to survive and therefore, we are taking short cuts. The business people know this and encourage you to buy pre-packed items of food from the super-market shelves or get take-away foods, to speed up the preparation of a meal. These meals are packed full of preservatives and other chemical substances, so they will last till you eat them. This way of life also affects your mental state. More of that later.

Please read on and you will find some very interesting preventative methods written in this book. They are not necessarily easy, in fact some of them are very difficult for those, who have settled into a pattern of life, but for the younger generation's sake, please help them to have a happy and disease-free life at an early age, a very early age, by educating them and teaching them what you have learned here and elsewhere.

Our children and grand-children rely on us parents and elders, who should have the knowledge gained over the years. If I cannot help you personally, maybe I can educate you for your offspring's sake. Education in every field of life should be passed on, not just health.

The following stories are about patients, whom I was able to help cure in my clinic and I am very proud of them, as they were all willing to pitch in and do their own curing under my guidance.

Asthma

I would like to start with one of the most difficult diseases of them all. It was the greatest thrill for me, when I first treated a patient with asthma, to eventually finish up with a totally healthy

woman. Even today it is still the same thrill, to remember seeing this lady relieved of her ordeal. On a quiet Sunday afternoon, at 3 pm in 1973, a car pulled up at the front of my house, where the clinic was situated as well, just at the time I was about to take the kids to the beach. A slender gentleman came out of his car and approached the house.

He introduced himself and he mentioned his son, whom I had treated previously for a back complaint at Mr. Pescud's clinic.

He proceeded to tell me that his wife, who was in the car outside, had asthma pretty bad and that his son told him, if Jos (Shanti) cannot cure her, there would be very little hope, since they knew Mr. Pescud.

Since she had the problem for years, I thought that I could get away with booking her in on the next day, as I had promised the children this beach trip, BUT upon seeing her, slumped over on the bench seat of the car and breathing ever so poorly, I could not possibly let her go any longer, as she was barely breathing. She was very large and looked a greenish/purple colour.

It almost made me sick to see and hear her like that, because I like to take deep breaths in fresh air all the time. That's why I live in the country, away from polluted air.

This poor soul wasn't able to breathe properly. Immediately my mind was made up and we proceeded to take her into the clinic, which was a job in itself. She had no energy and was very heavy. We could not carry her. She was also exhausted from the trip of driving 800 kilometres from their home.

During the trip, she repeatedly asked her husband to stop and let her die, but he pushed on regardless, hoping to find me at home.

Once in the clinic, I gave her some herbal medicines to calm her down and to relax her from the trip. She hated speed and that did not help her with her condition. These first medicines were followed up with herbals to make her breathe a little easier. She was on conventional medicine and I insisted she stay on them for now, but they did not seem to do anything anyway. The problem was too deep and the **cause** had to be found.

It is no good just treating the symptoms and that is all. That was obviously done to her so far. After a few days of special massage, which was hard on her and very hard on me, I tried some small manipulations, however, she was too tense and she was too hard to adjust at this stage. I continued with the massage treatments for three hours every day, 7 days a week and I was wondering at one stage, whether I was on the right track, because APPARENTLY, nothing was happening. One day I decided to pray to my God, whilst I was treating her, to get some inspiration and indeed I received some very positive messages and proceeded along this path. It was basically the addition of "warming herbs" to the massage medium. The result was amazing. After about 10 minutes, she asked me, what the colour of her back was like, where I was massaging. I told her the colour of a fire engine, really red. She said she thought so, as she felt the warmth getting down deep into her lungs.

"Please go on and don't stop, it is really doing me good", she said. I told her then, that I prayed for her and she was pleased, because she was a Christian and believed that her God would help her out of this predicament, as she felt He sent her to me. Not so long after this, she asked me for a container, as she felt the need to expectorate. The congestion was breaking up. This was after 3 weeks of daily, deep massage, 3 hours a day and the necessary herbals.

Well, I will not describe what it looked like, but it was not pretty. As soon as she cleared some mucous and stuff, she could breathe a lot better. Her breathing was still nothing like it should be, but to her it was heaven. I would say her breathing improved about 40%, just in a matter of seconds after her lungs got rid of quite a lot of congestion.

From that day on, I did not have to see her daily and I cut the time down to one hour, four times a week. During the next few weeks, I was able to make some gentle manipulations to her spine, allowing her body to start functioning correctly. After the total treatment period of 3 months, she reported, that the amount of mucous she expectorated over the treatment period was almost 4 to 5 gallons (1 gallon= 4.5 litres).

She lost a lot of weight, especially around the middle. Even though she was very big, she was actually not FAT. Her weight and size, was an accumulation of lymphatic fluid, situated around her chest and abdomen and this lymphatic fluid cannot be dieted away. Therefore, so many big people are wasting their time on most diets, because they are all geared to lose fat, not lymphatic fluid. Very often there is a problem with a lack of IODINE as well. More about that later.

It is the lack of spleen function and lymphatic movement, which causes the mucous build up in some special people only. This is what I mean, when I say that no two people should be treated the same way, because we have FAT people and others who are LARGE people, who have totally different constitutions. Their postures are not the same as the next person and therefore the organs function differently. It is similar to a car, that has been involved in an accident. Just to simplify things, the door may not shut properly any more. A little extra tension makes it so.

I can tell by observing the person and measuring the difference from one side of their body to the other side, what problems may arise or have arisen. I have proven this to be correct. In fact, the other day, a lady started to talk to me and said she had all sorts of tests done over many months. Before she told me what the tests were for and having observed her for about 10 minutes, I told her what was wrong with her and she was absolutely perplexed at what I told her. It was exactly the same as the test results for which she paid good money.

Back to the patient I am writing about. Over the next 3 months, she had daily improvements and I discharged her from my clinic. Since that time, at the age of 89, she passed away and had a pretty good life for 20 or more years after her sessions. She was no longer on medication and I heard from her son that she did not even keep off chocolates and milk, which asthmatics should be aware off, since these and other dairy products are very mucous forming.

During the 3 months she was under treatment, her shape changed dramatically, from a very large, almost ugly woman, to a large, upright, shapely woman. She looked pretty and very healthy. It was so nice, but fairly difficult to achieve, as she had been allowed to go too far down-hill, almost at death's door, by her previous practitioners.

Have your problems seen to at the earliest possible moment and make sure that the practitioner you go to, is well qualified to deal with your problem. Ask around amongst your friends and neighbours, if they know someone, who treats your type of problem, so you can go and see that person, especially when his/her name comes up more than once. Give that person a go and if you don't feel happy or you don't get the treatment and or direction you expect, or you feel you are being ripped off, by having to pay for so many treatments up-front, get out of there immediately and start again. Don't ever sign any contracts, that will bind you to go and see this so-called practitioner, because you just landed at a money grabbing, non-ethical person.

If an Osteopath or Chiropractor tells you, that you need "so many" treatments on the first visit, they are in it for the money. Nobody can tell, especially before they have touched you, taken some measurements and see how you react, how many treatments it will take, as you are not the case in the study book. I have treated very many people, who fell for these tricks unfortunately.

Remember too, that you are actually *employing* this practitioner for the time you are there, meaning that **you** are in charge and you set the rules, not they!

This goes for all professional people you go to, whether doctors, solicitors, accountants etc. etc.

This asthmatic patient, the most difficult one I had to deal with during my years in practice, proved to me, that as a practitioner, whenever there is a problem and you feel sure there is an answer, you must act like a bulldog and grab on and keep holding on, till you have made a breakthrough. Don't give up too soon, believe in your guidance and treatment and believe in God. He will be with you, whenever you are in need. You are His child and He will never forsake you. Talk to Him regularly and ask, but don't forget to listen to Him for an answer. Thank Him for the results you get in your life; DON'T FORGET THAT.

Over the years, as a natural healing director, I have treated many asthmatics and I have been very successful and I am glad that the first patient was so difficult, because I learned so much. Mind you, the patients I helped were always very helpful themselves and wanted to be cured, so they did what was expected from them, even though it was difficult at times. We can learn all we like from books, but as I mentioned before, the real learning comes from experience gained, by constantly working with the same type of problem, over and over again. It is never the same, but there is a pattern, that will flow through the treatment for similar problems. There are millions of people in this world and they are all different and all of them would need to be treated differently for the same **apparent** problem, because the problem only appears the same in different people. I have found patterns in people, who could be asthmatics. There are a number of other diseases, which affect this type of person differently, but the cause is the same as asthma. I can immediately tell, who is likely to be an asthmatic by observing their posture. They are quite unique. There are other patterns for other complaints too and they can be observed the same way. Together with the clinical treatments, I gave the asthmatics and others, advice on the correct diet, especially during the healing phase and this helped in shortening the duration of the treating period. But the patient is always the most important cog in the wheel. YOU are the healers! Healing comes from within, from yourself. The practitioner can only show you the way. There are no healers, except you, "the Patient". The time factor in the treatment of asthma is, as in all other problems, about 3 months, but you, yes you, must work hard and want to be healed and do all the things, you are supposed to do 100%, not less. It does not matter whether you treat a child or an adult, the time factor is usually the same. When I say it takes 3 months, it does not mean, that during these 3 months, you need constant treatment from the practitioner, except if you cannot be massaged at home in the case of asthma. All the symptoms will start to go away for sure. Some diseases are stubborn and need to be cleared from the body completely, out of every cell and that can be a big "ask" in only 3 months, but the effect of the treatment taking place, will make a very big impact on the complaint. Here we generally deal with emotional stuff and this may be deep-seated.

In many cases the complaint is completely eradicated by then. In fact, once the correct treatment starts, the complaint lessens dramatically and some relief is felt almost straight away in most cases.

The family members of the asthma patient can be of great help in many ways. First of all, the psychological and emotional support of just being there and being positive, being supportive to help them change their diet and other bad habits. Encouragement is vital and if you love your sick relative or friend and you cannot help them as a practitioner, then you should just be there for them, when they go through the rough patches. "Hold them up, when they are about to fall". Give them strength, when it gets too much at times.

You yourself may have experienced a time, when you needed that support. Remember how it felt? When someone held you tight and said something like: "It's alright, cry all you like, that's good, let out your emotions and then we go on with the treatment again". So, in the case of an

asthmatic, you as a supporter must massage the patient's chest, front and back, and this MUST be done every day for 20 minutes, WITHOUT FAIL. An asthmatic WILL NOT GET CURED, WITHOUT DAILY MASSAGE.

Nice soft and gentle massage to increase the blood flow in the lungs, to allow the congestion to be carried away and therefore clearing the lungs, so the patient can breathe again at full capacity. The warmth of the massage will do that. These home-care massages will also reduce the cost of the treatment considerably, as daily massage from a professional person, can become expensive.

Unfortunately, I have had some very negative experiences from family members, who say they will massage their asthmatic relative or friend, but give up much too soon. I can understand this, because massage is very hard and over a period of 3 months, it can become a chore. But do you love this person? How would you feel, if the shoe was on the other foot?

I have spent many hours teaching people to massage their asthmatic friends and have enjoyed it too, especially when they get the result I promised.

It is a pity that there are no asthma clinics, where all the above information could be performed. I think I would come back teaching people what to do, even at my age, because it is so rewarding.

Following is a quick review of asthma and what needs to be done.

From the above we learn, that the asthmatic has a particular postural problem, which causes the mucous to form. This mucous, which should normally be drained away naturally, stays in the body and builds up. In an asthmatic, it collects in the lungs in large amounts and they may not necessarily become fat looking, but they can become large just the same, just like the case above. In other people the mucous settles everywhere, not only in the lungs but also in other parts, such as the abdomen.

1. For me it was always a priority to adjust the body, so the spleen can do its job, the way it is supposed to. Fortunately for asthmatics, they are nearly always easy to manipulate, as there is very seldom a problem with arthritis, so no stiffness. They are usually alkaline by nature.
2. The next step is to move the congestion by massage on a daily basis.
3. A good mucous-less diet through not eating dairy products, grains especially wheat and even more dangerous are the WHITE FLOUR PRODUCTS etc.
4. An exercise program to make the lymph move in the right direction through the normal channels of the lymphatic system, which then drains it away. (Lymphatic drainage)

If this procedure was established and followed, the results were always very positive. A cure nearly always followed and the patient could lead a normal life.

Check-ups were suggested from time to time, to ensure the posture was retained and if this was the case, these check-ups would be ignored. The diet was to be kept in check for 12 to 15 months and if everything was good, a little "treat" would not do too much harm, but NO BINGING.

The diet for an asthmatic, is a really good diet for all of us. It is a very healthy, vegetarian diet, without all the factory-made foods.

Each patient's diet was not necessarily the same as the next, but fairly similar. Some may not tolerate nuts for instance, where others could have them and so on. Allergies are very common in asthmatics.

In modern medicine, all asthmatics get the same medicine and no attention is given to individuality. Sad but true!

As I said, we are different sizes, we have different constitutions, we have different attitudes and more, so one medicine cannot ever do the same for all of us. We must be evaluated individually for our particular complaint and given the correct medicine and dosages for that person's

complaint. I mention the use of a pendulum later on and this tool may be used to determine what medication you need and how much of it as well. Standard medicines cannot do that. You cannot go to the chemist and get exactly what your body needs, because their medicines are a general drug, formulated for a particular complaint, without taking into account all the above. Yes, they say, for children under the age of 12 (or whatever), half doses, but that is in my opinion not enough. You get my drift?

Rules can be broken and sometimes they should be, even though the rules were made for society to live and behave in a peaceful and safe way.

I mentioned that in the case above, the husband drove 800 km in 6 hours and that is race track speed. He broke the rules for speed to save his wife's life. Is that bad? Fortunately, he was a speedway driver and could handle speed, BUT he broke the rule. His wife lived!!!!

Bed wetting

For many years I have been able to help most of these children with spinal manipulations. I suggest a visit to your Osteopath, if you have this problem with one or more of your children. It won't hurt to have them checked over anyway, so you cannot lose.

Bed wetting can also start, when for instance you move house, whilst the child was not doing so before. This is an emotional problem and a lack of security, suddenly being in a strange environment, whilst the old house was a safe haven for them.

If your child starts to wet his/her bed **DO NOT USE AN ALARM TO WAKE HIM WHEN HE STARTS TO WET HIMSELF! THESE ALARMS ARE VERY DISTURBING AND NERVE WRECKING**, I've been there, done that. They are terrible for the whole family, as everyone wakes up at the same time.

PREVENTION IS THE KEY AGAIN!

My suggestion is, that when you plan to move house, get the children involved in every aspect of this plan and let them get as excited as you are about the move. Show them the niceties of the new house and let them see their own new bedroom especially. Show them where their bed may go and where their clothes will hang or are placed. Let THEM suggest, where the posters or pictures can be hung on the walls, so they are planning with you and get the feeling of excitement, without being hassled into hearing from you, where things are going to be.

Let them pack their own things in the old house, with your help and certainly let them unpack and position their toys etc. even if it is not the right place for now. Once they are used to living in the safety of their room and the house, you can suggest and change the places to suit the circumstances.

Let them use the toilet, just in case they forgot to go there during the day, with all its excitements. Read them a story, whilst they lie in bed in their new HOME and I guarantee they will be asleep before you know it. This activity helps them to settle in very well as they will be tired and go to sleep peacefully and satisfied.

Now something that can cause bed wetting and a lot of other emotional problems, but it is a little more difficult to handle.

It is a "domestic" (violence). I have to bring this up, as it can really unsettle children very badly. When parents fight and scream in front of children, they completely lose it. They instinctively know, that their security is undermined and bed wetting will not be the

only problem they and you have to deal with. They think they are not loved, because Mum and Dad don't seem to love each other anymore. Fighting and screaming among all the family members in the house will become a daily event, as the children think that *that* is the way to get what they want. They become impossible to control and a whole new set of rules will follow. They want everything their way even though you say they cannot have it, but your partner says it is okay for them to have what they ask for and the rules for unity and peace are gone.

PEACE, HARMONY AND LOVE are the golden rules in any household.

Please talk to each other peacefully and discuss things civilly, without screaming, which does not get you anywhere and you know it! It can be very difficult and if you two cannot do it by yourselves, ask a mediator to help you as a referee.

Again: prevention is better than a cure, so if you can make a habit of discussing things on a daily basis, before the TV goes on, that would be great. Most troubles can be prevented and they will be only small ones, rather than waiting till your problems are like a volcano and erupt with a bang.

Here goes the monkey, jumping from branch to branch.

Parents, if you make a mistake in your relationship (And nobody is perfect) PLEASE DO NOT PUT IT OFF TO TELL YOUR PARTNER WITH LOVE, THAT YOU HAVE SINNED and if your love is strong, you will be forgiven and your love will grow even stronger. Then:

CLOSE THAT DOOR!

Sounds easy hey. But it is not, you know that as well as I do.

Over the years I have dealt with relationships a lot and have been very successful solving most of them. Even the other day, one of my patients, whom I helped, invited me to her divorce party. I did not go, as my mind is always on love, not dislike or hate as some people like to call it. I think she more or less called it a `freedom` party, which is better.

That is what life is all about. LOVE! FORGIVENESS AND LEARNING!

THE WORST MISTAKE WE MAKE IS THE BEST LESSON WE LEARN!

Shanti

There is an old saying: DON'T GO TO BED ON AN ARGUMENT, so solve all your problems before bedtime.

If things become too heated, gently ask your permission to leave for a little while and take a breather. Go for a walk and breathe deeply and give yourself a little time to calm down. Try and let these negative thoughts lessen and go back with a positive mind, to solve the problem. Do it with love. Nobody is perfect, not even you and me, so allow yourself to accept your own short comings as well as your partner's.

Remember you are in love with your partner and that is why you are together. Things have changed a little since you got together, so try to solve them peacefully and give as much as you can. Remember you are beautiful and so is your partner and especially the children, who were born out of love between you two.

This does not mean that we will be together forever necessarily. We all change; situations change; we grow and develop in different ways and directions. We have a right to live the way we want to, so.....see if you can do this together, as a unit called family.

Staying together for the sake of the children is very false in my opinion. It is better for them to have peace with one of you around at the time, than to have war all the time.

If this is not working, after discussing things together or with the help of a counsellor, separation may be the way to go, but do this peacefully, knowing you have done what you could, allowing your partner to see the reason for a separation. Never hate your partner, because hate is only hurting you personally.

When separating peacefully, you can make arrangements to deal with your property your selves, without a solicitor, who is going to walk away with a handsome deal of cash, something nobody has to throw away. Be reasonable and loving in dealing with this problem. Give a little and try to see the other's point of view. Oh boy, what a challenge. And all this comes from a child, who may be wetting his bed! **Sometimes we need a good laugh hey**.

This is just a short way of dealing with a family problem, but certainly not the only way. As I said before, people are all different and whatever we deal with, each individual case MUST be dealt with in a very special way; your way!

I have become a very peaceful man, since I did a meditation in the Kimberly dessert in 2009, a story which is written in this book.

My feeling towards mankind has changed for the better. My circle of friends has changed and I now have some amazing people in my life, who love me for whom I really am. A lot of my old friends have dropped off and I know the reason for that now. We really did not have anything in common and there were always the pretences. I do not dislike them and will always have love in my heart for them. They are still my brothers and sisters. I am nice to them as I should, whenever I meet them and there are no ill-feelings at all, but I do not get any stimulation from them anymore.

I understand also that the people who were in my life for a long time, have a right to live the way they want to. That is the choice for everyone.

I hope I have been able to help you just a little in solving problems of a massive nature. Being pig-headed is not getting things solved, but negotiations will always get things done in one way or another. I am not a psychologist, but I have many years behind me of dealings with all sorts of people in all sorts of situations and I can tell you many stories of successful resolutions in relationships, personal as well as strangers.

It is sometimes hard to see what the reason is for things to go pear shape, but it happens to a lot of people, even folks you did not think it would happen to.

May I wish you a lot of love and (call it) "luck", if you come across a difficult problem which needs to be solved. I always feel sad when these things happen, as I am a peaceful loving man and I get very emotional.

I adopted the name of Shanti in 2009, meaning "Peace and love" when I was in the dessert.

Om Shanti, Shanti, Shanti.

Child birth

This article is the most emotional one in this book, as I have so much love for children. I start this article with an occasion, when I and a friend walked into the dining section of our local health food store.

As we walked in, a young mother holding her 10 months old baby boy stood there waiting to be served. As the little fellow spotted me, he put his arms out and wanted to be close to me. I asked the mother if I could hold him and she passed him onto me. As soon as he was in my arms, he put his hands to my moustache and felt the hairs. He played with them for a short while and then played with my necklace I was wearing. I passed him back to his mother and felt so amazing, that just another baby, was attracted by me. I experience this all the time. When in a stroller or whatever, little ones always lock onto me and watch me walk away as far as possible. I usually respond with a little wave or saying. I just love babies and they know it too.

The following patients, were probably the most rewarding people for me to work with, because the joy to these women and of course their families, is unequalled, once they gave birth to a baby. The chance for a woman to bear a child, is probably the best thing that can happen to her in her entire life, but so many do not have this opportunity for one reason or another. Often the simplest reasons for this are overlooked by the medical profession, who in their “scientific” ways, look at some of the causes differently than I do.

On occasions from here on in, I use the motorcar, to try and explain things in a simple, understandable way, rather than bamboozle you with scientific medical jargon. Most of us have some knowledge of the simple workings of the car.

If you are unlucky enough to run your car gently into a tree, the first thing you see (apart from stars), is the dent in the bodywork from the impact with the tree and hopefully not much more. This dent is a surface problem and can be fixed rather quickly and easily. It is a bit like getting a scratch on your skin, when you hit something.

If, however the crash is a little more substantial, the removal of the dent is more difficult, but just the same, the car will LOOK pretty good, after the bodywork has been completed. HOWEVER, did the smash repair man look at the frame of the car at all? When there is a large impact on anything, not only the outside of this thing is damaged, but almost certainly, the inside as well, such as the framework and this should be measured for alignment.

So, after a smash repairer has finished his job and has only fixed the dents, we drive the car away from his place, to find that it does not perform the way it used to, before the accident. It just doesn't feel right. Maybe the brakes are strange and do not react the same way, or the door doesn't open properly, or whatever. Many problems could arise from an accident and some of us had to endure these traumas, maybe even more than once. Unless you have a conscientious mechanic or smash repair man, who checks everything, from the motor to the last nut and bolt, you could be left with a car, which does not perform to the design standards. If this happens, you are going to be mad, because you expect this car to be the same as before. The system, as a whole, called CAR, is not working. Parts of it are working, but not the whole thing as a unit.

Now we come to the problems, which could occur to our body. If WE have a substantial accident, we may not just graze ourselves, but break a bone as well OR PUT OUR FRAME OUT OF ALIGNMENT. If at first glance the attending medico just patches the wound and sends you on your way, there could be a lot of trouble, because the broken bone, or whatever, will not allow

you to perform like you used to. This body of ours is a system as well. All parts of it must work in perfect harmony, otherwise it is not a body, but just a bag of body parts. We are dealing with the physical side of the body here for now, but there are many more aspects to consider, when we deal with our life. I mentioned that our life consists of the physical, mental, psychological, sexual, emotional, spiritual etc. I will elaborate on that some more elsewhere.

You can find lots of car parts on the shelves of a spare parts shop, but these parts cannot be started up and driven away, unless they are properly arranged, tuned, oiled etc., before you can call them collectively: A CAR.

Back to the woman, who is trying to fall pregnant. Her body, to form a baby, should be like this car, in other words: "In really good condition, in every way".

Firstly, to conceive and further to allow this little life to develop completely, till it is fully formed and ready to be born, as another human being. Both the mother and the father should be performing at their peak and be in top condition at that.

Every part of the woman has a function to perform to enable this to happen. Think of all the millions of intricate little things that go on in forming this little baby? Just the division of cells alone, is an absolute marvel to see. Not only the cells divide and keep on dividing, till there are sufficient to make a complete body, but from a single cell, dividing into 2, then 4, 8, 16 etc., some of them eventually make a heart, others the lungs, others make the bones and even others make a brain; all from ONE SINGLE CELL. That is amazing, isn't it?

To be able to do this properly, everything in the mother's body must work well and the most important aspect of being well is, that the body must firstly have perfect posture, to allow all the body parts to perform at their best. No stresses on any part of the body.

I am dealing with this first. We can argue about what is perfect for ages. I shall give you my version of perfection later.

Okay, the car again. Do you think that the car you drive today is perfect? Alright then, I would like you to take it to the manufacturer or a very good mechanic and get them to check it, all over. I bet you anything, that they will find quite a number of `faults`, which should be fixed to make it "perfect" again. Meanwhile, the car will still get you from A to B, but it is not performing its duties, the way it was designed to.

Unfortunately, most of the time we are not so perfect either, even if we think we are. Sometimes we KNOW we are not so well, but we will not admit it and we keep on going regardless. It takes changes to our lifestyle, and we don't like changes, right?

I have watched people getting around in amazement and I wonder how they ever get there. I can see where the problems are. They suffer pains, just by the way they walk or stand. They change their stance from one position to another, because they are not comfortable in any position. The percentage of people with problems I have observed during an average day, is well in the region of 90% and they could be corrected. If you are not really aware of a problem, I don't suppose you can do much about it. A lot of patients used to tell me: "I have always been like that". Or they say: "I have learned to live with it". Or: "There is not much you can do for it, the doctor said". This means we are not really educated into real health.

Often these people with badly balanced spines are told to put innersoles in their shoes, to make them upright again, but are they measured for this properly? 90% of these people need their backs adjusted, so the HIP is level, which pushed one leg too far up or down. (too complicated to go into further), but if one measured the actual length of each leg, you will find they are exactly the same, so an innersole would actually push the `so called shorter leg` up and cause even more problems. Only people who have had a broken bone or polio etc. could have a shorter leg and

indeed these people would benefit from an orthotic in their shoe.

Back to the ladies who are trying to conceive. Very often, there are problems in areas, which are not picked up or considered important by the medical profession and therefore are not treated and corrected. Nearly all the ladies I have treated had babies, at times to the absolute disbelief of their previous physician.

The following case histories are like miracles and I am sure you will be amazed at the results.

Case 1.

One young lady aged 25, had a number of operations, because she could not fall pregnant and the doctors said they would correct things for her as “things were not quite right inside”. This couple wanted so much to have a family, that they went ahead and did what the doctor said to make things right, so she could conceive. Guess what? Yes, you are right! Complications set in and more and more operations had to be performed. To cut a long story short, the doctors told them in the end, for her to have a baby, they would need a miracle and the chances would be 1 in a million. (How do they know these odds anyway? It always annoys me to hear these odds doctors put on life.)

The husband was tested for his sperm count and viability and was okay. This is another thing we must always consider, that to have a baby, **both parents MUST be healthy**.

They were absolutely heartbroken, as they thought things would go their way, after all these promises and then to find all these operations were in vain. It cost them a lot of money, something they did not have to throw away like that.

The whole church family prayed for them for a good while, but apparently nothing was forthcoming. As we all know: “God works in mysterious ways”, and indeed the following was His way of getting the required result. This was the answer to their prayers.

This couple heard from some new acquaintances, about the treatments and results some other women had in my clinic, so they came to talk to me. I discussed her possibilities and decided to take her on as a patient and start the treatments. After only 4 treatments, I decided to send her home and told her to lead a normal life and not to concentrate on her past problems; not to think about the timing, when she and her husband should get together for the perfect opportunity to conceive, during the right time of the month etc., but to just forget everything and get on with life. This wasn't easy for her, but she got busy working her parents' dairy farm. This seemed to work well. Three month later, I received a phone call from her to say she was indeed pregnant. Her doctor could not believe it but had to accept the fact. She had her baby and all was well.

When she was well herself and the baby was allowed to travel, something she did not want to do for 3 months, giving the baby peace and a lot of bonding time, she, her husband and their newborn little boy came to me and they showed him, oh so proudly. They thought at one stage, that they would never have a child and to have him, was so exciting. Even though the baby was only 3 months old, she asked me: “Do you think that I could have another one?” Naturally, I could not promise her anything like that, but told her, the chances to conceive had not diminished in my opinion. The doctor told her, that this little fellow would be the only one. I encouraged her by saying, that her little boy was supposed to be a miracle too! Maybe another miracle was not impossible and for them to be positive.

The rest was quite a long story, but she had 3 children and the medicos are still scratching their heads and cannot work out what happened. She did not tell them she had seen me.

This is rather unfortunate, because these good people were afraid, that if they had told their doctor, they had seen an alternative therapist, he would not see them in the future. They lived in a very small community in the country and doctors are not always available. It would be nice, if we could learn from one another, instead of pretending we know it all and have tunnel vision not seeing the whole picture.

The reason for sharing these stories with you, about some of the patients I treated, is that at times the conventional theories, with their controlled chemical methods and narrow mindedness, overlook the natural methods, which are available and have been for centuries. The scientific age has done some amazing things for medicine, but we must not forget the old ones, still have a lot of merit today. Not everything can be solved scientifically and there are times when some “so-called” scientific findings are eventually proven to be no good. That’s enough bitching, but you know what I mean.

Nature still has the answers and has a very big place in healing, with all its secrets, which we are still exploring today. *New (?)* discoveries are coming up almost every day, whether from the oceans or from the forests; new ideas are coming to life from these sources for the healing of many diseases. Our forefathers and mothers probably knew them anyway, but as long as the whole plant or whatever they find is used, these medicines will be worthwhile, but not if the scientists take only part of the plant and produce it in a laboratory. That has never worked well at all.

Herbal treatments have been around for a long time and still play a big part in the healing industry. Herbalism uses the whole leaf, root, bark or flower, without dissecting them into various chemical compounds. We cannot ignore the natural sciences like Osteopathy, Chiropractic, Herbalism, Iridology (for diagnosis), Homoeopathy, Acupuncture and Chinese herbalism, Naturopathy, Flower essences, Colour therapy, Massage, Bowen treatments and many more. They all have their place in the right hands and they have a large following.

Experience has taught me a lot. Listening to other practitioners and patients, has given me sound knowledge. We must store the knowledge we collect during our life, in our computer brain and call on this information, when we need it at a later date. Even though, the SAME treatment can very seldom be repeated exactly, a similar treatment, which reflects a previous case, can be thought up to suit the new situation before you.

Over the years, I have followed the above system, to help ladies who find it difficult to fall pregnant and today there are a lot of people walking around, who would possibly not have been there. One of them calls me his second dad. I met his mother a few months ago and she is very proud of her children.

Case 2.

One of my patients had tried to conceive for 15 years without success. She tried all the proven (?) methods available in the medical field, but nothing worked for her. She too heard about the results I achieved and just after 4 treatments, she fell pregnant and had a bouncing baby boy, just what she always wanted.

There is a funny side to this case, which I would like to share with you.

When she came to the clinic to tell me she was pregnant, I happened to be outside the clinic on the plaza grounds, just outside the front door and as soon as she saw me from a distance, she yelled out aloud....: “You have made me pregnant!” This was rather an embarrassing moment, because when she yelled out the news, not only my wife, but also some other people were around us. Immediately I asked her to rephrase her statement and she said: “You know what I mean”. I

said: “Yes I know, but look at the faces of all these people, they seem to have seen a ghost”.

Naturally, she changed her statement and there was great jubilation. Most of these people knew her, as we lived in a small country town. It was quite interesting to see the changes in the facial expressions as well. This mother-to-be, was congratulated by everyone and they did not spare me either, because of the result I had achieved in correcting her body, so she could fall pregnant, plus her faith to continue trying after all those years.

I am very glad to have been a part of the births of all these babies, as it made a lot of families very happy. I continue to pray for all of them, as I am sure that God was there to support all of us, the same as in the results of all other treatments I was able to achieve. HE used me to help these people. That has always been my plight from the very day I realised, that I wanted to be an instrument to help people heal themselves. A practitioner, a director.

Do not be discouraged, when there is a problem. The first thing we should do is pray. Ask your God **faithfully** to help you cope, then ask for guidance. Invariably, He will put you on the right path for healing. It may be anyone or anywhere, where you will find the results you are looking for and when the time is right, with His blessing, you will get the right treatment. After asking God for guidance, do LISTEN carefully, all the time for His answer!! Make time and **be still!**

Whenever you have a conversation with someone, one person talks and the other one listens and visa-versa. This is the same in prayer; you talk, God listens. Then you listen while God speaks to you. Sometimes there may not be words that are used, but you could be put in a situation, where the answer comes to you via a book you read or someone saying something, which basically holds the key to your question.

Then in the end, do not forget to say THANKS.

In the case of pregnancy, if there is not a baby forthcoming, when you want one desperately, have you ever thought, that perhaps you are not meant to have a bub? Your life may have to be the way it is for a very special reason and usually that will be revealed later.

Case 3.

A friend of ours could not conceive and she had tried literally everything, yes even my treatment. Checking back into her family, I felt sure, that if she happened to fall pregnant, she could have given birth to a deformed baby, as this problem ran riot in her family. After many talks, she decided to foster overseas children and was having a “ball”. She and her husband are very happy now, since they made that decision.

During my years in practice as an Osteopath/Naturopath, there were many occasions, when I myself almost lost faith in God, as the treatment for a particular patient, took a lot longer than I hoped for, but in the end there always was a tremendous improvement or a complete restoration of the patient’s health.

When we pray to our Divine Creator, our Father in other words, He who loves us, won’t let us down, if we love Him. Love Him as a child loves his birth father, with all our heart and have absolute faith.

I am NOT giving you a religious lecture here, as I just believe in God or the Universe, nothing else and that’s all.

As a patient, don’t rely on the practitioner alone. Do follow his/her instructions and even though you may find these instructions a little tough, or the medicine a little bitter at times, the whole recovery will usually be a lot faster, if you have a positive attitude and that will help the end result. You will be so much better, for so much longer afterwards, that you can put up with a little discomfort or inconvenience. The body, given a chance, will heal itself. That is how it was

created.

Cells divide on a daily basis and millions of them are changed into new ones and the old, used ones are discarded. It is said that every cell in our body will be replaced within 7 years, so we are never older than 7 years anyway. Every skin cell, hair, liver, heart, etc. etc. are constantly being replaced. This is so amazing, but that was the plan. This changing of old cells for new ones, slows down as we get older and the stem cells are locked away, bit at the time so to speak. There are people saying that we can un-lock these stem cells, to continue the cell replacements all over the body.

Now you may say:” Why do we die than, if we are only 7 years old ever?”

In days gone by, when the air was clean and the waters were drinkable, our bodies were much healthier. Man has polluted the Earth and we suffer the consequences today. There are times when I am ashamed to be here, as man has caused so many problems. The Earth would have been better off without people I think, especially the selfish ones, who destroy everything in their path for financial gain.

We know that many animal species have died off and will never return. Plants are suffering as well and some species have disappeared forever. Man is next. Even though we hear figures that man lives longer these days, the quality is not there for most of us. Check around the world and see how some people SURVIVE on almost nothing to eat and they have no clean water to drink. I would not like to be here, if I did not enjoy my lifestyle today, even with my little back niggles from an accident in 1977. I am still useful, helping people emotionally and spiritually and I am loved in return.

The physical body needs to be healthy, but there are those other aspects of life we must keep in check as well. Without them we are NOT well. More of that later.

Who cares about the numbers; the fact we were born in a certain year, does not make us old. When we have our birthday, we should celebrate our DAY OF BIRTH, THE DAY WE CAME HERE to learn and share, to love and be happy to teach others our experiences. Society rules with an iron rod and tells us that when we are a certain age, we should be doing “this or that” and maybe we cannot take part in certain activities, like driving a car or whatever, but that is a very personal thing. Not everybody at the same age IS THE SAME, thank goodness. I have seen people on my tripping around Australia, driving RV's, who in my opinion should not be in charge of a big vehicle like that. Some of them could hardly get in or out of their vehicle. I felt sorry for them as even walking was an effort for them, but I was glad at the same time to see them have a go.

I have not been to a doctor for sickness for over 54 years and look like 60 years, with a very young mind and I keep company with much younger people, because they keep me young in the head.

Keep yourself well physically to start off with and eat the correct and health-giving foods and drinks; exercise, have positive thoughts, love, share and be at peace, so the body can regenerate. Be emotionally stable and spiritually in touch with the whole Universe. Try to prevent being sick, rather than to have to make it better, doing something wrong in the first place. Give a lot of thought to what you are planning, before you hurt yourself. In other words, don't DO SOMETHING AND HURT YOURSELF AND THAN SAY:” I should not have done that.” Plan ahead. Don't dive into a swimming hole, without first making sure that there are no rocks or other obstacles just below the surface, which could injure you. Right!

If you find out you have a problem, you should only have to see your practitioner on occasions, after the initial consultations have ended, but remember the treatment does not stop as soon as

you leave his clinic because during this time YOU are healing yourself. You must keep that going, 24/7, till a result has been achieved.

THIS MAKES YOU THE HEALER AND THE PRACTITIONER BECOMES THE DIRECTOR.

A little lecture here. (My sincere suggestion.)

Mothers and fathers to be, I implore you to do a few things right from the start.

When you two have decided to start a family, you must be aware, that both of you have taken on a BIG responsibility. YOU ARE GOING TO CREATE A NEW LIFE! This new life has a right to be healthy when it is born and to carry on being healthy for the rest of its life. To achieve this, BOTH of you have to be healthy first.

1. So, when mentally preparing for a birth, love comes in there as No.1. You should be very much in love with each other first: REALLY!
2. Then, to make your 2 bodies healthy, start feeding yourselves well, I mean with health giving foods (see later on in this book). Exercise daily, talk to each other with love in your heart and prepare the coming of your child in the future.
3. **DO NOT SMOKE! AT ALL!** Some people say, that if you don't smoke in the house, that's alright. NO, it is not. Smoking lowers your immune system drastically. As much as 100 mg. of Vitamin C is lost, smoking just 1 cigarette. It is a fact, that when you touch your baby when you are a smoker, some of the toxins in your skin created by smoking, are passed on to this beautiful little creation. He/she did not ask to be poisoned! **I am asking you to remember this in YOUR baby's name.**
4. Do **NOT** drink alcohol **AT ALL**. Smoking and drinking alcohol lowers your immune system and makes your body too acidic. **(See later on in this book).**
5. Make sure you are at peace and that you are in harmony with each other as parents, but also with your baby. This little creation, *even before it is conceived* and as a foetus, is very much aware of your moods and does not like disharmony in the family. It wants to be born in a peaceful surrounding, loving both of you as its parents.

Before you have intercourse to produce this baby, especially the Mother, I suggest that you have your posture checked and corrected, because the baby will always shape itself to the mother. I have seen so much of this in the past, that I can guarantee this to be correct. It is not just the looks, because that is often shared between parents, but the actual spinal posture. It won't do any harm anyway. Do it, even if you think this is a lot of poppy-cock. I tell you that it is not, but it is up to you. My experiences have taught me so much and I have seen these things happen many times over.

By following these instructions, you will ensure the best chances for your little one to come into this world, as a beautiful and healthy individual. They deserve to be perfect!

When the moment arrives for the birth, try to have your baby where it was conceived. Have only the father attending and a mid-wife standing by, just in case there is the need for a little expert help, but she should only be in the house, not in the room. As baby arrives, the father should pass it on to the mother, so she can have baby lying on her chest, next to her breasts over the heart, for immediate bonding. Remember that this baby has been hearing the mother's heart beat for 9 months and if baby can continue to hear that, while outside the mother, in a totally different

environment, baby is so much more content.

DO NOT CUT THE CHORD for up to 20 minutes.

If the baby is snatched away from the mother upon being born, especially in a hospital, the initial bonding is not taking place, since the baby is taken to a completely foreign area, with a lot of light, noise and strangers. This little one wants to know its parents, not foreigners! The mother is not sick and should not be treated as a patient in a hospital, who is sick. Having a baby is a natural process. The doctors and nurses often forget that fact and the whole operation is usually organised with military precision. Remember Mother, you are in charge and you are NOT sick!

I AM NOT SAYING, THAT THE NURSING STAFF AREN'T DOING A GOOD JOB AND THEY DON'T DO IT WITH LOVE AND CARE, BUT THE BABY DOESN'T WANT THEM. THE BABY WANTS ITS MOTHER AND FATHER. Please understand what I am saying.

For the next 3 months, this baby and mother should preferably not go outside the perimeter of the birth-house and gardens allowing baby to familiarise itself with its HOME surroundings. You will find this a little difficult, but if you can do it, it will be so good! I was glad that the lady mentioned above, realised this fact.

In our society, more attention is given to raising thoroughbred horses and even racing pigeons, than people. Thoroughbreds are chosen from the very purest of animals and if one of the pair is not absolutely pure, the mating will not take place. They get the best of attention in every aspect of housing, feed, exercise and you name it. Is this true or false? Let us get our priorities right. We should make ourselves pure bred, by doing everything we can to be 100% healthy and strong, physically and mentally.

I hope, I have not been too hard on you, but I am asking you in baby's name. They cannot speak at that time. So please, consider these things very, very carefully.

Parents, herewith I send you my love. I LOVE babies.

Cystitis

Well, what a problem this can be!

Cystitis is an inflammation of the urinary bladder and is probably the most uncomfortable "disease", we can encounter. Those among you, who have suffered from a cystitis attack, know all about it. Cystitis is mainly caused by poor animal protein digestion and it often occurs in people, who do not drink enough pure, alkaline water during the day. I just now (while I am writing) received my monthly supply of alkaline water from a spring in the hinterland on the Sunshine Coast. I will not drink town water, as it is often acidic for one and has a lot of chemicals added. Make sure you filter town water, even for showering.

While I am talking about the bladder, I may as well say something about the kidneys.

The kidneys need flushing regularly, so keep drinking water. A lot of people, who do not drink enough water can become oedemic, which means they have fluid retention. You say: "If I have too much fluid in me, why should I drink more?" Yes, it is because the kidneys are not working properly and if we flush them, the fluid retention will disappear. This statement is totally opposite to what you have been told by your doctor but try it. It works!

You can always tell if you drink sufficient amounts of water, in other words, if you are hydrated properly by 2 methods:

1. Check your pads on your fingers. If they are nice and plump, you should be alright.
2. The urine you pass should be very light yellow only. The first flush of the day, may

be a little darker, since you have been sleeping and not drinking during that time, but from there on in, the colour should be very pale indeed.

As I have already suggested above, when you drink water, make sure it is living, alkaline water. You can alkalise water by adding a dash of Bi-carb of soda, lemon/lime juice to it. Don't drink coffee, tea or gassy drinks or even chilled water, especially when you are not well and are trying to solve your kidney problems. Drink them on occasions only.

If you buy spring water, thinking it is pure and good, let it stand in an open vessel for a few hours, to enliven it, as it may have been underground for a long time and it needs daylight and air to bring it back to life. However not all spring waters are alkaline and some of them are actually quite acidic and therefore not so good to drink. Rain water is usually quite acidic as well. I will write a lot more about acid/alkaline balances in our body later.

Cold water* direct from the fridge, should never be drunk, especially on a hot day. You will hydrate much better and quicker drinking cool or room temperature water.

Hot drinks can do as much harm as cold drinks, so go easy on that hot cuppa (cup of tea or coffee), any time, not only when you are not well.

*Any drinks you drink should not be chilled; cool maybe yes, but not iced. Alcohol is not doing you any good and the other drinks you drink, like sodas, colas, sports drinks etc., are laced with sugars or artificial sweeteners and are all very bad to consume. There is so much written and advertised on TV about the effect of sugars and the sweeteners, that we should start to take notice. We cannot ignore the warnings any longer. I mentioned the car before, in the child birth article; well do you put the WRONG fuel in your car? A fuel which is **not** the recommended fuel? No, you don't, because you know that the car is not going to perform the way it should. You chose the correct fuel and that is what I am saying, chose the natural food and drinks for your survival. That is nature at its best. Grumble all you like, but I know I am right and you know it too!

There are a few very good herbs that will fix the problem of cystitis very fast and the one I used to prescribe was Bucchu*. You can get Bucchu tincture from most herbalists, health food stores, naturopaths or on the net. Once you start the treatment you will feel comfortable in just a few hours, rather than a few days on conventional medicine.

I suggest you take Bucchu drops every few hours in a little hot water, starting with a dose half-hourly. Since you are feeling so miserable, sit in a comfortable recliner chair, a hot water bottle over your abdomen and your feet in a basin of warm water. Turn on the television and keep your mind occupied with something else except the discomfort.

The results were always very quick and the comfortable feeling returned soon.

You must keep taking the Bucchu drops for 7 days, to really get rid of the problem properly, so don't give up too soon. Keep your feet warm all the time, especially in winter.

**Bucchu is also a blood thinner, so if you are on medication for this, check with your doctor first.*

Headaches

Headaches and migraines, usually have the same origin and that is a poorly aligned spine.

To cure this problem is to correct the very spot, that is putting pressure on the nerve, causing the headache. It sounds easy when you say it quickly like this, but there is more to it than that as a rule. We must find out why the pressure is there in the first place. At odd times I was able to make just one adjustment in the neck region and the pain went away; as easy as that, because the only vertebra that was out of alignment was indeed the culprit, causing a pressure point on the nerve.

I was watching TV the other night and migraines were the topic of the conversation. The medicos were talking about drugs and how difficult the problem was to solve; in actual fact they finished up saying that there was NO CURE. I was very sad, sitting here all on my own, knowing that a lot

of sufferers could be helped with the sort of treatment I used to give my patients, when I was in practise. You will read a bit more about this later.

In most cases however, the whole spine must be looked at and corrected first, the same as with migraines. Some practitioners only work on the neck area in these cases and you will have to go back time after time, because the real cause wasn't shifted, a misaligned lower back; THE CAUSE!

Imagine a house with poor foundations. Say the footings on one side of the house have slowly sunk. We will observe from a distance that the roof of the house, is not horizontal and indeed slopes to one side. You immediately think, because you are not an expert, that the roof needs repairing, so you call in a roofer. He in turn does not check the foundations and starts levelling the roof.

After a few years you notice that the roof is off level again and the whole procedure would start again. Surely you wake up to this and call in another man, who deals with this sort of thing. He checks all the house details and finds the foundations keep sinking on that side, where the roof is lowest. He starts repairing the foundations, jacking them up and levelling the house in general. Guess what, the roof is off-level again, but this time the other way, because the roofer made alterations, which were not necessary, as he did not check for the CAUSE.

The first roofer picked up money for doing the WRONG job twice and that work had to be undone after the foundation man fixed the cause. I hope this is a good comparison, as to what I am trying to convey to you. When something goes wrong with our body, we must ALWAYS FIND THE CAUSE. Without that, we will NEVER be treated properly and will continue to have treatment, because the cause was not shifted.

So, unless the whole spine is corrected, the neck will never be right and the majority of cases can be corrected by a competent Osteopath, Chiropractor or Physiotherapist.

Food, or actually the allergies to some foods, can trigger a headache. If you get headaches after a certain food, you should not eat that food for 6 weeks. Introduce that food again and if the same thing happens, eliminate that food from your diet completely. You are definitely allergic to it and you are better off without it, even though it may be your favourite food. Chocolate is one of them and people find it hard to eliminate that from their diet, because they are addicted to it, but you must, or suffer.

Stress is another good trigger for severe headaches. Most stressful people know that, so here we must do something, which is much more difficult to eliminate. Stress tightens the muscles in the neck and restricts blood vessels, preventing a free flow of blood to the brain. I cannot tell you what to do, as I don't know what the cause of your stress is but living with stress causes a lot more than headaches. Acidity is one of them, which I will come to later. (Read the book: "Absolute Happiness", see back of this book.)

Light heads, vertigo and 'petit mal' are usually caused by a lack of circulation to the brain as well. Light massage to the shoulders, neck and head area can often relieve this very successfully. When massaging this area, always do this very gently, without too much pressure, as you can do damage and it would be better to have this done by a qualified masseur/se. Don't let just anyone do this.

I have observed some very nasty experiences caused by the backyard masseur/se.

One patient came to me and had her neck treated at the local Saturday market one day and suffered from severe pains for weeks. It took me a few treatments to fix the problem after that. So

be careful!

I mentioned `petit mal` before and had great success with a young girl at the age of 8, who had an average of 15 fainting attacks a day. They could occur at any time, without any warning.

These people were from out of town. The mother came to me with her daughter on a Friday afternoon, after work and I treated this girl twice that afternoon and night. On Saturday, I massaged her about 4 times and again on Sunday, before they had to go back home. I taught the mother to massage her like I did and the results were amazing.

The number of attacks, were reduced to 3 a day maximum after she left me and after 14 days they went away altogether. No drugs were taken and she was able to lead a normal life again.

Hyperactivity

Hyperactivity is a very common problem in our society and does react to spinal corrections very well as a rule. I have seen instant results.

Case history

A mother of three children rang me one day and said “she could kill her son, as he was driving her absolutely mad”. Now I know, she did not mean that in the literal sense, but we have all said things like that on the spur of the moment. She was a very placid mother and a very good one too. She would not have said this, if the boy had not been an absolute little horror at that time. I had met the whole family and the children were good kids and very well behaved. I told her to come in as soon as she could and I would see him straight away. I knew it would not take long and I slipped him in between other appointments. His spine was all over the place and apparently, he had a bad fall a week before. I went to work on him and it all went well. The mother rang me a few days after the treatment and said he was fine again and he was back to being her loving son.

The mother was aware that something had gone wrong and acted immediately to have it seen to. This was the advantage of me treating people for an hour at the time. It gave me time to get to know them and I often used to mention to them the sort of things I treated and this mother must have put two and two together, to ring me straight away when something happened. That’s the way to do it; don’t wait and hope for the best and think it may wear off; act NOW! Don’t kill your son, there are better ways! Don't start taking drugs either, especially if the child was well before and suddenly changed. Just go back and investigate what may have happened to make him this way.

The foods that affect hyperactive people (and I say people, because adults are in this category as well) are in my opinion mostly “triggers”, which set off the hyperactive moods.

Take notice! If you have a hyperactive child in the house, watch how he/she usually wakes up. As a general rule they are like an angel, after a good night’s sleep. After breakfast however, this child may become a little monster. WHY? Often the food they eat for breakfast, has a lot of hidden sugars and also colourings or other ingredients in it, which set off a hyperactive situation. (very acidic)

If you want to find out if that is so, try the following experiment.

One day, after waking up, give him/her a breakfast of just eggs (No bread), either boiled or poached. You will find that there will be no reaction. The next day give him a regular shop-bought breakfast and see what happens then. I bet you anything at all, that on the second day, there is a flare-up of activity, which did not happen on day one.

The “day one” breakfast could also be just plain rolled oats, boiled in WATER NOT milk and

without added sugar, honey or milk to it. In other words, just give him plain RAW (BULK PACKED without a brand name* to it) rolled oats, without hyperactive ingredients in it. Milk has lactose in it, which is sweet.

*I am so happy to hear and read, that the health authorities are on the ball these days and even advertise on TV that these pre-packed foods are NOT healthy. Also, that advertising entices children to buy a packaged food, because they like the cartoon characters on the packaging. BEWARE of false advertising and trickery! I wrote about my goats not even touching the cornflakes I put over the fence, but they ate the box. Yes, even birds and other little critters did not touch them either. They just rotted away in the end.

Adult hyperactivity is usually an over acidic reaction. Well, maybe that is not quite right, but an acidic person loves the level of acidity he/she is in and feels comfortable. If for any reason this acidic level rises into a more alkaline state, this person feels uncomfortable and needs to “top up” the acid. To do that quickly, a good rant-and-rave session or screaming outburst will do that very nicely. If you know this can happen, a family member, such as this person’s wife or husband, just puts up with that, because it usually takes only a few moments and then this hyperactive person will be okay again. Anger builds acid. (See acid/alkaline charts page.

These people should do something about their acid level and should read the pages on acid/alkaline.

I just read an article in a newspaper, that in the UK, the government has passed a law to ban all colourings in foods. That is a step in the right direction!

NEVER give a hyperactive child anything sweet to eat or drink, including milk after dinner at night. If they are thirsty a mouthful of room-temperature **water** is all they should have, only JUST PLAIN WATER, NO ADDITIVES AND ESPECIALLY NO CORDIALS OR SODAS. These water children will go to bed and fall asleep straight away, but the ones who have had a hyperactive cocktail, will either fight you to go to bed or will be awake for ages.

Just before retiring a child should NEVER get too excited. This means no TV viewing, especially exciting or violent movies or sport and they should NOT do any physical activities or play games, which can get them excited.

The very best and proven way is, reading them a beautiful story, whilst they lie in bed and you sitting or lying beside them. It is great, comforting and gives them the feeling of being loved and they will usually fall asleep, before the end of the story.

This is SAFE MEDICINE! No nasty side effects, only good ones.

I will elaborate more on the effects of foods and additives later on.

1

PSYCHIATRIC DISEASES INVENTED.

I saw part of a DVD recently on medications for hyperactivity and other “made up (invented problems)” by the psychiatric fraternity. Some psychiatrists and drug companies (in cahoots with one another) are inventing names for conditions and then produce a drug to combat this “so-called” problem. One of the latest “sicknesses” they invented was `shopping-mania`. In other words, if you are an avid shopper, you have a psychiatric problem and you need to take their newly invented drug. I could not watch the whole DVD, as it was so disgusting. I don’t know how professional men and women, could lower themselves to such a degree, to cheat people, just for money, is beyond me. You too will be diagnosed one day soon, with a psychiatric problem and that is what they are setting out to do. They will invent more and more “so-called” conditions, so they can treat you and take your money. DO YOU LIKE THAT ONE? They even mentioned that within the next 20 years, every single person in the world will be on some psychiatric drug. I would like to see the opposite and predict that in

that time, nobody will be on drugs at all. That would be more positive, wouldn't it? Keeping healthy emotionally, mentally and physically prevents all these problems.

I am so glad that I have woken up to them many years ago and have not used the medical profession at all.

I don't talk about sickness. In fact, the opposite is the case. When I go out and speak to older people, they ALL talk about their visits to the doctor. This is one other reason why I associate with younger people, because they do not have the same problems as older ones, who have been on the merry-go-round for years and trust that whatever the doctor says is the truth ALL THE TIME.

You must realise that I am not against the medical profession as such, but the doctors are under immense pressure from the big pharma, to prescribe medicines for everything and don't allow the body to do the healing itself.

You just NEVER walk out of a medical clinic, without a prescription and that is why I always advise people to take their script home (rather than have it filled conveniently by the chemist NEXT DOOR), get on the internet and research what this medication does first. Make sure you check the contra-indications, the side effects in other words, because they ALL have them in large numbers. Then you must make sure that what you are trying to cure is not made worse by taking a drug or drugs. If so, DO NOT TAKE the prescribed medicine and find another way of attacking your problem.

Don't under-estimate your beautiful body and what it can do to heal a lot of things. It was made to deal with a lot of diseases if you keep your immune system healthy.

Make sure however, that you keep yourself well and that your immune system is up to scratch, so you can fight these diseases yourself, without chemical interference.

I am writing about PREVENTION and if you keep yourself well, that is all you need to worry about. You should not get sick!

I will repeat myself here and stress the fact that I have proven this to be true. I have not seen a doctor for sickness for over 54 years. I have not had a cold or the flu or have I taken a medication for all that time; yes, not even a headache pill, nothing. Some people always react by saying that I am a lucky man, but it is not luck alone, it is good management. I have worked on this for over 50 years and I am still working on it every day at 85 years of age.

I suppose there is some luck involved and that is that I was lucky to have woken up in time to realise the value of health and how to achieve it.

Most drugs on the market today are very destructive and have many side effects, which in turn have to be dealt with at a later date. More poisons are introduced to do that and so forth. The Merry-go-round of "health"? Oh, that wonderful word "Health".

I suggest strongly that you ALWAYS look up your prescribed drugs before you take them. I have mentioned this before, but it is so necessary for you

to find out what these drugs do for you AND THEIR SIDE EFFECTS, which can be so devastating.

Knee meniscus

The menisci in the knees can be compared to shock absorbers in the car. They are very necessary to take the first shocks when we jump, run or even walk. Each knee has two of them and they are situated between the femur (thigh bone) and the tibia bone in the lower leg. When they are not functioning properly, due to a shift to the side inside the joint, the knee becomes quite sore. This shift may be due to a sudden twist of the knee and at the same time a jarring movement. When this condition is apparent, haste must be taken to correct this situation because if left for a while untreated, inflammation sets in and it becomes much more difficult to get right again, as fluid builds up and a jelly like substance can follow, filling the knee joint.

If treated immediately by a small traction procedure, all is well in just a few days. But sometimes there are complications. These menisci may crack or shatter into many pieces. Then it becomes a job for the surgeon, to either snip of the little bit that is cracked or to remove the many pieces of the shattered one.

Case history

A football referee dislodged one of his knee menisci, whilst on the field during a weekend game. He came to see me on Monday morning and I went to work on his knee. He was desperate to have it fixed, as he was going to retire after this particular season. If he was not fit enough to referee, he would not get his 100th game, a goal he had set for himself. During the next few days, he received the necessary traction treatments and went back to the field the following weekend. He finished his career with 101 matches under his belt.

An imbalanced body makes it even more likely for these menisci to pop-out, as there is more weight on one knee and it has to work harder under more strain.

A body in perfect balance can lift amazing weights as well, not that I suggest one goes overboard

lifting. New industrial laws suggest certain maximum weight limits that a worker should lift, as there are more and more accidents happening all the time. Weight related accidents are very much in line with the postural problems existing today. We are becoming weaker and so changes in the law were necessary. I remember when I was a young man of 17 or so, I could carry 2 x 40 kg bags of flour, one under each arm, and thought nothing of it. At times we had to unload a semi-trailer of flour and stack the bags 10 high, making a type of step ladder with flour bags, so we could step up to the top ones. I wish I was that strong today. It was not only me, but all the factory workers at Dad's factory were doing that and it was just a normal thing to do.

If you don't do this all the time, you should not attempt to do so on occasions because you will hurt yourself for sure. So be careful, especially if your normal weekly work is light work only. Prepare yourself for any strenuous work on weekends, because that's when things can really go wrong.

Exercise is very necessary for good health and particularly to keep the muscles strong, so joints are held together tightly to prevent the above from happening.

A daily walk is great, but make sure you put a little effort into it. I see people every morning on my walk just dawdling along. These people won't get too much out of their walk. Sure, a lot of them are old and have physical problems, so they cannot do any better, but there are quite a few, who can do better, but find it easier not to speed up that little extra bit. Increase your speed gradually and cover a longer distance each day or week even. Eventually you will do a reasonable distance, bringing your heart rate up to a healthy beat. Look at "after dinner walking" in the back. Climb a little hill, if you can find one during your walk to increase your heart rate; that is excellent or do some stepping up and down stairs.

Lymphatics

Throughout our body, there is a network of little tubes, called the lymphatic system, which carries away some of our toxic waste matter. Some of this waste is produced by the muscles, as they do their work. This system is one of the lesser understood systems in the body, however in my opinion a very important system just the same. A lot of health professionals do not take too much notice of it and therefore cannot treat the body correctly. I find it extremely necessary to eliminate toxins from the body all the time, be it from the lymphatic system, the liver, the kidneys, the skin or the bowels.

The spleen, which is the master organ in this system, is also very important and does some very interesting things. Years ago, the spleen too, was not considered important at all and the doctors used to remove them without too much consideration at all.

Years ago, the spleen too, was not considered important at all and the doctors used to remove them without too much consideration at all.

Remember this is not a scientific paper and I will keep my descriptions very simple, so all of you can understand, what I am trying to convey. The spleen apart from being a very important filter, which cleanses the blood, also has a lot to do with the production of white blood cells. Further, it plays a large part in the **immune system*** and the fight against some of the more serious diseases such as asthma and cancer.

The spleen is not a pump like the heart in the blood system, but it is a specialised organ just the same. As I said, the spleen is an organ of elimination like the kidneys, the lungs, the bowels and

the skin. The latter 4 put the waste products directly outside the body, whilst the spleen is doing its elimination through putting the toxins into the bloodstream and the kidneys filter that out and pass it outside the body.

Again, I would like to bring in the car, to explain things a bit more clearly and help you understand the function of the spleen.

We put fuel in the fuel tank of our cars, to make the engine work. It is the car's food if you wish. This fuel on combustion, creates energy. Some heat is produced in the process and exhaust gasses as well, which are the waste products. These exhaust gasses must be eliminated from the engine as quickly as possible, otherwise the engine will choke up and stop.

When we need energy in our muscles, the blood provides the necessary "foods" in the form of vitamins, minerals, amino acids, enzymes etc. The blood vessels carry the blood throughout the body to supply the whole body with the necessary "food" and the muscles turn that into energy. Some heat is produced as we know, when we work, especially when work hard and fast and then there are waste products as a result. Perspiration is one of them and we can lose a lot of water through the skin that way. This proves we must drink water to replace this fluid.

The muscle waste products (lactic acid) are carried away by the lymphatic system. When we are lazy or do not move very much, this waste sits there and does not move along to be moved outside the body.

This in turn can cause toxic effects and at times can cause some very nasty diseases. Cramps may be your problem, often experienced by older people.

Since there is no pump in the lymphatic system to move the fluid around, like the heart in the blood circulatory system, this lymphatic waste can only be moved by joint movements and muscle contractions. This means that we have to get off our behinds and keep moving. When we see heavy people, who are lazy, they are more likely to be puffy than fat (as in lard) and that is why I use the words "heavy people". I mentioned this under the heading of Asthma as well.

During my years in practice, I have taken a lot of notice of these people and have come to the conclusion, that the cause of a lot of mucous related diseases, such as asthma, eczema, catarrh, hay fever, sinusitis, thyroid conditions, ulcers, haemorrhoids, vaginal discharge, prostate gland enlargements, some types of breast lumps, allergies, of all different types, etc. are related to the condition of the lymphatic system.

Sometimes people who are overweight cannot get rid of the weight, because nobody seems to direct them to the real cause, which in their particular case is the lymphatic system. They go to weight reduction classes, where one concentrates on FAT, but theirs is NOT FAT. It is mucous. Read the section about asthma and see what happened to the lady I mentioned, who had asthma and was VERY big.

Diets alone will not do the job, however they must be considered, because mucous forming foods should be eliminated entirely, at least for 3 to 6 months. Foods such as all dairy products: milk, cheeses, yoghurt, ice cream, butter and all foods containing them. Then there are the wheat products, oats, the refined variety especially: white breads, white rice and alike.

These products are these peoples' worst enemies.

As mentioned above, exercises are very important to help shift these pockets of mucous and that should be priority # 1. You don't have to become an athlete all of a sudden, but gentle and regular movements are often enough to do the job. Walking and swimming are excellent. It does not have to be a chore or a drag using the more modern terminology. Make it enjoyable. You say that you are not in these categories and still have troubles. Well as already stated a few times: "We are all different and nobody is like the next person". Your treatment should be yours and yours alone

and another person with APPARENTLY the same symptoms, should be treated for their diagnosed symptoms, maybe in a similar manner, but never the same. Look under lymphatic exercises in the back of this book.

Practitioners cannot be like motor mechanics, because humans are not alike; like the same model motor car. The mechanic can look in a manual and find the exact way to fix a problem with a car. Practitioners cannot do that, although many do, but fail. We basically APPEAR the same as our neighbour, but we all have our individual differences. Fingerprints, eyes and blood types are just three areas we can observe these differences.

I have found that in almost all the people who have these congestive problems, there is pressure on the spleen due to a sacroiliac imbalance and it is of great importance, that this imbalance is corrected first and foremost. The results of my method have proven to me and the patients, that I was on the right track all along and even some of my colleagues have been amazed at the results I achieved in a very short time. Some of the practitioners were very jealous of me, but they never asked me what I did to correct some of these symptoms. The worst case of asthma completely cured in three months, was not bad.

Just to repeat the order of treatment:

1. Spinal correction,
2. Diet. Mucous-less diet: No dairy etc., but plenty of vegetables
3. Exercises daily and do them gently.

* The immune system is so very important to stop us from becoming sick. Modern medicine is often destroying the immune system and no wonder the patient is struggling to keep going. Chemotherapy has some very negative effects on the immune system, just at the time when a patient needs the immune system to be strong and be able to fight all the nasties in the body.

Migraines

Migraines are a curse for many people and some of you seem to suffer for many years with this debilitating problem. What is being done about you? From what my patients used to tell me, there did not seem to be an answer as a rule. Most sufferers are given drugs over many years to kill the pain, but again, the cause is not being addressed and treating the pain, is NEVER going to fix the problem. After all, pain is the alarm system going off to tell you that something is NOT RIGHT. So, it seems, that there is no answer to any diseases any more, as all the time painkillers are being used only and in the meantime the disease is raging on. Getting rid of any disease, is finding out what causes the disease and treating that. Once it is treated, the pain will go away by itself. Natural painkillers are a good idea, BUT ONLY, ONCE THE CAUSE HAS BEEN FOUND AND THE TREATMENT STARTED.

I have treated hundreds of migraine sufferers and almost every time, they were freed from the disease without too many treatments. I must stress again, that we are all different from one another and one treatment will not suit everyone. Most often, practitioners seem to concentrate on the neck area for a cure, but WHY IS THE NECK OUT OF ALIGNMENT IN THE FIRST PLACE? I always examined the whole spine for misalignments and always, yes always found a problem in the lower back. I used to rebuild the spine as it were, from the bottom up and eventually came to the neck if it needed attention. Many times, the problem was between the shoulders and yes, the majority had pressure on one of the nerves in the neck. Once the cause was found, the results were quick and positive. Then we should always look at the triggers as well,

sometimes pollens or foods, other times they could be chemical ones, BUT once the cause was shifted, these triggers were no longer a problem. (Also look under Headaches)

Case history

A young girl, aged 9, was brought into my clinic, suffering from 24-hour a-day migraines. She had them for nearly 2 years. Her life was very restricted. At first, she was treated by her physician using his particular brands of painkillers. Then, when after a while they did not make any difference, the doctor sent her to a specialist and he in turn treated her with his choice of drugs, but still nothing changed. The next stop was the neurosurgeon, who took scans and did some spinal tabs and gave her more drugs, still without a positive result.

The girl's mother was so frustrated and did not know what to do. One day someone told her about me. As soon as I saw this young lady, I realised what was wrong with her. I observed her posture and to me it was clear that a spinal correction was the answer. I treated her on the spot and within half an hour, her pain started to go. After an hour, she walked out of the clinic, free from pain for the first time in 2 years. I asked the mother, if I could see her next week for a check-up and make sure that what I had corrected was staying in place. When she arrived, she had a big smile on her face and exclaimed, that she had been free from pain for the whole week. One hour's treatment, compared to two years of trials and ERRORS and a heap of good money down the drain: FOR NOTHING! GOOD OR BAD?

By this time, her little body was full of toxic drugs, which had to be eliminated, so I told her mother to concentrate on good quality food and drinks, so all the nasties would disappear. I told her to drink only clean, living water and eliminate cordials and especially the gassy drinks. I asked the mother to make her carrot juices and other green vegetable juices, especially wheat grass juice. These are very good to eliminate toxins. She needed to exercise a little more now, as she could not play sport, whilst she had these migraines.

These migraines started, after a sporting accident.

Having a perfectly balanced body eliminates a whole host of possible problems and that is why I concentrated on Osteopathy, rather than Chiropractic, as the treatments are just a bit more comprehensive.

Piles and haemorrhoids

Another real problem in our society is haemorrhoids and piles. Many people suffer from them.

Case history

A man whom had external piles, wanted to treat them naturally and had been in touch with a range of natural therapists; an Herbalist, an Osteopath and a Homoeopath, but without any success and his problem was not solved. After 2 years his condition became so bad, that he went to see a doctor.

The doctor suggested one treatment after another and none made any difference to his condition. In fact, his condition became worse as time went by and the doctor referred him to a specialist at the local hospital where they performed some sort of stretching procedure of the rectum. The specialist said that this would definitely fix the problem. After an overnight stay in the hospital, he was sent home and he was to have another check-up in a month time. When he went back and

complained that nothing had happened, he was re-examined. A small operation was performed to remove a fleshy protrusion. Again, he was to go back in a month for another check-up, but nothing had improved even after the second visit. In fact, the condition worsened and he did not go back. It became so bad, that when he had to evacuate his bowels, he screamed from pain, which would not go away for hours. He could not stand up straight, sit down or even lie down in bed in comfort, especially straight after using the toilet.

He would pace around the house for 3 or 4 hours, crying and hoping the pain would go away and eventually, he would get some relief, just at the time when he was due to use the toilet again. Then the whole thing would start all over.

This ordeal went on for 2 more years, when I met up with him. I told him to go and see a husband-and-wife team of Homoeopaths, who were actually retired, but did a little work for some of their long-standing patients. I rang them for him as I knew them well and made an appointment.

This was like another miracle. Within 5 visits, one week apart, the whole problem started to disappear and only after a few months of taking the homoeopathic remedies, he was FREE from all the suffering he endured all these years. These lovely people were so professional in their approach of healing the CAUSE of the problem. They knew exactly what they were doing. I have often heard it said that Homoeopathy is quackery, but don't you believe it! This is just one case, proving that in the right hands, it is a very exacting science. Homoeopathy has been around for many years and it is as good as it was when Hahnemann discovered it.

Just to mention children's diseases, such as whooping cough and all the others, can be successfully treated with homoeopathic remedies. More about them later.

These 2 homoeopaths treated the whole system as they found it to be completely toxic, which caused his condition. It was NOT just ONE simple remedy he was given, as was the case when he went to the doctors and some other therapists, but the whole system was treated, step by step, until not long after his first diagnosis, everything started to get better. Not just the lower part of his body, but his kidney function improved, his skin felt better and his bowel movement was easier and softer etc.

Homoeopathy has a lot to offer and it is a very exacting science. However, one needs a lot of experience in its practice and application. This couple had 90 years of experience between them. The husband was the son of a Homoeopath, so he grew up with the remedies from a very young age. His wife was introduced to Homoeopathy at a young age as well, so they made a fantastic team. I would like you to read the saying again about "being truly educated". It proves that experience is a wonderful teacher.

This patient had been to another homoeopath before and she gave him one simple remedy called Hammamelis (Witch hazel), a remedy that is generally used as an astringent and in her opinion should have fixed the problem. This lady had learned from a book and did not recognise the fact, that a problem like this needed far reaching research to find the CAUSE. Treating the end result was again NOT the way to go. This and many other remedies like suppositories or creams are the kind of treatment nobody should prescribe, UNLESS THE CAUSE IS TREATED FIRST.

Obviously, this man's problem was systemic and should have been treated as such from the very beginning, by both sides of the healing fraternity, instead of him having to suffer for years. I have seen the pains a sufferer has to go through before.

Anyway, this man's life changed dramatically, as now he could go to work again, make appointments, where before he had to cancel most of them, because of his discomforts. He felt free again!

We must thank God for true practitioners, those who are there to heal and help people or animals for that matter and are not in business for the money first and foremost. God help them, as it is so easy to make money from a suffering patient, because they will do almost anything to be relieved of their suffering, yes even pay big money. Watch out for Karma, practitioners!

There are some practitioners (you notice I am not calling them healers), who brag about the fact they see “so many” patients in a week.

Some figures came to my notice one day, quoted in a professional magazine, which astounded me. One American chiropractor stated that he saw 1000 patients a week. Well, this means, he would spend something like 2.5 minutes with each one of them, if he works a 40-hour week. So, I would say he SAW them alright, but treat them?

All health professionals should swear the Oath of Hippocrates and abide by it. Once upon a time the young doctors had to. I doubt whether the young doctors today have even read it. “.....*I shall do no harm...(etc.)*”

Good work takes time and dedication and this pertains to all work. A rushed job is usually a bad job. I liked wood turning and I got a great deal of pleasure in finishing the article with the finest sandpaper, so it became as smooth as silk. The wood grain stood out and showed its best quality. All the turning marks were gone. It gave me a great deal of pleasure to see the article come up so beautiful.

To do a good job is very satisfying, because you have achieved something you can be proud of. On the other hand, if you look at something you have created in the past and it was just thrown together, without too much care and finish, you will not like it at all and you probably want to throw it away. If you don't get rid of it, you will always curse it, because it was an ugly creation. Don't rush a job and make a mess of it; do it right in the first place. If you do not have the time to do it right, DON'T DO IT now, but do it at another time, when you can spend the necessary time to do it right and when you are in the right frame of mind.

IF A JOB IS WORTH DOING, IT IS WORTH DOING WELL!

To **prevent** haemorrhoids or piles, it would be wise to have your body checked for the correct posture on a regular basis, so the organs can perform freely and correctly. Diet has a lot to do with this “dis-ease”. Naturally, a diet rich in fibre is extremely important. NOTE: we must be careful, not to think of adding bran to our diet. That is the modern way of doing things, but it is NOT right. The diet should be of a high vegetable content, which has natural fibre in it. Meat has no fibre and should be cut down, for more than one reason, but our fruit and vegetable intake increased. Keep the skins on the potatoes and pumpkins etc. Do not peel but scrub them only. The most valuable part of a vegetable and fruit is the skin. A lot of minerals are there for us to eat. Peeling potatoes is a rotten job anyway, so why do it? Every day, fruit and vegetables should be consumed and take-away meals should be eliminated at all cost. If you are **a sufferer**, you should check your diet NOW and change it, unless you are happy to suffer. Don't forget exercises as well.

To start the healing, you should do a bowel cleanse and this may be done with coffee enemas. You should go to some experienced practitioner in this field. Herbs are often used during this process.

A diet rich in fruits, vegetables, nuts, seeds and only **some** WHOLE grains (so cut down your bread and biscuits and especially WHITE BREAD AND CAKES MADE WITH WHITE FLOUR) should make you well. There is NO roughage in white flour products and this is so important for the proper bowel function. Cut out meat altogether for at least 6 months. Do not drink coffee or colas, but instead drink a lot of alkaline water and some **freshly squeezed** fruit

juices (diluted with 50 to 75% water). Generally, a healthy natural lifestyle, which includes exercises and plenty of fresh air and good life sustaining food and a clear and stable emotional state, should get you there. *Enjoy* a healthy and positive mind!

One problem I must mention again and that is the air in our homes. Generally, the air inside the house is also quite toxic, due to VOCs or Volatile Organic Compounds. The word organic here does not mean good or healthy. Organic food, grown without chemicals is good for you.

I am going to mention it here in a quick summary and I will repeat it later on in HEALTHY HOMES, that our furniture, carpets, chipboard, plastics, paints, stains, cleaners, pest control chemicals, toilet chemicals and deodorisers and electrical gear all emit VOCs as well as EMR (electro-magnetic radiation in the latter). A house can be quite hard to live in. I can hear you say: "What do we do?" I don't know myself anymore; it is so difficult and for that reason I am planning to live in the bush, or at least near the bush etc. for the rest of my life and camp out as much as I can, living in nature, plenty of fresh air, near the oceans and the trees, in peaceful surroundings. I know not everyone can do this, but I have reached the stage of my life, where I can do what I want. I am going to be caring for myself the best way I can from now on.

For you to do your best, you should buy furniture made of solid wood, not chipboard, don't have carpets, but live with wooden floors, stained with natural stains. Use natural paints without VOC emissions. Don't use household chemicals and deodorisers, don't buy printed toilet paper or perfumed paper. Get the toilet paper, which is made from recycled paper and has not been bleached. Cut down on electrical gadgets instead of buying more all the time. Just imagine how Adam and Eve would have lived. None of these problems confronted them.

I hope you can do something positive about your problem soon.

I can really hear you now. He is mad! You cannot do things like that these days! Whatever else are you saying? Well, my dear people, I am not mad, (I don't think) and these things can be achieved and have been achieved by others, besides me. You will read about one case, where an architect friend of mine had to design and furnish a house for a lady, who was very allergic to the common chemical poisons of today. He made it!

Repetitive strain injury (R.S.I.)

RSI, (in the shoulders or arms), frozen shoulders, tennis elbow and carpal tunnel syndromes, are all one and the same cause. A lot of professionals may not agree with me, because they treat symptoms and not causes. I found out early in my career, that in those people, who suffer any one of the above, a nerve coming out of the cervical spine (neck) and travels down in the front of the shoulder towards the wrist, is either pinched a little in the neck and/or gets affected by some acid crystals right in the front of the humerus bone. This causes the frozen shoulder syndrome, where we cannot lift our arm up, away from the side of the body. The same nerve causes tennis elbow and carpal tunnel pains in the wrist. Part of the problem may be acidity and lack of **all-round exercise**.

Repetitive exercise, whether during work or sport, in other words, doing the same thing all the time, causes unnatural wear in one or more body parts and usually they are joints, but muscles can often be affected. These symptoms are always found in acidic people. It is not so much the exercises, rather than the condition of the joint, the presence of acid crystals, that wears out this joint and causes the pain. It is a bit like sandpaper, continually rubbing and wearing. If the joint is healthy, it is naturally lubricated and this would not happen, even if you did repeat some exercises all day.

So many people's bodies are acidic these days, that the problem is worse now than it has ever been before. Our eating habits have changed so much, that this has become a social problem. I will discuss these and other forms of diet later.

The lack of exercise also causes lack of circulation and that can have an effect on tired legs, varicose veins, muscle cramps, lack of power in the arms, cold feet and numb fingers, especially when it is cold.

When there is the problem with a frozen shoulder, we get that annoying pain, as soon as we try to lift the arm over our head. You can start to lift the arm just a little, but as soon as the muscle in the shoulder (deltoid muscle) starts to do its job and contracts to raise the arm, that particular nerve gets pushed onto the acid crystals, which are rough and the pain develops. You can usually support the bad arm with the good one and lift it over your head and once you are there, you feel no pain, because this particular nerve is now released again and is not being 'sandpapered' to cause any pain. However, don't try and lower the arm all by itself, because as soon as the muscle tightens again, the nerve comes in contact with these crystals again and the pain returns. Traditionally these pains are treated with anti-inflammatory drugs and/or painkillers.

There are many people suffering with these complaints, but nothing constructive is being done about the prevention of them. There is very little education in this field to help those in need.

Quite a few years ago a young lady came into my clinic with RSI in both arms. She was working in a very large office and was sitting on the same chair all day. She told me that there were about 80 ladies working in 3 shifts of 8 hours. She also mentioned the fact, that about 7 ladies would be away on sick leave on an average, throughout the year with this complaint. This of course meant that the company was paying 7 wages for a whole year, every year, for a lack of productivity. What is worse, they were not treated properly for the complaint. All they received was pain killers and anti-inflammatory drugs, which don't cure anything, but they poison your body. (Find out for yourself on the net). I went to see the office manager and discussed this matter with her. I told her that the chances of reducing the problem was real and the absenteeism could be reduced to "0". She showed a lot of interest in what I had to say and started to send me some of the ladies, who were worst affected. When I went into the office, I could also see, that there was a real problem with the way the workstations were situated.

Some ladies were sitting too low, others too high in relation to their work. So, seating and desks were changed and all this helped the cause of the problem. I treated these ladies and they went straight back to work.

A year and a half later the office manager rang me to say, that the absenteeism had dropped to zero and the company had saved so much money. (Just calculate the wages of 7 women over a year.)

Once upon a time an office girl would make the morning and afternoon teas, go to the bank and do some other chores for the boss etc., She would get some exercise during the day and not just sit there. That was always helpful.

The RSI problem is a difficult one to solve as all industries are geared to get as much production as possible and to do that, one person does the same thing all day and becomes very efficient at doing this job. If others have to be trained all the time, the productivity would drop and the income for the manufacturer would be less.

Tennis elbow, well I have treated more carpenters with this complaint than tennis players. People with this complaint clearly have a pattern of too much of the same exercise, which in an acidic person is going to play havoc. Acid crystals settle in the elbow joint and irritate the nerve there; that's the pain you feel! There is no lubrication in the joint. You can compare this problem with a

door hinge. If the hinge is nicely oiled, it will work beautifully, but when it becomes dry and rusty, it creaks and if left unattended, it may one day snap off.

“If only we were back in the days of the horse and cart”, well you know what I mean, in a slower, less consumer orientated society, where time meant something and people lived a very much slower and happier life. I won't tell you more at this stage, but I might touch on that later too.

If we don't exercise enough, our bodies, all over, become diseased. It is so easy to go to work, do boring work and go to the pub, have a few beers, watch TV, eating a take-away meal, go to bed and start the whole procedure all over again the next day. That is NOT living! That is existing only! We deserve better. Luckily, there are a number of people, who go and play sport or go to the beach before or after work. They are the ones, who at the end of the day will be a lot better off and will feel better, not just physically, but also mentally. They are the ones who will produce healthy children, as their regime usually incorporates a healthy diet as well.

Maintenance is the most important thing. If you don't maintain your car, it is going to let you down one day, when you don't want it to, because these breakdowns usually happen at times, when you least want them to happen. Don't let your body have a breakdown either, so give it the service it deserves all the time. Some people say they have no time for all this stuff. Okay, isn't it better to make an appointment with a doctor or Osteopath, herbalist or whomsoever you want to check you, when you have the time, rather than wait till it is too late and you find yourself in the predicament of an unexpected breakdown, which is usually worse? This is the time, when you find yourself in hospital and time lost there is a lot longer, then if you had prevented the breakdown.

Look after your body and it will give you a long and reliable service.

If you are healthy, you don't have to go and see a doctor or anyone else and therefore you are not a liability to society, through the health scheme. Why should healthy people pay tax fees for a health scheme they don't use? There are thousands of people who continually use the scheme, because they are always sick. Why? They don't look after themselves and find it EASIER not to bother and allow the doctor to do the 'healing'.

I talk to a lot of people about health and their diet, but so few even listen. The information goes in one ear and out the other and as I speak, they are tuning in to another conversation somewhere else. I have learned something from this though. As soon as the person I am speaking to stops being interested, I stop talking and change the subject. After all, “you can take a horse to water, but you cannot make him drink”. I have had too many instances like that, to realise that it is futile to continue the discussion. Here I will mention again, that I myself have not seen a doctor for ill health for over 54 years. Nor have I had a cold or the flu or taken a drug to cure a headache or anything else for that matter. It is not luck, as some people say to me, no, it is good management. Sickness is becoming the norm in society and if you don't see a doctor on a regular basis, you are a freak.

The governments are paying big money on advertising against smoking and drinking for instance, but the message doesn't seem to get through at all. Accidents happen all the time and statistics prove, that a lot of them are alcohol or drug related. Where is our responsibility gone?

MAKE TIME FOR YOURSELF; YOU ARE IMPORTANT.

Shanti

At this point I keep touching on acidity only, but I will elaborate on all of the balances later. I must mention one aspect of this at this point and that is sweeteners. Sugar, honey, maple syrup etc. We all know by now, that they are bad for us and it is not only weight producing, but very acid forming. (See acid/alkaline).

One big problem has arisen in the last few years and that is the change from sugar in food and drinks especially, to a product called ASPARTAME* (**951** on the labels of foods and drinks). In diet drinks, sweets, deserts, Equal sweetener and other junk foods, aspartame is being used and it is a very bad poison. It is a neurotoxin, attacking the nervous system, especially the brain. The company producing this stuff took 40 years to convince the FDA (Food and drug administration) in the USA to have it approved as a food additive. It can cause brain tumours and cancers and up to 93 other diseases.

The FDA approved aspartame with their G.R.A.S. clearance, which means: “Generally regarded as safe”.

*Aspartame can cause headaches, memory loss, seizures, vision loss, comas and cancer. It can also pack on the fat, even though they advertise it as a dietetics aid.

Doctors recommend diet sodas, sweet-n-low etc. but they cause us to crave calories and then we binge on unhealthy take away food. Also be aware of 952 (Cyclamate), 954 (saccharin) and 955 (Sucralose).

If you have a sweet-tooth, like I used to and you have honestly tried hard to kick the habit, go and get some PURE STEVIA (green colour) from the health food store. Yes, there are times when we must pay a little more, but that is only money, not ill-health.

Some of the advertised stevia products in the Supermarkets, are not so good either. Get the real stuff, 100% stevia, which is a green powder. It is just dried leaves from the stevia plant.

Stevia is actually 300 times sweeter than sugar and it won't do you any harm. Paying that extra money, you save in the amount you use.

I used to grow just one plant in my own backyard and I harvested it twice a year. It is a green herb, growing to about 500 mm tall. I used to pick the green stems and hang them in a breezy, dry and dark place, till the leaves would be crisp. Then I ran my hands over the stems and the leaves would come off the stalks very easily. I put them in a mortar and ground them with the pestle, put them in a glass jar with a screw top and kept it there for future use. You can grow a plant yourself, even in a pot on the veranda. This was used to sweeten all sorts of things, where you use sugar normally, but be careful, it is very sweet. I still have some now.

Another product, which looks similar to sugar is Xylitol, which is produced from the Birch tree: **Buy that one.** There are other xylitol products on the market that are produced from Corn and almost all corn products are genetically modified (GM) these days. Xylitol is actually good for your teeth, where sugar does some real harm as we all know. There are also some Xylitol chewing* gums on the market as well.

* A little note of caution; When you use any chewing gum, don't chew it all day, like some people do. Chewing produces saliva and we should not salivate all day. Saliva is produced for the digestion of carbohydrates. When you chew gum, you are likely not to drink as much as you should either.

Xylitol tastes like sugar, where Stevia is a little aromatic and has a slightly stronger flavour to it. Neither of these products are acidic by nature and do NOT put-on weight either. When you see a TV program on the use of sugar, please do not turn it off, but watch it and take it in for your health sake. Some of the latest findings are really frightening. We just cannot be like an Ostrich and put our heads in the sand and pretend it does not exist. A fact is a fact! *Cancer loves sugar!*

There is an article in my book called "The way we are meant to live", on page 78, written by the International Medical Veritas Association, about a cancer cure, using BI-CARBONATE AND MAPLE SYRUP

Good luck!

Scoliosis

Scoliosis is the name given to an unnatural curvature in the spine, which bends from left to right or visa-versa. There are also unnatural curves of the spine, which bend forward or backward and they are called lordosis or kyphosis.

Most of the time we hear about children having a scoliosis, detected during a health check at school. A scoliosis is usually not a problem, as generally they are easily corrected, if attended to immediately. There are some troublesome forms of scoliosis, which are not so simple and are caused by a muscular disease. These are a big problem and can make the sufferer a cripple for life.

The more common scoliosis, which is caused by an accident or something, can be corrected by manipulation.

Here we are dealing with a good reason, to correct the whole spine from the bottom up and reposition all the vertebrae into their correct position. The trick is to attend to this problem quickly, as when left too long, the vertebrae can actually start to depress or compress and go out of shape, making a recovery very difficult or impossible.

This is the problem, when an adult patient comes for treatment. Often their accident happened years ago and their vertebrae have collapsed. Once this has happened, it can seldom be totally corrected and regular check-ups are necessary, throughout the person's life. Most of the time an improvement can be achieved, but the collapsed vertebra or sometimes more than one, will never be the same and cannot hold up the body like they should, when they were in good shape.

What happens when a vertebra collapses, which is usually on one side only? It is obvious, that when this happens, the vertebra above the collapsed one does not sit square on top of the previous one and the spine starts to deviate, to the left or right, whichever the case may be.

Let's go back to our childhood, when we played with building blocks. All the blocks were the same size and you could make a nice stack. Now, imagine that one of the blocks was wedge shaped. When placing that block in the stack, what do we get? A "leaning tower of Pisa" effect, above this wedge. That is similar to what would happen in our spine.

While the spine is leaning over to one side, the message is coming through from the brain, that this is not right, so the muscles start to pull the whole spine above this spot over in the other direction, to make it `straight` again, however whilst this wedge-shaped vertebra is there, it is only going to cause another scoliosis further up the spine, in the other direction. Now we have an S-bend, or double scoliosis. This can present even a third curve and may affect the neck vertebrae, causing headaches etc. This is why I ALWAYS corrected the WHOLE spine from the bottom up and NOT just treated the affected area, because it would go back and cause the same trouble all over again. Yes, this is how money is made! If the job is not done correctly, you will have to go back, time after time, to have more work done. Any building is built from the bottom up. You cannot start in the middle or at the top.

An example of kyphosis, is when you see a person with their bottom sticking out. That may be cute, but it is absolutely wrong. In a case like this, there is always a protruding stomach as well and internally there is pressure on organs, which should not be there. We have accepted all these deviations as normal, but I cringe at times when I see some postures and wonder how this person

feels. Hunch backs are another form of lordosis or kyphosis.

Case history. A young man who was a very keen squash player, came to me for advice and asked me what the reason was for him not improving in his playing. He was playing B grade and could not get past the semi-finals in his grade.

I started working with him and after correcting his spine, which was really quite bad, he went back playing again. During the next year, he played well and won the B grade championship. In a club match after the finals, he also beat the A grade champion.

Watch those children, who “fall over their own feet” all the time. We call them clumsy but they are NOT clumsy really. Their backs are out of alignment. Try this: Get your child to walk on the spot in front of you for a few moments and then ask them to stop and stand perfectly still. They must stand there and not move their feet. Watch their toes pointing towards (or away from) each other. Sometimes only one foot turns away from the centre etc. Some of these children (and adults) may have their bottoms sticking out as well, something that is very WRONG! Other symptoms are also obvious to me as a practitioner but may be difficult for you to observe.

My eldest son was one of those. Mr. Pescud visited me at home one day, before I practised as an Osteopath and he saw how this boy ran down the street. He really could not run properly, something I had not realised. He asked me to bring him in and he adjusted his spine. As my son ran down the street again, he ran properly and fast. Absolutely amazing, the difference it made in just a few moments.

This confirmed the fact, that I was to do this work and follow Mr. Pescud in his footsteps.

An athlete out of physical balance, will not be able to perform as well, as a well-balanced person. You can see this happen in horses also, which run around the racing track and cannot stay on the rail. Horse Chiropractors are very busy today, fixing these problems and they get really good results.

Hernias are caused by an imbalance in the spine. When bending, the pull on one side of the body is far greater than on the other side, thus causing a tearing effect, when a person is trying to lift something heavy. A person with a well-balanced body can lift amazing weights, but not a body out of balance. This is another instance, where regular check-ups prove to be so valuable.

PREVENTION IS BETTER THAN A CURE!

Although I started to help cure patients in my career, I learned that prevention is the way to go and that is why I am sitting here writing all this information. It is for you to digest and implement. I can only tell you what I know is right, as I have dealt with them all before and I get plenty of arguments about how difficult it is. Yes, it is, because we have let things slip away from us and we are taking the easy way out. It is nobody else's problem but yours. You are responsible for your life, no one else!

In the medical profession, those minor postural problems are not really considered and/or picked up in the course of a consultation, although it is getting a little better. Physiotherapists are much better trained today and pick up a lot of these above symptoms. The regular doctor only attends to the problem the patient puts before him/her. So, unless the patient tells the doctor that his back is playing up, nothing will be done about it; and another thing is the lack of time. Your appointment time is very limited and there is no time to sit down properly and discuss all your problems anyway. This would be a multiple appointment. The average patient does not have the time to

make all these appointments, so the next problem will be forgotten for now and get worse over time.

There have been thousands of patients through my clinic, with some of the above and following problems and if only they were diagnosed earlier, a lot of their suffering could have been prevented. Read about the young girl with constant migraine above. This is another case of not being educated properly, by the patient as well as the professional practitioner. If one cannot diagnose properly, one cannot treat properly.

I find it so sad, that a lot of people go through life with a lot of discomfort for nothing. If they had been diagnosed for their condition earlier, all the suffering could have been prevented or at least lessened.

Even though I am retired, my eyes still see many problems, when I walk around and sometimes I wish I could help these people. I am no longer registered and have no equipment any more to treat people, something I am sad about.

I would like to have a check-up myself from time to time, but I cannot find that person, who treats people like I did. Mr. Pescud's method was very special. I have really tried hard to find a practitioner, who sees the whole spine as a very amazing part of our anatomy. Only last year, I went to 4 different practitioners in different fields of Natural medicine for months; one after the other, but nothing happened. I trained a friend of mine to do massage and after she finished the course, I allowed her to do some manipulations. She followed my instructions to the letter and she was very gentle but firm. Since then, I have felt so much better and I am able to do more now, especially walking and getting out of bed without pain etc.

I mentioned before, in the Child Birth article, how these women reacted and found themselves falling pregnant after the treatments they received, correcting the functions of their body, back to a natural state. The difference it made to them, to allow this miracle to happen again. The squash player in this article, who could not get better, was a champion after treatment.

I like watching tennis on TV and one tennis player comes to mind here, who could do so much better if he was treated. His posture is really bad.

Case history.

One of my last patients, before I retired, was 76 years of age and her son-in-law suggested to her to go and see me for a check-up, as she was always tired.

After just a few treatments, with nice massage and corrections, she felt so much better and felt younger. There is quite a pattern in how people feel, after their bodies start to function again, when it is back in the correct state. It is like that brand, new car, straight from the showroom floor. It performs beautifully.

I would like to see practitioners more aware of ALL the different things that are wrong with a patient, when he/she comes for treatment and diagnose all the problems, so a regime of treatments can be followed, instead of giving a patient treatment for the complaint, the patient conveys to the practitioner. The patient is not qualified to diagnose and usually only tells the practitioner where it hurts, not where **the cause** is and THAT is the thing that needs treating. Sometimes the problem (the cause) is a lot deeper than the physical discomfort and this is what needs attention first.

The real cause may be emotional, something often forgotten.

What are the first words practitioners utter, when you walk into their clinic? "What is wrong with you!" That is the diagnosis! This is the patient's view of the problem. The next thing the practitioner does, is start writing a prescription. Often the next thing you hear is: "If this medicine doesn't work, come back and we will give you something else". This is pot-luck treatment and not proper medicine, conventional or natural. Anyone could be a practitioner, if you had that

attitude. Just collect a heap of remedies and hand them out at random. 'Try this, try that' treatment!

In healing the body, there must always be a systematical approach. We must be checked over for all possible causes. This body of ours is a very complex system and there could be heaps of reasons why we feel off-colour. These reasons MUST be found first. ” The cause may be emotional or a state of your mental being.”

Take the scenario of a fire alarm bell going off on the side of a building. When that happens, there is obviously a fire inside. You can stop the noisy bell by cutting the wires or ripping the bell off the wall, BUT THIS DOES NOT EXTINGUISH THE FIRE, DOES IT? So again, stopping the pain or treating the end result, is NEVER going to fix the CAUSE.

If a practitioner was deaf and dumb, he should be able to cure people, because in my clinic everything was done by measurements and feel. Seeing helped, but I often thought treatments could be just as affective if I was blind.

Where is the family physician gone, who in my younger days, checked you all over and took the time to treat you properly? Times have changed and I don't know when or whether it will ever return, so we will get the necessary attention again. Do they want to cure us? Is it more profitable not to cure and keep treating?

For every physical ailment, there is usually an emotional cause as I stated. I was lucky I decided to spend a full hour with each patient and during the time the patient was being massaged by ME and not anyone else, I had the opportunity to talk to them and find out a lot about their emotional state. We talked about anything and everything and I got to know the patient quite well. In the end some patients became good friends and I got to know all their family and even the names of the family cat and dog.

When I got really busy, someone suggested that I cut my treatment time in half, so half an hour instead of one hour. I tried it for a few hours and found I could not do what I wanted and went straight back to the full hour.

I even did some locum work for an injured Osteopath friend of mine, who had half hour appointments. I was not happy doing this at all, but had to, as he treated his patients that way. When I finished my tour of duty in his clinic, all his patients wanted to come to my clinic and be treated there, which I blankly refused.

GOOD WORK TAKES TIME AND IF A JOB IS WORTH DOING, IT IS WORTH DOING WELL!

Health

PREVENTION OF DISEASES.

Here is where I really get into the prevention of diseases and put the cures aside for a while. Health is a state of mind and it is different from one person to another. It is what we feel to be the right situation for ourselves, but we must always bear in mind, that a state of health, must always be such, as to maintain a healthy balance between our organs, our muscles, our tissues, in other

words our physical well-being and also our mental state, our spirituality, our emotions and sexual gratification etc. In other words, all parts of the body MUST work well together to maintain the body as a whole and make it function in such a way, that with good maintenance and food, it will last for many years, without interference from anyone else except yourself.

A good mineral intake will defend the body from so many diseases. Unfortunately, we do not get them from a lot of foods today as foods are grown on artificial fertilisers and sprayed with poisons, picked unripe and transported over many hundreds of kilometres, sometimes thousands, before we get to buy them. The vital elements are dead and the food value is extremely low or non-existent. I mentioned the skins of produce earlier on, how important it is to leave the skins on food. Please remember that, whenever you prepare food. I sometimes watch cooking shows on the TV and am very sad, that no attention is given to the quality of the meals they prepare. The dishes LOOK great, but are they actually worthwhile eating?

A monotonous diet, without taking into account the seasons, is dangerous and also the continual bombardment of the same foods all the year round can and will cause many of today's problems, especially when these products are refined and kept for long times in a preserved state. Nature grows things in a perfect way and we should consume these in that way also. Animals do it! I was always taught that man is the superior being, with a brain etc. to work things out and to react in a positive manner, for our own good. It is a pity that advertising is so powerful, that we believe the screaming advertisers who talk us into believing that the article they advertise is GOOD FOR US. FRESH!

It is good for their pocket, yeah.

You should be in charge of everything that goes on with your body, what goes into your body, what touches your body and may be absorbed through the skin, what you hear, what you see, smell and what you feel, physically, mentally and spiritually. All these influences are affecting your well-being in some way or form. I am talking about our surroundings, whether the air and the waters are clean, what you hear and see is acceptable for our development, what you touch, such as chemicals in clothing, body washes, make-up, shampoos and alike, in food, in the water we swim in and/or drink; so many things are polluted in some way or form and we have the right to refuse or accept all of them and we should!

We should eat and drink alkaline water and food, because we cannot get sick if we do that.

We should want to be well all the time and not have to die from a disease, which most of the time is caused by man himself, being slack or ignorant in his living ways and poor education.

We should eventually die from the wear and tear of all of our cells together after a long and healthy life. I mentioned earlier that our cells are being replaced all the time and the new cells SHOULD be the same as the replaced ones, but in today's world, with the pollutants etc., the new cells are not of the same quality as the ones just replaced, so eventually all the cells are no longer strong enough to keep us going, so we will die. We should NEVER die from a disease though; that's the modern way of thinking, however wrong! The advertising that heart attacks are killing more people than any other disease, is scaring people and I have come across many people during lecturing, who are basically waiting for THEIR heart attack. If you want to die from a heart attack, **keep thinking about it and you will indeed.** **SO**, don't think of sickness, that is negative. Be positive and think of being well and healthy. Don't think that you cannot do something any more. Have a go and put a little effort into being well, especially when you have been here for a while longer.

We should live in a world of love, peace and understanding, of harmony and brotherhood. No hate should ever (have to) enter your mind. Mental diseases would then be reduced to an absolute

low. There would not be the anxiety problems which exist, often caused through stress in the first place. If love had reigned here, these people would be happy.

Read on and digest the articles I have written in this section, because I would like you to be well for a long time yet.

I would like to have a drink (water) with you on your 100th birthday and celebrate what you have achieved. Hold me to that! I'll be around!

Acidity

I touched on this problem earlier, yes, I call it a problem. The following will be more in-depth and there will be even more in the section ACID/ALKALINE.

I cannot stress enough, the importance of being alkaline.

Acidity comes from 2 main sources and the most important one is POSTURE. Over the years, when I was in practice and Mr. Pescud before me, we observed certain imbalances in the spine, as being strong contributors, in the forming of acidity. Another one is diet and the forgotten one is our state of being, or how we feel.

Our posture should be checked on a regular basis, especially if we have a problem to start with and the timing between check-ups depends on what we do. A labourer is more likely to put his spine under a lot of pressure, compared to an office worker, although, the latter can often do more damage on weekends. During the week the office worker does not encounter much strain on his/her spine, but on the weekend, heavier and more strenuous things are often performed. These people are not strong as a rule and should be very careful, when lifting or doing heavy manual work.

Once a spine goes out of alignment, pressure can be put on parts of our body such as a nerve, a muscle, an organ or a combination of these, affecting their reliability and their function. In cases of acidity, it is the liver's function, which is affected. I leave it at that, as I have mentioned that this paper is not a scientific one, but in short, Uric acid is formed and this is the cause of an acidic condition, such as arthritis.

Acid forming foods such as meats, grains, alcohol and others (see chart), must be cut down to be only about 20% of our diet; that leaves the alkaline foods to be taken at a rate of 80%. Looking at the chart later on, on page 57 you will be surprised, how much acid forming food you consume.

When the uric acid concentration becomes very high, the body's natural way of disposing of uric acid cannot cope and this acid is deposited in joints and sometimes muscles. An injured joint is a favourite spot to collect uric acid and when this continues to go on for a period of time, this concentration becomes so high that the acid starts to crystallise and a rough surface appears on the end of the bones, creating a painful area, when the joint moves. This is a typical case of arthritis: "arth" = joint, "itis" = inflammation. When a muscle gets affected with too much acid, it is called fibrositis: "fibro" = muscle.

The first sign of arthritis in a joint is a grating sound, such as in the neck for instance. You hear that well, as it is heard right next to the ear when you turn your head from left to right and visa-versa. When a knee is involved, you can feel the roughness, when you hold your hand on your

knee and you flex your leg. It feels awful and rough. This roughness is starting to wear the bone covers, which are normally smooth and make the bones move freely. I have already covered some of this under arthritis, so re-read that section.

The next phase of acidity is the ossification on these crystals (os = bone). So, what happens next is that these crystals become so concentrated, that bony substances are formed. That is really bad. We have all seen the fingers of some older people, who have these nasty lumps on them and it causes the twisting of the fingers as well.

A body that is allowed to become too acidic, is not only affected as above, but a whole host of diseases can start to appear. I cannot stress enough the need to have a happy balance between acid and alkaline. That balance is 80% alkaline and 20% acid. Therefore, a mainly vegetarian diet of vegetables, fruits, some nuts, very low grain intake, seeds and the pulses, is ideal. To get all the minerals and vitamins we need, we must try and eat bio-dynamic food. We hear so much about organic food, but it is not complete.

Organic food is better, then conventional, as it is grown without the use of chemicals at least, but it may not contain the nutrients we need in sufficient quantities. Bio-dynamic foods have all the ingredients for total health and longevity. So basically, you have to start growing your own, since bio-dynamically grown foods are difficult to obtain in the market place.

People, who have a bad posture, affecting their acid level, must be even more careful with their diet, because you will get bombarded from 2 different sources.

Someone asked me once: “Can I supplement my diet with pills and keep this balance right.” I said NO, as it needs to be attacked from the ground up as mentioned before. Apart from that, a lot of pills and especially capsules, sometimes do not digest at all and they finish up in the sewer, UNTOUCHED by the body. I saw this demonstrated in a film clip, where a septic tank was emptied and in the bottom of the tank, a whole layer of capsules was found, still intact. What a waste of money that was! And of course, these good people thought they had done the right thing.

I have been trying to live the bio-dynamic way for the last 44 years and only since I started to travel in a caravan around Australia, I had to compromise a lot, as in most places I visited, the quality foods I was looking for were not available. To complement my poorer diet, I sprout seeds, like mung beans, alfalfa seeds and others and I do this all the time. There is no need to buy a fancy sprouting tray, as a glass jar does the trick beautifully.

A jar with sprouting seeds, doesn't take up much space and I can water them daily. Sprouts are very alkaline and extremely high in minerals. The value of the seed increases something like 600%, when sprouted. That's good value! I also collect all my pumpkin seeds, dry and roast them lightly, grind them and sprinkled them over my breakfast food or salads.

If I had continued travelling in a caravan around Australia, I would have grown some fresh vegetables in boxes and when parked, put them out in the sun, but this did not happen as I stopped travelling after 6 years and I am now living in a unit.

When I stopped in towns along the way, I used to seek out backyard growers for better quality foods and also keep looking out for signs, people put out besides their farm gates on the road, offering fresh and hopefully bio-dynamic produce. I saw quite a few of them on my trips and had

some beautiful fruits and vegetables and met beautiful people as well. I used my pendulum* to check if these foods were indeed organic or bio-dynamic * Read the pendulum article later.

I want you to take charge of your own destiny, which will take some will-power and effort, but YOU, YES YOU can, must and should do it. You are responsible for your life and actions

YOU CAN DO ANYTHING YOU WANT TO,
IF YOU SET YOUR MIND TO IT!
NOTHING IS IMPOSSIBLE!
GOOD LUCK.

A little information about alkalinity now:

A person, who is inclined to be more alkaline by nature, would never be affected by arthritis as long as he/she lives. I state this categorically. We have proven this over the years in our respective practices. So, please remember the balance of 80% alkaline foods and 20% acid. More reading on this subject is in the acid/alkaline section soon.

The Ph. factor is the scale we work with to determine the Ph (acid/alkaline) levels. In agriculture, the acid and alkaline levels of the soils are measured for the growing of our foods. Some vegetables like acid soils and others like alkaline soils to grow in and the farmers keep a keen eye out on the Ph. figures of the soil.

Something not many people know about the Ph. numbers is, that whenever it goes up or down 1 number, the actual acid or alkalinity of the soil for instance is actually 10 times the previous number, not only 1.

The foods and drinks we consume, must therefore be quite strictly controlled. I don't want you to take a reading of your acid/alkaline levels every day, as that is not necessary, if you eat a balanced diet.

Some people take their blood pressure every day and I found that these people are very stressed out, because our BP can change at a whim and if you think your BP is a little high, just because you had a little stressful situation to put up with, that would be a false reading. A regular check-up, say once a week or so (if you have a history of BP problems), is sufficient.

Your Ph readings should only be taken once a week, but once you settle on a good diet as suggested herein, you don't have to do this at all. I never check mine and I "listen" to my body. If you start to get some joint pains over a period of time, you may need to have a check on the Ph level, as this could indicate a lowering of the Ph, which means you are becoming too acidic.

One example I will use here of a very popular soft drink on the market, without mentioning the brand name. Its Ph reading is 1.5, which is so low, that to neutralise the acidity of this drink, we should drink 32 times the amount we drank of the soft drink, in alkaline water. THIRTYTWO TIMES the amount of alkaline water to neutralise it!!! Wow, how bad is that stuff? It is not just the one soft drink mind you. There are NO neutral or alkaline manufactured drinks on the market Once again. Sugar is classed as a bad food (weight producing and cancer feeding) and an acid food, so some of the drink manufacturers now bring out diet drinks. They put ASPARTAME (951) in them to sweeten it. WELL, WELL, WELL. This stuff is POISON and you would be better off to drink the sugar drinks. (But don't)

Another interesting thing about food is whether food is ACID FORMING OR ALKALINE FORMING.

Raw lemon juice and lime juice for instance are acidic in nature, but these juices become alkaline when swallowed and mixed with the stomach's hydrochloric acid. So, the consumption of lemons

is good. The Ph. factor is 7.5.

Take a ripe orange on the other hand. The juice of an orange is also acidic but when swallowed, its reaction remains acidic and is in fact Ph. 5.5, so an orange is 100 times more acidic than a lemon. I suggest hereby, that oranges are not as good for you as lemons. 2 Ph. points = $10 \times 10 = 100$ times more acidic.

Unripe fruits are usually more acidic than the same fruit in a ripe stage. Nature meant us to eat ripe fruits, so try and do so for your health sake. As produce travels such vast distances these days, fruits are picked well and truly UN-ripe, packed, driven in trucks for thousands of kilometres to the fruit markets and then distributed to the shops. These hard and unpalatable blobs, should never be consumed. There is no food value in them. An orange picked ripe from a tree and eaten besides the tree, would give you about 25 mg. of vitamin C. An orange bought in a shop and eaten at home, after the usual travels and picked unripe may give you about 5 mg of vitamin C. This is a big difference, but that is not all. The acid reaction of this last orange is far greater than the ripe one.

We also must eat fruits in season, rather than eat them all the year round. It is a pity, that the merchants of modern times, import fruits from overseas; a different climate and the wrong time of the year. The reason is that we demand these 'fruits' all the year round. Once upon a time, when travel was slow and things had to be carried by ship from overseas, this was not possible and we had to put up with the local foods that were available. Air travel has sped up the transport of all sorts of produce. Even flowers are exported from Australia all over the world, as they can be at their destination the next day by air transport.

God had a good plan, when he created this world and all its climatic zones. Most people have never given that any thought. In the tropics, there grow fruits that are light to digest like paw-paws (papayas) and they keep us cool. In the colder regions, there is an abundance of nuts, which are very much harder to digest and create not only energy, but also warmth when we eat them.

In my opinion, it is very important to eat what is in season IN YOUR AREA throughout the year. These climatic zones change every few hundred kilometres or so and when you delve into this, you will find, that as you go through these zones, different produce presents itself gradually all the time.

This is certainly something I have learned by travelling around Aus. Different foods come along every few hundred kilometres and when I used to travel long distances, I suddenly realised I was in another climatic zone. The shops carried different fruits and vegetables compared to the days before. Usually there was an overlap of course, but the changes were quite noticeable.

Let's not accept the tricks of the trade, where produce is harvested and kept in rooms filled with gasses, to have them there for you to buy, after the season has ended and the prices are higher. This is done everywhere and that makes your produce old and useless, as the fresh juices have deteriorated well and truly.

FRESH MEANS FRESHLY PICKED...RIGHT NOW!

Another problem with unripe fruits is, that the taste is not sweet and some people then add sugar to the fruit, like strawberries. Fresh, mature strawberries are sweet! The little varieties are the sweetest. Modern varieties are grown quite large, but they don't taste like the old ones. The sugars in fruit are called fructose and this fructose is not as fattening like sucrose, the sugar from sugar

cane or beets, but do some more research in all the artificial sweeteners as I mentioned earlier and I will write more about them soon.

Sugar **cane** is a natural product and it should be alright to eat and it is if you can handle the rough stalks, BUT the amount of sugar, concentrated into crystals as we know it, is far too much altogether, especially when it has been processed and bleached to make it white.

Another very sweet food is carrot. A friend of mine had problems with hypoglycaemia and used to feel pretty awful, after a bout of sweet things. She used to make carrot juice every morning and after breakfast she felt very tired all the time. I looked into this and tested the sugar contents of carrot juice. The result was, that the sugar content of a 250 ml glass of carrot juice is equivalent to 7 teaspoons of sugar. Isn't that amazing? I had not realised that myself, so I was able to put her right and a lot of other patients over the years. This amount of sugar is almost as high as the contents in cokes and other soft drinks.

Normally we would not eat so many carrots, as solid carrots in one sitting, so why do we juice them and drink the juice straight, without diluting this carrot juice. (*...and we throw away the pulp, the roughage we need for digestion and a healthy bowel system...*) Any juice MUST be diluted with at least 50% water and better up to 75%. (*...and the pulp should be used in a soup or casserole, not thrown away down the sink*) Yes, here we go again:" *.....but it doesn't taste so nice when you dilute the juice.*" *La, la, la!* Yep, I know, because we have got used to drinking SWEET juices and when we dilute them, this sweet flavour disappears. We have caused this to happen, by doing the wrong thing in the first place.

Baby foods are sweetened and salted. Why???, I tell you why, because when mother (father) feeds the baby, they normally check this food to see if it is not too hot. Then, if it doesn't taste like what their palate is used to, they say it is too bland. The manufacturers react to this and add all sorts of things to make these foods for the adults, not the babies. Now our babies are getting used to sweetened and salted food, to be there forever and they will not go back to the more, bland foods, which are better for them. It doesn't take much time to steam a few vegetables and mash them yourself, without additives. In fact, these homemade steamed vegetables taste really good. They do not need salt and sugars added, because you MUST leave the skins ON. That is where the flavour comes from; the minerals!

Sometimes I make the following comparison, when people ask me about the seasons and climatic zones. I suggest, that we exchange our available foods during our summer, with the foods an Eskimo would be eating at this time. Their food would consist of very fatty fish and whatever, needed to keep them warm, whilst our foods here, consist of summer fruits and salad vegetables, easily digested and cooling. I think that both of the consumers would not last long on their new-found diets. I know this is extreme, but even though this may be a bit unfair, it is a fact that we should eat local produce, created for us by our Divine Maker.

Following nature and eating what is in season, makes a particular fruit very attractive each year, because we have not eaten it for a while.

Also, fruits have different properties, such as citrus for instance. Citrus ripens during the cooler months and that is when we should eat it, because citrus by nature is a good supplier of vitamin C and vitamin C is needed in the winter, more so than in the summer, to boost our immune system.

Try and eat fruit as soon as it is picked. That's when they are so valuable, fresh and full of life giving forces. Naturally, vegetables should also be consumed as soon as they are picked. Limp and tatty veggies do make good compost, that's all.

I mentioned grains and that we should not eat as much of them as we have learned to do. Well

here is a little explanation of why this is so. A wheat kernel for instance, when it is almost ripe, is a soft, sweet kernel which is full of “grape sugar”, a very digestible food. When however, the kernel is allowed to mature a little more, it turns to starch, a very much more difficult food to digest. This is when we normally harvest them, as they can be kept for a long time in storage. This then is processed into flour and all sorts of other things.

Raw starch is too hard to digest and when we have bread, we should always toast it very well even though it was baked in the first place, because this starch will revert back to “grape sugar” and therefore digests better. By the way, modern factory baked bread has not been baked long enough. In a short baking time, the yeast has not been eliminated and the starches have not reverted back to grape sugars either. Both these things can affect people negatively. So many people buy fresh bread every day. They just will not eat day-old bread. Really, if bread was eaten after a few days of sitting on the shelf (fridge) and really well toasted (not black and half burned), it would be better for you.

Some grains are alkaline forming, such as quinoa (pronounced *kin-nwah*) and millet, but a lot of the others are acid forming. Raw oats in muesli are not good, but if you ate toasted muesli, these grains have been baked and are less acidic. So, heating reverts the starches back to grape sugars and make grains a little more acceptable. But grains should always be natural, complete with all the goodness, not refined (white). TRUE WHOLEMEAL....100%.

Sometimes mixtures can be very difficult for the body to digest, which I will deal with later, but just as a start and talking about muesli, some mixtures have dried fruits and nuts in them, which is a no-no. Fresh fruit and nuts are acceptable, but not really recommended. Simple foods are the best. Don't combine a whole heap of foods together in the same meal; the stomach doesn't like that at all. Fruit and vegetables in the same meal should be avoided etc. Read that in “food combining”.

Food should be eaten raw whenever possible, FRESH from the trees or bushes (that's what I call fresh, not what some stores advertise as fresh), unsweetened, unsalted, skins intact (not peeled only washed), as under the skins the mineral concentrations are very high.

Brush potatoes, carrots, sweet potatoes, pumpkins and all other root vegetables under water and do NOT peel them, just cut them and bake or STEAM them out of water. The value stays in the skins and you will get that, when you eat them. Boiling IN water, takes out all the value and the best part finishes up in the sink where this should be used as a vegetable stock. Always use the vegetable water and store it in the fridge to make soups and stews or drink it cooled. It is an alkaline drink. If you don't use it yourself, give it to your plants or dog, they will love it. Steaming and baking your vegetables out of water, is the best way to go.

DO NOT USE A MICROWAVE OVEN AT ALL, PLEASE, PLEASE, PLEASE !!!!!

Eating food in season gives us variety and VARIETY IS THE SPICE OF LIFE, a saying which has been around for a long time.

Concluding from the above, we must by now accept the fact, that Take-away foods and pre-packed foods are OUT, as they have no value and are very acidic. I have told you this before, but I am telling this again, to remind you.

I have also mentioned that meat is acidic, but I always get the argument that we need meat to supply us with iron. If you eat meat for iron only, you can forget it. I'll solve your problem here and now.

Iron rich vegetarian foods are: Kelp and other seaweeds (the highest). Brown rice (the bran is

very high, so it must be whole rice), wheat bran (100% whole meal flours), sesame seeds (unhulled), wheat germ, lima beans, hot red peppers, mung beans, pistachio nuts, sunflower kernels, most of the other beans (pulses), parsley, spinach, stinging nettles, sun dried peaches (NOT sulphur dried), sun dried apricots and many more vegetables, preferably grown bio-dynamically.

If you like your bar-b-que, make some vegetable rissoles and alike, instead of large amounts of meat only, you will feel so much more comfortable after. The other day I sliced some sweet potatoes and put them on the “barbie”. They were very nice, just a little olive oil and bake them. Variety is..., you know the rest. Yes, I know, nag, nag, nag, but I love you and I want to help you. There is plenty more to come, don't worry.

Acid/alkaline

Following is a list of foods and drinks sorted into categories of the most ALKALINE TO THE MOST ACID.

Here you will also notice, that not just foods can affect your acid/alkaline balance.

Your moods, your feelings and even chewing food, can really make a difference.

Please keep that in mind, as your health depends on it.

You may have noticed in your life, amongst some people you associate with, that at times a particular person will suddenly flare up and get very angry when stirred and then walks away to return a little while later, as meek and mild as a lamb.

These people are very acidic in their body and feel very comfortable in that state. If for some reason their Ph. level has increased and they become more alkaline, they need to top up as it were and by ranting and raving, this Ph. level decreases again. I have always found this so interesting. These flare-ups are very powerful in their action and it only takes a few minutes to get results.

To explain the following charts, here are a few pointers:

- 7.5 to 8.0+Ph. indicates alkaline. If we can get drinking water at that level, we will increase our health. Water in limestone creeks is always alkaline. If you cannot get alkaline water, water alkalizers are on the market today and are worth their weight in gold. Adding fresh lemon or lime juice or Baking soda to your drinking water is also a way to alkalise it 7.0 Ph. is where foods start and this is a good level to be on regularly.
- Between 7.0 and 4.5 Ph. is the area we should stay, as much as possible, so basically all the foods on the next page: “the page to be!!”.
- Lower than 4.0 Ph. is not recommended, but as long as we only have an occasional fling here, this should keep the balance of 20% acid and 80% alkaline in line with good health.
- 0.5 Ph. means very acid and we should avoid this level of acidity at all cost. See the list on page ??.

The ALKALINE page, the page to be!!

ALKALISE, ALKALISE, ALKALISE
“LIVE” with the information ON THIS PAGE.

THIS LIST WILL BE OF GREAT HELP TO YOU AND YOUR FRIENDS. I SUGGEST YOU COPY IT AND LAMINATE THIS, PUT IT IN A PLACE WHERE YOU CAN SEE IT, SUCH AS IN THE KITCHEN.

GIVE ONE TO ALL YOUR FRIENDS

The higher the Ph number, the better for you. 80% of your diet should be alkaline food & drink.

PH		
	7.5	Meditation, Prayer, Peace, Kindness, Love and chewing a lot. Lemons, Watermelon.
	7	Agar-agar, Rock melon (Cantaloupe), Cayenne, Dates, Figs, Kelp, Limes, Mango, Melon, Pawpaw, Parsley, Watercress, Seaweeds.
	6.5	Asparagus, Endive, Kiwifruit, Fruit juices, Grapes (sweet), Passionfruit, Pears (sweet), Pineapple, Raisins, Vegetable juice.
	6	Apples (sweet), Apricots, Alfalfa sprout, Arrowroot, Avocados, Banana ripe, Berries, Carrots, Celery, Currants, Garlic, Gooseberry, Grapes medium sweet., Grapefruit, Guavas, Herbs green, <u>Green</u> lettuce, Nectarines, Peaches, Pears medium sweet, Sweet peas, Persimmon, Vegetable Sea salt, Spinach.

	5.5	Apples sour, Bamboo shoots, Green beans, Beets, Bell peppers, Broccoli, Cabbage/ Cauliflower, Carob, Daikon, Ginger, Grapes sour, Kale, Kohlrabi, Pale lettuce, Oranges, Parsnips, Peaches medium sweet, Peas, <u>Whole</u> potato, Pumpkin, Sapote, Raspberries, Strawberries, Squash, Sweet corn, Tamari, Turnip, Apple cider vinegar.
	5	Almonds, Jerusalem Artichoke, Rice syrup, Brussels sprout, Cherries, Fresh coconut, Cucumbers, Egg plant, Raw honey, Leeks, Miso, Mushroom, Okra, Ripe olives, Onions, Pickles homemade, Radishes, Sea salt, Spices, Taro, Sweet potato, Rice vinegar, Water chestnut.
	4.5	Amaranth, Globe Artichoke, Roasted chestnuts, Soft egg yolk, Essene bread, Goat milk raw, Horseradish, Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds, Soya beans, Soya cheese, Soya milk, Sprouted Grains, Tempeh, Tofu, Tomatoes medium sweet, Yeast flakes.

- If I have not mentioned anything behind the food, **always presume** the food is unrefined and whole, like brown rice, 100% wholemeal flour, unhulled sesame seeds etc. Juices must be fresh, not bought.
- All refined foods, like white rice, white flour, white salt, white anything, are always **much more acid forming**.

P.S. Mr. Pescud called white foods: “White death”

The ACIDIC FORMING FOOD page.

Items on this page should be drastically reduced, maximum 20% of your intake.

THE LOWER THE NUMBER, THE MORE ACID FORMING THE FOOD IS, SO KEEP AWAY FROM THEM!

PH		
	4	Fresh butter, Fresh cream, Margarine, Raw milk, Oils (excluding olive), Whey, Yoghurt, Mineral water.
	3.5	Blueberry, Brazil nuts, Butter salted, Cheese mild, Rye crackers, Pulses, Dried coconut, Egg whites, treated goat milk, Pickled olives, Pecan nuts, Plums, Prunes, Spelt.
	3	Malt, Barley, Bran, Cashews, Unrefined cereals, Cornmeal, Cranberries, Fructose, Pasteurised honey, Lentils, Macadamia nuts, Milk homogenised, Nutmeg, Mustard, Pistachios, Popcorn, Rice crackers, Rye grain, Rye bread (sprouted), Pumpkin seeds, Sunflower seeds, Walnuts.
	2.5	Buckwheat, Cheese tasty, Corn bread, Hard boiled eggs, Ketchup, Mayonnaise, Oats, Pasta, Pastry + Honey, Peanuts, Peeled potato, Popcorn salt, Basmati Rice, Brown Rice, Soya sauce, Tapioca, Wheat bread (sprouted).
	2	Tobacco, Fish, Sweet fruit juice, Maple Syrup, Molasses, Pickles, White cereals, White breads, Wheat germ, Wheat whole, Wine, Sweet yoghurt.

	1.5	Beer, Brown Sugar, Chicken, Deer, Chocolate, Coffee, Jams, Jellies, Liquor, White pasta, Rabbit, Semolina, Table salt, Black tea, Turkey, Wheat bread, White rice, White vinegar.
	1	Beef, Soft drinks , Tailor-made Cigarettes, Drugs, White Wheat flour, Goat meat, Lamb, White cakes, Port, White sugar.
	0.5	<u>Anger, Fear, Jealousy, Stress and artificial sweeteners.</u> We have seen from the chart above, how acidic sweets are but <u>artificial</u> sweeteners are worse and as mentioned in previous writings, they are dangerous as well.

The above moods and sweeteners, are even more acid forming than foods.

Please note: If you wonder about some foods you take and they are not listed above, there are extensive lists of acid and alkaline foods available on the internet. I therefore do not include all of them here. You will also find some small discrepancies in them, but basically, they will give you a good guideline.

Body adornments

“Oh, oh, what is he up to next?” Something very different.

Well, you guessed it. All **metal worn on and in the body**, such as rings, studs etc. in **body piercing**, are all wrong and may be damaging to our health. And so are **Tattoos**. More about the places of body piercing later.

It is absolutely unnatural to pierce the skin with the above. Full stop.

Okay, I am already hearing arguments, about some natives in countries, where tattoos and body-piercing has been practised for years. Yep, that's correct, but that does NOT make it right. These people do not use the inks, we in the western world do. They use natural colourings from the earth. I am not going into all sorts of lengths to try and convince you, that these people are doing well and live a happy life etc. No, instead I am going to tell you, that your natural body, with beautiful skin from the beginning, does not need any further metal adornments like those mentioned. It is beautiful as it is, from the day we were born and we should be happy with it.

In these times, so many people are changing their body through surgery, by implants and other

means, because they are not happy with what they have, but a large proportion of these people have damaged their natural shape etc., by doing the wrong thing in the first place. If we keep up our healthy living ways during our lifetime, we will have a beautiful, natural and healthy body till we die. There will be a beautiful colour in our cheeks and our skin will glow with vitality. We cannot help the way we are, but we must be thankful for being healthy. We cannot expect to look like someone else, that make-belief person. You are you and that makes you special. You are lovely and attractive to others. And after all, beauty is only skin deep. A beautiful person shines from within. I have met many beautiful people, who did not look like super models on the outside.

(I am so happy to get comments all the time from friends who keep saying:” You look younger every time I see you.” I must be doing something right, if people think I am about 60 instead of 85 years of age. My meditation in the desert has made me a more beautiful person on the inside and maybe that shines out of my appearance).

1. Metal worn on and in the body.

All metal objects have a memory. In the section named AMALGAM, I discuss the fact that each amalgam filling acts like a little battery, putting out a small electrical current, which interferes with our brain's electrical pulses and therefore upsetting the brain's proper function.

Body piercing with rings and other devices, especially along the Central meridian, really interferes with the proper function of our Chi, our life force. The Central meridian starts on the top of the head and continues down our forehead, nose, lips, tongue, chin, chest, navel and pubic bone.

Other places where metal piercing is done, can interfere with the function of some organs, like the liver etc. There are quite a few places on the rim of the ears, where vital points indicate organs, which should not be interfered with.

2. Tattoos

Did you know, that a lot of the inks used in tattoos have not been approved by the FDA in the USA (Food and drug administration)? This organisation checks for dangerous compounds in food and all sorts of items used by people internally and externally, such as cosmetics on the skin or hair etc. (Even though, they approve some things at times, that does not necessarily mean it is actually healthy or safe, but that is at least some sort of a guideline.)

These inks stay in the body for the rest of your life and interfere with the lymphatic system, a system I have spoken about before. Some inks are quite toxic and if you can live with that, well that is your choice. Unfortunately, nobody tells you these negative side effects and these practices are allowed to go on. You better do some research yourself, before you go and have any tattoos done. I can see, that a small little butterfly or something can be very interesting at times, but I rather you use a type of transfer, something that you can wash off in time, without damaging your inner body.

What is wrong with beautiful beads or shells, nature's natural “jewels”. There are already a lot of people, who are sorry that they had tattoos put on their bodies, but you cannot do a thing about it now, as removal is not completely possible. Even though the technique is getting better, it may take as many as ten treatments to remove the tattoos at a tremendous cost to you. You will nearly always be left with a scar, which looks ugly. God made our body perfect. Why can't we accept it and be happy? Why do we paint ourselves with make-up and splash ourselves with artificial perfumes, because if we are healthy, we look good and smell beautiful all the time, whether we just wake up or at any other time? These make-ups and perfumes are nearly all toxic, yes TOXIC,

in other words they will kill you, or at least shorten your life and possibly make your life miserable, through a nasty disease one day. *Remember I am talking about prevention!*

Unfortunately, things become fashionable and everybody falls into the trap, the same as believing the advertising of goods, which are not doing us any good at all, even though you are told they do.

Do you need it? Did you think of it first? So, why follow the BAHHH-lamb crowd? Just because everyone else does it, do you have to? If everybody decides to jump of the Sydney Harbour Bridge, are you going to jump as well? If you are, you are a strange person, without a mind of your own. Sorry, but that is silly!

A little later on I am discussing a case of a young man who did not want to drink beer, when he and some mates went to the pub after work. It was the **peer-pressure**, that made him adopt this habit. After he and I discussed the situation, he was able to NOT drink beer, but have something else instead and enjoy the company of his mates each day just the same, happily!

Please don't get "sucked in" by what others do. Make up your own mind, please! Be a man/woman with your own convictions and shun peer-pressure. You will be someone special; people look up to you as a leader not a follower. It is always easy to come down to someone's lesser ways, but being a leader, makes people follow you and then you can be a trend setter and teach others the good things in/of life and lift them **UP**, into a higher level of life and living.

You know, that since I changed my life in 2009, doing the fasting and meditation in the Kimberley, see page 217, I have come to the realisation, that all the baggage I shed, was a whole heap of waste material and what I have now, is a beautiful feeling of love and peace, for and towards EVERYBODY. I did not realise I had so much STUFF to get rid of. I am so happy and free and people tell me, that they feel a lot of peace around me, when they meet me. I am taking people to a higher level and they all appreciate this. Most of the folks I meet buy this book and cannot start to read it fast enough. Only yesterday a chap I had not seen for years, told me I had such a positive influence on him, that it has changed his life completely.

You see, I am speaking from experience again and it makes me happy, for you to be happy. That is why I am writing this down. I am teaching you my experiences. We should all be doing that. Our whole life is learning and then we should teach these experiences to others.

During the last few years of travelling the country, I adopted some terrible eating habits of "foods" that should never be consumed. Some of these were "take-away foods" and they are so bad, that they do not even break down, if you leave them on the shelf in the kitchen, un-refrigerated. I did make a choice and never ate in these so-called family restaurants. I always tried to buy at least home-made pies or salad rolls and when I ate pizza's, I used to discard most of the crust and eat the fillings only. This habit has now been dropped, since I am living in a unit and I am able to buy good foods again from farmers markets around the area.

Food naturally, follows varying breakdown processes, depending on what the food is, but all, natural food breaks down, through moulds, fungi or the microbial kingdom. That is their duty as it were and they survive on this process.

A friend of mine bought a commonly available hamburger one day and left it on a kitchen shelf for 2 years. During this time, he kept examining the thing and found it had not broken down at all or was not even attacked by weevils. After the 2 years he decided to throw it out into the garbage bin and got rid of it, as it was such a bad reminder of modern technology in food preservation.

I mention something similar later on in this book, about some mothers, who after a considerable

amount of time, found some hamburgers in their cars, only partly eaten, left in the car by their children. After 3 months, they were absolutely in the “pristine condition” they were in, when purchased. Isn't that disgusting?

To keep healthy, we must eat fresh, alive natural food, without any added chemicals and if we do, we will look and feel good for a very long time.

All this can be achieved by following my instructions so far. I am not kidding and I am not telling you this for fun. I am very serious about all this stuff. If you don't believe me, get on the internet and do some research yourself. Find out about the ingredients the manufacturers put in the products you are using, whether foods or body-care products and look them up individually.

I have written about this, as I wish to warn you, so I may be able to save you from a miserable life in the future.

I met a lady a while ago and we discussed these trends of eating and generally looking after oneself, so we could be well for a long time and to eventually die from old age (as described earlier). She said to me that “maybe I don't want to live long and healthy”, something I could not fathom. She was extremely serious and really suffered some nasty problems, which to me were all due to neglect. It did not matter what I said, she continually refused my help, but took some natural remedies, which I was able to give her, because the situation became unbearable. I went out of my way to obtain these remedies for her, as we were in the bush, where these things are difficult to get. I did my best, as I really thought a lot of her and I knew I could help her. It worries me now, as I have lost contact with her and she has gone home, to continue her miserable fruitless life. The horse again....!

Amazing, but true!

Fingernail biting and sucking on your hair

In most of the fingernail biting cases presented to me in the past, I successfully treated this problem with Silica 6x. I always used the Schuessler Biochemical 6x, taking one tablet 3 x a day. The problem did not last much longer after the treatment was started. Naturally I suggested to eat mineral rich foods, especially fresh green, leafy vegetables, where Silica is found naturally. Take away foods, have little value in that regard and should never be consumed. Money down the drain I say.

The body is very clever and knows where to get minerals and even vitamins. So, the quick way to get silica is biting your finger nails, which are full of silica. Then also our hair is very rich in silica and that is why we see young girls, who are short of silica in their body, with a strand of hair in their mouths, especially when they are nervous, when sitting in a class room during an exam for instance.

This is an interesting account of how clever the body is, choosing food it needs at a particular moment. Years ago, I did some experiments with my friends when we had a get together as young couples. When we did have a party, I used to have a basket of various fruits, nicely arranged. I then asked my friends one after the other, what they would like to consume at that moment. One person might have chosen an apple, the next one a bunch of grapes and so on. I recorded these findings and on the next gathering, I would do exactly the same thing and even had the various fruits in the same place on the basket. After asking them again, the results were always different. The person who chose an apple, might chose a banana and the person who liked to eat the grapes, may have chosen a pear etc.

The interesting thing here is, that at a certain time and day, by looking at a food, our eyes send a

message to the brain and the returning message tells you to have a certain food, something that has more silica in it maybe, or something else we need at that moment. By the time the next test was held, this problem would have solved itself and another mineral/vitamin would be a bit low, so the participant would automatically choose another fruit, containing that mineral/vitamin.

When you go to a smorgasbord where quite a few dishes are displayed, you always chose what you need at that moment. On the next visit to the same place, you would choose a different combination of foods.

We are very clever that way and should always listen to our body as to what foods we should eat.

This silica 6x is also used to cure smelly feet as mentioned before.

In these cases, we must increase the silica containing vegetables. This will strengthen your nails, make your hair shiny and stop it from falling out, improve all your mucous membranes and nerves too. In modern times, silica has been refined out of foods, by making grains and flours WHITE and discarding these vital elements like silica. Silica is found in and under the skins of fruits, grains and vegetables. This is one good reason for eating 100% whole meal grains, breads, cakes and all flour products and eating vegetables with their skins ON.

There is more value in the skins of these products than the actual fruit or vegetable.

When buying potatoes for instance, you are always better off getting small ones, as the ratio between skin and flesh is greater and therefore healthier. Normally you would buy larger ones, as the peeling of the little ones is more difficult, but NO MORE PEELING. PROBLEM SOLVED!

Healthy homes

**"There is nothing impossible to him who will try." -
Alexander the Great**

Having a healthy home, starts with a lot of consideration given to building materials used, those made from natural sources. A lot of materials used today, are artificially produced and cause a lot of ailments. It is slow and subtle and we do not account for these in our daily life, because they take a while to affect you. e.g.: Asbestos, something that has taken years to come to the surface.

Out-gassing of VOC's (Volatile Organic Compounds), is a real problem. It is so important, that I would like to draw your attention to these again.

We were going to build a new house on the farm. We spent a lot of time researching all aspects of healthy materials and ways to build. Not only for us, but for the environment as well and that is where I start.

The original plan was such, that we would have to dig out approximately 340m³ of dirt, to accommodate the house on the slope of our land, which was approximately 1:5. We just could not do that. This footprint was just too big. We then redesigned the place, into a split-level design which was great. Yes, there were to be steps inside, but only 5, down from the upper level where the bedrooms were to be into the living area facing North and the view. This design we liked and we then consulted a Feng Shui expert. He looked at the plan, our birthdays, the aspect, the property etc. and found out that the house would suit me very well, but my partner would only be happy in the hallway. Not quite the ideal situation. So, he suggested a few minor changes, which were easily made and all would be well. The original design was to be due North. We had to face the house into a slightly more western direction, only 11 degrees west from north. This would not affect the solar collection capabilities at all. Another change was, moving the stove over to the

sink position and visa-versa; the third thing was to move the hallway 600 mm over to the west, which was easy, because we designed a large storage cupboard in the hall way and we moved it to the other side.

These are steps, we should all consider before we build. The smallest footprint on Mother Earth and have the whole situation evaluated by a Feng Shui expert, before you actually build anything at all. This expert can do all the evaluation from your plan, even if it is only a rough plan. It is worth it in the long run. It only cost us a few hundred dollars to know, that everything would be alright. You won't regret this decision.

Having the split-level design, allowed us to incorporate two 22,500 litre water tanks under the back veranda, out of sight, facing north. In fact, they would be so placed, as to be part of the support for the veranda. They were to be concrete tanks. You say concrete? Yes, for us it was the best option, as we do NOT like any form of artificial material touching our water and concrete, even though I am not happy using concrete, can be treated with a natural coating, made by Cooee in Maroochydore Queensland, which is a by-product of the wool industry and made of lanolin, a completely natural product, which used to be thrown away and caused pollution problems. This coating will immediately stop the lime from the concrete leaching into the water. Lime makes the water taste pretty 'ordinary', to say the least. It is not necessary a bad thing to have *some* lime in the water, because it makes it more alkaline and that would be good. (I congratulate Cooee for finding a way to dispose of a problem product).

We don't like using any products, derived from the petrochemical industry. So, vinyl tanks were out. Metal tanks with linings are out and pure metal tanks don't last. Some of these tanks are made of an aluminium mixture, so THAT IS REALLY OUT.

(In the early 1930's, research was done on aluminium and ALZHEIMER'S DISEASE was linked to the use of aluminium pots and pans then).

In the end, we would have bought concrete tanks, as we had to compensate somewhere and that was it. A good thing about concrete tanks is of course their longevity. Once you have one it serves you for many years, so in the end you win there.

Now we had to decide on concrete for the floors or should we use wooden floors? That was quite easily solved. We don't like the use of concrete, due to the CO₂ production in the manufacture of it, so wooden floors were the ones, but only from sustainable sources; recycled timber, plantation timber and/or cypress pine, which is harvested in the area not far from us. This meant, that the whole foundation would be a conventional wooden structure, piers, bearers, joists and floor boards. Using wooden floors, is so much better for your legs too.

As cypress pine is termite resistant, this would be an added advantage, but we would still paint all the timbers with another product Cooee produces, called "Timber Treat". This product seals the timber and leaves a residue behind, which confuses the termites as well. A double termite protection would be achieved, by using cypress pine and "cooee timber treat". This treatment would be used for ALL construction timbers from the bearers to the roof and every stick of timber in between.

After laying the floors, we would use straw* bales for the walls, incorporating the "load bearing construction method". In our house, we would not use any wire mesh over the straw bales, something we are dead against. Especially if you have a concrete floor with its wire mesh reinforcements, wire around the straw bales and then a metal roof, you would put yourself in a ferrous metal cage, shielding you from the cosmic rays, which we need to be in contact with. Timber windows, for better insulation, rather than aluminium, a product which also costs a lot to

produce and is not Earth friendly.

- * I underlined the word STRAW as some people talk about HAY bales, but hay should **never** be used, as the termites just love hay and will devour it like you would your favourite ice cream. The straw bales are from Oats, Wheat, Rice, in other words the cereal crops.
- There is another method used in straw buildings and that is called the “fill in method”, where you build the whole house construction with timber and fill in the spaces with straw bales. I consider this method wasteful, as I wanted to save these timber resources as much as I could, even though some people say that they use(d) recycled timber, something that could be used elsewhere in my humble opinion.

We had proposed a very large folding glass wall, facing the view, but by using the load bearing construction of the straw bales, a certain amount of settling could have caused this folding door to jamb, but an engineer friend of ours came up with the solution. Instead of hanging the doors, a system used mainly these days, we would roll the doors on a floor track with a rather oversized guide pin at the top. If settling would occur, this pin would just slide further into its guide track and there would be no problems in the future.

After all windows and doors were in position and the walls up to ceiling height, a top “ladder” would be put over the straw bales (like a top plate in a conventional wall construction) screwed down to the floor bearers and stumps, with cyclone rods, tightened to an even height all over the building.

Wooden roof trusses could be used as one solution for the roof, which is the conventional way, but we thought to complete the roof and ceiling, incorporating the insulation and painting all in one and use the 100 mm thick cool room type of sandwich metal decking. These could then be slipped into position over the walls and fastened to the wall plates. The beauty of this system would be the speed of erection, saving on timber, saving on insulation separately and saving on painting the ceiling. This system I have seen used before and it is very effective.

The windows and doors would all be louvres on the south side for summer breezes to come in and cool the house. The outlets for these breezes would be via louvred windows, high up against the ceiling on the north side. There would be no need for air-conditioning.

Winter heating in our area is a small consideration only, but as we proposed a slow combustion stove, connected to a solar hot water system, this would be more than enough to do the job well.

The louvred windows would be closed during cold days and the natural heat from the sun shining through the windows on the north side, would be sufficient warming for the day time. Your architect will be able to help you design a house with a block or brick wall, to become a heat bank, collecting the sun's heat during the day and warming the house at night. All these points will depend on the location you are considering for building of course.

The rain water from the roof was to be collected in the two large tanks under the veranda and used for the whole house, as we have always done. We have always had a filter on the rain water tanks and I have lived to a ripe old age drinking rain water. I would not consider drinking town water with all its additives. You check them out. We thought of a thatched roof, but you cannot collect the water from those roofs for drinking, something we needed to do in this country area.

Rendering the straw bale walls with a lime mixture on the outside and a clay mixture on the inside would be used, rather than a cement type, because the latter does not breathe and moisture could be trapped inside the straw. This would not be good for a wall, that normally would last for a hundred or more years if maintained properly.

Solar panels would be put on the veranda roof, outside the house living area, the same as the water tanks, being outside the living area as well. I don't believe, we should live over water or

under any electrical equipment, if we can get away from it. Even though this would only be 24 Volt and D.C.

Our aboriginal friends in the bush anywhere in the world, have it all worked out perfectly. They live in bark huts or tipis made from natural materials without metal anywhere. You might say what is all this about metal around us? Well, I give you an example.

When we moved from one place to another one day, we wanted the bed to be in a North-South position, in line with the magnetic field of the earth. We put the bed in a place, where we thought this would be pretty close. I put my compass on the mattress and the North pole of the compass, was in a place I did not think it should be, as I had a pretty good idea where North was, within a few degrees. I placed the compass in another spot on the bed, only about 200 mm from the first place and the needle swung around about 45 degrees. I could not believe my eyes; the difference was astounding. We kept moving the compass all over the mattress and found it went haywire everywhere. What was going on? The mattress was an innerspring mattress. In these mattresses, there are a lot of coils of metal (springs). It seemed, that each one of those had its own influence on the magnetic field of the earth. We did not like what we saw and replaced this innerspring mattress with a latex rubber foam mattress. The compass had no trouble with that change and was quite happy being anywhere on the bed, indicating true North everywhere. On top of this latex mattress, we put a nice deep pile lambs-wool overlay and then made the bed as usual. We slept like kittens every night. Amazing things can happen to us all and I am glad I am a bit of an investigator. I would never have found this problem otherwise.

Generally speaking, when building a house, we should be able to build it to our own choice of building materials as long as it is sound and safe to live in structurally. If we want to build straw, wattle and daub, skin (Poor animals), clay, rammed earth, bark or any other natural material, we should be able to do so, even if this construction material is not in the local council's building code. They should be flexible enough to see, that what you propose is good enough for safety and protection, as long as it is.

I do know, that there were some buildings erected in the past, which should not have been built, because of their safety factor. I have seen them and as a matter of fact, I saw some of them on my trip around Oz recently, which should be bulldozed immediately. They were a danger to the occupants.

Finishing products such as paints, carpets, laminates, plastics, glues and chipboard to mention a few are all very dangerous products and they out-gas VOC's for a minimum of 7 years, poisoning you slowly. Our tiny babies, who crawl on the newly laid carpeted floor, get plenty of nasties in their lungs, the worst one being **Formaldehyde**.

We went to visit a newly painted home unit one day and we were in there for only 5 minutes and had to leave. The fresh paint smell was so over-powering.

After driving a few minutes, we saw a friend in the street and stopped to talk to her. She commented on the paint smell coming from our car as she was leaning into the door window. Today there is NO excuse for NOT using VOC **free** paints and all sorts of other natural and safe building materials. **THEY ARE AVAILABLE**. And yes, they are probably more expensive, but it would be better to build a smaller home with natural timbers etc. like so many people are doing these days, than to build a Colosseum, which is going to affect you negatively.

After all what you NEED is a bed to sleep in, a comfortable chair to sit in, a kitchen to prepare your food and a bathroom and toilet. Our children will only be with you for say 15 to 18 years and then they go off to do their own thing anyway. Once they leave, you are stuck with these empty spaces. You say, they will be occupied when the kids come home for a holiday or whatever. Yes, true, but is that sensible? Can't they sleep on the floor for the few days they are there? After all, when people go camping, we do just that.

Anyway, these are problems you will have to solve.

Our kitchen cupboards were to be made of all solid wood. (not chipboard, covered with laminates and poisonous glues.)

We designed special places on the kitchen benches for wooden cutting boards, which could be scrubbed and put in the sun for sterilisation. Wood has a natural sterilising effect anyway.

We would build an area of glass for rolling out dough made from old, recycled glass, about 12 mm thick, in the kitchen bench as well.

Naturally, there were a lot more considerations for a healthy home, but I cannot write them all down. The main thing is, that you get the message and try to make your home a really healthy place for you and the family to live in. You spend a lot of time in the house. You can only do your best.

An architect friend of mine was asked to design a house, which was completely VOC free, as the lady, who was going to live in the house had massive allergy problems. He had to do a lot of research before he could design this house, but eventually he even found carpet, made in New Zealand and furniture, which was VOC free. The occupant was very happy with the result. I write this to prove that with a little research, we can build a healthy and friendly home.

Key minerals and where do you get them.

Eat foods, which supply you these minerals and do not rely on supplements as a rule. There may be an occasion when a supplement is called for, but not as a general rule on a daily basis. After all they are SUPPLEMENTS.

MOST PEOPLE ARE SHORT OF MINERALS MORESO, THAN VITAMINS!

Here is a list of natural foods, where you will find what you need. Use these foods in your daily diet all the time.

To get:

CALCIUM	POTASSIUM	SODIUM
Sesame seeds Unhulled	Dulce	Kelp
Kelp	Kelp	Olives green pickled
Dulce	Rice bran	Celery
Turnip greens	Dried beans (Pulses)	Spinach
Almonds	Almonds	Sesame seeds Unhulled
Parsley	Parsley	Watercress
		Carrots

MAGNESIUM	IRON	PHOSPHORUS
Kelp	Kelp	Bran
Wheat bran	Wheat bran	Pumpkin seeds
Wheat germ	Rice bran	Sunflower seeds
Almonds	Pumpkin seeds	Sesame seeds Unhulled
Beans	Beans	Nuts
Nuts	Seeds	Beans

		Rye grain
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CHLORINE	SULPHUR	SILICONE
Ripe tomato	Watercress	Lettuce
Celery	Brussels sprouts	Parsnips
Kelp	Cabbage	Asparagus
Spinach	Turnips	Rice bran
Red cabbage	Cauliflower	Onions
Cabbage	Raspberries	Cucumber
Parsnips	Spinach	Strawberries

COPPER	SELENIUM	MANGANESE
Almonds	Brazil nuts THE BEST	Brown rice
Molasses	Sesame seeds whole	Dried peas
Legumes	Tuna	Pineapple

IODINE*	BROMINE
Kelp (very high)	Watermelon
Dulce	Celery
Watermelon	Rock melon
Cucumber	Honeydew melons
Spinach	Turnip greens

PLEASE NOTE: Sugary foods eaten regularly, especially directly after a meal, like our favourite desserts, deprive the bones and the rest of the body of calcium and magnesium. These minerals are very important for growth and repair. With age, the bones become brittle and can break easily. **Sugar should be eliminated from our diet altogether!**

Sugar is one of the contributing factors of OSTEOPOROSIS. It is hidden in bought foods and drinks everywhere!

I will do an update on sugar soon! BE AWARE OF SUBSTITUTES LIKE ASPARTAME!

Diseases of mineral deficiencies

Acidosis	Depletion of the alkali reserves in the body. NEED: Sodium, Potassium, Calcium, Magnesium.
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Acne	Eczema, Pimples (cleanse the liver) NEED: Chlorine, Sulphur, Iron, Iodine, Copper, Silicon, Hydrogen. (Stop eating take-away foods)
Anaemia	Malnutrition, underweight NEED: Nitrogen, Calcium, Phosphorus, Iron, Copper, Manganese.
Arthritis	Rheumatism, gout. NEED: Silica, Sodium, Iodine, Manganese, Hydrogen, Sulphur. (Alkalise)
Asthma	NEED: Iron, Copper, Manganese, Oxygen, Hydrogen.
Biliousness	NEED: Sodium, Chlorine, Potassium, Silicon.
High Blood pressure	NEED: Sodium, Hydrogen, Magnesium, Potassium.
Boils	NEED: Silicon, Chlorine, Sulphur.
Bright's disease	NEED: Sodium, Hydrogen, Potassium, Magnesium, Oxygen.
Bronchitis	Colds, sinus trouble, catarrh. NEED: Iron, Copper, Manganese, Calcium, Silicon, Oxygen, Hydrogen.
Constipation	NEED: Sodium, Manganese, Chlorine, Hydrogen.
Diabetes	NEED: Sodium.
Eyesight cataracts	NEED: Fluorine, Silicon, Phosphorus.
Falling hair	NEED: Sulphur, Silicon, Fluorine, Calcium, Phosphorus, Iodine
Fingernails	Thin, hard, brittle. NEED: Calcium, Silicon, Manganese, Fluorine.
Gallbladder	Disorders, stones, jaundice. NEED: Sodium, Chlorine, Manganese, Hydrogen.
Thyroid * see below	NEED: Iodine, Iron, Manganese, Calcium, Sodium, Phosphorus, Chlorine.
Hardening of arteries	NEED: Potassium, Hydrogen, Magnesium.
Hay fever	NEED: Calcium, Phosphorus.
Joints stiff	NEED: Silicon, Phosphorus, Sodium, Potassium.
Leukorrhea	NEED: Calcium, Phosphorus.
Low vitality	NEED: Nitrogen, Iodine, Sodium, Potassium.

Nervousness	Nervousness, Neuralgia, Neuritis, Nerve exhaustion. NEED: Calcium, Phosphorus, Nitrogen, Iron, Copper, Manganese.
Reducing obesity	NEED: Silicon, Chlorine, Iodine, Potassium.
Enlarged Prostate	NEED: Iron, Copper, Manganese, Calcium.
Poor circulation	NEED: Calcium, Phosphorus, Iron, Manganese.
Sex indifference	NEED: Phosphorus, Iron, Copper, Sulphur, Manganese, Nitrogen.
Teeth and Gums	Tooth decay, spongy gums, bleeding gums. NEED: Calcium, Phosphorus, Silicon, Fluorine, Nitrogen.
Tuberculosis	NEED: Nitrogen, Calcium, Phosphorus, Silicon, Fluorine, Nitrogen.
Undernourished children	NEED: Calcium, Phosphorus, Iron, Iodine, Magnesium.

NOTE: Adding these minerals to your diet by taking pills, is not necessarily a cure for the disease, however, it is helping in the recovery.

Rather eat the foods with the desired minerals in them. I again suggest to add KELP to your daily diet. Kelp and other seaweeds have most of the minerals in high doses. Kelp is like a vitamin/mineral supplement.

You must also be aware that BIO-DYNAMIC fruits and vegetables are rich in the above. Other methods of naturally growing food are available. Check them out as well.

* For over or under active thyroids, (Thyroid health) use: LUGOL'S IODINE.

Iodine is necessary for everyone and it has been taken out of our diets by the businessmen of modern times. Instead, they have introduced BROMIDE (poison). Look it up!!

EAT KELP DAILY!

Iodine is NOT a supplement, but a necessary mineral.

Method: Start with 2 drops of Lugol's Iodine in a glass of water per day for one week.

Increase to 3 drops per day during week 2 and so on, till you reach 6 drops per day. Stay on this for 3 months and gradually drop back to 3 drops per day again for maintenance, for the rest of your life.

PS. If you cannot get Lugol's iodine, ask your chemist to get:

David Craig, "Aqueous Iodine Solution APF, 5%" not 3%.

This solution is similar to Lugol's iodine.

Milk and calcium

What is milk? Is milk really good for you?

These two questions are often asked and very seldom answered correctly, as one does not take into consideration, the original use for milk, what it is for and what has been done to it during `manufacturing` by the milk companies?

The milk you buy, is no longer natural milk, straight from the cow. Milk has been pasteurised and homogenised and there have been things added to milk to make it “better” (?).

Milk IS OBVIOUSLY BABY FOOD!

Milk is the food a female mammal produces to feed her newborn baby for the first year and a bit of its life. A human baby suckles its mother's breasts from the day it is born, till about the age of one on average.

Some mothers will allow their baby to keep on breastfeeding for a little longer, but very seldom past the age of two. However, after the baby's age of two, some babies and mothers love the closeness, so suckling goes on a little longer, but it is not so much for feeding any more. One thing we must have noticed by then is, that the baby has grown teeth. What does that mean? Surely this little one is (getting)_ready for solid food; teeth are definitely not for decoration purposes or to annoy mother by biting her nipples. Some mothers, who have experienced this nibbling, will agree that it is not a very pleasant experience and stop the sucking on the spot. When the baby stops sucking the breasts, mother's milk supply starts to dwindle and stops pretty soon after. Some mothers stop breast feeding much too early, as they forget the value of the milk, giving the baby immunity to all sorts of diseases.

Now comes the real question: “In nature, when all the humans roamed the earth, pre-dairy farms and supermarkets, would a mother, who had lost her milk start looking for a goat in the wild (not a cow and more about that later) to steal its milk to feed her own baby?”

You first would have to catch a goat in milk and I know for sure that the goat would NOT let you milk her and stand still, especially if she was feeding her own kid(s). I know this from first-hand experience as I tried to milk a feral goat. She lost her kid and I was afraid she would get mastitis. The experience was awful. I had to tie her down by the neck via a collar against the fence in a corner of the yard and tie her legs up, so she could not move too much. That was a terrible experience for the goat and I did not like to do that, but I had to. Before I tied her legs, they were going everywhere and there was no way I could collect the milk. I finally managed to get the milk out of her, but I was pretty battle scarred. At least she did not get mastitis and bore another kid the next season. I have lived with goats all my life and know them pretty well.

Another natural thing to observe is, that a year-old mammal baby, is not allowed to touch its mother's teats, if the mother has another baby on her.

I read recently that after the age of two, mammals lose the enzymes to digest milk. So, milk is not really a food for adults.

We know that a foundling baby of any species, cannot be fed cow milk and formulas are prepared

by the vet, to feed this little one. This does mean, that the milk of one mammal is not suitable for another mammal. So, cow milk is not meant to be consumed by human babies.

Indeed, I maintain that goat milk is better assimilated by humans than cow milk, as the fat globules are similar to human milk, BUT if we have lost the enzymes to digest milk, it is not worth drinking, is it? Then milk should only be drunk (by babies), if it is fresh from the animal, raw and unadulterated by processing. Not pasteurised or homogenised. Processing milk locks up the calcium and cannot, YES CANNOT be absorbed by us, so again we are wasting our time drinking milk. This gives us two good reasons NOT to drink milk. Advertising tells us how good milk is for supplying us with calcium, but that is NOT TRUE. They also sell milk, which is CALCIUM ENRICHED. WHY? If milk is a calcium food, why put calcium in it as well? Advertising is to sell stuff and make money, not to tell the truth necessarily.

An experiment was done at the Department of Agriculture, years ago. In the experiment they put 6 calves in one pen and another 6 into another pen. The first lot were fed raw cow milk and they lived on to become adults; the second lot were fed the milk you buy in the supermarket and they all DIED after a few weeks. This was not advertised. Why?

If you make cheeses from goat milk, especially the fermented cheeses, they are more acceptable and can be digested easier.

Okay, baby is about to be weaned and you are thinking what to feed it. Well, DONT START FEEDING BABY GRAINS, OR FORMULAS CONTAINING GRAINS. The enzymes to digest grains don't start to develop till he/she is about 10 to 11 months and I would wait till he/she is 12 months old. Even at this age, the grains should be introduced EVER SO SLOWLY, IN VERY SMALL AMOUNTS AND GRADUALLY. I'll come back to that shortly. The first introduction to solid foods should only contain stewed fruits and /or steamed vegetables, however NEVER TOGETHER IN THE ONE MEAL. When introducing solid steamed vegetables, mashed, the amounts must be very small, VERY SMALL indeed. Watch the nappies and if they are very smelly and are causing baby a nappy rash, you are feeding him/her either too much, or it is too soon. Continue breast feeding only and start again after a few weeks. SMALL AMOUNTS IS THE KEY WORD. It should be a supplement to breast milk. Only a teaspoonful, that's all!

Water is a thing babies need, as soon as they are being weaned, good quality, alkaline water at body temperature or a little warmer, never hot or cold and NEVER heated in a microwave oven. Some schools today say, that babies don't need water. Well I totally disagree, as we are almost 70% water and this level must be maintained in babies as well as in adults.

Now we come to the question of adults drinking milk.

Would an adult milk drinker, if the dairies stopped supplying milk, go into the country and find a goat or a cow, chase her and milk her to satisfy his/her cravings? Be honest with yourself; you would NOT! You would go without and put that in the too-hard-basket.

As mentioned above, mammals lose the enzymes to digest milk at the age of about 2 years. So, it is no good as a food and therefore, you may as well not drink it, as you are wasting your time and money. Most adults drink milk, because they have got used to it, instead of drinking water. If we had been brought up to drink water, we would be quite happy to do so.

Milk in coffee and tea, is a bad idea, as the lactose in milk and the caffeine in tea and coffee make a nasty cocktail. NO GOOD!

Milk can actually be a killer to some, especially asthmatics. I know of a case in our little town, where a young asthmatic teenage girl, who was cared for by her father only was told not to drink milk, because it caused too much mucous. She did not take any notice and one day, it all became too much and she could not be revived after she got a massive asthma attack; too late for the

ambulance men to help her. She was a beautiful girl and was very clever at school; such a shame! A study was done in Europe and they found, that people who lived and had their heritage in milk producing countries, could *tolerate* milk better, than those who lived in countries, which did not have a dairy industry. Very interesting and I suppose, that is part of evolution. We have seen in nature that birds change their beaks over many years, for instance to suit the local area they live in. (Galapagos Islands)

I will tell you the real story about how to get enough calcium in your diet. Where do we get calcium, since we DON'T GET CALCIUM FROM MILK? As *mentioned above, the calcium in PROCESSED milk is locked up and we pass it outside our bodies UNTOUCHED.*

Well `Adam and Eve` got their calcium from the natural vegetables and seeds. These were grown without chemicals and were totally bio-dynamic. Why cannot we, eat plenty of them and satisfy our bodies with plenty of good quality calcium? We can digest and absorb the vegetable calcium better anyway, especially if it comes from raw vegetables and raw, whole seeds.

Take the calcium in sesame seeds as an example. In the unhulled (raw) sesame seeds, we find 1160 mg. of calcium, per 100 gr. of seed, compared to 110 mg. in the hulled ones. Therefore we should always consume whole, unrefined, organic foods, so that we get the quality of vitamins and minerals in large quantities. Processed foods are not health giving and the take-away variety is not even considered as a food by me. Sometimes the whole or unhulled variety of a seed is a little bitter, but that is nature's way of stimulating the liver. We cannot sweeten everything and we shouldn't either. Unhulled sesame seeds supply us with one of the largest amounts of calcium amongst the seeds. Sunflower seeds, pumpkin seeds and almonds are very good as well. Adding kelp to your soups and stews is a great thing to do, as kelp is very rich in ALL the minerals.

Seeds are very prone to deterioration once ground. Ground seeds will only last a few days and then they start to become rancid. Definitely grind the small ones, because they are very hard to chew completely into a mash. Once ground, they will be absorbed completely. Don't keep them for more than 3 days in the fridge. Make a fresh batch after 3 days. Flax seeds (linseeds) deteriorate the fastest of them all and make sure you keep them in the refrigerator all the time, whole or ground. Once ground they should be used, preferably on the same day. Flaxseed oil is a problem, because it doesn't last and I am always worried about the quality of it. Maybe you can make it yourself and then refrigerate it immediately. I would not buy it from the store.

High calcium vegetables are the green leafy vegetables, such as turnip greens, parsley, watercress, dandelion greens, cabbage, GREEN lettuce leaves, beetroot tops and spinach. Make sure they are organic or even better bio-dynamic, as you want the minerals and vitamins, that come from the soil and you do not need poisonous residues to enter your bodies.

Good calcium ONLY comes from natural sources, as added calcium may not be what your body needs. It has to do with advertising again and we are made to believe them, but we must use our senses and follow them. Yes, it is a little harder to start growing your own, but we should, because that way we have control over the quality. There is going to be much more written about growing vegetables and herbs and things later.

I have also included a section in this book about the world situation, where we may be forced to grow our own food, like my Dad and Mum had to during WW2. Sharing and swapping our own, home grown produce is a beautiful way to be part of your community. You meet the neighbours and share their thoughts on health on a regular basis. On the farm we had a group of like-minded people, who shared and we were all a short distance away from one another. Swapping was the order of the day, every Tuesday when we met and NO MONEY was ever exchanged. We all trusted one another and we used to lay the produce out on the "share table". More of that later.

Seaweeds generally, like kelp, are very high in calcium, as well as all the other minerals we need for good health. Seaweed should be added to our diet regularly in the form of granules in soups

and stews etc. and as a powder over breakfast food. The Japanese Sushi rolls are rolled in a seaweed sheet called Nori. It has a slightly fishy taste, but if you start with just a small amount, and increase it you will get used to it, like anything else. From the above we learn, that calcium is not difficult to get from regular foods, instead of foods, which are not really meant to be consumed, like PROCESSED MILK AND ITS PRODUCTS.

I hope this makes sense to you, because trying to get calcium from milk is not possible. I repeat: Don't rely on advertising, after all they want to sell you something and many a lie has been told for money.

Case history.

One day a mother asked me, what to do for her 5 months old baby, who suffered badly from a runny nose all the time and mucous running down the back of his throat. I quickly realised what his problem was. It was extremely bad and the nasal discharge was green, meaning it was infected as well. He could hardly clear his throat and nose himself. It nearly choked him, especially at night. Luckily this baby woke up and cried, when he was unable to breathe properly and his mother would rush out and help him clear things up for a while. When he was reasonably comfortable again, the mother would go back to bed and wait for the next bout to take place. This would happen 4 or 5 times a night. Not only was this little fellow sleeping poorly, but he was tired all the time, because of it.

The mother was not too 'bright' during the day either, as she too did not get a good sleep.

When she asked me for my opinion, I told her immediately that this problem could be solved on the spot. She started to cry, as only one hour before, she had visited the doctor, who once again told her that the baby **would eventually grow out of it** and put him on more antibiotics. (Tonsils are removed in cases like this, but that is absolutely wrong. Tonsils are VERY important and we need them to control mucous in the head area for the rest of our lives.)

She begged me to help him as soon as possible and I said: "What about right now?" She could not believe her ears and I took them into my clinic and manipulated the little fellow's back; yes, his little spine was out of alignment and causing all this trouble. It was so lovely, as he was so little. The effort was almost zero and he responded beautifully. The mother was astounded by the simplicity of the treatment, which actually took 2 minutes. Before she left the clinic, I warned the mother about possible changes in his behaviour as well for the next few days. I asked her to bring him back after three days, for a check-up and for her to report on his progress.

When she arrived back in the clinic, I was rewarded with a big hug from her and she thanked me for the fabulous recovery of her little son. She told me that the mucous had stopped running from his nose only 3 hours after the treatment. She put him to bed that day at 6 pm and he slept right through till 5 am the next morning. It was the mother who did not sleep so well the first night, because she kept waking up wondering what was going on, having all sorts of horrible thoughts, as she did not hear him at all during the whole night. She would get up and quietly go into his room and check on him to find him sound asleep, without even a murmur, breathing quietly and peacefully. Naturally the mother looked much more relaxed, when she returned to see me, as she too had some good sleeps after the first night of checking the little fellow.

When she left me this time, I told her that a few more, little changes would take place automatically, due to the correction I made. One of the changes would be his reaction to some milk formulas. She wondered how I knew, that he had reactions, as she had not told me. I told her that the above problem goes hand in hand with allergic conditions, as I described before in my Asthma article. She was even more surprised about the treatment after hearing that.

In a matter of days, the clinic became flooded with little "snotty-nosed kids", as she told the story

to other mothers in her mother's group.

By the way, this is not a children's disease. So many adults have exactly the same problem, but they can clear their throats and noses easily and don't think much about it. These symptoms often get aggravated after consuming milk products, white flour products (especially wheat) and alike. It happens almost immediately after a meal. They start snorting and have to blow their noses etc. Once tonsils have been removed, this becomes a problem for life.

If you have this problem, go immediately on a mucous-less diet: No milk, yoghurt, cheese, chocolate and any product containing milk, no wheat products (especially white flour products) and a great idea would be to go off all GRAINS AND THEIR PRODUCTS for a while and allow the body to cleanse itself. Eat a lot of salads with some olive oil and lemon juice as a dressing, because many other dressings are full of no-no's. Reduce the salt intake right down to zero for a while if you can, but certainly to almost zero.

Eat plenty of fruits in season as well. Both vegetables and fruits are very nourishing and cleansing. You can add some ground up seeds to your salads or fruit salads (see combinations further on in this book). Only use seed-meal you grind yourself, as bought meals are too old. Seeds, when crushed only last a maximum time of 3 days, before they start to become rancid and rancid foods should NEVER BE COMSUMED. Yes, LSA sold in health food stores is too old and it may be preserved??? I don't know.

Smelly feet

Why do some people get smelly feet? This problem is caused by a lack of Silica in our body. Most of these people are on a very high protein diet of meats and fish and should concentrate more on the vegetarian foods, like salads, vegetables and reduce their animal protein intake a lot or even cut it out, at least for a while.

To help the problem, is to change your diet and you can get a very quick result by taking 1 tablet, 4 x a day of the Schuessler Biochemic tissue salts: "Silica 6x" over a period of 3 months. The results are usually very quick, but you must not give up and take these tablets for the 3 months as prescribed.

Increase your silica rich vegetables during this time, which are most of the leafy vegetables, including the tops of beetroot and alike, lettuce, spinach, chard, cabbage etc. (see above).

Spraying your feet with Colloidal Silver* will help eliminate smelly feet for the day, but will not cure the problem. The above instructions have never failed with my patients. It starts working well before that, but 3 months to cure.

Stinky shoes can also be sprayed with colloidal silver for a good result.

*Colloidal silver is a very effective underarm deodorant as well.

When you become more vegetarian, you find that your body hardly ever smells anywhere. Even going to the toilet, is less smelly.

Sore or tired eyes

When your eyes hurt from dusty conditions, sitting in front of your computer or TV or smoke from a fire etc., prepare a small amount of:

1 part of raw honey and 4 parts of boiled water.

Dissolve the honey in the water and let it cool. Drop 2 drops of this mixture in each eye and keep

eyes closed for a few minutes. It does sting a little for a short time, but that is worthwhile, when you can overcome the problem. Repeat if necessary, especially good at night, as you go to lie down to sleep.

NOTE: This mixture will not keep, as it does ferment in a day or two.

Another soothing substance is Colloidal Silver* sprayed into the eyes, when they are tired or sore. Keep your eyes closed for about 5 minutes and allow this to work.

* I will mention Colloidal silver later on and suggest a lot more uses and also that you can make it at home very cheaply.

Tinea

Tinea is a form of ringworm and may be found on many parts of the body, especially where we perspire, such as between the toes, when wearing rubber boots for instance. Dairy farmers, who wear boots all the time suffer a lot from tinea and fungal disorders in and around their toenails, especially as manure from the cows, sometimes enters their boots.

Tea tree oil is a most valuable oil for tinea between the toes and around the nails. I have never seen it fail to cure the problem. We must be persistent, especially when the toenails are black, so using tea tree oil at least twice a day after washing the feet well with a scrubbing brush, which should be disinfected all the time, otherwise you will keep on spreading the disease.

Tea tree oil may be used for cracked earlobes, skin rashes, scalp problems, sores, cuts, abrasions, bruises and cold sores etc.

Also use Wild Oregano oil for this. It is even more powerful.

NOTE: WASH HANDS WELL AFTER USING THESE OILS AND KEEP THEM AWAY FROM YOUR EYES.

Wheat free diets

In our modern diets, a lot of wheat is consumed and we find it in most of our baked foods, even though the name of the product you are looking at, does not always imply wheat to be part of this food.

Say you go into a supermarket and you look for a loaf of rye bread. Most of the time the largest amount of flour in this loaf is wheat, which is always the first marked ingredient on the label. Then we find a little further down the list, where rye is mentioned and even soya flour is added as well. It annoys me, when you want a loaf of rye bread, you don't get it. If you see rye bread advertised on the wrapper, I expect to get rye bread. The trick is to be on the alert and read the ingredient labels all the time. Rye bread should be 100% rye flour used and not wheat, soy or any other flour.

Wheat is in just about all cakes, biscuits, pastas and other foods. The first item on the ingredients label, say wheat, is the ingredient which represents the largest amount of that article in this product. If you see sugar as the number one item mentioned, this product is made with a lot of sugar, more than any other ingredient in this food.

Wheat allergies are very common and we have treated many people with this complaint. We are all wiser today and even the medicos are on the right track here. So many little niggly problems occur from a wheat allergy and as soon as the person goes off wheat, everything starts to improve. The digestion gets better, no tummy pains, diarrhoea or rashes etc. We have all heard of coeliac disease, which is a gluten related problem. These people cannot handle gluten, which we find in **wheat, barley, rye and oats**. The gluten in the Spelt grain, is *sometimes* accepted by coeliac patients.

BY THE WAY, IF YOU ARE A COELIAC, YOU **MUST** TAKE DIGESTIVE ENZYMES. ASK YOUR NATUROPATH.

If you feel, that your digestion is not up to scratch, try 4 days without gluten and buy gluten free foods, preferably not from the supermarket. If you feel better for doing that, keep it up for a while, say 3 months. If after that time, having re-introduced gluten again and you start to feel awful again, very likely you are a coeliac and you should never eat these foods again.

Other grains such as buckwheat*, rice, millet*, quinoa* and spelt (?) are great substitutes and make fine meals. I make pancakes and crepes with buckwheat and they are yummy. Apart from them being so nice, they are also very healthy as buckwheat gives us silica, which is necessary for the absorption of calcium and makes our hair, nails and mucous membranes healthy and strong. Silica also helps those, who have smelly feet. (Read earlier on)

You can roll these pancakes as a wrap and fill them with all sorts of lovelies. A favourite of mine is a salad filling. We also use them as a base for a Mornay mixture, which is nice as well, so experiment with them. See a few recipes below.

You can make spelt bread in your bread maker and it tastes like cake, my son says. Rice is a good food as long as it is whole, brown rice. Used in stir fries, it is a bulking agent for the vegetables. Sweet dishes made with rice are very attractive, such as rice pudding with sultanas.

Rice can be used to thicken soups instead of barley and plain boiled rice, to accompany all sorts of dishes.

Quinoa (pronounced: *kin-nwah*) and millet are great grains to make porridge instead of rolled oats. Since these seeds are very small, grind them up in a blender or mortar and pestle and use the meal, because, if they are kept whole and we don't chew them properly, they will pass through our body whole as well and we have wasted good food and have not gained any food value from them.

*These above seeds are often called grains, but we put them in a separate section as seeds, together with chia, sunflower seeds, linseeds, hemp seeds and pumpkin seeds, which are a good food and should be eaten regularly.

I will give you a few simple recipes only. I never use recipes when I cook and love experimenting with all sorts of ingredients, but I keep things quite simple.

Buckwheat pancakes.

Crack one or two eggs in a mixing bowl and whisk them very well.

Add 1 cup of water and whisk some more.

Now add whole meal buckwheat flour and bi-carb of soda (mixed together well), till the mixture becomes a paint-like consistency.

Leave it stand for half an hour and make pancakes or pikelets in a hot pan, greased with ghee, rice bran oil, olive oil or coconut oil.

With this mixture you can make crepes as well. Make the mixture a little thinnert.

Salad filled pancake or wrap.

Place a pancake or crepe on your plate and pile it up with grated carrot, sliced lettuce, cucumber slices, grated beetroot, some tuna or grated cheese, tomato and /or avocado, a touch of herb salt, maybe a dribble of olive oil or garlic aioli and roll them up. Bingo! A beautiful meal! Making a meal like this does not take as long as these cooking shows on TV either. And it is faster and cheaper than driving to the take-away place.

Another filling is a Mornay filling:

Make up a filling of say: tuna, rice, cooked vegetables and all these in a thick sauce made with spelt or buckwheat flour and cheese. Add some spices or herbs and a touch of vegetable herb salt. Spread this mixture over one pancake and top the whole lot with another pancake. Add some garnish and hey presto, another meal.

Not only yummy, but very healthy as well! Easy on with the cheese, please!

NOTE: NEVER USE CANOLA OIL. Canola oil was never meant to be consumed, as it was designed as a light lubricant for the automotive industry. All canola oils in the supermarkets are GMO as well.

Check the ingredient labels on foods for added canola oil. Many products have canola in them, especially margarines, which you should not eat anyway. You are much better off using butter. Once you have seen how margarine is made, you would not use it. Especially the last process, where the mixture is bleached and artificially coloured.

Porridge made with millet or quinoa and linseeds.

Grind these seeds first in a blender or mortar and pestle, because they are very small and will not digest, if you happen to swallow them whole.

Method

Grind the millet/quinoa and about $\frac{1}{4}$ of the total amount of linseeds together in the blender or coffee grinder and pour this meal into a saucepan of boiling water.

Whisk vigorously and quickly, otherwise you get lumps and it will stick to the bottom of the saucepan.

You cannot leave it alone, as it will burn, so keep stirring, especially in the bottom. Add extra water or Rice/Almond milk if too thick and whisk a lot.

Simmer for about 20 minutes, till it is ready to eat. You can add a handful of sultanas or whatever to sweeten the porridge as it is cooking.

If you are using a gas stove, you can use a “flame saver” under the saucepan, to stop it from burning into the bottom of the pot.

Good luck and enjoy!

Notes so far: A page left blank for you to make comments.

White flour

In the wheat free diets article above, I did not specify WHITE FLOUR, but here is something you really ought to know.

Why not white flour and indeed, why so many grains at all?

Let's go back to nature again and see what would happen, if we lived in the days of roaming the earth and migrating all the time to survive, following the seasons. Yes, I like to compare the days of old to what is happening today, as we have certainly changed things around and not necessarily for the better. At the same time, I also realise that there are so many people in the world, who all need to be fed somehow, but food must be nourishing and feeding all our cells to regenerate and multiply. Grains are not the only food, but indeed a very convenient way of stopping people from feeling hungry.

When the grains grow, they are a complete package of life-giving enzymes etc., to reproduce the plant they grew on. Seeds have life within them and under the right conditions, they will burst forth to regrow, unaided, to a new plant or tree to continue the life cycle of the species. The reproduction of the seed will only happen, if this seed is whole, just as Mother-nature planned it.

I have a hypothetical question for you to think about. If we could plant a seed of wheat, with only those ingredients in it, which are in the flour we get from the shop, called "BAKERS FLOUR OR BREADMAKING FLOUR", do you think this seed would grow into a plant?

NO, IT WILL NOT do a thing. In fact, it will just lie in the soil, become mouldy and rot away. If all the vital elements have been removed, how can it grow? This is why I am telling you all these things, because we need LIFE GIVING FOODS, TO SUSTAIN HEALTH AND ALLOW OUR BODIES TO REGENERATE AND LIVE A LONG TIME WITHOUT SICKNESS OR DISEASE.

The animals who rely on seeds out in the wild, eat WHOLE seeds, complete with all the life-giving nutrients, such as the bran, the germ (wheat germ), just as they are ripe, directly from the trees or bushes or as soon as they drop on the ground, in season, untouched or processed, nothing taken away from them.

It is only since man wanted to start mass-producing foods and therefore keeping them longer, so foods could be transported over vast distances and stop them from going bad, that it was necessary to remove some life-giving elements. Food became refined and chemicals were introduced, to do all the above, to the detriment of our health. Meanwhile a lot of people, between the farm and the consumer are making heaps of money out of this.

Farmers take the grains to the flour mill, where the grain is processed. A lot of different products are produced. Bran and wheat germ are removed and you have to buy them back separately, if you want them, some starches are removed and used in other industries etc. So, the flour produced is NOT just ground grain, something that you might expect, if you buy whole meal flour. In fact, the so-called whole meal flour you buy is only about 20% whole meal, if you are lucky, and the rest is white, refined flour, even less nutritious. Not only is it not whole grain, but a cocktail of chemicals has been added to do all sorts of things. HERE SOME OF THEM ARE LISTED. White flour firstly has been bleached with ammonia, alum, gypsum and chlorine dioxide. Other chemicals, as many as 80 of them, can be found in a loaf of bread, such as colourings, preservatives, bread improvers, antioxidants, emulsifiers, conditioners, extenders, mould retarders, etc. 80 different chemicals in our bread alone, what next? Well, the list goes on,

if you do your research and they are not very nice for us to ingest.

We MUST become very good label readers, especially when you buy a product you have never had before, if you want to keep these nasties out of your body. THEY DO US A LOT OF HARM!

By law, the manufacturers are allowed to add these chemicals to food. They have been officially approved mind you. The excuse often is that the amount is only so low, that it does no harm, BUT ADD THEM ALL TOGETHER AND YOU JUST SWALLOWED A CHEMICAL BOMB.

When we want to buy a product, we must decide if we want these chemicals in our bodies and if we think they are harmful, put the article back and do without it or chose a manufacturer who does not lace their product with harmful substances. This is the only way manufacturers will take notice. If they cannot sell their product, they will go broke or they will quickly have to change their ways to improve the product, so it will sell and satisfy the customer.

Then you must always read the fine print, because that's where SOME of the secrets lie. I say some, because NOT all ingredients are on the labels. Only the ones they can get away with. You will also find, that the finer the print, the more they are trying to hide from us. Another trick is to print on a coloured back-ground, like dark green or red, so you can hardly read the letters, especially older people with poorer eyesight.

For years now, I have read health magazines and health trade publications, where a lot of this information is written. Pick up some of these. Sometimes you find free ones in your health food shop. These are informative magazines and should be read. After all it is your life I am talking about.

Another trick I want you to be aware of, is the way bread for instance is marketed. Say you want to buy a loaf of rye bread, as mentioned earlier. Okay, you see clearly RYE BREAD written on the packaging and you think this is what you want to take home. NOW READ THE INGREDIENTS LABEL! The first ingredient is likely to be "bread making flour" (white wheat flour) then rye flour and very often you will find soy flour added as well. Now, as far as I am concerned, we should NOT eat soy at all, unless it has been fermented and then in small amounts (I will come back to that later). You realise now, that this loaf of bread is NOT JUST MADE FROM RYE FLOUR.

I bought a loaf of bread on my trip and it read clearly: RYE BREAD.

"RYE BREAD", made by using "WHOLE RYE MEAL FLOUR".

Read this slowly and carefully once again!

The ingredients label reads as follows: Ingredients: "**100% whole rye meal flour, 52%**," Water, Wheat gluten, Organic sunflower oil (ACO cert), Salt (iodised), Vinegar, Yeast (0.3%), Emulsifier 481).

Okay, let's analyse this label.

When you read 100% whole rye meal flour, does this make you think it is made with 100% rye meal? Of course, it does, but there is actually only 52% rye in it! What is the other 48%? The wheat gluten mentioned, is that pure wheat flour or what? It would appear to me that it is, because there is nothing else in this bread to make up the whole 48%. So, we are cheated again!

Besides the main ingredients, the nutritional information section of the label states: Sodium 320 mg. per 100 gr. portion. That is extremely high and actually, we should multiply this figure by three to get the actual amount of SALT = sodium chloride. This is another trick of the trade, by only mentioning Sodium instead of Sodium chloride. (Ordinary salt is Sodium chloride.) Watch your salt intake please and I suggest you cut it down to almost zero. We need very little of it. It makes us very acidic.

This brings me to another thing we should do at home and that is to grind our own flour.Okay, I hear you! But still, if we reduce our grain intake somewhat, which includes flour, to grind a cupful here and there is NOT a chore. It can be done. I have been doing this for years and the food tastes so much better. Doing this gives you the opportunity to completely control your food intake and think about the kids, who are NOT being educated to know all this. There are stone flour grinders on the market and for the small amounts you need, they are just perfect. Spend the money on things, which help you to be well; you save it on doctor's bills or worse, hospital bills. When you grind flour, only keep it for a maximum of 3 days, because grains do deteriorate the same as seeds. Fresh is the only way to go. Food when kept for a long time is quite useless for our health and maintenance.

When we had our Natural Food Store in Alstonville NSW., we had a man come down on Saturday mornings, who had a converted bicycle and could grind flour on the luggage carrier on the back, via a chain driven stone grinder. This was always of great interest to the people and he could not grind enough flour for all the people, who wanted to try it. So, we baked some small bread rolls and were able to give our customers a taste anyway. At the same time as grinding flour, David was getting his exercise as well.

This makes me think of all the energy, which is wasted in gymnasiums around the world. If we could somehow attach all these exercise machines to a generator, we could produce a fair amount of electricity, probably enough to power each gym.

It is up to you to keep yourself well and I keep on repeating myself, but this is deliberate. It is well known that, if we attend a workshop or lecture, we only retain a small amount of the lecture contents and repeating things is not a bad idea.

WHO IS THE MOST IMPORTANT PERSON IN THE WORLD?

Well look after that person! NOTHING should be too good or too expensive for you, if you need it. We spend a lot of money on things we do not REALLY need, so we must get our priorities right. Feed yourself the best foods only and don't make excuses. If you cannot eat the right food or you are too tired, it is best NOT to eat at all. We won't die from missing a meal. People all over the world, live on very little and survive. Take a big glass of healthy water and that will make you feel better. I know I am nagging again, but it is true, just the same. Buying sub-standard foods and then to supplement with vitamins and minerals is NOT the way to go, believe me. Advertising tells you to take all sorts of vitamins and minerals in tablet form, but as I mentioned, supplements are supplements and not food. The so-called HEALTH FOOD industry, is making

millions from you for nothing really. You do not need all that stuff. Improve your natural food intake:

FRUITS AND VEGETABLES TWICE A DAY PREFERABLY.

If you let yourself run down, because of circumstances beyond your control, like flying overseas or spending time in the bush and having to work hard, not being able to find nutritious food, yes, then I suggest you do supplement your diet, but try to get back to a natural and healthy diet as soon as possible.

Since I started this article on white flour, I should give you an idea why white flour is so bad for us.

White flour has a bad effect on the workings of the bowels and can render the bowels fairly useless in the area of absorption of valuable nutrients the body needs. We must remember that digestion starts in the mouth and does not stop till the rectum. All these digestive areas must be clean and healthy to perform their duty. White flour will in time cover the bowel walls, with a plastic like material, making absorption impossible. White flour becomes a glue-like material, as we have all used it at some time or another, when mixed with water. So even though we eat valuable and nutritious foods in the future and they are of the best quality, they cannot be absorbed and will pass straight through and are eliminated outside the body, if the bowels are not clean. Dairy products can have this effect as well in some people. The bowels become like plastic pipes.

So many people have colon cancers and why would this be? Because the small as well as the large intestines are very unhealthy and would need a good clean out to work properly again.

So often, we realise this too late and an operation is necessary. Wow!!

Recent scientific studies have revealed that red blood cells are also produced in the walls of the small intestines. If this is correct, a coated bowel wall cannot discharge red blood cells into the blood and anaemia could follow.

Once this coating is in place on the bowel walls, it is very difficult to remove and it will take some effort, but it can be done over a few weeks. Naturopaths have treated these problems for years and it is very safe and wonderful, as you start feeling refreshed and you get more energy. In our clinic we treated the bowels with herbals first, abdominal packs made with castor oil, massage, diets and finally colonic irrigation. After the bowels were prepared this way, only a few colonics were required.

In some clinics they use colonic irrigation only and this can result in a lazy bowel and the bowels eventually rely on colonics to function. This system I do not recommend. If you have a lot of trouble evacuating the bowels, if you are constipated and you pass a lot of smelly wind, you need a bowel cleanse. A diet high in vegetables and fruits, containing natural roughage will prevent this from happening. Ease up on consuming so many refined grain products and cut down your red meat intake as well in this case. Preferably I would like you to go and see a good Naturopath and have the situation assessed properly, as self-diagnosis in these cases is too difficult for the lay-person.

You are the healer again and you must make up your mind, if and when you are told to have this treatment. I, in these notes can only advise you, but you must be the doer. The saying: “You can take a horse to water, but you cannot make him drink,” is appropriate. I repeat that roughage from the vegetable diet, is what keeps the bowels healthy. Meat has NO roughage. Too much added bran, as sometimes is suggested, is NOT the way to go, it is too severe. A good all-round diet of mainly whole grains, veggies and fruits will keep you well. Choose the bio-dynamic ones or those who are grown without chemicals at least, called organic, for supreme health and longevity. The natural and freshly picked veggies have plenty of good minerals in them to support our bodies, such as silica, which is very important to help Calcium to be absorbed and to strengthen our hair, nails, skin and most of our nerves and mucous membranes. Chemicals should be avoided at all cost, not only in foods, but also in our daily lives; from our homes, when strong chemical cleaners etc. are used, skin care products, loaded with very dangerous chemicals, washing products in the laundry, pesticides to kill those nasties in the home, all of these affect us negatively. These pest control gadgets look so innocent and look even pretty on the wall, but they keep on spraying a chemical mist in the air you breathe ALL DAY LONG. Do you really need that?

Well, there is one more thing I would like to mention here and that is a book called: “Take control of your health and avoid the sickness industry”, written by Elaine Hollingsworth (see back of this book for more information)

Elaine is the greatest researcher and doesn’t pull any punches. Since she has written this book, I am not going to elaborate on some things she has already dealt with. I suggest you invest in her book and learn even more.

Elaine passed over in 2022. You are missed a lot!

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HOW TO ERADICATE DISEASES

A hospital is no place to be sick. Samuel Goldwyn

If we are diseased, we must always remember that to get back to normal functioning, there ALWAYS needs to be cleansing, allowing the toxins and stagnant materials, caused by the disease, to be removed, away from the body altogether.

In the case of physical diseases, such as sluggish organs, which for some reason or another don't perform their duty any more in a 100% manner, we must clean up and make room for the newly introduced foods with their vitamins and minerals etc. to go in and do their job of rebuilding and rejuvenating.

Fasting under supervision of a qualified practitioner and colon therapy (colonics) are nearly always needed. The bowels, large and small need a lot of attention. Rest and exercise are required at the same time. Sweat baths can be of great help, as the skin is the largest organ of elimination in the body. I write somewhere:” Without cleansing, NO healing” and that is true.

Some people like to go to a health resort, where they perform all these duties in one place, as they employ Chiropractors, Herbalists, Dieticians, Naturopaths and colonic experts. If you can find a good one, with real professionals, you should go there. There are some very good clinics as well, where the Naturopath(s) take samples of your vital fluids, like blood, urine and even your stool. These are then examined in a pathology laboratory and the results are dealt with by the naturopath, giving you the necessary medication(s), to combat the problems that may exist. Don't forget the Acupuncturist, who is often familiar with Chinese healing methods as well.

You may have to change your diet, sometimes only for a while, other times for good, to allow the good nutrients to be absorbed for good health.

As I mentioned earlier, if you do not look after your car and put the wrong fuel in the tank, this car is going to stop dead one day.

The result of a good cleanse is ALWAYS so amazing and worthwhile. You will feel like having had an overhaul, completely refreshed and renewed.

Your inner body feels great and your skin is like a baby's bottom, smooth and pliable again. You breathe better and deeper, your BP normalises, your nerves calm down etc. etc.

I speak here with a lot of experience and have had thousands of people through my clinic who would back me up and give you their account.

You will read all these details in the next few pages. Some methods are a little difficult, but there is plenty of help available amongst the naturopathic fraternity, who will always stand ready to help you. Choose wisely whom you employ for your healing at any time. You should always feel, that the person(s) you employ, are the right ones. If you feel uncomfortable, when you speak to a healer, this may not be the right person for you.

In cases where we are mentally or emotionally in need of cleansing, talking to good friends or relations EARLY, is so important, as the sooner these problems are aired, the better you will be. You just should not wait and if you cannot talk to your close friends, you must seek help elsewhere immediately and don't think you can solve the problem yourself or think that it will go away by itself, especially if the problem is deep seated and has been there a long time. Only very few people can handle these negative situations and get results on their own. You will have to be very strong to do that on your own and have an amazing amount of faith and will power and usually when you are this low, you won't have either. I am lucky that I have had so much experience handling people's emotions as well, that I have become a pretty good counsellor in these matters.

Detoxification; what does it mean?

In today's world, the average person is bombarded with nasty toxins from foods, the air, the water, household goods, furniture, carpets, skin-care products, (all mentioned before) on a constant basis. They are so difficult to keep track of and it needs to be seriously studied and contemplated.

Then we have the negatives from society, which affect us mentally, emotionally and spiritually. The daily news! Wow!

I will deal with the physical ones first.

Detoxifying therefore, means getting rid of all the nasties from our body, so they cannot do us any physical harm any longer.

I suggest you examine yourself and choose one or more of the following items, to make you well again.

The following chart tells you about some of our organs of elimination, affected by poisonous materials and how to eliminate them.

ORGAN	COMMON CAUSE	RELIEF
Colon	Constipation, tension, refined foods, meats, ice cream, take-away foods and pre-packaged food and drinks.	Enema's, colonic irrigation, peristaltic massage, castor oil packs.
Liver	Toxic colon, air pollutants, added chemicals to food.	Olive oil and lemon juice, real coffee enemas.
Urinary tract	Contaminated water, heavy metals, high animal protein intake, dehydration.	Distilled water#, green drinks, fresh vegetable and fruit juices, garlic.
Lungs	Smoking, air pollution, congestion.	Lymphatic exercises after dinner walking.
Skin	Lack of perspiring, too much sun, use of soaps *see below	Sauna baths, skin brushing, distilled water#, green drinks, fresh fruit and vegetable juices, natural body shampoos.
Stomach	Incomplete digestion, stress, reading while eating, watching TV during a meal and fast eating.	Chewing longer, Protein digestants, ^ see below. 4-day rotation of diet, green drinks, fasting + see below, not drinking with meals and paw- paw leaf tea.

*) Our skin is an acid organ, about 5.5 Ph. All the commercial block or solid soaps I have tested over the years, are very alkaline, around 12 to 14 Ph. and they are very destructive for the skin. Using these alkaline soaps, strips very important oils and protective

elements from the skin. Soap also attracts moulds, bacteria and fungi from the air, as it is lying in your soap holder. Even types of organisms, that could be associated with skin infections and infections of the urinary tract, respiratory tract and botulism. Look up Castile soap.

On my website I have written an article, delving just a little deeper into this matter.

^) Protein digestants, available in tablet (capsule) form as a rule, may be taken to aid the digestion of animal proteins. Most of these are a form of HCL, (hydrochloric acid,) which is the same acid as our stomach's digestive juice. At times we need a bit of help, when large amounts of meat etc., are consumed. A SMALL glass of white wine, may do the same.

+) Fasting should only be attempted, under the supervision of a qualified practitioner. Too many factors can play a role in a successful fast, so please be careful.

Distilled water should only be used during cleansing, not as regular water to drink under normal circumstances. We should always drink natural water from springs etc., which contain minerals and is alkaline (7.5 to 8.0 Ph). Distilled water is pure H2O and nothing else.

Dealing with negative influences, which affect our mental and/or emotional state of health, usually are very varied. The reasons for these can be family problems, social problems, work related ones etc. To tackle these and others that we may be trying to get rid of, we MUST find the real cause. That is always difficult as we are normally in denial and we will not admit that we have a problem. When we admit these to ourselves, we are told that we are mad as in crazy. NOT SO!

There is hardly a single person in this world, who does not or has not had a problem here, sometimes during their lifetime.

When these things happen, we think we are not loved anymore and we sometimes do some silly things to overcome the problem.

My main concern is that we try to forget that we HAVE a problem and that can lead to more difficulties later, or worse ones in fact.

As I mentioned earlier, we MUST talk. We MUST confide in someone we are close to and can talk to, knowing this person will listen and give us support. With that advice, you go back to the cause and see if you can sort things out.

(I can only lead you into a direction, as I do not know your problem)

Say you have a relationship matter to deal with. Having been given some ideas by you friend, relative or counsellor, see if you can talk to your partner IN PEACE and get some positive ideas. Negotiations are always the best way to solve a problem. If after some time things look more positive, stop for a while and have a rest at this point, to return later and go a little deeper into the problems you are facing. We all must learn to give a little, as negotiations are like that: "give from both parties". (NOT GIVE AND TAKE!)

If on the other hand there doesn't seem to be any progress at all when negotiating, maybe it is time to call in a mediator, who can referee the proceedings.

Unfortunately, so many male partners don't want that at all, where the females are nearly always happy to go that way. This shows to me that the males do not want to solve the problem or they have made up their minds already and all they want is OUT. Could be the "macho" thing as well?

If that is the case, the way to go is OUT and do not try and prolong the agony any longer.

Whatever the reason, try and resolve the problem amicably and do NOT employ a solicitor, who is going to take a large slice of your money, something you cannot afford. I have mentioned this sort of situation before and I have seen the hardships as a result. Try and be as calm as you can be under these circumstances and reason things out like grown-ups.

Oh boy, this can be so difficult and I feel sorry for you, but you have a right to live the way you want to live and sometimes life changes so much for both of you, that you need to separate as we get older and we have learned so much more in life. There are times when we need to pursue a new path and move on. This should always be a peaceful arrangement. Please DO NOT HATE!

So many people I know had this happen to them and I am one myself.

My spiritual life took off like a rocket at one stage of my life and my partner could not see the need for change. I could not stay in these circumstances and had to leave. It can be very difficult and hurtful, but

fortunately, time heals all and we WILL find peace again.

In the case of a work-related problem, the emotions are not nearly as high and things can be solved a lot easier. It does not hurt in your heart, even though you might really like your job, it may be for the good of your future to leave. At the time of conflict, you cannot see that, but when things settle down and you apply for a new job, you suddenly realise that this new job is so much better for you.

This happened recently to a friend of mine and now he has a new job, it is exactly what he was looking for, even though he liked the previous job very much. I was able to help him through his trials, giving him spiritual help and being in touch with him often and make him positive when he went for the interviews. He is now working close to home and he sees his little family daily, where before, he would only come home on weekends.

Socially we can be caught up in all sorts of situations, far too many to mention, but there is always an answer.

The world is going through a rough patch and governments are trying to get themselves out of trouble and in the meantime, we as little pawns, are being shuffled around all the time, whether we like it or not. There do not seem to be any real leaders anymore, who can solve problems, but as the world has `shrunk` somewhat since the electronic age and things happen so fast, there is nowhere for them to hide. Also, we know that the whole world is run by just a few people or organizations and all the others, including countries, are dancing to their tunes like puppets on a string. If they don't perform:"....out they go" and it doesn't matter who it is and where he/she comes from. That's all I am going to say about leaderships all over the world. You know the rest anyway.

HELP FOR A GOOD LIFE.

The following suggestions are for you to use during an average day, to make your life easier, happier and more comfortable. After all, why should we do things the hard way? We are not in the army now, are we? Why don't we go through life, smiling, feeling happy and at ease with the whole world and everything and everybody in it?

I have learned to treat life as an absolute pleasure for myself and I want to be happy all the time and feel I love everybody even if a person or a situation has upset me for a moment. I wrote this in my book: "Share my pot of gold."

There was a time in my life when I was also uneasy with the world as a whole, but with the methods described under the headings: "Buddhist burning" (93) and "My story to emotional freedom" (102), I was able to shed all these worries in a very short time and came out on the other side as a free man, free from stress and worry. This also affected my physical health of course. I have started to eat better again and digesting my foods, enabling me to regain good health again.

Spiritually I am able to help others by supporting them and showing them there is a way to be free and easy; not uneasy any more. I have a whole new set of friends, those who understand me and I understand them. These are not just casual acquaintances like I had before, who meant very little in the end, no, there is real love between us and nothing is ever too much or too little. I live a beautiful life now. I am happy being me and I am enjoying my own company and the company of these like-minded people.

Mind you, I do not dislike my ex-friends or partners and I wish they could see me now. I would

love to contact them and be friendly towards them, but some of them rather stay where they are and that is okay. As I have said before:” We all have a right to live the way we choose.”

During my dark days, I was unable to work and had to go on social service payments for money to survive for a short time and that was embarrassing, but in hind side, it was a good lesson for me to learn, as with that experience I could go out and help others.

“The worst experience in life is the best lesson we can learn”, so being down for a while is a teacher. Allow these things to sink in and when we digest the reasons, we often realise that we have been through a learning curve for a *good* reason. In my business as an Osteopath and Chiropractor I saw a lot of people with deep depression. Fortunately, I was able to help these people myself or with the help of other professionals. I had a good team of professional friends, who in some way could help them if I could not.

I suggest you use the items mentioned in this chapter for good health and ease of living. Look at them carefully and trust the workings of them individually. Take time to get used to using them and don't give up if you are a little hesitant, as in using the pendulum.

Everyone can use a pendulum, but some people have a little difficulty in realising, that the swinging of the tool is the action of the tool and not your hand.

I recently taught some people how to program and use the pendulum and with great success. Read under “Pendulum” how a farmer used it, when spraying his farm and the machinery failed. What a wonderful tool!

“White lighting” (see article) is another very wonderful tool, to go through life on a daily basis, feeling completely free and protected. You can protect others as well as yourself. Isn't that great?

Go on, be happy and free!

Australian Bush flower essences

Flower essences and other vibrational remedies, should be used as much as possible. You can never overdose on flower essences. If you took the whole range and a lot of it, only the one or ones you need would do their work, the others would be passed out of your body without harm. These remedies are not like drugs, especially the chemical variety, which even in small doses, can do a lot of harm. These flower essences work on the emotions and when our emotions are curbed, the disease we are suffering from, can be completely eradicated.

I mention the Australian Bush Flower essences, because we live in Australia. There are Flower essences in many countries.

I will tell you about a combination of flower essences called “Travel Essence” in the Australian Bush Flower Essence range.

Travel essence is taken, when one is going on a long journey, especially on a plane overseas. Some of you know when we travel like that, we most often suffer from jet lag, when we arrive at our destination. Taking this essence will prevent that from happening every time and we will arrive completely refreshed and ready to go and do what you planned to do. This essence re-sets your “body clock”, so all the organs work properly when we arrive. Normally when we get jet

lagged, our organs are confused and cannot operate efficiently, till we have had some time to acclimatise. This remedy has worked for a lot of my patients, who decided to go overseas. I wish I had known about them when I was flying overseas.

The STOMACH for instance works best at between 7 and 9 am.

The lungs are their peak between 3 and 5 am.

The large intestines, between 5 and 7 am. and so forth.

Then another interesting combination is called “Emergency essence”. As the name implies, this essence is taken in an emergency, when the body is in shock or is traumatised. This essence can be used on animals and plants as well, when they have met with a shock. You say plants? Yes, plants can be shocked as well, especially when you are a bit rough with them, digging them out of the ground for transplanting and you break some roots etc.

Animals respond very well to emergency essence.

One day on the farm 2 roosters were fighting to the death as roosters do. We heard this commotion in the yard and we ran to separate them, but some damage had been done. Blood was everywhere and the roosters were very tired from the fight. We caught the roosters, cleaned them up and gave them both a dose of emergency essence, put them in separate cages for the night and in the morning, they were as good as gold. They had been together in the same yard for a long time and had never had a fight. We put them back together again and nothing happened. It must have been mating season.

If you are traumatised and you need help to get yourself back to normal, a good Australian Bush Flower Essence exponent or other vibrational expert, can help you quickly.

Have you heard of colour therapy? That is fascinating stuff as well. You might feel very different in different coloured rooms for instance.

One room puts you on edge and another makes you feel very peaceful. So be warned when you decorate, that YOU choose the colours very carefully to suit you. If you get another person to choose the colours, they might set your mood differently to what you want.

A lot of business people wear black all the time That is NOT GOOD. Black is a very negative “colour” and should be avoided most of the time.

I had a young business woman come to my clinic for treatment and she was wearing black all the time. She did not respond to the treatments very well. I asked her one day: “Do you have any other clothes you can wear, except black”. She said No!

I suggested she go out and buy some colourful clothes and wear them. She did and she responded to the treatment beautifully. Her whole mood changed. Amazing hey! This has happened another time with a lady I treated.

There are a lot of things that may influence us. This includes the things written above as well as smells*, hot and cold, noise, quietness, people's moods, traffic, the sun, the moon, water, food, etc. The list goes on.

*Smells remind me of the use of Aroma therapy. Another way of overcoming stress or moods. A lot of people burn an oil burner with their favourite essential oil, to put their mood right. Incense sticks are another way of putting a beautiful perfume in the air to make you feel well.

Buddhist burning

A practice I started one day, without realising it was actually called “Buddhist Burning”.

I was told by my spiritual guide to do what you are about to read. I mentioned earlier, that when we pray or meditate, we must not just do the talking. We MUST also LISTEN afterwards, for the correct answers to our question(s). Even though the answer may not necessarily come in an actually spoken language, it will be forthcoming. Be very aware of incidences in your daily life, that seem strange. This may be the answer you are looking for. Remember the lady who had a butterfly land on her hand, as a sign that everything was alright. She had meditated and was given a visit of the most beautiful present: a butterfly, giving her the positive message and security, that she was loved.

This Buddhist burning was a very powerful and emotional cleansing program for me of all the past, even before I was born right down to this particular day.

I did the burning because I had a very negative, emotional experience and things had not been right for a while. I am an emotional person mind you. I could not concentrate on my work and I was very unhappy and emotionally upset all the time. I could hardly face people and talk to them. I would cry at the drop of a hat and nothing seemed to happen in a positive way. I prayed and asked my God to help me. I was led to do the following.

Sitting in my office on a daily basis and at about the same time every day, I wrote down all the things, that came into my head. I covered things from my childhood, parents, school, church, work, marriage, children, sicknesses, relationships, friends, people I did not get on with at that moment and from the past, any upsets, any unhappy times and any happy times. I wrote all these things down and I allowed it to flow. If you want to do this, write down EVERYTHING that comes into your head. If it is swearing you want to do, write it down. If it is ANYTHING, write it down.

Use a cheap writing pad and fold the page over, you have written on. Write for about 20 minutes a day. Once you have folded it over, NEVER READ IT AGAIN. So as long as it takes, for about 20 minutes a day, keep writing, whatever comes into your head, even if it is the same, as the day before.

DO NOT USE A COMPUTER OR TYPEWRITER. It is important, you write all this in your own hand writing.

It took me about 3 weeks to cover all the STUFF I wanted to deal with. That is a lot of garbage! After writing for this time, I left the pad in my desk drawer and waited to see if there was anything else, I had not covered and wanted to write down.

A few days later, I picked up the pad, some matches, a bottle of water and some grapes and put all this in a small backpack and drove to a place, I always felt close to Mother Earth, whenever I visited there. I drove in my 4 WD, as I had a tent on top of it, to this place and parked very close to the natural bushland and set up camp very early in the morning. I was completely set up by 7 am. I walked away from my camp site into the thick bush, quite rugged country, remembering my direction by navigating the sun. I knew I was on the western side of a lake going North.

After walking for an hour or so, I came to a clearing and a sandy patch of about 2 metres in diameter. I heard the voice within me saying: “This is the place, where you should do your burning”. I unpacked the written pages and the matches and started to scrunch up the pages one by one, putting them on a pile in front of me.

When that was all done, I sat for a while and meditated. I cannot estimate the time it took, as I did

not have a watch on me, in fact I did not have anything on me, not even clothes. I was naked. Then I received instructions to light the pile of papers and as the fire was burning, I became very emotional and cried, yelled and sobbed uncontrollably.

When all the pages were burnt, I could still see the ashes and I felt I needed to get rid of them as well. I started to look for a little stick and found one directly under my right hand. I am sure that stick was not there, when I first sat down, but it was put there for me to use. I proceeded to smash the ashes into small pieces and covered what was left with the sand from the mound, till nothing was left there for me to see. As soon as I had finished doing that, a voice called out: "Come here, I want to give you a big hug". Well, when I heard that voice, I thought someone was there and it startled me a little. No person was seen. It was the voice of a beautiful paper bark tree. I went over and hugged the tree and it felt as if the tree had arms all around me, hugging me lovingly. I could feel the life force of the tree, as I was hugging. I could hear the sap from the tree going up and down and it took quite a while, before I let go of the tree, as it was quite an experience.

As soon as I went back to my backpack, I put the matches back in it and slung the pack over my shoulders and continued on my way, but this time, I wanted to get to the lake. I turned right and came to the lake.

I dropped my pack on the beach and went into the water. When I was deep enough I washed and went right under the water and performed a type of cleansing, drowning the old and coming up anew. I was completely refreshed. I felt awesome! There was a feeling, I never had before, totally refreshed and unburdened, light and easy: FANTASTIC!

On the water's edge, I lay down and fell asleep, very peacefully and rested for a long while. I was quite exhausted from the experience. When I woke up, I realised I was lying down on coral pieces, hard and sharp, but it had not worried me at all. I slept like a kitten.

After that sleep, I decided to head back to my camp site, where I arrived 7 hours after I left. This adventure took all that time, but I did not notice the time. Whilst I was doing this, nothing bothered me and I did not think of time. I decided to rest a little more in my tent and got up to make some dinner. I sat to eat facing the west, where the sun was going down and realised, this was not just the end of this day, this was the end of an era for me; the end of all these things in my past. I closed the doors on them and was able to move on freely into a new life.

I went to sleep and slept very well. In the morning, the sun came up through my tent window, facing east and it announced a new day and a new life. I cannot explain the feeling in words, but you might get an inkling of what it was like: FREE AT LAST! (I hope you do feel something.)

I am suggesting to you, that you can be free as well. It all seems a little strange, when you first read this and some of you might think I am a bit of a nut-case, but quite a few of my patients and friends have done a Buddhist burning since then and all of them, without fail, have had an amazing experience.

You do not always need drugs or a 'shrink' to help you overcome your heavy burden. The Universe and Mother Earth are there for you and will help you, as you were born from the earth. You can offload your negative stuff and Mother Earth will happily take it back. You do not have to go naked, that was what I wanted to do, to be there the way I was born, without adornments or anything artificial. The place you choose to do this, must be a place, where you feel at one with Mother Earth. This may be your own backyard and why not. This should be the place you have chosen to live and it should be the most peaceful place on earth for you; your bit of Paradise!

This is very deep cleansing and it will last. If you get yourself into strife again somehow, you can do this again one day, but we should learn from our experiences and not go through them again. I

got myself into strife again in a different way and had to do the meditation and fast in the desert. I have experienced situations like this, at workshops we held, where the participants would write their `stuff` down for 20 minutes only and then burn them in a pot, one after the other. I would always be prepared to support these people, when they became emotional and hold them tight, saying words like: "It is alright, cry and let it out, that's good". Just such a short time of only 20 minutes, brings the emotions to the surface.

As I said in the beginning, I did not know this was called Buddhist Burning, till I told a friend of mine what I had done. He informed me of the name.

So, nothing is new, but for me it was new and very exciting. I hope you can do this one day soon. If you are full of emotional stuff and want to release yourself of this, do it soon.

Re-birthing is also used as a deep cleanser and is very popular these days.

I will be so happy to see you smiling again! Good luck!

Education

When I am writing things down, it always hurts me, that we have not been educated fully for life's experiences, because these above instructions should be natural to all of us. Once upon a time, most parents were able to teach their children the rights and wrongs of life, be it foods, social behaviour, respect for various things in life etc. so they instinctively knew what was right or wrong.

Today, there is either no time to do so, or we have become so brainwashed by society and the multinationals, that we think all the foods available for instance are good for us, even the takeaways, which are so common everywhere, even in the third world countries.

I was riding a donkey in the hills above Tehran in Iran years ago (1974) and there, miles away from the city, I found evidence of modern take-aways.

The education programs set down by the education departments the world over, seem to centre on keeping the children as dumb as possible, so the governments can control everybody. This is not what they say of course and the governments are always talking about better education, but it is NOT happening, is it? If you are outspoken with something controversial and it does not suit the multi nationals or governments, you get rapped over the knuckles and told to shut up or else. We see this happening all the time.

When scientists discover something, which could benefit mankind and it is not to the liking of the governments or multi-national companies, this finding will be squashed and not published or manufactured.

When there is a good invention, say a car that can run on water, this invention is never really allowed to proceed, because it hurts the multinationals, who run the oil companies and there is no money in water. It is not only the money here; the fact that cars, which can run on water do not pollute, is not taken up by governments. All talk about reducing pollution, but no action!

The hands of heads of states are tied so tightly, that if they don't do as they are told by "MR. MONEY", they will be voted out of office. I mentioned the puppets before.

So, like good little boys and girls, they do what they are told and pretend to be making all the decisions.

This should be stopped and we would all be better off. When that is going to happen, I don't know.

I hope it will be soon and if **WE, YES ALL OF US**, played a part in this by NOT VOTING for someone, who doesn't keep his election promises, things would start to improve. If we showed the candidates, who are standing for election, that if they don't perform, they will be out and that will put the heat on them to do something concrete. It is in our hands, yes indeed, the little common voters as we could be called. We are very powerful; in fact, WE are THE POWER, NOT MR. MONEY.

There are times when we shop for an article and we have found in the past, it was not up to our standard. We complain about it and tell others how inferior the product is. But you know what? We keep on buying it despite its inferiority. That is what I am talking about, DON'T BUY ANY MORE OF THESE INFERIOR THINGS. YOU WILL FIND THAT THE MANUFACTURER WILL SOON IMPROVE ON THE PRODUCT when that product is not selling. My main interest is foods of course as number one on the list. Not that I believe in inferior or toxic materials in the home or in body hygiene products. I have written about those already and I will come back to some more later.

Well let's start at the beginning; school education.

I do realise that the three R's are an important part of education and should be taught, but are they really being taught properly?

R #1= Reading. Statistics prove that most children coming out of high school, cannot spell properly. They cannot read properly and have very little comprehension. This is realised, when they apply for jobs or even do an entrance test for university. Often these students have to be taught the art of reading in university, before they can go on, to do their chosen studies.

R #2= Writing. This word does not even start with an R! Anyway, if it was not for computers today, young people would not write letters like people did years ago. We wrote long letters to one another and the fact that we do things electronically today is not necessarily wrong. The trouble is when TXT messages etc. are sent, they are all short-cut words, so this will in time disrupt proper spelling and writing even more. Some educators say there is nothing wrong with that, as long as we understand, what they are talking about. I don't think that is right. Anyway, let's move on to the next one.

R #3= arithmetic, another word not starting with an R. Well, we seem to have accepted these! Arithmetic is a subject close to my heart.

If it wasn't for calculators in school today (and the students are supposed to have one) quite a few young people, would not be able to work out even the simplest calculations, not even additions of figures.

My father, who was not very well educated, could add figures faster, than any calculator in those days. He saw numbers as living things almost and added figures in combinations of 10. He looked ahead and figures like 4 and 6, 7 and 3, 2 and 8 etc. he added these in multiples of 10 down the page. To him, a practical man, saw this as a solution to additions.

There are more of these examples, when figures become alive and are not the boring numbers most of us see or punch into a calculator.

A lot of other things taught in school are an absolute waste of time for some students. The education system does not take into account the fact, that some of the students are not what we call academics, but much more practical learners. I have seen many examples of this and these practical students hold back the academics, because they don't comprehend what is written in

books. They want to SEE, DO AND EXPERIENCE and they learn very fast this way. In my opinion, there should be 2 forms of schools, where we can separate these 2 types of students. We cannot have all 'CHIEFS AND NO INDIANS', in other words, there are some of us, who are natural leaders and others who are followers. This is a normal occurrence in life.

We see it in the animal kingdom also.

Let's talk about subjects, which are usually a waste of time. My daughter had to do a project on dinosaurs for three years running in primary school. Well, I was so disgusted, that I went to see the headmaster and questioned him about this. His answer was that this was the set down curriculum for the year and he had to stick to it. What an absolute lot of bull dust!

Is there nothing else more important than dinosaurs? If my daughter was interested in them later on in life, surely, she would study them via the library or on the internet today. I saw all sorts of commercial product come on the market about dinosaurs, from models of all kinds to T-shirts etc. I could smell a rat! Or, maybe this was accidental?

Preparing a child for later life surely is more important and I don't think dinosaurs would do too much to educate a child. Home skills and professional approaches to living, would be more appropriate for them to learn. Let's think of the future and what young people have to face when they leave school. When they get married and become parents, house owners, tax payers, job seekers etc. Does the average child at 18 know, what this is all about? I see young people today enjoying themselves, going to parties and drinking alcohol, speeding in their cars and getting booked for that, losing their P licences, which they have only had for a very short time, living a carefree life. When they get booked for speeding by the police, they treat that as a big joke, instead of having some respect for the law, which is set to protect people from this sort of behaviour.

Those young people are not serious about life. It is good to see that they are having a ball and enjoying themselves, but this is going on ALL the time. If you talk to these irresponsible ones about a job, some of them say they don't want one. I have seen parents doing their best to get them started in some work and to get them further educated to start an apprenticeship etc. The parents often do all the work, such as filling in the forms and ringing prospective employers. The young person sits back and lets it all happen.

On the other hand, I have seen some very enthusiastic young ones, doing everything they can to get started and it often depends on the social situation at home. Some parents can afford to give their children a car and let them waste a bit of time, not working. This however does not make a responsible child.

Years ago, I worked for a firm for a little while and their 18-year-old son was in the business together with his father and uncle. These people were very well off. This young lad asked his father for a car and got one the next day. It was a fancy sports car. He drove it two weeks and smashed it up in an accident. The next DAY, there was a replacement. This happened 3 times.

A while later he asked for a boat and was given a motor cruiser, which was a very big and expensive machine. I hoped he would be happy, but I don't think he would appreciate the value of things, never having to work for any of it. If you work and earn money for an article, you feel as if you have achieved something and you are proud of it.

With the advent of the dreaded credit card, people have been made even more irresponsible as now they can buy and buy and get into a lot of debt. I often wonder when they eventually pay these cards off?

It is not just the youngest generation. Many people spend up big, especially at Christmas time and they haven't even paid back last year's credit spending. What is going to happen here? I was taught to save money by working and then spend it when you had enough to pay for what you wanted. I did indeed and I have only had one loan in my life and that was for the first house I had built. I worked my backside off to pay that back as soon as I could. Instead of paying for that house for 26 years or something, it was paid for in 7 years. I do not use a credit card even today and all my spending is with MY OWN MONEY via a debit card thank you! I do not have a credit rating and I do not need one either.

Does a young boy or girl know anything about food, the preparation of it, the value of food items, the combination of foods, what the needs are for their new baby or a sick family member and the list goes on.

What about paper work, forms to fill in about tax, job applications, bank papers and a long list of other paper work we come across in our daily life. Have they ever seen any of them even? Have the teachers ever sat down with them and explained this enormous task of filling forms out, something even adults find daunting?

Do they understand hygiene in the home and garden? Do they realise the dangers of cleaning products and all the other chemicals around us in our daily life, like skin product, toothpastes, shampoos and conditioners, all of which can do us a lot of harm; YES, AND EVEN KILL. Do they realise, that smoking can cause so many problems not only the smoke in the air, but the toxins one carries in one's skin, which can be passed on to a little baby by contact? Do they *realise* that alcohol can cause so many problems physically but also socially? They hear and see these facts mentioned in the press, but don't have the responsibility to stop drinking and then find themselves in trouble.

Have these young people ever had anything to do with budgeting? So many children just ask their parents for money all the time.

We must also be made aware, that life starts from the bottom up and we all have to learn things by starting with menial jobs to learn the beginnings of any profession. We cannot be any good at any profession if we start at the top. It has never worked. So many university students find it hard to get started in the profession they have chosen, because they don't really know the fundamentals of the job or profession.

Very early on in this book, I wrote a saying about 'being truly educated etc.' Please read that again.

Also, this teaches us to save for what we want to purchase instead live on credit. These dreaded plastic cards again! There is no appreciation in buying something on credit. If you save for something, the article you buy is so much more valuable to you. Some of you have never experienced this, have you? I remember the first car I bought. Was I proud!

It is so unfair, say for a young girl, who meets a nice boy and falls in love, suddenly gets married, falls pregnant and has a baby. Suddenly she is supposed to be an expert in all the above items mentioned. She is supposed to be an economist, an expert in hygiene and food, a good provider, a husband pleaser, a mother for her baby, a housekeeper, etc. etc. The young man also has his special ways of having to fall in line as a husband. He has to earn the money to pay the bills, fill in forms for jobs, taxation, banks and the list goes on. Then, when he comes home from work, he must be able to talk to his new bride, share and tell her all the happenings of the day and listen to her, but often this does not happen as the TV is too much of an attraction and he just sits there

like a zombie.

If there is no communication, things go sour, as she may have had a difficult day and wants to talk to him as well. There is nothing going on! The work of a woman is not finished so early, as after dinner she has to attend to the baby and see he/she is put to bed comfortably. The washing up of the dishes in the kitchen and whatever else needs doing. If the husband is considerate, he will do the dishes.

I have seen this not done by 'him', many times. Difficult! These are the occasions, when friction occurs and marriages fall apart. If, however they communicate, things can be solved. This is not typical of newly-weds. We have had couples come to us for consultation, because their marriage was on the brink of falling apart. It can be very difficult, but with a referee present, most things can be solved.

So, from 2 carefree people, before they are married, they now are responsible parents, having to consider each other and the little baby. Not easy! There will be a lot of experimenting going on, before all is well and running smoothly; a lot of giving from both parties.

There is much to learn, but fortunately advice on all the above matters is readily available. The internet is a marvellous medium to get information and most of you have a computer.

My dear young parents, I hope you can start thinking about doing all the above things as early as possible, even before you get married, so you will be prepared to tackle them when you need them. Ask your parents, whatever they can teach you; Uncles and aunts are always around, if you cannot communicate with your parents and that happens. Your little baby deserves the best. You love it and you must give it all the care you can. Once you know what to do, will make life easy. I have covered baby care earlier and remember this little one was not asked to come into your household.

You created him/her out of love for one another, so you have a responsibility, to make him/her healthy and happy.

Things will be a little difficult for a while, but you will get there, as you are strong and have a good constitution and the little mistakes can be dealt with properly and effectively. Keep yourselves healthy and well by eating home cooked meals instead of take-away foods, which are not health giving. Eat fresh, living food and drink living water and freshly squeezed juices, not canned or bottled drinks. You will save money too. Eating and drinking health-giving foods, will make the mother's breast milk healthy for baby.

Try and grow some foods of your own at least, because that will certainly improve your vitamin and mineral intake and baby's food value as well. If you cannot grow foods, please buy the best and at least organic, fresh foods. As I mentioned earlier on in the book, always try to get biodynamically grown fruits and veggies. If you find the shopping for these foods too difficult all the time, join one of the many home delivery services of organic produce. They are everywhere now. It may cost you a few dollars for delivery, but it would cost you more to go and get it. We have many friends, who use these services and they are very happy with them. We used them for a little while, when we did not grow our own.

Eating healthily prevents your visits to the doctor all the time as well, so there you save money and time again. Just sitting in their waiting rooms is traumatic enough. Then you will always walk out of there with a prescription in your hand, which means you are going to be poisoned. Look the prescription up on the net and the list of contra-indications of the medication prescribed, study them and look closely, as they are all there. You must decide there and then, if the troubles they

cause are better, than what you are trying to cure. If they seem devastating, which most of them are, don't take the drug. Find out from a naturopath, if there is an alternative and there always is. See under "medical laws", where I write about some cases of prescribed medicines.

The same goes for food additives in bought foods and conventional fruits and veggies. I have already covered that. This is what I am so worried about, the lack of education in these matters. It stands to reason that manufacturers of pre-packed foods, have to do something to make these products last, sometimes for years. Also, to make them look pretty and taste sweet or salty etc. So, the whole thing comes down to adding all sorts of chemical compounds to 'FOODS', which are not natural. Natural, freshly picked food is alive; once picked and packed, it dies and it becomes useless for our health. It will stop you from feeling hungry, but as far as feeding your body and to maintain it for a long time is concerned, it does not do that. Why do people get sick all the time? Why do we get a cold 2 or 3 times a year? This has all to do with a poor immune system, due to a lack of quality foods, supplying us with the necessary vitamins and minerals. I have mentioned before that I have not seen a doctor for ill health for over 54 years. Proof!!!

Look these chemicals up in a book called: "The Chemical Maize", written by Bill Statham (see in the back of this book). Here you will find every additive to foods and he shows you, if they are good or bad for you. You can decide for yourself, if you want to go that way then.

I talked to a young woman who came to stay with us, to learn about organic growing and healthy eating etc. I commented on what she was doing wrong in my opinion. When I pointed it out to her, she said: "I hope you don't mind, if I continue doing things my way, while I am here, because I won't change". I replied that it was not for me to tell her what to do, only to advise her, what was best and that she could do with the information whatever she wanted. It is about that horse again the one you can take to water, but you cannot make him drink it.

When you go shopping, I suggest you take the "Chemical maze" book with you. Look at all the products you are interested in and analyse the ingredients. When you find one or more that are going to make you sick or kill you at an earlier age, leave them on the supermarket shelves for ever. This is going to take you a while, but when you have done this once, you know in future what to get and what NOT to get. There is not much in a supermarket, that you can eat or use and is healthy at the same time. Sometimes when I run out of food, I go to these places and have a look, but some of the stuff they sell, IS SO BAD! Other considerations are SALT for instance. There is so much salt in foods, like bread. It is loaded with the stuff. I covered salt before as well, but to remind you, salt is not really necessary in bread, maybe a pinch for taste, but not the amounts you find in them. We baked bread at home and only used a tiny speck of salt. You cannot taste it.

We are aware of obesity the world over. Well, all that started when the family restaurants opened up everywhere. Together with these so-called restaurants, pre-packed foods became fashionable, especially ready-made meals. It is so easy to put a frozen meal in the microwave, wait a few minutes and presto dinner is served. NO, DINNER IS NOT SERVED! Some strange concoction, full of chemicals and changed foods is served.

We must listen to our own senses and not accept others' opinions, especially those who are trying to make money from you, disregarding your health and wellbeing. I and some other honest educators, are trying to educate you in this matter, since the system is ignoring all this.

It is always a pleasure to have people come and stay with us, who genuinely care for themselves. They listen with open mouths and read some of our books till late at night, to awaken and ask us more questions in the morning.

We had the most beautiful couple from Canada staying with us and when they left, she cried on my shoulders saying:” We will miss you so much, there is so much to learn, but we will be back one day.” They called me their Aussie Dad.

Everyone who comes to us says: “We did not know about all this, about the poor quality of growing and the addition of so many chemicals. Why aren’t we told?” You now know why, don’t you? The schools you went to did not educate you properly and the multi-national companies advertise that their products are healthy.

Some so-called foods and drinks have **addictive drugs** in them. Why? Because this is how these people get you to come back all the time. I will give you an example.

A friend of ours was on the road all day and started to get very hungry. He just could not wait any longer and pulled up at one of these take-away outlets and had some chicken nuggets. (He said it tasted alright actually). The problem was, that 2 days later he passed this establishment again and just went straight in, to get another meal, almost without thinking. He NEVER ate at these places in the past. He told us, that he really wanted the same food again. It took ONE visit and he was hooked. Pretty powerful stuff hey? He had to concentrate not to go there again.

Giving the kids a TREAT at these places is stupid. It is NOT a treat. You are getting them hooked as well; **hooked on products, which makes them fat and sick.**

If you call poisoning your children and making them fat and sick, giving them a treat, you certainly have a peculiar sense of humour. We heard of two separate cases, where a mother found the remains of some of these foods in her car, months after she gave the kids their “treat”. These products were still untouched by moulds etc. and looked just the same, as the day they were purchased. Do you think that this is correct? Shouldn’t these products have broken down by now, like good food would have? Shouldn’t these left overs be mouldy and whatever? You think about it. The chemicals kept them from breaking down and kept them in this condition.

Normally we put food in the freezer, if we want to keep it for a longer time.

PLEASE DON’T EAT THERE. TRY TO GET WELL AND KEEP YOURSELVES HEALTHY, I BEG YOU!!!! Please prepare your own meals.

All I can do is write this knowledge down and hopefully, I can talk to you one day. I am now running workshops in my area and meet as many people as possible, especially the young families with children. Let us protect them from the money sharks. I like to have meetings with interested people and have a copy of this book ready for you to take home if you want one. A lot of people don’t care about their health and that is their choice, but for those of you, who want to improve and be well, I’ll do almost anything to get you there. I believe, that synchronicity will bring us together and that we can talk and that I can improve your health.

It is NOT easy to change, but again **I insist you do things slowly, at your pace.** One change per week is fifty-two changes a year.

It is a bit like moving away from your family home, where you have been brought up and where you are comfortable. Suddenly you are there in a space of your own making, and you have to find your way, a new life and a new routine. But most people like these challenges and thrive on them, because it is an adventure.

If I was younger, I would establish HEALTHY TAKE-AWAY OUTLETS, knowing that people would not be hurt in any way and supply learning leaflets for you to read and study.

If you happen to be inspired to do so yourself and have the money behind you, I will be available to help you set it up and get you started.

In our area there is a very energetic Permaculture group, whose members are very keen to see new people come in and support, if you want to learn more about growing food the best possible way. These permaculture groups are found everywhere and you should join. There is some good education going on there, something that has been missing in your life. Take the children as well, they love all this.

I know the above learning is only a small part of our education system, but I would say a rather important one, since it affects our whole life. Hands-on learning is so important for most of us. As children, my Mum and Dad used to take us on excursions, whether to factories, where things were manufactured, or to farms of different types. You can also take them to the mines where ores are mined. I was not very impressed with mines, because there is where the Earth is being disturbed and that hurts me personally. It leaves too big a footprint.

A thought: Hey, have you ever thought what is going to happen? The mining companies have been digging ore and coal out of the ground in the Southern hemisphere (Australia, South America, South Africa) and shipping it by the millions of tonnes a day, to the Northern hemisphere? There is and will be an enormous imbalance in our globe and something has to give. Think about it? What could it be?

Practical education suits a large part of our children and adults. These people are not bookworms and have less comprehension when they read. Most of these people have very good comprehension when they do things with their hands in a practical way. They learn very fast.

My youngest son, who used to run away from school regularly, because he was frustrated with the school benches and learning from books, became a very bright business man.

He learned a trade and did very well in that. Now he has changed his profession and learned through experience a second time. He is making good money and he enjoys his work. He did not go to University but is supporting his family very well. They go on overseas holidays almost annually and have a good time.

Another one of my sons came home from high school when he was in year 11. When he arrived home, I asked him why he was not in school. He said that he did not want to go to school anymore, because he was wasting his time there. He wanted to do computer studies and he said, if I wait till the end of year 12 and then go to Uni for three years, I am an old man. He had worked out, that if he did a private course, which would take 5 months full time, he would be qualified and could start working straight away. Well, he did this course and he passed with flying colours; started to work as a junior and learned a lot there in the setting up of computers etc. and has run his own business from home, with his wife and children there, when they are not at kindergarten and they are sitting pretty.

For this reason, I back home schooling as this can be such a great way of teaching those, who cannot handle the classroom. I know a lot of families, who home schooled their children. These children eventually went to Uni and are doing well. Personally, I hated the classroom and I did a practical course in Physiotherapy, something I eventually expanded with Mr. Pescud when I was an adult. Schools are not the only places where we can learn, but in our society, schools are necessary. As I stated earlier, if only the system could be changed to cater for the practical pupils as well.

Home-schooling brings me to the vaccination debate. So many families are forced to home-school their children, because the children are not allowed into a school, due to the NON-vaccination of these children, a choice the parents have made.

I am wondering why the educators and other parents of children in the regular education system

are so worried about children who are not being immunised. The regular children should be protected from diseases, because they ARE immunised. SO, why should your child, who is not immunised be a problem even if your child contracts a disease? This will not be passed on to an immunised child, will it? Think about that!

If anything, this “not immunised child” is at more risk than the immunised children. To me the whole thing is control again and it is also making money for `you know who`. Homeopathic remedies have been around longer than the modern drugs and have proven to be working, without side effects.

We can talk about this for ever, but the governments are controlling people, who want to be controlled. Democracy at its best; oohyeahhh!?

Emotional freedom technique

Emotional freedom technique (E.F.T.), is a technique we can use for a wide variety of problems, such as: Pain relief, Fears and phobias, Anger, Allergies, Addictions, Respiratory problems, Weight loss, Blood pressure, Anxiety Relationship issues, Trauma, Women's issues, Depression, Children's issues, School, Sport, Sexual performance issues, Serious diseases from migraine to cancer

In fact: “....Try it on anything, you have nothing to lose! Of course, be reasonable and don't expect to be saved, jumping off a high mountain”.

I will give you some insight, as to what to do.

The whole method is based on procedures, by tapping with a finger on places of the body, where the meridians are available, affecting these amazing results.

Meridians are lines of force (Chi), acupuncturists use, to either increase or decrease the flow of energy.

I suggest that you download the E.F.T manual from the internet for a complete guide of the technique.

Eye exercises

Someone asked me about eye exercises and indeed, we don't generally do too many of them. Today, more than ever before we are so much involved in TV watching, using computers and mobile phones, that we should do these exercises regularly. We do all sorts of exercises for the rest of the body, so why not for the eyes? We are not told to do these exercises by the eye specialists and I don't know why. We really need to do them these days even more so, as we are inclined not to change our viewing distance too much.

For the above people, the eyes are suffering a lot and I can see a big problem for the population in the future, especially as very young children are using mobile phones, computers and tablets and also watching TV all day long. We need to look into the distance, close up, looking up, looking down and even sideways, throughout the course of a normal day, all the time. It would be good, if we all did that, but these days not many people seem to worry about that.

So, exercise the eyes and do them as an addition to your daily routine, the same as other

exercises. You can do them, while using the toilet.

Eye specialists don't seem to give people eye exercises and I think that is wrong. Maybe, if we all did eye exercises, we would not have to go and see them, as our eyes would be healthy, naturally.

I suggest, that we massage the shoulders and neck a little, before we start to do the exercises below.

Gently, but firmly, massage all around the neck, shoulders and even your head, so that the blood starts to circulate. Whenever exercises are done, the blood brings in oxygen and vitamins and minerals for the muscles to be able to work. Even more important is the role of the lymphatic system*, taking away toxic materials, which have been gathered in the muscles, from movements and some work done before you start.

Massage is doing the work for the muscles and if we can get rid of toxins before we start, we are ahead already.

*In previous pages, I mentioned the role of the lymphatic system, being the system, which carries away the toxic material from the muscles.

Let us start doing the exercises now. I suggest that you sit in a comfortable, straight chair, not crossing your legs, and look straight ahead, keeping your head still all the time. Only the eyes move.

Start: 1.

- Look to the ceiling and back to the centre 4 times
- Look to the floor and back to the centre 4 times
- Look right and back to the centre 4 times
- Look left and back to the centre 4 times. Now rest for 10 seconds.
- Look in the direction of 2 o'clock and centre, 4 times
- Look in the direction of 8 o'clock and centre, 4 times
- Look in the direction of 4 o'clock and centre, 4 times
- Look in the direction of 10 o'clock and centre 4 times.

Pause again and take some deep breaths, in through the nose and out through the mouth.

Start: 2

- Circle your eyes clockwise, 4 times. (Hold your head still)
- Circle your eyes anti-clockwise, 4 times.

Pause again and take some more deep breaths, as above.

Start: 3.

- Hold a coloured card (post card size), one side green and the other red, (you might have to paint one) in front of your nose, pointing forward. Look into the distance and look to the end of the card alternately, 8 times and have a short rest.
- Do this series of 8, looking far away and close up, 4 times.
- You may find some very interesting things happen, when you do this. The colours may actually reverse from one side to the other.

Start: 4. The postcard.

Find an interesting picture, the size of a postcard, with a nice scene on it, maybe some country and cows, trees and a house etc. In other words, some detailed information.

- Look at this card or photo and try to remember all the details, as you close your eyes, after looking at it for 10 seconds.
- Keep your eyes closed for 20 seconds and open your eyes, looking at the picture again.
- Observe, how much there is on the picture, you did not see the first time around.
- Also observe, how much clearer the picture is this time.

Start: 5. Sunning.

- Early in the morning, when the sun is still fairly low above the horizon, (easier on the neck), look in the direction of the sun with YOUR EYELIDS CLOSED and rotate your eyes inside your eyelids and also move your head in all directions, up, down, left, right etc. rolling gently for about one minute, just as if you were getting the 'light' into every corner of your eyes.
- Next, cover your eyes with your cupped hands, look away from the sun, so that no light shines on your eyelids, but do not press on your eyeballs; keep space between your palms and your eyes. Try to see BLACK.
- Repeat 5 or 6 times.

Start: 6. Peripheral vision.

- As you sit, look ahead and practice seeing EVERYTHING in your vision. Eyes still, looking ahead only!
- Most people only see, what is directly in front, like a tunnel, but when you are made aware, that there is so much more, you see a whole new scene. You can see things on each side of you, almost 180 degrees from right to left and from the ceiling to the floor. Try it, you will be fascinated by the experience.

This should be practised a lot. Do it while you walk as well.

DON'T MOVE YOUR HEAD, DON'T MOVE YOUR EYES, just hold still and look ahead. AND SEE!

Start: 7.

When you go for your daily walk, put an eye patch on one eye for 10 minutes and change it to the other eye for 10 minutes. This strengthens the eye, that is doing all the "seeing".

These eye exercises were given to me to practice, when I went to a Natural Eye Vision exponent and he knew what he was doing, as he was declared blind by the eye specialists, BUT after doing years of eye exercises and good food, he was able to do most things a good eyed person did. He was not allowed to drive, as he was officially declared blind, but in the end he could. He could drive better in the dark he told me.

I practice eye exercises almost daily and I can really recommend them.

Feng shui

Feng Shui is a very old Chinese art form of creating a happy and healthy environment in your home or office. All negative influences around the building and individual rooms are taken care of and you feel the difference straight away. This makes the building compatible with the occupants.

I suggest that you have your property checked now and also before you build a house. The Feng Shui expert will take into account the birthdays of the future occupants, the lay of the land and the landscape around the house site. Any “lay lines” that may be there, can be overcome and the house will be a pleasure to live in. I mentioned this before, but I feel so strongly about the importance of it that I like to repeat the story again.

We had our house plans ready and called out our good friend, who has done Feng Shui work for many years. He asked us for our birthdays and with the house plan in his possession he went to work. We kept out of his way, to enable him to concentrate, but saw him walk all over the land with dowsing rods and he planted little flags all around the place. It was interesting to see. Anyway, when he was finished he told us the result. That was interesting as well, because as I had designed the house myself and maybe put a lot of “me” into it, the house was very friendly to me, but my partner would only be happy in the hallway. By changing just a few things in the layout and direction of the house, everything was made good for us both.

There were a few lay lines going across the property, which he neutralised. The natural features, such as hills, open spaces and trees, with the necessary breaks in them around the property were just ideal he said, so we were very pleased with that. We must have had the right vibrations, when we chose this farm

To give you another example of how Feng Shui works, I can quote an occasion when my partner’s son was at University and he changed flats. He put his desk, wardrobe, chair and bed etc. in the room and went to study. After a few days, he rang his mother and said he could not concentrate. My ex-partner who knows a little about Feng Shui, told him to change his furniture around a certain way. He did and everything started to go well. He could study and concentrate, he slept well and basically, he was so much happier.

Subtle changes can make a very big difference, so if you are not feeling at ease in your home or office, employ a Feng Shui expert and get it fixed. In China businesses will never do without having Feng Shui done in their offices and workplace, to ensure everybody is happy.

In Japan it is used a lot. I heard of a case, where a couple built a three- story house, one floor for their son and his family, one for the parents and one floor for their daughter. The son and his family could move in straight away, when the building was finished, the daughter had to wait a week and the parents had to wait for three months. Very complicated, but that is what they did.

Check it out and try it, you will be very happy!

Food combining

To help the digestion of foods throughout our digestive system, we must understand the digestive system and realise, it all starts in the mouth and finishes at the end of the colon, at the rectum. A

lot of people think that the stomach is the only organ of digestion, but no, there is a lot more to it than that. There are various organs of digestion, all taking part of the breaking down process of food and distributing the absorbable nutritional materials, such as enzymes, vitamins and minerals to those parts of the body, that need them. These organs are all specialised in their own way.

Knowing this, it is better NOT to combine too many foods together in one sitting, hoping the body will sort them out somehow. It cannot do that so easily. An example of the correct combinations will be listed later.

Some of the effects of poor digestion, such as wind, burping, acidity, bloating etc., can be eliminated.

These signs are all side effects of poor digestion and partly digested foods, which start to ferment and cause gasses, which have to be eliminated, somehow.

One of the main problems is drinking with meals. This is a very bad habit indeed. Yes, for generations people have been doing it, but that does not make it right.

By all means, have a glass of water before a meal, but now wait 30 minutes, before you actually eat anything at all. Do NOT drink iced water. Cold water takes too long to warm up to body temperature, before it can be absorbed and it also slows down your digestion.

In fact, very cold drinks or foods and the very hot ones, should be avoided at all times.

The reason for not drinking WITH meals is, that any liquid dilutes the digestive juices, which are produced by the body, at the correct strength, to work properly. If you are going to dilute this hydrochloric acid in your stomach for instance, foods will not be digested completely.

Let's start at the beginning. This is not easy, mind you.

The saliva in the mouth is the first digestive juice we come across when we eat and saliva is there to mix with the carbohydrates for digestion. The carbohydrates are the starches in grains and some vegetables like potatoes, pumpkins etc.

When we eat a sandwich for instance, we should chew that so long, till the whole mass in the mouth is a smooth and soft mash-like substance, WITHOUT DRINKING WATER OR WHATEVER TO SOFTEN IT FASTER. Chewing without water, is the only way and it takes time. Some people say it takes too long. No, we are in too much of a hurry and want to get that food down as quickly as possible so we can get away from the table and go back to the TV, work or something else. Chewing is a natural thing to do, but we've got into bad habits and drink with meals.

The chewing of chewing gum is quite bad too. If you do this for any length of time you are salivating all the time, which is not normal. Saliva is for the digestion of carbohydrates.

Drinking with meals dilutes the saliva and it cannot perform the correct duties.

The effect of poorly chewed carbohydrates is wind and bloating. There is of course another reason, why we chew our food and that is to make the pieces as small as we can, for maximum uptake by our body. The smaller the better, as the saliva in the mouth and the HCL in the stomach, can mix with every tiny part of this food you are chewing. *Chewing also makes your food more alkaline.*

It is estimated, that we should chew AT LEAST 35 to 40 times per small mouthful and I find, that at times this is NOT ENOUGH. You start counting and see what happens.

We had a friend who came for dinner one night and my partner served spaghetti bolognaise. The bolognaise sauce was made with lentils instead of minced meat.

My partner served everybody a bowl and before we had eaten a quarter of our dinner, he had finished and asked if he could have some more. Well, he had 3 portions to our one and he gobbled them down without too much chewing. Within minutes he was belching disgustingly and drank a glass of water straight after that. Drinking within 1 hour after eating is also very bad. We must wait for the food to be digested. Vegetarian food takes about one hour to one and a half hours to digest.

Meats take 4 or more hours to digest. All proteins, which include meats, are digested in the stomach primarily. The hydrochloric acid in the stomach does that well, BUT if you dilute the HCL, poor digestion of proteins follows. So, you see why I say, NO DRINKING WITH MEALS?

In the case of a person having a naturally occurring poor protein digestion, a SMALL glass of WHITE WINE ONLY, during that meal is allowed, because white wine adds to the hydrochloric acid and helps the digestion.

These people may not have enough hydrochloric acid in their stomachs. (Lucky so-and-so's!) I suggest that you visit a naturopathic clinic if you are having digestive problems, because you may need more than eating guidelines, as I have mentioned earlier.

I go back to the car again for comparison. If we diluted the petrol/diesel in the tank with some water, the engine will not run for long and it too starts spluttering, before it stops completely. Petrol, the same as our digestive juices, is designed to do a certain job and the engine needs that strength to work properly. You interfere with that, things will go wrong for sure.

A third part of digestion is the digestion of fats and oils.

When we eat fatty foods, a message from the brain sets off a trigger in the gallbladder, which puts some bile in the digestive tract. This bile attacks the fats and breaks them down. These converted foods are absorbed in the small intestines. It is therefore imperative, to keep your bowels clean, so they can take up these nutrients. I have mentioned the effect before about dirty, coated bowels from too much white flour or dairy products in your diet. If the bowel walls are coated, NO nutrients will be absorbed and they will pass out of the body. You have just wasted good food. You also have wasted time to even eat it. If you are not going to chew, without water and your bowel health is up to putty, it is quicker to throw your food straight down the toilet. That saves time and energy, doesn't it?

The fast eater is usually affected by flatulence and he/she should slow down and enjoy the food he eats. If this action of digestion wasn't necessary, God wouldn't have put our mouth where it is. He would have made a hole in the front of the stomach, so you could shovel the food down in there, like the fire man on the steam train. He shovels loads of coal straight into the fire, where it creates the energy to make steam from the water to drive the engine.

Chewing is also alkalising, a benefit we don't hear about. I have already mentioned this as well, because it is so important to be alkaline.

I can just imagine how bad the "half hour business lunches" are. Usually, some alcohol is consumed before they start. When the lunches are served, these drinks are continued throughout the eating of the lunch, which is hurried. Wow!

Well, that's the way it is, if you want to be well!

In my clinic, I always made sure that the patient understood the value of a clean body generally. I was lucky to spend so much time with the patients and I don't regret it. At least I got results.

So often I hear from people, that they had problems for years with their digestion and nothing was really done about it. When a person gets "acidity", so called 'acid stomach', they are prescribed "ANTACID TABLETS". **That is completely wrong, most of the time.** The reason why they have so-called "acidity", is that there is NOT ENOUGH ACID IN THE STOMACH in the form of hydrochloric acid to digest the food (meats especially) and you finish up with pains. This is why I suggested white wine for some people.

Mind you, when we eat meat, we MUST cut down on the portions we eat. There is not enough HCL in the stomach for all that meat in one sitting. You can get digestive enzyme tablets, but you should not have to resort to them, if you ate smaller amounts.

In medicine: THE CAUSE IS OFTEN OVERLOOKED!

Analogy. Say for instance, that there is a wet spot on your carpet after rain, what do you do?

Yes, you can dry this spot and everything LOOKS okay

It starts to rain again and '...oh-oh, the wet spot is back'.

You can continue drying the carpet till "the cows come home", but it is NOT fixing the problem.

In other words, the cause is overlooked again.

Furthermore, if the carpet gets wet often enough over a long period of time, the wooden floor underneath the carpet starts to rot and one day, when you walk over that spot you go through the floor and break your leg. Well, this is called: "Complications have set in". Heard this one before? This problem could have been prevented completely, if you had attacked the CAUSE in the first place.

Where did the water come from? What should you do when this happens? You check the roofing and have it fixed, when it happens the first time. Easy!

Have you had health complications in your life? Complications had set in, because the cause wasn't shifted? This was not necessarily your fault. The attending practitioner did not do his/her job and you were misled. What a pity, there are so many CARPET DRYERS out there and not enough ROOFERS.

The main thing is, that we must learn from our mistakes and don't let them happen again. The biggest mistakes in life, are the best lessons we learn, aren't they?

From now on, FIX THE ROOF FIRST AND DO IT NOW!

Wrong food combinations have a lot to do with poor digestion. How many times have we walked out of a restaurant and felt uncomfortable? This is always due to poor food combinations or drinking with meals. The body likes to have simple meals, without too many food varieties mixed together.

Let's take the natural scenario, when we all lived and roamed the earth and had to find food where we lived. You can imagine, that we would be picking fruit from a berry bush and have a good feed of them, being satisfied till you came across another source of food, be it some roots in the ground or whatever. You made a meal of them and again you would move on. All day long, you would have snacks of one type of food or another, without mixing them like we do today. I

am quite sure, these people did not have digestive problems; maybe hunger pains sometimes, but that would be better than digestive pains. At the same time, these people would get exercise and stimulate the circulatory and digestive systems. This would be a pretty good way to live, if you think of it? I know it would not suit too many people today, but just the same, there would be fewer diseases. These people also ate foods in season, I mentioned before.

We must do these things for ourselves as nobody else can do it for us. You are in charge of your destiny and the sooner you stop thinking or arguing about it and start in earnest, the better off you will be. That's if you want to be well. If not, throw this book away or better, give to a friend who would like to get better and you go on doing the things you are doing now and stop complaining, being a burden to everybody around you, even the health system. It is overloaded with selfish people, who don't care about themselves and go to have treatment for something they could have prevented. Other people, who care for themselves, pay for you to go to the doctor or the hospital, remember that. I myself, have not seen a doctor for ill health, or claimed from the national health scheme, for over 54 years, but paid into the Medicare scheme through my taxes, all that time. I have paid for some of you to be treated.

Okay, now let's get on with the matter at hand.

Here is a list of good and bad combinations of foods.

GOOD COMBINATION	BAD COMBINATION
Animal proteins and vegetables. Nuts and <u>fresh</u> fruits (ok, but not great) Acid fruits and sub-acid fruits Sub-acid fruits and sweet fruits All vegetables go well together Proteins and most fruits	Animal proteins and carbohydrates. Nuts and <u>dried</u> fruits Acid fruits and sweet fruits *Melons and fruits of any other kind Fruits and vegetables Proteins and acid fruits Carbohydrates and sweet fruits

Some of the combinations we often put together are:

- A banana sandwich = Sweet fruit and carbohydrate
- A meat pie = Protein and carbohydrate
- Waldorf salad = Fruit and vegetables
- Melons in fruit salads = melon and fruit.

You will come across more combinations like this, when you start to take notice and it is very hard today to get away from them, as our society is geared to eat these combinations. It is very frustrating, but hang-in there, I hope you want to do the right thing for yourself.

Good combinations are: meat, fish, chicken etc., with salad vegetable and low starch vegetables such as carrots, zucchinis, squash, pumpkins etc.

BUT,

Starchy vegetables such as potatoes, sweet potatoes, the pulses (beans like kidney beans, lima beans, mung beans etc.), corn, cow peas, and rice should NOT be eaten as this time.

ALL vegetables can be mixed together and make a fine meal. There will be no digestive problems.

DO EAT:

Vegetable soups and 100% whole meal bread, preferably not wheat.

Avocados and all vegetables or sub-acid fruits.

Nuts and fresh fruits only, not dried fruits.

*Melons, such as Rock melons (cantaloupes), Honey dew melons and Water melons, should ALWAYS be eaten on their own, not in combination with other fruits. Eat them alone and make a meal of them. You know how nice it is on a hot day, to sit under a tree and eat a cool watermelon?

Looking at these combinations you realise I suggest meat as part of your diet. Well, I think if you feel that meat is to be consumed, you should only do that in very small quantities, because meat is very acidic and it is very hard to digest. I always feel sorry for the poor animals as well.

Many visitors who have been to our place, were only given vegetarian food and after staying for weeks or even longer sometimes, they did not miss meat at all. There are so many ways of preparing meals without meat, by using lentils and other ingredients.

Example.

Friends of ours came to dinner one night and my wife had prepared spaghetti bolognaise, made on onions and lentils, tomatoes and all sorts of other ingredients.

The husband was a very big man and a big meat eater.

Dinner was served and he really got stuck into the “spag-bol”. He even had two serves and enjoyed it immensely. He said to his wife:” If only you could cook spag-bol like that etc.”.

Nothing was said then and when we sat down after dinner and were talking in the lounge room, his wife asked my wife for the recipe, as she would like to write it down for future use. When her husband heard that there was no meat in the recipe, he could not believe it and even argued.

He had to believe it and accept the fact he ate a real vegetarian meal, something he would not do at home.

Often it is argued that you need protein; yes, that is true, but there is heaps of protein in the vegetable world. Animal proteins are not the only foods, that have proteins. Actually, vegetable proteins are easier to digest as well, so ease up on the animal proteins. Too much animal protein is eaten as a rule.

Earlier, I mentioned the different fruits, being acid, sub-acid and sweet fruits. The following list will make things a little clearer.

Mind you, this does not mean, they are acid forming in the stomach. See in the list where lemons and limes are acid fruits, they are alkaline forming. Complicated isn't it?

1. ACID FRUITS ARE NOT GOOD EATEN TOGETHER WITH SWEET FRUITS.

2. SUB-ACID FRUITS WILL COMBINE WELL WITH SWEET FRUITS AND ACID FRUITS.

GOOD TOGETHER	GOOD TOGETHER
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Acid fruits	Sub-acid fruits	Sweet fruits	Sweet fruits
Currants	Apples	Mangoes	Bananas
Grapefruit	Apricots	Nectarines	Breadfruits
Kumquats	Blackberries	Paw-paws	Figs
* Lemons	Cherimoya	Peaches	Dates
* Limes	Cherries	Pears	Plantains
Loganberries	Elderberries	Persimmons	Prunes
Loquats	Gooseberries	Plums	Raisins
Oranges	Grapes	Quinces	Dried fruits
Pineapples	Guavas	Raspberries	Dried apples
Strawberries	Sapodillas		
Tamarinds	Sapotes		
Tangerines			

Look at the acid /alkaline charts on page [????](#) and take notice of what is good for you to eat and then combine the right things from the list above.

Food hygiene

In this section of food hygiene, I am mainly concentrating on the preparation of food.

Let's firstly discuss the chemicals used in food, bought in the supermarkets etc.

We should all be aware that sprays, gasses and dips are used to treat fruits and vegetables and also radiation, especially when foods come from overseas. Then chemicals are used in the soil to help grow our food and pesticides and herbicides are sprayed on them to prevent attacks by all sorts of little critters.

There is usually an official withholding period, after these sprays are used, before the produce can be sold to the public. Well, that may be so, but I know that this not controlled very well and you do get some of these chemicals in your body.

The latest thing is GM, genetically modified foods. Foods, changed by scientists, to perform in a different way to the naturally grown foods. Man is playing God and the whole thing is going to 'hit the fan' one day soon. Please think about all these things. They are UNNATURAL and we are already suffering from the effects. It is often debated, why there are so many diseases these days, such as cancer, asthma and a whole host of others. I don't think it is a mystery at all, as since take-away foods have become available and this includes the pre-packed foods from the supermarket shelves, these diseases have increased. These foods (and I hate to call them foods) are full of un-natural chemicals to preserve them etc., and these chemicals are dangerous, even though they are approved by the F.D.A and other organisations. Go back through time and evaluate this statement and you will find this to be correct. As I mention foods, this includes drinks as well of course. The lacing of drinks with all sorts of un-natural chemicals including sugars, have done and are doing so much harm. I, myself go back a long way and have seen these changes. As children we ate beautiful food, home grown, fed manures from the stables and prepared with love. Our drinks, apart from clean water, were fruit and vegetable juices, made from our own produce in season. Mother and Grandmother used to vacuum seal seasonal fruits and vegetables in glass bottles (Vacola) and keep them to eat later, as our growing seasons were

very short in Holland.

THEY SAY that you cannot grow food without all these chemicals. (which are very toxic). This is absolutely NOT true!

Foods can and are still being grown naturally, WITHOUT all these above-mentioned chemicals and we have proven that ourselves and not only because we grew food on a small scale. There are bio-dynamic growers, who do things on a large scale and do it very well. They export millions of dollars-worth of their produce overseas every year. Sometimes it is hard to find organic or bio-dynamic food on our fruit shop shelves, but it is getting better. Is the reason for this, that we are not so interested in buying top quality for ourselves or are people overseas, such as Japan and England more aware of the chemical problems? We should all be prepared to eat the best quality food.

Another excuse about natural growing is, that some blemishes may appear on the produce or small holes in leafy vegetables. Well, I rather see a hole in my lettuce leaf or a small spot on my banana*! A hole can't do you any harm, chemicals will. The choice is clear to me.

*While I am talking about bananas, I must tell you about the most unbelievable situation, as shown on the ABC TV program named "the war on waste", shown on the 16th and 17th May, 2017.

In far North Queensland, most of the bananas are grown for the Australian market. This is a year-round operation. To cut a long story short, over 40% of all bananas grown are thrown out as land fill, because these bananas do not conform to the standards of the big Supermarkets. They are either too straight (in the case of cavendish bananas), too fat, to thin, too long, too short etc. Perfectly good bananas are being mulched and thrown back in the paddocks by the truck load, bananas that could be eaten and would taste the same as the ones that are graded to the standards of these Supermarkets. I could cry together with the grower, who hated to have to do this, but it goes on daily on every banana farm.

40% are discarded! For no good reason.

This is just bananas. The same happens to tomatoes, zucchini, apples and every other produce you can think of. Who sets these standards? I cannot write more about this at this time, as it hurts me too much to know that millions of people around the world are starving and here we are throwing foods away. At the same time, these products will become more expensive as well. Customers in the supermarkets were interviewed and asked the question: "Would you mind if a banana is a little straight or different from these on the shelves?" All of them answered: "No." ???What do you think???

Back to writing about chemicals.

The authorities say these chemicals are safe in the quantities they are used, but I don't see things in that light. Any residue, in any small amount is still poison and I am always worried about the accumulative effect of all the SMALL AMOUNTS TOGETHER.

A few years ago, I watched an agricultural show on TV and the people were spraying the trees in an apple orchard. The reporter was saying, that the sprays they were using today, are very safe. Well, if the sprays are safe, why did the workers on the tractors, pulling the spray unit behind them, wear suits like spacemen? They were covered from head to toe with thick clothing, protecting them from a SAFE SPRAY? In an enclosed cabin?

Strange that! When I used to spray our produce with a safe spray, I didn't wear anything else but a pair of shorts. Knowing that I was safe, because the sprays I used, were either made from seaweed or fish. These fish are dead and they do not bite! (Ha-ha)

Then, I often think that all the different chemicals used collectively, could be even more harmful as they are mixed. In laboratories they would not dare put all these together, because it could cause havoc.

If you love yourself and you want your body to serve you well for a long time, then you will have to really do something about it. Eat only bio-dynamic or at least organic foods and if you at times have to buy conventional foods, which are sprayed and they all are, there is a little trick to at least clean them up a little. Also, we must NOT let a little deviation from the good foods stress us to a

point, that we feel guilty. A little sin will be forgiven and your body can handle that, but don't make it a habit. You know what I mean.

Prepare the following. Buy some hydrochloric acid from your chemist and mix 30 ml of that in 8 litres of water in a **plastic** bucket. Stir with a **wooden** spoon, not metal. When you buy your fruits and veggies, dunk them into this mixture and leave them in there for 20 minutes. Give them a rinse and put them away as you always do.

NOTE. *Hydrochloric acid is very dangerous stuff in concentration and will burn holes in your hands if you get it on them.* BUT in the dilution mentioned above it is safe. It is the same liquid we have in our stomachs to digest our food. So please be careful and **KEEP IT AWAY FROM THE CHILDREN.**

You can keep this solution in the bucket for at least two or three washes in a bucket with a lid on it and then you can dispose of it in your garden. It won't hurt the soil. I would not put it ON the plants themselves, just in case.

Another way to clean fruit is to wash them in a mixture of **organic** dish washing liquid and water. Scrub them the best you can, leave them soak for 20 minutes and rinse in clean water. Put them away.

After you have cleaned the conventional produce, especially the fruits, you can at least eat the skins as well, something I would not recommend, if these products had not been cleaned. This is a real shame, as there is so much food value in and directly under the skins of ALL produce. In bio-dynamic foods, where there is no danger from chemicals, the whole fruit, skins and seeds can be consumed. The seeds are a very valuable part of the fruit and **SHOULD** be eaten.

I was telling you about the root vegetables in the previous section, how they should only be washed and not peeled. Root vegetables are also grown with chemicals. Eating the whole vegetable is healthy and especially the skins. I therefore suggest you always buy small potatoes, which have more skin per portion than large ones. It is the skin we should eat as much of as we can. This is the same with all root vegetables.

Chokos (young ones) and pumpkins, should be eaten whole as well, skins and all. Some pumpkins have a very hard skin and you should scrape the flesh from the skins on your plate once steamed or baked, so you get the maximum amount of edible food from directly under the skin.

Getting into the habit of just washing them gives you a lot more food and a more valuable food and saves a lot of time also, not having to peel them. This reduces the workload in the kitchen, something you would not mind, I am sure.

Beans too, should only be washed and left whole. The old bean cutter can be retired and when **steamed**, the beans should be served whole, skins intact, not tipped and tailed. This keeps all the vital juices in them. The consumers at the table, can cut them, when they are ready to be eaten. Good value, as the bean juice is eaten and not thrown down the sink.

I am not all that bad, surely? I have just saved the cook valuable time, improved the quality of the food, some of which would normally have gone down the sink or compost heap* and we have saved money, because there is more food. **NOT TOO BAD HEY!**

When you peel pumpkins, you lose a lot of very valuable food. If someone in the family doesn't like eating the skin of pumpkins after it is steamed or baked, the skin can be cleaned out quite easily, compared to a raw pumpkin. The food saved is quite a good amount.

The skins of produce are to protect the produce from the oxygen in the air. If there is no skin, take an apple for instance, it would start to deteriorate very quickly as we all know. It starts to go brown, which is oxidation, a normal action in nature, to break down wastes. Keeping the skins on as long as possible, is a good practice.

Basically, as soon as a piece of fruit or a vegetable is harvested, they start to break down and that is why it is so important to eat your produce immediately after it has been picked. On the farm, we used to go out and pick whatever we wanted for the next meal and it would be prepared and eaten within half an hour. The taste is so much better than shop bought produce. Our visitors always commented, on the flavour of our food.

Naturally it was bio-dynamically grown, meaning it had all the nutrients in the food from the soil, plus it is ever so fresh. We always invited our visitors to come and help pick the food.

They always enjoyed that, especially the visitors from overseas, who mostly live in large cities and nearly always in apartments.

Growing fresh produce for yourself, is so rewarding and it is not only the taste of the food that you will notice. Working in the soil and getting amongst nature, is like having a holiday. You get completely lost in doing these beautiful jobs and you hear and see the birds and other critters. When you prepare the soil, there are usually some birds ready to pick the odd worm or so. The kookaburras are always on hand.

* Compost making is so valuable as you are recycling and re-using valuable materials for your garden. In the program on ABC TV called "War on waste" on the 16th and 17th May 2017, the producer stressed we should all compost our scraps or have a worm farm, instead of them going into the rubbish bin, to finish up in landfill and rot, causing METHANE GAS, much more destructive than CO₂ in the environment. I would not like to live near a garbage dump because of this. I have heard though, that somewhere they harvest this methane gas and use it for cooking and heating purposes. I LIKE!

We should also get the children involved. At some of the schools around here, one of the ladies from the Permaculture group started a school program years ago, where she and some teachers get the children involved in the design and the complete set-up of a fruit and vegetable garden at the schools. The children see and do the work with them and they are taught the basic steps of permaculture. The excitement to see things grow and then to taste their own grown food, is just a delight. Children do like to grow their own foods. We sometimes think that they only like gadgets these days, but not true. Just give them a chance. The same as the attraction for fruits, compared to lollies.

We were babysitting a small child for a while, whilst his mother was going to work for a few hours a day. In the beginning the little fellow had lollies in his lunch box, till soon we introduced him to some fresh berries in the garden. Well, you should have seen him from there on in. As soon as he arrived each day, he would set a straight course to the berry bushes and he did not care if he was scratched, he would just attack these fresh "lollies". We called them lollies and even if there were no berries on the bushes, we would make sure there were some small fruits in the house for him to eat. It is just what they are introduced to when they are little. This mother and father decided to set up a fruit and vegetable garden at their own place, so the children could be involved as well.

It is no harder to set up an organic garden compared to a regular garden. We should all get some knowledge from experts, who are all around us if we look for them. Permaculture groups are everywhere and the members are always willing to pitch in. They usually have PET days (Permaculture energy transfer). These particular days are held at a member's place, where available group members go and help the owners to plant, fence, make a compost heap etc. and then, when you have attended 'so many' outings at other members' places, you can nominate your place for a PET day. You make up a list of things you would like done on that day and the group will divide into smaller groups and each group attacks one of your jobs. You make refreshments and all the members usually bring a plate and sit down after a few hours of work and share the goodies. You learn so much and when it is your day, wow the amount of work that

gets done is amazing. It saves you weeks of work. We sometimes had 30 people come to these days. Just imagine what 30 people can do together? Especially as they are experts in this field. Naturally there are a lot of good books available on how to: make compost, about mulch and mulching, about chickens and their accommodation, all sorts of things.

Then, there are permaculture courses and bio-dynamic workshops all around the place as well, so you have a choice.

Of our discussion group, all the members are now growing their own food, as before they grew nothing more than a lemon tree maybe.

If you are a flat dweller, as we were once for a little while, waiting for the house to be sold, we grew veggies in polystyrene boxes on the veranda. The beauty was, that as soon as we were ready to move, we picked up our mobile garden and took it home with us. That's why I wrote earlier, about me growing some things in boxes in the caravan. Together with the sprouts I grow in jars. It is very worthwhile.

On a veranda, you can even grow miniature fruit trees in pots. These trees are so amazing these days, that they bear beautiful fruit in abundance.

Some good old friends of ours had a small farm and when things became a little difficult to attend to all the chores, they bought into a retirement village. They picked the spot carefully, so they could grow as much as possible. After a few years, they put us to shame. They had so much growing; veggies, miniature fruit trees, herbs and whatever, everything. Fantastic! They have talks with the other occupants of this little village and even supplied some of them with the excess produce. How amazing was that?

NOTE: Steaming pots or baskets which fit your saucepans, can be purchased and should be used exclusively, if you cook your vegetables. Do not boil them IN water. If you do boil veggies IN water, save the water and drink that as an alkaline drink or use it as a vegetable stock for soups.

WARNING! Before I forget: **NEVER USE ALUMINIUM POTS OR UTENSILS.**

Insect pests and repellents for insects in the garden

INSECTS	PLANT ANTAGONISTS
Ants	Spearmint, tansy, pennyroyal.
Aphids	Nasturtium, spearmint, stinging nettle, garlic, southernwood.
Bean beetle	Potatoes
Black fly	Intercropping with stinging nettle. (A very iron rich food)
Cabbage moth*	Rosemary, wormwood, sage, hyssop, thyme, mint, southernwood.
Cucumber beetle	Radish
Cutworm	Oak leaf, mulch tanbark.
Flies	Plant nut trees, rye, tansy; spray: wormwood, tomato leaf tea.
Plant lice	Castor bean, saffron, pennyroyal.
Mosquito	Legumes

Mosquito malaria	Wormwood, southernwood, rosemary.
Moths	Sage, lavender, mint, stinging nettle.
Potato beetle	Eggplant, flax, green beans.
Slugs	Oakleaf, mulch tanbark.
Weevils	Garlic.
Woolly aphids	Nasturtium.
Worming goats	Carrots
Worming horses	Tansy, mulberry leaves.

*The cabbage moth (white butterfly) doesn't like castor oil, so a few drops on the seedling when you plant them, will ensure the plant's survival.

They also get confused and fly by your garden, if you sprinkle some coarse eggshells around the plants. They register the eggshells as another or more butterflies and feel crowded.

There are plenty of books available on these subjects.

Sprays to combat aphids, cabbage moths, nematodes and many other garden pests, can be made from garlic, tomato leaves, stinging nettle leaves and other plants. Look into fish compounds as well.

Companion planting has been and is still used to combat a lot of diseases and pests in the garden and to enhance healthy plants.

Insect repellents for your comfort

WINGED "BITIES" LIKE SANDFLIES, MOSQUITOES

Lavender oil applied to exposed areas. Pennyroyal oil can be used or fresh leaves rubbed on the skin. Citronella used as a repellent.

LEECHES

A few dabs of Thyme oil on your socks or shoes makes them cringe. Once a leech has attached itself to your skin, a sprinkle of common salt will make it drop off, usually without bleeding, something that happens when you pull them off and the bleeding lasts a long time.

SPIDERS

The same as for leeches: Thyme oil.

Generally, you can make up a combination of a few drops of Thyme oil to Lavender oil or Pennyroyal oil. This will serve as a multi-purpose remedy.

Medical laws

Something I have known for years and now confirmed, that medical vaccinations for all sorts of so-called diseases, are not necessary and dangerous and actually KILL OR CRIPPLE MANY PEOPLE, ESPECIALLY CHILDREN. (Vaccinating with Homeopathic remedies has been done for hundreds of years and has been proven to be successful.) That is a big statement to make and I feel, that you too should know the truth.

I would like you to read the Australian Vaccination Network (AVN) magazine called: "Informed choice". (Google: Magazine:" The informed choice.") The medical profession doesn't want you

to read this and is doing all it can to stop these people from writing the magazine. I am not an irresponsible man, but I love children and I want to see them well. Just read on.

By reading the statements from mothers, who faithfully followed their doctor's advice, when something went wrong with their lovely baby, accept the so-called life saving jab, to find that in the end it actually cripples or kills their child. Doesn't that make your hair stand on end as it does mine? This happens all too often and the drugs are NOT proven safe. Only yesterday I saw a news item on the TV news, that a drug had been removed from use, because of its numerous, irreversible side-effects, meaning that the scientifically produced drugs are not safe after all. So much for science!

I want you to read all these statements soon, before it is too late for your little bundle of joy. I love children and only had my eldest son immunised, because I too was not aware of these things at that time. I am talking 1963 here. He contracted leukaemia and after many forms of medical treatment and drugs, he died at the age of 13. Not from leukaemia, but from the side effects of the drugs he was given.

My niece's daughter was immunised and has been a cripple all her life. She was cared for, after she turned 19, in an institution and died at the age of 26. We thank God for taking care of her now. She could not do a thing for herself and had to be cared for 24/7.

A good friend of ours in Tasmania has a similar story to tell. Her daughter too, is in her late twenties and is also completely useless.

Another case I can tell you about, as I treated him in my clinic. This mother had a perfectly normal son, actively playing in his baby bouncer all the time, kicking his legs and swinging his arms. Then came the time for him to have his booster shot of MMR and you guessed it, only days after he received his shot, he started to become a cripple and would not move any more. At the age of 14 he was brought to me in the clinic several times a week, for massage and gentle manipulations. This at least made him a little more comfortable, as he could not move and exercise his body himself. One side of his body stopped growing and the other side grew larger. You can imagine how he suffered. His mother used to carry him under her arm, like a bag of flour; very limp and useless.

He was the nicest kid and had a great disposition. This mother had quite a few children but was never too busy to bring him down from about 20 km away.

These are some stories, **I personally had something to do with, what about all the others?**

There is a story in the "Informed Choice" vol. 7 No. 3, Autumn 2002, called "The Journey", which made me write this article, because it is just the same, as what happened to my own brother, except he reached 79 and only died recently from a heart attack. We had taken over part of his health regime. He did not like exercise and did not eat the best of foods, but 79 is not too bad.

PLEASE READ THIS STORY YOURSELF. (www.avn.org.au)

It is amazing what doctors and nurses get away with, knowing what they do is wrong at times. I urge you to become a member of this magazine and support these researchers, so more people and especially children, can be saved from experiments and butchery. Don't get sucked in by the

hype of the medical profession. It is a pity, that I am drawing one line across the whole profession and that is not quite fair, as it is not always the fault of the individual. So many times, the doctors are told by the pharmaceutical companies, what to prescribe for a particular illness, but I mentioned very early on in this book, that we cannot treat people like motor cars, which come off an assembly line, all exactly the same.

WE ARE ALL VERY DIFFERENT AND SHOULD BE TREATED LIKE THAT. The pharmaceutical company is not doing the diagnosing of **this particular patient**, so they do NOT know what to give **him/her**.

There was a story on the news the other night about a woman, who had stomach pains. Her husband took her to the local hospital, where she was examined and given some antibiotics. They went home and not long after that, she asked to be taken to hospital again, as the pains were very severe.

Guess what happened? She dropped a baby, minutes after she arrived. This has happened to other ladies as well. She herself did not know she was pregnant, which is quite unusual, but for the examining doctor, not to have noticed that, is very surprising. Great diagnosis I must say. I wonder, if he even touched her abdomen, after all she was complaining of a sore belly in the first place. How could he have missed this baby? They are always a bump as we all know, even if she did not show it; she must have carried this little one a special way, but still, it must have been a bump. To give her antibiotics was a real joke; NOT!!

Another story about diagnosis and following treatment.

A patient of mine had a bad rash all over his back and buttocks. I sent him to a doctor, to have a check-up and have the problem identified. The doctor took a biopsy and sent it to pathology for analysis. When he went back the following week for a result, to find out the name of the disease, he was told to take a drug called Griseofulvin. As the prescription was handed over to him, he asked the doctor, what the side effects were and he was quite reluctant to tell him. This man insisted and he was told, that it very likely would affect his liver, but that it was reversible. He was shocked to hear that and said to the doctor that he would not take such a drug, because he valued his liver too much. He also asked, what else the drug would do. The doctor wasn't going to tell him, but again he insisted and he was told the whole story. The doctor pressed a button on his computer and there appeared a whole A-4 sheet of information about the drug, which was all negative. His wife was reading this sheet on the way home and by the time they had driven 500 meters, she said to him: "You would just about be dead by now, if you had taken the drug in the doctor's surgery".

The doctor himself is a victim of Thalidomide and of all people to prescribe a drug, which could do so much harm, seems unbelievable. He should know better than to prescribe a drug, which is so dangerous. What is wrong with them?

Google the name of the drugs you are prescribed and find out for yourself, before you have your script filled by the neighbouring chemist. (so convenient hey?)

The patient did not fill the script and went for natural treatment. He did very well and found out that he was allergic to nuts and chilli. He did some research himself as well and found that he was short of Collagen in his diet. More research told him to make "bone broth" and use it daily in soups, stews and make his own jellies.

There is always the problem with childhood diseases as well. The medical profession keeps on insisting to have children immunised with very severe and toxic substances*. When you think, that with Homoeopathic remedies, this can be done completely safely, without side effect AND IT HAS BEEN PROVEN TO BE SAFE OVER THE YEARS OF USING THEM! Often it has been said, that Homoeopathy is quackery and it doesn't work, because the quantities of active ingredients are so small, they could not possibly work. Well, the beauty of these remedies is, that they do work and cannot do you any harm, because of the small quantities. Why is the medical profession so worried about Homoeopathy? I tell you why, because there is no money in it for "you know who". I told you the story about the man with haemorrhoids before and the homoeopathic CURE.

They say too, that Homoeopathy has not been scientifically proven to be safe or to work. Mmm, how many drugs do we hear about, that are safe and are scientifically proven to be so? If they are scientifically proven to be safe, I don't think much of science.

DO NOT get sucked in by the pressure of your doctor, who is so often pushed by the BIG PHARMA. Do some real research yourself, like the lady in "The journey"

*Did you know that some of these injections contain MERCURY???? Yes MERCURY, which can cause neurological damage, such as autism and behavioural problems???? (See AVN vol. 7, No. 2 Page 18. Secret CDC study:" Thimerosal, an autism risk".

On the back page of this volume, you can see a photo of soldiers going abroad to fight, given a jab of untested poisonous material, from which some of them NEVER recovered and all this to defend someone else's country.

*Did you know, that some other vaccines contain FORMALDEHYDE????

Formaldehyde is also found in carpets and chipboard etc. This stuff is very toxic! I wrote about it under "healthy homes."

Please read these magazines as much as you can, as it may save your life, but especially your baby's life. It is really a joke, that all the time we hear from our government leaders talking about saving and protecting our children from accidents, rapists and all sorts of predators; all a lot of noise, a lot of talk about children, because that is what is supposed to affect us deep down in our hearts. **Now let us see what sincerity there really is, saving our children from BRAIN DAMAGE and MUSCLE DISEASES, in banning some or all of these untried and unproven immunisations.**

I want you, young parents especially, to ask your doctor, for the **whole list of vaccines**, which are proposed to be injected into your little defenceless baby, before you go ahead with it. Not only the vaccines, but also: ***EACH COMPONENT IN THE VACCINE.**

Share this information with your friends.

Sit down at your computer and find each one of them on the internet and find out for yourself, what the side effects are. There are about 40 of them to look up, so be prepared to sit there for a while. **IT IS FOR YOUR CHILD!**

*Other components, not mentioned by the medical profession are: Thimerosal (Mercury), Ethanol (anti-freeze), Aluminium dye, Formaldehyde, acetone, Alcohol, Barium and e-coli

It is for the life and the quality of life of your little creation, this beautiful baby you love so much.

If you can't be bothered doing this for your child, don't bring him/her into the world. This little one did not ask to be born into your family and certainly did not want to be born and made into a cripple! Sorry, but that is how I feel, I love children and God is making me help them.

Only you parents can prevent that. Please do it for him/her. I AM ASKING THIS, IN THE NAME OF YOUR LITTLE SWEETHEART! In my meditation in the Kimberley, I was told to do something for children. At first, I did not know what, but now I can see, that making you aware of the above, would help them so much. Please help me, to help them!

Now comes the time that baby has grown up and becomes a school child. They expect your child to be immunised against all sorts of diseases and if you don't have your child immunised, he/she cannot enter school and you get punished in your child endowment payments.

Well, what a lot of crap (sorry) is that? What are they worried about? If you have used **homoeopathic remedies**, your child is safe and will not get sick.

For the second time: All the other children are immunised and therefore they are "safe and protected" and cannot contract diseases anyway. So, the whole argument is not valid.

If they don't want your child to enter school, he/she is better off to be home-schooled anyway. They learn so much more and under your personal supervision.

On my tripping around Oz, I met so many families, who had their children with them and were home-schooled. I found them to be intelligent, able to talk about anything and they had life skills. They could tackle anything and were very practical. These children learn a lot from experiencing situations and being able to use these skills in later life. They are not frightened of animals and communicate with nature and become part of nature.

I read the series of books entitled "The Ringing Cedars of Russia". That was a real education. I recommend everyone to read these 9 books, as so many life experiences, we should all encounter in our lives, are discussed. There are stories in these books, that made me shed a tear or two of joy. Anastasia talks my language and on many occasions she and I are on the same wavelength. Life can be so beautiful, if we live in and with nature. I would like to live my life out in the bush, amongst people of the same conviction.

Living as Anastasia does, can only be described as perfect and we should all try it somehow. It is not possible for some, but so many of us could do it if we tried. Living in the bush and off the land as much as possible, could only be described as healthy in every way and therefore we should never get sick. If you happen to feel off colour in the bush and you knew your herbs for healing, that would solve the problem immediately and without side effects. The aboriginal people have done this for thousands of years and are still doing so in small pockets of our country and elsewhere.

GOOD LUCK! I thank you in your baby's name!

My story to emotional freedom

Remember the word FREEDOM and you will find quite a significance to this word later on.

In February 2009, my life became too much to bear and I could not think of a way to be free from physical stress and hard work, which my body was no longer able to cope with. Also, I felt I needed to concentrate on my Spiritual life more, something I had not given much consideration to, or better, taken time for. After quite a few years of pressure, lack of a proper relationship, no emotional love in my life etc. etc., I was bent down under the weight of all this. I decided to finally pray to my God and ask for help and freedom from stress. As an Arian, I do not easily ask

for help, as I always think I can solve problems myself. This time however, it became so bad, that all I could think of was being dead. That would maybe solve the problem, but not really, as I had many more things to do in this life. What about that? What about the children in this world I am supposed to be involved with? What about a whole lot of things, death would not solve?

No, that was not the answer. I prayed very deeply and meditated for days and asked Him to free me of these burdens. I sat for hours near the dam on my farm in solitude and peace, discussing my plight with Him. I asked for help and listened very carefully and intently after each session, awaiting His instructions.

On the seventh day, out of the blue, the answer came loud and clear and I was instructed to:” Go to the Kimberley desert and do a 10-day meditation and fast”.

At first, I was wondering, why the Kimberley, but I did not argue.

I was living on the Sunshine Coast in Queensland, west of Noosa and geographically, the Kimberley must be just as far as I could go in Australia. The Kimberley is in the far north of Western Australia, between Wyndham to the north-east, down to Halls Creek, Fitzroy Crossing south and Broome to the west. North of the Great Sandy Desert.

In other words, a long way away from home. I was told to go there, so I went.

I packed up my caravan and some belongings, like clothes, food and some camping gear, pots and pans etc., ropes, and a few other bits and pieces for survival in the bush. I thought about what I had to take for a week or so, as not to forget any necessary equipment, as this was going to be a long and lonely trip, all by myself in the bush. I remembered to take some tools for emergency repairs, an axe to chop wood for fires and wooden blocks to level the caravan on uneven ground. There was much to think about for a trip like this. I was worried I would forget some important things, as my mind was not working well, because of the stress I was under.

When the day came (11/2/2009), I left home and stayed at my daughter's place overnight to say goodbye. In the morning, she said to me:” Do you really need a caravan for this trip, as it will slow you down and will cost so much more for fuel etc.?” She continued and said:” You can easily do all this with your 4x4 and your car top tent, you have had on top for 20 years”.

I thought about this for a moment and decided she was right. A caravan would slow me down and would also prevent me from visiting places, a caravan could not go and after all, I wanted to be in the bush and not in a caravan park each night.

I decided to leave the caravan behind and loaded the 4x4 up with all the necessary items, which was at first still too much. I re-loaded the car and when I was happy, there was still room left and I could see over the top of the load in the back and see the traffic behind me. I was happy at last!

Away I went, leaving the Sunshine Coast and travelled north. I thought, if I go to the Kimberley, I may as well see a lot of the country I have not seen before on the way, such as Cape York, the most northerly tip of the mainland, the Gulf of Carpentaria and see Normanton and Karumba, down south a bit and see Cloncurry, Mt Isa, Camooweal in the Northern Territory, Tennant Creek, north to Katherine, Victoria River, Pine Creek, Kakadu National Park, Jabiru, Darwin, where I had been years ago, before cyclone (Tracy) destroyed the city, Victoria River, Timber Creek, across the border of the Northern Territory into Western Australia to Kununurra, Wyndham, Halls Creek to Fitzroy crossing.

Well, this is not the end of my trip, but I stop here a moment as near Fitzroy Crossing (The Kimberley), things happened. I drove out of town and finished up at a place called Geiki Gorge, a tourist place where they show crocodiles to people, but I felt uncomfortable and drove around the driveway and went straight out again.

A while after, I saw a light track, almost invisible, leading off the road. I thought it was about that

time of day I wanted to set up camp anyway. I went there and after about 600 metres **there was the place** I had seen in my minds-eye before. A PARADISE or an OASIS, just beautiful. Right alongside the Fitzroy River, but only in winter flow, some massive fig trees and just enough shrubbery to make it perfect. I cannot describe the place, how it felt to me at the time, but it was heaven. It was so special and right! Everything from the 2 trees, the river, the birds (especially the Peaceful Doves, of which there were many), who made me welcome, the peace and serenity. I immediately realised, that this was the place chosen by Him, who sent me there, after I prayed for help.

I quickly started to set up camp and drove the car under one of the fig trees, just missing a big branch and put the tent up, behind this branch, so I could see it from inside my tent.

As soon as I was set up, I went to the river and bathed in the freezing water. Yes, it was cold, but it felt so good and so right, knowing I was home for the next 10 days or more.

When I told my children the story about bathing in the freezing river, they could not believe it, as I am a “woos” for cold water. I don't like it, but that was so amazing, that every day I made a pilgrimage to this spot and bathed, trying to pick the warmest time of the day (of course).

After this first day of bathing, as it was getting colder, I was getting ready for my meditations and went to bed early. I slept like a baby and I heard nothing, not even the early birds, who were surely busy, as the next days revealed.

My first day started, by sitting on the summer bank of the river, overlooking the water down below and the trees growing in the water, together with the cormorant and other water-birds, fishing for their breakfast. Across the river it was pure dessert, sand and rocks, no trees at all, in fact not a blade of grass.

On my side, I had these fig trees and some bushes, which made it a little paradise indeed.

I fell into a deep meditative state and stayed there for a long time. Time is hard to estimate when you are like that, but it must have been hours. I got thirsty and went down to the river and drank from the water in the river. It was beautiful water and I filled my drinking water containers with that water as well. I could feel the energy from the living water, compared to the water I had been drinking before. This living water, as it went over many waterfalls and rocks, had a special significance to me. As God had chosen this spot for me, surely the water, the life of all things, must be good to drink I thought. It was indeed.

During my meditating, I was given a message, that I should work with or for children, but I could not work out how to do that. During more meditating sessions, I started to get a feeling I should write poetry. I thought about that and indeed I started to write about “bird(s) tucker”, what birds eat in other words. In one day, I wrote 13 poems, about birds and their eating habits, in a way that they would be nice poems for children to read and educate them. I wrote these poems about the birds I could see in front of me, while observing them.

So, my daily routine of meditating had taken form, as I always found it difficult to meditate in the past, with a very active mind of an Arian. However, it all worked out well. Even though I meditated every night for 5 months all along the way to Fitzroy Crossing at all my night stops, this was the big one I was supposed to do properly.

I realised at one point, that a lot of prophets like Moses, Jesus, Buddha and many others, all did meditations in the desert for various periods of times from weeks to years and came out of these places, better men and much wiser with unsurpassed knowledge and a better understanding of the world and themselves. I thought this would be nice, if I became wiser as well.

10 Days passed and I decided to go to Fitzroy Crossing and do some shopping, to make a pot of soup, to break my fast.

Then at about 4 pm on day 11, a message came into my head that a "LADY was coming". I thought: "That would be nice, as I was getting a little lonely", but I could hardly believe it. Anyway, I went to the river and bathed. I had not shaved for all these days either and I looked very "grotty" and I felt the same. I came back and put on a shirt and just as I buttoned the last button of my shirt: THERE SHE WAS! Almost unbelievable but true. As she saw me, she greeted me with a very nice: "How are you?" I replied politely: "Very well, thank you". This greeting was very special, as if anyone else had come into my space, I would have asked them to leave, but this was something else. She was sent by Him. As she was standing, where I had my chair, on the summer river bank, a man walked in and he greeted me with a similar, pleasant greeting.

As they were standing there together, I went to meet *her*, since I was told *she* was coming. As I got close to them, they put their arms out and gave me big hugs. Very nice and friendly hugs. She introduced herself to me as FREEDOM (and I replied with a cheeky reply, my name is "peace"). He introduced himself with his shortened surname. He was from German descent. I asked him: "What is your first name in German and he replied Johannes, which is the name used in Germany for JOHN THE BAPTIST".

Well, synchronicity was at work here, because the previous day, I decided, that I wanted to change my call name and be baptised as Shanti (which means PEACE and LOVE), as part of getting rid of the past and here comes "John the Baptist" (?) into my space. Not an accidental occurrence, do you think?

Freedom also revealed to me that she was told, she was going to meet me, at the same time as I was told she was coming.

After we talked for a while, I asked him if he would baptise me in the new name of Shanti and he said: "I haven't done anything like that in my whole life". upon which I answered: "There will be many more things coming your way, you haven't done and you will have to do them as well". He agreed immediately to do the baptism.

When we were sitting there, the night started to draw close and, as I had made a big pot of vegetable soup, I asked them to join me. They were very pleased to have such a lovely time, coming into my space and being hugged and share a meal as well.

The following morning, he went for a swim in the river and found a nice waterhole, where we could do the baptism. He came back full of enthusiasm and said he found the right spot. After a little while he suggested, that we get on with it, as the day started to get cooler, after all it was winter and it gets very cold there at night in the desert. This was the 5th of August.

Freedom came out in a white dress (for purity she said) and they each took one of my hands, as we walked down to the spot he had found. As soon as he got there, he stripped off and dived in. I followed his example and did the same. Freedom stood on the riverbank saying: "What will I do?" I asked her to say something appropriate. She writes her own lyrics for her own music, so I felt she should be quite capable of thinking of the right words. Even though, we could not hear what she was saying, due to the noise of a small waterfall, I am sure it was right.

After we were in this waterhole for about 5 minutes and were almost frozen, he suggested we do the deed and he turned me around and dunked me under saying: "Down goes Jos and up comes Shanti".

I felt very "beautiful" after the experience.

While we were still in the water, Freedom said: "It is not fair that you boys are having so much fun, I am coming in too". She dis-robbed and came in as well.

This was so beautiful, innocent and natural and I will never forget it. When I got back to my camp I felt so free and so good: whole again and I went into a deep sleep.

We stayed together for another day and talked and listened to Freedom play her guitar. We made a real connection. Even today, Freedom and I are very close in spirit and I always know when something is not quite right with her. She sends out a “message for help” and I will call her or send her a TXT message. She is always surprised that I know, when she is in trouble.

The next day, they left for Broome and I stayed for another 2 days. The poetry I wrote, needed a little tidying up and I thought that this place was the right place to do that. The peace and serenity in this space, was very conducive for that sort of work and it was easy to concentrate.

I was pleased with my achievements during this time there and before I departed, I went out to say goodbye to the trees, the river and all the other elements of nature. I thanked the birds for their constant music, which accompanied me all the way. I remembered the brumbies (wild horses) who visited daily, to drink from the river. All of them made my stay so wonderful. The peace was so intense and it was due to the complete balance of nature, of which I was a part, that I came through all this, feeling so amazing.

I left and went towards Broome WA, where I met Freedom again. It was so nice to see both of them and today, we are still the best of friends. We met up a few more times on this trip and I stayed with them, at their place on my way home to the Sunshine Coast.

“Thank you, God for your wonderful ways of helping those who have faith in the power of the Universe. Thank you for helping me getting rid of the negative past and sending me forth as a new person in Peace and full of Hope for the future”.

This is not a selfish act, but I share this with you, to prove to you, that if you believe in the power of the Universe and you have absolute Faith, you will be heard and healed. It is no good saying you have faith unless you are absolutely convinced you trust your Maker, whatever you perceive your Maker to be. Whatever you call Him, does not really matter. God is an easy word to use and I use that all the time.

Later on, in another spot I came across a poet, who had already published over 200 poems and when he read my poems he commented, that they were well worth publishing. However, he thought it to be better not to publish them in a book-form but make a DVD of them with my photos as backgrounds and some music as well. However, my idea was to get children away from electronic gadgets and read, so the DVD idea was not quite what I was thinking about. Then when I thought of my knowledge of computers etc., I was horrified. How could I ever do that? I will continue this part of the story a little later on.

On the way back I stopped in Sydney, where my son and his family reside.

I asked my son about the DVDs, since he is a computer expert. He told me to follow him to his office, as he works from home. He sat down at his computer and did some magical button pushing. The outcome was the DVD program I was looking for. He had it there on his computer. He taught me to do some of the work and after a week or so, I had most of my photos (I was going to use) resized, the poems correctly placed and a background chosen.

Thinking about the DVD's later, I decided not to proceed with them, but make what I call “show cards”. The production of DVD's would be very expensive, employing sound experts, professional photographers etc., as I did not know how many cards would ever be sold, as I am not a marketing expert.

This will be my contribution to working with or for children, plus asking their teachers and parents to teach them about the birds and learn to love them.

At this time, I only have 6 sets of 25 different cards printed to show people who may be able to

produce and sell them, but nothing has been forthcoming at this point. I have another 25 different bird cards on the computer to be produced, but since my lack of knowledge with computers, they are still sitting there waiting for that moment, someone will take it upon themselves to market them for me.

When I got home, I decided to sell my part of the property and go on the road permanently, meeting people and discussing natural health and all the things I have written about in this book. Those people, who have bought my book's first edition, are all happy with its contents and I hope that soon we will have a healthier population and people, who realise, that we cannot live the way we are and survive to a healthy "old age", meaning a healthy long life, without diseases. Society counts the years and puts people in categories, but that makes us "Old". I always say:

"Forget the numbers".

When I write the word healthy, I mean healthy in the physical, mental, emotional, sexual and spiritual side of life. This is so important, to have then all working harmoniously.

Live happy, in love with the world and everything in it, be honest, appreciate nature, enjoy a laugh often and you will live a long time. When we have to 'go home', it should not be, because we are diseased. A long life means a healthy life, well fed and nourished with good food and thoughts, BUT all the other positive influences must be part of life as well.

See the section about acid/alkaline. An alkaline body cannot sustain negative pathogens, so why do we eat so much acid food, drink acid drinks and live in an acid state of hate, anger and disease?

Alkaline situations are love, meditation, prayer, happiness etc. Look them up and follow these instructions. Don't fight, but discuss your differences peacefully if there are problems between you and someone else, with love in your heart.

This trip was a great revelation to me and I think, if we all could do something like that (even if it is not the same as my trip), TO GET RID OF THE NEGATIVE PAST. *I GOT MY FREEDOM!* (See Buddhist burning as well.)

Since I have sold up my home base, I became a gypsy, roaming every day and lived in my caravan, travelling all around Australia and meeting people for almost 6 years.

Wherever I stayed, people from all walks of life, young and old, male and female, different creeds and colour seem to approach me and wanted me to talk to them.

I stayed in one place for 6 weeks, as the weather was nice and comfortable and the ocean right there.

I wrote and researched all sorts of things and when I got a fuzzy head, from sitting in front of the computer, I went to the beach and had some time out, looking for shells and unusual things, that washed up on shore. Those beautiful creations of nature! Man wants everything straight and square, but there is hardly a straight line in a creation from nature.

Look at a Bunya nut or a pine cone for instance. What you will observe is the twisting of the cone inside the seed area, all very symmetrically curved; beautiful! The same patterns are in shells, look at them and observe the beauty! These twists, curves and cones are all-natural phenomena, created by the natural forces of the Universe. (Victor Schauberger talks about them. Look him up on the net.)

It was a great place to stay and I found lots of interesting things, which I will use at a later date to make ornaments or whatever.

I want to give you an idea, what happens to me all the time now.

I met a very nice man, who lost his wife 9 months before and he was so very lonesome. He missed her so much, as they used to go camping together for years. I was able to help him a bit to get over his loneliness while I was there. He was 85 and when I left the camp site, he had trouble controlling his tears. I used to take him to town, 40 km away and we would do the shopping together. He was so appreciative of this. I went to see him at his home last week and he was so happy about that.

Then there was a young mother with 2 children, camping with a small trailer and a tent. She was home-schooling the children, as they travelled along. When I met her, I realised she had problems with her thyroid and I explained that this could be helped, quite naturally. She pricked up her ears and asked me for help, which I was able to give her. She wanted to have my book and I bought her some Lugol's Iodine Solution, when I went shopping. She was so pleased and thanked me with a nice hug. Her children were absolutely beautiful and the littlest one said that she was my girlfriend when I talked to her one day. Only 2 years old I think.

Another family arrived only a few days before I left. The husband suffered from asthma and his wife had problems with Candida. It is amazing how the conversation always comes around to healing. Even though I am retired from my physical work as an Osteopath, I like helping them. This family left the camp site on the same day as I did and we met up again a little further north. Their 4 children, also home schooled, were also lovely kids and the second youngest daughter asked me where I was going and wanted to know, if we would meet again soon. The youngest daughter, only 3, came to me daily and joined me for "afternoon tea". It was so lovely.

This family and I made a connection as well and we went to places together.

People on the road are a different type of people and we have so much in common. We all enjoy nature and share the same passion for peace, except the ones with generators. No, that is not quite fair, because most of the generators are very quiet and you can hardly hear them these days. There are always exceptions to the rule and there are always selfish people, but that is human nature.

It is amazing how easy it is to pick up a conversation with any camper. Luckily a lot of them are on a timeless trip and talking can take up quite a bit of time, but that is what we have plenty of while touring around.

On the last day, before I left this particular camp site, a man was trying to throw a prawning net he just acquired and found it a little difficult. He knew the technique but could not get it right. After quite a few throws he said to me: "Here, you have a go". I had never even touched one of these nets, but he told me what to do and even though I did not master the art this day, I could see, that with some practice, I could eventually master the throw. I was pleased he asked me and that's the sort of thing that happens, when you stay at these camp sites.

Then you see campers come and go and sometimes you see the same ones again. One family I met in a camp site further south, caught up with me again later, at the above site. They left and went to Cape York, only to return, whilst I was still there.

I wrote to my children, that this particular site was good for me, because I learned to realise, I was not in a hurry anymore and if I wanted to stay there longer, I could, because nobody or no one "made" me go. That is retirement for you, but it takes some realising you can do this. It feels almost selfish, but I don't think that to be so. I am still active and still love helping people, which is something I want to do forever.

Pendulum

A pendulum is a tool, made from a piece of nature's treasure, suspended from a string. It communicates with you and may be used for all sorts of things, such as finding answers to questions, but only where there is a positive or negative answer. A "yes" or a "no" response.

It will swing in various directions depending on the answer. We will find out later how to read the answer after programming the intended pendulum.

A piece of nature, may be a small rock, a crystal (unpolished preferably), a piece of wood, even a small bolt or a nut (because they are metal and a piece of the earth), anything natural. Plastics for instance, could not be used.

The string MUST be from a natural source as well, so a length of real cotton, wool, hair, silver or gold chain, etc., but again no nylon, rayon etc. This string must be 175mm to 200 mm long. The stone or crystal can be hung from that string by weaving a little basket or tying it in such a way that it will not slip out.

Sometimes it is nice to gather some (10) little stones from the garden or alongside the road, about 40 to 50 mm long and a diameter of say 5 to 8 mm. Bring these stones to a table and spread them out a little, so they are spaced about 50 mm apart. You now are going to make a choice, which one is the best for you to use. Remember everything has a vibration and the vibration from one particular stone, is better than another. Glance your eyes over these stones one at the time and allow its vibrations to connect with you. One of them will stand out much stronger than the rest and THAT'S the one for you to use. It is almost saying: "Pick me!"

Do this choosing in a peaceful place and sit quietly alone, meditating over what you are doing. Return the others back to the garden and thank them, for being there. Do not cross your legs while choosing.

Once you have picked the one, hang it from your chosen string and you are ready to get started.

You must now cleanse this stone from all foreign influences and vibrations. Putting it out in the sun or bright moonlight will do this for you. You can also wash this stone in seawater to do the same.

Before you can use it, you must program this pendulum.

- Step 1. If you are right-handed, hold the string (pendulum) at its full length (175 – 150 mm) over your right knee with your arm extended a little, so the arm is not supported by an armrest of the chair or anything and ask it to show you the sign for "positivity or YES". Just let it dangle over your knee and it will show you the way it is going to swing in the future, if the answer to your future question is "yes". Sometimes this may not happen straight away, ONLY because we are stiff and think, that when the pendulum starts to swing, we are moving our hand or arm.

Be patient and keep trying. I have seen that before, but most of the people I have introduced to the use of a pendulum, get it fairly quickly.

Once you have established the movement for YES, be it swinging in a clockwise direction or anti clockwise direction, which are the most common ways, you have the answer to all positives.

- Step 2. Now place the pendulum in your left hand and let the pendulum hang down straight again, over your left knee. Ask it the sign for "negativity or NO". Once again it will swing in a certain direction, different to the "Yes" swing. Once this has been

established, you have a working tool, ever so valuable.

As I said, it can take some people a little longer than others to master the art. Be persistent however and you will find that suddenly it starts to swing, even if it takes a few days to work. Don't sit there all day trying, but give it 10 minutes and if nothing happens, try again later for another 10 minutes etc.

IMPORTANT NOTICE:

Let no one touch your pendulum ever. This is your tool and it has your vibrations! If someone accidentally does touch your pendulum, you must cleanse it again as above. It won't work correctly otherwise.

There is another very important point I want to make you aware of. When using a pendulum, it will only answer in a YES or a NO manner. There are no MAYBES, Okay?

Your question MUST be so formulated, that the answer can only be in the affirmative: "YES" or in the negative: "NO".

I will give you a good example. My partner and I were looking after a friend's house and we wanted to plant some plants in the garden for them. We had grown a box full of paw-paw seedlings, which needed to be planted out. Before we were going to plant them in the garden, we wanted to sex them, so there would be about 10 female plants to 1 male plant, which is an accepted ratio for good pollination. To do so, we used our pendulums and both of us went over the top of them and asked the question of each individual plant: "Are you female?" If the answer was "yes", we would ask the question: "Are you male?" If the answer was "no", we would be satisfied, that the plant was a female plant. All females were put in one section and the males in another. There were however 3 plants which would not answer at all. Both our pendulums were hanging straight and did not move. We were a little dumbfounded by this and could not work out why. After a while we gave up and thought we would solve the problem in the morning. When I woke up early, I started to think about this and suddenly realised, that paw-paw trees can also be bi-sexual. Yes, we did not ask the right question, being: "Are you bi-sexual?" Once we asked the right question, the answer came loud and clear.

This proves we must only ask questions from our pendulums, which can be answered in the positive or negative; yes or no. So, make sure that you formulate your question properly before you start.

Once you have established the two movements, you should do some exercises like asking the pendulum some questions you know the answer to like your name. "Is my nameyour name....?" "If you are satisfied with the answer and the pendulum swings in the direction that was given to you as a "yes" movement, go to another name and ask the pendulum: "Is my name....not your name...." and again if you are satisfied with the answer which should be negative, you are on the right track.

A farmer friend of mine, who was introduced to the use of a pendulum, was spraying his property with bio-dynamic preparations. Suddenly the spraying stopped. He got off the tractor and pulled his pendulum from his pocket. He asked the question: "Are you broken?" looking and holding the pendulum near each part of the spray unit, which could be faulty. Within a few minutes he found the faulty part, opened it up, corrected the problem and went on spraying. All this in the paddock

without having to go back to the shed and having to pull the whole thing apart and try to work out which part was faulty by elimination, which would have taken him a lot longer.

You can see that it is a very handy tool.

I use the pendulum for checking, whether food is organic. When there is a fruit stall on the side of the road or at a market and I want to buy some produce there, I always hold the pendulum over the fruit and ask the question: "Are you organic?" If the pendulum swings in the negative mode, I would ask the farmer how the fruit was treated. If the farmer insists it is alright for us to eat, I ask the next question: "Are you alright for me to eat?" Even though the produce may not necessarily be organic in the true sense, it may only have been treated with a safe product, which would not penetrate the skin and therefore would not affect the fruit after a certain resting period.

One example I would like to mention is, when I first started to grow my own food and I did not have paw-paws growing myself at that time, I went to a market and there was a grower, who had beautiful looking paw-paws. I asked him about the fruit and he said straight off, they were not organic, but they would be alright for me to eat as he only treated them with a sulphur powder, to stop mildew. This powder would not penetrate the skins of the fruit. I bought his fruit.

So please get yourself a pendulum and when you need a quick and accurate answer for anything, which has a positive or a negative answer:" use it!" Use it with conviction and trust, as it is nature speaking. (Vibrations) If it starts to swing and you think that it is your arm making it move, it is not so. It is actually the pendulum making the arm swing.

These swinging movements can be very strong, so strong in fact that the pendulum almost touches your forearm as it swings around.

A lady lost her car keys and looked for them everywhere. I pulled out my pendulum and asked it questions like: "Are the keys in this building?" The answer was "no". "Are the keys in the house she had inspected with a real estate agent: "Yes, it said". The next morning, she rang the real estate agent and asked her to go into the house and find them. She found them there alright. Isn't that great?

Have fun and I hope you too get the successes all our friends get.

The help page

Yes, when you really get to know me, you will realise that I am not just telling you all these things to make your life a misery or to get you confused. It sometimes APPEARS, that you cannot do anything anymore. I am sure you realise by now, there are plenty of foods and drinks you can have, without destroying your health.

Next, I will give you a small list of RESCUE fruits, if you have sinned and feel uncomfortable, after eating too much of the "GOOD" things (Ha ha):

WHEN YOU EAT	FOLLOW THAT WITH
Greasy, creamy or cheesy foods	Pineapple
Beef, turkey or chicken	Paw-paw
Sweets, deserts	Grapes
Salty foods, ham, salami	Watermelon
Bread, cakes and potatoes	Prunes, strawberries or raisins

You don't have to eat a large amount of the above aids. Half a cupful is enough as a rule. These additions will help your digestion, as they will supply you with extra enzymes to cope with an overload of a particular food.

Don't make a habit of eating these foods too often and especially in large quantities. Over-eating is always bad. You should always feel a little hungry after a meal!

Touch for health

There is a natural science called Touch for Health, something we can use for all sorts of interesting checks, such as finding out, whether we are allergic to something like household chemicals; if we need a vitamin or mineral supplement and how much of it; if the doctor's prescription is accurate and if we need it at all and if the dosage is correct and so on.

Touch for health works on the muscle tone.

I will give you an example first.

When you hear the news, that a very close friend has passed away (the worst scenario in life), what happens to your body? You feel very weak and you cannot concentrate or do work like you normally can etc.

On the other hand, when you find out that you have won lotto or passed an exam, you feel very excited and powerful. You can do almost anything. Your muscles feel strong and you show it with vigour.

So, positive influences STRENGTHEN, and negative ones WEAKEN.

In the case of checking for any positive or negative signs in foods, which you may be allergic to, or say pills of any description you may be taking, you can do these tests very easily yourself, with the help of a friend. You can learn to do these tests by yourself soon, once you know what to look for and I will teach you that too.

Most people have seen demonstrations of this, when the practitioner asks the “patient”, to stretch their arm out to a horizontal position and then he feels the strength there is in the arm muscle (the Deltoid muscle on the top of the shoulder and upper arm).

This test is usually done, without any real pressure from the practitioner. It is NOT an arm-wrestling exercise, rather a test to see, what your normal power is in that muscle.

Now the practitioner puts a tablet/pill or whatever in the “patient's” hand and does the same muscle test. If the test comes out weak, the pill is not recommended, however if the test makes the muscle strong, the pill is necessary for that person.

That pill, means the ingredients in that pill are recommended.

We can go a step further and find out what quantity of pills are needed as well, by putting 2 pills in the hand, or 3 or 4. As soon as the arm muscle weakens, you know that the quantity is too much and the last number was the correct one.

If, say 2 pills made the arm still strong and 3 made the arm muscle weak, the required amount is 2 pills.

This test has many possibilities. Used as a lie detector it works very well too.

You know when you lie, you cannot look the other person in the eyes and you look into another direction, trying your hardest to avoid eye-contact. You feel weak and unsure, however if you speak the truth, it is no trouble to look straight ahead and face your accuser.

With children, you can always use this testing method, if you suspect them of lying or having taken something from you.

Ask them to put out their arm and test it first for NORMAL strength. Then ask the question: “Have you taken some money from my wallet (e.g.)?”

The muscle will do the telling, but be sure that you master the technique well, before you accuse them of stealing. The truth will always be there.

Touch for health can do many more things, but you need to learn them through workshops and so on, as there are certain positions for the practitioner to stand. I cannot tell you everything, that can be achieved, but sickness can be reversed and so forth.

To do these tests yourself, without another person present, you must learn the strength of a muscle on your body first. One sneaky way of using this science, is to train yourself to use a muscle in your hand. You can use two fingers, say the index finger and the middle finger.

Okay, here we go.

Place your middle finger (tip) on top of the index finger (nail).

Press down with the middle finger and try to push down your index finger.

Register the strength it takes to achieve, for the index finger to be bend down a little. I repeat that this is NOT a strength test, just a normal feel of the normal muscle tension.

Practice this a lot, as it is a very subtle movement that you have to register.

NOW, put a piece of in-organic fruit in front of you, look at it and do this test again.

It should be much easier to push the index finger down, but mind you, it is very minimal in the fingers.

NEXT, put a healthy piece of ORGANIC FRUIT OR VEGETABLE in front of you and look at it, as you try the same exercise again. This time, it should be hard to push the index finger down.

Try these exercises for a while, as they are on small muscles and the reaction is limited, compared to the larger muscles.

You can just mention your own name or a foreign name to achieve these results as well, rather than using a smelly chemical.

These reactions are similar to using a pendulum and the questions you ask must be so formulated that the answers can only be positive or negative.

What I consume

This is a question so many people ask and I cannot really give you a definite answer, but you will get an idea when you read on. Food requirements change throughout your life, even on a daily basis, depending on the need for vitamins and minerals at a certain time.

When I see what other people eat, I can be quite horrified. Especially at parties and bar-b-q's, the rule of “natural” goes out of the window.

When the party starts, they usually start with many and varied alcoholic drinks, which are consumed in large amounts. I see the host offer other party guests another drink, before they have even finished the one they are drinking. There they stand or sit, with 2 drinks in front of them. I cannot see the point in that. The fact is, that drinking alcohol is very damaging anyway, so why push it?

Most men in the group have large “beer bellies” and they seem to be proud of it. They must really hate their bodies so much!

Then at the same time as drinks are taken, food is offered all around. Food and drinking at the same time should never happen, as the digestive juices are diluted and cannot do their job properly.

Then I look at the quality of the food, such as crackers, salted chips, dips etc. which to me, leaves

a lot to be desired. (Read the labels for the ingredient information). I'll leave it at that. I have covered that earlier.

The bar-b-q meals are of course large amounts of meat and very little in the way of salads in comparison.

I nearly always take vegetable patties or rissoles to bar-b-ques, as I like to be mainly vegetarian. I also take plenty of greens and other salads, such as potato salad and maybe rice salads or whatever, to balance acid/alkaline.

I am so lucky to have woken up early in my life and grown my own vegetables, whenever I could, so absolute control over food was practised for many years. My mother was always growing her own produce for the family and used the organic methods all the time. I was lucky to have had that start in life, for me to build on. Even though we were not vegetarian, all the meats we ate were home grown as well and every part of the animal was used. Nothing was thrown away or wasted.

The seasons dictate what we can grow and therefore eat, particularly the fruits.

In our area during the summer months, it is very difficult to grow common salad vegetables, as it gets too hot in the garden. We managed to grow some, but they are a more uncommon variety. Some lettuce type of plants can be grown and the leaves taste like lettuce. Tomatoes are always on the bushes, especially the little cherry tomatoes, my favourites, as they just come up everywhere and have no enemies. There are always enough greens available, so we didn't have a problem. We have learned to adapt ourselves to the situation and were able to get away from the "I must have lettuce and cucumber all the year-round syndrome". The permaculture people will introduce new plants to you.

When I was in business as a Naturopath/Osteopath, I used to ask my patients to write down EXACTLY, what they ate during the week and to be very specific.

When they came back for another session, we would discuss the findings and I nearly always read this epistle of boring foods: same, same, same.

We need variety and we should be more adventurous and try some different things from time to time. I remember, when I arrived in Australia in 1952, my poor mother was so frustrated about the fact she could not get a variety of fresh foods. She was used to vary our meals a lot, but there was not much in the shops here, to do so at that time. With the advent of more people from overseas, bringing their traditional recipes and foods into the country, we now have an amazing choice. Most people these days go out to eat in different restaurants and chose whatever they like. One day it may be Chinese food, another Italian and so on. People even cook these dishes at home and don't think anything of it any more. In the fifties, most people ate "steak and 3 veggies" every day.

Thank goodness things have changed and we should vary our diets as much as possible. Variety is the spice of life!

Each plant food gives us different vitamins and minerals and by varying foods in our diet, we get the whole spectrum of ingredients for health. I must stress again, that bio-dynamic fruits and vegetables are the ones to eat, for complete satisfaction. Organic is good, but not nearly as good as bio-dynamic.

If there are no natural minerals in the soil, the plant cannot get them. In the bio-dynamic growing

method, composts, manures and special preparations are used to eventually put all the minerals in the soil. Added chemical nutrients are not the answer.

At bio-dynamic workshops, it is not only growing things, that you learn. There are quite a few other interesting side lines, such as teaching you to get rid of vermin and weeds NATURALLY, for instance. No chemicals are used here.

The bio-dynamic growing method was “invented” by Rudolph Steiner, who also is the inventor of the Rudolph Steiner schooling method.

The more vitamins and minerals we get, the better for us. In natural eating, you cannot overdo it, but in supplementing our diet with tablets and pills, overdosing is quite common. Some vitamins like vitamins A and E, can be quite dangerous in high doses and must be avoided. Even some naturopaths can over-prescribe them. I have seen that happen, so be aware of supplements. Use your pendulum at these times.

As we have already discussed food combinations at parties etc., most people at home do the wrong thing as well, but it is NOT your fault alone. You were not educated to know what to do. They teach you all sorts of useless stuff at school, but there are many more important subjects to learn, like diets and cooking; what clothing to wear; the best water to drink; good, natural quality body care products; safe household cleaners, etc.

My daughter had to do projects on dinosaurs, three years running in primary school. Why? Would it not have been better to teach her how to prepare a healthy meal or something? You see what I mean? I have written about this under education earlier.

Be aware of food advertising! When I watch TV, I purposely sit and watch the ads a lot, just to see what they are telling us. To me it is an education. The lies and untruths that are told! They bring in famous people, to tell us all these lies. That is supposed to make us believe them. Don't get sucked in! I wish I could use brand names, because I could be so much more specific. I am quite sure that you are with me here and that you can read between the lines. It has to do with money and the advertising done by multi-national companies is the worst.

If you really can't grow your own foods, or at least some of them, always keep an eye out for road stalls and farmer's markets on your weekend outings. These places usually have at least freshly picked produce. Some of them advertise organic produce, so give them a go. Support your local growers AND USE YOUR PENDULUM.

We see advertised, that we should have 7 vegetables per meal for more than one reason. I disagree with that. We are better off having 2 or 3 veggies each meal and have a different 2 or 3 the next day and so on for four days and then start off again on the first lot.

We did a workshop and the above things were discussed and proven to be the best way to eat, as the enzymes to digest a particular food, need to have time to replenish themselves and that takes 4 days. I found that not only very interesting, but it made sense.

This is natural again as I stated in the previous section, when I mentioned the old days, when we as humans roamed the earth and had to find our own food, you would not get 7 vegetables or fruits in one day.

It is so easy these days, with shops open every day of the week and the choices are enormous. The problem with that is that these conglomerates IMPORT foods from outside your area and

even overseas, so we start eating foods *out of season*. I am very particular about that. I like grapes and during the winter, grapes are not on the vines in Australia. The ones in the shops are imported from the USA, a country which is in the northern hemisphere, opposite to us. I do not buy grapes then. Apart from that, imported foods are nearly always irradiated and we don't need that either. Asparagus is another vegetable, which is imported from South America during the off season.

It is getting difficult isn't it? Yes, I had to do it also, but I took my time over the changes. I don't expect you to change overnight, in fact I **DON'T WANT YOU TO CHANGE OVERNIGHT**, because you won't make it if you tried. That would be too hard and you will give up almost before you start.

Here again I say: I am only suggesting to you what is the right way to go for you. If you do so, you will be well. Remember when you are young, you are very resilient and you can cope with a few hard knocks, but when you get a bit older, things get a lot more difficult as the body ages. It is up to you entirely what you do, but also think of the children, who depend on you. You brought them into this world and they have a right to be well fed and cared for, so they can live a healthy and happy life.

At school, the children will not get an education like this, as I mentioned before, so if you can teach them at home, they will love you for that.

I mentioned my Mum before. How lucky was I to have had that education then, so I could build on that during my adult life?

You don't want to go to your children's funeral, because they have died from food or toxin related diseases, do you? I told some young people that a while ago and they just mocked my statement. They know it all, as usual.

Recently I decided to call on a naturopathic clinic and have myself tested, just to see where I stand in the eyes of an independent person. They took samples of my urine, blood and stool and the results were pretty good, BUT there were also some small negatives I needed to address. I followed their instructions to the letter and the results are amazing.

Even though I am fairly qualified in most of these things, as a person, we also can be judgemental and when it comes to ourselves, we often become blasé and say: "That is not me, I am always well." Earlier on I mentioned the car and if we took this car to a good mechanic, he WILL find some faults even though the car runs pretty well.

I am writing all this out of love for you as my sisters and brothers. We should all help each other with the knowledge we have gained throughout our lives and then pass it on, NOT FOR MONEY necessarily. I just love giving.

I am producing this new edition of my book myself. An e-book of this edition is also available, so you can download that for the convenience of your friends by [Amazon.com Shanti Linsen](https://www.amazon.com/Shanti-Linsen). (see front of book).

I hope to lecture around the country and meet you there personally. There will be ample time for questions and it is always very educating for you, but also for me, as there is always more information I can learn from you and you from me and others. I started one-to-one meetings in camping grounds and it was wonderful. I am now stationary again and hold meetings in the local area.

Feeling good makes you happy and makes you smile. You can share this feeling with others and it makes us feel positive about life. It is the art of giving and receiving. When we feel good, we

do good from the heart, because we want to do good. We want to see others happy and we want to help out of love, not for money. It is a whole new ballgame, being well and not too many people really experience this feeling throughout their whole life. That to me, is a pity.

I have had so many calls over the years from people who decided to take the plunge to get well and they cannot thank me enough for the guidelines I gave them and now they are just fine all the time. All their problems went one by one and it is, as if they wound the clock back past each miserable hour they suffered. Each week they found little things that disappeared from their negative past, till eventually they were all clear from all their previous diseases.

We need money in this society, but we can do with a lot less than we have. I have proven that as well. Sometimes we have to get our priorities right and think what this life is all about?

Working long hours at work, usually in a very unhealthy environment, under a lot of stress, bombarded with electronic radiation (EMR), having to face the traffic on a twice daily basis and I can go on and on; that is NOT what life is all about. Being healthy and happy is so great.

Spend some time in the garden and see what changes it will make in your life. There is so much peace and happiness amongst nature with the birds and the trees. In the garden you don't have to go like a bull out of the gate all day either. You can put your feet up for a while, when you get tired or it gets a bit too hot. No telephones (because you left it inside) to worry about, no aggravated people rushing into your office all the time, wow what a change it would make to you personally, but also to your family.

Unfortunately, you cannot go to the shops and buy a kilo of health, but you get this for nothing whilst working in the garden amongst your own plants you have seeded, planted, grown and eaten.

There is no other way to get well than to organise your own habits into the right direction and I am trying my darnedest to get you to believe me and to change your ways for the better.

When you are ready for the change, you must do it gently, firmly and free from hesitation. Deciding to change is the key. That will be the halfway point to good health. Stick to the plan and let nobody change your mind. However, DON'T GO AT IT 'COLD TURKEY.' Learn to love the changes. Peer pressure is going to be your greatest stumbling block. People will say: "*What are you trying to prove after all these years?*" and things like that, but remember the one who laughs last, is the one who laughs loudest. They will laugh at you and think it is all a joke, but you will be the one who will be thankful for the decision you have made, just give it some time.

Never be ashamed to be an individual with a mind of your own; don't be a sheep and say "Baaah" when everybody else does.

Do your own thing and be proud of it. In the end you will show them and you will be healthy. You will be the one to visit the hospital, but not the one to be visited.

I would like to share a story of a young 24-year-old chap, who had some treatment from me for his back. After his second visit he asked me, if he could talk to me about something very different. I said if I could help him, I would be pleased.

He told me that after work every day, he and another 4 mates, went to the pub and drank a few beers. However, he did not want to drink beer, but he felt he could not get out of it, because of the "manhood thing". He thought the others would laugh at him, if he ordered something else and he did not want to upset them. He asked me what to do. I said that this is an easy problem to solve.

His eyes lit up and he listened very intently.

I said: "Tonight, when you go to the pub, you make sure that you sit either on the right or on the left side of your mates and when they order 5 beers as usual, you say, make my drink fresh orange juice or whatever you like to drink. Instantly, all their heads will turn to you. They will almost say in unison:

"Are you on the wagon mate" (Don't you drink alcohol)?

I told him to say no more than: "Yep" and NOT to get into a discussion about it, because they would make him feel very uncomfortable.

Then when the next round is ordered and they ask: "You want another orange juice, mate?" Repeat the important word and say: "Yep".

That night the orders automatically are for 4 beers and an orange juice.

The next evening, when you are there again, sit at the right or left-hand side again and wait for it: "You still want orange juice mate?" Guess what: "Your answer should be: "Yep", just one more time and all your problems will be solved, once and for all.

He came back and told me, that he was so pleased. He said that it all worked out, just the way I told him it would, word for word: "Yep, yep, yep".

How easy was that I said? He was over the moon, as it had worried him for years.

He too is no longer a sheep, who says "baah", when others do.

Our diet, our minds and our spiritual wellbeing, should all be at a very high level, before we can basically be 100% well. What a great place this world would be, if we were all well, happy and loving towards each other? We should only have to deal with accident cases in hospitals, not "sick" people.

We would all be much calmer, sensible and loving and wherever we are, at home or on the road, accidents would be far and few between. There would be no hate or racial discrimination, as we would accept each other as brothers and sisters. The "earth" would be HAPPY! (think about this)

Positivity, peace, harmony, love and all these beautiful things are also very alkaline forming, so our bodies would be better off again.

Hate, anger, fear, jealousy and stress are all acid forming and we should eliminate acid from our bodies.

Old age would be fine, because we would die healthy. This means, we would NOT die from a disease, like most people do today and this is the accepted way in the medical world. No, we would go to bed one night and "wake up dead", without pain or disease, peacefully, when our time is up. At this time ALL our cells will be worn enough, to not be able to support our whole system as a body any more. We should never have to die from a disease. If we do die from a disease, it means we have not looked after our body sufficiently.

Our body should go back to Mother Earth and our spirit or soul should be allowed to go back to where it came from, to maybe perform another duty one day. I know not everyone will agree with me, but I have thought a lot about this and this is my belief.

I read the "Ringing Cedars of Russia" series, starting with the first book "Anastasia" and in there you read a story, where the old great-grand father one day comes to say goodbye and walks away to die in the bush, with his grandson at his side. Nobody was concerned or sad as dying is part of living after all. Dying is only a sad thing, when the person has had a miserable life and has suffered a lot, but we should be thankful at times, for someone to pass over when they do, without

more suffering.

It is such a pity that almost all the socially accepted things that people do or partake in, are all damaging to our health one way or another. They are negative and therefore destructive.

I will spell them out once again. Coffee, tea, chocolate, alcohol, tobacco, anger, TV watching, computers, late nights, the car, chemical additives in food, cosmetics, water, artificial fibres in our clothes, paints, wood chips, carpets (the formaldehyde), electromagnetic influences and the list goes on.

Yes, I am writing this book on a computer, but at least I am doing my best to protect myself with the blue tones turned down on the computer and I sit 2.5 m away from the monitor. I don't like sitting here doing this, but I take a lot of breaks and go in the sun and fresh air, away from the worst radiation. Still not good enough, but I really want you to know what I have learned, so I cannot think of an alternative, except the old typewriter, but it is so difficult to get copies made from them. I am also a very poor typist and make many mistakes. To type script on a typewriter is not an option for me. I started off that way years ago and used a Gestetner copier to produce my first pages. I know you are laughing now, but there were no computers then. I also know that some of you who are reading this, do not know what a Gestetner copier is. Wow, what has science done to us hey?

Quite a few scientific researchers are not allowed to put some of their findings, which would help mankind positively, before the people, if these findings are affecting commerce negatively, because it would ruin commerce, the way it is set up today. It does not matter about the people it seems. If researchers and scientists cannot tell you the real truth about all sorts of findings, affecting you, you MUST research yourself and act. The internet is a great medium to find out EVERYTHING.

Similarly, the mining giants and the governments are forever digging up coal and ore for gain. They never seem to consider mankind or animal kind for that matter. The governments want jobs, jobs, jobs, to so-called satisfy the voters, but the world is getting so polluted, that at this point, many flora and fauna species have died out and man is next. So many countries cannot feed their population and these people are dying from starvation and the lack of drinkable water. In other words, there won't be enough people to fill these jobs anyway. If we did with a little less each day, we won't need the amount of money we get each week.

Consumerism is killing us.

As mentioned before, don't believe everything you hear, especially if it is on the TV or radio, because the real news is always suppressed and a lot of rubbish fills the news hour, stuff that really does not matter if you did not hear about it. I had not seen or heard news for 5 months, whilst I was on my trip recently, as I spent nearly all my time in the bush. When I got back to civilisation and happened to see the news on a friend's TV, it seemed that all they had done is change the names of the people involved in accidents, fires, drug raids etc. The items of "news" were exactly the same.

I notice also that they only change news items for a while, if there is another sensational thing happening, like a sportsman and his love life or an outbreak of a disease overseas, scaring people and once that is over, the fires and the accidents come back again. It is "sick"!

A quick reminder. One has to learn to be aware of a lot of things in the home that are made of artificial materials and nasty chemicals. Others have strong and dangerous chemicals incorporated

in the manufacturing of them. These foreign materials “out-gas” in your home for up to 7 years and affect you negatively.

When these goods are outdated, they very often finish up in landfill, where they either won't break down, but leach out these chemicals into the soil and eventually in the water table, continuing to affect us negatively. There are so many heavy metals, especially mercury in the soil and in the water. Research has proven, that the fish in the rivers and oceans are full of these metals and we also know that some diseases are caused by ingesting them, such as Alzheimer's disease and others.

Mercury in your teeth fillings, is one of the biggest problems and the dental profession still denies the dangers, even though it has been proven to be very toxic. I am spending a whole article on this later, entitled “Amalgam.”

There is so much waste. Whenever you buy ANYTHING, the packaging is so overdone. Plastics, cardboard, bubble wrap, polystyrene, sealing tapes and then your purchases are put in a bag or cardboard box for you to take home and unpack. Now comes the time, when you have to get rid of all this stuff. In the garbage bin it goes and into landfill. Cardboard and paper can be re-cycled, but over Christmas, I have seen a lot of these waste goods, which were recyclable, go into the garbage truck. So many plastics are not recyclable and they naturally go into the ground. Something has to be done soon. All of us should demand less packaging and refuse to take it home. We should also have compost bins, where a lot of our wastes can be composted and recycled into our own gardens and feed the plants. Grass clippings, tree cutting, kitchen scraps, newspapers, cardboard and leaves, should all be composted by each individual household for use in your gardens. Don't put them in the rubbish bin!

I saw the program:” War on Waste” on ABC TV, 16/5/2017, a program I have mentioned before. Try and get a copy of this and you will be horrified as to what we do with our waste and where it finishes up and what it causes: WOWEEE!

Food waste on the farms is another real problem, as the large supermarkets tell the farmers they don't want a straight cavendish banana or a bent lady finger banana, even though they taste exactly the same as the ones you buy in their shops. **40% of all bananas** are put through a mulcher on the farm and tossed out to rot there. Hey 40%! of all bananas, tossed away to rot on the ground. And that is just bananas. What about all the other produce, that is also being graded by these supermarkets? There are **millions of tons of food being destroyed every day**.

Let us protest to these shops and tell them to wake up, as a large portion of the world population is starving. They get NOTHING for days and what they get is a pittance.

Come on guys, I have protested for years, signed petitions, written to the parliamentarians, gone to protest meetings at night, waved banners and you name it and we have won some fights. Just this morning I sent some money to Greenpeace, for them to fight on my behalf, to protect the Barrier Reef from being destroyed by the oil companies and coal mining giants. Oil and other chemicals are being spilt, but you only hear a small portion of that on the news. Why, because these giants are being protected for money. You may say:” What chance have I got.”? Well, I have little chance on my own, but en-masse, we as the people, are the power. Not the governments. They are there, because we put them there. If they don't perform, CHUCK THEM OUT! That is our power. There are 24 million people in Australia and that is a lot of voices. Just think about that and get up and do something. That's all!

Wow, that is off my chest!

If you cannot compost your own, take your garden wastes to the shire recycling places and get back the shredded compost for your garden. There is one problem with this system and that is, some non-caring citizens, throw out all sorts of things into these collection places including tins, plastics and very bad weeds, which could regrow from very small parts of the plant, such as branches or seeds. These should be buried deeply into the ground, or put into a compost bin, so they will not sprout again.

Please think about that too.

I mentioned "community" above. Our discussion group met once a week and we had lunch together. We met at each other's places in rotation and when we finished our lunch, we discussed anything and everything. It started with discussions on health, as it is such an important subject as you can see from what I have written so far.

These people came from the local area and had no idea about healthy living etc. We talked them into growing their own foods and have their own chickens for eggs etc. Now they are all doing very well and we were able to help them along the way, if they ran into difficulties. Now they are quite knowledgeable about growing things. One couple were farmers, whom I have written about earlier. They had converted their 300-acre farm into a bio-dynamic farm since then. (The pendulum farmer).

The latest discussions were about subjects, far and wide and we learned from each other. The most interesting thing that had developed, is the creation of a community of people in the area, who will trade within this community, whether it is goods or services. We all had something to offer and if one person wanted something, he/she went to another family who had what he wanted and exchanged these goods with something, either grown or whatever they could offer in services. This was working very well before I left home. I have not been back and found out if they are still doing this each week. I hope so.

Then there are the LETS systems, which work quite well. Every suburb or street, can start a community like this. You do not need to set up a special community, as they usually fail, because of ONE person wanting to take control. In a `suburban community`, we all stay in our own homes, meet on occasions and discuss what may need to be done to make it work and we can then start to grow, in amongst our garden plants, some veggies and or fruit trees, set aside a small area for some chickens and so on. Soon it may happen that you are good at growing peas. Another person can grow potatoes better than the next, someone is good at lettuces etc. You know what I mean. It will take a little effort to get everyone to pitch in, but once it starts, it will happen. I have seen nature strips used, either in front or at the back, where there may be a drain running for storm water, where people have used that land successfully, to grow produce.

Our discussion group had decided that one day soon, the big crunch will come and that we cannot afford to drive a car or there is no petrol available. We might laugh about this now, but we have seen the signs and it is going to happen. We don't want to spell doomsday and frighten people, but we should all be aware of this possibility. After all, it won't hurt to be prepared and to grow your own as much as you can; better food and now food prices are going up as well.

Our suggestion in our discussion group was, that all of you should be within a bike-ride, horse ride or walking distance from one another for obvious reasons. Some newcomers to our discussion group were coming from places a bit too far out, so we suggested they start their own community.

We must read between the lines, when we hear or read the news. I mentioned a little earlier, we

don't get the truth spelled out to us directly. We must be detectives and find out somehow. More about the crisis later.

I lived in the country and it was easier for me to grow my own foods, BUT in the suburbs, we can replace some ornamentals or intermingle them with fruit trees and vegetables, which look just as beautiful and are useful.

I had set up a very small area, only 5m x 4m as a demonstration garden and I intended to prove, that you can live off that area and at least supplement your diet with even fruit in the form of miniature trees.

Grape vines were grown over the top, providing us with grapes and a sun shield during the summer and when the leaves were off the vines, the sun comes in again during the winter months. Miniature fruit trees, in pots even, and a lot of veggies and herbs all around. As I mentioned earlier, you can even grow veggies on a balcony.

Growing your own foods is going to reduce your wastes as well. Plastic bags and wrappings are reduced this way.

Buy natural clothing made of real cotton, wool, hemp, bamboo etc. and dispose of them once worn out in the compost heap. Try NOT to use plastic in any form, whether wrapping, containers for food storage, any type of baby bottles, because plastic does a lot of harm.

A message to women more than men. We must be aware of the effect of plastics, as ALL plastics *MIMMICK oestrogen*. At one stage poly-carbonate bottles for babies were thought to be safe, BUT NO, they are not. Feed baby from a glass bottle and throw all the others away, in the recycling bin, to make more baby bottles I suppose. It is never ending, is it?

A lot of diseases like cancers, are caused by too much oestrogen in the system of women. I would like you to go on the internet and find out much, much more. It is frightening.

I just googled: "plastics and oestrogen" and a whole heap of information came up. Try it yourself!

I want to talk about speed, as in "fast". Speed kills, but not only on the road. The speed, at which we live, kills more people than all the road accidents together. People don't seem to relax any more during their work. Your job should NOT be a chore. It should be a pleasure to do your work and you should enjoy it. The same as house work. Enjoy it and "let it all hang out". It is for you and your family and that should be done with love.

The speed we encounter in a car is not the car's fault. Who is putting his foot on the accelerator? Yes, you are the culprit. You are in charge of this thing. The car does not have anything to do with speed. You are the speedy person, who has to get somewhere in a hurry, but if you planned your day a bit better, you can do this driving in a pleasurable manner and not cause accidents involving innocent people, getting there just the same. I see it happening all the time and I know you do too, that a fast driver overtakes you at a hell of a rate of knots, well over the speed limit, only to find him a few kilometres further along, behind a semi-trailer going up a hill or something. In the meantime, he has put himself and others in danger and he is so frustrated in the end and gets really aggravated. He even becomes a more dangerous driver after that, even more dangerous than before. He will start to take risks to overtake this semi-trailer and even cross the double lines on the road endangering oncoming traffic. You say: "What's new?" I know, but I feel I had to mention it anyway.

What I am really trying to say is that we have to start to smell the roses again. Let us start to think

about the future. Not all is lost when you change now, as a lot of our problems can be reversed, but I need your help, as you need to do it firstly for yourself and your family and in time, help others too.

Set an example and don't wait for others to do it for you, because you will be waiting a long time. Start today and change your habits; in fact, start NOW! Make the decision. That's THE START AND 50% OF THE END RESULT!

Change just one thing at the time. If you can change one thing a day, you will change 365 things in a year and that's fantastic. Even if you changed one thing a week that is still 52 changes a year and that is not bad either. It is like the grains of sand in a sand castle. Individual grains of sand don't do much for a sand castle, but millions of them make a nice creation. Lots of changes will make you well and healthy and you can be that sand castle, a beautiful creation that everyone admires.

It shows you, that a little at the time, eventually becomes a big lot. That one drop of rain here and there can become a flood.

Try hard to achieve one change and be convinced you will be well in the end.

I will spend a little article on "when the crisis really hits" later, on page ???, because you need to be told again.

In a nutshell.

Get healthy by doing some (one at the time), or all of the things I have already written about and other things that are yet to come, especially a liver cleanse. Start with that and tackle the more difficult items later, as soon as you feel up to it, but don't wait too long

1. When you are getting well again, you can do anything. As your vitality increases, by eliminating the toxins from your body and then feeding your body health giving foods, nothing will be too difficult any more.
1. Wear good, natural clothes, to be able to get rid of the daily toxins, which will be absorbed, rather than being held by the artificial cloth and re-absorbed by the body. Natural fibres absorb and breathe, so the perspiration, which is a waste, gets away from our body.
2. Get busy DOING these things, rather than talk about them. There are plenty of talkers already. We need DOERS. Let us be pioneers again like our forefathers, who lived off the land, a land which is very demanding and difficult with all its floods and droughts.

The early settlers ploughed the land with a horse-drawn plough, grew their crops and achieved the most unbelievable feats. They created solid citizens with a real backbone, who tackled anything, despite the extreme difficulties they encountered. Don't forget the women of the land either, they were real toilers and still are today.

Let's do a little for ourselves and a lot for our country, the world and the Universe. A bit of hard work can achieve that, but we must **all** pitch in and we should not leave it to the usual few, who are always there and are the doers. There are those who stand back and criticise; NON-ACHIEVERS!

We must spend less on fancy things in life and spend our money on the necessary items. Children need looking after by their parents, especially when they are so very young, not institutions. They need to be given the love from their own parents, not the surrogate parents, the kindergarten teachers. I have nothing against teachers, but these children are not theirs, they are **yours** and they

need **you**.

So many luxuries in the house, which are replaced on a regular basis, are absolutely not essential. We can do without them and if we do our sums, mother can stay at home, or even the father, whilst the mother works and earns money.

YES, YES, YES, it can be done.

I sat down with numbers of parents, who said they could not make ends meet, so the mother as well as the father had to go to work to earn more money. In all cases, it turned out, that if they did not spend so much money on TVs, other electrical gadgets, excessive drinking, smoking, buying a new car (sometimes 2) every year or so, the running expenses for the cars, going out to eat and a lot of other things like child minding, they could actually do what I suggested and one of the parents could stay at home and care for the kids with love. The family would be healthier as well. Eating at home is always cheaper and when one of you stays at home, the meals would be ready for the family at the right time, not late, as what happens in most cases. Actually, when the children come home from school, they should be given their dinner, not a snack, which always seems to be something sweet. This fills them up and when dinner eventually gets served, they are not hungry and miss out on fruits and vegetables; the life-giving foods

To have a TV set and see some interesting shows is fine, but we should not sit in front of this thing, day in and day out. (look under: EMR pollution) Even the children are being brainwashed and don't get to know the real world and what nature and natural is all about.

I have noticed on my recent trip, that when some families when travelling on a holiday, have the children sitting in the back of the car playing with computer games! They hardly look out of the windows and take in the scenery. Why do you take them on holidays? They can and do play these games at home all the time. You can save a lot of money staying at home and spend your holidays there, if all you do on holidays is the same thing as at home.

It would be better to read a very good book about health; get your garden in order and grow food, at least you get educated and you can benefit from that.

We can save on: luxuries, going to the movies, eating out or buying take-away foods, going to the club, excessive drinking and smoking (not only expensive but also harmful).

Driving a car is expensive and driving two cars is ridiculous. Yes, I appear to be hard on you, but you are so hard on yourself, by denying yourself a life! I am trying to steer you in the right direction for happiness. I can hear you say: "We cannot afford not to go to work, both of us".

That is absolutely false and the ACTUAL money the second person earns in a week is peanuts, accounting for all the expenses you have to pay for. (This is a generalisation of course)

Take into account the car cost, the registration, the insurance, all the running costs like petrol, mechanical, water used for cleaning the car, depreciation etc. Also look at the expenses for child care. They are phenomenal these days. Even your income tax for the second person should be considered.

If you CAN'T AFFORD IT as you say, do some honest sums and do a budget. Sit down together, pencil and paper and write all these expenses down. Don't forget the money you spend on take away foods, instead of home cooked/grown meals. Take into account the money you earn, as both of you work. Take away the expenses at the end and see what is left. You will be surprised at the outcome. Even if you make a little extra money, does this offset the traumas the children have to go through, when they are cared for by others? These lovely people mean very well and I have met them, but there is NO SUBSTITUTE for Mum and Dad, NEVER! I keep bringing this up but read on.

Try the above and life will be much happier and relaxed. All the family will benefit. It is up to you of course and I can only tell you what I went through. I have done it and succeeded. My wife did not have to go to work and I am proud, that the children were brought up in a loving home (not house). Now they are solid citizens and all do very well.

When you read this stuff, you think I am mad and it cannot be done, not these days! You will not accept it at first, but after a while, when you thought about it, you will, deep down agree, that this system is possible and can work. I learned from my experiences and I am better for it. I did NOT enjoy having to go through it, but I survived and I am glad I had to go through it in hindsight, because I now can tell you about the sacrifices, to get on top.

Who is the most important person in the world?

Of course, it is you and so it is worth looking after that person and his loved ones. For a little while you may find that you are out of your depth, but as soon as you come up out of this, you will be well and you will enjoy life so much. Ask your Divine Creator to help you and understand what I am talking about. He will make you understand what real life is about.

I wish you so much luck and happiness and please believe me that I love you.
THAT'S WHY I AM WRITING ALL THIS DOWN.

I could be selfish and keep all my experiences to myself, but I would not be very happy and that is why we are here, to learn and share/educate vc. and give from the heart, with love.

As I mentioned, I am writing all this on a computer and I don't like the thing at all, but it won't be that much longer and I am sure I will survive the experience.

Where did I write exactly what I eat do you ask? Well, it is not much point writing any more in detail, because I would have to state recipes etc. You can read between the lines and what I eat, is not necessarily what you should eat. We are all different and we should eat what the body requires at a certain time. Be in tune with your body and listen. Let foods speak to you and if something comes up very strongly, you very likely need that food. I am not talking about cravings here, because they are definitely out: you chocoholics!

Always eat quality food and in season! That's important.

A good test is to look at a certain food and see if you get drawn to it. When you walk into a fruit shop for instance and you see all the different fruits displayed, cast your eyes over these fruits and see what happens. You will find that certain fruits will stand out and these are the ones you need to buy, because your eyes take in what the fruit is all about and your brain immediately converts these messages into a positive or negative. Pick up the positive ones and leave the negative ones behind, because they may be positive the next time you go shopping. The person who does the shopping is lucky, because he/she is getting the positive messages and gets the fruits he/she wants. The rest of the family has to eat what he/she brings home; take it or leave it.

Ideally, we should all shop for ourselves and get what we personally want, but to compensate for this, when Mum brings home the variety of fruits, there is usually something in the fruit bowl you are attracted to as well.

That is how I eat, but what I eat depends on the day or hour. I hope this is clear to you. Of course, growing your own, will satisfy all the family all the time, as there will be foods that will attract you. I wrote that my partner and I used to go into the garden for every meal and pick whatever we were drawn to. That is the way! Wow, should I do that too? Yes, why not, that would be perfect.

White lighting

Have you heard of this at all? White light comes from the Universe or God, whosoever you believe in.

When you ask God for protection with White Light, you will be protected.

I give you an example of what you can do. Quite a few years ago (but many times before and since), I used the White Light to protect our property from any effects of a bad hail, wind and rain storm that was forecast for that afternoon.

What I did was ask God to "cover the property with White Light and protect it from all negativity and radiation". These are the words I always used, which cover anything bad or negative.

The storm came and "she was a beauty". There were very strong winds, heavy rain and a lot of hail in the area. Nasty lightning and thunder claps were present as well.

After the storm was over, I went outside and indeed, we were spared from any damage at all. No trees down, no hail and the rain had not negatively affected our property. On both sides, the neighbours had a tree down and piles of hailstones up against the fences and houses. I went over to the neighbours on both sides to see if they were alright and both of them told me about a big tree falling alongside our fences, in line with the fences but not across them. If they had fallen 90 degrees the other way, we would have copped the lot from both trees on both sides, I mean they would have fallen on top of our house. When I told one neighbour, that we were spared from any damage at all and not a single hailstone, he had to come over and inspect the place. He was so perplexed, that he could hardly say anything. He then said that I was a lucky fellow, as both the neighbours had a lot of work ahead of them in the clean-up campaign.

I have so much faith in the "White Light", that I used to start my day with a short prayer stating the above underlined words or similar, depending on the circumstances. Whenever my partner went out for the day or went shopping, I always "white lighted" her for the day and thanked God when she arrived back having kept her safe. This is my insurance, the "G.O.D insurance company". IT WORKS, BUT ONLY IF YOU TRUST ABSOLUTELY AND COMPLETELY. After I said my prayer, I left the whole day in His hands unreservedly. After all you ask The Highest Power, The Divine Creator, to protect you and you are His creation. Why would He not do so? You are His child, created in His likeness. He loves you and you should jolly well love Him and trust Him.

I was speaking to a devout Christian one day and he said that this was blasphemy. Since when is asking God for protection blasphemy I wonder? In the churches people are asking God for all sorts of favours all the time, but the trouble is that they keep on asking over and over and over again. If you have to ask the same thing over again, isn't that showing a lack of faith in God? God, the Almighty doesn't have to be asked the same thing more than once really. He heard you the first time, loud and clear. Once asked a favour or whatever, leave it with Him and trust His decision. When He decides for you to have, what you asked for it will come, always at the right

moment, not too soon or not too late either. Just trust Him will you! And you know what? Most of the time He gives you more or a better deal in the process, because He knows best and realises what you really need.

If we ask over and over, that is a sign to me that the person does not have faith himself. This is something we have to deal with in modern society. Once upon a time, a deal was sealed with a handshake and this was an absolute guarantee that we would fulfil our promise. Today a handshake between 2 people is not necessarily a guarantee. Many times, these handshakes on a promise are broken and instead of a handshake, an official piece of paper has to be drawn up by a solicitor and witnessed, before a deal is safe. (and then it may be challenged in court afterwards). We have gone backwards in many ways, not trusting one another. A very sad thing really.

Peace be with you and I hope you believe in the workings of God or the Universe, whatever you believe in.

Chapter 5

WARNINGS

It is a pity that I have to write this chapter, as in true nature we would not have to warn people against the following things, BUT I feel it is necessary to remind you about these, to protect you and your family, from very toxic items used in all different ways of our life.

I have touched on these as well earlier, but please read them again. It is so important!

It is not just food that is poisoned with all sorts of chemicals, which are destroying our health, but also the toxic chemicals in the air, water and in your clothes. We must not forget the negative influences from our social life, which are also very damaging.

In the 'body care manufacturing industry', a whole host of strong chemicals are used and are not needed at all. What is wrong with natural scents from the flowers etc?

Another item I like to draw your attention to is washing aids. We are now so used to frothy, sudsy washing liquids or powders, that if these frothing agents (chemicals) were left out, we would feel that we are cheated and the product is no good without them.

Other forms of interferences to our body come from electricity in the form of radiation pollution, called EMR or electro-magnetic-radiation. This EMR is not to be taken lightly. A few years ago, when our beloved mobile phone first appeared, the manufacturers of these items were denying any harm from them at all. Now, however, in the pamphlet that comes with the new phones, they warn you against the use of the phone for extended periods of time, because they may cause harm. Don't you worry, they DO us a lot of harm and wait a little longer and we will find that many people will be affected in some way or form. I will leave it at that for now.

You see, now we are hooked on the thing, and we cannot do without it any more, they come out and tell you the truth. Aren't they nice to warn us, now we have been bombarded with radiation for years already! AND they have made a packet of money so far and continue to make more, because we now want the latest version every time one comes on the market. Woo wee!

The poisons in household goods are well covered in this book and for your health sake and the health of your children, I would like you to take action.

Beware of body adornments; they seem so innocent but read on. I am sorry to have to bring this to your attention, but many may be harmful. What are you going to do?

If I told you that the next step you are going to take down the street is going to be fatal, will you move another inch? That's all!

Another way of being poisoned is through the mind; our social life. Wherever we go or look around, negative forces are trying to enter your mind. Our emotions are really being tested in this area. Take the news for instance. It seems that there is nothing beautiful happening ever and everything is dark and negative. They will even go as far as overseas, to give you some bad news. House fires are always on the menu. Sure, I feel sorry for people who have bad luck, one way or the other and I will always pray for them wherever they live, but is it making any difference to us, if a bus falls off a cliff in China? As I said, they don't tell you about lovely and happy things happening in China, do they? There MUST be some, surely! Why is this happening for goodness sake? Is it all about control?

I remember one TV reporter saying:” Oh I have something nice to report....” It even shocked him, that there was something positive and uplifting to be reported.

The mind is a very important part of us and it may be poisoned quickly and often in today's world. Our emotions often control our physical state. Many diseases are caused by an emotional upset and they are very seldom touched upon by the medical profession as the first line of defence. A pill is prescribed for the disease, but the cause of the disease is NOT found first. We have to be aware that PREVENTION is so important and that the curing is really a secondary treatment. If we are emotionally upset, we have to find someone to help us through these times, before a disease appears.

Our spiritual life is also so important. We must be in touch with the spiritual world; God, The Universe and everything in it. The people around us are so important. We are all beings created from the Spirit and we must consider the other persons, animals, trees and even a blade of grass. These are so important for a happy and fulfilled life. See the beauty of everything and appreciate these creations. We must stop destroying our magnificent world, created with love for us to enjoy. I won't go to the negative and stay with the positive side here and I hope you too, will carry on in this vein.

It is so nice to have found friends, who REALLY care about you. Those people who call you or come to see you often, BEFORE you get affected by some negative influence. They will feel that you are in some strife, because they know you. Oh, how good would this world be if we all loved one another TRULY, without reservation.

I hope I have shaken you up a little and that you may realise what is happening around you. Find a friend and learn to trust that person totally. There won't be many people in the world whom you can trust absolutely, so be grateful to have just a few beautiful people in your life and care for them as well get their love in return. Remember, we are all different!

May peace be with you always. Shanti with love.

Amalgam

When we go to our dentist to have fillings put into our teeth, most of the time the dentist uses amalgam, the silver looking substance, which is composed of MERCURY, 50% and some other metals, which should not be used either. ALL METALS, in or on the body can be quite dangerous.

Amalgam is another form of pollution, as the residue from drilling and shaping, which you spit out into the basin when rinsing your mouth, finishes up in the sewer and eventually in the ocean. Research done in Sweden in 1991 proves, that mercury absorbed by the body from amalgam fillings, is estimated to be 4 times higher, than from fish consumption.

Every time you eat or drink something hot or cold or chew on food, a small amount of mercury vapour is released and finishes up in your organs.

These little pockets of metal, also act as batteries and release a small electrical current affecting the brain, interfering with the brain's natural electrical pulses.

Mercury released from filling, builds up in the brain, pituitary gland, adrenals, kidneys and other parts of the body. Mercury from amalgam fillings has been implicated, as a possible contributory factor in some cases of Multiple Sclerosis, Parkinson's disease, IBS, reproductive disorders, allergies and a variety of other disorders.

Mercury from fillings, has been shown in pregnant women to cause mercury accumulation in the brains, kidneys and livers of foetuses and mercury can be passed on to the foetus through breast milk.

The list goes on so look under www.holisticmed.com/dental/amalgam and you will find what you want to know.

There is a problem with the removal of amalgam fillings, something I suggest you do as soon as you can. You have to find a dentist, familiar with the NATURAL REMOVAL of them, as it cannot be done willy-nilly.

There is a certain procedure that MUST be followed; THAT IS VERY IMPORTANT!

Another thing I want you to know, is that some of the composite fillings are a lot safer, but they should be tested for compatibility with your body. A natural dentist should be able to do that with a pendulum.

I give you just one example we came across in our clinic.

A lady of about 65 years, came into our clinic and sat and talked to my partner. My partner was shocked at the way she looked, since she had not seen her for a while. She remarked on her health and thought she could have mercury poisoning. The lady said it was not possible, because she had all her teeth removed 20 years ago. My partner insisted that her diagnosis was right and suggested a NATURAL DENTIST.

She went and he was shocked to see her in this state. After a little time, when tests were done, she agreed to have the first operation, which was for the removal of small amounts of roots, which had broken off and were not curetted after the extractions.

Even though she needed four operations, after the first operation she started to look better. When all quadrants were done and she had a little time to settle down and followed the dentist's natural health and elimination diet, she came to see us and she looked fantastic and she was energetic.

Her face looked bright and had a good colour. Her eyes were sparkling etc. really great.

She is now in her eighties and still keeps herself fit, walks a lot and is very well.

GET THE MESSAGE? Don't take any "notice of the notice" in the reception area of your dentist, where it states that amalgam is safe. If you see this type of notice on the wall of a dentist, leave there immediately and find someone who cares about your health, not just your teeth only and the money.

Artificial materials

Expanding on what you have read above, I will go a little further, to make sure you really understand the dangers, lurking around every corner. There are so many artificial materials used all around us and some of them are real killers. I'll start with:

Artificial clothing, where I have touched on the subject before, it won't hurt to read it again. Only natural fibres, such as organic cotton, wool, hemp, bamboo and some combinations of these should be used, especially the clothes that touch your body like underwear. These fibres absorb the perspiration, which is a waste from our bodies and they do NOT release them back into our bodies. Artificial fibres such as nylon, rayon etc. do not absorb these toxins and your body can re-absorb them. There is no proper air circulation in them either. There is no excuse for a wrinkle or two in cottons or linens etc. We can iron them out you know, it has been done for years, but I know, we are too busy for all that. Yes, here we go again, NO TIME, rushing, rushing all the time.

As mentioned, a lot of these products made from the petrochemical industry like plastic, MIMMICK OESTROGEN, meaning that using plastics in clothing, food wraps and containers and even kitchen utensils etc., is going to put you, especially women, in danger of overloading you with oestrogen, the female hormone, which should be in perfect balance. If this balance is not there, diseases may follow. Also eating meats, such as chickens and feed-lot (grain-fed) beef, is putting you in danger of getting extra oestrogen. The feed that is given these poor animals is loaded with growth hormones, which is oestrogen. Look out folks! Advertising states "No added hormones!" What does that mean? Added when? No more added than what is in the meat already? You find out.

We are continually wondering why there is so much more cancer in society these days. Well, do you have an answer? Could the oestrogen overload have something to do with that? I am only asking!

Man was not created to change the balances of any body part by using artificial products, especially when they are toxic like the ones derived from the petrochemical industry.

All plastic storage containers, used at home should all be destroyed. Look in your kitchen cupboard, I bet there are heaps of them. A lot of them were purchased by holding "plastic parties".

We buy foods in plastic containers, store food in plastic and it is very difficult to get away from them nowadays, if you use the supermarket.

I try very hard to buy in glass all the time, but it is not always possible. Generally, I take a glass container to the bulk health food store and get that filled with the item I want to buy, like honey, nut butters etc., from the bulk containers. Any nuts, grains or seeds I get in paper bags and store

them later in glass jars in the fridge.

Why do you think there are so many sicknesses caused by hormonal in-balances?

Men suffer from these overloads of oestrogen as well, even though it is not their number one hormone, like it is in women.

I read an article about a South American country, where the largest percentage of boy children are losing their penises (they do not develop properly) and develop breasts and the young girls grow hair on their faces and have male tendencies. This is frightening, but it is all due to hormones in the diet of imported chickens, grown in cages, to make them grow quickly. Chickens don't even taste like chickens any more. They are watery blobs of meat, without flavour. You taste a home grown and killed chicken! The difference is enormous. Well, this is the new way!

The article I read was NOT in a daily newspaper of course, nor was it mentioned on TV, because they don't want you to know this. As I said earlier, the news hours are filled with a lot of crap! Pardon me, but that is what I think!

I am worried, that the overload of hormones in girls, may make them more masculine and make them more aggressive, together with the acidic diets, instead of girls and women being softer and loving and understanding.

A lot of hormonal in-balances are also caused by the contraceptive pills, which are used by even very young girls these days.

If there is an interesting TV program on a topic, we should all know about, they are always shown at times, when everybody has gone to sleep. They also put them on when popular programs are shown on other TV stations. They make sure, that not too many people watch the science shows it seems, which are educational.

Artificial/poisonous gasses from household goods are another really worrying problem. Our modern furniture, kitchen bench tops and cupboards, chipboard, carpets, paints, glues in the building industry just to mention a few are made with products, which will out-gas for years to come. It is accepted to be 7 years, before a house is safe to live in. These products too, are derived from the petrochemical industry and are all dangerous. (Second time I wrote this)

Let's look at the children, who play on carpeted floors and are inhaling these chemicals, the worst one being **FORMALDEHYDE**. I visited a child care centre recently and the principal was so proud of the fact, they had new carpets put in during the holidays. I was horrified, but what could I do? What can they do?

Fortunately, there are carpets available, made in New Zealand, which are VOC free, but as they are not so popular, they cost you more money, however if it is going to save your health, is that not enough reason to look into that? As soon as more people start using these safe products, they will become cheaper as well of course.

We are on this treadmill and it is very hard to get off the thing. We must try and as soon as you are in the market for any new household item of furniture or carpet, anything at all, please do some homework and find out what is in these things. If there is poisonous material in these products, leave them behind and keep shopping till you find a safe product.

I can hear you say: "But we are not allergic to these things." *Okay, what is making you sick then?*

We are not sick you say? I also wrote that your car, taken to a dealer or good mechanic will most certainly NOT pass a ridged inspection. It will still drive you from A to B, but not the way it did

when it was new.

If you had a thorough medical check done by a really good team of doctors or rather a team of naturopaths, you will be surprised what they will find is wrong with you. When was the last time you saw your doctor? A week ago, a month ago or even a year ago maybe? What was wrong with you then? Did you have a cold or the flu? Did you have an unusual pain somewhere? Did you suffer from sleepless nights? I could go on, but what I am trying to convey is that NONE of these should be happening to you, if you are well. Instead of going to the doctor for some complaint, you should go for a comprehensive health check and find out if something is starting to happen and then you can prevent any real problems from occurring

I have mentioned that I myself have NOT seen a doctor for illness for over 54 years now. I have not taken any drugs not even an aspirin. I have not had any injections or even drops in my eyes. I have not had a cold or the flu for all that time either.

This is not to say that there is NOTHING wrong with me, so I did go to a Naturopathic clinic and had some tests done recently and found out that there were a few little things which could be made better. However, there was certainly nothing major wrong with me.

Some things come with old age as well as my accident in 1977 but I seem to battle on regardless at 85. I still live by myself and care for myself on a daily basis. I drive a car every day, I prepare my food daily and do my very best to ingest the best quality of raw foods I can get. I have a variety of all sorts of vegetarian foods whenever I can get them and sometimes a small meal of animal protein, something my body seems to need on occasions. I only drink alkaline water and sometimes have an herbal tea for a change.

Sweets are out now, after years of eating a lot of them. On the very rare occasions I may take a small piece of black chocolate, but only SELDOM.

A friend of mine is an architect and was given the task of building and furnishing a house for a lady, who was very allergic to all artificial things. Well, it was quite a task, but he managed and found even carpet in New Zealand which was chemical free. He used pure, untreated timber for all the furniture and kitchen cupboards, no chemical glues, organic paints without VOC's (Volatile organic compounds) and the customer is very happy, living in a healthy house.

Asthma and other respiratory diseases are on the increase and "they" don't know why. Are you getting an inkling of what the causes could be now? Think about this a bit more and don't be so hasty, as to wipe this thought away. Diseases always have a cause and the cause has to be found, before you can deal with the disease in the end.

These diseases will continue to be on the increase, unless we do something about the above causes. A lot of these compounds affect our immune system, so more and more people, using more and more artificial chemicals in their daily life, are going to be affected by them. Our immune systems are weakening by the day, so more and more people will be sick and more often, as we cannot fight even the most common diseases any longer. This year, the amount of people who contracted the flu, was far greater than last year and they expect this to rise again next year. I know this will be so! What are you going to do about it? Don't rely on a jab or a pill to cure this disease, PREVENT it from happening. Build up your immune system and be able to fight such an outbreak. It is said that the average person gets about 3 colds or bouts of flu a year. (Medical news). This to me is a joke. I have not had a cold since 1963; why? I made sure my immune system was strong and I can withstand these epidemics. I am in touch with people who are sick or have the flu, but I do not get affected.

There are alternatives we can use for our homes and we MUST investigate them as soon as possible. Luckily, we have so much info on the internet, so there are no excuses not to find solutions to our problems quickly. Once we find the solutions, we must instigate them, even if they cost a little more initially, because we will pay a lot more to doctors, medications, lost time at work and even hospitals later, if we don't.

Oh, don't worry, you can get sickness insurance, funeral insurance and all sorts of other ways of overcoming your problem! Oh yeah? Does an insurance against sickness protect you from getting sick, or dying? Joke!

Come on guys, be reasonable. Protect yourself against sickness by being physically healthy and well, all the time in every aspect of life. Make sure your immune system is strong, so you can fight the diseases coming your way. It is hard, very hard, especially when you take notice of all the false advertising telling you can be cured by taking supplements and medications

We do not want to be part of the "sickness industry" as Elaine Hollingsworth calls it. (see: recommended reading in the back)

One thing I have only touched on is cement and concrete products. The production of cement is very hard on the Universe due to the production of CO₂. Nowadays, we can get an alternative although it is not really popular yet. The product is called Geopolymer, which uses natural and waste products in its production and are readily available from the earth and from by-products from other manufacturers.

Actually, the process is not really new at all and was used thousands of years ago in building constructions. Look under Geopolymers Alliance website. You will find this a very interesting website.

On the ABC television program Catalyst, of May 22, 2008, they showed this form of "concrete". It has all the same properties of regular concrete and is no more expensive. In fact, it is cheaper to produce and certainly easier on the CO₂.

(Other programs shown recently, mentioned the use of hemp-crete, seaweeds and kelp as alternatives for cement and other building products. I liked that.)

Apparently, Geopolymer has been used in some European countries for a long time, but will the big conglomerates, who are doing just fine anyway, without changing their ways, relinquish their foothold on concrete products? The cement production is established now and will they change for the better?

There are many more products on the market for use in the building industry, which are safe to use, like plantation timbers for all construction timbers including furniture, kitchen cupboards etc. No chipboard should be used at all, as in the manufacturing of it, very toxic chemicals are used.

These plantation timbers can be stained or painted with NATURAL products, which do not emit VOC's and are safe to use.

Artificial fertilisers

Artificial fertilisers are supposed to be the modern way of putting chemicals in the soil, so plants

will grow faster and better. Yes, they do make plants grow fast, BUT firstly they kill the beautiful workers in the soil, who make the soil friable and healthy. These fertilisers do not put minerals in the soil for the plants to take up of the natural kind. Artificial fertilisers are not organic and are chemical destroyers of the animal kingdom in the soil: the hard-working worms, fungi and microbes. We just cannot put a bit of fertiliser down and hope all is well! The soil should be very well balanced and structured, allowing these creatures to live and work, creating the right environment with just the right Ph. balance, moisture and mineral content for plants, such as our vegetables, so they can take up these minerals for us to consume. These creatures live on compost and humus. The produce grown on artificial fertilisers LOOK good, but they don't TASTE like the real thing, grown on a bio-dynamic farm, where these products get ALL the natural minerals in the right combination.

Artificially treated soils become compacted, dry out and eventually blow away in a storm and this is how soil erosion occurs.

We see farmland becoming useless all over the world, because the soil is out of balance, due to the lack of humus, natural minerals and the all-important earth worms and their friends. As long as we keep on putting artificial fertilisers on our farm, this problem will not be solved.

Quite a few years ago, I visited a friend of mine, who was a wheat farmer in Western NSW. After he harvested his crop, he would burn the stubble. I asked him why he did that and his reply was to put potash in the soil. I said yes, that is all very well, but if you turned this stubble back into the ground and allowed it to break down, you would get more benefit, as it would eventually become a nice layer of humus and it would increase the worm population and hold the moisture, something more valuable than potash, as only a small amount is usually needed.

He thought about it and started the practice. After only 4 years, and NOT using Super phosphate, but only Rock phosphate he was getting a 25% increase in yield from his farm and his crops did not suffer from the drought conditions, other farmers had to contend with. His wheat was of a better quality as well, full heads and improved kernel size. He received a much better price for his crop and that made him very happy. The soil was much better and the worms and micro-organisms had come in as well.

So, composting and mulching are two very important aspects of growing crops in farming. Nothing produced on the land should really leave the farm and become waste. All possible vegetable waste MUST be composted.

Farmers usually sell all their straw and hay, but they should keep at least some of that to put back in the soil.

On an ABC Landline program, I watched a farmer go into town a few times a week and collect all the vegetable scraps from shops. He brought them home and composted the whole lot. He was doing it in a big way, as he had a big farm and needed plenty of compost.

I would like to see all household kitchen scraps collected by the local councils or private contractor and then properly turned into compost. This would save so much in landfill and methane gas produced by them. The methane gas is so bad and actually 4 times more destructive in the atmosphere than CO₂.

On another Landline program, another farmer composted his whole farm and it looked like paradise. The humus in the soil was fantastic.

This chap was talking to the reporter and made a statement about his dams. He said: "If my dams fill up, I am not happy". At first, I did not know what he was talking about, as every farmer wants his dams full all the time. But when he went on talking, he said that if the dams fill up, the soil

isn't doing its job and hold the moisture. THAT IS SO RIGHT! All, or nearly all rain water should be stored **in** the soil and not run off the top of the soil into dams etc.

When farms are established bio-dynamically, all the above events happen and the soil is healthy. If crops are not grown this way, the mineral value in our food is not there. We should also remember to rotate the crops in a particular vegetable patch, year after year and if possible, spell the soil for a year, after growing food crops in it for a few years in rotation. This is an old practice, farmers used years ago, but today this does not happen as a rule. The plants and "weeds" that come up during this time, should be used as GREEN MANURE, in other words, cut down in small pieces, say 200 mm long and dropped onto the soil, lightly forked in and topped with a good sprinkling of dolomite and covered with a 50 to 75mm layer of mulch. Leave this sitting there for about 3 weeks, till all the "green" (nitrogen) has gone "brown" (carbon) and plant new seedlings into this soil, by adding a handful of worm castings or compost as described before.

Spelling of the soil is mentioned in the bible as well.

The chemical fertiliser manufacturers have talked farmers into using these chemicals for years and not considering the value of food grown, or the micro-organisms. The **produce looks good, but it is not good**. We are organic beings and we should eat organic food, NOT in-organic food. Money is the first priority here again, not food value and health.

Using artificial fertilisers, kills the soil.

Weeds, as all plants are called, we do not like in our gardens, have a very special purpose and that is to bring up particular minerals to the surface from deep down in the soil, providing these minerals for the plants to take up. So, all in all, weeds are not so bad and should NEVER leave the area they grow in. They should be composted as green manure and returned to the soil, where they grow.

A particular "weed" may bring up potassium for instance and should be used in compost to enrich your compost heap with potassium, instead of using artificial potassium additives. Others may do the same for different compounds, so you see, they are valuable. Do not send them to the dump via your garbage bin but use them wisely. They bring minerals up from the soil and are free as well.

Composting bins and worm farms are available everywhere and every one of us should have one of each of these AND USE THEM. I have seen many of them bought, but not used. Making compost is not smelly, as some people think and a worm farm is interesting and fun for the kids.

Worm castings are very rich in everything a plant needs to grow on. These castings are free also and the worms love you for all the vegetable kitchen scraps except onions, garlic and citrus. PLEASE COMPOST THOSE and they will be able to be re-used that way.

If you want to plant seedlings, put a handful of worm castings in the small hole you have made for them and backfill around the seedlings carefully. They will never look back and grow very fast and will be healthy. You can add some more castings to the soil around them when they are getting taller. IT IS SO GOOD! The worm juice, called "worm pee" can be used in a diluted form to further fertilise your plants; All natural and free.

Using manures from cows, horses, pigs, chickens, goats, sheep and even human waste, is very

valuable, but they do better via a composting method helping all the other scraps, leaves, small branches, grass cuttings, newspapers, cardboard and other things to break down and make a valuable mixture of not just manure only. I mention human waste, because if this is put through a worm farm, nothing but good things are produced. There is a town in Queensland, where all human waste is composted and sold to the public. This is a good idea, rather than having this stuff (un-composted) go into landfill and eventually into the water channels and rivers and killing fish etc.

Seaweed fertilisers and fish fertilisers are good to use on plants, but read the instructions carefully, so as not to burn them. They are highly concentrated.

There is a lot of information available on the internet on Organic farming and gardening, Bio-dynamics, Permaculture, mulching, small gardens, compost making etc. Some of the better gardening programs on TV are very informative. Your local area probably has a permaculture group and they are always very happy to see new faces and are generally keen to help newcomers.

Food is often sold in supermarkets with “added vitamins and minerals”. It is done to make this product more valuable for us to eat or drink. In milk, it is the added calcium. This should not be necessary, if milk was produced naturally, from cows grazing on bio-dynamic pastures, which have all these vitamins and minerals in them in the first place. (As written, I do not believe in drinking milk as adults). NOT PASTEURISED AND/OR HOMOGENISED EITHER. I don't believe in additives, as I don't trust their origins. In the section named 'Medical laws' above, I went into additives in foods and injections for children a bit more deeply, as some very interesting news came to me, which I want to share with you now.

Adding minerals to soils, is often a pot-luck business. I heard from a number of farmers, that they sent soil samples to 5 or 6 different laboratories for testing, to find out what the soil would need to grow certain crops. The results were 5 or 6 different opinions. So, something is wrong there to start.

A good friend of mine heard from us about bio-dynamics and how to grow healthy grasses for his cattle. After he received a quote from a fertiliser company for **\$25,000** for the addition of lime alone, he was shocked. When we told him everything about bio-dynamics he needed to know, he started to use this method. He was a bit sceptical at first, but he did it anyway.

After only 3 years and spending a total of **\$1240** on the various preparations, his grass grew enormously high and lush. He could hardly see his cattle at times. He made hay silage from some of his paddocks and this year he produced almost 3 times the amount of hay silage from the same acreage.

When the cattle were given bio-dynamic hay silage during the winter months as supplementary feed, they would eat every scrap of it, where before bio-dynamics, they would waste a lot and not eat all of it.

The animals know what foods are of a good quality and wholesome. We as humans have lost the art of tasting quality food and we allow the multinationals to set the rules for us to follow. These companies are laughing all the way to the bank and we suffer from all sorts of diseases.

Another farmer wanted to start bio-dynamics, as he heard from the above farmer how it worked. We went to his farm and helped him with the application of the “BD500” preparation in a small

paddock of only 5 acres.

The next season, he let his cattle into this paddock and instead of running all over the place, something life-stock will do, to find the best pickings in the new paddock, they started to eat from the front, just inside the gate and gradually worked their way to the other end over a matter of days.

These cattle found the pasture palatable everywhere and they did not need to find anything better anywhere.

That is amazing hey? He continued treating the whole of his farm bio-dynamically.

LET'S GO BACK TO NATURE NOW WHILE WE STILL CAN.

Here I should mention to you that reading the series of books, called: "The Ringing Cedars of Russia", starting with the book named 'Anastasia', could enlighten you in what is possible, if we were to be at one with Mother Earth and have and raise a very happy family.

Life is so amazing, that we cannot separate the physical from the mental, spiritual, sexual, emotional, psychological etc.

Growing good food is a start (physical). Living peacefully and in harmony could improve our lives very much indeed (emotional). Finding the right people, like minded etc., will improve your chances. Putting 'money making' more into the background and 'living happily' more into the foreground will always improve life and the family (mental). Spending time to connect with the Universe and meditation will always rise your 'spiritual' life. Being happy and fulfilled in your relationship, completely engrossed in each other in love, will always improve your 'sexual' level.

As written, *talk with each other **always**. Discuss your daily events on the day, each day, before retiring. Remember your partner is the most important person in your life, so keep that in mind. Two people are better than one.*

I have seen so much misery in my life that I would like to prevent this from happening to you. Peace and love are so amazing and for that reason I have now taken on the name of SHANTI which means 'peace and love'.

I feel better for it indeed as people know me as a peaceful and loving person, caring for others the best way I can on a daily basis.

Reading the books above, will make your life so happy. I cried many times during the reading of them and the tears were tears of emotion and happiness; the way it can be for all of us, being completely happy and healthy, in harmony with everything and everybody.

Can you imagine that situation? You now think I am dreaming don't you, but not so. If it is possible in Russia and now other countries as well, why not in your country and you in it? You have to want it badly enough to make it happen YOURSELF and no one else can do it for you.

You are in charge of your life!

I leave that up to you to decide.

Skin and body care products

All the common cosmetic products, whether used on the skin, nails or hair are usually produced with a lot of dangerous chemicals. There are so many of these chemicals, that it would take half of this book to write them down and explain the dangerous effects of them, so again PLEASE look them up on the net, by google searching: "Toxic ingredients in make-up".

You get a list of the 12 (only) most toxic and common chemicals found. There are many more,

but this should shock you enough, I think.

Read the ingredients labels and look up the nasties, in the book called: "The chemical maze", also mentioned in the back of this book. Find out what these chemicals do to you when you use them. You will be flabbergasted at the outcome and to think, that you have used them all this time, because you believed the advertising. You see these pretty girls with shiny, flowing hair, the models with blemish free skins; yes, that may be so, but these young girls who are naturally beautiful, as they are so young, are slowly being poisoned. Whilst they are young and have a good strong constitution and probably a naturally good skin anyway, they can get away with the treatments they receive from the manufacturers of these products, but who can prove, that these advertised products are used on these girls anyway? There are so many tricks in the trade and we believe them all. They are very convincing, aren't they? Remember that if a product is cheap, it usually is nasty as well. You get what you pay for, don't you?

If we have a skin condition such as acne, you cannot CURE it by putting something ON the skin, as it is an internal problem of toxicity. You can mask it for a few hours or even a day, but it keeps popping its ugly head (pardon the pun) out all the time. If these creams, or whatever you use to cure acne, are so good, why do you have to put it on all the time, sometimes for years? If it is going to cure the problem, it should take 3 months at the most.

Acne is a problem caused by internal toxicity, mainly caused through foods you cannot deal with at this time. Dairy products, fats, salt and white flour are some of the most common foods and I have dealt with them already. If you have a clean, vegetarian diet of lots of green salads, a variety of vegetables and very little meat and NO dairy products for a while, you will find that these nasty things will disappear, but don't forget to cleanse the inner body **first**. *This is always necessary, before you start eating clean foods.*

It is the acidity of the body, causing a lot of these diseases.

I mentioned advertising before. These beautiful looking girls and boys are indeed looking beautiful, but a lot of them are actually quite toxic inside. The science of Iridology teaches us to look into the eyes and observe certain parts of the body, whether they are healthy or not. I often remark on the findings, by looking into the eyes of models and tell my friends to take notice of some of the easier detectable problems, we all can learn to read easily, by observing the eyes.

They are usually quite fascinated by the explanation of the eye readings.

Washing powders, ironing aids and chemicals used in the cotton growing industry, which stay in the cotton fabric for a long time, can affect some people very badly as well.

When washing your clothes in the washing machine with regular washing aids, some chemical residues will stay in the fabric and touch your skin all day while you wear this article and could be absorbed by the body.

Case history.

We had a friend who always had trouble with skin rashes and itching all over.

One day, when we visited his shop, his wife started to tell us all about it and we advised them to use 'Eco Balls', instead of the regular soap powders, to wash the clothes with. They did not know, what we were talking about, but when we explained to them, that these balls, containing ceramic beads and did the same thing as washing powder and that is, breaking the surface tension of water, (making "water wetter"), they wanted to try them.

These balls have NO (artificial) perfumes either, which in the case of most washing aids, is/are toxic chemical(s) and are completely unnatural. These balls are put into the washing machine, with the dirty clothes and stay there for the duration of the whole cycle. (Eco balls are not sold under that name today, but there are products exactly the same as Eco balls. Check your local market on the weekend or look them up on the internet. I see them there regularly.)

His wife got some and went home and washed all his clothes from his wardrobe and drawers, even though they were washed before. As he started to wear **clean clothes** the following day, his rashes did not happen anymore, till one day he was looking for a particular pair of socks he wanted to wear. He found these socks in the back of his sock drawer.

When he took them off that night, his feet and his ankles were reddish with a rash. They did not know what happened at first, but they soon realised, that this particular pair of socks had not been washed by these Eco Balls, as they were missed by his wife. She washed them in the next load of washing and his problem was solved.

Another product I can advise you to use are Soap nuts. Soap nuts are a nut from a tree, which when put in with the washing, like the Eco balls above, and leave them there for the duration of the whole cycle, act the same way and these too have no artificial chemicals in them. Absolutely safe! Look under products in the back of this book.

I just want you to be on the look-out for unnatural additives, be it in food or skin care products, washing powders and liquids, the water we drink or bathe in, swimming pool water, the air we breathe, everything we touch or that touches us anywhere. Everything must be clean and natural.

No, it is NOT OVERDOING THINGS! I AM TRYING TO PREVENT YOU FROM HAVING PROBLEMS.

I am not talking about the naturally occurring bacteria etc., because some people go over board to have everything in the house SO SQUEEKY CLEAN, that we kill all the bacteria, even the ones we need or should have, to give us some immunity. Some products are advertised to kill 99.99% of all bacteria and of course this includes the friendly ones.

There are so many beautiful natural skin care products on the market, made from all sorts of herbs and oils, that there is no excuse for not using them.

Ask your naturopath to help you and again, look things up on the net. If you cannot use the net, ask for help from your younger relations. The kids today are so good at researching the net. It makes me mad, when I cannot find what I want and I ask a young child and they press a few buttons on the keyboard and hey presto, there is the answer.

Good luck and I suggest, you throw away all the stuff you have in your bathroom, kitchen (cleaners etc.), and laundry and replace them with healthy alternatives. Actually, I don't like this word alternative here, because the chemicals are the alternatives, not the natural ones. The same word is used in medicine; the alternative healers are we, who practice natural therapies, the original therapies. Medicine should be the alternative therapy, don't you agree?

Household cleaning products can be made from simple, safe products like bi-carb of soda, white

vinegar, colloidal silver and so on and you do NOT need different ones for the whole house. These products can be used all over the house, bathroom, kitchen, laundry etc. and are very cheap and safe.

In our swimming pool, we used Hydrogen peroxide, instead of chlorine. It was so nice to go in the water and feel clean when you came out. Salt water pools are chlorinated, you realise that, don't you? You can also use Colloidal silver in your pool for the same purpose and it is done extensively in Europe. A colloidal silver maker is cheap. See back of book.

NOTE: A very good friend of mine, mentioned something the other day which I thought was very interesting. He smokes and as he was walking along the street one day, a lady told him that he should be ashamed of himself, smoking in a public place. In return, this friend almost choked on the very strong smell of artificial perfume this lady was wearing. Interesting thought. We accept these strong smells, as it is the modern way of "so-called", making oneself more attractive, by covering up our own, individual body smells. I know some people, who get a type of hay fever, when they come in contact with modern perfumes. I myself hate the smell of them as well, as they are so overpowering. I used to ask my patients not to wear perfumes, when they came for treatments, as I had to massage them and breathe in those nasties. The bed linen on the massage table would take up these smells and were very difficult to neutralise in the wash. There is nothing nicer than a real, natural hint of the smell of flowers, like roses and lavender. They don't choke you.

Electro-magnetic radiation (E.M.R.)

I am going to mention EMR under the heading of `Pollution`, but a little introduction here won't hurt. Sometimes I wonder, if we would have been better off without electricity. You say WHAT? Yes, electricity causes a lot of problems and has sped us up to a point, that we cannot cope very well and also it affects our health badly. You say that we cannot do without electricity! Well, we can, but it would take a MASSIVE change in our daily lives, since we are so used to using electricity. You know, that once there was no electricity? People lived very well and were quite happy? In some parts of the world, that is still so.

Electric wiring, mobile phone towers, high power electric cables overhead and under the ground, all electrical equipment such as TV's, radios, mobile phones, cordless phones, microwave ovens, cars, aeroplanes, satellites, meter boxes, games and all the gadgets we play with or listen to in our homes and also cars, emit EMR and it is KILLING US!

Cancers and all sorts of sicknesses, especially in connection with the brain are the majority of diseases caused by radiation. We have been warned for years about this, but we seem to buy even more electrical gadgets and we never seem to have enough of them.

If you could **see** radiation around us, it would be like being in an attic, where no one has been for years, which is filled with cobwebs. NOT SEEING RADIATION, MAKES IT HARD FOR US TO BELIEVE THE FACT IT IS THERE! If only we could see it!

Can you imagine, that all these things and wires in the home, office, school and in the street, individually radiate a dangerous ray going criss-cross in all directions through us, over us, under and besides us, just everywhere.

How do we know they are there, if you cannot see them? Well one sure thing proves it, when you drive your car under the power lines and you are listening to AM radio. The radio makes a very bad burring sound for the whole time you are approaching, drive under and disappear away from them. That is one sign we are looking for?

Another really sure way is to remember that wherever you are, your mobile phone can be used, so radiation is everywhere, in every square centimetre of space.

I pity those people who live anywhere near these power lines OR mobile phone towers; AND IT IS GETTING WORSE.

I will tell you a story about a family, who bought a property in the country where high voltage power lines crossed their house site. The house was indeed very close to them. The first night the people moved in, the husband said goodnight to the kids and turned off the light switch. Surprisingly, the lights did NOT go off. He could not work out what was happening, as it was the same throughout the whole house. HE COULD NOT DIM THE LIGHTS. He proceeded to take out the fluorescent tubes from the fittings and closed the bedroom doors. The bedrooms were dark, but the tubes continued to glow very brightly in his hands. He had to put them in the broom cupboard to darken the house, so they could go to sleep.

The following morning, he rang the local electricity supply company and told them what happened. All they said that he was a lucky man, because it would not cost him anything for lighting.

He was furious and sold the house as soon as he could.

Another thing really worries me is when I see young people, especially girls, stand behind a counter where there are Lotto machines, cash registers, photocopiers and alike. We went around with a Gauss meter (Measures radiation) one morning as we went for our walk. Under the awnings of the shops, where the power lines were going over the top, the Gauss meter went berserk. Then we proceeded into the newsagent's shop, the same thing happened. It was early and the only person there was the owner. He asked us what we were doing. So, we told him. He too was horrified and said what can I do about it to protect ourselves? We did not have an answer, because everyone is so involved in the use of electricity, that we cannot get out of it any more. Unless we turn the electricity off altogether, I cannot see an answer.

In Russia they have woken up to microwave ovens and their dangers at least and I believe they have banned them ?. Good on you Russia!

We attended a seminar where an electronics engineer demonstrated to us how serious the problem was with the radiation from microwave ovens.

The outcome of the tests. A safe distance from a brand-new microwave oven is 6 meters, that is almost 20 feet for you, who are still thinking in the old scale.

I mentioned NEW, because the seals on the doors should be changed regularly. Nobody does that and I don't think we are told either. You see there is danger lurking around every corner of our lives and we are kept in the dark. Remember the mushrooms? They are fed horse poo and kept in the dark. We are treated the same as mushrooms.

This is just the radiation. Now here is more about the effects of radiating food with micro waves. When you put food in a microwave oven, the molecular structure of food completely changes to substances we don't know much about, but they are not the same, as when the food went in the

oven. The extremely violent way at which these microwave ovens work, changes food completely.

Baby bottles put in the microwave oven to be heated, can be extremely dangerous to the recipient baby, because the centre of the bottle's contents is much hotter, than the rest and if a mother/father does the normal heat test and finds the temperature alright, the core of the milk being so much hotter, can burn baby's throat and more. Besides the milk is NO GOOD ANYWAY. It is no longer milk as we know it. Read about milk above.

When you use a computer a lot, you should protect yourself the best way possible, by wearing a protective device* and/or put two clusters of Amethyst crystals, about the size of a large hand, one on each side of the computer. Leave it there for no more than a week and change them for another pair.

The first pair must be removed and carried outside. Leave them open to the sun, moon and rain to be cleansed. DO NOT PICK THEM UP WITH YOUR BARE HANDS.

*You can buy protective devices for all your mobile phones, pads and computers. Go to the internet and google: TESLA.

“Earth Transitions,” is another very interesting website.

Low voltage electricity is a lot safer and that is why, solar panels are so much better to use on the house. You should use as many electrical gadgets in a solar home with a 12 or 24Volt rating, because DC current is not putting out any, or very little, radiation. DC power is produced by solar panels, so there is more to solar energy than just saving on power.

A friend of mine lives in a caravan and is a gadget man. The trouble is, that nearly all his gadgets are electronic. Being in a caravan, the metal shell retains the radiation even more and it bounces off the walls and ceiling. So, he really gets a full dose plus more.

By now, he probably glows in the dark, then again, he might be a “bright-spark”! Now seriously, that situation is about as bad as you can get it. He has been told and that horse probable won't drink even though he has been taken to the water.

WOW!

Genetically modified foods

Over the last few decades, genetically modified foods have become a popular thing with the big chemical companies, producing foods, that are easier to grow, resistant to pests, drought and all sorts of other things they can think of. GM is supposed to save the world from starvation. If you research this statement, you will find it is not so, as there are still millions of starving people on this planet.

GM foods are not the same as real, God created foods. The changes are quite dramatic and have side effects we don't know about and they won't tell you either. Maybe they themselves don't even know, or is it like the secrets on mobile phones not released till years after the introduction of them and we cannot do without them anymore?

It makes heaps of money for these companies, the Multi Nationals, who are very clever, talking

farmers into using these seeds, which have been changed to resist weeds for instance, because the same company makes the weedicide as well. Weeds are killed by the weedicides, but the GM seeds are resistant to the weedicide, which is produced by the same company which supplies the GM seeds. The farmers using these products are completely taken over by these people and unfortunately, they don't see it. Those who have woken up, too late, are ever so sorry they started to use this system, because once GM has taken over your farm, it will never produce real food again.

If you can control food all over the world, you control everyone in this world. Have you thought about that?

GM seeds are patented WORLDWIDE and if you grow even one plant in your backyard from a GM seed, they can take you to court and charge you.

These companies go all the way out to get things their own way, even if it is done illegally, because they are so powerful.

There was a case in Canada, where a farmer was growing a regular crop of Canola from conventional seeds. This chemical company somehow found GM seeds growing amongst this farmer's crop and took this poor man to court. He lost, because...You fill in the blanks!

GM grown plants will not produce viable seeds, in other words they do NOT produce seeds you can collect and grow the next season; did you know that?

In other words, you cannot save seeds from these products to grow at a later time and now you have to buy these seeds from these companies if you want to grow anything at all in the future. That is complete control!!! That is why there are campaigns to stop GM worldwide and all of us should do our bit and demand from our polities, to have GM foods clearly marked in the shops, so you can refuse to buy them. This is the only way to stop them; hit them in the hip pocket! They don't like not making money. Each of us refusing just one item of GM food a week, worldwide, will close them down.

In 1999 or 98, I heard on the news, that they were setting up an enormous seed-bank in the Arctic region to save seeds, just in case we get worldwide droughts or any other disasters, which could wipe out all the seeds for edible produce. This I thought was a great idea when I heard it at first, but a little later I noticed, that some of the very same companies involved in this venture, were GM seed producers. I wondered why that was necessary, if they were producing drought resistant seeds anyway. I CAN SMELL A RAT HERE! What do you think?

You may not have heard about that, because it was NOT on the regular news. The original vault idea was, but not the latter news. See, they only tell you, what they want you to hear, something of very little importance only. The real news is withheld.

The "news" always contains the same negativity and on occasions, when a disaster occurs or something like that, they change it to cover that for a while and then all the same things come back again. House fires are very popular. They are on the news every night, even if they have to get this news item from an overseas country, not affecting us at all here in Australia.

When I asked 2 popular TV stations to cover my book launch, they said they would be pleased to come and do an article on that, but...(they both said):" If there is a fire that day, they would not be able to make it." I immediately cancelled my request and went ahead without them.

It is obviously what people want to hear and see, but I personally cannot see the value of seeing a house fire. If this happens to someone, I feel very sorry for them and pray that they will be fine

soon, but to spend many minutes watching these poor people suffering and crying, because they have lost everything etc., surely is not what we need to partake in.

Let us see and hear some positive news and see happy people around the world enjoying life and singing and dancing with their families and neighbours and other towns folk. That would be nice hey?

This is life today and I would like to see it change soon for the better. Politics are so negative and even if we are awaiting some good news from our politicians, it never seems to happen the way they portray it when they introduce something before the elections.

Would it be better if we had independent members only, without parties? At least they would be able to put forward the wishes of the constituents they represent and not have to vote along `party lines`. I don't know!

Pollution

We are all part of this beautiful world and universe. As part of it all, we should share our life with the world and universe and that means with everything in it.

*If we are part of the Universe, the Universe is part of us.
If we look after the Universe, the Universe will look after us!*

Shanti

This quotation I believe is very important for us to understand. You cannot be part of a football team unless you are in the football team for instance. This is universally so.

There is so much peace out there and we deserve to partake in this peace and harmony. As beings of this universe, we should be happy and love all that is around us. We should love our neighbours, the trees, the animals and appreciate the beauty of creation itself as a whole.

As this article is headed pollution, I wish to bring to your attention, the negative aspects of living today, only to make you aware that there are good places and ways to live without pollution.

NOISE POLLUTION

Loud music, machinery, cars, lawnmowers, chainsaws, tractors, planes, trains, trucks, the neighbourhood's barking dog.

A lot of these noises can be dealt with with a little thought from man and consideration for his fellow man. There are certain noise pollution laws, prohibiting the use of noisy machinery to be used before and after certain hours of the day. Good, that's a start, but what I am driving at, is the consideration for others. We should not have to have laws like the above. Man should consider others, without having to be told by the authorities.

When I was camping out one night on my trip around Australia, I pulled up fairly early and found the spot in a camping area I thought was going to be quiet and peaceful. I never set up my tent, till after most people had set up their camp in these places, which I avoided like the plague. I preferred to stay well away from camping grounds and preferred the wild, open spaces in the

bush.

Anyway, it was almost dark and I unfurled my tent, which was situated on top of my Landcruiser. I had dinner and was ready to go to bed, as the time was 9.30 pm. Just at that time, 2 caravans turned up and parked right beside me. They were friends driving in convoy. They set up and as soon as the beers came out of the esky the generator was started up. Unfortunately, it was quite an old one and it was noisy and smelly. I copped the lot, as the wind was blowing all this pollution into my tent.

I sat up for a while and became very tired, so I decided to go and speak to them and ask them politely to stop the generator or at least put it on the other side of their camp, so the noise would be more muffled and maybe the smell would drift into another direction. They were very unwilling to do so, but eventually they did move the generator away from me.

Consideration is what it is all about. I don't mind them having a generator going, during reasonable hours, but to come in late and then keep everyone awake is not funny. In a number of these caravan parking places, they have signs, indicating times during which you can run a generator or they have special sections for the campers with generators.

The barking dog sometimes goes on and on and the owners either don't care or they are at work and they don't hear them. It is so annoying hey!

VISUAL POLLUTION.

Generally man-made waste lying around and also clutter, is very bad Feng Shui, something I cover later. It is a lack of consideration for others.

Why can't we be more responsible and considerate and clean up the mess we make? You bring it in, you take it out!

How often do we drive behind another car and the occupants of this car throw their rubbish out of the window?

I am writing this next bit in the past tense, as I hope this is no longer occurring today. I have a bad report to make, about the way toilet paper was left around the country side. Wherever I was, most of the time very far away from civilisation and other campers, toilet paper was blowing around everywhere. As the season was so dry, this paper finished up in the trees and bushes and flapped in the breeze, not looking too good at all.

I was told that it was our ladies, who were the culprits and I was flabbergasted to hear that. How difficult is it to take a little spade, dig a small hole and bury this waste? Or take a little plastic bag from the car and put the paper in it and dispose of the bag at the thousands of bins provided for the purpose of keeping Australia clean.

Come on folks, leave nature pristine for all of us to enjoy. One day you might go to a place and find the area littered with someone else's rubbish. How would you like that?

I wanted to stay in one place in the bush for a week or more and it took me almost 2 days to clear the place of toilet paper, which was spread out over a large area.

Teams of VOLUNTEERS go out on the "Keep Australia Clean day", once a year to clean up what you have left behind or purposely dumped. It is not fair, that they should have to spend their free time to clean up after you. As I said these are volunteers.

We all know about plastic bags, how they finish up in the waterways and oceans, choking fish and turtles etc. Fortunately, the law has been tightened so no one-use shopping bags in

supermarkets are available. That is a start, but there are millions of other plastic bits and pieces still finishing up in the oceans. Fishing line is another really bad material to be left around. It kills, while you eat some fish, other fish are choking on dumped fishing line. Take it away, please! You know all this anyway, so please help to rid the planet of these bad polluters. Let us all do a little each day and pick up these things if you see them. I know it is someone else's garbage, but they will never change.

Some friends of mine went camping on Frazer Island, off the Queensland coast. They went there every year. This particular time, they found hundreds of beer cans and bottles just thrown about in the spot they usually occupy during their holiday. They wanted to stay there so they proceeded to stack all of them beside a tree. As they were doing this, the ranger came by to collect the camping fee and asked them what they were doing. They explained to him what was going on and he gave them a free pass to camp and told them he would be back the next day to collect all this stuff. This should not happen, but..... it does!

It is not even right to make a mess in your own home or garden. You might argue that your home is your responsibility, BUT eventually this mess becomes so great, that vermin move in and smells drift over to the neighbours. Authorities have to send in contractors and cleaners have to come in to remove this filth. We have seen this on TV at times and it is disgusting.

CO₂ POLLUTION.

Cars as we are told are one of the worst polluters of carbon dioxide, but I read an interesting article on the manufacturing of a car, that the process of manufacturing a car is more CO₂ unfriendly than the driving of the thing. Volkswagen therefore had the right idea, by not changing models every year in their early years of manufacturing; just beetles.

So why do we change models all the time? Is it to keep up with the Joneses? If that's the case, get off it! We should change our ways very quickly and drive our cars for a lot longer. It is in other words a very unfriendly way of doing things. After all, a car is mainly to get you from A to B and on the average, this trip is a daily business. I am sure your car is NOT worn out in 12 months. The manufacturers give you that assurance. Most cars today have a 5 to 10-year warranty, so the manufacturers believe, it will last at least that long. If you kept your car for say 5 years, you will reduce the CO₂ figure considerably, if the facts that I read are correct.

The most economical speed to drive most cars is between 80 and 85 kph. Why are we continually *increasing* the maximum speed on roads? Would it not be better to *reduce* it to say 85 kph maximum? At that speed it would be safer as well and all we need to do is plan our day differently.

We should all slow down and smell the roses instead of petrol fumes.

If car manufacturers were not bringing out new models each year, we would not be able to get a new car annually and that would be good. If that became the norm, we would accept it like everything else in life, but we are so driven to buy, buy and buy. Yes, the cost of living is driven up by industry, as they want to make money and you get sucked in by their fancy advertising again. Consumerism!

I had my Landcruiser for 24 years and it was 26 years old when I sold it. It was still driving beautifully and did not blow smoke, like so many other diesel engines do. Having driven 23,500 kilometres on this trip I told you about, my fuel consumption was hardly different to what it was when I first bought it. I was loaded with approximately 400 kilograms of camping gear etc. and

my car top tent and roll-out annex would have been a drag as well.

I look after my cars and I get plenty of comments, as to how well she looked. When I told my mechanic the result and showed him the receipts, he could hardly believe it. He said an old model like this, without all the modern gadgets to save fuel and reduce pollution, you have done well.

I drove no faster than 85 kph and only on occasions, I went over that speed, in cases when it was necessary. What do **you** think? I think that my car was more Earth friendly than a lot of others.

SMELL POLLUTION.

These pollutions can be very annoying. The smoke from chimneys of factories, badly tuned cars, lawnmowers and blowers, hairdressing salons (those who still use the old -fashioned chemicals in perm treatments and some nail chemicals), body perfumes (artificial ones), household cleaners and air fresheners, cigarette smoke etc. these are all a big problem around us in the towns and cities.

Why don't we use fresh flowers or sachets of dried ones to freshen the air in the toilet and bathroom for instance? The artificial smells are too strong, but we are so used to smelling them now.

It was so nice not to smell any chemicals on my trip. Just fresh air and flowers. I really enjoyed it so much. When I came back to the coast, I could smell them again, but it is not too bad just here. During my trip I went to see my son and his family in the North Western suburbs of Sydney, where the air is quite good compared to other parts of the city, but I suffered quite a bit. I got a sore throat and had to leave for the bush again after a week. It took another week to recover, taking herbals for the problem.

E.M.R. POLLUTION.

Electronic radiation is the biggest polluting problem, because we cannot see it, hear it or smell it and in the end, it could be the greatest polluter and killer of man. I went into EMR earlier in more detail.

Please support those people, who do their utmost to keep this planet alive, by collecting and removing the pollution we have created.

Please re-cycle and buy wisely in glass or paper wrappings and dispose of plastics in the most sensible way.

LET'S STOP THE MANUFACTURING OF PLASTIC ALTOGETHER NOW !

There is always a solution to any problem; we just have to find it. NOTHING is impossible! And I state this categorically. It may take time to find a solution, but there is always a way.

I have written some very interesting things down here, that you may like to ponder over. I have already had many discussions about some of them and I always come out on top. It is our own situation, that is the hardest to solve and it is amazing, how we can solve other people's problems so easily ***WE CAN BE SO STUBBORN AND BE IN DENIAL.***

“I have been there, done that!” and as you read in the previous chapter about my freedom, I had to drive 23,500 km, do a 10-day meditation and fast, camp out every night by myself, not conversing with anyone for 5 months etc., bathe in freezing cold water (not me at all) and more, but I did it.

I am proud to have had the willpower to overcome my depression and the feeling of not wanting to go on. It was hard to do, but I did it, no one else.

I always feel if you want something badly enough, you will get it. Most times you “sort-of-want-something”, but not badly enough to really make a great effort to achieve it.

That's okay, in other words you did not really want it in the first place.

Let others laugh at your efforts to be free from whatever you want to shed. Peer pressure, as mentioned, is a difficult one to beat, but read the stories. If this young man can do it, damn well you can too!

Be an individual and make up your own mind. It is for you, remember? You have a right to live the way you want to and be happy doing so.

Come on, be happy!

How to survive the global financial crisis

In my opinion, we can survive very well during the next few years, whilst the whole world is in a financial crisis.

No, things are not over yet and the powers at be, don't tell you anything. Nothing is ever mentioned on the news broadcasts, what is going to affect us somehow, quite soon.

The news on the telly is the same, day in and day out, just the names change. I did not see TV for 5 months when I was on my trip to do the meditation in 2009 and when I arrived in WA, where my friends were watching the news, I found that out.

People will be hit hard, because over the last 60 years, we have got used to living in very affluent times and money has not been a cause for alarm. Years ago, only one partner in a relationship had to go to work to make ends meet and that was usually the husband. Today however it takes two to do the same. Yes, it will take some sacrificing, but it will make us stronger in the end. It won't hurt to learn to budget hard for a while, as you will learn to appreciate the things you have and NEED. Only yesterday a friend rang me and she told me she had been shopping for clothes. This is a real problem for her, as she has some amazing clothes, yes, a wardrobe full of beautiful garments, but still she feels she needs more, to be presentable each day at work.

Lately we found out that the price for electricity has gone up drastically. That is just one sacrifice we will need to meet. We should all put solar panels on our roofs and be free of the electricity suppliers and their massive bills. There will be more, you wait and see. Apart from the price rises, using solar is going to improve the air pollution, as we will be contributing to renewable energy

and not coal.

I am going to give you some hints which I think will make it work. Some suggestions may not suit your situation, but these pointers will be very valuable in general.

Keep your chin up, as I know you will make it. That in itself is important. As these suggestions are not a new idea and a lot of our senior citizens have been through these times in the past, I am sure they will back me up.

Please read on and allow me to help you.

It is almost unbelievable, that this situation can occur in these modern times, but it is GREED that has caused it all. Greed by a few and these few we all know; the ones who talk in millions or billions these days and they always want more.

It was stated in the news a few weeks ago, that our Queen's salary was going up from something like £72 million pounds per year to over double that; yes, something like £150 million. Woo wee! We have also been told about the banks and their dishonest dealings and still they make billions a year.

Let us take the worst scenario, that one of you in the household loses your job, which is in the cards and it is happening now all around the place. The pollies don't talk about that and they keep on saying that they create more jobs. Yes, at times jobs are created, but you never hear it spelt out clearly, that so many other jobs have disappeared during that time as well.

If this happens to you, sell your second car immediately. This car, you cannot afford as it costs you big money; you do not have the earning capacity any more. The purchase price, registration, insurance, fuel, maintenance, depreciation, wear and tear etc., all adds up and if you do not sell it, you will use it.

Add up all these costs and you will say: "wow!"

*Now, you must do it before you read any further, because this is so important. Sit down and start writing down **all** the costs involved in driving the second car on paper; yes, even the parking fees, toll charges, maybe an odd fine for speeding or illegal parking etc.*

Next, keep your children, who are in childcare institutions at home. Add these savings to the car expenses you have saved and there is another:

"wow!" Yes, even driving them to and from these centres, the time it takes, the extra distance you drive and the fuel cost, remember them all.

Not having to go to work and face the people in business, allows you to dress down during your time at home and save you more money, normally spent on business attire as I wrote above. Further you will save on parking fees, toll fees, business lunches and dinners. Maybe you employ a gardener or a maintenance man. He/she can be eliminated from your employ. Keep adding up folks!!!

Meals made at home are cheaper and much healthier, because you can buy fresh produce and you don't have to use the microwave oven, as there is time to spend doing the cooking properly on the stove and you are able to get the children involved in these activities as well. Where else do they learn these skills? Only Mum or Dad can teach them healthy preparation of food, especially if you can follow my suggestions in this book, your bible to survival.

Rather home cooked meals than takeaways. The reasons are mentioned elsewhere in this book. I have also covered microwave ovens and what they do to your food, so please look that up.

Public transport should be used to go to the shops, where you buy your groceries. The children like these outings and they do become a regular occurrence. While you are out, you may take them to a park and play on the play-items provided by the local council. Most supermarkets have a home delivery service and if not, the member driving the car, can pick them up after work.

The older children should learn to walk to school and you can walk with them for exercise. It is good to get their circulation going before school, as that makes them more aware, what is going on in class. If this is not at all possible, carpool seriously with your neighbours for this event and save not only money, but the environment as well.

Walking to school is not new. Our previous generations walked for miles or rode a horse or push-bike. They survived, in hail, rain or shine! I was one of them.

Reduce the use of the remaining family car as well, just to save money and the breadwinner should also try to use public transport as much as possible. Many things can be done without a car all the time. We are so used to starting it up for the smallest trips. Some insurance companies will even give you a discount on your premiums, if you drive less.

Walking, bike riding, hopping on the bus, ferry or train can be a real outing for the kids and it is healthy.

How long ago was it, when you had a ride on public transport?

A sad report was on the TV news last night, where they mentioned that so many women these days drink so much alcohol, that one woman was found to be 6 times over the limit in the morning, driving her children to school and many others not far behind. These symptoms are surely due to stress. I feel so sorry that we stress ourselves out to a point, that we cannot cope and feel the need to drink or be on drugs. WE MUST find our lives again and be happy. Live as a beautiful family in peace. Money is NOT everything! Money is the root of ALL EVIL!

Simpler living starts at home. We should also be a bit more industrious and grow some of our own foods in the form of vegetables amongst the ornamentals if you need to etc. Even if you live in a flat, with only a balcony for a garden, you can still grow some things. I have done just that, during a time, when we were looking after someone's flat. We were growing lettuces, Chinese vegetables and tomatoes in polystyrene boxes on the balcony and when the time came for us to move out, we picked up our garden and took it to our new home. We even grew some miniature fruit trees in pots. And they were organic! No chemicals used by this boy!

If you grow too much in your garden, you have some bargaining power and you can exchange some veggies for other items with someone else or get some services* from them.

*Services come in many forms such as the plumber, electrician, babysitting, sewing clothes, supplying/receiving produce, computer knowledge, etc. and so many can be done from home.

If you cannot grow, maybe you can sew. Sewing can save lots of money as children's clothes can be quite costly especially if you buy brand names. If you are at home, maybe you can care for some of the neighbours' children as well.

Doing your own house repairs can save money too, as tradesmen are very expensive and it is fun and we learn another skill. If you have 2 left hands and you cannot do handiwork, exchange the skills you have with a friend, who is handy; maybe by babysitting or whatever. Our group was doing this for over 2 years and it worked very well. Leisure time can be spent on the beach, the play parks, going camping or bush walking on weekends and when you are outside, enjoy a bar-b-que with the family. Too easy!

If you go camping, the foods you prepare cost you so much less and the peace and enjoyment of the birds and wild animals around you, are really going to refresh you for the week ahead. Learn to really relax!

Get away from the "idiot box" and all the electrical gadgets in the house, which radiate harmful rays. Your health is more important than the lies and stupid performances you see and hear on the telly. So many people I have spoken to, agree with me. I hope you are one too.

Even when you are at home during the week, only watch a program that is educating and/or

makes you laugh, but do not sit there all night long and watch just everything. INSTEAD, ENJOY THE FAMILY AND REALLY GET TO KNOW EACH OTHER by playing games, do art-work, play your own musical instrument, etc. You must be able to think of something more constructive than watching TV?

We formed a cooperative buying group with a dozen or so families and bought wholesale. We have done this for years and it works very well, as long as everybody pitches in and shares the sorting out of the orders, when the goods arrive in bulk.

We bought grains, some flours, oils, tinned foods, seeds, xylitol (sugar substitute), dried fruits, nuts and seeds and a heap of other items, including (natural) cleaning products, in all, too many to mention. The beauty is, that you can get all these things in the organic form, so that's another bonus. Check out some of the wholesalers at the city markets and get their product catalogues.

Internet buying saves money as well, most of the time.

I am sure, that I have covered at least a short list of things, that can save you money and I hope that I am not pushing you too far, but I still maintain that “the (you know what)... is going to hit the fan” not long from now, so at least be prepared. **As I am re-reading this book, for the next print, I realise that I wrote these statements in 2008. Now we have the Corona virus and it is just doing what I was talking about**

Of course, there are many other ways to save money, but you will have to sacrifice some of the conveniences of modern living. The next thing you should do is to use the mobile phone a lot less. It is a gadget, which is very much over-used, dangerous and the money spent on it is ludicrous, especially when it is used for all sorts of other things than ringing people. Some people are never without the mobile phone and make calls, which are not at all that necessary. Young people are always calling one another and if it is not calling, the games they play and the photos they take are all over the top. There are so many apps available which cost the earth. *Always put it on `speaker phone` and hold it away from your ears and head for safety.*

There will be so much trouble in the future, because of over-use of mobile phones. There are plenty of warnings about the use of mobile phones already, but we do not seem to take any notice of them. When not using the mobile phone, DO NOT PUT IT IN YOUR POCKET, ESPECIALLY ANYWHERE NEAR YOUR HEART or any other important organ, because it will damage you in the long run; YES, EVEN WHEN IT IS TURNED OFF. Try and keep it as far away as you can from your body at all times. I saw a mother with a tiny baby in a sling on her chest, texting with her mobile phone just centimetres away from this baby's head. I was really horrified.

Slowing down is good in itself. If you are the man of the family, who has lost his job and you have children, you will have to do things around the house to help your wife, who is working for money. You become the house husband and you will have to do things you are not used to, like cooking, cleaning, looking after the children, shopping, etc., but this is not so bad, as you learn skills and you are not spending money elsewhere out of boredom. It is a good time for you and the children to bond and to get to know each other better, something that may be missing. When you normally are at work all day, you come home tired after work and all you want to do is sit and relax in front of the TV. and ignore these duties.

If you are the mother, who has lost her job, there are a few things you can do to make a little extra money, if you have the time, between the chores. (I know there are plenty).

Internet shopping, as I mentioned is quite lucrative and there are the benefits of not having to go out. These goods you buy are delivered to your door and therefore save you money and you do not pollute the universe with car-fumes.

Be careful not to become an “internet junky” and buy, buy, buy, because then you are on the wrong track and waste money. Shop wisely for what you need only and get some advice from some of your friends, who do just that. There will be times when you see goods whilst surfing the net that attract you, but please ignore the temptation.

Using a microwave oven is a NO-NO. Radiation from them and mobile phones, is actually radiation that can kill. You know, when you have an x-ray taken, the operator stands behind a special lead-lined wall, to protect him/herself from radiation and here we are bombarded with similar stuff at home! It horrifies me to see children stand in front of the microwave, seeing their pie get warmed up or whatever. Please trust me,
DON'T USE IT, DISTROY IT AND GET RID OF IT, NOW!

Saving money can mean all sorts of sacrifices, but one not mentioned yet, is using less electricity. As we all know, electricity prices are going up very steeply, especially since private enterprises have taken over the running of the show, in many parts of the world.

Too many lights are left burning all the time in areas, whilst nobody is in that area. Also, in some households, every room has a TV, computer, ceiling fan and goodness knows what else electrical. Especially at night when we go to sleep, all power points should be switched off at the wall, to extinguish the standby lights, which still take a lot of power away from the grid. THEY COST YOU MONEY! Hundreds of dollars a year.

People using solar power, learn very quickly to do these things, as they see their meter running and the solar panels cannot make enough electricity to cope with waste like that.

Solar power is cheap to install these days, compared to even 10 years ago. I believe that if you go solar with your own storage battery today, you will be able to cut even in about 5 years. Check these figures with the numerous solar people around everywhere. I know if I was in my own house, I would have solar again.

After 5 years and the system will be paid for and no more power bills will come in the mail. Surely that is alright hey?

$$\text{POWER} = \text{MONEY} = \text{CO}_2$$

Water crisis

The water crisis today is really a crisis we should be aware of. It is much more evident than we are allowed to believe. The truth is not really told clearly and the general population is NOT aware of it. Since I wrote the initial publication of this book, things have got a lot worse.

Solving the water crisis can be done. We should catch every drop and store this water in various ways. In the cities and towns, we should all have large water tanks attached to our houses, so the stored water can be used around the house, when it does not rain.

On farms and properties, water can be stored in dams and IN THE SOIL itself. In the soil you

say? Yes, by building swales, every drop of rain that falls is caught in “trenches” called swales, which are constructed on the land in such a way, that they lay on the contour of the land. This system is used extensively in permaculture gardens. When it rains, this water stays in these swales and soaks into the soil slowly, being stored in the soil where it cannot evaporate.

Another thing we have to consider is that in cities and towns and even roads all over the place, the soil is covered with artificial materials such as concrete or bitumen and houses, materials that cannot absorb water and the water that falls on these surfaces, must run off into the curbs and channels and eventually into the sea. No water soaks into the soil and is kept there for future use, as it is in swales. This rain water is wasted.

Swales can be so effective and that was proven by a friend of ours from the Permaculture group who went to Jordan and made a part of the desert into a green, luscious land in a matter of only 4 years. “Unbelievable” I hear you say? Well it was done and can be done anywhere. Building large dams for town water supply, is not good technology anymore and extremely expensive; not just to dig the hole or build the dam wall, but the infrastructure as well. Most times, when these dams are proposed, people have to be resettled, new roads built, supply lines whether water, gas or electricity have to be moved and redirected etc. So, swale building is the go. By doing this there should be no dry area anywhere.

Another very important aspect of getting rain to fall in your area, is to grow many trees and not cut them down. It is proven science, that trees make rain fall. Very small particles sent up into the air from the trees, seed the clouds and make the raindrops larger by joining them together. This is also done artificially, with silver-iodide, to seed the clouds from an aeroplane. The action is the same.

When I talk about large water tanks for each household, I am talking about 40,000 litre tanks or even bigger. Someone said to me the other day, you cannot use that amount of water. Oh yes; people not only use, but waste so much water and it just runs down the sewers. People brush their teeth and wash their hands whilst the tap is running fast, for no reason. Driveways are hosed down instead of swept with a broom. Cars are washed on driveways instead of lawns and far too often. Lawns are watered separately for no real reason, because grass will always come back, as soon as it rains again.

Just work out how much water you use in a day.

When I did the following calculation, I was staying with my son and family. The local council had put a restriction on water use, because of the drought conditions at the time. The daily amount of water that could officially be used was 200 litres per person. Okay, there were 5 people in the house, which makes it 1000 litres per day, that is 30,000 litres per month. There goes almost the whole tank full. It did not rain for almost 6 months before this particular summer, so $6 \times 30,000 \text{ litres} = 180,000 \text{ litres}$ of the town's supply, was used in ONE HOUSEHOLD ALONE. It runs into a lot of water, taking into account all the houses in the shire, doesn't it?

When it does rain, the average house roof of say 250 m² would collect a fair bit of water. If 10mm of rain fell, every m² would yield 10 litres, so one roof of 250 m² would harvest 2,500 litres. At these calculations a 40,000-litre tank would fill after 160 mm of rain. A couple of good thunderstorms would provide that amount of water.

Each state government should give each household a decent water tank for their house and not even think of dams.

Using 200 litres of water a day is a luxury in my book. When you live in the country and rely on rainwater only, you will soon realise that, but the average person, who lives in the city or the

suburbs don't have to think about this, as the town supply never seems to run dry. There is always water in the tap.

The problem is real and in fact it already happened in South Africa, when Capetown almost ran out of water just recently. (I was told but did not see this on TV. [2018]). They had virtually no water left, (maybe one day's worth) when it rained a bit, supplying the storage systems with a new supply. I have also heard that the aquifers in South Africa have almost dried up, so back up water from the ground is poor there. In Australia and south America, these aquifers are starting to dry up also, so things are getting desperate indeed. On top of that, gas mining practices, by fracking the rock formations in the earth crust, pollutes the water in the aquifers, so that they will no longer be available for human consumption or irrigation purposes. This is serious stuff and we all need to do our bit, to preserve water NOW. It has been estimated by scientists, that the problem will be so severe, that in about 2030, the problem will hit us all, worldwide. This is not too far away and we will all suffer badly.

In the area I lived in, a dam was proposed and the cost was prohibitive. Just the initial earthworks they did, before it was even approved by the Commonwealth government, was something in the order of \$165,000,000. (\$165 million dollars for nothing, as this project was eventually shelved). How many water tanks would this money have bought? I'll tell you. At today's prices about 23,000 tanks. It would also have created a good job opportunity for a lot of people, installing these tanks. If councils were fair dinkum and did their sums instead of me doing it for them, these prices would be even cheaper, as the councils would buy these tanks in bulk.

Every house in any town or city should harvest the run-off water from the roofs and put that into tanks. If we did that, the streams and rivers would be able to flow again and be healthy, because the natural rain falling on the land, would go into the streams and rivers, including the overflow of your water tank. Today, most creeks and rivers are dead, because water is pumped out of them or they are dammed and there is no flow. Once upon a time we could safely swim in our little creeks and rivers, but I hate to think, what would happen to your health, if you swam in them today.

Rainwater should be filtered for human use and that is cheap, rather than have it chemically treated to make it 'fit for consumption', as the councils do.

Colloidal silver added to a rainwater tank, will kill all nasty pathogens There are far too many chemicals used in the process of treating water for the home by councils. It is criminal, what they get away with and we cannot do anything about it. I had some water tested where I lived and there were 37 added chemicals in that sample; this is to make it SAFE to drink. Joke!

The farcical statements they make about healthy teeth, by adding fluoride to the water, should be withdrawn. It does not do that at all. There is NO proof, but there is a lot of proof that fluoride is a strong poison. Anyway, it is up to you. You should rant and rave and protest strongly to the authorities to take it out.

Do you know where fluoride comes from? It is a by-product of the aluminium industry and there is no safe way to dispose of it. We, hang on, not me, are the bunnies for the multinationals again. They use you to sell their wares to and also poison you with their chemical, poisonous by-products. Aren't they nice?

If you want to add fluoride to your diet, you should take it as a supplement, because that is your choice. *The amount of water used for drinking, compared to the amount of water that is coming through your meter, is infinitesimal. Most of the water you use in a day is used for washing, bathing, watering the garden, the car etc. The argument of putting fluoride in the water to*

improve your teeth is an expensive way of going about things. Councils should give their constituents who want fluoride, free fluoride tablets instead and that would be a cheaper way for all of us.

I would only drink rain water with colloidal silver added or fresh spring water, if it is clean, because these are living waters for regeneration of our cells. Running spring water is clean as a rule as it has been filtered through sand and rocks.

Then there is the argument about distilled water, how clean that is. Yes, it is clean, but again, there is nothing else than H²O. Drinking water should be alive (again) and have at least some minerals and some friendly bacteria in it to be any good.

You should not clean everything to the death. We need friendly bacteria. If we didn't, we could not live in this world with all the pollutants around us. (Don't kill 99.99% OF ALL THE GERMS IN YOUR HOUSE as advertised).

Our homes are designed to use a lot of water in the bathroom and also the toilets. The system of disposing our waste water via the sewerage, is fast becoming too wasteful for the amount of water that is available to us, yes even today. The amount of toilet flushing water is calculated to transport the waste through the sewage pipes to the treatment plant and is therefore a lot more than if we had a compost toilet. Our water should be used much more efficiently and can be used twice or even three times instead of just once. All our bathroom water should be available to the flushing system of our toilets to start. There is a system available, which has a hand basin on top of the cistern and the used washing water is collected for flushing the toilet. Another system saves all the cold water, when you turn on the shower and this water is not wasted, as what happens in most of our homes today. All grey water should be used for gardening and the black water can be naturally treated also, for the same purpose.

Some septic systems available now, treat all the grey and black waters with a natural microbial action, to become almost 100% clean water for irrigation. I have mentioned one in the back of this book under "products".

The common shire sewerage system leaves a lot to be desired and has become old fashioned technology.

Firstly, we must consider, what it costs to put in the waste pipes from our homes to the treatment plant.

Secondly, the treatment plant itself; the construction, the running cost and the maintenance.

Thirdly, the vast amounts of water used, starting at home and at the plant to treat the waste water.

Fourthly, when breakdowns occur, which seems to happen quite often, raw sewerage finishes up in the creeks and ocean and then we face a tremendous health hazard.

All shire councils should strongly recommend the use of these new era WASTE WATER SYSTEMS in every house etc. They are clean and healthy, they don't smell, they don't use much water, they re-cycle water and the list goes on. We as individuals, should definitely install one of these systems, when we renovate or build a new house. They are cheap for what they do and they are extremely environmentally friendly.

There are a number of systems, which can be installed, where the treated water automatically irrigates your garden. Automatically, meaning you don't have to stand there with the hose in your hand. Really, they are the go! By using these systems, you are getting three times the amount of water, so to speak, because you use it over and over again. Wash your hands in a basin above the

toilet flush, then the toilet flush and thirdly the waste water is used for irrigation

Note: Interesting information about water is available by searching online for Victor Schaubberger's thoughts.

Some encouragement is needed now and we must look at these things in a positive way. Yes, I have suggested a few things, which will change your life, because you were so used to using them. Look at all these changes, as a new adventure, learning new skills and to learn skills our forefathers used to use, as a daily routine. It is not so much going back to the dark ages, because that is what you are saying right now, no it is facing reality, doing what we HAVE to, in order to survive the crisis. This is not doom and gloom either, it is a necessary change you may have to make, for the survival of your family.

Having lived with rain water tanks for a long time now, I got used to using little water and the 200 litres per person a day, during drought times, is to me quite ludicrous. We can do with a lot less.

I remember the days during the war in the late thirties and early forties, when we lived under the occupation of the German army. There was nothing to eat, nothing to buy, nothing to do, except try to survive the best way possible. My parents taught us the survival skills, when they saw the writing on the wall of war and showed us which weeds and herbs were edible, just picked from the side of the road or even in paddocks where cows were grazing. Also, the recycling of everything that could be made into something usable. Nails were taken out of wooden crates etc. to be straightened and re-used later. Dad used the timber planks from these crates for shelving or make toys for us children, something we appreciated very much. He showed us how to make these toys etc. I remember the billy cart well.

The knowledge of edible plants, became very handy, when during the invasion by the allied forces, pushing their way up through Belgium into Holland in 1944. For about 4 months, shells were falling all around us, destroying houses and everything. We, a family of Mum, Dad and six boys from the age of 14 down to 7, together with 2 refugees, were sheltered in a cellar under the house of only 2 metres cube. One of the 3 eldest boys, of which I am #3, had to go out once a day, whilst the shells were falling, to collect something edible. Herbs such as thistles and stinging nettle, comfrey and fennel were gathered and we always hoped to find a cow, that was still alive in the paddock and had milk. If no milk was obtainable, we would get water from the river. Yes, a bucket of water for all these people per day. *

*I hope nobody has to experience this in their life, but I know that even today in some countries, this situation remains. I remember carrying a bucket of water for about 1 km, at the age of 11 years, to supply our family during these dark days, BUT in so many countries today, little children have to walk for many kilometres every day, to get some dirty water from a soak. They have no running water and what they drink is filthy, dirty water. They have no filters to clean the water. Let us stop and think if we could cope with this situation? Really think hard, if you could put up with that. No running water, dirty water in a bucket only! And you have to carry it home first.

No, don't skip over these words; this is the truth. I hope this is sinking in.

I realise that you say it won't happen in a developed country like Australia but be prepared just the same. The economy is going down and people are very worried.

Australia was built by pioneers and real doers, who came to this rugged country, to make it the way it is today. IF IT WASN'T FOR THESE HARD-WORKING MEN AND WOMEN, where would we be? During times of war, people pulled together and fought, not only as soldiers in the war itself, but also on the home front. How many women did men's work, because the men were overseas, fighting for our freedom. These were hard times and food was also scarce, although there was always enough, somehow. People also exchanged foods and goods, for other things

they needed. It is not different now; things are getting harder and we just have to learn to pitch in and do it again. It is early times and that's why I am telling you these things. It won't kill you to do a little more for a change. We have had it pretty good for a long time, so stop, think and get stuck into it. You will be much healthier and the family will thrive on the new experiences. The children learn new skills in growing food and it takes them outside, instead of sitting indoors, watching the TV or their computer, becoming radiated slowly. It is good physically and mentally as well. I know you are rebelling right now, but I don't care, because I know what I have written, is true.

There is no such thing as: "I can't!" We all have skills and we can always learn. Make a few mistakes and learn from them. "The worst mistake is the best lesson", it really teaches you to be more careful and accurate the next time around.

Okay, I wish you all the best and one day you will remember this. You will say: "He was right, as much as I did not believe him at the time".

All I hope, that these times are not going to happen and we do not have to skimp on food and services etc., but the signs are there. I hope you can say I was wrong!

Please don't knock me for what I am writing, I really mean well and I say these things with love in my heart.

I love you, Shanti

Healthy

What does 'Healthy' mean to you?

It is probably a state of mind, or a goal we set for ourselves. Your goal will be different to mine and I know that the goal most people set for themselves is VERY DIFFERENT to mine.

The other day I went out with some friends to a show. We all decided to go and have a little supper on the way home. The common order around the table was coffee or tea and some cakes. These are the things I do not partake in as a general rule. Coffee, tea, white flour cakes laced with sugar etc. are not what I eat. I did ask the waitress for a glass of filtered water, without ice. I cannot see, why I should eat or drink something, that I know does not agree with me, even on a social occasion. You might say: "It should not hurt you once in a blue moon!" Well, coffee does, if I drank it. Quite a few years ago, when I had a cup of coffee after a long break, it affected me very negatively. I had severe stomach cramps, so I dropped the habit like a hot potato. It never happened, when I used to drink coffee on a semi-regular basis. I decided that this was the last time and I am glad I decided to give it away altogether. Tea does not affect me like that, but I prefer not to drink it.

Tea is no good for anyone, even though we hear in the advertisements about the antioxidants etc. This may be true, but what about the tannins and other things that are in tea? They don't say anything about them! Yes, it would be alright indeed, to have a little unhealthy snack on occasions, but I prefer not to have it at all, if I can, because there would be occasions, when I ingest some of it anyway, without me realising it.

I went onto wholesome foods and drinks, even though I used to bend the rules a little during the first few months, so the changeover wasn't too difficult. Today I make the choice and only eat what my body can handle and what is good for me and that is pure, organic or bio-dynamic, clean

foods and water if I can get it and I feel terrific. (It is sometimes difficult to get healthy foods when you are on the road like I was a few years ago, when travelling around Australia in the caravan).

There are foods and drinks, which can be allergenic to some people. These are the foods, which give you a runny nose or a sneeze as soon as you have eaten them. Not many people relate these side effects to allergies and after they have blown their nose or/and stopped sneezing, go on as nothing has happened.

Case history.

A friend of mine knows he cannot eat seafood. He is very allergic to it and it has put him in hospital at times. At a wedding we both attended, seafood was the main course. Instead of asking for an alternative main meal, which was available, he decided to eat the fish, as he did like it very much. He knew what could happen and indeed not long after he ate the fish, he became very ill. He had to be excused from the table and was taken home, not to return to the wedding.

So please, only eat foods you can digest and feel comfortable with. Once you get a little discomfort, be it stomach pain, allergy or whatever, don't eat that food again. You can leave it out of your diet for say 6 weeks and re-introduce it. If after this time your body accepts it again, okay eat it by all means, but if the reaction is still negative, forget it! There is probably some enzyme in this food, which does not agree with you. I have this problem with fresh, natural oysters. Even if there is just one oyster in a fish cocktail, I become violently ill and have to get rid of it. Once removed (horrible thought), I am okay again and can continue eating the rest of my meal.

So, continue eating wholesome, nourishing and life-giving foods to keep your body at peak performance and make sure it regenerates new, healthy cells for a long and happy life.

You don't replace worn out car parts with second hand ones, if you want this car to run at peak performance, do you?

Low quality foods will eventually destroy your body bit by bit and the organs will therefore also suffer. When this happens, we cannot live the life we expect and we become useless. PREVENTION IS THE KEY!

At the present time the oil companies are adding methanol to petrol and there is a debate going on, whether the car engines are going to cope with this change "of diet". The older engines are not supposed to do very well on the mixture, so you are better off not to change to this e-petrol, if your car falls in this category. I write this to compare the "foods" that are available today from the take-away outlets. These "foods" are not for human consumption and I don't think it is a good idea, to give your family a treat, visiting these establishments. It is wrong!

Some things come to mind right now, such as heart by-pass operations, kidney failure, arthritis, lung diseases, cancers and a whole lot more of these diseases, which can ALL be prevented by diet alone. How would you like to be strapped to a kidney dialysis machine for many hours a week, because you were stupid enough, not to look after your kidneys in the first place? Would it not be a lot more pleasant to eat well, and drink good clean water to PREVENT this from happening? Yes, it can be done and it will take a little effort, but the consequences for NOT changing your ways are going to be a lot harder to manage. I have written about acid-alkaline diets and there you will find a lot of information how we can prevent all the above. A body in an alkaline state will NOT get diseased.

The water we drink from our taps is not really fit for consumption and I would not drink it. (see

some comments earlier).

We went out to dinner another time and I asked the waitress, if she had filtered water for us to drink. Yes, she said and came back with a large jug of water with ice in it. I asked her if the ice was made with filtered water as well and she replied that the ice machine was hooked up to the tap, in other words it was town water, full of chlorine and all the other chemicals that they put in water these days to make it “safe to drink”. Well, I said I cannot drink that and she snatched the jug off the table and did not return. We could smell the chlorine. We had to be served by another waitress. I state this incident to show you what happens all the time and we must be on our guard, if we expect top quality health.

Another incident happened, when we went to a natural food outlet to get a snack. We ordered a vegetarian pie each. As soon as the young woman received the order, she grabbed the two pies and proceeded to put them in a microwave oven to be heated. We said in unison: “What are you doing?” She said: “I want to warm them up as they are cold”. “No, no”, was our reply. “Don’t you have a convection oven to do that?” They did not, so we left the place. A health food outlet did not consider the use of a microwave oven to be a no-no; we could not fathom that. Microwaved foods should not be eaten, as the food changes its composition completely from the original.

Unfortunately, a lot of “natural food outlets and so-called health food stores” have NO idea about health and are in the business to make money. There is a big health food store chain operating now and the operators don’t know anything about good, nourishing foods. They stock stuff, like sulphur dried apricots and sultanas and more, but these products should not be in these places. Sun-dried is the way to go and they are available to them. This is just one item I shall mention here. We operated a Natural Food Store and we only stocked items, which were natural and healthy. Quite a few people came in and asked us: “Do you have such and such”, goods we would not stock, knowing they were not health giving. These people started to argue with us by saying: “But we can get them in the next town’s health food shop”. We always had to ask them, if they could imagine the difference between a Natural food shop and a Health food shop. The word NATURAL should have given them a clue.

Unfortunately, the words Health, Fresh, etc. etc. are used at random and they are all used to confuse us and to make us think, that these items are good. I cannot really blame you believing what you read, but don’t get sucked in by advertising. I have mentioned this before and I am quite sure I will mention it again.

Alright, good foods and drinks are necessary, but before you start to change from the more conventional foods to high quality, nutritious, bio-dynamic or organic ones, you should consider a good cleanse inside, so these foods will be readily absorbed by your body.

Here is an example using the car again. I call on some older people, who remember the car engines, which ran on ‘standard’ petrol. They used to “ping” from time to time and this pinging noise was caused by a build-up of what the mechanics called ‘coke’. It was like a tar come sooty substance, which built up around the valves etc. You could put super petrol in the car, but this would not make the engine stop pinging. The trick was to pull the head off the engine and de-coke (clean) the engine, then put good petrol in the car and she would go like a steam train. When the engine was dirty, the car would be sluggish and ping even more when put under a load. We too get sluggish, when our insides are toxic and we need to remove that toxicity first, before we put clean food into our system as well, to do us any good.

WITHOUT CLEANSING, NO HEALING!

We don't want to "ping", or in other words, we don't want to feel uncomfortable, pass wind, burp, smell badly or feel tired. These symptoms are all results of poor digestion as our bodies need to be clean to perform.

Therefore putting super foods into an unclean body, is not going to do much. Step one is cleansing, which I have mentioned before, herbs, castor oil packs and colonics.

I haven't put any precise healing ideas in this publication, as this goes against my principles, because I believe that everyone is different and we should all be diagnosed by a professional, to find out the exact regime we should follow. It would be like treating someone over the phone. It cannot be done as we, as practitioners need to see the patient and take in ALL the visible signs as well as the patient's complaints.

I can however recommend one very special way to CLEAN THE LIVER, our most important organ! This will suit everybody.

LIVER CLEANSE.

As you get up in the morning (or prepare this mixture before you go to bed):

- Mix together in a small jar 15 ml (tablespoon full) of fresh lemon juice and 15 ml of the purest olive oil, organic of course. Shake together very well and drink this down in one gulp.
- After taking this mixture, WAIT 20 MINUTES, before you eat or drink anything at all.
- Drink a glass of warm water next and have your breakfast, preferably half an hour after the water.

This procedure must be followed for 3 months and can be repeated at any time, after a few months break.

You will find that your skin feels very smooth, quite soon after you start and your energy comes back.

If for any reason you feel a little nauseous, taking these amounts, start with 5 ml of each ingredient and increase it to 15 ml. as soon as possible. It has only happened to 2 patients in my years of practice, so not likely you will be one of them.

I love my health and feel great so I want you to feel the same. Only this morning I met an acquaintance, whom I had not seen for a few years and he remarked on how well I looked. That was pleasing to hear. Some people think I am only 60 years of age and that's not bad! Being healthy is not just physical of course. The other elements of life, our mental, psychological, spiritual, sexual and emotional health are all important and we must keep them in mind all the time. None of these can be separated from each other.

I feel that deep in your heart, you do agree with me, that the above and following pages make a great deal of sense. It is going to be very difficult to change your ways, but I did it too, so I know what you are going through, but it has paid dividends for me. You cannot buy a health-lotto ticket for this. You can do it yourself and you WILL WIN!

The first step:" I am going to get myself well again," is the most important step to take and is

about 50% of getting there.

Nature has the answers and we must keep looking and searching for YOUR answers. Ask questions from the people who are qualified, not from the ones who want your money or others who think they know it all. You see it all the time that people get “SUCKED IN” by false advertising. Don’t be caught up in that merry-go-round either!

We are so lucky today that we have the Internet to use for research. We can find EVERYTHING we want on the net. You can do a lot of things yourself and you can start treating yourself. As I said above:” Take the first step yourself, which is making up your mind to go that way.” You don’t even have to go to the library any more for information. Be selective and make sure that you know what you are searching for, is for you. There is also a lot of mis-information on the net. Be careful! *I’d rather see you consult a good naturopath, who sees you and can prescribe the right medication after testing your blood, urine and stool.*

It may cost you a little more, consulting a Naturopath, but that is better than making a mistake trying to work things out for yourself.

Make sure that all the organs of elimination are working; the lungs, the bowels, the kidneys, the skin and also the lymphatic system, mentioned earlier. That is a very important step to take: cleansing.

Much more detailed information will follow later

Stop eating and drinking those foods that we know affect us negatively. Check the symptoms mentioned.

For the last 54 years of my life, I have not had to see a doctor for ill health. Some friends of mine insisted, that I had a blood test done when I was 50 and it came back as clear as a bell; as we often say:” As strong as a Malley bull.” Since I turned 75, I have to get an annual medical test for my driver’s licence renewal. The doctor looked at the blood pressure gadget and he could not believe his eyes. He took the pressure twice, just to be sure. He said: “120 over 68, which is a young man’s blood pressure”. I responded, that I was only a young man. Now I have to go there each year to have a medical for my licence, Mmm.

The fact that I am 86 years of age, does not mean I am the same as another 86-year-old person. A lifetime of good care has put me in a different category. I just drove about 3000 km to Victoria and back and on 2 days I covered 725 km each day and another day of 510 km in the pouring rain.

My 5 brothers have all passed on and the oldest living one was 81 when he died. He did well, as he spent his last years, drinking, smoking and watching TV, after 2 major heart operations.

The problem is that society puts numbers on people and treats us all the same, without really taking into account, what the individual person is really like.

An acquaintance of mine said to me the other day, that it is ridiculous to see me drive a car at 86. I said:” What do you mean?” She said that a person at my age should not be driving, as it could be a danger to others. Yes, there are plenty of older people, who in my opinion should not be driving, because their reactions are slow etc., but I proved it a few weeks ago, when a car that was in front of me, about 2 car-lengths away, stopped suddenly. I managed to stop without hitting him. I was not upset or anything after the incident and proceeded to drive to my destination. If I feel that my driving is dangerous to others, before I make a serious mistake, I will get out of the car and get a taxi home. I would hate to be the cause of an injury, or worse, to anyone out there.

I always expect the un-expected!

Arthritis

Very difficult diseases such as arthritis, can take a lot of very hard work to improve or correct, both for the practitioner and also for the patient. It entirely depends on the severity of the disease, how long it has been there, the age of the patient etc. The main problem with arthritis is, that the patient or his/her attending physician(s) have not started the treatment early enough and the problem has got out of hand. I compare arthritis with rust in your car; the longer you leave it, the worse it gets.

I would like to see the medical profession help people PREVENT arthritis from happening, instead of trying to cure it, which, in most cases is almost impossible. Prevention is possible, **by alkalising the body**. More of that later.

Analogy. When you see a little rusty spot on your car, you should immediately attend to it and sand it back, cover it with rustproof paint and all will be well. No deep rust has eaten into the metal and no damage has been done. The person who does not take care of this little bit of rust, will talk about it to everyone and continue to make regular comments, but takes NO ACTION. After a while you will find, that the rust has eaten a hole into the metal and later on, there is a large hole. When the time comes to have this car re-registered, the inspector will put a defect notice on the car till the car has been properly repaired.

You take this car to a smash repairer and he gives you a quote for the repairs: SHOCK HORROR! A lot more money than you thought. Then he tells you, he cannot do the job for a few weeks, as he is busy, so shock number 2 has been received. You need to go to work, so the only way is to hire a car for this time and that will set you back even more: shock number 3.

I think you are getting the message.

A simple little bit of maintenance in the first place, would have eliminated all these frustrating events.

Well, arthritis is like rust. It creeps up on you, without even causing too much trouble in the first place. Small signs like gritting in the neck or cracking of the knees, sore finger joints etc. are the first signs. All these are signs that the body is becoming too acidic. If we did **nothing else** than alkalise ourselves, especially at that time, we would overcome most of the problem, BUT nobody tells you what to do. **Nobody tells you about prevention**. The medical profession is not trained that way and they cannot advise you what to do. If at this stage you go and see a doctor, he/she will probably give you anti-inflammatory drugs and/or painkillers and tells you to come back after a month and re-evaluate the situation. At that time the '**pain**' has eased, but the '**problem**' has increased, **but you do not realise this, as there is no pain**. So, you are sent home, thinking that something good has been done and you continue taking these drugs, to manage the situation.

If only they would get rid of the cause, maybe you could find an excuse to say it works, BUT IT DOESN'T! Meanwhile the disease is getting worse and they say it is difficult to cure. YES, IT IS DIFFICULT TO CURE, but the thing is, you should not have to **cure** anything; **you should stop it from occurring in the first place**. **Get my message? Prevention, is what this book is all about! It takes a life-time, but it is for YOU.**

By taking drugs, which mask the effects of any disease, makes it even harder to gauge the severity of the problem, so we are eventually troubled with a disease that is out of control. PLUS...all these drugs have very bad side effects.

If you are on drugs now and when you are prescribed drugs, demand from your doctor to tell you

the side effects, before you leave his/her surgery and certainly find out from the net, before you have this script filled.

I implore you to look them up on the net anyway, because there is always more to these drugs, than what you have been told.

IT IS YOUR RIGHT. YOU HAVE EMPLOYED YOUR PHYSICIAN FOR THE TIME YOU ARE WITH HIM/HER AND YOU MUST **INSIST** ON THAT INFORMATION.

Then, if you feel you cannot take these drugs, you must find an alternative healer, who uses herbals and other NATURAL medicines. (You should probably have gone there in the first place). You have to ask your friends or neighbours, if they know anyone who has treated your type of problem successfully, but you must act NOW. Don't let the "rust set in"!

Arthritis is a disease, which attacks only acidic people, young and old, as do quite a few other diseases.

**AN ALKALINE BODY IS A HEALTHY BODY!
NO DISEASES WILL ATTACK AN ALKALINE BODY!**

Arthritis is NOT an old-people's disease! It can attack the very young and I have seen them.

In my clinic, I used to concentrate on the posture as a priority, because certain postures will nearly always cause arthritis. It is due to the pressure on the liver. (I am not giving you a reason for you to chew over. It is all too complicated). So, by relieving this pressure, the production of uric acid inside the body will be reduced or vanish altogether. That is a big thing. Then, if we go onto alkaline foods and drinks, we stop even more acid from forming and we can eliminate all this "rust". Straightening the body also allows the blood vessels, nerves, muscles and other organs to do their job and so a healing can take place faster. Clean the body inside by fasting and dieting on the correct alkaline foods and drinks and things will even happen faster still. Nothing is easy and it is going to be more difficult if we wait. **START IT NOW, BEFORE IT BECOMES A CHORE.** Taking a bad patch of rust out of a car, is a big job as well.

I can quote cases by the dozens of patients I have treated, but I have decided not to in this final draught. I just hope you believe me and do something, before it is too late. It does not physically hurt me if you suffer, **BUT IT HURTS ME TO KNOW, THAT YOU CANNOT BE BOTHERED DOING SOMETHING POSITIVE FOR YOURSELF.**

I am not making anything out of all this information I have written down. I am just passing on quality information that has been proven to work.

I hope you will get well soon.

Killing the pain, caused by arthritis, is NOT curing the disease remember. It may give you relief and some comfort, but.....it is still there!

Remember the wet spot on the carpet after rain? The cure is NOT a bucket where the drip comes down; the cure is to fix the roof.

ALRIGHT, YOUR TURN!

Food additives

Food is the most important thing, we put in our body and it should be 100% life sustaining.

The 'so-called' foods today, the ones people buy pre-packed or frozen from supermarkets and the take-away outlets, are not really for human consumption, as they are dead and have been

preserved and generally manufactured in such a way, that the life sustaining qualities are gone. I give you one example, as to what animals think of manufactured foods.

We had a visitor come to our place and he brought some cornflakes, a common brand. This packet was left behind when he left and only half of it was used. I decided to give it to the goats and the packet slipped out of my hand as I reached over the electric fence. I left it there and planned to remove the box later. When I got there, I could not find the box, but the cornflakes were still there. The goats found more nutrition in the cardboard box and ate that. Days later, the cornflakes were still there, so even birds or ants did not attempt to eat them. WHY?

Well, because it was not natural food. The animals still have the instinct, to determine what is good and what is bad. It is generally accepted, that goats eat anything, but that is not true. I have lived with goats all my life and am a witness to that. Now there is nothing wrong in eating cornflakes, as long as they are manufactured from only natural ingredients. Natural ingredients, which give us all the building blocks for a healthy life and they should at least be organic, but as stated before, bio-dynamic food is even better. We don't want to finish up in the "sickness industry" as Elaine Hollingsworth writes. Yes, I have mentioned her before and probably will do it again, as she is such a great researcher. By the way, most corn products are manufactured from GM corn!!

It is the "**real health industry**" I am interested in and I want you to join me.

We can prevent getting sick, by stimulating our immune system and work on our constitution. (By the way, most medical drugs, lower our immune system, so we have even less chance to get better naturally). We can only achieve that, by living 'in and with' nature. Eating, which is building up our physical side should be 100% right, but also having a happy disposition, lots of laughter, happy family, mentally and being emotionally stable, spiritually happy and content and living without chemicals, especially in our homes and as few electrical gadgets as possible. We need peace, harmony and love. We all need exercise to stimulate the circulation of blood, but also the transportation of the lymphatic fluid. We need oxygen in the air, not polluted, oxygen starved air. Our water should be pure, not polluted by chemical run-off from mines and other spills. Gas fracking is a modern problem and puts chemicals into the water table as I told you before. We must all change our body's acidic level and bring it more to an alkaline state. We can do this by following the guidelines, I write about under acid/alkaline and I recommend another book called: "Alkalize or die", by Dr. Theodore Baroody.

I guarantee you will get better, if you do it right. No side effects will be noted, unlike in medicines, which ALL have negative side effects. An acid body is a sick body. Diseases can only live in an acid surrounding, so if you alkalize your body, diseases disappear. Amazing hey? Sounds too easy? Try it!

Modern medicines and food additives are seriously polluting our bodies.

Following is a very short list only of food additives that can harm your children. Especially the hidden dangers, nobody talks about.

All these and plenty more can be found in the "Chemical Maze", see back of book.

HYPERACTIVE CHILDREN SHOULD AVOID: (and these are only a few, of a whole lot more)

102 Tartrazine	107 Yellow 2G	110 Sunset yellow FCF
122 Carnosine	127 Erythrosine	124 Ponceau 4R

132 Indigo carmine	133 Brilliant blue FCF	150 Caramel
151 Black PN	123 Amaranth	155 Brown HT
210 Benzoic acid	211 Sodium benzoate	212 Potassium benzoate
220 Sulphur dioxide	223 Sodium metabisulphite	224 Potassium metabisulphide
250 Sodium NITRITE	251 Sodium NITRATE	310 Propyl gallate
311 Octyl gallate	312 Dodecyl gallate	320 Butylated hydroxyanisol
321 Butylated hydroxytoluene	213 Calcium benzoate	120 Cochineal
200 Sorbic acid	222 Sodium bisulphite	221 Sodium sulphite
621 Sodium hydrogen L-glutamate	622 Potassium hydrogen L-glutamate	623 Calcium dihydrogen Di-L-glutamate
627 Guanosine 5' (disodium phosphate)	631 Inosine 5' (disodium phosphate)	

When you see a typical ingredients label on any food, you must react immediately and check what these numbers mean. It will take you some time, but now you have done it once, you know the product and you either take it or leave it behind.

These numbers are for the identification of the added chemicals in foods and in other goods such as skincare products.

Typically, they are: Acids, Anti caking agents, Anti foaming agents, Antioxidants, Artificial sweeteners, Azo dyes, Bases, Bleaching agents, Buffers, Bulking agents, Chelating substances, Coal tar dyes, Colouring matters, Sequestrates, Solvents, Stabilisers, Synergists, Thickeners, Vitamins (mostly artificial ones) and there are many, many more.

Somehow, I don't think you need all these added to your food, because they are nearly all toxic and are derived from synthetic sources, such as the petrochemical industry.

NOTHING should be polluted, especially our food, which is our life line to good health.

There is nothing better for you than a FRESHLY SQUEEZED JUICE, as long as you dilute this juice with about 50% to 75% water. I prefer a blended fruit or vegetable mix, so you get ALL the pulp as well as the liquid, but always 50% water added to it.

Bought "**Fruit DRINKS**" however are diluted juices with about 80% water added (and this water is chlorinated). Read the label! Apart from the added water, there are usually heaps of other additions, such as chemicals and sweeteners. The sweeteners are either sugar or artificial ones and the main one used today is: ****ASPARTAME****, a real killer. Look it up, no I will, just hang on! ****Well, I just printed off 2 pages in quite fine print and it is horrific. Aspartame can affect just about every part of your body seriously.**

There are 92 different negative side effects, associated with aspartame consumption. Does that make an impression on you? As it says here: "How can one chemical create such chaos?"

Maybe we are better off, using sugar in our diet, compared to aspartame, but I don't suggest you do. Sugar is **very damaging in different ways** "Everything in moderation" and sugar a lot less than that. There is still far too much sugar used in our diets.

25 years ago, the average amount of sugar used by all of us was 2 kg per year per person, now it

is well over 25 kg per year and rising. That has gone up a lot hasn't it?

There are natural substitutes for sugar on the market and they are absolutely safe. The one I suggest and you can even grow, is Stevia. Another one I use is Xylitol in moderation. These are readily available and are very economical. Stevia is actually up to 300 times sweeter than sugar.

You can usually tell, who the sweet tooth is in the crowd. Look at their weight. They are the ones, who turn sugars into fat, real fat.

Eating FAT is usually blamed for the putting on of weight in people, but that is seldom the case. It is the sugars first (or the REFINED carbohydrates in general) and then the fat from takeaways, the useless food substitutes, we put in our mouths, just to stop us from feeling hungry.

It is laziness that drives us to these establishments and the addiction to them, is real. **Addictive drugs** are put in these "foods" to make you go back time and time again.

It is so-called convenient, to have them around the place? Maybe it is a bit of all these together, but it is NOT good; we MUST change our habits NOW, before it is too late. And now we have UBER. No more going out to get these so-called foods. They bring them to you! Wow!

When you see a big Mum, you most likely see a big family with her and this is NOT hereditary, this is food related and you see them walking into these places all the time. I bet you anything, that if these places were shut down and the supermarkets stop selling devitalised foods, the population will immediately start to lose weight; I bet you!

Just stand near a check-out in a supermarket and see what people have in their shopping trolley. The typical heavy people, have lots of soft drinks, white bread, sweets of all kinds, milk, ice cream, tinned foods, etc. etc.

Talking about food additives; well, the take-away places use them very freely. MSG is used in many restaurants. MSG is another nasty additive that can cause death in asthmatics instantly.

Another problem is the consumption of all gassy drinks. They of course are often drunk, while eating and you know by now, what I think of drinking with meals, but not only drinking with meals, **drinking the most acidic drinks known, loaded with Aspartame. (951) in the case of so called DIET drinks.**

These drinks are so acidic, that you would have to drink 32 glasses of alkaline water (Ph 7.5 or higher) for every glass of soft drink you consume, to neutralise them! Think about that, will you!

We see workmen on building sites or road workers, drink these large 2 litre plastic bottles of this stuff while they are at work. You would think that drinking that much fluid, would be sufficient to quench their thirst, but no, after work they go to the pub and drink more acidic drinks usually in the form of beer. I know that the pub is a social place to meet and that's fine but watch the acid drinks please folks.

If these good people had drunk alkaline water all day, they would not be thirsty. To meet your mates at the pub and have a beer after work should be a good thing. It helps you to relax and be social.

You see what I mean?

It is a pity I cannot name brand names, but I think you can read between the lines here.

Drinking clean, living water, is what we were meant to drink, about 2 litres of it a day, varying between people and the conditions. I believe, that we can drink too much as well and this could lead to a leaching of our minerals in the body. When you feel thirsty, drink a glass of room temperature water slowly and make sure it is living water.

Body deodorant

It is a common practice to use deodorants after we have had a shower or bath, to stop us from smelling after a few hours. These smells come from bacteria growing in confined spaces like the armpits.

If we are on a healthy diet, we should not smell at all at any time, between showers or baths. If our digestive system is healthy, the waste products are taken away by the organs of elimination.

I do not use deodorant at all. I smell fresh all the time. I sometimes spray my underarms with colloidal silver and that does the job beautifully. There is nothing in CS that can do you any harm and it has no perfume, something usually derived from a chemical substance in commercial deodorants. If you like to smell beautiful, use one of your favourite oils and dab a small amount of that in places you want to smell good.

Other deodorising methods are:

1. Squeezed Lemon juice, strained and dabbed on the skin.
2. Witch hazel fluid extract, plus a few drops of Lavender oil or other.
3. And as mentioned, Colloidal Silver sprayed under the arms will also act as a deodorant. You can also add a few drops of your favourite oil.

Note: Beware of so called under arm deodorant crystals as they may contain aluminium.

So, there are ways of doing things right, without being poisoned. Remember anything you put on your skin, WILL be absorbed by the skin into the body.

Metal has a memory

“Everything” has a memory, something we do not think about, but it has been proven so many times.

Wearing metal objects, such as rings, bracelets etc., the metal in tooth fillings, as mentioned under `Amalgam`, can have dramatic effects on our wellbeing. I will give you an example.

A young patient of mine was given her grandmother's engagement ring, after she died from heart problems for years and eventually died from a heart attack. About a year after this girl started to wear this ring, she started to get little signs of heart trouble as well. She went to the doctors and was given the usual medication for that problem. Nothing seemed to make much difference and she kept on taking medication for a few years, till I met her and discussed her predicament.

She told me her complete story and suddenly it came to me, that the ring she was wearing was worn by her grandma, who died from heart disease.

I told her about the memory in metals and she asked me what she could do about this memory. I told her to give the ring a good shock, like dropping it on the hard floor, which would erase the memory.

We carefully examined the ring and found a way of dropping it on the floor, without breaking or dislodging the gemstone in it.

It was done, she put the ring back on her finger and went home. It was only weeks after the event, that she rang me and said she was feeling so much better and she felt, that she should go off her

medication, prescribed by the doctor. I told her to discuss this with the doctor and he found her problem was a lot less severe, since the dropping of the ring.

Not long after, she was off all medication and she is just fine now.

I want to share this story with you, as there are so many cases of “wearing metal”, which are affecting our health, especially wearing rings in areas, where some of our meridians run.

At a demonstration night I attended, a lady told the speaker, that she was not feeling well and had not been too well for a few days. It turned out, that since she had a belly button piercing done and a ring put through there, all this started to happen. The lecturer asked her to remove the ring, something she hesitantly did and within 20 minutes, she was well again.

That is how serious it is, to have a foreign body placed in a position we do not know anything about.

An area especially bad for body piercing and inserting metal studs or rings is along the mid line of the body, along the Central Meridian; the line from the top of the head, forehead, the nose, over the top lip, tongue, bottom lip, chin, throat, breastbone, belly button to the pubic bone. Unfortunately, there are a few places, where I have seen rings placed on this line and I strongly advise you to remove them NOW, while you read this. Sorry folks, but I am here to help you, not to upset you.

I am going to spend a little more time on the subject in the next chapter and I know I am going to upset even more people, but I still love you and want you to be well. That's all! I am passing on my experiences.

Another friend of ours had to go and see her daughter, who just had a baby. Normally the husband of this couple would do all the driving, but he was otherwise engaged. This trip was something in the order of 600 kilometres. She was not looking forward to driving this far, but she wanted to go there and see the baby and her daughter.

I told her to do the following:

As soon as you are all fuelled up and are sitting in the driver's seat, wind down your window and put your hand on the metal of the roof outside. With your hand there say an affirmation, something like: “This trip will only take a few comfortable hours”.

I told her also, that if she left the car and slammed the door, to get more fuel or have some lunch, the affirmation would be nullified and she would have to go through the same performance again, once she got back in the car, ready for the next part of the trip.

When she arrived at her destination, she rang us immediately and reported on the “short trip” she just had. She said: “It seemed more like a few hours, rather than about 10 hours”.

Isn't this amazing? How can it be? Well, she put a positive message in the metal part of the car and the metal took on the memory of that message. It works, yes, it really does. I know you think I am a bit of a nut-case, telling you this story, but it is absolutely true, it works. If you don't believe me, try it yourself, next time you have to go a long way. Trust the outcome and be positive. Remember to say the affirmation each time you slam the door or if a big bang happens, which erases the memory of your affirmation.

Energy

Let's face it, everybody is talking about the energy crisis, so I may as well have my say. The energy crisis is real. It is a man-made problem and we must overcome this, by somehow reducing the amount of energy we all use and then start obtaining it from renewable sources, like solar,

wind and other inventions that are coming up every day.

The energy used in commerce and the general household power is generated by coal fired power stations as a rule. The power for cars and general transport is diesel and petrol. These sources will one day run out and that would be a good thing in my opinion, as it will be the end of the heavy polluters as we know them.

We must prepare ourselves for this happening right now by rapidly developing new ways, such as solar, wind and many other invented methods, to completely get rid of the dirty, polluting ways we are now using, to save the planet.

Victor Schauburger, born in Austria, Naturalist, Philosopher and inventor who observed the seed pod of the maple tree, twirling down to earth and realised the propeller design for an aeroplane. (died in 1958) and Nikola Tesla born in Serbia who went to the USA (died in 1943), had a lot of answers. A lot of their inventions are starting to be used now, such as the Tesla electric cars and batteries for storing electricity in solar systems. The need to call on mother nature is becoming real and therefore solar and wind power, just 2 of the renewable energy sources, are being seriously considered by a lot of people and even some councils, who put in solar farms to supplement their power use. I saw a documentary the other day, where in one country, they installed a **10 km²** solar farm. That is massive and fantastic.

WHO IS FAIR DINKUM ABOUT ENERGY AND POLLUTION? Search online for Victor Schauburger.

There are going to be more and more people in the world all wanting a share of this energy, so fossil fuels are going to be used in larger quantities every year and they are therefore going to run out even faster. We all know about electric cars and they are supposed to be so amazing, but if you have to charge them on the grid, you are not doing all that well, as you are still consuming energy, produced by fossil fuel. At least solar powered cars do not pollute when they are driven. The only way an electric car is going to be energy efficient and non-polluting, is to charge the batteries on solar power or one of the other renewable energy sources.

There is a lot to learn about alternative energy and all this is available on the net. Researching there will reveal a lot of interesting stuff and there are new ideas coming on line every day.

Another thing is, maybe not the next but something we ought to be aware of, is *consumerism*. So much energy is used in manufacturing goods. A lot of these goods are to renew items used by us in our lives, to replace the ones we already have and could be used for a lot longer. The modern way is to replace goods far too quickly, even though the older ones are not worn out or have become useless. It is really a difficult problem, as we are so used to changing goods very often, like a new car, fridge, furniture, mobile phone, TV and all sorts of electronic gadgets.

To get back to spending less on unnecessary things is a completely new mindset. I drove a second-hand Toyota Landcruiser, which was 2 years old when I bought it, for another 24 years. (read about it later). The original owner had traded this vehicle in for a new model.

But as I stated, consumerism is a real problem, as far as energy is concerned.

It is worldwide; even people in developing countries are using gadgets, like mobile phones etc. I do not deny them these conveniences at all and I am glad they have them, keeping up with the rest of the world, but they as well as us in the developed world, do not NEED half of them to survive. I mentioned reducing gadgets before and really if you come to think of it and if you are

honest with yourself, you have to agree that you can do with a lot less.

“But why should I”, I hear you say. Well, my friends, it is to save the world you and I live in, from a massive disaster in the future. We all know that so many natural areas in the world, like the Great Barrier Reef are suffering from pollution, caused by poisonous run-off from coal mining etc. This is not just a financial disaster for the tourist industry, but all these naturally occurring phenomena all work together to make a world, the world we know. So many animals and plants species have already died out and will never come back. How long can we continue to destroy more and more of our beautiful creations? They are all vitally important for the survival of planet Earth. Every plant and every animal that was created, is to do their part in running this planet at peak performance. Taking them out of contention, is playing God and we then change the whole balance of nature.

We should also think of reducing the distances we drive. If we are going to be prepared for the day, when we cannot drive a car around, we should start thinking how we can survive without it. We should start thinking about growing foods ourselves, get our neighbours to grow foods as well and if we can arrange a barter system amongst the neighbours, you can get food OR SERVICES from them and you can supply them with a similar amount of different foods or services. I mentioned these before.

I wrote about a type of community we started in our area, which worked very well. Some members were not very productive yet, but they could fill the gaps by using their skills and services, like our electrician friend, who was too busy to grow much.

The beauty of this type of system is, that we are all independently living on our own properties and if the crunch comes, we are close enough to ride a bike, a horse or even walk to our neighbours for a supply of whatever they have and we can take with us whatever we have to give. No driving is required to do our food shopping. What do you think? Okay, this is the system used in the “Dark ages” you say. Yes, but it worked very well indeed. As I stated earlier, I hope this will never happen, BUT we don't want to get caught out.

Growing your own and sharing is so good. You meet the neighbours on a regular basis, something that is often lacking in our society. Why are we so stubborn and sometimes selfish? It is nice to know the people in your street and have that sense of community. We have organisations called ‘Neighbourhood Watch’ etc. Nice, but how do they really work, if you don't know your neighbours? I would like to see people in the street to be much more friendly and neighbourly, so you can do this job better. Watch for house breakers, car thieves, listen for strange noises of people in trouble, look for polluters such as graffiti artists and a whole lot more. Try not to be too busy and in too much of a hurry to miss the above. It is alright to cry after the event, but maybe we could have prevented a tragedy.

People in smaller country towns can do this so easily. It will be a bit more difficult in the big cities, but I have mentioned in my earlier writings a lot can be done, if you are smart and inventive.

Energy needs for the home and the factories can be and is achieved successfully, by way of solar panels. It is a pity that not more of these are mounted on all buildings. But it is coming though! We see more and more solar panels on roofs these days. There are many ways of doing so and

every day someone comes up with another bright idea, how to make a building solar efficient Are we serious about saving the planet and our families?

I wrote earlier about the prices for solar and how much cheaper it is today. Check into it, as the electricity and gas prices are rising fast. Using solar is also a saving for those people who have lost their jobs.

We should all think about the energy guzzling items around the home, because they are so expensive to run. It is also well known that all the stand-by lights on TV's, sound equipment etc. etc. cost you a fortune in electricity. This has been researched a long time ago, but we still do not turn the power off at the power points at night, do we? I have seen ceiling fans going around all day even though the people are not at home. The list goes on and on. It is up to us all individually to do our little bit. A little saving here and a bit there, makes for a big saving in the end.

In some households, there are TV's in every room of the house. All the family members crawl into their own little spaces, when they get home from school or work and they watch the thing independently from the rest of the family and they even eat there. No wonder there is hardly any communication any more.

All in all, if nothing is done about all the above and we go on living the way we are today, the family unit is gone forever. Would it not be nicer to be a very close and loving family, where everyone is involved in each other's affairs? Home should be a place, where we can discuss our daily affairs and talk openly about our personal worries or happy times and get all of the family members involved. We should all be together in the FAMILY ROOM. What is this room for anyway?

Industry should do its bit towards saving the planet. A friend of ours, who has done just that. He has a manufacturing business and makes wall renders and paints, all VOC-free by the way. The factory does not import any electricity or water; they do not export any waste water at all. Waste water having gone through a treatment plant, is used for watering their own vegetable gardens and ornamentals of course. The workers in the factory eat from the gardens and sit around to have lunches together.

Any excess electricity is put into the grid, for which they get paid good money these days.

All the people who work there, come from the immediate area, so they can ride a bike or walk to work. They have won a number of awards from the Queensland government and others.

P.S. Just as I was about to close this article, I sat down to have lunch and turned on the TV and watched Landline, an ABC TV program (21/4/18) a program I have mentioned before. I missed the first part, but I saw what I really wanted to see and that was the news about 3 cities and towns who have done some amazing things with natural power generation. Hepburn in Victoria, Lismore and Byron Bay in N.S.W.

I am so glad that these "alternative" places, with the right people driving their ideas forward, are saving the Earth and generate renewable power.

THE REST OF THE WORLD:.....TAKE NOTICE!

We can save on electricity even more by cooking outside, something most of us like doing, especially when we are on holidays.

When we go camping or go on a picnic, we gather waste wood and make a camp fire to cook on, which is the way we like it in Oz. At home, you can build a cob-oven and cook in that most of the time

We used to bake four loaves of bread in our cob-oven first; than 3 pizzas. After that, we cooked a baked dinner, a dessert, like rice pudding and lastly, we put a crock-pot with rolled oats and goat milk in it and leave it all night to slowly simmer. It depends on the construction of the cob-oven, how many you can bake, but if you bake too many pizzas for dinner, freeze them and reheat them when you want to eat them. The bread can be sliced when cool and frozen as well.

Australia, the sunny country, still has a low figure of solar panels per person. Germany, a cold country, has the best record, which is very impressive.

We should all get rid of energy in-efficient appliances in the home. The old electric water heater for instance, should be changed for a solar heater (or a heat exchanger?) and with the help of the government grants, this is not too expensive. Your savings are going to offset the costs. I know you are not made of money, but if you sit down and see what you spend on luxury items, which are not all that important (yes nice. but...) you will have enough money for items that will save your life and the planet and you children's lives. You won't have to pay quarterly electricity bills so in the end you are better off.

I challenge you with your budget and I have already discussed that, so read all that again and if you are `fair dinkum` (honest with yourself), you will do something drastic to make things better for all of us. If we concentrate on saving money these ways, one of the family parents can stay at home and look after the little ones like we should. That will create real jobs!

Your children need your love, attention and guidance. They are so willing to learn from Mum and Dad. Look at their faces, when they sit on your lap and the way they watch your mouth, waiting for the story or some information they asked for. They almost drag the answer from your mouth. Give them that love, they deserve it, they are YOUR children.

Everybody's circumstances are different and there is not ONE way, they can all be solved in the same manner, but if you are really fair dinkum about doing something for your family and the planet, you will think of a way to do so. YOU MAKE YOUR OWN LIFE! I am NOT telling you what to do; I am suggesting things that will make things better for the average family, as I have experienced them.

I hope to inspire you with some of these suggestions and I am quite sure all of you will be better off in the end.

A good thing is, that the future will look after itself, one way or the other and we can be part of an amazing future OR be left behind. Your comfort zone will be challenged for a while and you will have to deal with peer pressure from some of your friends, but the ones who love you and can see past their own noses, will back you up and follow. All this will make you stronger. Re-read the challenges this 24-year-old had with his mates in the pub. He made it and felt fantastic having made the decision by himself, ignoring peer pressure. From now on he won't have any trouble making up his mind, as he realises, he CAN do it.

Making nutritious meals will make everybody healthier and less acidic.

Turn the lights down low for a more pleasant environment, when you sit together in the family room, discussing your day just passing. Help each other solve any problems, that may have arisen during the day and share the happy events you have enjoyed. Never accept your child's saying, after you ask him how school was today:" It was alright", because often his day was a nightmare and he won't volunteer the details. Get these details from him and solve them together as a family.

I am not dreaming and I love you all and I want to convey to you my experiences. I hope that you will follow me in PEACE, HARMONY AND LOVE.

If only we had this all over the world, what a place this would be! We will have peace, if we all want it together. All of us should put it out there, together, en-masse. It is very powerful that way!

As the number 11 is a spiritual number, on the 11th day, of the 11th month at 11.11am/pm, a worldwide prayer goes out every year, for peace and love for our world. There are more than two million people taking part and it is increasing annually. Please join in next year!

Just be quiet for a few moments in meditation and send out some loving vibes/prayers to the whole Universe, especially our world and everyone in it. Together we will conquer the negatives as a unified body.

I conduct 'love circles' with groups of people. We stand up in a circle, holding the hand of your neighbour and put out all the love we can muster from one another, including Mother Earth. These circles are very powerful.

We should have fun and laugh as a family. Tell jokes and stories. Play some board games maybe; that could be different. Get back to sewing, knitting, crocheting, making our own garments, making floor rugs from real wool around a big table, paint pictures on anything as presents for your friends, with the whole family taking part, seeing something good come out of some time together. This is what families did and should do today. Families are not just a lot of people in a house, running around as individuals, doing their own thing all the time. No, families 'is': getting and being together for a common cause, helping, supporting, loving, understanding and playing together.

Times are going to be different, not nasty, but we must prepare ourselves for them. There is nothing to be frightened about, but we just have to be ready in time for it. I leave that with you to ponder over.

Well, I hope I am wrong for your sake, but it won't be bad, to be closer together again, anyway.

We must love one another more deeply as brothers and sisters. We must give unreservedly and **not** hold up our hands all the time for a reward, as soon as we do something for someone. GIVE FREELY from the heart and feel good about it. It is giving happiness back to yourself immediately, there and then, when you see the recipient's face. Something given with love will be repaid tenfold, that is nature's way. Money has become so important, that we can hardly think any other way anymore; everything has to be paid for with money, not love. Doing good is very rewarding, believe me!

If you do something in love for someone, they, or someone else in turn will do the same for you one day, but don't stand there waiting for it to happen. Allow things to happen naturally.

LOVE MAKES THE WORLD GO AROUND!
MONEY IS THE ROOT OF ALL EVIL!

These are two old sayings and they are still current today. It is being old fashioned but believing in them will make you all very much happier.

SMELL THE ROSES!

Without cleansing, no healing!

The colon and small intestines

It has been proven over the years by Naturopathic practitioners, that a large percentage of our modern population has a toxic colon and they concentrate on “gut health”. We can see these signs in the eyes, through the use of the science called Iridology, as well as the observation of the general condition of the person. Tests of our stool will prove this conclusively.

Once the bowels become toxic, other organs and glands follow this trend.

Detoxification should always be started with cleansing the bowels first, to eliminate the chances of other parts of the body degenerating.

A PROCEDURE I USED IN DETAIL: (I mentioned this earlier)

Castor oil packs. (and only use castor oil, not deodorised either).

Warm some castor oil and rub liberally over the entire abdominal area around the umbilical spot, massaging it in very well.

Cover all of that area with a (preferably red) flannel cloth, about 300 mm square, holding it in place all night, by wrapping an old towel around it, safety pinned firmly.

Apply this pack for 3 nights running, washing abdomen in the morning, each time.

- *Leave off for the next 3 nights,*
- *Apply again the following 3 nights, (don't forget to wash it off)*
- *Leave off for the next 3 nights,*
- *Apply again for another 3 nights.*

Wait for 21 days and repeat this procedure above.

This will soften some of the build-up on the large and small intestines and it will be passed out of the body through natural ways.

Some Herbalists/Naturopaths may be able to give you some herbal remedies to help the above. After this castor oil procedure, colonic irrigation may be used for more of the severe cases of impaction, but do NOT have too many colonics, because the bowels may become lazy. 2 or 3 colonics should be all that is needed.

I have heard of people receiving dozens of colonics and it makes me shudder. DON'T get talked into that please.

NOTE: CASTOR OIL SHOULD **NEVER** BE TAKEN INTERNALLY.

In years gone by, it was ingested, but it is much too severe.

Castor oil packs may be applied to all parts of the body, where there is hardening and congestion. This means on joints, muscles and tendons, where there is pain, arthritis etc.

In these cases, apply it to the affected parts for 21 days straight during the night, but NEVER on open wounds or ulcers.

The urinary tract

An easy way of cleaning the urinary tract, costs very little, but takes a little effort.

Each day, prepare 2 glass containers, one with distilled water and fresh lemon juice added, the other with distilled water only, according to your weight, taken from the following chart. Distilled water is available from your chemist in 5 litre containers. I have seen it in the supermarket as well at times.

PROCEDURE

Start early in the morning and drink 120 ml of the mixture: distilled water and lemon juice.

Half an hour later, drink 120 ml of the distilled water.

Alternate these drinks every half hour, till all the liquid has been consumed from both containers.

Continue a normal healthy diet whilst on this program.

Your weight	Container #1		Container #2		Days
	Water	Lemon Juice	Water		
23 to 34 kg	420 ml	30 ml	450 ml	30	
35 to 56 kg	540 ml	60 ml	600 ml	35	
57 to 72 kg	780 ml	60 ml	780 ml	40	
73 to 90 kg	960 ml	90 ml	1020 ml	45	
91 to 101 kg	1020 ml	120 ml	1080 ml	50	
102 to 112 kg	1020 ml	120 ml	1080 ml	55	

113 and over	1200 ml	120 ml	1200 ml	60
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Suggestion: When you fill your containers the first time, make a mark to the level you have to fill it, so next time you don't have to measure them again.

You have by now noticed, that I suggest **Distilled** water, during this time, whilst cleansing and the reason for it is, that distilled water has a very good capacity, for attracting and attaching toxins to its molecules. If we used other water, there are always other dissolved solids in the water already, making it less effective.

Normally, for drinking and cooking, I always suggest LIVING WATER with an alkalinity: Ph. 8.0 or slightly higher, say 8.5.

A third cleansing of the body is:

THE LIVER (See liver cleanse).

I have covered that on page 168. Please go back and consider doing just that. You will feel more energetic and your skin will improve so much, whatever age you are. Anyone can do this and you can recommend this to your friends. You will do them a favour. It has nothing to do with the Liver Function, for which the medical profession will do tests. If the test shows positive, you can still have a toxic liver.

When washing our bodies, acid water should really be used and that is not difficult, as most water supplies and rain waters are about Ph. 5.5 or a little higher. If you installed a water conditioner, which separates the acid from the alkaline water, you can collect alkaline water for drinking and acid water for washing anything, your body, laundry etc. These units are extremely valuable and I can recommend them highly.

See in the recommended items index, in the back of this book.

We must learn to drink more water. So many people don't ever drink water, only teas, coffee and soft drinks and the latter are all laced with sugar and chemicals, such as BROMIDE and ASPARTAME. Look them up on the net. Shock horror!! Some soft drink companies gladly advertise NO SUGAR, but the additives that are in them are worse. ASPARTAME AN ABSOLUTE NO-NO!

**WHAT I AM TRYING TO ACHIEVE FOR
YOU, IS FOR YOUR FRIENDS TO SEE YOU:**

**“SHINE LIKE A
BEACON, RUN LIKE A**

HARE, AND ACT LIKE A TEENAGER!”

Shanti

and if you are a teenager, **GOOD ON YOU!!!!,**
BUT YOU BETTER TAKE NOTICE OF THE ABOVE.
YOU ARE NOT INVICIBLE!

Final summary

Having read all the above suggestions and recommendations, I would like to put all these into a nutshell and condense all these into a few chosen words.

Life as we know it, is a complex number of factors, all put together beautifully. I mentioned the car earlier, how there is an engine, gearbox, wheels and tyres, doors etc. All these parts have to work together in unison to make this car a working machine for you to drive.

The body is a similar structure, where we have our physical body with a heart, lungs, liver, bowels etc., together with a spiritual mind, mental capacity, emotions and sexual feelings and more.

All these items **MUST** work together beautifully, to have a happy and healthy life. We cannot separate them from one another; **THEY ARE ONE.**

It is no good telling a person to eat well and you will be healthy. No way! There is so much more. There are all these different aspects I have written about above and I hope you have taken them on board.

The reason for me writing the new version of this book, is just that.

When I started to write my book, years ago, I was not so well equipped as I am now and I just wanted to tell you about the physical body, as that is what I was trained to do. Meanwhile, I have become a very spiritual man and I do a lot of meditation to allow these amazing thoughts to come into my mind, how to help people be well, happy and fulfilled.

What I am writing now, was passed on to me during my early morning meditation today; it is “hot off the press” so to speak.

I would like you to be aware of them all and implement them into your life as soon as you can. Don't wait, like I did and wait for years to make your life complete. The reason for me was that I was always very busy working and providing for the family. There was no thought of anything else at the time, but that did not make it right, I found out.

I was always considering others first and foremost, above caring for myself. My thought was to GIVE, but that was wrong at that time, something I found out lately. We MUST put ourselves first and love ourselves, before we CAN give out the beautiful feelings, teachings and love to others. This is NOT selfishness; this is to equip oneself to be able to share more fully and be part of the Universal sphere. We are all one; there is no difference between any of us; we are all love; we are all peace; we are all brother and sisters and we must act that way.

As what this book tells you, keeping yourself well will stop any attacks of diseases, as the immune system will see to that.

My life's story confirms what I am saying here: "No chemical medication since 1962; NONE." AND THERE WON'T BE ANY EITHER!

That's all folks.

Much love and happiness, Shanti

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**” The Chemical maize”
Bill Stratham

” The Ringing Cedars of Russia (Anastasia)”
Vladimir Mègree

Note: * Highly recommended

** Very highly recommended

Contact addresses

Emotional Freedom Technique (EFT)

www.emofree.com.au

Amalgam dental fillings (mercury)

[Google: Amalgam dental fillings](#)

Australian Vaccination Network

Email: meryl@avn.org.au

Personal EMF Harmonisers

<http://earthtransitions.com/EMF-Protection/Personal-EMF-Harmonizers.html>

Products

Novaclear, waste water treatment

www.novaclear.com.au (Check for others as well)

Telephone: 07 5441 3569

*Cooe products

www.cooeeproducts.com.au

Telephone: 07 5479 1620

Rockcote

www.rockcote.com.au

Telephone: 1300 736 668

Wonder Products

3/10 Dual Avenue, Kawana Queensland

Phone:07 54932249 Mobile:0401262746. Ask for Neil.

*Silverwell. Colloidal Silver Generator

www.colloidalsilver.com.au

mail@silverwell.com.au

*Alkaline water generators

www.alkaway.com.au

Telephone: 1300 255 292

*Wild soap nuts

www.newint.com.au

Telephone: 1800 111 212

Note: * Highly recommended

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