

Dr. Caroline Leaf 'Who Switched Off My Brain?' <http://drleaf.com/>

"..Thoughts occupy mental real estate. Your **thoughts produce proteins**, the body's building blocks, which form **real structures** that change the landscape of your brain! The **thoughts we think grow branches on nerve cells** in the brain...." latest: <https://vimeo.com/163412281>

Dr. Don Colbert 'Seven Pillars of Health' (Water, Sleep/Rest, LIVING Food, Exercise, Detoxification, Supplements, Coping with Stress)

"...the deep-rooted **emotional blockages** and hidden **fears** are the major cause of ailments you suffer today." <https://drcolbert.com/>

Dr. Lorraine Day 'Cancer Doesn't Scare Me Anymore' www.drday.com/

"It is impossible to get well from cancer or any other serious disease without learning to overcome stress. Of the three main causes of disease (poor nutrition, dehydration, **stress**) **the most difficult** one to master in restoring health is **STRESS (worry, fear, and anger)**."

Because stress (*defined by Dr. Day as* **WORRY, FEAR & ANGER**) is such a HUGE part of ill-health, I highly recommend:

Dr. Henry Wright: 'A More Excellent Way' <http://BelHealth.com> (*NEGATIVE thoughts & their consequences can be 'deleted'*)

1. Recognize (*the problem, what really CAUSED it?*)
2. Responsibility (*acknowledge & accept YOUR responsibility*)
3. Repent (*for not accepting the FINISHED work of Christ*)
4. Renounce (*DECLARE OUT LOUD what you reject*)
5. Remove (*HINDRANCES to health & well-being*)*
6. Resist (*all THOUGHTS contrary to God's Word*)
7. Rejoice (*that Christ has PAID for your healing/deliverance*)
8. Restore (*help SOMEONE ELSE get free*)

(*Parenthetic phrases are my brief synopsis.*) The book goes into great medical detail (525 pages!) & comes with a DVD.

Several other professionals who are part of the 21st century transition from 'disease management' to 'wholistic wellness' (*without detouring into New Age sorcery*) have free e-newsletters that keep people informed about health issues. You may want to subscribe to:

Dr. Joseph Mercola www.mercola.com/ Cheri Calbom www.juiceladycherie.com/

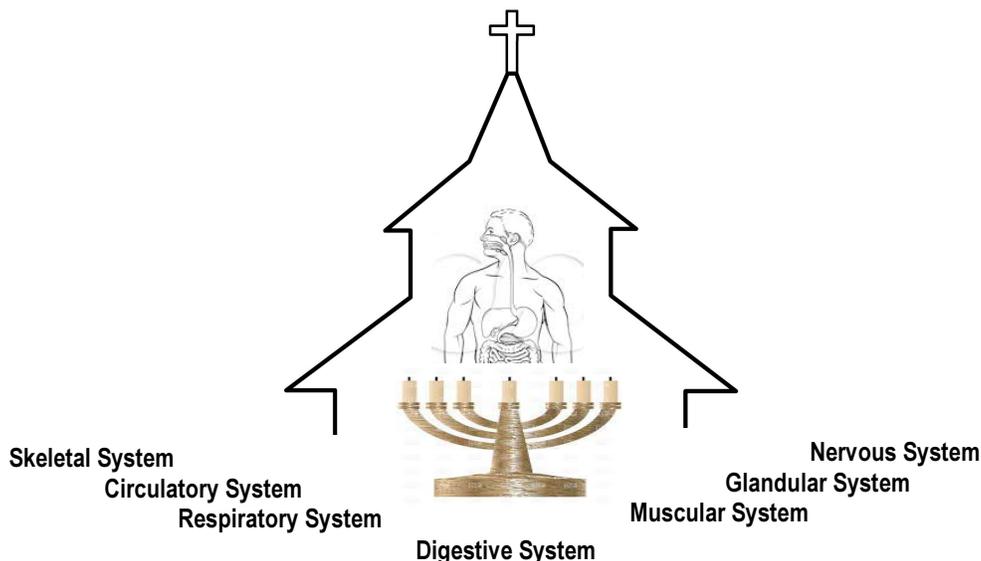
Also, Dr. Henry Wright offers Health Minister training in GA & Joan Hunter in TX <http://joanhunter.org/>

Both deal with healing people from **trauma**. And, there is a Hallelujah Diet Health Retreat in NC: www.myhdiet.com

*The crux of this booklet is to help you **remove HINDRANCES** to mind & body wholeness **by exposing them** & suggesting alternatives. It's up to you whether you act upon it. And also to discover that your body is a **living illustration of how the Kingdom of God operates**.

*This 3-page (front & back) booklet from: http://2-acres.com/Ginger/7_Body_Systems.pdf is a synopsis of everything I've learned about health from reading, experiences (I was born in 1951), attending the Cancer Control Society symposium in L.A. & visiting Tijuana Cancer Clinics. I have **no medical training at all**. I'm just a healthy grandma who wants to help others because Jesus Christ is my Lord & He wants people well!*

7 Human Body Systems (& 5 sub-systems) demonstrate Laws of the Kingdom of God



Introduction

There are certain principles that Christians live by that are as natural as breathing. They don't stop to think about these principles any more than they stop to examine how the respiratory system works each time they breathe. But the principles, or spiritual laws, are there. This booklet is an attempt to explain how the 7 human body systems (*and 5 sub-systems*) obey **spiritual laws** and how, as knowledgeable stewards of your body, you can take responsibility for the care and maintenance of each part. The **immune system** is not dealt with as a separate system because it is the defensive part in each of the 7 systems, but there is a segment on how to strengthen the immune system on the last page.



When you understand how your own body works, you will understand how the Kingdom of God works.
And, as you understand how the Kingdom of God works, you will, like Jesus, cast out sickness & disease.



Besides the spiritual application of these 7 body systems, this booklet includes ways to maintain health and various treatments for sicknesses using herbs, seeds and the oils derived from them. (*Unfortunately, there is little information available on the medicinal properties of tree leaves as yet.*) In Genesis 1:29, God gave men "every **herb bearing seed**" and "every tree, in the which is the **fruit of a tree yielding seed**" for food. In Ezekiel 47:12, "the **fruit** thereof shall be for meat, and the **leaf** thereof for medicine." When **herbs**, like ginger root, are recommended, use your sanctified imagination on how to take them. Make gingerbread or gingerale. For garlic and cayenne, use it in soups. **Leaves** are usually dried, boiling water poured over them, covered (*so oils will not escape*), cooled and drank as a tea or ground up, wet and used as a poultice (*like a bandage*). Leaves have higher concentrations of vitamins and minerals, which is more necessary in treating sickness. **Oils** can either be poured on salads, inhaled with steaming water or rubbed on the skin (*the bottoms of the feet are best*), since they are easily absorbed. There are also good vitamin & mineral-salt skin creams that don't contain 'propyl' or other additives that overwork the body's natural filters (*kidneys, liver*).

When exploring unconventional **therapies**, like aroma therapy, color, ion or ozone therapy, oxygenation, low-reactive level laser therapy, magnetism and such, please **consider their source**. Many alternative medicine practitioners are not being led by God's **Holy Spirit** but "...worship and serve the creature (*their own bodies*) more than the Creator..." (Romans 1:25). Test the spirits—do they **acknowledge Jesus as Lord**? Enter boldly into the promises of God, (which include health), with caution—but not fear. "I wish above all things that **you** may prosper and be in health, even **as your soul prospers**." (3 John 1:2) See also: Matt. 8:17, 1 Peter 2:24, Nah. 1:7, Jer. 30:17, Ps. 30:2, 91, 107:20, 118:17, Prov. 3:8, 4:20, Ex. 15:36, 23:25

The information in this booklet is offered by way of helpful suggestion **only** and is **not** to be construed as medical advice.

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This booklet is dedicated to my awesome mother, Iris Lloyd Vihlen.

Some of the References Used:

A More Excellent Way—Be in Health by Dr. Henry W. Wright
A Shot in the Dark by Barbara Loe Fisher & Harris L. Coulter www.nvic.org
Alternatives: for the Health Conscious Individual newsletters by Dr. David G. Williams
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Basic Care Bulletins by Bill Gothard's Medical Training Institute of America
Cancer Free by Bill Henderson www.Beating-Cancer-Gently.com
Cancer: Step Outside the Box by Ty Bollinger
Could it be B12? An Epidemic of Misdiagnoses by Pacholok & Stuart
"Dead Doctors Don't Lie" audio tape & book by Dr. Joel Wallach
Disease Free by Matthew Hoffman, William LeGro Prevention Magazine
Disease Prevention and Treatment by Life Extension
Fit for Life by Harvey and Marilyn Diamond & **The 30-Day Diabetes Cure** by Dr. Ripich
Foundations for Healing by Dr. Richard Becker, D.O., 'Your Health' TV show on CTN
Getting Started on Getting Well by Dr. Lorraine Day, M.D.
Health and Healing: Tomorrow's Medicine Today by Dr. Julian Whitaker
Healing the Whole Man Handbook by Joan Hunter
Heinerman's Encyclopedia of Fruits, Vegetables and Herbs by John Heinerman
Knockout: Interviews with Doctors who are Curing Cancer by Suzanne Somers
How to Heal the Sick by Charles & Frances Hunter
Lethal Injections by Dr. William Campbell Douglas, M.D.
Miracle Medicine Foods by Rex Adams
Natural Alternatives to Over-the-Counter and Prescription Drugs by Michael T. Murray
Natural Healing Handbook by Beth M. Ley
Safe (non-GMO) Foods by Deborah Mitchell **Save Your Life** by Dr. Richard Schultze
The Cure for all Cancers by Dr. Hulda Regehr Clark, Ph.D., N.D.
The Doctors Vitamin & Mineral Encyclopedia by Sheldon Saul Hendler, M.D., Ph.D.
The Seven Pillars of Health by Dr. Don Colbert
Tooth Truth by Dr. Frank Jerome, D.D.S. **Who Switched Off Your Brain?** Dr. Caroline Leaf
World Without Cancer: the Story of Vitamin B17 by G. Edward Griffin



Immune System Boosters:

Exercise: park in farthest parking space & **walk!**
Fasting (*just good water*) increases anti-bodies
Phase 1: food utilized, **false hunger** (day 1-2)
Phase 2: fat metabolized, need sleep (days 2-5)
Phase 3: toxins eliminated, tongue coated (5-40)
(2 weeks is optimum for restoring health)
Forgiveness & Gratitude: healing emotions that release serotonin & dopamine hormones
Fresh Air: oxygenate—deep breathe near plants
Laughter: besides increasing heart rate and hormone production, laughter moves extra nutrients and oxygen into your body's tissues
Love: passionate love stimulates the hormone PEA (*phenylethylamine*) which boosts immunity
Prayer: confession, repentance & relinquishment of bitterness & anger boost immune responses
Seeds: seeds (*beans, peas, nuts...*) have life in them—and are the **ultimate food**. (*note: there are traces of cyanide in many seeds that permeate cancer shields so the body can see & attack it, but obviously, too much cyanide can be fatal --B17—laetrile, from apricot seeds, only helps in naturally occurring cancers, not lab-induced cancers—hence its failure in FDA tests.*)
Singing: boosts metabolism & strengthens lungs
Sunlight: daily (*without sunscreen or glasses*) retinally produces vitamin D3 (*anti-cancer vitamin*)
Water: essential to digest food properly, thin blood, eliminate toxins, build bones....



Muscular Systems obey the Law of Unity

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The muscular system, consisting of 650 muscles and tendons, allows the body to move freely. The muscles work together, no one muscle moves alone! Muscles always pull and never push one another. They provide strength for the body. In the Kingdom of God, the individual members must work together. From this unity comes the strength of the Kingdom.

Muscular Tips:

Bathe in Epsom Salts (*magnesium for muscles*) & Vinegar (*for skin*).
Massage—movement stimulates lymph & repair muscle tissue.
Muscles weaken after eating foods you're allergic/*addicted* to.
Tense each muscle, hold a few seconds, release—do whole body.
Try alternating arms when bowling or playing tennis to avoid injury.
Use essential oils topically to oxygenate muscle tissue.

Warnings:

Avoid areas where pesticides & herbicides have been sprayed.
Don't use heat w/menthol ointments (*may cause kidney damage*).
Don't jog **every** day (*it takes about 24 hours for joints to relubricate*).
Don't use anti-perspirants, they suspend normal eliminative function (plain old baking soda is still the best deodorant!)
Fabric softeners can cause vertigo & loss of muscle coordination.
Skin lotions are absorbed through the skin & can poison the liver.
Vaccine side effects include Multiple Sclerosis, Juvenile Diabetes, 'Gulf-War Syndrome,' epilepsy, SIDS, seizures, brain swelling...

Muscular Ailments/Treatments:

Bruises: rue (rutin), cayenne, vitamin C, rub w/peppermint or lavender oil
Back Bursitis: eat white part of citrus peel (*bioflavonoids*) & quit typing!
Cerebral Palsy: hyperbaric oxygen, wheat germ oil, garlic & detoxes
(*1st case was caused by mercury in Minamata Bay, Japan, in 1950's*)
Multiple Sclerosis: buckwheat, raw vinegar, cod liver oil, spinach, olives
(*consider having dental fillings removed—may be mercury poisoning*)
Muscular Dystrophy: flax & wheat germ oil (*vit. E*). Brazil nuts (*selenium*) & 300 milligrams a day of CoEnzyme Q10 may alleviate symptoms
Restless Legs (*nocturnal*): almonds (*magnesium*), apples, greens (*calcium*)
Take mega-doses (*50K ml*) of D3 in the winter or work outdoors all day.
Scurvy (*swollen legs, stiff knees, rash*): fruits, berries, turnips (*vit. C*)
Seizures (*brain inflammation*): detox w/coriander seeds, coconut oil, DMSA
Sprains: ice, cayenne pepper creams, fresh papaya or pineapple
(*bromelain*), rosemary in oil, seeds, eat okra (*manganesse rich*)
'Stimming' (*stimulation with repetitive movement*) movement helps lymph eliminate heavy metal poisons. Detox w/citrus pectin, , coconut oil, DMSA

Minerals: Boron & Strontium **deficiency** (high blood pressure, low estrogen, backache, low testosterone, inability to assimilate calcium, arthritis...)

Calcium & vitamin D **deficiency** (high blood pressure, bleeding gums, colds, muscle twitches, leg cramps, Bell's Palsy, polio paralysis..)

Chromium & Vanadium **deficiency** (diabetes, sugar cravings) Copper **deficiency** (heart attack, varicose veins, stroke, gray hair)

Iodine **deficiency** (fatigue, cold extremities, fibroid tumors, hair loss, weight gain...) Iron **deficiency**: (fatigue, RLS, pica, sore tongue, paleness)

Magnesium **deficiency** (restless leg syndrome, menstrual cramping, PMS, heart trouble) Potassium **deficiency** (muscle pain, weakness)

Selenium **deficiency** (asthma, cancer) Zinc **deficiency** (acne, dull hair, body odor, colds, loss of sense of smell, white spots on fingernails)

*Mineral pills can be toxic, like drugs, and have side effects. Instead, **use all-FOOD (plant based) mineral sources** like: raw fruits, veggies, leaves, sea salt, honey (or Youngevity.com)

Glandular Health Tips:

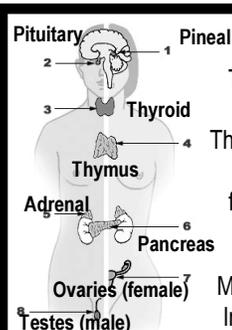
Negative emotions (*fear, anger...*) create chronic inflammation/disease.
Never underestimate the health benefits of regular, hearty laughter!
Pituitary & pineal glands require **daily sunlight** to function optimally.
Pre-natal **follic acid** supplementation can prevent mental retardation.
Take vitamins made from food ONLY (*& should dissolve in vinegar*).
Test for iodine deficiency by painting a 1-inch circle of iodine on the belly. It should remain stained 24 hours. Otherwise, you're deficient.

Warnings:

Cancer can't thrive in an alkaline body--so eat raw veggies & spirulina blue-green algae to **alkalinize**. (*Meat & sweets are acid-forming.*)
Chlorinated & fluoridated water destroy iodine levels (*hypothyroidism*)
Mammograms can trigger breast cancer--thermography is much safer.
www.breastthermography.org www.cancertutor.com
Pesticide-laden coffee w/chlorinated water can cause bladder cancer.
Protect the pancreas (*& avoid diabetes*) by **not eating GE** (*genetically engineered*) **foods** like high fructose corn syrup, MSG, aspartame.

Gland Ailments/Treatments:

Breast tenderness & fibroid tumors (*iodine deficiency*): kelp or lodoral
Cancer: ***anti-tumor foods: mushrooms, ginger, echinacea, licorice, figs, tumeric** (*for bone cancer*), **cabbage/broccoli** (*for lung & esophageal cancer*), **green tea** (*for stomach cancer*), **chaparral** (*for melanomas*), **peas/beans** (*for colon/rectal cancer*), **rosemary** (*for prostate cancer*), **flax seed oil & cottage cheese** (*for breasts*)
Hepatitis: dandelion root, milk thistle, anise, tumeric, macadamia nuts
Hyper (*overactive*) thyroid: kelp (*iodine*), cabbage/broccoli, avoid aspirin
Hypo (*low*) thyroid: kelp (*iodine*), radishes, sunlight, avoid chlorine
Morning Sickness: ginger, raspberry leaf tea, one-day fast may help
PMS: butternut squash, yams, ginger, raspberries, avoid coffee & pork kelp (*iodine*), almonds (*magnesium*), sage, evening primrose oil
Swollen lymph glands: exercise or massage glands, infrared sauna, sweat
Tumors: castor oil poultices, baking soda in water, anti-tumor foods*
Water retention: **avoid pork**, eat watermelon or celery, dandelion leaves
Yeast Infections: insert peeled, lanced, raw garlic clove (*like a tampon*)



Endocrine/Glandular Systems obey the Law of Change

The glandular system consists of 7 main glands: pineal, pituitary, thyroid, hypothalamus, adrenal, pancreas & sex organs.

They produce hormones that regulate changes in the body: growth, pain & energy levels and body temperatures.

They are activated not only by sight, hearing, feeling, tasting and touching, but by the **thoughts** generated by those senses.

In the Kingdom of God, change is constant. The mind-set that allows for change and adapts to it will be a catalyst for growth and provide balance and well-being to the Body of Christ. By the same token, inability to adapt hastens death.

subsystem: Reproductive Systems obey the Law of Miracles

Male sex glands are activated by **sight**. Female sex glands are activated by hearing. The purpose of both is new life.

In the Kingdom of God, miracles are first **seen**, then spoken forth, then hoped for, travailed over and, finally, birthed.

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Commonly Used Drugs & their Side Effects:

ACE inhibitors (blood pressure medicine) - chronic cough, headache, leg pain, STROKE
Acetaminophen - skin rash, kidney & liver damage (*accentuated by alcohol use*)
Alka-Seltzer - bloating, kidney stones, nausea, mineral deficiencies
Antibiotics* - yeast infections, thrush, symptoms that mimic schizophrenia
Antihistamines - skin blotches, dry mouth, rapid heart beat, weight gain, nervousness
Aspirin** - iron and folic acid deficiencies, asthma, ulcers, swells nasal passages
Beta-blockers (Propranolol) - hair loss, joint pain, deafness, cardiac arrest, asthma, DEATH
Birth control pills - breast cancer, weight gain, mood alteration, chronic PMS, STROKE
Corticosteroids (Prednisone) - facial hair, diabetes, osteoporosis, mineral deficiencies
Darvocet / Demerol- constipation, addiction, liver damage, nausea, upset stomach
Decongestants - habit forming, suppresses natural functions, dry mouth, nervousness
Digitalis (Lanoxin) - confusion, disorientation, appetite loss, hives
Dimetapp - excitability, bone marrow damage, nerve damage
Diuretics - potassium and magnesium deficiencies, rashes, headaches, cramps
Ibuprofen - ulcers, easy bruising, ringing in ears, kidney and liver failure
Laxatives - mineral deficiencies, dependency
Premarin (pregnant mare's urine) - bloating, yeast infections, cramps, fibroid tumors
Prozac - headaches, palpitations, seizures, suicidal tendencies, amnesia, schizophrenia
Sleeping pills - nervousness, heartburn, headaches, chronic constipation
Synthroid - BONE LOSS, headache, leg cramps, rapid pulse, tremors
Tagamet - dizziness, muscle pain, liver damage, swollen breasts, hormonal imbalance
Tums - constipation, BONE PAIN, swelling, weakness, acid rebound, KIDNEY STONES

***To build back up good intestinal bacteria after taking anti-biotics, eat lots of plain organic yogurt with honey, take probiotics & eat or juice raw veggies.**

****Pain is like a warning light on your car. Disconnecting the warning (pain) with pain-killers (without finding the root cause) is NOT smart.**

(Many of these drugs actually worsen the condition for which they are taken if used long-term and all impair the body's main filter—the liver.)



Aluminum poisoning (*lethargy, confusion*) can occur from vaccines, deodorants, baking powder, municipal water, antacids, aluminum cans & pans

Chlorine poisoning (*thyroid trouble--hair loss, fatigue, dry skin & deficiencies*) can be caused by chlorinated water (*it inhibits iodine absorption*).

Fluoride poisoning (*memory loss, brittle bones, bad teeth*) can occur from ingesting fluoridated toothpaste, drinking & bathing in fluoridated water

Lead poisoning (*appetite loss, vomiting...*) can be from using pre-1930 crystalware, pewter, cheap bone-meal, lead paint, burning old comics

Mercury/Thimerosal (*headaches, muscle tremors, arthritis, paralysis, chronic pain...*) can occur from paints, vaccines and "silver" teeth fillings

Poisoning Antidotes (*nature's 'chelators'*): apples (*pectin*), grapefruit, garlic, coriander seeds, organic coconut oil, charcoal, raw vinegar

There is some clinical evidence that ingesting organic minerals (*that have been through photosynthesis in plants*) can chelate out their metallic counterparts.

Alternative Treatments that may work better:

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garlic, onions, nuts, greens, citrus, oatmeal, whole grains
feverfew leaf tea, white willow bark, massage therapy
a pinch of baking soda or raw vinegar & honey in water
cayenne, garlic (*may be inserted vaginally*), acai (*any berries*)
fruits with pulp (*flavonoids*), ephedra, hot foot bath
find the cause (*MSG, caffeine?*) willow bark (*natural aspirin*)
raw peanuts, ginger, honey, avoid all fake butters
mexican wild yam, vigorous exercise, hot baths before sex
noni juice (*anti-inflammatory*) pineapples, tumeric, fish oil
hot bath in epsom salts (*magnesium*), massage, boswellia
ginger, cayenne, nasturtiums, eucalyptus leaf tea
hawthorn berries, honey, almonds, olive oil, avoiding margarine
honey, cinnamon or rose petal tea, elderberry extract
nettle, dandelion leaves, cucumbers, lemon juice, organic celery
boswellia, ginger, red clover tea, see #5: Headache Prevention
aloe vera juice, senna leaves, exercise, prunes, peaches
alfalfa sprouts, **IODINE**, apple cider vinegar & honey
SUNSHINE, prayer, wheat germ oil, exercise, music, berries
hops, camomile, valerian root, work, avoid all caffeine
natural thyroid extract, iodine, kelp, seafood (*if not allergic*),
papaya enzymes, cabbage juice, licorice (*in moderation*)
ginger, pineapple, raw apple cider vinegar (*treats root cause*)

Skeletal Systems obey the Law of Faithfulness

The skeletal system, consisting of 206 bones, including the skull, is what keeps the body upright. It not only supports the weight of the entire body, but within its bones, it produces the lifeblood. A flexible, yet steadfast, posture is essential. In the Kingdom of God, there can be no wavering between faith and unbelief. Believers are called to stand firm, not swayed by emotion or doubt, but having the posture of a made-up mind. A good skeletal system demonstrates the importance of faithfulness.

subsystem: **Teeth obey the Law of Use**

The teeth are the hardest part of the body and yet can simply fall out from lack of use.

In the Kingdom of God, that which is your greatest strength can be lost through negligence. In other words, use it or lose it!



1



Skeletal Tips:

Anything constricting can cause chronic pain (*so wear loose clothing*).
Avoid amusement park rides or sports that suddenly jar the spine.
Avoid all caffeine & sodas (*phosphoric acid blocks calcium absorption*).
Remove glasses outdoors (*glass blocks sunlight/retinal vit. D3 production*).
Don't prop up a baby very long in a swing, their spine isn't ready yet.
Find a good chiropractor and be adjusted regularly (*neck, feet, back...*).
Eat almonds & dark chocolate (*magnesium*) & bathe in Epsom Salts.
Use ONLY mineral-rich salts (*Real Salt, Celtic Salt, Pink Himalayan Salt*).

Dental Tips:

Avoid root canals (*they breed inflammation—causing MS, CFS...*).
Aluminum-free baking soda is the **best** toothpaste.
Chew peelu or xylitol gum after meals to kill oral bacteria.
Have silver (*mercury*) fillings replaced or teeth removed (*mercury leaks*).
Have saliva pH tested & eat raw foods to discourage cavities.
Instead of filling cavities, try having teeth professionally cleaned bi-weekly or monthly for 6 months or more. (*They can recalcify--my kids' did!*)
Pour (*or spray*) hydrogen peroxide on toothbrushes to kill germs.

Skeletal Ailments/Treatments:

Arthritis: go gluten-free & eat greens, tumeric, onions, salmon, parsley
Back pain (*lumbago*): use papaya or fig poultice, take pro-biotics
Bleeding gums (*vitamin C deficiency*): lemon juice
Gingivitis (*calcium/mag deficiency*): water & cayenne pepper oral rinse
(*most calcium supplements are worthless—eat or drink raw greens instead*)
Knee/Wrist pain: apple cider vinegar, sunflower seeds, emu oil
Osteoporosis: yogurt, prunes, greens, honey (*for trace elements*)
Rickets (*bone deformities*): vitamin D3, **sunshine**, onions, greens
Rheumatoid arthritis: antibiotic for 2 weeks, then 60+ minerals daily
Toothache: apply ice or clove oil, bite down on raw garlic or ginger

Water Tips:

Add GSE (*grapefruit seed extract*) to water when traveling to purify.
Best non-electric (gravity) water filter: **AquaRain.com** (*about \$300*)
Fluoride & aluminum (*used to treat water*) together cause brittle bones
Local (*Lenoir City, TN*) water-filter company: **www.AquaClearWS.com**
Water pH—**alkaline** water is best—**8.5 pH+** (*Minerals add alkalinity*).
www.toxicteeth.org www.mercurypoisoned.com www.fluoridealert.org



Respiratory Systems obey the Law of Reciprocity (Giving and Receiving)

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The respiratory system includes the nose, windpipe and 2 lungs. It receives oxygen and dispenses carbon dioxide. In the Kingdom of God, the amount received (*inhaled*) is in proportion to the amount dispensed (*exhaled*).

Respiratory Health Tips:

Have indoor animals checked for strep throat (*they can pass it to you*). Household **mold** can cause perpetual sinus infections & health issues. (*chronic sinusitis is always a fungal issue—oregano oil is the antidote*) In humid weather, hang **www.DampRid.com** in rooms w/books or carpet. Indoor malls build up excessive positive **ions** (*waterfalls are the antidote*). Invest in some healthy indoor plants to purify air (*don't overwater them!*) Open windows monthly or get an ionizer. **www.EdenPure.com** Positive ion air masses move in before storm systems and lower immunity.

Additive Warnings:

Autopsies on cancer patients show high levels of **propyl**. Avoid all lotions, cosmetics, foods, etc... beginning with "**prop...**" as an ingredient. Asthma can be triggered by sulfites sprayed on salads & by BHT or BHA. Fabric softeners used on clothes can cause vertigo (*dizziness*) & rashes. **Formaldehyde** gas (*from paneling glue or new furniture*), **radon** (*from the ground & appliances*), **lead** fumes (*from paint--up to 1 year*), **ozone** (*from aerosols and appliances*) all can cause chronic health problems. Herbicides (*sprayed golf course*) & Tums **together** can cause liver failure.

Breathing Exercises:

Lift arms overhead repeatedly each day to stimulate lymph & lung function. When lying down, do muscle contractions to stimulate blood flow. When outdoors in fresh air, take deep breaths, hold & release (10x).

Headache Prevention & Warnings:

Avoid: ALL **sodium nitrate** and **MSG** (monosodium glutamate) (*used in most restaurant & packaged foods*); & **caffeine** (*coffee, tea, & colas*) Avoid being in areas where pesticides & herbicides are sprayed. Avoid **low-fat** products (*your body requires oils to protect your nerves*). Do NOT take birth control pills or ERT (*estrogen depletes magnesium*) Don't get a root canal or silver (*mercury*) fillings (*causes inflammation*). Don't apply chemicals (*lotions, soaps, perfumes, anti-perspirants*) to skin.

Eye Strengthening Exercises:

Move eyeballs from side to side, up & down, and diagonally every day. Roll eyes, lids closed, clockwise & counterclockwise slowly before sleep. Block center vision and use peripheral vision (*to strengthen muscles*). Squeeze eyelids together tight, open and blink rapidly (*for circulation*).

Skin Care Tips:

Apply wet oatmeal, barley or aloe to rashes, then anti-fungal powder. Do a 'liver cleanse' often (*your skin reflects the health of your liver!*). Eat fresh raw fruit & plain yogurt with honey. Drink carrot juice. Mask face with cucumber juice, aloe or egg whites (*for blackheads*). To avoid **acne**, take **live probiotics** (*without any sugar*) regularly! Use **natural oils** on skin (*almond, avocado...*) or vinegar, not chemicals!

Respiratory Ailments/Treatments:

Allergies: avoid all sugars (*use honey*), avoid dairy & wheat products
Asthma: eat **brazil nuts** (*asthma is a selenium deficiency*) carrots, ginger & walnuts. Strong coffee can stop an asthma attack.
Bronchitis: carrot juice, thyme tea, honey, horseradish, licorice, garlic
Colds: eat horseradish, cayenne, garlic, rub on eucalyptus oil, **rest**
Fever: fevers kill viruses. If too high, drink lemon juice (*with cough, headache, rash and swollen gland--it could be parasites*)
Flu: elderberry extract, vitamin C,* echinacea, hot bath, yarrow tea, apple juice, **bedrest**, garlic, onions, chicken soup with cayenne
Lung infections: walnuts & ginger, grape juice, asparagus, berries, **inhale eucalyptus** oils! Garlic is a potent natural antibiotic!
Sinus Infection: salt-water drops, inhale warm eucalyptus in water
Sore Throat: women: use a clove of pierced, raw garlic as a tampon
Sore Throat: men: eat hot chicken soup with cayenne pepper
Stuffy Nose: hot foot bath (*draws blood down*), inhale peppermint oil
Tuberculosis: sunlight, colloidal silver,* turnips, garlic, eucalyptus oil
*for good quality colloidal silver: TheSilverEdge.com

*Vitamin C Flu Stopper:

1,000 mg. of vitamin C should be taken as soon as the throat feels ticklish, and continued every 1/2 hour until diarrhea occurs. Then it's time to taper off--but overdosing can cause Vitamin A depletion (so eat plenty of carrots, squash, parsley). Sage is also an antibiotic.

Nerve Ailments/Treatments:

Anxiety: drink lemon balm or catnip tea, bathe--w/epsom salts in water
Bedwetting: avoid ALL milk products, drink corn silk tea, try chiropractic
Dementia: drink WATER, take Vit. B12, eat coconut oil (*good on popcorn*)
Depression: SUNSHINE (*weekly 50Kmg Vit.D*), exercise, molasses, lemons
Earache: crushed garlic in olive oil drops, apple poultice, goldenseal
Eye trouble: snapdragon/morning glory tea eyewash, bilberries, MSM
Headache: **boswellia** (*Isoprex*), hot bath & drink camomile, peppermint tea or lemon water (*stayed hydrated*), deep breathe, massage, fast
Paralysis: deep massage, cayenne, sunflower seed oil, horseradish

Skin Ailments/Treatments:

Athletes foot: crushed garlic (*30 min. rub*), raw vinegar, tea tree oil
Burns: cold water, vinegar, aloe, honey, yogurt, **lavender or emu oil**
Head Lice: rub warm tea tree oil on scalp, cover 15 minutes, wash
Hornet sting: honey, wheat germ oil, plantain leaves, vinegar, cukes
Insect bites: meat tenderizer, baking soda, raw onion or garlic poultice
Itching/Impetigo: baking soda in bath water, carrot juice, raw vinegar
Poison Ivy: jewelweed, plantain leaves, goldenseal, oatmeal, tea tree
Ringworm: goldenseal or black walnut shell juice poultice, clove oil
Shingles: peanut, peppermint, castor bean, almond or lemon balm oils
Warts/Corns: papaya poultice, dandelion leaf, black walnut shell juice



Nervous Systems obey the Law of Authority

The nervous system, consisting of the brain and spinal cord and numerous nerve centers throughout the body, receives signals and transmits electrical impulses to the brain, which, in turn, respond with signals carried to each body part. In the Kingdom of God, the communication system is prayer to the Head--God the Father, who networks His responses through delegated authorities. The Nervous System demonstrates how prayer works--and explains how it can be hindered.

subsystem: **Skin obeys the Law of Responsibility**

Skin covers & protects the body. In the Kingdom of God, saints are responsible to & for each other, each with unique 'prints.'



5



Circulatory Systems obey the Law of Dominion

6

The circulatory (or cardio-vascular) system, consisting of the heart, blood, blood vessels, arteries and veins, transports blood through 60,000 miles of blood vessels, saturating & sustaining every part of the body with oxygen and nutrient rich blood.

In the Kingdom of God, dominion is taken by **speaking** the **Word of God** (typified in the Old Testament by blood sprinklings). Jesus declared Himself to be the Word of God made flesh. As His **spoken Word** (the blood) permeates the earth, it carries life.

subsystem: **Lymphatic Systems obey the Law of Perseverance**

Blood leaks out of the capillaries and is cleansed and returned to the bloodstream by the lymphatic system, which requires movement. In the Kingdom of God, those who "leak" through the system are renewed and restored by persevering--'keeping on keepin on.'

Circulation Exercises & Tips:

Lying down, raise knees to chest, clasp & pull knees toward shoulders. On hands and knees, drop belly, raise & pull shoulders inward, repeat. Rebound (jump up & down) to stimulate & cleanse lymph to avoid cancer. Rebound fitness chairs (for the infirm) are available at: <http://allfit.com/> Squeeze muscles (one at a time) for 10 seconds & then release. Strokes & heart attacks are caused by THICK blood. Antidote: organic vinegar

Healthy Heart Foods:

Celtic sea salt is mineral rich & nourishes blood. www.celticseasalt.com (Salt-sensitive high blood pressure indicates a magnesium deficiency!)

Eggs are protein & selenium rich. (Only powdered eggs raise cholesterol.)

Organic butter or organic coconut oil is better digested than any man-made butter-substitute. (MARGARINE causes heart disease.)

Use honey--in moderation--instead of sugars (new studies indicate that SUGAR causes high cholesterol, not humanely raised eggs or real salt!)

Fast 12 hours out of every 24. This strengthens all systems. (Accumulated toxins build up and coat the tongue, so brush your tongue when you fast.)

Eat beets & blackberries frequently. They build red blood cells!

Circulatory Ailments/Treatments:

Anemia: liver, raisins, grapes, spinach, molasses, parsley, beets (caffeine in colas & tannins in tea inhibit absorption of iron and zinc)

Arteriosclerosis: eat bananas, sweet potatoes, tomatoes, artichokes

Bedsore: apply chlorophyll, sunlight, tea tree oil, raw potato, honey

Bleeding: apply sugar, tea tree oil, blackberry or apple leaves

High cholesterol: oat bran muffins & barley, **avoid artificial butters!**

Leukemia (suspect a B vitamin deficiency first): echinacea, greens

Nosebleeds (vit. C def.): apply lemon juice with cotton ball to nose

Poor circulation: cayenne pepper, hawthorn berries, exercise/vibrate

Swollen lymph glands: massage, drink water, eat beets & cabbage

Varicose veins: peanuts (vitamin E), greens (folic acid), rue (rutin)

EMF Warnings:

Don't linger near high voltage power lines or radio/TV stations. Don't fall asleep under an electric blanket or near a digital clock radio (affects white blood cells, suppressing the immune system).

Microwave ovens can cause internal bleeding (point away from you). Limit cell phone use & alternate which ear you put up to the phone.

Digestive Health Tips & Warnings:

Avoid Aspartame (NutraSweet) —linked to cramping, seizures, brain tumors, migraines & even blindness (it converts to wood alcohol).

Avoid sushi (parasites cause insomnia—especially during a full moon)

Buy organic fruits & veggies to avoid irradiated produce & pesticides.

Buy organic pasta & chips to avoid genetically engineered corn & soy.

Chew food thoroughly and slowly for optimum digestion & weight loss.

Cinnamon has been proven to regulate blood sugar. Use liberally!

Don't eat meat & starches together—or meat putrefies (gas). Beano helps.

Don't drink cold, sugary or fizzy beverages with food (inhibits digestion).

Don't chew gum between meals (it causes saliva to produce starch-digesting enzymes continuously, eventually depleting them)

Eat less food! Big meals overwhelm & exhaust the digestive system.

Eat raw foods (salads) before a meal or take digestive enzymes.

High Fructose Corn Syrup (glucose-fructose, iso-glucose) is genetically engineered & contains mercury. It causes the pancreas to shut down (diabetes) & is fed to bees (may cause Colony Collapse Disorder).

Saccharin can cause bladder cancer. Sorbitol can cause abdominal pain.

Sugar causes hypoglycemia, depression, tooth decay, heart disease....

Digestive Ailments/Treatments:

Bad breath/Halitosis (vitamin A def.): eat parsley, dill, filberts, carrots

Cold sores: tea tree oil (melaleuca), red raspberry leaf tea, wet tea bag

Colic: raspberry leaf tea (if nursing a baby, avoid cabbage/corned beef)

Constipation: WATER, apples, peaches, papaya, prunes, asparagus

Diarrhea/Dysentery: bananas, ginger, brown rice, burnt toast, tapioca

Gallstones: fast with apple juice for 2 days & drink 1/4 cup olive oil or drink 6 oz. lemon juice with 6 oz olive oil, or eat boiled beet leaves

Gas: take digestive enzymes before eating or activated charcoal after

Heartburn: bananas, celery, dill, cabbage, rose petal tea, cabbage juice

Hemorrhoids: apply witch hazel, raw potato suppository

Hiatal hernia: sit up for 1 hour after eating, **never take antacids** (they ruin the digestive pH balance & can cause kidney damage)

Indigestion: pinch of baking soda, peppermint tea, ginger, cinnamon

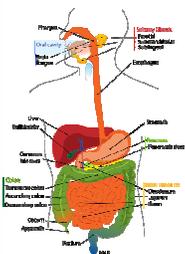
Kidney stones: parsley tea (for 3 weeks), carrot juice, drink 'soft' water

Parasites: garlic, papaya, black walnut hulls, cloves, pumpkin seeds

Tongue injury: press a wet tea bag on the tongue

Ulcers: cabbage juice, honey, goat's milk, powdered okra, licorice, aloe

Urinary tract infection: cranberry juice, pierced garlic clove 'tampon'



Digestive Systems obey the Law of Greatness (Serving)

The digestive (or gastro-intestinal) system consists of the alimentary canal, mouth, esophagus, stomach, intestines, gall bladder, liver and saliva. It is able to process an incredible variety of substances and convert them into usable energy for the body. The Kingdom of God operates on the principle that God knows best. Therefore, **whatever** comes your way in life, (whether sent from God or not), can provide life and strength to the body if it is processed properly.

subsystem: **Eliminative Systems obey the Law of Relinquishment**

While each of the other systems have eliminative mechanisms, the organs of elimination, the urinary system and bowels, provide an exit for things the body doesn't need. In the Kingdom of God, unproductive thoughts need to be cast out.

3

7 BODY SYSTEMS demonstrate the Laws of the Kingdom of God

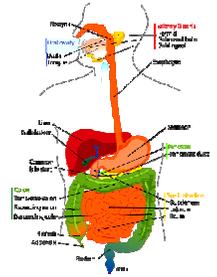
5 of these systems have subsystems (making 12 total laws demonstrated)

1) Digestive Systems obey the Law of Greatness (Serving)

The digestive (or *gastro-intestinal*) system consists of the alimentary canal, mouth, esophagus, stomach, intestines, gall bladder, liver and saliva. It is able to process an incredible variety of substances and convert them into usable energy for the body. The Kingdom of God operates on the principle that God knows best. Therefore, **whatever** comes your way in life, (whether sent from God or not), can provide life and strength to the body if it is properly understood (*digested*).

subsystem: **Eliminative Systems** obey the **Law of Relinquishment**

While each of the other systems have eliminative mechanisms, the organs of elimination, the urinary system and bowels, provide an exit for things the body doesn't need. In the Kingdom of God, unproductive thoughts need to be cast out.



2) Muscular Systems obey the Law of Unity

The muscular system, consisting of 650 muscles and tendons, allows the body to move freely. The muscles work together, no one muscle moves alone! Muscles always pull and never push one another. They provide strength for the body. In the Kingdom of God, the individual members must work together. From this unity comes the strength of the Kingdom.

3) Skeletal Systems obey the Law of Faithfulness

The skeletal system, consisting of 206 bones, including the skull, is what keeps the body upright. It not only supports the weight of the entire body, but within its bones, it produces the lifeblood. A flexible, yet steadfast, posture is essential. In the Kingdom of God, there can be no wavering between faith and unbelief. Believers are called to stand firm, not swayed by emotion or doubt, but having the posture of a made-up mind. A good skeletal system demonstrates the importance of faithfulness.

subsystem: **Teeth** obey the **Law of Use**

The teeth are the hardest part of the body and yet can simply fall out from lack of use.

In the Kingdom of God, that which is your greatest strength can be lost through negligence. In other words, use it or lose it!



4) Respiratory Systems obey the Law of Reciprocity (Giving and Receiving)

The respiratory system includes the nose, windpipe and 2 lungs. It receives oxygen and dispenses carbon dioxide. In the Kingdom of God, the amount received (*inhaled*) is in direct proportion to the amount dispensed (*exhaled*).

5) Nervous Systems obey the Law of Authority

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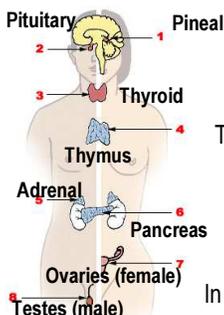
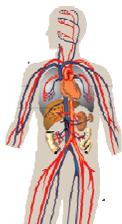
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7) Endocrine/Glandular Systems obey the Law of Change

The glandular system consists of 7 main glands: pineal, pituitary, thyroid, hypothalamus, adrenal, pancreas & sex organs. They produce hormones that regulate changes in the body: growth, pain & energy levels and body temperatures.

They are activated not only by sight, hearing, feeling, tasting and touching, but by the **thoughts** generated by those senses.

In the Kingdom of God, change is constant. The mind-set that allows for change and adapts to it will be a catalyst for growth and provide balance and well-being to the Body of Christ. By the same token, inability to adapt hastens death.

subsystem: **Reproductive Systems** obey the **Law of Miracles**

Male sex glands are activated by seeing. Female sex glands are activated by hearing. The purpose of both is **new life**. In the Kingdom of God, miracles are first seen (*by faith*), then spoken forth, then hoped for, traveled over and, finally, birthed.