

## Color Therapies

There is an area of alternative medicine that employs the use of color filters over lights (a large flashlight would do) to affect healing in various body systems. The use of light, or photoluminescence, is already an accepted treatment for some ailments, like jaundice, and is a promising treatment for viral & immune disorders.

It is recommended that you start with the color green and apply it about 18 inches away from your body (*this is called "tonation"*) for 1 hour in a semi-dark, warm room. Lie on your back or side (it doesn't work if you lie on your stomach) and limit diversions. You can use more than one color at a time. Here are some proven uses:

### 7 Rainbow Colors/Body Systems: Ailments/Colors to try:

Red for Skeletal System	Back Pain: Scarlet
Orange for Muscular System	Cramps: Orange
Yellow for Digestive System	Constipation: Lemon
Green for Respiratory System	Bronchitis: Turquoise
Blue for Nervous System	Hay Fever: Blue
Indigo for Circulatory System	Sprains/Bruises: Indigo
Violet for Glandular System	Headache: Violet

This is an interesting way to stimulate healing your body systems. Also, spend time in sunlight wearing colorful cotton clothing.

## Massage Therapies

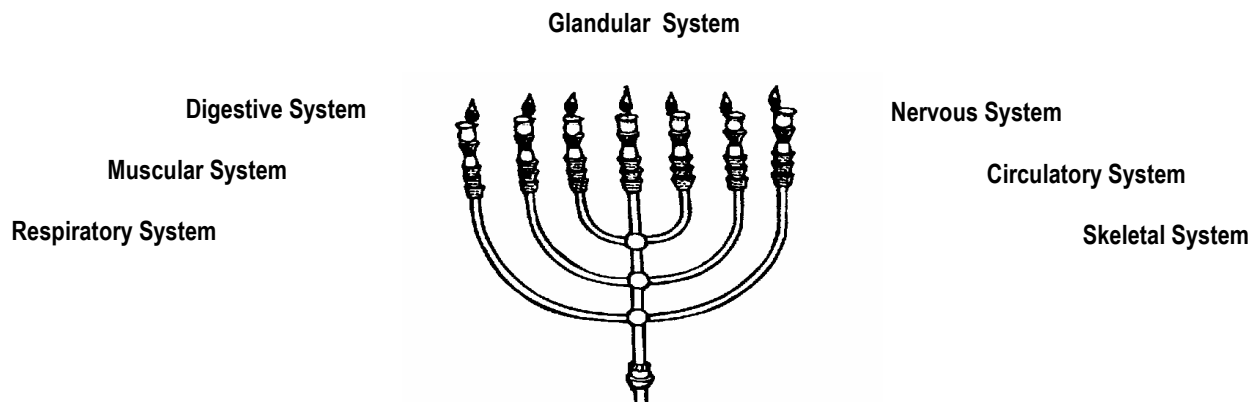
Another area of alternative medicine deals with hand and foot reflexology, accupressure, and zone therapy. The introduction of these methods into western medicine came in response to the need for safe anaesthesia, particularly by dentists and surgeons. They found that by massaging certain places on the hands and feet (affecting the nerve endings), they could deaden pain and/or render the patient unconscious temporarily. Without going into much detail, here are some guidelines: If you find a spot (anywhere on your body) that is tender, soak it in warm water and then massage gently for no more than 10 minutes at a time.

Accupressure tips to help 7 body systems:

- 1) Massage big toes, arches and heels for **glandular** health.  
(Apply pressure where the toes join the foot for childbirth pain, or depress between thumb and forefinger to relieve other pains.)
- 2) Massage *between* your toes and fingers for **respiratory** health.
- 3) Massage your fingers (or clothespin the ends awhile) for **nerves**.  
(In sudden blindness, massage closed eyelids every 15 seconds)
- 4) Massage *below* the littlest toes for **circulatory** health.
- 5) Massage the ball of your feet for **digestive** health.
- 6) Massage any muscle that hurts for **muscular** health.
- 7) Massage the *inner* sides of the foot for **skeletal** health.  
(Massage where the fingers join the hand, inside, for toothache)  
(Squeeze an aluminum comb in your palm 20 minutes for low backache.)

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# 7 BODY SYSTEMS demonstrate Laws of the Kingdom of God



by Ginger Shamblin 1-865-986-6784

## 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 all 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. Try 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*).

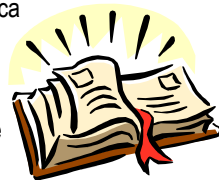
On the back of this booklet, color therapy and massage therapy are very briefly introduced. When exploring unconventional therapies, like aroma therapy, ion or ozone therapy, oxygenation, low-reactive level laser therapy, magnetism and such, please consider their source. Many alternative medicine practitioners are not following the Holy Spirit but "...worship and serve the creature (*their own bodies*) more than the Creator..." (Romans 1:25). Learn to enter boldly into the promises of God, including good 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)

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

**This booklet is dedicated to my mother, Iris Vihlen.**

### A Few of the References Used:

**A Shot in the Dark** by Barbara Loe Fisher & Harris L. Coulter [www.nvic.org](http://www.nvic.org)  
*Alternatives: for the Health Conscious Individual* newsletters by Dr. David G. Williams  
**Back to Eden** by Jethro Kloss  
*Basic Care Bulletins* by Bill Gothard's Medical Training Institute of America  
**Cancer Free** by Bill Henderson [www.Beating-Cancer-Gently.com](http://www.Beating-Cancer-Gently.com)  
**Color Me Healthy** by Dr. William Campbell Douglass, M.D.  
"Dead Doctors Don't Lie" audio tape by Dr. Joel Wallach  
**Disease Free** by Matthew Hoffman, William LeGro Prevention Magazine  
**Eat Right 4 Your Blood Type** by Dr. Peter D'Adamo  
**Fit for Life** by Harvey and Marilyn Diamond  
**Foundations for Healing** by Dr. Richard Becker, D.O.  
**Getting Started on Getting Well** by Dr. Lorraine Day, M.D.  
*Health and Healing: Tomorrow's Medicine Today* by Dr. Julian Whitaker  
**Heinerman's Encyclopedia of Fruits, Vegetables and Herbs** by John Heinerman  
**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 Health Secrets Encyclopedia** by the staff of F.C. & A.  
**Natural Healing Handbook** by Beth M. Ley  
**Safe Foods** by Deborah Mitchell  
*Second Opinion* newsletters by Dr. William Campbell Douglass  
**The Cure for all Cancers** by Dr. Hulda Regehr Clark, Ph.D., N.D.  
**The Doctors Vitamin and Mineral Encyclopedia** by Sheldon Saul Hendler, M.D., Ph..D.  
**The Food and Drug Interaction Guide** by Dr. Brian L.G. Morgan  
**The Ion Effect** by Fred Soyke with Alan Edmonds  
**The Secret Kingdom** by Pat Robertson  
**Tooth Truth** by Dr. Frank Jerome, D.D.S.  
**World Without Cancer: the Story of Vitamin B17** by G. Edward Griffin  
**Zone Therapy** by Anika Bergson and Vladimir Tuchak



### Immune System Boosters:

**Exercise:** park in farthest parking space & **walk!**  
**Fasting** (*just 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:** these are healing emotions that inhibit disease in the body  
**Fresh Air:** oxygenate by moving when outdoors  
**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--they 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

2

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 stimulate lymph & repair muscle tissue.  
Muscles weaken after eating foods you're allergic (*addicted*) to.  
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*)  
Scurvy (*swollen legs, stiff knees, rash*): fruits, berries, turnips (*vit. C*)  
Seizures (*heavy metal poisoning from vaccines?*): coriander seeds, zeolite  
Sprains: ice, cayenne pepper creams, fresh papaya or pineapple (*bromelain*), rosemary in oil, seeds, eat okra (*manganese rich*)  
'Stimming' (stimulation with repetitive movement) is good, kids with heavy metal poisoning **need** movement to help their lymph eliminate poisons.

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

**Calcium & vitamin D deficiencies** (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)

**\*Synthetic mineral supplements are like drugs and can have side effects. So, use all-FOOD mineral sources like: raw fruits, veggies, leaves, sea salt, honey..\***

### Glandular Health Tips:

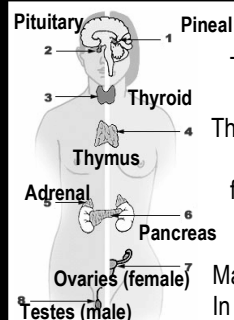
Negative emotions (*fear, anger...*) create chronic inflammation/disease.  
Never underestimate the health benefits of regular, daily laughter!  
Pituitary & pineal glands require daily sunlight to function optimally.  
Pre-natal folic acid supplementation can prevent mental retardation.  
Take vitamins made from food ONLY (*they 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 alkalize. (*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 with chlorinated water lead to 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, eat cabbage & broccoli, avoid all aspirin  
Hypo (*low*) thyroid: kelp or seafood, sunlight, avoid chlorinated water  
Morning Sickness: ginger, raspberry leaf tea, one-day fast often helps  
PMS: butternut squash, wild yams, ginger, raspberries, avoid coffee & salt kelp (*iodine*), almonds (*magnesium*), sage, evening primrose oil  
Swollen lymph glands: exercise or massage glands, infrared sauna, sweat  
Tumors: castor oil poultices, hydrogen peroxide, anti-tumor foods & herbs  
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 seeing. 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, traveled over and, finally, birthed.

7

### Commonly Used Drugs & their Side Effects:

ACE inhibitors (blood pressure medicine) - chronic cough, headache, kidney damage  
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  
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 poisoning  
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 - 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 and drink rose petal tea.**

**\*\*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.)

### Alternative Treatments that may work better:

8

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, drink water  
ginger, cayenne, nasturtiums, eucalyptus leaf tea  
hawthorn berries, honey, almonds, olive oil  
honey, cinnamon or rose petal tea, elderberry extract  
nettle, dandelion leaves, cucumbers, lemon juice, organic celery  
yarrow or red clover tea, see #5: Headache Prevention  
aloe vera juice, senna leaves, exercise, prunes, peaches  
alfalfa sprouts, cucumbers, 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)



**Aluminum poisoning** (lethargy, confusion) can occur from vaccines, deodorants, baking soda, 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, plantain leaf or chickweed tea, charcoal, raw vinegar

## 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 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!



### 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 & phosphates (*they block 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...*).  
Take magnesium supplements or bathe in Epsom Salts regularly.  
Use mineral-rich salt (*Real Salt*) and eat raw Brazil nuts & almonds.

### Dental Tips:

Avoid root canals (*they breed inflammation causing MS, CFS...*).  
Baking soda, xylitol and/or pure salt make the best toothpastes.  
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 often recalcify--my kids' did!*)  
Pour hydrogen peroxide over toothbrushes weekly 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 (*on cotton ball*)  
Gingivitis (*calcium/mag deficiency*): water & cayenne pepper oral rinse  
(*most calcium supplements are worthless--eat greens & take magnesium instead*)  
Knee/Wrist pain: apple cider vinegar (*bath or drink*), sunflower seeds  
Osteoporosis: yogurt, greens, honey (*contains 24 trace elements*)  
Rickets (*bone deformities*): vitamin D, sunshine, onions, greens  
Rheumatoid arthritis: do heavy-metal detoxes & parasite cleanses  
Toothache: apply ice or clove oil, bite down on raw garlic or ginger

### Water Warnings:

Always add GSE (*grapefruit seed extract*) to water when traveling.  
Best non-electric water filters: [AquaRain.com](http://AquaRain.com) or [AquaClearWS.com](http://AquaClearWS.com)  
Fluoride & aluminum (*used to treat water*) together cause brittle bones  
[www.fluoridealert.org/fluoride-facts.htm](http://www.fluoridealert.org/fluoride-facts.htm)  
[www.gluten-free-guide.com](http://www.gluten-free-guide.com) [www.mercurypoisoned.com](http://www.mercurypoisoned.com)  
[www.dentistry-toothtruth.com/faq.htm](http://www.dentistry-toothtruth.com/faq.htm) [www.toxicteeth.org](http://www.toxicteeth.org)



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

4

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. In humid weather, hang [www.DampRid.com](http://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/purifiers](http://www.EdenPure.com/purifiers) 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... with "**prop...**" listed 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, get in the habit of always doing arm & leg exercises. When outdoors in fresh air, take deep breaths, hold & release (*10x*).

### Headache Prevention:

Avoid: ALL sodium nitrate and MSG (monosodium glutamate) (*used in most restaurant and 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 (*avoid inflammation*). Don't apply chemicals (*lotions, perfumes, most antiperspirants*) 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' (*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*). Use natural oils on skin (*almond, avocado...*) or vinegar, not chemicals. Minerals heal the skin. The BEST cream: [www.seaminerals.com](http://www.seaminerals.com)

### Respiratory Ailments/Treatments:

Allergies: avoid all sugar (*except honey*), avoid milk & wheat products Asthma: eat brazil nuts (*asthma could be just a selenium deficiency*) strong coffee could stop an attack, eat carrots, ginger & walnuts 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 vapor, garlic is a natural antibiotic, use liberally Sinus Infection: salt-water drops and goldenseal powder snuff 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: salt-water nose drops, hot foot bath (*draws blood down*) Tuberculosis: turnip juice, garlic, nasturtium flower & leaf tea

### \*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 it can cause Vitamin A depletion (*so eat plenty of carrots, squash, parsley*). Note: Garlic & sage are antibiotics.

### 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 Depression: lavender oil, massage, walk, 1tbsp.molasses in hot water Earache: crushed garlic in olive oil drops, apple poultice, goldenseal Eye trouble: snapdragon/morning glory tea eyewash, bilberries, MSM Headache: apply heat, peppermint tea or warm Listerine to temples eat bananas, melons, pumpkins, squash, watercress, celery and pecans & drink camomile, peppermint, thyme or red clover tea Paralysis: cayenne pepper, sunflower seed oil, horseradish, chamomile

### 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

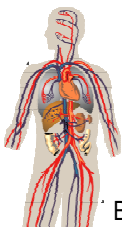
The nervous system, consisting of the brain and spinal cord and numerous nerve centers throughout the body, receives signals and transmits electrical impulses to the brain, which, in turn, respond with signals carried to each body part. In the Kingdom of God, the communication system is prayer to the 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:

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 chairs (*for the infirm*) are available at: <http://allfit.com>  
Squeeze muscles (*one at a time*) for 10 seconds & then release.

### Healthy Heart Foods:

Celtic sea salt is mineral rich & nourishes blood. [www.celticseasalt.com](http://www.celticseasalt.com)  
(Salt sensitive high blood pressure indicates a magnesium deficiency!)  
Eggs are protein & selenium rich. (*Only powdered eggs raise cholesterol.*)  
Margarines may be the primary cause of heart disease. (*Organic butter-- in moderation-- is better digested than any man-made substitute.*)  
Use honey--in moderation--instead of sugars (*new studies indicate that SUGAR is the real cause of high cholesterol, not eggs or salt!*)  
Fast one day a week. This strengthens all systems. (*Accumulated toxins build up and coat the tongue, so brush your tongue when you fast.*)

### 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  
Bedsores: 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, NO margarine!  
Leukemia (*suspect a B vitamin deficiency*): echinacea, greens  
Nosebleeds (*vit. C def.*): apply lemon juice with cotton ball to nose  
Poor circulation: cayenne pepper, hawthorn berries, exercise  
Swollen lymph glands: massage, drink water, eat beets & cabbage  
Varicose veins: peanuts (*vit. E*), greens (*folic acid*), grapes, rue  
**EMF Warnings:**  
Don't live 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 & use protection. [www.emf-bioshield.com](http://www.emf-bioshield.com)

### Digestive Health Tips:

Aspartame (*NutraSweet*) has been linked to cramping, seizures, brain tumors, migraines and even blindness (*it converts to wood alcohol*).  
It's especially dangerous when heated. Avoid all 'diet' drinks!  
Buy organic fruits & veggies to avoid irradiated produce & pesticides.  
Buy organic pastas & 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.  
Don't eat meat & starches together, the meat can putrefy (*causing 'gas'*).  
Don't drink cold or sugary beverages with food (*inhibits good digestion*).  
Don't chew gum between meals (*it causes saliva to produce starch-digesting enzymes continuously, eventually depleting them*)  
Eat less food! It sounds simple, but big meals overwhelm & cause harm.  
Eat raw foods (*salads*) before a meal to stimulate digestive enzymes.  
High Fructose Corn Syrup is a genetically engineered sugar invented in 1995 that fools the pancreas until it shuts down (*diabetes*).  
Saccharin can cause bladder cancer. Sorbitol can cause abdominal pain.  
Sugar causes hypoglycemia, depression, tooth decay, hyperactivity....  
White breads & sugars cause constipation, headaches & adult diabetes.

### Digestive Ailments/Treatments:

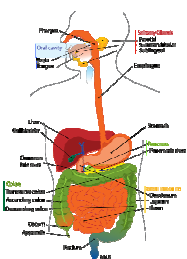
Bad breath (*halitosis-vit. A def.*): eat parsley, dill, filberts, hazelnuts  
Cold sores: tea tree oil (*melaleuca*), red raspberry leaf tea, wet tea bag  
Colic: raspberry leaf tea (*if nursing a baby, avoid cabbage/cornd beef*)  
Constipation: apples, peaches, papaya, olive oil, water, asparagus  
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: activated charcoal tablets, cloves, garlic (potassium rich)  
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, don't take antacids (*they upset the digestive balance and 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