

12 Useful Kinds of Therapies:

1. **Light therapy** or photoluminescence is the use of different color lenses and sunlight (*full spectrum light*) to heal **skin** & viral infections. It is also the most promising treatment for AIDS.
2. **Sound therapies** include sonic massage (to break up scar tissue) or music (set at 60 beats per minute to stabilize heart rhythms) help the **heart & nerves**.
3. **Prayer therapy** stimulates healing because: what you believe affects your **glands** (*fear stimulates the adrenal gland, faith stimulates immune responses*) and: *God hears and answers the prayer of faith.*
4. **Exercise therapy** like aerobic workouts, are for increased oxygen & **circulatory** flow.
5. **Herbal therapy** uses various plants to stimulate the **eliminative** organs, the kidneys, bowel and liver. (*Beware of herbs that are imported from countries where you would not drink the water. They are sprayed with ethyl oxide for hepatitis & are rendered impotent.*)
6. **Massage therapy** opens up blockages throughout the **nervous** system. Even simple touching can heal.
7. **Aroma therapy** stimulates the olfactory glands and, when used with aromatic oils, oxygenates **muscles**.
8. **Fasting therapy** calls for abstinence from some or all food for up to 6 weeks so the body can cleanse, rest & regenerate. (*Toxins deposit on the tongue until cleansing is complete, then breath sweetens.*)
9. **Hydrotherapy** uses mineral salts & water to fortify the **bones**, purify the skin & oxygenate the lungs. Alternating hot and cold water stimulates better **lymph** & oxygen flow. Drinking distilled water with mineral salts can heal asthma, arthritis...
10. **Love**, as defined in 1st Corinthians 13, heals.
11. **Vitamin therapy** uses organically grown fruits and vegetables either juiced or eaten raw to stimulate the **immune system**. (*Buy vitamins made completely from whole food. Synthetic vitamins are drugs.*) Irradiated food lacks enzymes and stresses the **digestive** system.
12. **Oxygen therapy** is done using either an ozonator, ionizer or rapidly falling water to generate negative ions. And, hydrogen peroxide (H₂O₂) can be used intravenously to refresh the **respiratory** system.

7 Common Mineral deficiencies:

- Calcium/Magnesium deficiency (aches & pains):
Frequent sore throat, nail biting, bones break easily, muscle cramps, poor gum & teeth health.
- Iron deficiency (pale face, clumsy movements):
If your fingernails are flattening and your gums are pale you need to eat liver, raisins, beets, soybeans, asparagus, carrots, sunflower seeds, grapes, watercress & cucumbers for iron. (Caffeinated drinks inhibit iron absorption.)
- Zinc deficiency (bad complexion):
Brittle hair and nails, acne, frequent colds, slow growth, body odor & cold sores are all signs of a zinc deficiency. Soybeans, mushrooms, lobster, pumpkin or sunflower seeds are all zinc rich.
- Selenium deficiency (skin spots):
Asthmatics and cancer patients all seem to have a selenium deficiency. Selenium is found in brazil nuts, salmon, broccoli, garlic, onions, brewer's yeast & radishes. Foods grown in the eastern U.S. generally have less selenium in them.
- Potassium deficiency (lightheadedness, weakness):
If you crave salty foods, get mineral-rich salt from a health food store (it should be gray and have specks in it). Potassium is an alkali metal that affects salt levels in the body. Eat bananas, celery, oranges, avocado, spinach, apples, pecans...
- Iodine deficiency (cold feet & hands):
1. Put a thermometer next to your bed and take your temperature before rising every day for a week or two. If it is consistently below 98° you probably have a low functioning thyroid.
2. Paint a quarter-size circle of iodine on your tummy. If it's completely absorbed in 24 hours, do it again until it stays. (The thyroid uses up iodine. An iodine deficiency could be cured this way.)
- Chromium deficiency (craving sweets):
Chromium rich foods are: cheeses, pepper, thyme, corn oil, clams, brewer's yeast.

50 questions
to help you
figure out:



Why do I
have a
Headache?

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*This brochure contains suggestions from a grandma,
NOT professional medical advice.
No 'dosages' of foods are given.*



What could have caused this headache?

Play 50 questions/20 suggestions



What are you breathing?

1. Do you smell anything unusual or musty?
(carpets, pillows & drapes may harbor chemicals or mold)
2. Have you been in a pre-fabricated building or trailer?
(pressboard is made with formaldehyde glue)
3. Have you been around paint fumes or nail polish?
(some painted walls emit low level fumes for years)
4. Have you been near car exhaust fumes (carbon monoxide)?
5. Have you been near a kerosene heater or gas furnace?
6. Did you sleep with covers over your head? (carbon dioxide)
7. Have you been in a closed room all day (or night)?
8. Has there been any chemical sprays/fertilizers used nearby?
9. Have you been to a park with new wood equipment?
(outdoor wood is treated with deadly poisons)
10. Have you played golf on a recently sprayed course?
11. Do you smell chlorine gas when you shower or bathe?
12. Have you spent much time near a refrigerator today?
(some refrigerators leak freon gas)
13. Have you been in a mall? (AC units emit positive ions)
14. Are your sinus cavities full (sensitive when pressed)?
15. Is there a high pressure weather system moving in?
16. Have you changed air filters or cleaned water filters lately?
17. Have you been around someone who is smoking?
18. Have you put on hair dye or cologne recently?
19. Are you at a higher altitude than you usually are at?
20. Do you breathe shallow? (not filling or emptying lungs)

What did you eat or drink?

1. Have you eaten lately--within the last 6 hours?
(you could have low blood sugar or hunger)
2. Have you eaten something very, very cold?
3. Have you eaten sodium nitrate or sodium nitrite?
(as in hot dogs, prepared meats, soups...)
4. Did you drink or eat caffeine? (tea, chocolate, coffee...)
(caffeine is addictive, it causes premature wrinkling, iron deficiency anemia, insomnia and withdrawal headaches when dosage is altered or withheld)
5. Did you eat or drink aspartame? (diet sweetener)
(can cause seizures, tumors, even death)
6. Did you eat monosodium glutamate (MSG)?
(in most canned, packaged or restaurant foods)
7. Did you eat something with sulfites added?
(sprayed restaurant salad bars, wines...)
8. Are you constipated? (not eliminating every meal)
(poop should be large & float)
9. Are you dehydrated? (urine is not clear during day)
(caused by heat, medications, carbonated drinks, alcohol consumption & salty foods)
10. Have you taken any medication or vitamins lately?
(synthetic vitamins are not food, they're drugs, real vitamins are made ONLY from food sources and are usually expensive--eating raw food is better)

What have you been doing?

1. Do you grind your teeth (awake or asleep)?
(antidote for bruxism: sleep with a boxer's mouth bit)
2. Did you sleep without adequate neck support?
3. Do you have a very new or very old dental filling?
(you may have mercury leakage)
4. Have you had a root canal recently?
(you may have a sealed infection growing)
5. Have you been inactive or overactive today?
6. Have you been on a roller coaster lately? (whiplash?)
7. Have you changed the time you regularly sleep?
(glands need 6-8 hrs of total darkness each night)
8. Are you getting enough sleep? (wake up refreshed?)
9. Do you use a cell, cordless or headset phone?
10. Are you being exposed to loud noises or music?
11. Do you use a hair dryer on high speed?
12. Have you spent much time under fluorescent lights?
13. Have you been doing alot of reading or "up-close" work?
14. Have you had your hair in a headband or pony-tails?
15. Have you been wearing shoes with elevated heels?
16. Are you repressing or expressing anger? (1 minute of anger or fear suppresses immunity up to 6 hours)
17. Have you had any vaccines lately?
18. Are you near a ham radio antenna or major power line?
19. Have you been out in the sun for a long period of time?
20. Are you getting enough exercise (utilizing oxygen)?

Suggestions:

1. Get some oxygen from trees, plants, running water...
 2. Get cleaned out by: eating non-irradiated* fruits (with the seeds) & nuts to remove toxic metals from your blood drink lots of distilled water & by take charcoal caplets (charcoal removes over 3,000 known chemicals & drugs).
 3. Use spider plants (with activated charcoal on top) indoors to filter air. Water plants only once a week.
 4. Get water chlorine filters for both drinking & showering.
 5. Avoid trailers, carpeting, old drapes, clutter & filth.
 6. Don't spray chemicals on bugs. There are alternatives.
 7. Invest in some essential oils--rosemary, lavender...
- *irradiated foods lack the live enzymes necessary for complete digestion--unless taken with live enzyme tablets or foods.

Suggestions:

1. The best foods for optimum health are:
freshly-ground whole grain breads, mineral rich salts, sunflower seeds, nuts, berries, fruits, raw honey, eggs, raw milk or yogurt, cheeses, real butter, lightly steamed or raw vegetables (all kinds), lean meat grown without antibiotics/pesticides, fresh herbs sprinkled liberally on any foods
2. The best beverages for optimum health are: filtered or distilled water, herbal teas (made w/home-grown herbs), fresh juiced fruit or vegetables, homemade wines, hot water with 1 tsp. blackstrap molasses or vinegar
3. To clean out your system, oxygenate & rebuild, pour extra virgin olive oil in gelatin capsules & take them.

Suggestions:

1. If you can't do what you like, decide to like what you do.
2. Avoid doctors, vaccines, check-ups, surgeries, tests.
3. Remove as many electronic devices from your bedroom as possible and don't use a cordless phone every day.
4. Wear comfortable (not confining) clothes and shoes.
5. Do hard physical work every day--you'll sleep better.
6. Make your environment clean, quiet and beautiful to you.
7. Make some changes: pillow, cologne, beverage...
8. Chew your food slowly and thoroughly so it'll digest.
9. Decide to be kind & unconditionally forgive everybody, and don't whine and complain about little or big things.
Write down the good things you have & think on them.
10. Take responsibility for your own health--or lack of health.