

## 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** — what you believe affects your **glands** (*just as fear stimulates the adrenal gland, faith stimulates immune responses*).
4. **Exercise therapy**, like aerobic workouts, are for increased oxygen & **circulation of lymph fluid**. The best physical exercise is rebounding!
5. **Herbal therapy** uses bitter herbs to stimulate the **eliminative** organs, the kidneys, bowel & liver. (*Beware of herbs imported from countries where you would not drink the water. They are sprayed with ethyl oxide or irradiated. Find 'wild-crafted in the USA.'*)
6. **Massage therapy** opens blockages throughout the **nervous & lymphatic** systems. Even simple touching can heal. (*Move from heart outward.*)
7. **Aroma therapy** Essential oils stimulate the olfactory and other glands and they oxygenate **muscles**.
8. **Fasting therapy** calls for abstinence from some or all food for up to 4 weeks so digestion can cleanse, rest & regenerate. (*Discover food allergy triggers!*)
9. **Hydrotherapy** uses mineral salts & water to fortify the **bones**, purify the skin & oxygenate the **lungs**. Alternating hot and cold water stimulates better **blood** & oxygen flow. Drink distilled water with mineral salts to heal asthma, arthritis, headaches...
10. **Love** (*defined in 1st Corinthians 13*) boosts **immunity**.
11. **Vitamin therapy** - organically grown fruits and vegetables juiced or eaten raw stimulate regenerative **digestive** functions. (*Beware of vitamins not made completely from whole food sources. Synthetic vitamins are drugs—not food.*)
12. **Oxygen therapy** is done using either an hyperbaric chamber (*very expensive!*), ozonator, ionizer or rapidly falling water to generate negative ions. Also, hydrogen peroxide ( $H_2O_2$ ) can be administered intravenously to benefit the **respiratory** system. Breathe deeply outdoors around trees and plants—away from roads.

## 7 Common Mineral deficiencies:

### **Magnesium/Calcium** (2:1) deficiency (*brittle nails*)

Can cause PMS, sore throats, brittle bones, poor gums & teeth, insomnia, muscle cramps, depression. Antidote: Eat almonds, greens, pineapple, probiotic yogurts & take digestive enzymes (*insufficient stomach acid can keep you from assimilating dietary calcium & magnesium or pill supplements*). Soak in tub with 1/2 cup of Epsom Salts (*magnesium sulfate*).

### **Iodine** deficiency (*evident in loss of 'moons' on fingernails*)

Can cause fibroid tumors, sore breasts, cold hands & feet, fatigue, weight gain, headaches... hypo & hyperthyroidism. The BEST test (*standard thyroid tests are NOT reliable*): put a thermometer next to your bed and take your temperature before rising every day. If it is usually **below 98°** you probably have a low (*hypo*) thyroid Antidote: paint a quarter-size circle of iodine on your tummy. If it's completely absorbed in 24 hours, do it again (*gradually*) **until it stains**. And, eat beets, mineral-rich sea or pink Himalayan salt, radishes, berries & take **kelp**.

### **Iron** deficiency (*flattening fingernails*):

If your gums are pale and you lack energy, eat liver, raisins, beets, soybeans, asparagus, carrots, sunflower seeds, grapes, watercress & cucumbers for iron, but never with coke, tea, coffee or chocolate (*both caffeine & tannic acid inhibit iron absorption*).

### **Zinc** deficiency (*white spots under fingernails*):

If your hair is brittle and you have acne, frequent colds or cold sores, then eat soybeans, mushrooms, pumpkin & sunflower seeds, oysters & lobster.

### **Selenium** deficiency (*skin discolorations*):

**Asthmatics** and cancer patients usually have a **severe selenium** deficiency. Selenium is found in Brazil nuts, eggs, salmon, broccoli, garlic, onions, brewer's yeast (*also rich in B vitamins*). Foods grown in the eastern U.S. generally have no selenium.

### **Potassium** deficiency (*lightheadedness, weakness*):

Potassium is an alkaline metal that affects salt levels in the body. If you crave salty foods, get mineral-rich salt from a health food store. Eat bananas, apples, celery, oranges, avocados, spinach and other fresh, raw veggies.

### **Chromium** deficiency (*craving sweets*):

Chromium rich foods are: organic cheeses, pepper, thyme, organic corn oil, clams and brewer's yeast.

# Headache



# Questions

to help you  
figure out what  
is causing it



# 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 toxic formaldehyde glue)*
3. Have you been around paint fumes, cologne or nail polish?  
*(some painted walls emit low level fumes for years)*
4. Have you been near car exhaust *(carbon monoxide)*?
5. Have you been near a kerosene heater or gas furnace?
6. Do 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?  
*(most 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 hair spray recently?
19. Are you at a higher altitude than you usually are?
20. Do you breathe shallowly?

### 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 pork, hot dogs, prepared meats, soups...)*
4. Did you drink or eat caffeine? *(tea, chocolate, coffee...)*  
*(coffee is the most heavily sprayed crop in the world. caffeine can cause premature wrinkling, iron-deficiency anemia (it blocks iron absorption), insomnia and withdrawal headaches when dosage is altered)*
5. Did you eat or drink aspartame? *(diet sweetener)*  
*(can cause seizures, tumors, MS, 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, OJ...)*
8. Are you constipated? *(not eliminating every meal) eat fiber!*  
*(poop should be at least finger-sized & light weight)*
9. Are you dehydrated? *(urine is not clear during day)*  
*(caused by heat, medications, carbonated drinks, alcohol consumption & salty foods) 2 qts. a day helps*
10. Have you taken any medication or synthetic vitamins?  
*(almost any medication can cause a headache, but diet pills, blood pressure meds, hormones & birth control pills can cause migraine headaches and even strokes!)*

### 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 very new or very old "silver" dental fillings?  
*(you may have thimerosal-mercury leaking out)*
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 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. Do you use mouthwash? *(it destroys 'good' bacteria, too)*
17. Have you had any vaccines lately? *(w/aluminum, MSG...)*
18. Do you live near a ham radio antenna or big power lines?
19. Have you been out in the sun for a long period of time?
20. Are you getting enough exercise *(utilizing oxygen)*?

### Fresh Air Suggestions:

1. Get some oxygen from trees, plants, running water...
2. Clean out your body by eating fruits **with the seeds** & nuts to remove toxic metals from your blood & drink lots of distilled water. Take charcoal caplets *(charcoal removes over 3,000 known chemicals & drugs).*
3. Use fans & spider plants *(with activated charcoal on top)* indoors to **move** & filter air. Don't overwater!
4. Get water filters for showering *(to avoid chlorine gas).*
5. Avoid trailers, carpeting, old drapes, clutter & filth.
6. Don't spray chemicals on bugs. Use safe alternatives.
7. When near clean running water or trees, breathe deeply.
8. Diffuse essential oils indoor to kill mold & viruses.

### Eating/Drinking Suggestions:

1. The best foods for optimum health are:  
Ezekiel 4:9 breads *(available in store freezer section)*, mineral-rich salts, sunflower seeds, nuts, berries, fruits, raw honey, certified humane organic eggs, plain yogurt *(add honey & nuts)*, ORGANIC dairy, lightly steamed or raw vegetables (try new ones), ORGANIC *(not given rGBH growth hormones)* grass-fed *(not given GMO/GE corn)* MEAT with fresh herbs.  
*\*(See the back of this brochure for common mineral deficiencies that can cause 'hormonal' headaches)*
2. The best beverages **(only** drink between meals):  
alkaline **water (8.5 pH)**, teas *(home-grown herbals)*, fresh juiced fruit or vegetables, homemade wines, hot water with 1 tsp. blackstrap molasses for 'coffee'

### Activity Suggestions:

1. Do a colon cleanse, then a liver cleanse & take magnesium.
2. Avoid negative people, TV, and other **noise pollution**.
3. Get away from electronic equipment whenever possible.
4. Wear **comfortable** (& *warm in winter*) clothes and shoes.
5. Work hard *(sweat)*, eat slowly, sleep in **total** darkness.
6. Make your living space clean, quiet and beautiful **to you**.
7. Get a different kind of pillow, cologne or usual beverage.
8. Have a chiropractor adjust your C1 vertebrae regularly.
9. Decide to be kind & unconditionally forgive **everybody**.
10. Read, sing, research & think about Bible passages daily.