

Oxygen Deprivation Syndrome

Cancer, MS and AIDS cases are on the increase by record numbers! Mental Meltdowns are on the increase as well!

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Oxygen is Life!

It was 1979 when I got the call from Mom and discovered that Dad had been diagnosed with cancer. With the exception of my grandmother on Dad's side of the family, cancer had claimed every life in our family for two generations.

For over thirty years now I have been studying the effects of oxygen on cancer along with dozens of important cancer therapies. During this search I was honored to work with some great scientists and educators. I want to pass this knowledge along so you too will understand the causes of degenerative disease and how to obtain optimum health.

I studied Dr. Raymond Royal Rife's work of Extra Low Frequency Wave, ELF Wave Technology. He was curing cancer in the 1920s. He was attacked by the medical community because he used radiation to grow cancer and proved their methods wrong.

Professor Serge Sitko's Millimeter Wave Technology is the other end of the energy scale. Both Rife's and Sitko's success rates are in the amazing 99 percent range. Our medical establishment suppresses these technologies because they work, and there is no place in them for drugs.

I befriended Dr. Leonard Coldwell of Germany who has cured more cancer patients in Germany than anyone else alive today. His approach is emotional. He detoxifies the mind and is found at www.InstinctBasedMedicine.com.

For a time I was president of Alive Tech, Inc, a medical corporation working with Professor Serge Sitko of Vidguk University in Kiev, Ukraine. Alive Tech was getting approval for Eastern European medical devices with the Food and Drug Administration, FDA.

I spent time working with the National Institute of Health, NIH. **Bet you didn't know \$16,000,000,000 a year of our tax dollars goes to NIH to pay for medical research?** That's billions, not millions. Who do you think pays for most of the research of new drugs developed today? You and I pay for most of it with our hard earned tax dollars! The drug companies get the credit and make us think they pay for all of the research. They don't! You and I do!

Here's something important you need to know before the FDA has the right to control any pharmaceutical drug: it must have a "Kill Rate." What that means is the drug must kill a certain number of people per 100,000 users. If it does not, it is not a drug. **Our esteemed leaders set this specific kill rate.** Drugs kill! Not just street drugs!

There is a term, "**Non Specific Risk**" that means if no risk can be proven, the FDA has no authority over the substance or device. **If I had known this in the beginning of my tenure with Alive Tech, I would have been much, much more effective and even more successful.** The fact is, now you know this! Drugs kill! Food gives life! A good diet is better than drugs! It is much better to stay well than to have to get well.

I spent time with Eric Sartori, MD who made the mistake of healing AIDS and angering the medical establishment. He lost his medical license but kept on healing cancer, MS

and AIDs. He is in prison today for practicing medicine without a license; he was not doing the establishments “Approved Protocols” so they terminated his medical license. **Cancer, MS and AIDS are curable!**

I got to know Cloudpiller, Chief of the Nemenha Band of Native Americans who spent time in jail for curing cancer without medical approval. He angered a man, a billionaire, in Idaho. You are not allowed to get in the way of medical profit! Profits run our culture today including our health care system! Disease creates wealth for some!

Why were these people being persecuted? They were challenging the system. Just suppose that you spent fifty years as a doctor and then found out that what you had been doing was wrong! What would you do? Go into denial or try to correct the wrong? **You would be liable for all the lives you destroyed and the damage you had created!**

Think about this, if cancer, MS and AIDs were cured today, every hospital in America would go into bankruptcy. These three diseases produce over one trillion dollars of income for the medical community annually.

Our government is hiding the cause of this plague on life on our planet because they do not know how to fix it. The cause is *Oxygen Deprivation Syndrome*.

Modern medicine kills thousands of people every year in America. The latest figure I saw was 350,000 and that was several years ago for one year. Most die from drugs and disease contracted in hospitals.

Many would live if they were to use only one pharmacy

because the major cause of death is incompatible drugs. Having only one pharmacist would stop some of this because your pharmacist would catch the drug errors!

Here is a simple scenario! You go to two different medical doctors, both specialists in their field. They each write a prescription for a different drug.

These two drugs create a lethal mixture and you die. Using only one pharmacy would probably catch the lethal mixture and save your life. If you take drugs, please! **Only use one pharmacy.** You will probably live longer!

At my age, 64, I have finally assimilated enough wisdom to stay out of the way of the **“Powers That Be.”** Their money is more important to them than my life and well being.

It is not illegal for me to give you information and knowledge. There was a time that I was very involved in healing Cancer, MS and AIDS. I know of seven men who went to jail for doing exactly what I was doing at that time. Remember, it is illegal to heal people if you are not part of the club! You have to be a licensed medical professional or you go to jail.

I was protected by a man I had helped to eliminate his daughter's brain tumor. He was in a position of extreme power. I was lucky! Do not challenge the system unless you are ready to pay the consequences. They do not play by any rules, not even the “Rule of Law.” I'm sad to say that they live above the law!

In 1935, my dad and mom taught college together in Boston. They fell in love and eventually moved to

Washington, DC where I was born. Dad taught at St. Albans School for Boys from 1945 until 1979.

I was one of the faculty brats. St. Albans rates in the top ten prep schools in America. We students were expected to lead our nation, Donald Graham, the Washington Post, Brett Hume, Bill Marriot, Al Gore, Vice President, Neil Bush, brother and son of Presidents and the list goes on.

I grew up around books. My own library boasts well over 10,000 volumes. Most are health related and the rest are self-help and how to books. I have been given the gift of curiosity. It is a gift that I feed daily. I want to know everything about everything. I want to know how you and I can be healthier!

My dad would say, “*Knowledge is POWER.*” I think that was his mantra! Now the power of knowledge is called the Internet and www.Google.com is my favorite doorway. Get curious and use it! It is unregulated and you will find thousands of possibilities there. Pick a word and spend a day researching it. Yes, I said a day! You will be a lot better informed if you will open your mind and meditate on the possibilities.

Knowledge without ACTION is wasted energy. For thirty years I have been getting ready to write this paper. It is the culmination of thousands of hours of research and experimentation. This knowledge does not belong to me.

I have been blessed more than most to be able to share this with you! Give what is freely given. This knowledge is for all of us. Use what you will and discard the rest. Unless you have been driven to learn what is written here, you will

probably not find these answers anywhere else.

My dad lived five years longer than his doctors said he would. I had to fight my family to do natural therapies. My mom was the only one open to trying new things. She knew I had a direct connection with God through His Son Jesus. She prayed a lot. She would snuggle my dad every night and give him energy. She had a fundamental understanding of energy and did all she knew to do.

My older brother is part of the system. He is a lawyer, and the system owns him. He would never rock the boat. In my brother's world, lawyers and medical doctors rule. He got furious when his only daughter went to a chiropractor and finally got the healing she so desperately needed.

My dear brother and his wife threatened to have me prosecuted for teaching my daughters how to do massage when my then youngest was fifteen. Today my brother looks 90 while I look 50 while we are only four years apart.

Why is that? Because of the mastery of fundamentals: breathing, rest, diet and encouraging others to be healthy and happy (giving). Attitude slows aging!

Life includes resistance! Resistance creates strength!
Resistance is good! Don't fight it, use it to grow. Learn from it and soon you will be stronger than the resistance.
Resistance is pressure and we know that it is pressure that creates diamonds.

Oxygen Restores Life!

What happens when our body does not have enough oxygen? It begins to die! First we use all the available energy we have left to breathe. Next we sleep more than usual. Now we go into a depressed state and our emotions become sensitive and frustrated. We anger easily and cannot seem to get into control of ourselves. This can be corrected!

At a certain point in life I received a **Revelation** that has guided me from that point forward. The revelation is simple and profound.

A healthy body cannot contract disease.

The fundamental component of a healthy body is oxygen!

Understanding Blood and Lymph!

In 1972 I went from a life of tobacco, drugs and alcohol to a new life in Christ Jesus. I gave up and finally let God have control of my life. For 37 years I have been on this path of learning and doing my best to be obedient to His direction. **I read in the Bible that life is in the blood.**

Blood contains nutrients, water and oxygen. How long can we live without any of them?

My ancestors on my mother's side of the family arrived on the Mayflower. These pilgrim's children became my great, great, great, great grandparents. At that time the Native

Americans they encountered spoke of two blood systems.

In our European brilliance, it took us until 1961 to finally discover what Native Americans have known for centuries. The two blood systems are Blood and Lymph, Red and White (clear).

What is in the blood? How do the two blood systems work? What does this have to do with youthfulness and health? Is this something we need to know?

When we think about blood we think about a red substance. The color of the other blood, lymph, is clear, colorless. We have Red Blood and Lymph, which is clear.

Within the Red Blood system we have both red and clear cells. The clear cells travel back and forth between the two systems. The clear cells are called Leucocytes when they are in the Red Blood system and Lymphocytes when they are in the Lymph system.

We are over 70% liquid and 80% of that liquid is made up of these clear blood cells. If we calculate 80% of 70% we end up with 56%. Over half of our body weight, 56%, of the total volume is clear blood cells. Think we should understand this simple fact? After all, it is more than half of our body.

Red Blood cells pick up nutrients, water and oxygen through our lungs and digestive track. The clear blood cells carry nutrients water and oxygen. They leak out of the capillaries into the Lymph system. The clear blood cells carry the nutrients, water and oxygen to all of our cells when the lymph flow is working properly.

Stress is the number one killer in the world today. **Stress tightens, constricts muscle fibers and restricts circulation, the flow of lymph cells carrying oxygen.**

This is how Stress gets involved. Stress contracts our muscle fibers blocking the flow of the clear liquid, lymph, from reaching our cells.

After delivering nutrients, water and oxygen to our cells, the clear liquid picks up cell waste and returns it to the red blood system to process and expel.

What happens when oxygen is not allowed to reach our cells? *This is when cancer gets involved.* Cancer is anaerobic, which means that it lives without oxygen. Cancer encapsulates the area that is dying because it is starving and dehydrated and cuts it off from the rest of the body.

**Cancer cannot live in oxygen.
If you only understand this single fact,
your life will be changed forever!**

When circulation and oxygen returns, cancer cannot live. Life is in the blood. What is life? *Oxygen is Life!*

When I got this **Revelation**, massage became a way to restore oxygen into the body. A way to give life back to restricted areas and to the cells starved in the process. Massage became my passion in 1988, and it still is!

Bob Hope and George Burns lived to over 100 without

cancer. They got a massage every morning! Massage increases circulation and flexibility. Circulation creates wellness and also creates youthfulness. I too want a massage every morning, how about you?

Learning Massage!

The father of Pathology in America is Dr. Max Warmbrand of New York City. This is an undisputed fact. He performed hundreds of autopsies on cadavers who died from disease in the late 1800s and early 1900s. It is through his principles that I created my own massage technique.

It was the summer of 1952 on my uncle's dairy farm in East Kingston, New Hampshire. He had just purchased his first baler. Balers were new at that time and the baling twine that holds the bales together had not yet been perfected. The twine would break and we would have to feed it back through a small channel to reconnect it.

The twine wouldn't go through the channel because the frayed end would fan out and spread. We would take the end of the twine and lay it across a metal plate, a step on the back of the tractor and rub our finger pads across the fibers of twine.

The fibers would spread apart freeing the strands so we could braid them for an inch or so to stiffen the twine and get it to slide back through the channel. I was eight years old, and even today I can close my eyes and still see us rubbing our finger pads across the twine. I loved helping my uncle and my cousins on the farm.

Years later when I saw pictures of muscle fibers I already knew how to release them by rubbing my finger pads across them just like the twine for the baler. **The principle is exactly the same!**

Dr. Warmbrand had surmised that by rubbing your finger pads across the muscle fibers, it would release them and allow circulation to return.

Both Therese Pfrimmer and Joe Pilates learned from Dr. Warmbrand's work and Marge Kapsos took the Pfrimmer work to a much higher level.

You can learn Dr. Warmbrand's simple yet effective massage technique from either www.MassageCourse.com for use with your family or www.LearnMassage.com to become a massage professional.

Share massage with your family and friends.

I have had clients with cancer who became cancer free with constant massage and proper diet. I have had clients with AIDS that stabilized their bodies with constant massage. I have had clients with MS get out of their wheelchairs with massage.

It is not the massage; it is the restoring of oxygen to the cells that creates miracles. Massage is just one of many methods to restore circulation.

Curing AIDS!

Nineteen years ago I watched as people had butterflies, stints, stuck into their arms and medical ozone injected into their veins at one ounce per ten pounds of body weight. When I first saw this happening, I was sure they were going to die. They didn't die; they got their lives back.

Out of 155 patients, 100% became clean. These 155 AIDS patients went back home after treatment and were checked out by their own personal physicians all across the US. Their tests came back clean. At that time I had an 800 number installed in my office so these men and women could call me from pay phones and let me know how they were doing and their prognosis.

I learned how to build Dr Rife's equipment and produced dozens of them. I watched families cure their loved one of cancer. The success rate was 99%.

I found another cure for AIDS. Raw juiced fresh Aloe: one ounce along with 8 ounces of ozonated water seems to create that 99% cure rate. It is a do-it-yourself program.

Purchase an Aloe plant, cut off a piece of leaf twice a day and juice it. Buy a water cleaning ozone generator and pump ozone into a 16-ounce glass of water for twenty minutes. Let the glass sit for seven minutes and drink it with the one ounce of Aloe. Do this two or three times a day until you have completely recovered.

For almost 20 years I have been searching for non-invasive ways to introduce oxygen into the body. I have found many. Just by using Google you will find some fascinating ways.

The New Biosphere Lesson!

For those of you who are interested in science, an experiment was started many years ago in Arizona developing a closed system, an environment to sustain life. This artificial atmosphere or biosphere included everything needed for a group of humans to sustain life, grow food, have clean water and be self-sufficient.

A group of scientists recently entered the newest Biosphere to begin another experiment. Within a short time they were fighting, attacking each other and picking sides. This is not normal for trained scientists. I was amazed at what was discovered.

The new Biosphere was constructed of glass and concrete. The concrete had not fully cured and was using up the oxygen, lowering the oxygen level dramatically. **The scientists were oxygen deprived. They suffered from Oxygen Deprivation Syndrome! I got it.** It was like a light bulb turning on.

People who are oxygen deprived become fearful.

They go into a survival mode! Oxygen affects the mind, the emotions, the soul, as well as the body. Fear takes over at a subconscious level. *The mind says to the body, "I must survive!"* The mind goes into the fight or flight mode!

This new revelation will change my life forever...

Cold air contains more oxygen than hot air. This we know from high school science class.

Those in the desert have less oxygen than those in the mountains. Heat has as much to do with oxygen as does elevation! Is this a factor in the mental attitude of people in the hot desert? *More heat, less oxygen!* Get where I'm going?

A National Geological Survey analysis of an air bubble from a two-hundred-year-old quartz crystal several years ago found the air to be 32% oxygen.

Air today in America is 19% oxygen at best in the country and 12% oxygen or less in major cities like New York, Los Angeles, Atlanta, Miami, Chicago and Washington, DC. Oxygen devices in hospitals are set for 21% oxygen levels. They are now outdated.

Where is crime and anger most prevalent? Where do we find the largest number of mean people? Where do we find the least amount of oxygen in the air? In big cities like New York, Los Angeles, Atlanta, Miami, Chicago and Washington, DC.

What can be done about it? Get lots of massage and learn yoga breathing exercises. Order the Green Technique from www.TheGreenTechnique.com for breathing exercises and get a free home massage training video too. It's easy and simple to learn for the whole family. Get more oxygen!

I am responsible for me and you are responsible for you!
What can we do to stay younger and healthier?

Understanding Ozone!

Why would somebody propagate a lie that could give millions of people hope? Because they are making a fortune and like their lifestyles! You are their meal ticket unless you become educated and care for yourself.

Here is the lie: “Smog is ozone”!

Smog is not ozone and as you read on you will see that this lie has been created by the pharmaceutical industry to keep you from being healthy and not requiring their drugs.

If we were all healthy, the drug manufacturers would go broke! Their self-interest needs to keep us unhealthy enough to pay them but not sick enough to die! Sometimes they go too far and we die!

What is oxygen? What is ozone? What are their benefits? Both are gasses. Remember, ***“Knowledge is Power.”***

Oxygen consists of two atoms of oxygen in one molecule.

Ozone consists of three atoms of oxygen in one molecule or 150% more oxygen atoms! It is like supercharged or electro-statically charged oxygen! Oxygen is lighter than air and rises while ozone is heavier than air and descends.

Vegetation, trees, grass, algae and the like produce oxygen, and all plants absorb carbon dioxide. Sea vegetation produces the largest amount of oxygen on the planet. We are killing the vegetation in our oceans with toxic waste.

Lightning and electrical arcs produce ozone. Example: arc welders produce ozone at the welding tip. The arc breaks down oxygen into single oxygen atoms that immediately attract to oxygen becoming ozone.

We assimilate oxygen through our lungs and the surface of our skin. We breathe in air and extract oxygen from it. Our body breaks down this oxygen and uses it one atom at a time.

Ozone is assimilated through the skin. Peptides pull the ozone into the lymph system where it is broken down into single atoms like the oxygen from our lungs.

The more oxygen we assimilate from the air, the healthier we become. Youthfulness is a high oxygen environment! We can restore our youth to a large degree, and we don't mean sucking on an oxygen tank. This could be detrimental to our health if not controlled.

Oxygen rises into the atmosphere and when it gets into the stratosphere, it breaks down into two separate atoms. Each atom immediately attaches to the first oxygen molecule it touches and binds to it.

Now, when three atoms are attached together, it creates an ozone molecule, which begins to float back down to the earth below. On the way down it picks up particles of dirt and pollution in the air and cleans the atmosphere by taking this refuse down to the ground. Ozone cleans the air as it descends to the earth.

Smog is created when hydrocarbons rise up at the same time ozone is descending. The heat of the Sun draws

hydrocarbons up as ozone pushes them back down. Neither one wins. They get stuck above the earth and become what we know as smog. You can literally see smog above our cities when you land in an aircraft during the daylight.

You may have noticed that smog disappears when the Sun sets and the air is much cleaner at night. This is because ozone can push the hydrocarbons down to the ground when the heat of the Sun is not drawing them upward.

Ozone has been used in healing for many years in Germany. It is very effective and relatively stable. You need to go to www.Google.com and research this fact for yourself. Your life may very well one day depend on it!

One out of four people are diagnosed with cancer today!

Eliminating Stress!

Stress is a creation of the mind. Negative Stress is fueled by fear that can best be described from the words;

False Expectations Appearing Real

False meaning not true, not real: Expectations meaning ideas created in the mind, not necessarily reality:
Appearing meaning a picture or an illusion, a thought mirage: Real meaning concrete, factual, true.

Do you realize that 99% of the things we fear never happen? Fear creates doubt and crushes any hope for a positive outcome. Fear is a waste of time and energy most of the time.

Fear draws the image or picture of what we fear towards us. Fear becomes a magnet. It would be much more productive to spend our time creating ideas and positive thoughts of success.

Positive stress is as harmful as negative stress. Think about the pressure of planning a wedding or starting a new business venture. Each produces positive stress and both require a corrective measure. My suggestion is a good therapeutic massage for an hour or two.

Many years ago I was in Boulder, Colorado to study Pilates. I rented a room in a home and the owner invited me to visit his meeting place and we visited a Buddhist Temple. On the wall was this sign:

Emotional Toxins

Anything that inhibits

one's ability to act

spontaneously

is an emotional toxin!

Rid yourself of these things!

When I returned home to Virginia from Boulder, I eliminated nine negative people from my inner circle. My life got markedly better as I felt much lighter and a new freedom overcame me immediately. I have learned this lesson well. It is an important part of who I am today. Bad relationships cause stress. Bad choices cause stress. There are things we commit to that should never have been

promised. Why do we do this? Guilt and Ego cause this! We are trying to prove something to ourselves. There is a void that we need to fill. Something in our past left us feeling inadequate or incomplete. We are driven by this need to achieve a specific result to repair ourselves.

To become stress free we must assess the choices we have made in the past. It is time to dissect them and figure out the motive of each choice. It is our motives that drive us.

We can erase pain from our past through EFT, the Emotional Freedom Technique that can be learned for free at www.EMOFree.com. The system is amazing!

Next we need to dissect the way we SPEAK! We must direct our words to create positive results. It is our tongue that directs our life as a rudder directs a ship. Our words create or destroy. Speak life and not death. It's our words!

There are lots of ways to eliminate stress and avoid stressful situations, and each of us is responsible for our own life. Just determining to take responsibility for our self begins to reduce stress immediately.

Someone said, "The Truth Will Set You Free." Telling yourself the truth is step one. Digging deep enough to find the truth is important. The truth doesn't always match our perceived reality. What is totally real anyway?

Positive stress constricts our muscle fibers too, getting a dream job or getting a promotion is positive stress. They each require a little more rest until we calm back down from our excitement. Rest is a corrective measure for stress too. Take a day off and just rest.

Constriction Causes Disease!

How much weight can you carry before you lose balance and fall? Stress is the number one killer in America today. Stress constricts muscle fibers and closes the pathways between the muscle fibers. Stress is constriction!

Stress closes the pathways carrying nutrients, water and oxygen to the cells. When muscle fibers tighten, they squeeze together and cut off the flow of lymph fluid. It is the lymph fluid that carries nutrients, water and oxygen to the cells. Now the cells starve and suffocate.

Stress can be real or only perceived and the result is the same. Stress shuts down flow and no flow equals starvation and suffocation of the cells.

Do you know what the Chinese said 5,000 years ago? Constriction causes disease! They were absolutely correct.

When cells die in a large area (a large area would be a large group of cells that in reality could be the size of a BB), cancer seals them off. Cancer protects the rest of the body from this group of death by encapsulating it.

Here is the problem, cancer further restricts the flow of lymph and grows larger to keep the dead zone sealed off. We all have cancer in our systems. The question is, can we keep cancer in check or will it get out of control.

Remember this: we all have cancer in our bodies! Cancer has both good and bad attributes.

Cancer cannot survive in an oxygen environment any more than a fish can survive out of water. If air is only 12% oxygen in the inner cities, how do we get more oxygen into the body? We have to supplement it somehow. Learn deep breathing exercises and practice them. You can do them in your car, at work, at home or almost anywhere.

When I first watched Dr. Sartori, he used the direct infusion of ozone into the body through a butterfly, a stint. He is in prison for the rest of his life. He is in prison because he took on the medical establishment. This is America, where money rules! You have to go to Mexico or the Dominican Republic for this now. I'm venting a little bit here!

You can learn Yogic Breathing and draw more oxygen into your lungs. This may not cure cancer but it will certainly slow it down. The breathing techniques you will learn from www.TheGreenTechnique.com will increase your lung capacity and make you an inch taller at the same time by strengthening your spinal column muscles.

You can go on an alkaline diet that is higher in oxygen and probably eliminate cancer. Acid tissue is low in oxygen. Nutrition and exercise increase the amount of oxygen you assimilate.

You can do an emotional detoxification and rid yourself of the thoughts that are constricting your muscles and restore the flow of energy and lymph fluid.

Here is the key!
You must restore the flow...
Flow is life. Constriction is death!
Now you know how to win the cancer game.
Increase the flow of Oxygen,
and cancer has to go!

As my good friend and mentor, Max Sturman used to say,
“What could be fairer than that?”

You must overcome stress in your life. How do you do that? You tell me! Maybe you need to eliminate some of your toxic relationships! Maybe you need to get more sleep! Maybe you need to change the way you SPEAK! Maybe you just need to become more aware!

I have another one for you!

Alcohol dries out the circulatory system. Sugar feeds cancer. Alcohol turns into sugar. Common sense says, quit drinking beer, whiskey and wine and you will live a lot longer without cancer! Cancer loves sugar, please don't feed the cancer!

Don't tell me I'm going too far! I don't drink any alcohol at all! Who am I to fuss at you, I used to drink two-fifths a day back in my Stupid era. Hey, maybe that is why I like young people who drink; they remind me of the good old days when I was young and stupid!

One thing I know, my stress level is way lower than it was before I gave God control of my life. No, I'm not going to shove my beliefs down your throat! I happen to be a Christian because I wanted to have a personal relationship with God.

You make your own choices, and I don't have to answer for you. You don't have to listen to an old guy who is extremely healthy. You decide who you are going to live your life for; that, my friend, is your choice.

People who suck on cigarettes and drink alcohol pay the ultimate price; they die before their time! As for me and my house, we will be responsible for our choices. Is it wrong to want to live a long, healthy, fruitful life? You decide!

My summers were spent on the dairy farm as a boy. We milked 60 head twice a day at 5 AM and 5 PM every day. We drank milk right out of the milk cooler, fresh milk. My cousins health is no where as good as mine. They still drink milk. We were raised on fresh milk. Cow's milk inhibits circulation and is mucus forming.

My ex-wife feeds milk to my two youngest children. It breaks my heart. At my house we drink Rice Dream flavored with either vanilla or chocolate.

Here's the thought that upset my family and might touch a sore spot with you. Wheat and dairy products are mucus forming and restrict circulation. Cutting back on them could change the way you transfer oxygen into your system. You may get an instant energy boost. That's a hard idea to swallow if you are a wheat or dairy farmer!

Try a simple experiment and drop wheat and dairy from your diet for one week and see what happens. You may be surprised. Don't blame me if your energy increases dramatically and you get a lot more done in a lot less time.

By now you realize that I have an in-your-face personality. I never was smart enough to know better than to pick a fight. As I get older I have at least learned to pick my battles a little more discriminately.

I would rather be loved than be right, wouldn't you? There is a sign in my office that reads:

***IGNORANCE
can be fixed, but
STUPIDITY
is forever!***

The advantage of age is that life's lessons create wisdom. Wisdom is the product of living life and observing what life deals out to all of us. As parents we want to teach our children to avoid the things we did that caused us harm and hurt. We want our children to be winners, not quitters.

Here's my lesson, never tell a lie and you won't have to remember anything you ever said! For me it is the most important rule in my personal rulebook.

You know how hard an ex-smoker can be on people who smoke. Well, ex-liars are just as bad or worse. I

was a terrible liar prior to 1972 when I met the man Jesus the Christ who began to change my life. Now I'm like the ex-smoker with tobacco, I smoked too. I can't stand liars because they remind me of who I used to be and I found the person I was absolutely repulsive.

You can attack death with a big dose of life or you can sit back and do nothing. Worse yet you can listen to your doctor who has a really short life expectancy. Check out life expectancy mortality table for male medical doctors. You will be amazed. *Dead doctors don't lie!*

Will is badmouthing the doctors again! Yes I am; they know nothing about wellness. All they are really good at is trauma care and at this they are the best. If I were in a car wreck and had broken bones and torn organs, rush me to our medical doctors. They are the very best in trauma care!

Do not take me to them if I have a disease, they know very little if anything about disease. They are trained to dispense drugs. **MDs are symptom oriented, not cause oriented.**

I'm a businessman and have been very successful. If I want to learn about a specific business field, I look for the most successful person I can find in this field and learn from him or her. The same is true in the health field. Find the person who is beating cancer with the highest cure rate.

Dr. Leonard Coldwell has a phenomenal cure rate and all he does is get you to give up your stress. He doesn't even mention cancer. Read his book, *Instinct Based Medicine*.

You can purchase an IAAA, International Anti-Aging Association Authentically Beautiful Miracle Lightning Machine for \$ 1,500 and get beautiful, soft skin. The

byproduct is lots of ozone on your skin that is absorbed into your body. It is not a health device, it's a beauty device! Your skin will be gorgeous! Healthy bodies look good too!

The IAAA teaches that the better you look, the better you feel, so looking good is healthy! You can get involved with them after April 1, 2009 at www.IAAA.TV and join their association for as little as \$49.95 per year if you are a health professional and only \$19.95 for everyone else.

Visit www.AuthenticallyBeautiful.com to get some super products offered at half price to benefit Kevin Trudeau's and Dr Leonard Coldwell's clients. These products are creations of the IAAA and are guaranteed to amaze you.

Get hold of the movie, *The Secret*, www.TheSecret.org and get a check up from the neck up, you might just fix your "Stinkin Thinkin." We can all improve our altitudes.

My good friend Morris Goodman, the Miracle Man, is on *The Secret* and can help you. You can reach him at www.TheMiracleMan.org. Order his tapes and set your mind free!

There is no reason to live a life of pain and stress. A good massage will work wonders for you. I said a good massage, not just a massage. Talk to your friends and find out who they like and try their massage professional. Go to www.IMAGroup.com and www.NAMTonline.com and try one of their massage professional members.

In order to find the right massage professional you need to try at least 10, ten, no less. One of them will be outstanding.

My first two massages were terrible. I thought massage was stupid from those poor experiences but I found out that I was wrong. Luckily, my ex-wife, a Rolfer®, pushed me on to the next one and that massage was life changing!

Massage increases circulation and flexibility, that's all! The body heals itself when it has the proper nutrients, oxygen and water. These elements must reach the cells, hence, the real value of massage, increased circulation and oxygen.

You are responsible for you. Get the knowledge you need and act on it. Your life will be as good as mine or even better. I'll be 65 in April and have the health of a thirty year old. You can do a lot better than you are doing now, too!

Contact me, and I'll give you advice and a helping hand. I really want to bless you as much as I have been blessed.

Drop me a note to will@fymf.com, **Find Your Master's Favor**. I can't help you until you contact me! Do it!

May God Bless You!