Title:
ACQUIRED IMMUNE DEFICIENCY SYNDROME

Part of the Following:
Large Scale Study of the Safety and Efficacy
of the SCIO Device
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This study was performed in the field by practicing Biofeedback
technicians. Data was collected and the study supervised by the Ethics
International Institutional Review Board of Romania. The Data analysis and
study presentation is done By the The Centro Ricerche, University of
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Abstract:

This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 97,000 patients with over 275,000 patient visits reported their diseases. Many of them reported this disease. And the results of their therapy is reported in this study.

Introduction:

Over View:

This Large scale research was designed to produce a extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCIO for stress reduction and patient monitoring. The SCIO is a evoked potential Universal ElectroPhysiological Medical apparatus that gauges how a individual reacts to miscellaneous homeopathic substances. The device is registered in Europe, America, Canada, S Africa, Australia, S. America, Mexico and elsewhere. The traditional software is fully registered. Some additional functions where determined by the manufacturer to be worthy of evaluation. Thus a study was necessary to determine safety and efficacy. (As a result of these studies these additional functions are now registered within the EC)

An European ethics committee was officially registered and governmental permission attained to do the insignificant risk study. Qualified registered and or licensed Biofeedback therapists where enlisted to perform the study. Therapists
were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and transmit the results to the ethics committee or IRB (Institutional Review Board).

2,569 therapists enlisted in the study. There were 98,760 patients. 69% had more than one visit. 43% had over two visits. There were over 275,000 patient visits recorded. The therapists were trained and supervised by medical staff. They were to perform the SCIO therapy and analysis. They were to report any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the therapist is to inquire on any reported changes during the meeting and on follow-ups any measured variations. It must be pointed out that the Therapists were free to do any additional therapies they wish such as homeopathy, nutrition, exercise, etc. Therapists were told not to recommend synthetic drugs. Thus the evaluation was not reduced to just the device but to the total effect of seeing a SCIO therapist.

Part 1. The emphasis was on substantiating safety followed by efficacy of the SCIO.
Part 2. Proving the efficacy of the SCIO on diseases (emphasis on degenerative disease)
Part 3. Proving the efficacy of the SCIO on the avant garde therapies of Complementary Med
Part 4. QQC standardization

Methods and Materials:
SCIO Device:
The SCIO is an evoked potential Universal Electro-Physiological Medical device that measures how a person reacts to items. It is designed to measure reactions for allergy, homeopathy, nutrition, sarcodes, nosodes, vitamins, minerals, enzymes and many more items. Biofeedback is used for pre-diagnostic work and or therapy.

The QXCI software will allow the unconscious of the patient to guide to repair electrical and vibrational aberrations in your body. For complete functional details and pictures, see appendix.

Subspace Software:
The QXCI software is designed for electro-physiological connection to the patient to allow reactivity testing and rectification of subtle abnormalities of the body electric. If a patient is not available a subspace or distance healing link has been designed for subspace therapeutics. Many reports of the success of the subspace have been reported and thus the effectiveness and the safety of the subspace link is part of this
Many companies have tried to copy the subspace of Prof. Nelson and their counterfeit attempts have ended in failure.

**SOC Index:**

The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahneman the father of homeopathy, he said that the body heals itself with it’s innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahneman said that the worst way to interfere with the healing natural process was allopathy or synthetic drugs. Theses upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC.

The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. A copy of the SOC index questions appear in the appendix.

**Study Technicians:**

The study technicians were educated and supervised by medical officers. The study technicians were to execute the SCIO therapy and analysis. All were trained to the standards of the International Medical University of Natural Education. Therapists from all over the world including N. America, Europe, Africa, Australia, Asia, S. America and elsewhere were enlisted to perform the study according to the Helsinki study ethics regulations.

They were to chronicle any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the study technician is to inquire on any disclosed observations during the test and on follow-ups report any measured changes.

To test the device as subspace against the placebo effect, two of the 2,500+ therapists were given placebo SCIO devices that were totally outwardly the same but were not functional. These two blind therapists were then assigned 35 patients each (only 63 showed). This was to assess the double blind factor of the placebo effect as compared to the device. Thus the studied groups were A. placebo group, B. subspace group, and C. attached harness group.

Cross placebo group manipulation was used to further evaluate the effect.

**Important Questions:** these are the key questions of the study

1. Define Diseases or Patient Concerns
2. Percentage of Improvement in Symptoms
3. Percentage of Improvement in Feeling Better
4. Percentage of Improvement Measured
5. Percentage of Improvement in Stress Reduction
6. Percentage of Improvement in SOC Behavior
7. What Measured+How (relevant measures to the patient’s health situation)
8. If Patient worsened please describe in detail involving SOC

After the patient visit is was complete the data was e-mailed to the Ethics Committee or IRB for storage and then analysis. This maneuver minimized the risk of
data loss or tampering. Case studies were reported separately in the disease analysis.

MEDICAL DETAILS

The immune system has become, in the eighties, what vaccines and antibiotics were in the forty years prior: a new perspective on defenses against disease in the mind of the public.

We should resist the temptation increasingly clear that immunology has helped explain a large number of previously unrelated conditions. The most promising advances against such systemic disease as cancer have, in fact, come from this relatively new branch of medicine. The immune system may be considered to include every defense mechanism in the body, beginning with the skin. It is more precise to limit this system to two general types of biochemical reactions that result in response to "attacks" from foreign substances, or what we commonly call infections. There are two types of biochemical reactions because there are two types of "delivery" systems in the body: the blood and the lymphatic networks. Immune reactions are accordingly the blood system (humoral), or of the cellular type (lymphocytes) carried in the lymph system. When antibodies are not produced in sufficient quantities, or when lymphocytes are not adequate, distinct types of disease, or infection, may overcome the body. There are five types of immunoglobulins thus far identified (Ig__for Immunoglobulin__G, M, A, E, and D).

Deficiencies in these may result from inherited conditions or maybe transient__the latter most often in the fourth to twelfth week of life. Lymphocytes may be inadequate because of deficiencies in the thymus, where lymphocytes are produced. Finally, deficiencies in either antibodies or lymphocytes may be acquired, as in the Acquired Immune Deficiency Syndrome, or AIDS.

- Fever
- Anorexia
- Weight loss
- Diarrhea
- Fatigue
- Lymphadenopathy
- Nonproductive cough
- Manifestations of opportunistic diseases, such as reddish purple lesions of Kaposi's sarcoma; whitish mucoid exudate of candidiasis; tachypnea, possibly crackles (rales), rhonchi, and cyanosis associated with Pneumocystis carinii pneumonia

Immune deficiency

The proper functioning of the immune system depends upon the integrity of the thymus, the bone marrow, and the lymphoid tissues, together with normal function of polymorphs, monocytes, and the complement system. Immune deficiencies can result from a congenital defect in any of these components (primary immunodeficiency) or may arise as a consequence of some other disease.
PRIMARY IMMUNODEFICIENCY

In view of the complex interactions between T_ and B_lymphocytes, division of immunodeficiency into ‘pure T_cell’ and ‘pure immunoglobulin’ deficiencies is artificial.

1. Congenital sex_linked (Bruton's agammaglobulinaemia). This is an X_linked disease confined to males and is characterised by an almost complete absence of immunoglobulins from the serum. Affected individuals are particularly prone to bacterial infections and suffer from recurrent bronchitis, pneumonia, otitis media and skin infections.

2. Dysgammaglobulinaemia
   (i) Selective IgA deficiency
   Patients exhibit a wide range of clinical manifestations. Some are asymptomatic whilst others suffer repeated respiratory and intestinal infections, being particularly prone to intestinal giardiasis
   Associations with IgA deficiency include:
   a. Atopic reactions
   b. Malabsorption syndrome
   c. Intestinal nodular lymphoid hyperplasia
   d. Autoimmune haemolytic anaemia
   (ii) Wiskott_Aldrich syndrome
   An X_linked or sporadic disorder characterised by low IgM levels associated with:
   a. Recurrent infections especially with Streptococcus pneumoniae and H. influenzae
   b. Atopic eczema
   c. Thrombocytopenia
   (iii) Ataxia telangiectasia syndrome
   A sex_linked disorder in which there is extremely low or absent IgA and occasional reduction in IgE or IgG. Patients exhibit:
   a. Recurrent respiratory tract infections
   b. Cerebellar ataxia
   c. Oculo_cutaneous telangiectasia
   (iv) Common variable hypogammaglobulinaemia (CVH) Probably represents several different disease entities in that varying patterns of immunoglobulin deficiency are encountered. Most patients have low IgG and variable degrees of IgA and IgM deficiency. About ³/₇ have reduced T_cells and show diminished delayed hypersensitivity skin_tests. The most common clinical manifestations are recurrent sinusitis, bronchiectasis, and pneumonias. These patients also have a high prevalence of autoimmune diseases, notably pernicious anaemia, haemolytic anaemia, and rheumatoid arthritis.

3. Defects in thymic development
   (i) Cellular immunodeficiency with immunoglobulins (Nezeloff syndrome) results from isolated thymic aplasia (agenesis)
   (ii) DiGeorge's syndrome
   a. Complete Maldevelopment of the 3rd and 4th bronchial arches leads to thymic aplasia, absence of the parathyroids, and abnormalities of the aortic arch. There is a marked reduction in T_cell numbers
b. Partial
Thymic hypoplasia (under_development) leads to varying degrees of T_cell deficiency
(iii) Severe combined immunodeficiency disease (SCID) The thymic and lymphoid tissues are under_developed and there is a marked reduction in T_ and B_cell numbers. SCID is thought to be due to enzyme defects in purine metabolism which are inherited as autosomal recessives.

4. Chronic muco_cutaneous candidiasis
In addition to repeated candida (and other) infections, patients frequently have an associated endocrine disorder such as
(i) Diabetes mellitus
(ii) Pernicious anaemia
(iii) Addison's disease
(iv) Gonadal dysgenesis
There are defects in T_lymphocyte, polymorph, and monocyte function.

Limited immunodeficiency
This implies susceptibility to only a single pathogen or only a narrow range of pathogens.
(i) Fatal infectious mononucleosis (Duncan disease)
(ii) Unusual susceptibility to H. influenzae epigiotitis

Complement deficiency
Genetic deficiencies of virtually all the complement components have been described. Those associated with systemic disease include:
(i) Cl, C2 and C4 defects
Abnormalities in the initial stages of the complement cascade are associated with an SLE_like syndrome with facial rashes, nephritis and arthritis. HLA control of immune responses and complement synthesis probably underlies this association
(ii) C3 and C5 defects
As the cleavage products from these components are of fundamental importance in polymorph and monocyte chemotaxis (C3a, C5a) and in immune adherence (C3b), it is to be expected that deficiencies lead to recurrent bacterial infections. Depletion of C3 could also stem from a deficiency in C3 inactivator, as the latter deficiency results in continuous fluid_phase activation of C3 rendering it unavailable for the normal complement pathway
(iii) C6, C7 and C8 defects
The final components of the complement pathway appear to be of particular importance in the clearance of Neisseria. Deficiency of these factors predisposes to disseminated infection with N. gonorrhoea and N. meningitides
(iv) Alternate pathway defects
Recurrent infections may arise from a failure to generate opsonins through the alternate pathway. This is usually a result of Factor B deficiency

Defects in polymorph and monocyte function
1. Polymorph defects
2. Monocyte defects
Many diseases causing abnormal polymorph function also affect monocytes. Defective
monocyte chemotaxis is also a feature of:
(i) Chronic muco_cutaneous candidiasis
(ii) Hyper_IgE syndrome
(iii) Associated with various malignancies

SECONDARY IMMUNODEFICIENCY

The most notable example of secondary immunodeficiency is the acquired
immunodeficiency syndrome (AIDS)

AIDS
AIDS results from infection by the human immunodeficiency virus (HIV), a retrovirus
which binds to CD4+ (helper) T_lymphocytes and exerts cytopathic effects on them
leading to profound depletion. The disease is of world-wide distribution and in the US
and Europe is seen in the following groups:
1. Homosexual or bisexual males
2. Intravenous drug abusers
3. Blood and blood component recipients, e.g. haemophiliacs
4. Heterosexual contacts of infected individuals
In Africa heterosexual spread is paramount. As implied by the above high_risk groups,
transmission of HIV is by sexual contact, parenteral administration or vertically from
infected mothers to their offspring. The striking depletion of T_helper lymphocytes
seen in AIDS means that patients are unable to mount antibody responses to new
antigens and exhibit a marked reduction in cytokine synthesis which in turn affects
macrophage function and haemopoietic growth and differentiation. The major
disturbances of immune function are:
1. Lymphopenia
2. Decreased T_cell function results in opportunistic infection and increases
susceptibility to neoplasms
3. Polyclonal B_cell activation gives rise to
hypergammaglobulinaemia and circulating immune complexes
4. Impaired macrophage function
These defects in immune reactivity give rise to the following opportunistic infections:
1. Bacterial
   (i) Mycobacterial
      a. Atypical e.g. M. avium_intracellulare
      b. Disseminated M. tuberculosis
   (ii) Salmonellosis
2. Viral
   (i) Cytomegalovirus
   (ii) Herpes simplex virus
   (iii) Varicella zoster virus
3. Fungal
   (i) Candidiasis
   (ii) Cryptococcosis
Histoplasmosis

4. Protozoal and helminthic
   (i) Cryptosporidiosis
   (ii) Pneumocystis carinii
   (iii) Toxoplasmosis
   (iv) Strongyloides

AIDS patients also develop an unusual pattern of malignant disease.
1. Kaposi’s sarcoma—a multicentric neoplasm of vasoformative cells which follows an aggressive clinical course.
4. CNS lymphomas.

Other causes of secondary immunodeficiency are:
1. Excessive loss of immunoglobulins
   (i) Protein losing enteropathy
   (ii) Nephrotic syndrome
2. Depression of the immune system by
   (i) Old age
   (ii) Malnutrition
   (iii) Virus infections such as measles
   (iv) Leprosy
   (v) Malaria
   (vi) Sarcoidosis
   (vii) Surgery
   (viii) Endotoxaemia
   (ix) Uraemia
3. Immunosuppression by
   (i) Radiotherapy
   (ii) Corticosteroids
   (iii) Cytotoxic drugs
   (iv) Antimetabolites

4. Neoplasia
   Predominantly T-cell deficiency in:
   (i) Hodgkin's disease
   Deficiency of normal immunoglobulins in:
   (ii) Multiple myeloma
   (iii) Waldenström's macroglobulinaemia
   Mixed deficiency in:
   (iv) Non-Hodgkin's lymphoma
   (v) Chronic lymphocytic leukaemia
5. Loss of splenic function
   Results in diminished clearance of particulate antigens and impaired production of IgM antibodies
   (i) Splenectomy
   (ii) Splenic atrophy
   a. Coeliac disease
b. 'Idiopathic'

Results:

Before we review the direct disease improvement profiles, we need to review the overall results. The first most basic of question in the results is the basic feedback of the generic patient conditions.

1. Percentage of Improvement in Symptoms
2. Percentage of Improvement in Feeling Better
3. Percentage of Improvement Measured
4. Percentage of Improvement in Stress Reduction
5. Percentage of Improvement in SOC Behavior

The SOC index gives us great insight to this study. Each disease has a different cut off where the ability of the SCIO to help was compromised. As a general index scores of 200 + where much less successful.

This groups significant SOC cut off was 75.

The Large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

This disease group total number of patients was 5,026

Subspace Treatment 3,290 patients, 1736 SCIO Harness Patients

OVERALL ASSESSMENT

A. Subspace Treatment 8,733 patient visits
   There were 2 cases of patients who reported a negative Improvement.
   None of these cases reported any major difficulty.
   There were
   23 cases reporting no improvement of Symptoms, .001% of Subgroup
   24 cases reporting no improvement in feeling better, .001% of Subgroup
   11 cases reporting no improvement in stress reduction .0001% of Subgroup
   21%---- Percentage of Improvement in Symptoms
   22%---- Percentage of Improvement in Feeling Better
   22%---- Percentage of Improvement Measured
   12%---- Percentage of Improvement in Stress Reduction
   12%---- Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 3,212 patient visits
There were 6 cases of patients who reported a negative Improvement.
None of these cases reported any major difficulty.
There were
19 cases reporting no improvement of Symptoms, .001% of Subgroup
2 cases reporting no improvement in feeling better, .001% of Subgroup
13 cases reporting no improvement in stress reduction .001% of Subgroup
56%--- Percentage of Improvement in Symptoms
45%--- Percentage of Improvement in Feeling Better
57%---.Percentage of Improvement Measured
66%-- Percentage of Improvement in Stress Reduction
31%----Percentage of Improvement in SOC Behavior

Measured events included antibody response, T4 count, and quality of life. There is improvement in these categories in subspace and distinctly more improvement in the Harness group.

CASE STUDY REPORT CONDENSATION:

“A 7 year old with medically pre-diagnosed rheumatoid arthritis came into my office in severe pain. She was unable to move without major discomfort, playing with any mobility, bike riding and running were out of the question. Even sitting was agonizing and she sat the majority of her time reclined. Using the EPFX to attempt to rebalance her stress she showed continual progression in her improvement. By looking at imbalances in minerals, vitamins, amino acids, and fatty acids her mother was able to make some lifestyle changes in the child’s eating habits to help her balance those frequencies. After 8 visits the child's knees, which were equivalent to very large grapefruits in size, had reduced to normal dimensions and other inflamed areas and joints had also gone to a more normal size. She was now able to go out biking and playing with her siblings and school friends. The mother reported that the doctor did not know what was happening, but that he was ecstatic and as she quoted "whatever you are doing please keep doing it for her, it seems to be working."

Shortly after this time her aunt decided to purchase a device and the child's biofeedback care was turned over to her. I saw the children and their mother a month ago and she is looking healthy and is no longer in pain according to the mother. Another success story using biofeedback.

I am not an expert in the field of AIDS or HIV but I received a 56 year old male homosexual client in need of help. He was determined to use natural methods, supplements and stress reduction of massage and biofeedback to maintain his health and keep his HIV at bay. He decided to use the biofeedback therapy every other week and has done so for over a year. During this time it has been interesting watching his imbalances; when there are more he informs me he is under more stress at work, when the numbers are more balanced he informs me it’s been a very relaxing period in his life. He has continued to amaze his physician and his counts continue to
improve. Under one very stressful period his counts decreased and he added homeopathics which were to help with balancing his thymus and came in for his normally scheduled visit. He rebalanced to the doctors amazement and has remained stable and happy over the past two years. He now makes an appointment when he feels highly stressed and is only on a maintenance visit as he calls it.

A 39 year old woman who is having a stressed second marriage, and has been in three long term relationships is unhappy because she cannot get pregnant. Her current husband does not wish for more children as his two are teens and this is causing more stress according to my client. She does not understand why she cannot get pregnant and neither can her medical doctors so she has decided to try biofeedback. I worked on her for several visits and she reported that she was feeling much less anxiety in her life. Using this technique of biofeedback and realizing that her hidden emotions were causing her more stress she agreed to talk more to her husband about their issues. She reported back to me on her 7th visit that she was expecting a baby. Our appointments were terminated at that time until after pregnancy and I am happy to report that she delivered a healthy, happy and wonderful baby boy just after her 40th birthday. She then scheduled her "a tune up" after that when she felt overly stressed.

A 46 year old woman with diagnosed Fibromyalga was helped into my office. She was taking 7 prescribed medications and felt that they were no longer helping her and that she was getting worse and worse. Her decision was to try more alternative help and try and de-stress her life. We began her appointments. Over the next year of monthly visits she and her doctor reduced her medications down to only one, and her Fibromyalga rarely flared any longer...unless she became overly stressed. She latter purchased her own EPFX for her families private use, although I do still see her as a client about every six months, when she says it's "her turn to get pampered".

A 35 year old woman with five children came to my office. She was always tired, had constant headaches, heart palpitations and anxiety attacks, and was under a doctors care. The doctor could find nothing wrong with her. Her family had grown up Amish and had convinced her to seek outside help for her problems other than her medical doctors. She came to my office once a week for a month and then monthly for the next six months. While she was doing biofeedback for stress reduction she realized that she had the energy for her children, was able to function as she should and had very few anxiety attacks. She has since purchased a biofeedback device to try and help herself and her family remain healthy.

A 69 year old woman with major stress started seeing me for stress. She was working two jobs and had divorced and felt a failure, yet she could not keep from being in contact with her ex-husband. She stated she felt unloved and that everyone abused and used her and she was tired of being depressed. We began Biofeedback sessions, she chose to come in on a weekly basis even though the sessions appeared to be helping longer than that. It did not take me long to discover that the biofeedback was only part of her help. What she needed the most was simply a shoulder to lean on and someone to talk to. It is sad when someone has to pay for a friend that they feel has nothing to gain from them talking to them. She stated that her "friends" always had an ulterior motive for seeing her and talking to her. She started de-stressing enough that
she began dreaming at night of past issues and traumas of her childhood and realized that this is one of the reasons she was feeling so depressed and admitted that she had been feeling suicidal. But, that with the help we had gotten from Biofeedback she no longer had the wish to die. I suggested that in order to speed up her past traumas she seek professional help and gave her the name of a psychologist who could help with past life trauma as well as trauma regression. She started to see this professional and continued to come to the office for a monthly appointment. This continued for two years. She remained health and felt fine and has gradually decreased her appointments. When I began traveling more and at the office less I referred her to a different biofeedback technician.

A 56 year old male who had served in the Gulf War made an appointment at my office. He had been exposed to Agent Orange and had returned injured and with Paranoid schizophrenic he was currently under the care of the VA Hospital. At that time he could not go out during the day without help and medication for fear of someone hurting him. The voices in his head were telling him to kill himself and that other were after him. After six weekly his trust to me and willingness to talk had increased, he had informed me the voices had reduced but he was still having much of the same symptoms as before. At this time he informed me that he had a metal plate in his skull from his war injury, so we changed the placement of his electrodes within the next three visits he reported that he was much better. He had gone to the VA and they were extremely impressed with the biofeedback therapy he had been undergoing. If things were better yet again at his next appointment they were going to re-evaluate his medication and they suggested he continue the biofeedback. We continued with two more biofeedback sessions using the EPFX and he made his next appointment at the VA hospital, where they not only re-evaluated but removed his medication. Many of these prescription's were psychotropic medications; his body did not respond well to this and within two days of this removal he tried to commit suicide. He was then institutionalized.

A 65 year old male who had a cancer scare with previous skin melanoma had decided to try biofeedback and alternative health therapy. He and his wife 63, had both been feeling very tired as of lately and more stressed than in the past, because of this they decided to try biofeedback. After one visit they realized they were sleeping better and feeling more energy. They decided to continue this process on a monthly visit. They continued this process for a year while going to their physician who had been watching several pre-cancerous lesions. Most of these lesions had disappeared and both the doctor and the client were thrilled. They now remain on a yearly visit with biofeedback to monitor their stress levels.

A 76 year old woman who had taken care of her sister came into the office. Her brother had died a year before and her sister had cared for him while he was sick with a stomach issue. Shortly after this her sister became ill for several months with the same mysterious symptoms that the brother had had and she had taken care of her until her death. My client was now nervous because she had had diarrhea for over 6 months which were part of the same symptoms. We began biofeedback and had 10 days until she was scheduled for a colonoscopy. She had earlier had a cancerous polyp removed
from the colon and was concerned of what would be found now. Because of our limited time we met every other day to do stress balancing using the EPFX. She went to her scheduled appointment and was pleased to report to her doctor that the diarrhea was now gone and that she was feeling better. She was able to eat more now that she had been over the past six months without felling bad and able to keep the food down and had begun to put back on some of her earlier weight loss. The colonoscopy test was complete and showed only one bacterial polyp. She was thrilled with the results.

Michigan, U.S.A.”

**USUAL or CUSTOMARY TREATMENT PLAN:**

**IMMUNE BUILDING ASSIGNMENT**

*AIDS*r is a dramatic disease that can be cured and dealt with. The QXCI device can have powerful effects on your system. The therapy needs some help from the patient to not only improve the lifestyle but to push the immune system.

Responsibility, dedication, steadfastness, positivity, awareness, non judgmental, and faith are necessary. This path is work and requires diligence, perseverance, patience, and composure. There is no quick fix, no magic bullet. But for those who want health it is worth the confrontation. In continental Europe the people talk about taking the cure. Here they go to a spa, to relax, eat well, exercise, and use a variety of naturopathic healing techniques. For over two decades, I have been a consultant at several of the best spa of the world and I have designed many of the techniques used around the world. This article is designed for those of you who can’t afford the $2,000usd a day some of these spas cost. This article will help you at home, so now it is your turn to #take the cure#.

What we are going to ask is to read this article, come back and ask questions of your therapist, and work for some time to produce results.

For more information on a natural lifestyle see the natural switch book, which can be ordered from QX ltd. This manual has a list of ways to achieve a more natural lifestyle. Let’s start with the toughest assignment the rules of the stomach.

**RULES FOR THE STOMACH**

The stomach is an important part of our anatomy. Food entering our mouths must be properly prepared for digestion. After being chewed and masticated by the mouth, the food is now sent to the stomach for further processing. The stomach mixes the food in an acid bath for further break up of the nutrients. When the acid shifts alkaline to about 5.5 ph the pylorus valve at the base of the stomach opens and the
food is passed along to the primary digestive organ the small intestine.

Nature has provided us with a nervous system that regulates this process. This nervous system is designed to prefer muscle action over digestion. So if a threat or stress comes to us after a meal, such as a lion attack, our body will shift its energy from digestion to the muscles and we can survive by running away. In our present society we have few lions, but our nerves can still stop digestion just as easily.

When we allow the stomach to empty its contents prematurely the small intestine is over burdened. The food is not properly prepared for digestion. Then we get an increase in large undigested proteins and large undigested fats that can be absorbed into the lymphatic system. This will enter the free fatty acid and amino acid pool and either clog up the lymphatic system or be used to make cells. Cells which will now be made of poor quality parts. It is not much of a problem if we circumvent the stomach just now and then, but for some the patients, this becomes a way of life.

They constantly use ant acids, too much liquid with meals, coffee, milk, or a variety of ways to empty the stomach too early. When the stomach empties there is a release of CCK a hormone which has a slight anti depression or euphoria. This and the release of the stuffy stomach feeling intensifies the addictive quality of the effect. But the long term effects on nutrition are very detrimental. There are rules of the stomach that can maximize nutrition.

The majority of our patients are partially sick because they violate the rules of the stomach. This is the key to weight loss and the healing of a host of other disease. We are seeing more and more evidence of what good nutrition can do. But it is not just what we eat that is important, but what we absorb. Even the best meal or nutrition can result in inappropriate nutrition if we violate the rules of the stomach.

Food combining is just part of the answer. As that different foods have different times for stomach digestion. So the stomach can open prematurely from that.

RULES OF THE STOMACH
1. Fluids alone (no more than 4oz. Of fluid with a meal, or for two hours after a meal)
2. No coffee at meals (wait for 1.5 to 2 hours after or 1 hour before eating)
3. No milk with meals (wait for 1.5 to 2 hours after or 1 hour before eating)
4. Fruits alone(wait for 1.5 to 2 hours after or 1 hour before eating)
5. Melons alone (wait for 1.5 to 2 hours after or 1 hour before eating)
6. Small meal is better Quality of nutrition not quantity
7. Slow meals Savor, enjoy, rejoice, and celebrate the meal
8. Eat for nutrition not for stimulation, Eat when hungry, not when bored
9. Rest comfortably after eating for at least 35 to 45 min to maximize stomach function
10. Make and eat food with love and kindness, no violent or negative emotions
11. No ant_acids

12. Do not sleep for 3 hours after eating.

When the stomach is weak the signs will be craving fluids with a meal, bloating after a meal, itching skin especially rectum, belching, and gas. The patient will have a difficult time digesting raw vegetables. They will complain that raw vegetables can not be digested. This is not a fluke of their digestion or an inherited weakness. This is a sign of a weak stomach. Sometimes our children come home from school and say, Daddy I don’t want to go to school any more, it makes my head hurt. We must say back I know it is hard, but you must develop slowly and work to become better. This is what we must say to those with weak stomachs. You must work slowly, day by day building up the stomach by taking some vegetables as juice. Maybe even very dilute juice and slowly increasing the amount till your stomach develops the strength to process your food properly. The nutrient content of fruits and vegetables is immense, and being able to break up the nutrients and stimulate absorption is needed for complete health and recovery.

The addictive quality of this problem is seen as our society more and more allows for breaking the rules of the stomach. The greater your disease or especially if your disease is critical the more you will need to observe the rules of the stomach. This is a must for proper healing.

Lifestyle Changes.

Stress reduction must be worked into the lifestyle. Everyone needs to first realize to celebrate each meal and relax afterward to maximize nutritional absorption. This shift to the parasympathetic system will allow the body to use the enzymatic capacity of the body to the max. Stress reduction should be worked into the rest of the life as well. The fast paced life in modern society is so stressful that a release valve is needed. The vacation is designed as a time to relax. Often times the vacation becomes a further source of stress, as when people travel they sometimes become even more obsessed with seeing things or going places. A time that could be spent relaxing can be changed into further stress. Affirmations, meditation, exercise, music, a hobby can all help with stress reduction. But for highly charged executive types start with relaxing after meals.

Avoid high fat content foods. Fat has nine time more calories than other components of food. So even a food that is 50% fat can be overcharged with bad empty calories. The fat collects into the arteries and lymphatics as well as excess adipose tissue. All of these put undo stress on the body.

The conditioning of the patient is also important. The body is designed to chop wood and carry water. An exercise program is essential for health. Yoga and stretching of the body is also important. The natural switch book from the International Journal of the Medical art of Homeopathy will outline more detail on exercise and nutrition.

Obeying the rules of the stomach is also very important.

Special DIET SUGGESTIONS:
MORNINGS: start the day with 10 oz. of citrus juice, alternate grapefruit, orange, lemon, lime, pineapple. Use 100% juice absolutely no sugar allowed. Feel free to mix juices freely. Mix with water by 50% if juice is too strong and most store bought juice is often too strong. This will help to clean the lymphatic chilifers of the intestine. 1 hour later you can have breakfast, but on 5 days a week just fruit till noon. This is for cleansing and detox.

TEAS and HERBS: these are herbal forms of chemotherapy. These teas can be used freely but make weak not strong: Periwinkel (Vinca Minor), Burdock, Mistletoe, Plantain, Blood root (Sanguinaria), almond, blackberry, Green tea, dandelion. Orange peel, lemon peel, grapefruit peel, ginger, ginseng, cinnamon, tang kuei, licorice, kelp, musk, myrrh, California yew, peony, angelica, aloe, sesame seed, apricot seed, Mentha, rhubarb, bull thistle mix freely for taste. Rotate

VITAMINS: good all around natural liquid is best. But extra vitamin C, vitamin A, vitamin E, Fatty acids, lecithin, pantothenic acid, and B12.

CHEW, CHEW, CHEW: food digestion starts in the mouth. Here is where the food needs to be masticated, lubricated, and enzyme processing starts. The enzymes are carbohydrate type so sugar is released in the mouth as carbohydrates become saccharides. It is very important to chew food very well and slowly. As the food breaks up the parts of the food are released. So good nutritious food will improve in flavor as we chew. But bad food such as processed carbohydrates taste worse as you chew. So we are conditioned in our society to eat fast and chew fast. Now as you shift to good natural food chew slowly. Each mouthful needs to be chewed 30 to 40 times. When the flavor peaks and your natural juicer your teeth have juiced the food it is time to swallow.

Eat three to four mouthfuls of broccoli, and one to two sprigs of parsley per day and chew each 100 times. Treat it like chewing gum and set totally free all of the nutrients. Get over the bad attitude this could save your life. This is a powerful anti-cancer therapy.

JUICES: During the day take at least Two large glasses of broccoli, cauliflower, parsley, nutmeg, pear, blackberry, blueberry, apricot, carrot, beet and green pepper juice. Concentrate on the broccoli. Fresh juice not more than one day old. Mix to best taste.

FOODS TO EAT MORE OF:
Fresh and raw fruits and vegetables are the main suggestion but some foods are stimlants to the immune system. Use organic when possible. These foods are rich in lectins that stimulate the immune system, see article at the end.
1. Jequirity Bean
2. Jack Bean
3. Soybean (unprocessed)
4. Lentil (rich in opsonins)
5. Sweet Pea
6. Red Kidney Bean
7. Pea
8. Wheat Germ
9. Sambucca Bean
10. Aloe vera
11. Cloves

ENZYME INHIBITORS: seeds can last virtually forever in dry circumstances. There are powerful enzyme inhibitors at work to stop germination. When the inside of the seed is exposed to water the enzyme inhibitors(which are water soluble) wash away and the enzymes trigger germination. Any seed product, bean or nut must be germinated to remove the enzyme inhibitors and the nutrition improved. Thus any sprouts are necessary in the diet of any one desperately ill. For all beans, nuts and seed products, cover them with a damp cloth or submerge them in water for 12 to 24 hours. Dry in the sun or at temperatures below 106 degrees F.

TEMPERATURE: Most cancer start with a deficiency of fatty acids, these are essential for life, but are heat sensitive. Some are destroyed even temperatures as low as 106 degrees F. So we must get plenty of fresh and raw fruits and vegetables in our diet. Over cooking and disobeying the rules of the stomach are two of the most important problems in modern life. These decrease the nutritional deficiency problem. The answer is not just in what we eat but how we eat.

DETOX: Toxins are a major cause of cancer as well. We all know about carcinogenic toxins. When the immune system breaks down cancer cells there is a rush of autotoxins. So it is extremely important for the body to detox. Extra fiber in the diet from fruits and vegetables helps. We need to keep the bowels working daily. Good regular bowel movements are the best detoxifier. But if there is ever a problem with constipation, then we need to use an enema or something to promote stool.

Also we need to detox from sweat. Anti_perspirants, deoderants, and others can stop the detox do not use them. Use aroma therapy for your body, natural only.

We also need to remove toxins with urination, so water intake is very important.

WATER: Most of us do not drink enough water. The regulating process in our brain that controls thirst seem to malfunction after the age of 20. We need to remind oursefsl to drink more water. Filtered RO water is best, Charcoal or carbon filtered water is good, bottled water is often good but expensive, but even tap water is better than no water at all. For you to get better drink at least 8 glasses of water a day.
MEDITATION: Focusing the mind can stimulate the immune system. There are spa where people with cancer pay large sums of money for meditation help. This type of guided imagery is essential for healing dramatic disease. A tape of relaxation exercises for the cancer patient is in the program. You can play it on the computer or make a tape of it for use at home. Mentally releasing the negativity and increasing awareness of the self is very important to the cure. Most people need help with this. Seek out networks and support to share ideas and foster growth. Keep in mind the best sign of mental health is the ability to laugh at yourself.

EXERCISE: The conditioning of the patient is also important. The body is designed to chop wood and carry water. An exercise program is essential for health. Yoga and stretching of the body is also important. The natural switch book from the International Journal of the Medical art of Homeopathy will outline more detail on exercise. Some form of exercise routine can be designed for any patient. Even just imagining exercise has benefits. So a mental exercise program can be used by bed ridden patients.

The wellness of an organism is best measured by its ability to oxygenate. So the better shape your in the better you'll be able to heal yourself. Take it easy take it slow, too much too fast can aggravate disease.

HOME SPA: The main thing of the European spas is reduced stress. For your home spa, get the family to cooperate by helping to reduce stress. Change some small things at home to create a new atmosphere to stimulate the mind. The mind likes some change. A new poster in the bath, a candle near the bath tub a new conditioner or aroma therapy. Some new music, some new massage technique.

Put the phone on hold. Clear the time for you to focus on the relaxation needs your body needs for healing. For every minute you spend on preparation, spend ten minutes in relaxation. So don't over do things in preparation.

AT BEDTIME: no solid food for three hours before bed. One glass of pineapple or papaya juice and a multiple natural enzyme tablet. The enzymes at bed on an empty stomach will help to circulate into the blood stream to breakup congested lymph and attack the membrane of tumor cells. A desiccated Liver supplement at bed time once a week is also helpful. Twice a month take one tablespoon of sodium or potassium bicarb at bed with the enzymes. This is to strengthen the pancreas as well.

SOME RECIPES FOR HEALING

Prof. Nelson's SALSA: take one cup (mixed germinated soybeans, jackbeans, peas, snow peas, red kidney bean) and one cup onion, two cups tomatoes, and one cup of sprouts. Put into a food processor and mix into a salsa. Use corn chips unless there is candida or fungus( candida grows best on or with corn meal). Use oat or wheat bran
crackers to eat this nutritious and immune stimulating meal.

Prof. Nelson's salad Oil: to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, parsley, mustard, or clove oil all the better then you won't have to make it. This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad.

Prof. Nelson's better butter:

For those of you who are not ready to give up the taste of butter, this is an excellent way to reduce your saturated fats. It combines the saturated fats in butter with the polyunsaturated fats in sunflower oil. By using cold pressed oil, you are giving yourself the essential fatty acids your body needs so much. If you eat the same amount of Better Butter as plain butter, you are cutting your saturated fat intake by half.

¼ pound all natural butter at room temperature
1/3 cup cold_pressed oil combo from above

Blend with a fork and refrigerate. Makes ¼ pound. It will soften quick in the heat.

WHOLE GRAIN PANCAKES

These pancakes are wheat_free and can be made with a variety of grains. One grain should be sticky, such as oats. You can change the recipe by adding millet or buckwheat, ground into flour in a small seed grinder, a little rye flour, or anything else that happens to be around. A few whole grain pancakes in the morning makes a delicious breakfast. They contain no added fats and, if you eat them with a little unsweetened jam or blend fruits (blueberries, grapes, strawberries etc) into a compote for a syrup. However, the psychological freedom that comes from eating pancakes can be exhilarating to someone who is used to dieting.

Mix together:

2 cups of whole grain flours (either the ones suggested here or our variations): 1 cup corn meal, or add or mix cat tail pollen for an extra culinary treat (put a paper bag over a cat tail this pollen season. Shake vigorously. The pollen will be released into the bag.) Mix with grain.
½ cup brown rice flour
3 tablespoons of wheat germ
½ cup oat flour (grind oatmeal in blender)

Add:

1 ½ cups of low_fat milk or soy milk
1 egg
½ teaspoon baking powder (use Rumford brand or other brand without aluminum)

Serves a hungry family of four. Save any leftover batter in the refrigerator for another breakfast. Use natural fruit compost in a blender, and sorghum or maple syrup for topping.

Eggplant Pancakes:
Use the same batter as above. Cut off and slice skin of eggplant into circles. Dip circles into batter and fry in sunflower oil till brown.

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OATMEAL WITH APPLE JUICE

Try this if you like hot cereal and want to avoid both cow’s milk and soy milk. It is a pre_sweetened, moist cereal without sugar or honey that cooks while you are dressing in the morning. Nothing could be simpler to prepare or more beneficial to help eliminate cholesterol buildup, keep blood sugar level, and provide natural fiber. Besides, it tastes good.

¼ to ½ cup of dry rolled oats (oatmeal)

Cover with apple juice diluted by half with water. Bring to boil and simmer, covered, 5 to 10 minutes. Add more juice if additional moisture or sweetener is desired. Add a small quantity of berries or fruit to taste. Makes one serving.

SOY MILK

When you want to cut back on dairy products to prevent calcium overkill or because of a dairy sensitivity, soy milk is an excellent substitute both in cooking and with cereal.

DO_IT_YOURSELF PROTEIN DRINK

Germinated seeds and nuts are added to soy protein for this variation of the standard protein_powder and juice drink. To germinate, simply soak the nuts and seeds overnight. Their protein content is increased and their fat content decreased through germination. Rinse and refrigerate any extra to be used later in the week.
The refrigerated nuts and seeds should be rinsed once a day to keep them fresh. Soy milk or tofu can be used in place of more expensive protein powder, which often contains unwanted sugar.

Blend together:
½ cup soy milk or 1/6 pound tofu
¼ cup apple juice
½ cup berries or ½ piece of fruit (banana, peach, or other)
6 germinated almonds
6 germinated sambucca seeds
3 tablespoons of wheat germ
1 tablespoon germinated sunflower seeds

Makes one serving. For added B vitamins and energy, add brewer*s yeast powder or flakes. Begin with ½ teaspoon and gradually build up to 2 tablespoons. If you begin with too much at first, you could get gas. A gradual increase avoids this problem.

Prof. Nelson*s immune cookie
1/6 pound tofu
1 cup apple juice
½ cup berries or ½ piece of fruit (banana, peach, or other)
16 ground germinated almonds
8 ground germinated sambucca seeds
3 tablespoons of wheat germ
15 tablespoons germinated sesame seeds
15 tablespoons of honey
5 ounces of sprouts, rinsed, germinated and drained
use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.

Prof. Nelson*s immunity building soup and dip

BEAN SOUP or BEAN DIP

1 large red onion, chopped
# cup thinly sliced celery
1 teaspoon dried minced garlic
3 cups defatted chicken broth
1 tablespoon Worcestershire sauce
1 tablespoon kelp
2 teaspoons tamari soy sauce
1/8 teaspoon pepper
1/8 teaspoon ginger
45_ounces of  beans, rinsed, germinated and drained  
use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed


LENTIL BARLEY SOUP

1 cup germinated lentils  
1 cup germinated barley  
1 cup of beans, rinsed, germinated and drained  
use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed  
1 16_ounce can tomatoes, chopped  
1 cup sliced celery  
1 cup chopped onion  
# cup sliced carrot  
2 tablespoons tamari soy sauce  
½ teaspoon pepper  
1 teaspoon dried dill weed  
1 teaspoon garlic powder  
10 cups defatted chicken broth

Place all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat to simmer. Cook 50 minutes, stirring occasionally. Add water if soup becomes too thick. Serves six to eight.

Prof. Nelson’s cocktail:  
Sambucca is an immune stimulant, as is red wine. Mix equal parts of each or use port for the red wine and take only one glass a day. Only use when needed not everyday. The relaxation effects are good and there is a slight immune stimulating effect.

Prof. Nelson’s sorbet: use no white sugar and only natural fruit, mix pineapple and papaya, possible to use berries in the mix, or use melon separately. For extra sugar you can use some fructose or honey. Mix into puree and freeze while stirring regularly. Chop and blend after into a sorbet. This makes an excellent enzyme rich desert.
Prof. Nelson’s stir fry:
- 1 teaspoon olive oil or sunflower oil
- 1 teaspoon low-sodium soy sauce
- ¼ cup broccoli
- ¼ cup carrots
- ¼ cup onions
- ¼ cup peppers
- ¼ cup peas
- ¼ cup red kidney bean
- ¼ cup soybean
- ¼ cup snow peas
- ¼ cup sprouts
- ¼ cup mushrooms (you may substitute based on availability of ingredients)
- 4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots
Stir fry in very hot skillet. Serve over 2/3 cup rice or pasta. Makes one serving.

BUCKWHEAT PIZZA CRUST

Add beans, raw vegetables and fruits to your pizza.
- 1 tablespoon active dry yeast
- ¼ cup warm water
- 1 ½ cup hard whole wheat flour
- ½ cup buckwheat flour
- 3 tablespoons of wheat germ
- 1 teaspoon sea salt or herbal salt substitute
- 1 tablespoon cold_pressed vegetable oil


Prof. Nelson’s sprout salad:
- ¼ cup broccoli
- ¼ cup carrots
- ¼ cup onions
- ¼ cup peppers
- ¼ cup sprouted peas
- ¼ cup sprouted red kidney bean
- ¼ cup sprouted soybean
- ¼ cup sprouted snow peas
¼ cup other misc sprouts
lettuce, kale,
¼ cup mushrooms (you may substitute based on availability of ingredients)
4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots
use the oil combo from above with vinegar as a dressing

Prof. Nelson’s anti_cancer massage oil: use the oil we made above as a base, add an equal amount of olive oil. Grind up one part cinnamon, one part cascara, two parts myrrh, two parts cloves, one part eucalyptus, one part wintergreen, one part blood root, one part dried pineapple and papaya, mix into the oil and let sit in the sun for two days. Massage into the skin and pour over any lesion.

Cancer More notes on food
For overall prevention: green leafy vegetables, with emphasis on these six _ broccoli, spinach, cabbage, kale, brussels sprouts and leaf lettuce. Other high_fiber vegetables, fruits, grains, and legumes. Also, radishes, chard, tomatoes, citrus fruits, dried fruits (apricots, prunes, raisins), strawberries and deep and cold water fish high in omega_3 fatty acids may help prevent various kinds of cancer. Garlic, onions, kelp, olive oil, tea (especially green tea), as well as seed foods, such as legumes, nuts, rice, and grains, are rich in anticancer chemicals. Fresh and raw: plenty of vegetables, juices, and fiber are best.

Bladder: carrots, milk, broccoli, brussels sprouts, cabbage, cauliflower, coleslaw, kale, parsnips, turnips.
Breast: yogurt. Fruits and vegetables high in carotenoids.
Colon: green leafy vegetables, notably cabbage, broccoli, brussels sprouts. Also cauliflower. Acidophilus milk or yogurt, especially that made with acidophilus culture. Wide mixture of vegetable juices. Wheat bran.
Esophagus: green and yellow vegetables, apples, cherries, grapes, melons, onions, peas, beans, plums, pumpkin.
Larynx: green and yellow vegetables.
Lung: carrots, kale, spinach, broccoli, dark_yellow squash, pumpkin, sweet potatoes, apricot. All dark_green and dark_orange vegetables, red and yellow fruits high in
carotenoids. If you have ever smoked, load up on these foods. They may help prevent lung cancer years later.

Pancreatic: Citrus fruits, carrots.
Prostate: yellow and green vegetables. Carrots, tomatoes, cabbage, sunflower and pumpkin seeds, peas, broccoli, brussels sprouts, cauliflower, bee pollen. Reduce stress.
Stomach: raw carrots, coleslaw, lettuce, cabbage, tomatoes, corn, eggplant, milk, onion, sweet potatoes, squash.
Avoid: high-fat and meat diets (which predispose to cancer), sugar, processed foods, overeating.

HEALTHY DIET

Foods Which Are Allowed

Beverages
Herb teas (no caffeine),
fresh fruit juice, fresh coffee,
vegetable juice
small glass of alcohol per day
no more than one glass pasteurized juices, per day
Dairy
Raw milk, yogurt, butter_cottage cheese
and white cheese
Eggs
Poached or boiled eggs
Fish
Fresh white_fleshed,
Fruit
All dried (unsulfured),
stewed, fresh, frozen (un_sweetened) fruit
Grains
Sprouted when possible.
grain cereals, bread, muffins ducts, hull_less grains (e.g. rye, bran, buckwheat, and seeds (e.g. pasta,
oat, wheat, millet), cream of snack foods, white rice,
wheat, brown rice, whole seeds prepared or cold cereals,
(e.g. sesame, pumpkin, sun_crackers, cooked seeds)

Meats
No more than three servings per week All red meat products if chronically ill none should be eaten sparingly
Nuts
All fresh, raw nuts sprouted Roasted and/or salted nuts, when possible especially peanuts no more than 4 a day
Oils
Cold_processed oilsSaturated or animal oils (e.g.
Virgin Olive oil, Rotate with Shortening, refined fats
soybean, safflower, corn,
sunflower, canola, sesame
Seasonings
Herbs, garlic, onion, pepper, Salt, hot spices
chives, parsley, marjoram
Paprika

Soups (not with other food)
All made from scratch
salt_free vegetable, millet, fat stock
barley, chicken, brown rice) bouillon,

Sprouts
All, especially wheat, pea,
lentil, alfalfa and mung

Sweets
Raw honey, unsulfured molasses, carob, Fructose

Vegetables
40% raw and not over_cooked All canned vegetables,
fresh or frozen, fried potatoes in any form,

Fruits
60% fresh and raw

Suggested Foods

Foods That Can Be Eaten Daily
Eggs: can be eaten daily if rotated with several species or cheese. Eggs are rich in lecithin, which can help to control cholesterol.
Meat, Seafood, Poultry: eat twice weekly, rotate freely, trim off excess fat, restrict fried foods, and eat complex protein in the morning and early afternoon. Protein does not have to include animal protein.
Fruit and Fruit Juices: use unsweetened and rotate daily.
Vegetables: eat four or more servings a day and rotate freely. Eat two servings raw a day, and avoid canned. Canned vegetables also contain fewer vitamins. Tomato juice can help digest meals that contain meat.
Bread and Cereals: eat four servings a day of whole grain foods. Avoid processed and chemical_laden flour.
Nuts and Seeds: these contain essential fatty acids are necessary in our diet. All seed products contain enzyme inhibitors and should be germinated before eating.
Water: drink a quart and a half of water a day, use thoroughly_filtered spring or well water, or reenergized distilled water. Chemicals in city water may lead to severe
problems if used over long periods of time.

Foods To Be partially AVOIDED

Fat: animal fat should be kept to a minimum. Excess fat can increase cholesterol.
Salt: everyone can benefit from reduced salt intake. Excess salt can aggravate nerves, cardiovascular functions, the immune system, and kidney and blood conditions.
All processed and imitation Products milk in limited quantities butter, ice cream, top_(not with meals), nonfat pings, all orange and pasteurized cheeses
Whole White processed flour,

Coffee and Caffeinated: Caffeine Tea: may cause or aggravate nervous conditions. Never use with meals; use two hours after or one hour before meals.
Milk: try not to drink pasteurized. Natural milk can help bowel flora. Milk can produce mucous, and should be avoided if a respiratory condition is active. Only use small quantities; never with meals. Rotate all foods. Don*t eat any food every day. The body likes weekly variation.

More Foods To Avoid (Avoid all processed foods)
Excess alcohol, cocoa, cola, Canned, sweetened fruit
Refined Sugar _ most harmful, can cause overweight, diabetes, hypoglycemia, dental cavities, periodontal disease, kidney stones, urinary infections, cardiovascular disease, intestinal cancer, diverticulosis, indigestion, hormone disorder and mental illness.
White Flour_even enriched flour is still robbed of needed amino acids, minerals and vitamins. This can cause malnutrition and cancer.
Hydrogenated Fat (saturated)_oleo, margarine and coffee whiteners should be avoided.
Limit and rotate all cooking oils. These products can cause heart problems and may provoke allergies.
Sodium Nitrite and Sodium Bicarbonate_frequently used in meats and meat products. These combine in the body to produce nitrosamines that can cause cancer. Never use together.
Artificial Colors and Flavors _avoid synthetic additives, and preservatives. Our bodies cannot handle them. May cause hyperactivity, nervousness and anxiety.
All carbonated beverages, No artificial fruit drinks, Canned and creamed (thick_ened) soups, commercial
Refined sugars (white , chocolate, pure maple syrup, candy, candied syrups ) baked or boiled corn or potatoe chips

Tips on Food and Eating

Eat slowly, in a relaxed atmosphere. This will aid digestion.

Eat small quantities of protein and vitamin_rich food instead of large helpings of
over-refined food.

Eat a good breakfast. Include fruit juice or raw fruit, wheat germ, and whole meal bread.
Refrain from eating a large meal at the end of the day before retiring.

You will sleep soundly if you avoid stimulating foods such as tea and coffee.

Try to cook sufficient food for one meal only. Reheated food has little nutriment value.
The human body needs a certain amount of salt in order to function properly. Few of us are aware that most vegetables contain salt and that when cooked correctly they require little, if any. There are vanities of salt available which have been extracted from vegetables. These are beneficial to our health.

Store food correctly in sealed containers. Keep perishable food in the refrigerator and non-perishable food in a dark, dry cupboard.
Use stainless steel or pyrex glass saucepans rather than aluminum ones, as the latter leaves traces of aluminum in the food.

Always rinse eating utensils with clear water after washing with detergents.

Eat raw, fresh fruits and vegetables whenever possible. Buy in small quantities, as they lose their vitamin content quickly.
When using frozen ingredients, follow instructions on the packet. This will ensure that food does not lose valuable nutriments.

Whenever possible, leave outer leaves and skin on vegetables and fruits, as these often discarded parts are a valuable source of vitamins. When vegetables are peeled, remove immediate skin only.

Use water in which vegetables have been cooked, for home_made soups and stock.

Home_made soups are nutritious. Simmer until ingredients are tender and eat immediately.

Do not boil for hours or reheat several times.
Eat raw sugar and honey instead of refined sugar. Avoid over_dosing on any sweets.

Eat whole meal flour, whole meal spaghetti and brown rice instead of refined varieties.
Use polyunsaturated oils whenever possible.

Tips on Grocery Store Shopping

Read labels.
Buy sodas that contain fructose (Corrs, Hansen, etc.) instead of sucrose. Buy unsweetened juices, and dilute.
Buy snack foods that contain no preservatives.
Buy foods low in sodium, or salt_free.
Buy whole wheat bread products, instead of white bread, buns, etc.
Buy brown rice instead of white rice.
Buy herbal tea instead of tea containing caffeine.
Buy decaffeinated (water processed) coffee or coffee substitute, instead of coffee containing caffeine.
Buy frozen foods that are not stored in aluminum containers.
Buy deodorant instead of antiperspirants that contain aluminum.
Buy chicken or turkey instead of beef. This includes chicken and turkey hot dogs and turkey ground meat.
Buy natural cereal.
Avoid sugared cereals.
Avoid nitrates, bisulfides, salicylates, additives, and insecticides.
Avoid palm oil, coconut oil, coffee whiteners or other saturated fats. Look for the #Health Mark# signs in your grocery store.

Food Combination Rules

To reduce gas and improve digestion, remember that to digest protein the stomach needs to be acid (taking antacids is a definite don’t). to digest fruit, the stomach needs to be more alkaline. Remember that fats, carbohydrates and proteins require different intestinal preparation and should not be mixed inappropriately. Also excess liquids dilute stomach digestive fluids.

The three simple rules are:

Fruits alone    Melons alone    Fluids alone

Leave at least one hour between these; two hours for large protein meal.

Other Suggestions

Enemas and laxatives, even natural ones, can overstretch the bowel muscles and make them weak by robbing needed potassium.

Prolonged use can lead to dependency and even greater problems. Only use natural stimulants when absolutely necessary. If you have any questions, consult your doctor. While mixing in saliva and ptyalin, your teeth can masticate the food thoroughly and savor the natural flavors. Don’t rush through meals, celebrate them. JUICING The recent glut of juicer salesmen on TV is not without reason. Juicing works. It does improve the absorbability of the vitamins, minerals, and life factors of fruits and vegetables. I heartily recommend purchasing a juicer and experiencing its beneficial effects. Juicers are inexpensive, don’t wait. Your best juicers, however, are your teeth and gums.
The following is a list of fruits and vegetables good for juicing. Bon apetit!

Suggestions for Meals

High Volume, Low Fat, Sodium and Preservatives
(Avoid processed foods and synthetic preservatives)

When dining out, always look for a restaurant of similar philosophy and attitude to your own. Make sure the owner and cooks appreciate the value of natural, organic, and unprocessed foods. Ask if hidden lard, MSG, sulfides, animal fats or oils are used. Express concern over irradiated and synthetic foods. Make sure the restaurant has passed civil cleanliness inspections. Make sure there is a protected nonsmoking section, not just a token one. Make sure the staff and eating environment are happy, friendly and harmonious.

Express concerns quickly, with respect and care. Many health food restaurants attract employees with low resistance to strange ideas. These employees often resist order, timeliness, and altruism. Help the owner by expressing your concerns with compassion and care.

Breakfast

Eating Breakfast at Home (Always rotate)

Whole grain toast or muffins with Better Butter or apple butter
Whole grain pancakes with a little pure maple syrup, unsweetened applesauce, or jam made with pure fruit (no honey or sugar)
A poached or boiled egg with whole wheat toast or muffin
Scrambled egg with sauteed onions and mushrooms
Cold cereal with soy milk or low_fat milk
Oatmeal with raisins and almonds
Millet with raisins and almonds
Rice cakes with almond butter
A piece of fruit
Baked yam
Do_It_Yourself Protein Drink (Nature Knows Protein Powder)
Unsweetened yogurt with fruit or cereal
Eating Breakfast Out
Oatmeal with low_fat milk or apple juice
Omelet (spinach and mushroom, sauteed vegetable, ratatouille, Spanish)
Grape nuts or other low_sugar cereal with low_fat milk or apple cider
Fruit (always a winner for breakfast)
Bran muffin (usually too sweet, but an emergency breakfast with some beneficial ingredients)

Lunch

Eating Lunch at Home or Bringing It To Work
Salad with beans (pinto, red, garbanzo) and whole grain roll
Salad with a small amount of chicken, turkey, tuna, egg, or sardines
Salad with a little low_fat cheese (a nice occasional treat)
A hearty soup, like lentil or bean, with whole grain crackers and a salad
Vegetable slaw with chicken on corn tortilla
Chicken breast and marinated vegetables
Steamed or sauteed vegetables with brown rice or millet
Pasta Primavera (cold pasta salad)
Hummus (garbanzo bean dip) with whole grain crackers and salad
Tabbouli (cold cracked wheat salad) and Hummus with raw vegetables
Raw vegetables
Occasionally, cottage cheese
Lightly_steamed vegetables

Eating Lunch Out
Salad with tuna, egg, or chicken
Salad bar with bean salad and/or garbanzo beans, and bread or crackers (a little cheese occasionally)
Chicken or fish with salad or cooked vegetables
Tuna, chicken, turkey, or egg_salad sandwich with coleslaw (get the best bread available)
Soup, salad, and a roll or crackers
Chinese vegetables with chicken and a little rice (no MSG)
Vegetable omelet with roll or crackers
Avoid salyciate_ or sulfide_ using restaurants
Dinner

Eating Dinner at Home

Spicy Chinese Vegetables and Soba noodles
Sauteed vegetables with brown rice, kasha
Steamed vegetables with millet or brown rice
Lentil and barley soup with salad
Whole grain pasta with marinara sauce and salad
Chicken breasts in wine and tamari sauce
Broiled fish or chicken with salad or vegetables
Curried vegetables with tofu and brown rice
Vegetable soup with whole grain noodles or rye crackers
Corn tortillas with beans and hot sauce (salsa) and salad
Corn bread and baked beans with salad
Spanish rice with vegetables or salad
Whole grain pasta with steamed vegetables and tomato sauce
Salad and baked potato
Eating Dinner Out
Broiled fish or chicken with vegetables and salad
Chicken or fish dishes with sauces on the side (use sparingly), with vegetables and salad
Chinese food (no MSG) with chicken or bean curd (tofu) and a little rice (no pork or shrimp)
Italian food: veal, chicken, or fish, with salad and side of pasta
Chicken enchilada or chicken tostada (no cheese) with salsa
Soup and salad

Snacks

Homemade cookies using maple syrup or sorghum and whole grains Whole grain bran or corn muffins with ,,better butter#
Nuts and seeds (8 to 12 nuts, small handful of seeds)
Small amounts of dried apples, apricots, figs, or pears
Whole grain crackers with nut butter (almond, cashew, and so on)
Corn chips made with sunflower or other acceptable oil (a few)
Whole wheat pretzels with sesame seeds instead of salt
Cold sliced yam
Raw vegetables
Fruit Lightly_steamed vegetable
Beverages
Good water with a little fresh lemon juice
Bottled water with lemon juice or a little fruit juice
Herb teas, hot or iced (sweetened with licorice root)
Coffee substitutes (natural, not synthetic)
Fruit juice Vegetable juice
Natural sodas (or seltzers)
Don*t eat unless you are truly hungry.  Eating for simulation, pain relief, stress relief, sociability, habit, or for any reason besides hunger is maladaptive.  Listen to body communication (don*t overeat). Eat for nutrition, not for stimulation.  Celebrate each meal with love, friendship, sunshine and harmony.  Relax and allow your body to focus on recovering the nutrition God has granted it.

How to Make the Switch to Natural Cooking

Rotating Food

Rotation of food is very important, because it diminishes allergies and supplies a variety of nutrients to the system. Our bodies are designed for natural foods and rotated nutrients, not processed, synthetic boredom. No culture has every existed that had one food as its dominant diet. The Mayan Indians ate corn as their primary food. After a while, their pituitaries atrophied and childbearing decreased. So within one or two generations, their number greatly decreased. You have to rotate foods.

Foods that help to build the body's defenses should be your mainstay. These foods contain vitamins, minerals, protein, carbohydrates and essential fats that not only build resistance, but more vibrant radiant health.

The rotation diet allows for maximum nutrition and minimum allergies. Our bodies are designed for natural foods and rotated nutrients, not processed, synthetic repetition. If there are any special additions or deletions your therapist or doctor will notify you, but anyone can improve their health by following the procedure below.

Rotation: Most allergies develop because of over use of a food source. Toxic build_up of phenyl aromatic compounds occur due to the constant use of certain foods of similar families. Allergies can result from other systemic intolerance which need special treatment, but toxic allergies respond well to this rotation diet. Many people eat limited numbers of food types. They always have the same salad and vary the vegetables just slightly. How many different vegetables and fruits have you consumed in the last month?

To get the full benefits from your diet, research tells us that 15 different vegetables and 10 different fruits are needed as a minimum.
Start by having a salad a day and rotating the salad parts on the four-day plan. For leafy parts, use leaf lettuce day 1, romaine day 2, spinach day 3, endive, chard, or escarole for day 4. Then back to day 1. Rotate garnishes and dressing likewise.

And once or twice a month bring in something special or rare like turnip greens or milkweed. Rotate cooking oils by using safflower day 1, sunflower day 2, corn oil day 3, olive oil day 4, and others occasionally. Rotate herbal teas on the four-day plan. This is very important. Over use of herbal products may provoke other symptoms. Rotate other beverages as well. Use of processed white sugar and white flour is discouraged, but rotation of grains and sugars encouraged. Use whole wheat day 1, rye day 2, millet day 3, oats, barley or buckwheat on day 4. Use beet or maple sugar day 1, date sugar or fructose day 2, carob_dextrose molasses day 3, honey or sorghum day 4. Take the time to bring in special extra foods and spices once a week and your health will show the benefit. If varying large numbers of foods aggravates symptoms, there is a good possibility that insecticide or bi sulfide poisoning has occurred. See your doctor for guidance if there is any difficulty.

Food Combining
If you start combining foods improperly, the stomach might get confused. For example: The stomach might say there is fruit juice and protein in me. The stomach may treat the fruit juice as more important and release everything into the small intestine. This in turn will not allow the protein time enough to be prepared for further digestion.
To make food combining very easy, here is a simple rule. Fruits alone, melons alone and fluids alone. Two to four ounces of fluids with a meal, will actually help to facilitate digestion. Anymore than that and you decrease the hydrochloric acid effectiveness in your stomach.

Fruit and vegetable juices will stay in the stomach approximately 30 minutes. Fruit, itself, will stay in the stomach around 45 minutes to an hour. Vegetables stay in the stomach for approximately 1_1/2 to 2 hours, as a general rule. The more starchy the vegetable the longer it will stay in the stomach. Protein will stay in the stomach approximately 2 to 2_1/2 hours. The more dense the protein and the more you take in, the longer it will remain in the stomach. Heavy fatty products such as animal fat products will remain in the stomach 3 hours to as long as 5 hours.

Improper Food Combining
What happens when food is not combined correctly? Bad quality nutrition is being absorbed. Inappropriate nutrition is now coming into the body, which is not being broken up properly and contributes to weight gain. This is due to the making of bad tissues. When the body makes bad tissues, it makes more of them. If you have inferior cells, the body has to make five of them to do the same job as one good cell.

Another thing we have to realize about food is that it only takes seven mouthfuls of good food to give us all the nutrition we need; but today, the quality of our food is getting worse and worse.

We are literally cooking 75_80 percent of the nutrients out of our food. So now
we need 28 mouthfuls of food to get all of our nutrients. The normal American person is eating somewhere between 35 and 40 mouthfuls a day. We are overeating due to the nutritional depletion of our over processed foods.

The following article is taken from the International Journal of the Medical Science of Homeopathy, issue on AIDS
SPECIAL NOTE ON LECTINS IN AIDS TREATMENT

By: W. Nelson, LPCC, M.D.

Lectins are naturally occurring substances that mostly are found in the plant kingdom. Lectins are proteins or glycoproteins that are not made by the immune system of a human but can influence the immune system of a human. Lectins influence agglutinization and precipitate complex carbohydrates. The agglutinizations activity of these highly specific carbohydrate binding molecules is usually inhibited by a simple monosaccharide. For some lectins Di, Tri, or Poly saccharides are required. The plant source often carries the needed molecules for action.

Many Lectins produce stimulation effects on the manufacture of lymphocytes. In fact several of these compounds have mitogenic stimulation of T_cell Lymphocytes. In the last study on the treatment of children with AIDS the use of the soups reflect the use of some lectins.

But if we review the Lectin research we can see a more refined type of soup prescription. #The effects of T_cell stimulation can indeed be of the utmost importance to the AIDS patient.

Biological research has shown several substances to produce this Mitogenic effect. Many of these herbal compounds are in the New Vistas Product Known as Hemo_A. This product has been tested in cell culture and clinically and proven its ability. But there are many compounds that can provide some dietary effect. We recommend combining the diet of these foods with the Hemo_A. Many of the best naturally occuring sources of Lectins are herbal controled substances that are put into the Hemo A. So combining this with the diet has maximum effects.

The foods richest in the Mitogenic Lectins areas follows:

1. Jequirity Bean ( rare)
2. Jack Bean
3. Soybean ( unprocessed)
4. Lentil ( rich in opsonins)
5. Sweet Pea
6. Red Kidney Bean
Using these in soups, salads, or others can have positive effects on T\textsubscript{cell} formation. Our research shows the positive effects of these when the immunosuppression is reduced. The primary immunosuppression being Antibiotics, Sugar, Street drugs, Stress, etc.

The references that follow can point to the research data. There was an appalling amount of literature regarding these lectins and their mitogenic effects. The reference list provided is but a small sample. I apologize for the form of the references but that is the way they were shown in the literature I reviewed. It is quite amazing that with all of this research that the dietary recommendations are not prescribed for this devastating condition.

Society has chosen to get its foods from the fields and its medicines from the synthetic chemical companies. The serious flaw in the Synthetic Chemical Philosophy robs the public from some simple solutions. Therapy can come from the fields. Medicine must learn to look for natural solutions not always the profit pictures of the Synthetic Chemicals Companies.

Rather than looking for ways to synthetically reproduce Nature we should use it in its natural ways. A review of the current literature on AIDS will reveal a dramatic revelation. The life style changes are profound in helping the AIDS patient.

The Synthetic Drug therapies are weak and often ineffective. Natural medicine has much to offer AIDS technology, perhaps a cure.

When the patients and our society express the choice towards natural medicine then the technology will grow.

REFERENCES

Food Combination Rules
To reduce gas and improve digestion, remember that to digest protein the stomach needs to be acid (taking antacids is a definite no no). To digest fruit, the stomach needs to be more alkaline. Remember, fats, carbohydrates and proteins require different intestinal preparation and should not be mix inappropriately. Also, excess liquids dilute stomach digestive fluids. So the three simple rules are:

1. Fruits alone
2. Melons alone
3. Fluids alone

Space at least one hour between fruits, melons and fluids; two hours for a large protein meal.

**SCIO TREATMENT SUGGESTED**

**Color** - set patient's favorite if desired, or choose color by chackra that is deficient
**Cosmic** - set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6 for other
**Magnetic Method** - 1+10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation
**Frequency** - 1k, 555hz, 2756hz
Auto Trivector for 30 min once a month in early stages once a week in later stage.

**Discussion:**

The results show significant improvement in symptoms and feeling better. The Collective results show a dramatic benefit to the SCIO therapist visit.
BOOKS


ARTICLES AND STUDIES

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