Taking the Cure

The Natural-Cure

For all diseases especially Leaky Gut

The best of the Natural Cure methods of the German health spas you can do at home. This is taken from a course on healing done in Germany in 1987. In Germany the people will go to a spa to take the cure. This most often entails some small intestine therapy. This article will offer some ideas on designing a spa cure for yourself.

These spas always have some similarities.

One there is always stress reduction, good music, meditation, and separation from the stress of everyday living.

Two there is always water therapy, hot and cold. Hydrotherapy is vital for healing.

Three there is always exercise involved to stimulate the body.

Four there is always some lymphatic massage involved.

Five there is some nutritional and absorption work. There are articles on each of these available from QXCI, and all of these things are available to you at home. You need the motivation and education. This article deals with number five. I hope it helps you.

Six there is most often some energetic balance therapy. This is best done with the QXCI device.

COLON SIZE AND FUNCTION

The function of the small intestine is one of the most important for life. This is where the major absorption of nutrients takes place. Traditional Clinical medicine provides us with insufficient information concerning functional disturbances in this nutritionally vital portion of the digestive system. A good appetite and regular bowel movements do not guarantee that everything is in proper working order. But Naturopathy offers us more information and help.

A liver two or three times its normal size, is clinically considered to be unhealthy. Similarly, a greatly enlarged spleen, or a heart or lungs -- or any other organ whose volume is significantly even 15% greater than average - would be regarded as ailing and usually not fully functional. Oddly enough, this criterion does not apply to the small intestine or large intestine. We use terms like "portly" or "fat" to refer to a person who shoves a drum-shaped belly around in front of him, or whose pot-belly hangs down over his belt. People resist the insight that in these cases the small intestine is severely disturbed functionally. Bacterial decomposition processes predominate over natural fermentative digestion, which leads inevitably to poor nutrition, since nutritional value is significantly affected by the kind of break-down that takes place in the intestine. Even highly nutritious foods won't restore the balance. Therefore, a slender, shapely abdomen is not just a standard of beauty: one should keep in mind that deviations from the ideal might indicate reduced functionality of the intestines and poor nutrition, which of course detrimentally alters whatever is eaten. The stomach and small intestine are the key elements of nutrition. When the rules of the stomach are violated the stomach and especially the small intestine will be overburdened and a swelling that indicates disease results.
The common fixation on the "average" as a standard, distorts our ideas about health. In our system, healthy is a maximum of function, not the average which is often pathological. The average person has rampant hidden intestinal damage and dysfunction. Sedentary lifestyles, bad diet, breaking the rules of the stomach and bad eating habits, but above all, continuous excessive demands on the digestive organs, impair small intestine performance and thus promote pathological bacterial decomposition of the chyme. The irritants thereby produced simply cause the intestine to be even more overtaxed, and the secretion of digestive juices is reduced. This gives rise to a vicious cycle: decomposition processes increasingly suppress fermentative breakdowns of the chyme, the small intestine becomes broad and slack in its longer sections, and digestive juices are produced in insufficient quantities, resulting in poor nutrition. When the level is high enough for a long enough time, then the pollutants - taken up by the intestinal villi - can only be partially neutralized by the liver. Often, considerable amounts of these contaminants reach the organs via the bloodstream, and cause damage or undermine their resistance. Prion, infectious, toxic and unstable spread of disease results.

Measure from the ascending colon to the descending colon. The normal size of the small intestine is the width of the patients pressed fingers no thumb (healthy minimum), to twice that which is the healthy maximum. The average person has three, four or more pressed fingers for the width of their small colon. This indicates a hyper trophy and abnormal swelling in the diseased tissue. The Stability of life itself is disturbed. First there is absorption of Large Undigested Fats (LUF) and then absorption of Large Undigested Proteins (LUP). The Free Fatty Acid Pool and Free Amino Acid Pool of the blood and lymph is disturbed and improper LUF and LUP fill up the blood and lymph. The body will now have poor parts to build tissue from. Any disease can result as the weakest link tissue of the body will be most susceptible to disease. In addition to the LUF LUP, there is a compromise of metabolic stability and acid alk shifts, immuno and allergy disturbances, leaky gut syndrome, putrefaction and fermentation, compromised nutritional absorption, emotional disturbance, compromised enzyme production will increase inflammations, and all disease is more likely. In fact, most disease is just a symptom of this most basic of diseases.

Natural-Cure
Four therapeutic principles, which overlap and complement each other, bring about a thorough intestinal rehabilitation - namely, protection, cleansing, refurbishing and education. Protection plays an especially important role. The most extreme protective measure is an absolute fast, that is, no food at all - though this should only be done on an inpatient basis (stationary cure) if over twenty four hours. Twenty four hour fasts can be used once a week for weight loss. Two day can be used after 10 twenty four hour fasts. After four 2 day fasts a three day fast can be done. Build up slow, fasting is natures surgery. Bad tissue can be removed. Once a year is indicated for a three day fast, and in some cases once a season. The patient

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gets only herb tea three times a day, and plenty of water, in order to speed up fluid exchange and to maintain mineral balance. We do not use fruit juices, since these tend to ferment, which works against the protective principle. Fasting gives the intestines an ideal opportunity to process and excrete built-up residues. The stomach and small intestine, our central assimilation and primary digestive organs, can rid themselves of their contents, thereby fulfilling the most important prerequisite for a healing alleviation: now they can rest and recover, and their deadened sensory organs, whose job it is to inform the intestinal muscles and glands about their workload, can again regenerate themselves.

With proper orientation of the patient on the part of the physician, hunger pangs only appear for a short time during the first few days, and usually vanish quickly after a cup of herb tea or a glass of water. Chickweed tea is best for hunger pangs. Fasting might be all you need for your cure, but if you want more,

During the second phase of dieting [or the first phase for outpatient and office visit cures], the patient is given a quarter liter of milk in the morning and at noon - which, however, is not drunk in the usual manner, but rather must be thoroughly mixed with saliva in the mouth as follows: a bite of stale, well dried roll or similar slice of natural brown bread is first chewed until it becomes a watery mash in the mouth, sweet to the taste and well soaked with saliva. Chew, chew, chew it is nature’s juicer and set the neurological tone of digestion. Only then is the milk added, a teaspoonful at a time, and thoroughly mixed with the bread mash in the mouth before it is swallowed. In this way, the milk is broken down while still in the mouth and thus hardly burdens the stomach and intestine at all. The mouth produces amylase which is a carbohydrate enzyme, this will stimulate this release. Additionally, intensive chewing optimally activates the sense of taste, which is of prime importance for the regulation of digestive juice production and of gastrointestinal motoricity. Instruction in proper chewing is an important part of the therapy. Chewing is life. In this second dietary phase, only herb tea-is used in the evening.

The milk-and-roll diet (morning and noon one quarter liter of milk and a dried roll) amounts to a daily caloric intake of about six hundred calories, which - just as in the fasting diet - forces the body to nourish itself from its own fat reserves. This cleans out, first, the congested intestinal segments, then stored nutritional reserves in the connective tissue, and at the same time begins a cellular molting or cleansing, whereby a strong impetus to regeneration is given. It is not just to promote meditation that all the world religions prescribe a period of fasting. During these periods the body chemistry encourages an open mind and a transcending heart.

A Natural-Cure is therefore indicated not just for those who are overweight or for purposes of losing weight: it serves above all to relieve the body of built-up pollutants, not only in the intestine, but in all tissues. This promotes the healing process in many ways. Later on in the cure, the diet is augmented with a little cottage cheese, occasionally a soft-boiled egg, or if necessary some thin oatmeal. One or two light diet meals are served at the end of the treatment.

This protective approach stands in opposition to the current trend, which adds indigestible bulk fiber to the food. Even if fiber-rich food eliminates many of the symptoms, especially the constipation so prevalent these days, it still does not address the underlying problem. When the sensors in the intestinal wall are deadened as a result of continual overexertion, then they cannot adequately perform their task of arousing the intestinal muscles and glands to activity. Crude stimuli such as dietary roughage, and so on, may indeed incite the ailing functions to activity, but biologically speaking - they just make matters
worse. One can only speak of healing when the sensory organs have regained their original sensitiveness, but that is only possible with appropriate protection. Consider the infant's milk diet, which contains virtually no roughage or stimulant substances. The infant's sensors are as yet undamaged, and can maintain intestinal activity without recourse to intense stimulation.

A Natural-Cure is first and foremost an outstanding prophylactic measure, which strengthens the immune response by lowering the overall stress level. An analogy should make this point clear: if empty, a vat can take in large quantities. Effluent can stream in from all sides, but outside the vat, the filling process is not noticeable. However, when the Vat is full to the brim, then just a little is enough to cause it to overflow, flooding its immediate environment. The body is no different: its powers of resistance are capable of absorbing impressive amounts of various stresses and abuses. For a while, there are no visible or perceptible signs of illness at all. But if it is continually taking on further stress, then the day will come, when all its defensive capabilities are fully engaged - and now the smallest additional burden will be enough to make one sick, with an ailment that seems to come out of complete health. But the guilty party is not only the most recent stress - a contagious disease brought on by a trivial infection or a chill, a heart attack or colic by anger or excitement, lumbago by a draft or a sudden movement, or whatever else - but rather, mainly the fact that our defensive capabilities were already taxed to their limits. Our stress reserves were simply exhausted. When our stress reserves are reduced we enter the precursor stage of illness, and are susceptible to ailments of all sorts, without actually being sick. In order to successfully prevent illnesses, we have to strive to get out of this precursor stage by reducing vitality-sapping stresses as much as possible; only then will we have a significantly broader basis for health.

Our Therapy intestinal rehabilitation lowers our body's stress level drastically. By means of it, we:

1.) reduce pollutants - that is - the fermentation and decay products which form continually in overtaxed intestines; and,

2.) improve intestinal and hepatic elimination. The liver and intestines are important excretory organs. Steady overtaxing of the intestines reduces elimination, and the concentration gradient of metabolic waste products between the cells and the excretory organs flattens out considerably. The result is a congestive build-up of waste products, which has a deleterious effect on all organs: in the brain it shows up as inability to concentrate, ' chronic fatigue and depressions; in the muscles and joints, as rheumatic ailments, myogelosis, arthritis and arthrosis; the glands degenerate, cardiac and vascular diseases arise, etc.

After intestinal rehabilitation, when intestines and liver are again able to perform their excretory function without hindrance, a steep concentration gradient is established, and metabolic waste products are swiftly eliminated. The broad stress reserves thereby established, strengthen our powers of resistance against all kinds of illnesses.

Spectacular interventions, such as open-heart surgery and organ transplants, lead us to forget that these would in many cases not ' even have been necessary if we hadn't woefully neglected the required preventive measures. A person's health is determined by medical intervention only in isolated cases; mainly, it depends on his behavior, his nutrition and his environment. It is a fact that hedonism
and gluttony are the archenemies of our health. What we need is not more medicines and machines, but more biological empathy and the willingness to make many sacrifices for our health's sake.

In the face of sharply escalating medical costs, it seems to be high time to reconsider critically the entire spectrum of our customary therapeutic measures. Healthiness thus won will always be fragile, so long as the patient is unwilling to participate actively in the healing process. It is all too seldom taken into consideration that illness is largely the result of an unhealthy lifestyle, that - besides sedentary ways, alcohol and nicotine abuse - it is chiefly our eating habits which pave the way for many illnesses. It seems imperative, therefore, to convey these insights to the patients and to motivate them to discard their unhealthy habits. The therapeutic value of a Natural-Cure does not consist merely of intestinal rehabilitation: its educational significance in terms of the patient's responsibility for his own health should not be underrated. The necessity of reducing costs sharpens the will to make sacrifices for health's sake and to accept the necessity of doing without in some cases. Proper psychological preparation by the physician can lead to the realization that health cannot be bought, but that it can be maintained - or regained - by dint of self-discipline and renunciation of many a favorite habit.

Therefore, every physician who concerns himself with Natural-Cures must also know how to equip his patients with the mental tools needed to stick it out during the cure, but above all for appropriate behavior afterwards. The cure should not be a mere episode, but rather a turning-point which introduces a fundamental modification of eating and living habits. Habits such as proper chewing and careful tasting of the food should - become self evident. Only that way will the feeling of satiety set in at the right time and last for a while, so that overeating and ensuing poor digestion are avoided. 'In this manner, the sense of taste is refined, which can then better fulfill its important role as regulator and selector of food intake. However, one should strive to maintain a rational balance, a happy medium, avoid fanaticism and be tolerant even of oneself. Moderation is better than obsessive, neurotic avoidance.

Besides all dietetic measures, an overall fostering of health should always be undertaken. Light gymnastics and moderate sport, appropriate breathing exercises and gentle Kneipp applications (hydrotherapy) - as well as Quantum Xrroid C.I. Training and a positive mental attitude - are significant aids to achieving lasting results from a cure.

Almost all of today's customary healing methods take far too little cognizance of the fact that the desire to be healthy is a potent healing factor. We will only make decisive medical progress - even regards the cost factor - when the realization becomes widespread that health is a task which we have to attend to every day.

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 nerval system that regulates this process. This nerval 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 overburdened. 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 antacids, 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.
13. Chew, Chew, Chew, Chew

Additional Benefits for the Small Intestine
(Secrets For A Long Life)

1. One large (10oz.) glass of weak grapefruit juice first thing in the morning, do not eat for 30 minutes after. If not grapefruit then use some other citrus.
2. No coffee with meals, wait 1.5 hours after eating
3. Exercise daily, for 15 minutes minimum.
4. Yoga once a day, back bend best.
5. Small amounts of pineapple, papaya with meal
6. Avoid over eating and excess snacking, let the colon rest during the day.
7. Avoid using processed sugars and foods
8. Avoid using the same foods everyday Rotate foods.
9. Avoid using too many potatoes, tomatoes, peppers, eggplant, tabacco all of these *atropinus belladonna* type foods are hard on the small intestine.
10. Do Not Smoke.
11. Have fiber soft and hard daily with meals.
12. When you need to defecate do so, do not over repress the urge, if you have to then use an enema as soon as you can after.
13. No alcohol
14. No fried foods eat nothing that has been boiled in oil

Foods cooked in boiled oil have several problems. First the heat of over 300 degrees F will effectively destroy all nutrition. The fats will be supersaturated and of no nutritive value. In fact the effects are extremely derogatory. These cooked fats will clog arteries, weaken immunity, interfere with hormones, deaden nerves and thinking, and a host of other disturbances. If you feed theses foods to animals you can see the derogatory effects.

*I can not emphasise this enough* 
"*do not eat fried foods*".

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.
START TAKING THE CURE

So start with a twenty-four hour fast. Eat a good but light evening meal (say 6:00pm) with a salad and chew, chew, chew. Then have only herbal tea for twenty four hours till 6:00pm the next day. Your next meal should be mostly fresh and raw vegetables. Be very careful to not snack after the next meal before bed. This small fast is safe and allows your colon a small break. Do this break once a week for one month. Couple this break with meditation, light exercise, and deep muscle stress reduction. Water therapy can be done with your bath tube. more on that in another article.

After the first four weekly fasts, then advance to a 2 day fast. The rules are the same but lengthen it by one day. Then after the first or second fast you can proceed to the intestinal cleanse. Break the fast with some hard or stale bread.

When you chew your roll add a teaspoon of milk to it, mix it up in your mouth and only then swallow it. When you mix the milk with it, the carbohydrates are reduced. When you mix the milk in the mouth, the carbohydrates of the milk are reduced through the ferments of the saliva. I want to repeat that to make sure it is clear. There are many people who gobble down the milk as if it were beer. Then the milk meets the acid of the stomach and makes a lump. So the milk should only be swallowed when it has previously been mixed with the saliva. This is very fundamental for the cure. In this manner, the chewing and the adding of the teaspoon of milk just before swallowing, you continue eating until you are satisfied-satiated and you are full. The milk is heated, but not overly heated, just warmed so as not to disturb the milk. Q: Type of milk? Not homogenized, only pasteurized. A: The more natural the milk the better. This is normally a question of what is available - what you can get from your local dairy. Raw milk of good quality is alright.

The quantity of what one should eat isn't something that you prescribe for your patients. They eat as much Bread as they want. Try to restrict the bread to twice or three times a day. But once they feel they have had enough and there is still a little bit of milk left in the cup, you don't gobble the rest up, you just let it sit and leave it. Many people are used to eating everything on the plate - and drinking everything that is set there- but in this cure, leave it! What you don't takes spoon-wise, you leave.

If you don't get enough bread in the first place you can order another roll or more milk, but the moment you feel satiated, stop. The moments you feel full STOP! You'll actually come to wonder at just how little a person can get by with. You can, if you want, also have malt coffee with the milk-ersatz coffee. It has an advantage in that it attenuates the milk and as a result the milk is easier to digest. It's up to you whether you want milk and rolls or milk and the malt coffee with your rolls-and for those who may need it, there are still a few foodstuffs that can be taken. We'll speak about this later in detail. For the time being it's good if you do it as much as possible with the milk and the roll, with or without the malt coffee.

Continue the bread diet for two days. Drink copious quantities of good water. As much as you can. If you do not have normal bowel movement on any day then use an enema to cleanse the large colon. Couple this break with meditation, light exercise, and deep muscle stress reduction.

These four days will cleanse, refurbish, and restore the colon to health. Build the determination to not cheat. Break the bread days with a yoghurt meal of yoghurt and some granola. No snacking in the evening. The mineral powder can also be used.
These four days of two day fasting, two day bread, can be curative for even the most extreme diseases. This is the minimum take the cure program. You can expand the program with supervision. Use the QXCI device to balance function after the therapy is over.

Dr. Lesson

There is another important chapter we have to cover today yet. When the digestive tract is sluggish at the beginning of the cure you could get some strong reactions are residual materials in the intestines that are being activated and released. As a result more of these toxins get into the blood stream-the toxic level in the blood is, raised very high and as a result you could get a strong intoxication. This is not dangerous as they are your own body's toxic materials but of course, you experience the reaction at your weakest point. For example: migraines, headaches, dizziness, vertigo, and so on. On the psychological level, depression or aggressive behavior. Still others concerning the intestinal tract, with nausea, vomiting, etc. But this is harmless.

It is important that one constantly drink lots of fluid. Only through drinking are you able to flush the toxins from the system. It's good with these kinds of sluggish people to give them a second shot of the "Natural Digestive Salts". This afternoon we can discuss if some of you have severe reactions, and what we can do for them. Please don't be afraid. These reactions will disappear within a few days. These are the most important aspects of our 'before lunch' session. Now he needs to have the passbooks of those who are not going to do the normal diet. Q: Can we eat normally since today is different? After we eat today, we're SU-P-Posed to be active? A: Yes, go for a walk, play golf, etc. Just remember the course starts again at four o'clock. It will take you a while to eat.

(After lunch.) As I watched I could see there were a few of you who did not eat correctly. This is so important that I have to repeat it-I have to insist upon it. If the patient doesn't eat correctly on the, first day and you don't check it on the first day, then throughout the rest -of the entire cure they will be doing it incorrectly.

The first question to ask the patient when they come for a check-up is "How did you eat"? They then have to explain to you absolutely correctly, exactly how they ate. Then we will hear from fifty percent of them that they didn't take the milk correctly, they drank it instead of eating it from the spoon. The minute there is a premature swallow, the patient won't become satiated-they get hungry earlier and then the mistakes start to occur. It's extremely important that this is done correctly. I noticed some of you taking sips of the milk. Once you've taken sips you don't have the correct dosage of it, which can only be obtained if you use a spoon.

To make- it quite clear to you, I would like to explain to you what the child does on the mother's breast. It sucks in the milk, and through the suction, the saliva of the infant joins itself to the milk. Because of this, in the process the milk in the baby's mouth is mixed with saliva, and only after that does the baby swallow. So the small baby gets into his stomach only milk that already has been mixed with saliva. When we do a fasting cure. we take them back into a childhood stage. We can't offer our patient a mother's breast, so instead he gets the rolls. Because through chewing the rolls there is production of saliva. And when one takes a single teaspoon of milk, a mixing of the milk and saliva occurs. Therefore, the only thing from this standpoint that goes into the stomach of the cure patient, is milk that has been mixed with saliva.
We must not underestimate the value of saliva. There are not only ferments in it that release carbohydrates and other important substances, but when the milk is mixed with the saliva (within the oral cavity), the carbohydrate portion of the milk becomes digested from it. The entire aspect of the saliva is something you are doing for the subsequent benefit of the intestinal tract. We are not just training them to eat, correctly for the duration of the cure itself, but, rather so that after the cure the entire nutritional system is improved. For this we need the fluid of saliva. Today's man is very hasty and very poor in habits. Much of the nutrition taken in does not become insalivated-mixed with saliva and for that reason alone digestive disorders occur.

We must be able to look after the first stage of the digestive tract, otherwise the rest of it is not going to function properly. When you manage to get the salivary glands operating successfully, then all of the other digestive glands will work better because it is all connected to the same vegetative nervous system.

For example, if we want to improve the function of the pancreas or the liver or the stomach or intestinal tract we have to begin at the top. It is much like a coat that has a lot of buttons on it. If you put the first button into the wrong hole, no matter how much you keep buttoning, you are never going to be correctly buttoned. So the very first thing is good chewing and rich insalivation of the chewed material. This is an exercise that has to be carried out precisely throughout the duration of the cure.

There are many occasions in which patients, throughout their eating, carry on a conversation. They tell each other about their various disorders. This is certainly regressive because this also will disturb the digestive process. So you have to concentrate on what you are doing, and that is the key thought for the cure.

Tonight there will be herb tea with rolls. The tea again is only to be taken 'spoon-wise', because honey is dissolved in it. For that reason it becomes a foodstuff rather than a drink. Every foodstuff taken in during the cure, everything of nutritional value, has to be taken in that same manner. Throughout the day you can drink the tea and water without having to take it spoon-wise (because it has no honey or nutritional value in it). Dr. is very happy that while he is now talking, you already have some water or tea sitting in front of you. This is especially important these first few days because you will want to reduce as much as possible any reactions that come as a result of the cure.

After you have eaten you should not drink anything for half an hour. After the half-hour is up, you can drink without any problems. You can also drink before you eat without concern.

I'd like to cover the program once more. At 7:00 in the morning you come down here for your "Natural Digestive Salts" solution. You don't have to shave yourself or wash yourself. Wear an exercise suit or- a bathrobe and slippers or training suit, and afterwards engage in some activity-some motion-like swimming, walking or gymnastics.

Maybe someone will have a very strong constipation. If that is the case twenty minutes later you can drink another glass of "Natural Digestive Salts" and that will increase its action. There are some of you who are more prone to diarrhea. During the first two days don't concern yourself if you have to go ten times a day to the toilet. But, if it continues thereafter then take a smaller dosage. Maybe drink half
the glass of "Natural Digestive Salts" solution and pour the rest out, and drink an equal quantity of warm water as that you poured out. So if you poured out half of the "Natural Digestive Salts" solution and threw that half away, replace that half with just warm water.

The cure is not especially for those with constipation or diarrhea, but rather everyone. Those who are constipated, react very successfully to the therapy because it was very necessary for them. This drink consists of "Natural Digestive Salts" solution. Chemically, it is magnesium sulfate (magnesium sulfate) or magnesium sulfuricum, MgSO4 (otherwise called "Epsom, Salts"). This is the main component of what is known as the "Carlsbad Salts". The three most famous spas for digestive disorders are Carlsbad (Czechoslovakia), Vichy (France), and Maulffotry in Italy. All of them have this magnesium sulfate as their main aspect. There are a number of other substances in for instance the "Carlsbad Salts", such as sodium sulfate [Glauber's salt] and sodium bicarbonate (baking soda) What we use is more important since it's more toward basic.

We have a number of organs in the body, which are more basic on the pH scale. First of all the liver; secondly the pancreas; and thirdly, all of the intestinal glands, because they produce a secretion that is on the basic aspect of the pH scale. Because these solutions are basic on the pH scale they are good to drink. For certain patients we add sodium bicarbonate to the normal solution of "Natural Digestive Salts". The normal dosage of the "Natural Digestive Salts" is one level teaspoon of "Natural Digestive Salts" into a quarter liter of warm water, and this is the way you receive it here. You will see in some of them that there was already a quantity in the glass. It's already dissolved. This is done the night before so that the "Natural Digestive Salts" dissolves in this smaller quantity of water overnight, and it helps to improve the taste slightly.

The stool, through use of the "Natural Digestive Salts" solution will, in most cases, become very fluid. With the milk/roll diet, the stool should be a golden yellow color and without smell. So in other words, like the stools of a baby. It will be interesting now for you to observe your stool. They will be a different color-a dark color, a dark brown or green stool. Sometimes the stool even gets an icky, whiteness, and this is change due to the coloring agent of the stool. Every color other than golden yellow is a sign that bad aspects are being expelled. And also every vile odorous smell is also a sign that toxic aspects are being expelled.

There is a saying among lay people that health is without smell and sickness stinks. You can prove this for yourself. All body secretions can have a bad odor. This begins with the perspiration. You can have a very intensive and penetrating smell, and if you don't drink enough the urine could have a strong odor, or for example a bad breath odor from the mouth. These are all signs of detoxification. With women the menstrual flow could become odorous as well. All this means that bad toxic substances are being expelled from the body and you can check this yourself. Often stones are eliminated in the stool through the action of the "Natural Digestive Salts", as well as mucus deposits. So it's good that you actually look at it and see what your stool is like.

Q: When you dissolve Natural Digestive Salts at night do you put it in warm or cold water? A: If you dissolve "Natural Digestive Salts at night it doesn't matter if it is warm or cold. You, don't have to do it the night before. You; can simply do it immediately first thing in the morning in the regular way. It's just that the taste improves slightly if it is allowed to dissolve 'm a smaller quantity of water overnight.
I have here a number of other items. This we call "base powder" ["base" as in acid-base balance]. Namely, sodium bicarbonate and other substances that occur in the natural "Carlsbad Salts"-salt from the Carlsbad spa. This I will recommend for some of you, to take in the "Natural Digestive Salts" solution. Specifically those of you who need more of a basic element. Participant questions about what kind of people would need this. Alcoholics? Yes, whenever the liver is burdened it's very important. Or, people who are already diabetics, because there is a tendency towards acidity. Those who suffer from problems with acidity. People with gout-those with uric acid level problems. Who suffers the most from acidic concentration? People that have eructation, burning reactions coming up their throat-they have hyperacidic gastritis. Those of you who feel you need this basic powder can come and take it. They are special medications for which you will be charged.

This is especially important to people with a tendency for gout. Why is it especially important then? In purification of the body, the joints also purify themselves. From the joints uric acid gets into the blood stream, and the uric acid level rises suddenly. You can see this from laboratory tests. All lab values improve except the uric acid level which drastically increases. Cholesterol drops, fats drop transaminase values drop. Blood sugar drops these entire numbers drop with the exception of the uric acid, which drastically increases at first-and then it will also decline. But it only drops once the joints are free.

Therefore it is important for those with a high uric acid level to take something like this basic powder. It is in powder form and you add one teaspoon to the "Natural Digestive Salts" solution. Besides that, take it two or three times a day by putting a level teaspoon into a quarter liter of water and drinking it. When you're at home and you don't have this particular mixture, just take sodium bicarbonate which also suffices. During the break, those of you who need it come and see Dr. .

I have a second health item with me. This is called a "Klyso". Do you know what this is? It's a clyster or enema apparatus. When someone gets a strong reaction or intoxication at the beginning of the cure, if from three to five times a day they give themselves an enema with it-using body temperature warm water-then these initial reactions will disappear like magic. We'll maybe see one or two among you with such problems. If you haven't drunk enough or maybe the "Natural Digestive Salts" has a reaction, you might get headaches or things like that. You give yourself a few enemas and it will disappear. Those interactions appear as toxins coming from the intestines.

There are many different diseases that come from the intestines and this is not really known by regular general physicians. For example, ninety percent of all migraines are intestinal problems. If you have a patient coming to you with migraines, you can tell them they'll have a strong reaction the first day. Once this reaction is past they will remain free of migraines for-the rest of the cure and stay free of them for at least six months to a year. Once the intestines get all toxic again, then the migraines will reappear. There's a very close relationship between the intestines and many cases of arthritides, chronic headaches, dizziness, often visual disturbances, depressions, spinal column problems, and so on. The intestine is very often the actual focus of disorders and undermines the entire health of the body. We reach into the central core of this problem.

There is a difference whether you do the cure on-site (stationary) or on an ambulatory basis-in other words, on an inpatient or outpatient basis. We will discuss exactly how we would deal with an ambulatory cure situation versus an inpatient one. The former (ambulatory) also has many advantages since one can move more slowly into the cure and not get any initial healing crises. In that case, one does not start immediately with the roll diet, but maybe does a 'precure' type process first.
Do you all know how this (enema) apparatus works? You can do this yourself since you have a wash basin in your room. Fill it up with hot water. You put that open end into the warm water, and pump it a couple of times so there is no more air in the hose. You lubricate the end (insertion tip) with something a little fatty, like Vaseline, butter, etc. Put it in your rectum and then pump. You pump until you feel there is enough in there and then you immediately sit on the toilet and let it all out. Then you can repeat the process immediately afterwards, and you'll be able to get a lot more water in. Through this, the rectum itself is cleansed. When the rectum is emptied, the small intestine can more easily empty its contents. You sort of get this suction action down to the intestines. This causes a very helpful and very good working action there.

Today more and more we see diseases such as diverticulitis, and this comes about because of the gas pressure in the colon which is so strong that it pushes through the walls. This is a reason for -weak intestinal walls with many patients. Their intestines are then operated on. This is completely unnecessary in the first place, and we have many patients who have saved themselves having to undergo this operation. Cases where it had already been planned that the operation was going to be carried out. We helped them with this enema apparatus, and it makes a cure along with the cleansing process from the "Natural Digestive Salts"-from upwards clown, and at the lower end we help with this (enema).

Q: The enema (water) goes in and comes right out. A: Yes, but it is important that it be done often more than once. Q: Sterilization of the enema apparatus? A: It is not necessary, the intestine is not sterile. Clean it with a little soap. It is not for multiple patients, it's for one individual patient.

It is a helpful apparatus for many disorders-also infections. If you are on a trip and you get an infection from putrefied foodstuff or poor water, or get an influenza, it's always good to provide the body with a vent for eliminating toxic substances. With children you can reduce fever from 40°C to 37°C in one day, with just a few of these enemas. You see, the body is happy when it has some place to push all the toxins to. One only has to tell the parents about how to use this and there are thousands of parents who find it (enema apparatus) the most important thing to take with them on trips for their children. I wrote a book about this on the cure of infectious diseases. In my book, one of the most--important aspects is detoxification -with these kinds of measures.

Q: Regarding regular enema bags. A: This is actually more comfortable, and you can do it yourself-you don't need help. But, you can use any enema bag. Q: Cost? A: He doesn't know for sure, maybe 150 Schillings or so [at that time, approx. 12 Schillings to U.S. Dollar]. I've never seen this type of apparatus in any of the American catalogs. Q: Any particular posture to use it? A: You can do it standing-you stand, reach behind and do it that way. I'm showing you this for one main reason. In case some of you may have a particularly strong reaction, then you will need one of these.

Q: What about distilled water? Distilled water is dead water.... he does not recommend distilled water. Use normal water, even if it has chlorine or fluoride in it, because once you have heated it, warmed it up, the volatile substances dissipate. You can also use a little bit of fruit juice, but very little. Put a little into the water. But fruit juices with a high concentration of the actual fruit substance, the purees with a high pulp content, are not good. They are always acidic and burden the liver.
The liver and the pancreas have to deliver alkaline substances, and they are very burdened with environmental pollution. And so we have to support these detoxification organs. What is missing nowadays for man is not the acid aspect, but the basics-more base substances the pH scale. Man can become hyperacidic, but cannot become hyper-basic, because the body can flush out base substances very easily, but not the acids. They go into the joints or into the tissues and burden the liver. So when we do a fasting cure like this, what we are doing is making a deacidification detoxification cure-a cure to eliminate the acid. It is these acids that deposit themselves into the body; into the joints-when you get the knots and bumps (tophi) on the joints-and the tissues, like cellulitis in women. These are all deposits of acids in the tissues and we want to get these acids out of the body. And so after the cure it is also good to make sure that the body doesn’t begin to get over acidic again, but rather to give it more of the basic substances. We will come back to that when we talk about nutrition. There are additional substances that lead toward acidosis, and other foodstuffs that lead toward a more basic pH balance.

I repeat the aspects about education and training. The chewing mechanism and of course an increase in salivation; the "Manual Abdominal Treatment"; and retraining the body to drink copious quantities. There is another very important factor that belongs to this training and education. One learns how to maintain a great degree of self-discipline on this cure, and that is a very important factor for maintaining good health.

We've heard the three major principles of Natural Therapy- protection, cleansing and training. It is no longer difficult to answer the question now, of "What is the therapy according to Dr. ?". Every therapy, where these three therapeutic principles are incorporated-in other words, any therapy that protects the intestinal tract, causes a cleansing action, and offers retraining-is a therapy according to Dr. . But, there are various different levels or steps here. The most radical form is the total fast. The second form is the milk/roll diet, which you are doing now. And there are even milder diet forms that have to be adjusted individually for each patient, right down to the so-called "Mild Elimination Diet".

Q: What does one drink while fasting? Only water, herb tea and maybe a vegetable broth-that is a total fast. Anything over three days must have medical supervision. It depends on the condition. That is why you need to know how to do the diagnosis involved with the Natural-Cure.

Naturally, during the total fast you- are also getting the "Natural Digestive Salts". That is an important aspect of the cleansing. The total fast is the strongest form, the most radical form. The train goes at its highest speed to get to where you want to go the fastest. The train gets there a little slower with the milk and roll diet, and the closer to normal the diet gets, the slower this train is going down the track. You have to yourself evaluate which of these forms is best for the individual patient; and from the circumstances under which the patient lives.

It s different if you are treating them in a spa or in a stationary location, or if you are treating them on an outpatient basis. If they are on an inpatient basis, in-house, you can do a strong fast. If you for instance, were here and not taking this course at the same time, some of you could do a total fast. But, this course demands a lot of your energy, and therefore that is out of the question. Always, naturally, only when the patient wants to, when he indicates he wants to. All of this is on a voluntary basis-it only works if you have good cooperation between the physician and the patient. So it depends upon the knowledge of the, physician to differentiate which intensity or which form of the cure the patient needs. In some cases, a very difficult case, one might start with a very light cure. There are a lot
of people who think Natural-Cure equals a milk/roll diet and that is ridiculous. The Natural-Cure is that
form the physician prescribes for his patient, according to the three different principles of the
Natural-Cure.

When someone is taking a cure like this, one should, if at all possible, be free of people around
them who are not participating. It is a very good experience when husband and wife are taking it
together and this makes the household work together easier-they each help each other. Whereas if one
of them eats the full meal and one of them is just eating milk and rolls, there could be difficulty. It's not
the one that is taking the cure that causes the difficulty, it's always the one sitting beside him that eats
normally. And in my book I have an extra chapter on people who are living with you. For example, the big
(fat) people-the neighbor maybe-who see that their friend next door is getting better and skinnier, and
that gives them problems. So they will purposefully say, "Oh, you are looking terrible, that cure has to be
bad for you, this is the quickest way to the cemetry", and so on. These are simply jealousy problems. It
is therefore very important that the person taking this cure has -plenty of information and that he very
strongly commits himself to this cure. And then, it usually goes very well, because after awhile the
patient becomes infatuated with the cure. You almost have to brake them-put the brakes on it. Like
missionaries, they walk around trying to convert everybody to a milk and roll diet-this is the religion of
the small abdomen. So such information is very important in order that the patient is always at the
fasting stage and does not fall into the hunger stage. I get all of my patients to read this book. That is
usually adequate, and they are then able to speak with the physician a little bit about it too, since it
contains sufficient information.

Down at the lower right hand corner you see the chef in the chef's hat. They also do training in
cooking so that after the cure the patient has a healthier nutrition, and knows the correct method of
preparation. The other pictures are self explanatory and a little English language booklet accompanies it.

1. Daily, in the morning on an empty stomach, one teaspoon of Natural Digestive Salts in a
quarter liter of lukewarm water (or weak herbal tea), [tea if the water in your area is bad]. You can leave
a blank there for putting in exactly what kind of tea you want them to have, for example, stinging nettle
or some other tea. And now maybe another round bracket where you can cross out if you don't need it:
(plus one teaspoon of the base powder or sodium bicarbonate). These are the instructions you can then
give to the patients by simply crossing things out or writing something in. Thereafter, activity.

2. After at least one half hour, then breakfast consisting of: In other words between taking of the
"Natural Digestive Salts" and breakfast there has to be at least half an hour time lag. And then
behind "breakfast consisting of ", fill in what the patient is going to have. You can then write in
what you desire, for instance in the pre-cure phase.

3. After about five hours, then eat lunch consisting of. Leave blanks or ruled lines to fill in what
the patient is going to have.

4. Evenings herbal tea, such as (and now here are the names of a few of the herbal teas,
example Melissa and so on, and then you cross off the ones that aren't applicable) with a teaspoon of honey and a little lemon juice (plus one roll). Again, "plus one roll" is in brackets so you can cross it out, in order to individualize for each case.

5. Chew every bite fifty times count them!!! The better you chew and insalivate your food, the quicker you will get healthy.

6. Drinking Cure. Good quality water, or herb teas taken pure, -without sugar or anything else. Or, minimally carbonated water. Drink a minimum of two, three, four (cross out the other two) liters quantity each day. Now here you have to individualize as well. If you have a patient who is 120 kilos (265 pounds), he will have to drink four liters; if you have a skinny little person, then two liters. Everything has to be, to a certain extent, individualized, but here you have a guideline that you can stick to.

7. Before eating the noon meal, you need a relaxation break. It's even better if you can lie down for half an hour with moist warmth, like for example a hot water bottle covered with a hot moist towel. Many people with different occupations can take this half an hour, not all, but most can afford that half hour. If you lie down before you eat and can put heat on your abdomen-you will learn this for yourself, you'll experience it yourself when you are ready to eat you will have a very comfortable feeling abdomen, and you are quickly satiated. This also helps eliminate inflammations that plug up the liver. It is also interesting that when you do this on a regular basis and the person has a poor situation with the liver and gallbladder, he starts to get red round spots on the area the hot water bottle was laying on, and this disappears -later. But it is a diagnostic sign. Don't put that comment on the sheet you are giving out.

8. Morning and evening, brush your entire body with a dry brush. There are also gloves made out of a sea type material, almost like burlap. You put your hand into them and with them you can brush your whole body. Be careful though in situations where there is venous stasis. In cases of venous stasis, advise them to brush very gently, and always in the direction of the heart. Otherwise, one may brush briskly, in a circular motion. Afterwards, take a hot shower followed by a quick very cold shower. You take a combination hot and cold shower afterwards.

There are many patients who are afraid of cold water-and it would be good if you tried this yourself. You only have to do it twice. First give yourself a shower with hot water, for as long as it pleases you. Then close the drain on the bathtub, while standing in the hot water. And now you do the cold water shower in the following manner. You are standing in the bathtub running the shower. What would we spray with the cold water first? Legs. Which leg. The limb of body that is most distant from the heart? The trick to it is proper breathing. First take in a big deep breath, and at the moment you spray your right leg you have to exhale. Take in a breath, and as you exhale spray-spray up to the hip and back down. And then the other leg, but you have always got to inhale first. What is really uncomfortable when you are using cold water showers, is if there is no air intake. If you have no air, then you get these cramps.

The next thing you do is inhale again. Bring in the air, then do right arm, left arm, and then the south pole. And then, again inhale and do the chest, the breast,, and the face. That is it! You don't have to do your back; if you want to, once you have had practice doing this, you can. But be careful with people who have neck problems-don't let them do cold water on the back of their necks. It's best just to do the frontal part of the body. This is a way to get circulation going-a way to really shore up the
circulation. So if you are tired, this is a good pick-me-up, and every patient should do this during the cure every morning and every night. Then they get a nice reddish tone to the skin-it detoxifies, via the skin-and they immediately feel better.

It is especially important for those of you who have head pain, head congestion. When you dry brush yourself and do this kind of shower you immediately become more lively and feel better. I would ask that you please do this morning and evening. Always ending with the cold water, but not for a long time-once up and once down, once up and once down, and afterward quickly dry yourself with a towel. It's a training exercise for the circulation.

9. In the evenings: Go to bed early at in the evening, (maybe I should say go to sleep early in the evening). Leave a space for the time, so you can advise them what time to go to bed, and then mention, with moist heat application on the abdomen. And now back to his comments. What time should a patient go to bed? The earlier the better. During this cure process, in the morning you are fresh and in the evening at times you are exhausted. From a technical standpoint you ask the patient what time they normally go to bed. And whatever time they answer, you automatically make it earlier than they said. Then here in black and white, in that blank, you've written down the time he is to go to bed. Then he can show that to his wife-"I've got to go to bed at this time". Q: What time does Dr. recommend? A: 21:00 hours (9 PM.), and for some, at 20:00 hours (8 PM.).

About the moist heat application. I will tell you again how to do this. You take a thin towel, dip it into warm water, wring it out and wrap it around the hot water bottle. And this you then put it on your stomach. This also helps you go to sleep. The patient should fall asleep with this, and if it becomes a problem or bothers him, pull it out and throw it on the floor. I recommend that you do your hot water bottle in the evenings too. But not extremely hot, because otherwise it will disturb you. And now to the last point. These are like the Ten Commandments of the Bible.

10. These are the forbidden aspects. Already in this pre-cure phase you forbid a few items that are not good for them. First of all, coffee from coffee beans and sugar (sweet items, chocolate, candy, items like that). Next, fruit. Fundamentally we are not against fruit, but during the pre-cure one should avoid fruits that have a lot of cellulose. The cellulose would not be good for the cure. And also, many of them are coming to you on the basis of having a lot of health food type ideas-such as the Schnitzer Diet in Germany, Dr. Brukers' diet approach, and other things like this where one gets too much raw food. And it's good to forget this at once because any of them would be too much. The next thing is alcohol, followed by fats and hard to digest foods. And then nicotine. We try to get the patient off nicotine. But it's not possible with all people. In that case, we bargain with them as to the maximum amount of cigarettes allowed-write down five cigarettes, or something like that.

BICARB DEFICIENCY, Potassium and Magnesium Metabolism, Pancreatic Bicarb Deficiency

1. Potassium and Magnesium are extremely needed ions that helps to produce energy, neurological balancing, and activity for the entire body.

2. In our diagram we can see that the largest amount of potassium is in the muscles, nerves and the brain. This is because without potassium the muscles get very weak and our brain and neurological
function becomes disturbed. Potassium deficiency is one of the major contributing factors to a host of
diseases in the world today.

3. Potassium is best found in fresh fruits and vegetables. Too many people are over cooking
vegetables and eating too many processed foods as well as excess meat and animal products, and
thereby run the risk of potassium deficiency.

4. Many types of medications such as blood pressure medication, laxatives and diuretics can also
increase potassium and magnesium loss from the body and create potassium and magnesium deficiency.
Potassium and magnesium is lost in the body through the urine although some is also lost in the stool.

5. Symptoms of potassium and magnesium deficiency are fatigue, irregularity of the heart, high
blood pressure, neurological disturbances, twitching, kidney stones, and poor quality skin and hair.
Symptoms of Bicarb deficiency include bloating after meals, indigestion, pancreatitis, or swelling of the
abdomen forward.

6. The best dietary source of potassium should come from fresh fruits and vegetables. However,
potassium supplementation may be necessary. *ANT-ACID POWDER is a bicarbonate that uses
potassium and magnesium to correct deficiency states. Whereas sodium might interfere with blood
pressure stabilization. Realkalizing the intestinal tract fortifying digestion also helps the entire body to
detox and restore health. Many problems relating to blood pressure, neurological disturbances, and
fatigue can be solved by increasing potassium in the diet. Paprika is also found to be very high in
potassium and is a good supplement to the diet as well.

The ANT ACID POWDER (Natural Digestive Salts) is a combination of equal parts --potassium bicarb,
magnesium sulfate, di-sodium Phos. Add one teaspoon to 2 oz. of water and take 2hr. after your meal.
This will make a very nice rejuvenating mineral tonic for the digestion. Use for three days once a month.

POTASSIUM DISTRIBUTION in milliequivalents-MEQ Normal
NERVES AND BRAIN CELLS
1000 MEQ.

MUSCLE CELLS
3000 MEQ

**INTAKE 100MEQ/DAY**

RED BLOOD CELLS
250 MEQ

EXTRA CELLULAR FLUID
75 MEQ

LIVER CELLS
200 MEQ

INTESTINE CELLS
1000 MEQ

**STOOL LOSS 10MEQ/DAY**
KIDNEY CELLS
100 MEQ

URINE LOSS 90MEQ/DAY

Stimulating urine or stool produces a loss in potassium. Stress, coffee at meals and snaking between meals results in BICARB loss. POTASSIUM BICARB replaces the bicarb, magnesium and potassium loss, while realkalizing the intestinal tract. This formula is much like the BITTERSCALTS formula used in Germany used in some of the best health spas and medical clinics in the world.

DIGESTIVE DISORDERS

1. Digestion is a long continuous process of enzymatic action to help digest the foods that we eat.

2. Digestion starts in the mouth. Food is masticated and combined with ptyalin and salvia for lubrication and the beginning of carbohydrate digestion. It is then is masticated into bolus.

3. The bolus is then transmitted into the stomach, which secretes stomach acid, additional lipase for fat digestion, and other enzymes which allows for the proper emulsification and further break-up of the compounds in our food. In the stomach, this is called chyme.

4. When food is properly prepared for digestion, the pyloric valve should open and allow the chyme to come into the small intestine. Here the pancreas dumps in sodium bicarb to neutralize the acid as well as supplying pancreatic enzymes, which now become the major factors in digestion. The liver should then release bile and bile pigments to further emulsify the food mixture. This results in a micelle. Micelle has to have an electrical balance because digestion and absorption in the small intestine is largely an electrical process. Hence the need for fiber to help stimulate the electrical nature.

5. After the food has gone through the three stages of the small intestine, there is selective absorption of nutrients at different sites where the body can absorb its nutrients. Inflammation or infections at different sites can disrupt the absorption.

6. The food then flows into the large intestine where support symbiotic micro-organisms such as bacteria and fungus further assist digestion and help in the absorption of B vitamins. Many which are manufactured in the large intestine. The major bacteria of the bile is that of bacteroides which constitutes 70 percent of the stool.

7. This makes up the "FOSSIL LAP" process which includes: food, oral, stomach, small intestine, ileocecal value, large intestine, liver, autonomic nerval system, and pancreas. All these factors are highly important for the processing of digestion (ref. RWC - Fossil Lap).

8. *DIGESTIVE ENZYME LIQUESCENCE is superb in its ability to balance the entire digestion track and aids in stabilizing enzyme releases from the body. *DIGESTIVE ENZYME LIQUESCENCE does not contain large amounts of these enzymes, but contains homeopathic amounts which thereby helps the
body to stabilize its own production of enzymes (ref. Digestion Study).

9. *MICROFLORA is a product used to stabilize the bile flora in the bile. If there is excessive or daily rectal gas this is a sign that there is a problem in the balancing of the bowel flora.

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FOODS

ORAL

STOMACH

SMALL INTESTINE

ILEO-CECAL VALVE

LARGE INTESTINE

LIVER

AUTONOMIC NERVAL SYSTEM

PANCREAS

Points used to stabilize all of digestion
Intimate detail supplied in the Registered Wellness Consultant book and course.

Rx: stomach ache, abdominal distension, indigestion, eczema, neurosis, loss of appetite, 22 (anorexia-bulimia)

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Rx: leukemia, leukemia, tinnitus, deafness, malaria, lumbago, lumbar sprain, periatal headache

'Valley of Yang'

Yāng gu

Wāngū

'Strict Bone'

Hòuxí

'Strict Creek'

Qínggu

'Strict Forward Valley'

Shāoze

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Rx: knee disorders, appendicitis, dysentery, insomnia, hypertension, stomach ache, indigestion, pancreatitis, ulcers, aneurysms

Dùbī

Zūsōnǐ

Shàngjūxū

Tìdēkōu

Xiōjūxū

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