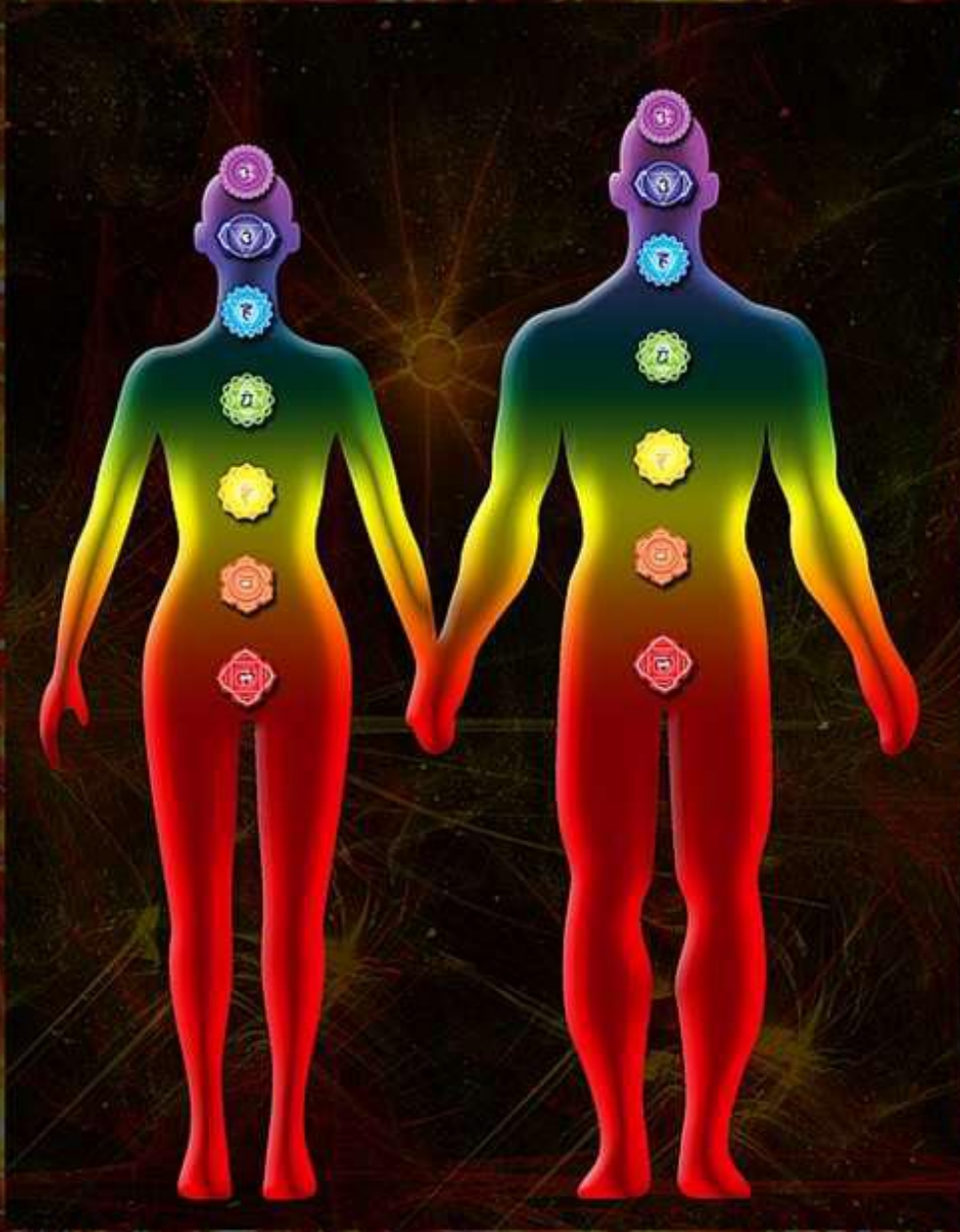


Far-Infrared and Vibrational Medicine



Dr. Mark Sircus

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Dr. Mark Sircus

Table of Contents

- [About Dr. Sircus and His Methods \(Protocol\)](#)
- [Contact / Consultation](#)

CHAPTER 1 – Introducing the Biomat

1. [Introduction to Core Body Temperature and Disease](#)
2. [Healing Power of Infrared Light and Heat](#)
3. [Sweating One’s Way to Health](#)
4. [Far-Infrared Thermotherapy Heat Treatments](#)
5. [BioMat Far Infrared Medicine](#)
6. [General BioMat Cautions](#)
7. [The Original Amethyst, Infrared BioMat](#)
8. [Far-Infrared Sauna Options](#)
9. [Pulsed Electromagnetic Field Therapy](#)

CHAPTER 2 – Light and Heat Medicine

1. [Love, Light and Life](#)
2. [Human Photosynthesis](#)
3. [Electron Medicine](#)
4. [The Secrets of Light](#)
5. [The Secrets of Penetrating Mitochondria with Light](#)
6. [Mitochondrial Medicine](#)
7. [Cellular Batteries](#)

CHAPTER 3 – Cases

1. [Using Light and Heat to Treat Cancer](#)
2. [A Secret Cause of Cancer](#)
3. [Dangerous Vs. Safe Breast Cancer Diagnostic Methods](#)
4. [Treating Autism with Light](#)
5. [Avoiding Serious Complications from Viral Infections](#)
6. [Natural Allopathic Sleeping Protocol](#)

CHAPTER 4 – You are a Rainbow

1. [You are a Rainbow - Seven Levels of Intelligence](#)

2. [The Sun – Vitamin D – Diabetes](#)
3. [Red Level of Awareness – Physical Consciousness](#)
4. [Orange Level of Awareness](#)
5. [Group Consciousness](#)
6. [Yellow Level – Intellectual Awareness](#)
7. [A Touch of Green](#)
8. [Green Level of Awareness – Security Consciousness](#)
9. [Blue Level of Awareness – Concepts, Ideas, Memory](#)
10. [Indigo Intuitive Level of Consciousness](#)
11. [Violet Level of Awareness - Imagination](#)
12. [Color Purple Boosts Sex and Imagination](#)

About Dr. Sircus and His Methods (Protocol)

[Dr. Mark Sircus](#), Ac., OMD, DM (P) (acupuncturist, doctor of oriental and pastoral medicine) is a prolific writer and author of some astounding medical and health-related books. Dr. Sircus's methods are based on medical science and long years of clinical experience, not only his own but experiences of doctors from around the world who have been practicing brilliant medicine.

His books are heavily referenced, but the layperson finds little difficulty in understanding his presentation of medical topics. For many years Dr. Sircus has been researching into the human condition and into the causes of disease; he has distilled many of the divergent medical systems into a new form of medicine that he has coined Natural Allopathic Medicine.

[Natural Allopathic Medicine](#) represents a new therapeutic principle that revolutionizes both allopathic and naturopathic medicine offering a radical shift in medical thought and practice. Dr. Sircus's protocol addresses foundational physiology. It focuses on pH management, cell voltage, magnesium and iodine medicine, cannabinoid medicine, carbon dioxide medicine, re-mineralization of the body, increasing oxygen transport and oxygenation of the tissues, opening up of blood vessels, saturation and healing of cells with concentrated nutrition via superfoods, breathing retraining, emotional transformation processing, detoxification and removal of heavy metals and radioactive particles.

The exciting part of Dr. Sircus's protocol is that it is easy to learn and anyone can start implementing it even while being treated by other approaches. Secondly, with a recent medical breakthrough—a legalized form of medical marijuana now available throughout the world—Dr. Sircus's protocol is entirely legal.

With the publication of Dr. Sircus's [Treatment Essentials](#) book, which actually teaches people to put into practice this medical approach, anyone will now have access to the information that will enable them to take charge of their own health.

Dr. Sircus's approach is humanitarian because it pays attention to the majority who cannot afford expensive medical treatments or pharmaceutical drugs. With the Natural Allopathic Medicine protocol, people with limited funds can make use of the top three medicinals mentioned above—[magnesium chloride](#), [sodium bicarbonate](#) (baking soda), and [iodine](#)—to inexpensively treat most health problems. Add breathing retraining, CBD,

superfoods, vitamin C, plenty of water good enough to be called a medicine, enough sun, daily magnesium massages and one will improve or cure almost any ailment.

Contact / Consultation

Consultation

For consultations with Dr. Sircus please visit the [consultation page](#).

FAQ

To see the Frequently Asked Question please go to the [FAQ Page](#).

Emails

If you need direct contact, please send your emails to support@medicalbiomats.com

www.medicalbiomats.com

Introduction to Core Body Temperature and Disease



The body has a natural ability to maintain temperature within the normal range, irrespective of the environmental condition. A low or high body temperature reading usually indicates some medical problems. All of us have a concern about fever or high body temperature, but not many of us are aware about low temperature in children and adults alike.

Temperature is an indicator of the amount of heat contained in a system and in the human body our temperature is an extension of basic body metabolism and a host of other factors. Heat is a form of energy and every reaction in a human body occurs at a certain energy or temperature level thus tracking well with cell voltage and pH.

It's essential for the normal functioning of the human body, that this internal temperature be maintained, that pH be regulated and cell voltage optimized. The core body temperature of a human body is an important factor, which is always why it should be considered while evaluating the health condition in a checkup.

An important difference between mammals, including humans and other organisms like a reptile are that we are warm blooded creatures. The body temperature of mammals is maintained at a constant level, despite the changes in environmental temperature.

Normal core temperatures are at the exact temperature at which all the functions of the human body can operate with optimal efficiency. The same can be said about pH because all physiological processes are pH sensitive.

Normally the rectal temperature or vaginal temperature is considered as the core temperature. The ideal core temperature is considered to be around 98.6° Degree

Fahrenheit or 37° degree Celsius. This temperature is however, the average body temperature and the overall normal temperature varies from a minimum of 97.7° Fahrenheit (36.5° Celsius) to a maximum of almost 99.5° Fahrenheit (37.5° Celsius). Any temperature above or below this range is abnormal. At the ideal temperature, all human body systems function with maximum efficiency with oxygen being supplied in ample amounts because CO₂ levels are optimized.

Causes of Low Body Temperature

Body temperature can fall due to numerous reasons .such as being exposed to cold weather or wearing soaked or wet clothing for a long time. On the other hand, abnormally low body temperature can also be a potential symptom of the following diseases and disorders:

Addison's Disease

Diabetes

Drug/alcohol abuse

Hypothyroidism

Infection

Kidney failure

Liver failure

Sepsis

Side effects of medications

Shock

Fast Breathing/Asthma

Cancer

Stress

Insomnia

Common Symptoms

Shivering is one of the most obvious and easily recognizable symptoms. Shivering is accompanied with chattering of teeth and goose bumps. Apart from this the following symptoms are observed:

Slow heartbeat

Shallow breathing

Purple fingers and toes

Lack of coordination

Difficulty in making decisions

Slurred speech

Dilated pupils

Confusion

Drowsiness

Weak pulse

Tiredness

Treatment

In minor cases, wearing warm clothes or shifting to warm environment is the most common way to generate heat in the body. Having hot drinks like tea, coffee, hot soups, sitting by the fireside can help in bringing the temperature back to normal. The best way that I have found is to simply jump on a far infrared [BioMat](#) and to use it regularly treating the body to light generated internal increases in heat.

The normal reflex is to consult a doctor immediately but the doctor will only undertake tests to diagnose and prescribe medications but it's much cheaper and safe to just jump on a BioMat and go right to the source of the problem.

One important factor that decides this temperature is the base metabolic rate of a body, which is the rate at which we burn calories and use up our energy stores. Other factors like administration of medications can also affect it usually in a negative sense.

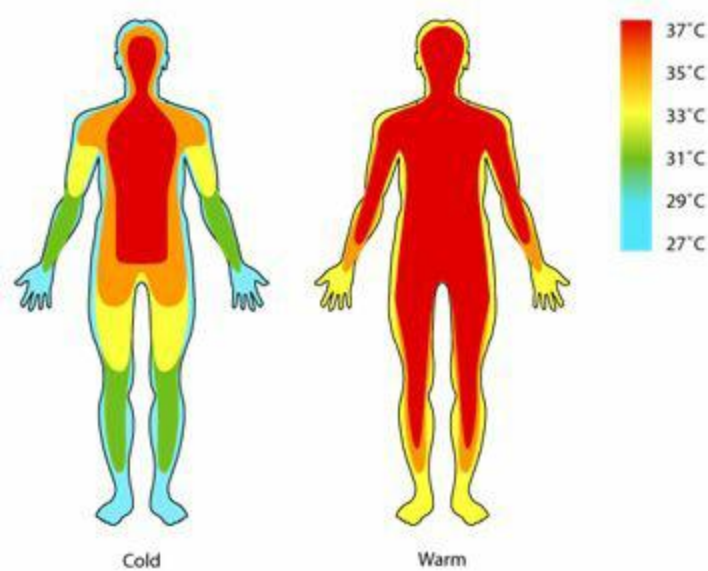
The control center for body temperature lies in the brain and it's known as the hypothalamus. The hypothalamus gets alerted to either extreme cold or hot conditions reducing or opening blood flow towards the external layers of skin. Stress interferes with body temperature regulation driving down body temperature and its interesting the color green is the warmest and relates to the heart's emotional center and the hypothalamus.

Changes in hand/foot temperature are a reflection of blood flow - a measure of the stress response. For example, while talking about an upsetting incident involving your parents, an employer/employee, or friend your temperature may drop 5_ to 20_. In contrast, when recalling a minor misunderstanding your temperature may only drop one degree. And yet, when you recall the warm sun on a recent vacation, your temperature may increase a full 10 %.

What is most surprising is how quickly the changes occur. People often comment, I never had any idea that little finger could show so much!

The basic rule for interpreting temperature change is simple, Warmer hands/feet indicate Relaxation while Colder hands/feet reflect Activation or Tension. When the body's fight/ flight system is activated the muscles tense, heart rate and the vital organs speed up. As a result, blood flow is shunted from the extremities and directed to the vital organs to facilitate the increased level of arousal. As a result, changes of 5, 10 or 15% can occur within just a few minutes.

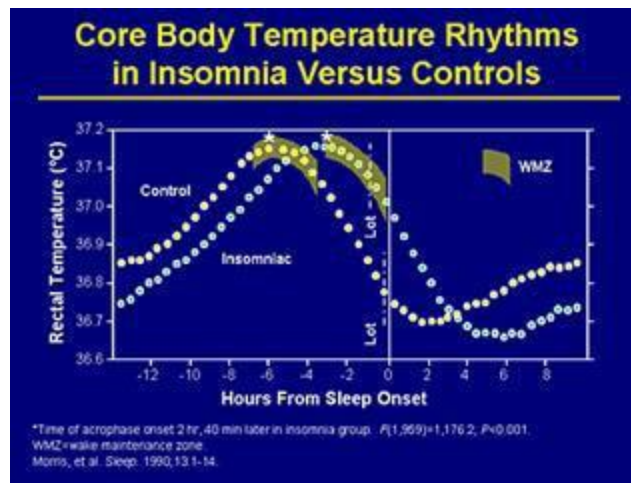
Every process that goes on inside our bodies requires energy – specifically, metabolic energy. When the body doesn't have enough energy to function properly, each component of the body will malfunction in its own unique way. For example, if the brain has too little energy, thought processes such as memory and focus become impaired. The body needs energy to keep itself warm – a low body temperature, therefore, usually accompanies low metabolic energy.



[Dr. David Jernigan](#) says, “Much emphasis in conventional medicine is usually placed upon feverish conditions; however, a low body temperature can be a much more sinister condition. Where a fever can be viewed as an active developmental and corrective process of the healthy body, a low body temperature can never be viewed as a normal or healthy condition, nor is it a mechanism for a learning or developmental process in the body. The colder a body becomes, the slower the electrical oscillatory rate and therefore the thicker, more viscous, or syrupy the body fluids become. The more viscous the fluids become the more difficult it is for the body to push the fluids through the body. The lymph fluids that are normally supposed to bathe the outsides of all of your cells become progressively stagnant as it is too thick to move efficiently.”

“A low body temperature creates a happy home for viruses and chronic infections, and is a sign of degeneration and gradual cellular death. The problem with a low core temperature is that no effective immune response can be mounted therefore no fever is generated and infections go undetected. The sickest person is one who gets the same infections but never miss a day of work because there is no response by their immune system, so they have a false sense of wellness as healthier individuals go through healthy fevers and immune responses that may cause them to miss work. Low body temperature is the plague of the 21st century. People with low body temperature have a weak reaction to

even the most ideal medicines and therapies,” continues Jernigan.



http://www.medscape.org/viewarticle/510528_3

What causes low metabolic energy? The most common cause is poor thyroid and/or adrenal function. Another very common cause is hormonal imbalance – especially low progesterone or estrogen dominance in women or low testosterone in men.

Dr. David Brownstein points out that body temperature is a crucial function of the thyroid, besides regulating the metabolism of every cell in the body. The thyroid gland is located in the neck and is responsible for secreting important hormones into the bloodstream. The thyroid gland controls the process of metabolism thus there is a direct relationship between low body temperature, thyroid function and iodine sufficiency. When the function of the thyroid is compromised by inadequate production of thyroid hormones, the metabolic balance moves at a slower pace and is unable to maintain its primary function - production of heat.

A normal temperature is critical for good health. Low body temperature results when the body is unable to keep the body "thermostat" regulated within a safe range. Under normal circumstances, the body is able to generate and dissipate heat. The internal mechanisms can overcome most outside adversities of freezing cold or broiling heat. Normally, this protective mechanism keeps your body temperature in the safe range in emergency situations for maintaining life.

As the body's core temperature decreases cellular energy also decreases thereby leading to profound and chronic fatigue that is not relieved by sleep. The normal functions of maintenance, repair and cleansing are slowed and problems develop when body temperatures drop below normal. When the body temperature is low, the body cannot maintain its homeostasis/balance in the way it was designed. Enzymes, vitamins,

minerals and essential body chemicals become "depressed".

The laws of thermodynamics state if we decrease energy we decrease temperature. The process of energy production leads to heat. It is this heat that keeps the body warm. When resting, body processes produce enough heat to keep the body at its set temperature. This process of heat generation occurs due to metabolism. It is here that the relationship between low body temperature and thyroid comes into the picture.

Chronic fatigue syndrome and low body temperatures are symptoms of mitochondrial failure. The job of mitochondria is to supply energy in the form of ATP (adenosine triphosphate). This is the universal currency of energy. It can be used for all sorts of biochemical jobs from muscle contraction to hormone production. When mitochondria fail it results in a poor supply of ATP, so cells slowdown because they do not have the energy supply to function at a normal speed. This means that all bodily functions decrease including metabolism and core heat maintenance.

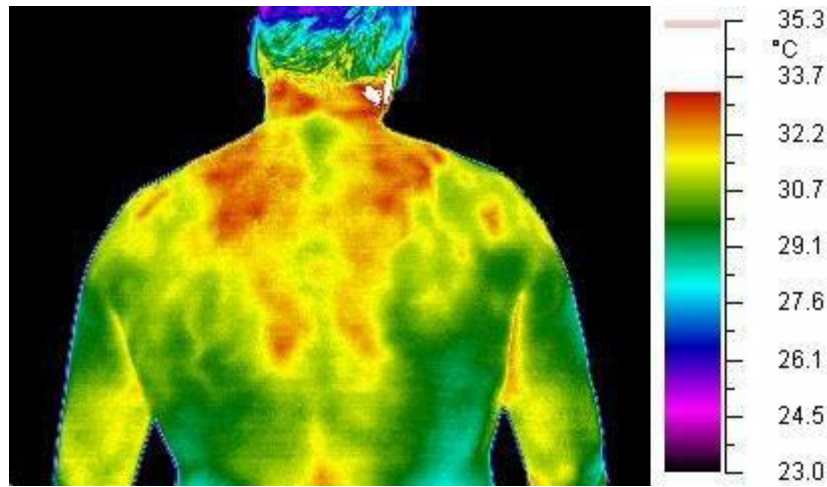
Dr. Sarah Myhill gives us an excellent analogy about energy and where it comes from in the human body. "A very useful analogy is to think of the body as a car. What supplies the energy and the power to make that car work is the engine. Effectively mitochondria are the engines of our cells - they supply the energy necessary for all cellular processes to take place. We are made up of lots of different cells - heart, blood, muscle nerve cells etc. All these cells are different because they all have a different job of work to do. To do this job of work requires energy. But the way in which energy is supplied is the same for every cell in the body. Indeed all animals share this same system. The mitochondria in my dog, my cat and my horse are exactly the same as mine. Mitochondria are a common biological unit across the animal kingdom. Energy is supplied to cells by mitochondria which I think of as little engines which power every cell in the body."

All of our bodily functions are the result of chemical reactions that are catalyzed by enzymes. Without proper enzyme function, the chemical reactions will either take place too sluggishly, or not at all. The function of every enzyme depends on its shape for its activity, and its shape depends on its temperature and pH conditions.

Persistently low temperatures typically come on or worsen after severe stressors such as childbirth, divorce, death of a loved one, job or family stress, surgery or accidents. The body slows down and the body temperature drops in response to the stress and is supposed to recover once the stress is over, but sometimes it doesn't. When our temperature does not recover, this results in the condition Wilson's Temperature

Syndrome (WTS).

Healing Power of Infrared Light and Heat



When it comes to revitalizing your health, reversing illness, and just making you feel great, few things compare to a far infrared mat that one can simply lay down on and go to sleep. Infrared rays are clinically shown to help fight cancer, reduce blood pressure, relieve pain, reverse heart disease, promote weight loss, and give you a host of other health benefits.

Over 2,000 years ago, the famous Greek physician Parmenides said, "Give me the power to create fever, and I will cure any disease." Cancer clinics in Germany and Mexico are putting this principle to use. They routinely treat patients with hyperthermia, where the body is exposed to high temperatures. High temperatures can kill cancer cells, usually without damage to normal tissues.

In an article in the *Townsend Letter for Doctors and Patients*, Dr. Lawrence Wilson writes, "If I were to single out one method to combat cancer, it is the sauna. It assists removal of chemical toxins and heavy metals, increases oxygenation, enhances the immune system, and reduces the radiation burden in the body."

Dr. Wilson notes that infrared sauna therapy for cancer offers a combination of healing mechanisms. They act simultaneously to support the fight against cancer. These include:

1. **Hyperthermia:** Heating the body is a well-known and underused method of killing cancer cells, says Dr. Wilson. Cancer cells are weaker than normal cells and more susceptible to damage from heat. Infrared saunas are superior for this purpose, he says.
2. **Eliminate Toxins:** Saunas also help purge the body of toxins, such as heavy metals and chemicals.

3. **Improving circulation.** Cancer often grows in tissues with poor circulation and thus poor nutrition and oxygenation. Infrared saunas boost overall circulation. This brings nutrients, hormones, oxygen and other substances to all body tissues.
4. **Decongesting the internal organs.** The liver, kidneys and other internal organs can become burdened with estrogen, chemicals, and toxic metals. Infrared saunas cause blood to move toward the body surface. This helps cleanse the internal organs.
5. **Care for your body's largest organ:** Your skin is a major organ for eliminating body wastes. But in most people, it's inactive because they don't sweat enough. Infrared saunas help cleanse you from the inside. They encourage sweating and free up toxins stored beneath the skin.

In a clinical study published in the *Journal of Cancer Science and Therapy*, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. **Far infrared therapy reduced tumor volumes 86% in 30 days.** The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit.

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

The healing power of 'cellular cleansing'

Most of us don't sweat enough regularly. We live in air conditioned homes, cars, and offices. We use antiperspirants and most of us don't exercise enough. But your body was designed to sweat. And sweat is a key way to cleanse your body.

The infrared sauna is a powerful means of cellular cleansing. It increases your metabolism and boosts blood circulation. It also relaxes your muscles, soothes your spirit and rejuvenates your entire body.

The deep penetration of infrared heat releases toxins from the fat layers just beneath the skin. It also helps your body eliminate toxins from your internal organs. These toxins pass from the organs to the fat tissue under the skin. Then they are eliminated in perspiration.

To see how this works, researchers analyzed the sweat from both traditional and infrared saunas. Sweat from traditional saunas was about 97% water and 3% toxins. Infrared saunas produced a sweat that was only 80 – 85% water. The remaining 15-20% was made up of heavy metals, sulfuric acid, sodium, ammonia, uric acid and fat-soluble toxins.

Infrared heat is incredibly powerful because it helps you cleanse at the cellular level and release toxins stored in your fat cells. Infrared saunas are also powerful because they're such a simple, easy way to detox compared to fasting, exercise, colon cleansing, and other detox therapies.

Infrared rays also help you naturally reduce pain and inflammation. Infrared sauna heat works by penetrating joints, muscles and tissues. It increases circulation, and boosts oxygen flow to the tissues. By reducing soreness on nerve endings, infrared heat reduces muscle spasms and helps the body heal itself naturally.

Infrared saunas are proven relief for sports injuries, chronic fatigue syndrome, fibromyalgia, joint pain/stiffness and other chronic pain conditions.

According to Dr. Jeffrey Spencer, a sports medicine expert from the University of Southern California and consultant to Lance Armstrong, "infrared wavelengths penetrate the body to create heat, which creates profound therapeutic benefits. They increase blood flow to the muscles, delivering more concentrated oxygen, which creates more energy to heal."

- **Significant Reduction in Chronic Pain:**A study reported in *Clinical Rheumatology* showed that infrared saunas gave significant relief for patients with chronic pain (such as rheumatoid arthritis or ankylosing spondylitis). Four weeks of 30-minute, twice-weekly sessions in an infrared sauna resulted in a 40% improvement in pain and stiffness (for rheumatoid arthritis) and 60% (for ankylosing spondylitis).
- **70% Less Pain AFTER JUST ONE SESSION!**A recent study published in *Internal Medicine*, showed that patients with chronic pain saw their pain levels drop by nearly 70% after their first session of infrared sauna therapy. Pain scores remained low throughout the observation period.

In a 2005 clinical study by the University of Missouri Kansas City, infrared saunas were shown to **lower blood pressure** through a program of 30-minute infrared sauna sessions just three times per week. The study concluded that infrared sauna therapy dilated blood vessels and reduced the thickness of their inner lining. This increased circulation and promoted healthy blood pressure.

What's more, a Japanese study published in the October 2008 issue of *The Journal of Cardiology* examined the clinical effectiveness and safety of infrared blood pressure therapy, as compared to standard therapies for patients with chronic heart failure. The report concluded that far-infrared sauna therapy is both safe and effective at improving clinical symptoms and cardiac function in chronic heart failure patients. Repeated infrared sauna treatments improved impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventive role for infrared sauna use for arteriosclerosis.

Reverse heart disease

A study published in the *Journal of the American College of Cardiology* showed that infrared saunas help improve the function of impaired vascular endothelial cells in patients who are at risk for coronary artery disease. The infrared heat of the sauna opens capillaries to improve blood flow. 15 minutes in an infrared sauna each day for 14 days improved the function of the endothelial cells lining the arteries by 40%.

Research also shows that infrared saunas help:

- **Relieve arrhythmias:** A clinical study explored the therapeutic use of infrared saunas for patients in the end-stage of congestive heart failure. It showed that saunas helped relieve arrhythmias (an irregularity in the force or rhythm of the heartbeat).
- **Improve congestive heart failure:** In the *Journal of Cardiac Failure*, researchers reported statistical improvements in blood pressure, strength of heart (ejection fraction on echocardiogram), and exercise tolerance in patients treated with saunas. Saunas also helped reduce the number of hospital admissions for this condition.

Other important health benefits

It's hard to think of an aspect of health and wellness that infrared saunas don't benefit. But other clinical studies show that infrared saunas can help you:

- **Relieve Depression:** A study published in *Psychosomatic Medicine* looked at a group of 28 mildly depressed patients. Half of the patients utilized an infrared sauna once a day for 4 weeks and the other half had just bed rest for 4 weeks. The sauna group showed a significant improvement compared to the control group.
- **Boost Your Immunity:** Infrared saunas are clinically shown to help patients with weak immune systems, such as methicillin-resistant *Staphylococcus aureus* (MRSA) infections. MRSA is a potentially deadly bacterial infection that is resistant to most antibiotics. Infrared therapy knocked out the MRSA pathogens without causing increased inflammation.
- **Give You Healthier, Younger-Looking Skin:** A study published in *The Journal of Cosmetic and Laser Therapy* showed significant improvements in skin appearance after just 12 weeks of sauna skin therapy using near-infrared technology. Participants saw a reduction in wrinkles and crow's feet, as well as improved overall skin tone, including softness, smoothness, elasticity and clarity.

Sweating One's Way to Health

Toxicity levels in the body are highly relative to an organism's ability to detoxify and eliminate. **The prolonged effects of low grade concentrations of toxic substances depend on individual susceptibility,**" says Professor I.M. Trakhtenberg from the former Soviet Union. Mercury has variable toxicities depending on its form and depending on the target organism because there is a wide variation in peoples' ability to eliminate and detoxify mercury. This is often as great or even greater factor than the dosage exposure.

Everyone is not created equal in genetic terms and some people just do not have the metabolism that others do. Add factors like vitamin and mineral deficiencies, which can affect key anti-oxidant physiology and the production of key molecules like glutathione, and we have huge variables that explain why one child is affected so dramatically by medical and dental poisons and another not.

Sheldon Krimsky's book, *Hormonal Chaos*, describes endocrine disruption as a paradigm shift in toxicology that fits the realities of low level toxicity. Low level toxicities that gradually build up or wear on year after year operate differently than acute chemical exposures. Instead of the brute force of large numbers of toxic substances, a small number of molecules can hijack the hormonal control of development and undermine the immune system, erode intelligence, and diminish reproductive capacity. Endocrine disruption is occurring at contamination levels far beneath those of traditional concern to toxicologists and can go on for years without either patient or physician being aware.

Treating heavy metal toxicity is a demanding challenge that tests our responsibility to be incredibly informed about a wide spectrum of issues, many of them complex. One of the most overlooked aspects of elimination is actually the skin which offers a vast exit route to poisons trapped in the body. The skin is actually an amazingly complex organ and, by weight, the largest in the body. It covers, on average, some 22 square feet and weighs around nine pounds (roughly 7% of body weight). The skin provides the front line of defense for the body, as well as being expressive of both physiological conditions and emotional states. The skin is the extension of our nervous system to the outside, and defines our existence as a physical form.

This organ is involved in dynamic exchange between the internal and external environments through respiration, absorption and elimination. It is highly permeable

even though it has the ability to maintain its important bacteria-inhibiting barrier with the environment. The keratin layer, a tough, compact sheet of interwoven proteins, waterproofs the body preventing dehydration. It also keeps water and other foreign substances out. However, under certain circumstances, the permeability changes and allows increasing amounts of fluids, dissolved gases and compounds to either enter or exit the body through the skin barrier. Small molecules that have both lipid and water solubility can quickly penetrate the skin and enter into the circulatory system and as the scientific community witnessed to its horror - dimethyl-mercury can enter and easily kill through the skin in the smallest quantities. A general principle to apply when it comes to the skin and detoxification is this:

What gets in through the skin can get out.

In general heat, activity and body temperature facilitate the ease with which these “border exchanges” can take place. Herbal poultices, therapeutic baths, steam and dry saunas and now transdermal patches, rely on the permeability of the skin for either introducing substances into systemic circulation via the skin or mucous membranes, or for drawing toxic substances out of the system via the eliminative channels of perspiration.

The skin is an important organ of detoxification and elimination. The lungs are in reality the internal part of the skin and in Chinese medicine the lungs are in direct relationship to the large intestines which is another vitally important organ of elimination that we will deal with in a separate chapter. Both organs are crucial although the skin offers a relatively easy exit that is more easily controlled than the colon.

One of the worst cases of environmental toxicity in U.S. medical history was treated by Dr. Ziem at the Johns Hopkins Center for Environmental Medicine. The patient was off the charts with enormously elevated levels cadmium, aluminum, silver, and mercury but was able to receive a complete cure. The skin on his entire upper body was slate grey. Dr. Ziem had to design a complete protocol from scratch in order to treat this patient. This included a strong supplement program, including high doses of Vitamin E and Selenium. No standard chelating agents were used. The most critical part of Ziem's treatment protocol was very simple: Steam Sauna Therapy. Dr. Ziem sweated the poison out of the man to the point where the patient literally sweated metals that could be wiped off with a towel.

It is commonly thought that sweat from conventional saunas is 95 to 97% water with salt making up a part of the rest. Our skin contains sweat glands and oil glands, both of which

help us move things through the skin. Sweat gets rid of water-soluble toxins, and even helps to eliminate toxic heavy metals such as mercury and cadmium as Dr. Zeim successfully demonstrated with his patient. Oil glands help remove oil-soluble toxins such as gasoline, solvents, pesticides and ingredients in toothpaste and personal care products, which the body is not able to dispose of unless heavy sweat is provoked. It is generally thought that the longer the skin is heated, the more oil-soluble toxins are eliminated. Even if one half to one percent of the sweat is carrying out heavy toxins, we are greatly assisting the body's elimination needs with saunas.

Far infrared saunas can mobilize mercury in deeper tissues.

Dr. Dietrich Klinghardt

Dr. Klinghardt is combining the use of far-infrared saunas with the chelating agent DMPS in a heavy metal detox protocol. These special saunas are believed to be more effective in moving toxins through the skin than traditional steam saunas because in the far-infrared thermal system only 80 to 85% of the sweat is water, with the non-water portion being principally cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid. Using the skin as an essential aspect of chelation therapy is important and makes complete medical sense.

I do a sauna every day and have for a number of years. Usually I go to the YMCA and they have a regular dry sauna. Recently I got an infrared and I was intrigued that the sweat felt different, less watery, and slimier. It made me think there was some truth to the assertions being made about far infrared and its ability to draw more toxins than the standard regular sauna.

Dr. David Minkoff

We have to help the body detoxify and the skin should be used as a major instrument and avenue of exit for accumulated heavy metals. It should be obvious that an organ as large as the skin, which is highly permeable when heated (or when heat is generated deep in the body as it is through far infrared therapy) would be useful in heavy metal detoxification. It was reported by National Geographic many years ago that the workers in the Cinnabar mines in Spain used to detoxify themselves using sweat baths after work. It makes perfect sense to bypass (as much as possible) the kidneys and large intestines, which are already overloaded with toxicity and greatly reduced in their capacity to eliminate toxic substances. If a person is heavy metal toxic it is because their normal channels of elimination have not been able to keep up with the load. When this is the

case there are no secure avenues of escape when we chelate and mobilize the heavy metals that have been locked in the cells.

Peer reviewed literature shows that sweating during sauna therapy eliminates high levels of toxic metals, organic compounds, dioxin, and other toxins. Sauna therapy is ideal to mobilize toxins from their hiding places.

Dr. Dietrich Klinghardt

“One of the best passive exercises is the radiant heat of an infrared sauna which causes a profound deep sweat. After about 30 minutes of exposure, the blood vessels of the skin dilate to allow more blood to flow to the surface to support the cooling process. The millions of sweat glands covering the body are infused with fluid from the blood. In turn, they empty to the skin's surface, thereby flushing large amounts of toxins, including toxic acids and heavy metals, from the body,” writes Dr. Robert O. Young who found in his research that radiant heat [infrared] sauna provides the following benefits:

- Speeds up metabolic processes of vital organs and glands, including endocrine glands.
- Inhibits the development of pleomorphic microforms [fungi, yeasts, bacteria and molds] and creates a 'fever reaction' of rising temperature that neutralizes them.
- Increases the number of leukocytes in the blood.
- Places demand on the heart to work harder thus, exercising it and also producing a drop in diastolic blood pressure (the low side).
- Stimulates dilation of peripheral blood vessels thus, relieving pain (including muscle pain) and speeding the healing of sprain, strain, bursitis, arthritis, and peripheral vascular disease symptoms.
- Promotes relaxation, thereby creating a feeling of well-being.

The volume of sweat produced in the Far-Infrared sauna is profuse and may induce two or three times the sweat volume of conventional saunas, yet they operate at a much cooler air temperature range: about 110 to 130 degrees F, compared with 180 to 235 degrees F in a conventional sauna. Using sauna for detoxification purposes is an ancient tradition practiced by different cultures around the world. The skin is our largest organ and sweating is one of the body's most important 'detoxification' pathways. The combination of modern Far-Infrared heating technology with the ancient sauna ritual seems to have resulted in an effective way to deeply cleanse the tissues of the body.

When we get serious about detoxification we investigate every tool to facilitate the process. When it comes to using the skin there are other techniques and options besides

sauna and deep sweating. The most basic and ancient earth materials can be used to literally suck the poisons through the skin and this can be enormously helpful and safe. Clay^[1], specifically bentonite clay (a very fine volcanic clay), is ideal for this and is very inexpensive, practical and can be used in a patient's own bathtub. Bentonite used in a bath can draw out toxic chemicals through the pores of the skin.

The proof of this method of drawing poisons through the skin is not in the scientific literature but in the ring around the tub. When cleaning a tub after taking a bath with pure bentonite clay, a toxic bather will undoubtedly be astonished to find the clay remaining in the bottom of the tub turned from a light-grey color into a black substance. The dark colored sediment is the mirror of the filth that comes out through the skin and it would not take much to have this tested for heavy metals. As detoxification continues the proof of the pudding is in the color. The clay will retain its light grey color when the poisons are gone.

Raymond Dextreit, the French naturopath who popularized the clay cure noted that many heavy metals "are positively charged, whereas clay has a negative electrical attraction." He states that, "These toxins cannot resist being drawn toward the clay." The mostly negatively charged clay mineral ions are swapped for the ions of the toxic substance that are mostly positive and this contributes greatly to its power of attraction for everything from pesticides in the blood to heavy metals like mercury. The clay molecule becomes electrically satisfied and holds onto the toxin until our bodies can eliminate both safely. The absorption power of clay acts like a sponge with the clay molecules drawing other substances into its internal structure. Clay then can and does both adsorb and then absorb damaging substances with adsorption being a first step of "getting close" and absorption being the final act of "binding securely" the toxins needing to be eliminated.

Clay has been used for thousands of years and anyone who applies it to their hands and lets it dry can easily feel its drawing or suction power. Its power is in absorption and the skin opens easily to its pull. There are literally thousands of chemicals to worry about and many hundreds of them are now identifiable in our blood streams. **Thus it is important for chelation therapists to know that clay baths and far infrared saunas are capable of covering a broader range of chemicals than any single chelation agent.** Chelation is focused almost exclusively on heavy metals while sweat detoxification and clay detoxification pull on all foreign materials that need to be eliminated from the body.

As most physicians notice, the major organs of the body, including the liver and kidneys,

are often negatively impacted by any kind of toxic condition in the body. And due to modern diets the colon is a toxic cesspool with deeply diminished capacity to eliminate toxic loads. So here lies the catch 22 of chelation therapy. Often the treatment will result in increased stress to the elimination organs of the body. It is not enough to pull the contaminants out of the cells only to have them do extensive damage because they are not being eliminated by the kidneys or colon. We need to pull out the heavy metals without dumping them into the body where they do extensive damage on the way out or worse, just be redistributed to other organ systems. A slow moving flow through a congested colon will see heavy metals being reabsorbed unless special and sensitive care is taken. **During chelation we need to provide support for both the kidneys and the liver directly, but indirectly we can take a great load off these overworked organs by opening up an exit channel through the skin.**

Dr. Vesna Humo, who is a surgeon, has all her patients use clay after mastectomy with radiotherapy. She advises patients to use clay directly on the skin to prevent skin damage and has seen excellent results from this. Importantly, she is using clay for bed sores and every necrotic and septic wound also with excellent results. In addition to clay and saunas, which have both been used since the dawn of civilization, we now have new emerging technologies that also use the skin as avenues of toxic escape.

[i] <http://www.magneticclay.com/>

Far-Infrared Thermotherapy Heat Treatments

Killing Cancer Cells & Diminishing Pain Quickly with Heat



What does the [National Cancer Institute](#) say? “Hyperthermia (also called thermal therapy or thermotherapy) is a type of cancer treatment in which body tissue is exposed to high temperatures. Research has shown that **high temperatures can damage and kill cancer cells**, usually with minimal injury to normal tissues. Many studies have shown a significant reduction in tumor size when hyperthermia is combined with other treatments.”

Hyperthermia may make some cancer cells more sensitive and enhance the effects of other anti-tumor medicinals. Western medicine combines hyperthermia with radiation and chemotherapy. Natural Allopathic Medicine combines hyperthermia with natural chemotherapy medicinals that are much safer and more effective than orthodox methods because of their tragic side effects.

What does the [American Cancer Society](#) say? “Hyperthermia means a body temperature that is higher than normal. High body temperatures are often caused by illnesses, such as

fever or heat stroke. But hyperthermia can also refer to heat treatment—the carefully controlled use of heat for medical purposes. When cells in the body are exposed to higher-than-normal temperatures, changes take place inside the cells. These changes can make the cells more likely to be affected by radiation therapy or chemotherapy. **Very high temperatures can kill cancer cells outright.**”

There are many anti-cancer agents and therapies that contribute to changing the entire physiological profile of the tissue in which cancer cells exist (paying attention to what’s going on with the healthy and semi-healthy cells). **Change the level of oxygen in the tissues and you change the outcome of cancer and other diseases.** One way of course is to heat the body.

The principle of hyperthermia is that cancer cells are much more sensitive to and intolerant of the effects of excessive heat than normal cells. Tumors have an impaired ability to adapt their blood circulation to the effects of high temperatures and thus hyperthermia can cause a reduction of blood flow to a tumor.

[Murray Pearson](#) flew 25 hours and spent \$25,000 to pay for three weeks of hyperthermia treatments, a new cancer treatment seeing great success overseas. Hyperthermia is a life-saving cancer treatment used in many [European countries](#) but one does not have to fly anywhere. This treatment can be implemented safely and effectively at home for a tiny fraction of the cost with the use of a [Bio-Mat](#), costing approximately \$1,750 for a full body professional far-infrared mat, and \$650 for their Mini Mat.



The Bio-Mat is a high-end far-infrared pad available in various sizes, even king and queen size for larger areas and can be used on the top of a mattress. Pillows are also available. **Bio-Mat heat mats** combine far-infrared, amethyst crystals and negative ion therapy. You experience a deep, penetrating heat energy that can provide a heightened sense of wellbeing and healing.

You are basically getting a massage on the molecular level while experiencing better lymph and blood circulation, increased enzyme activity, decreased acidity, and improved pH balance in your body and easy detoxification.

The vascular disorganization of a solid tumor results in an unfavorable microenvironment inside tumors. Consequently, the tumor cells are already stressed by low oxygen, higher than normal acid concentrations, and insufficient nutrients, and are thus significantly less able to tolerate the added stress of heat than a healthy cell in normal tissue.

Add a second mini Bio-Mat so treatments can be applied from both front and back simultaneously and one has the most serious far-infrared anti-cancer healing system available anywhere. The [Advanced Cancer Treatment Institute](#) offers treatments at the bargain price of \$18,000 if you don't want treatments in your own bedroom.

Serious Medicine

When the body (immune system) loses control we get sick from one of a host of viruses, bacteria and fungi that already live dormant within our body. Change pH, oxygen levels, CO₂ levels, cell voltage and hydration levels for the worse and these pathogens are ready to jump all over our bloodstream and tissues. They love the conditions that healthy cells abhor so we have to overwhelm them with healthy conditions to win the war on cancer. And don't forget, as cancer patients' CO₂ levels drop, and as they breathe faster and faster, their body temperature drops.

[Dr. David Jernigan](#) wrote:

“One of the very common findings I have noticed in cancer sufferers is a low body temperature or at least a much deregulated distribution of temperature in the body. I am not here promoting the hyperthermia treatments that are being used to “kill cancer cells.”

Where a fever can be viewed as an active developmental and corrective process of the healthy body, a low body temperature can never be viewed as a normal or healthy condition, nor is it a mechanism for a learning or developmental process in the body. A low body temperature creates a happy home for viruses and chronic infections, and is a sign of degeneration and gradual cellular death.

Low body temperature is the plague of the 21st century. **People with low body temperature have a weak reaction to even the most ideal medicines and therapies.** As the body's core temperature decreases all cellular energy also decreases. The cooperative and collective intelligence of the human organism is short-circuited as the body temperature cools. As a result, all cellular functions decrease. **There is a decrease in the production of all hormones, neurotransmitters, and other body chemicals necessary for normal healthy regulation.**

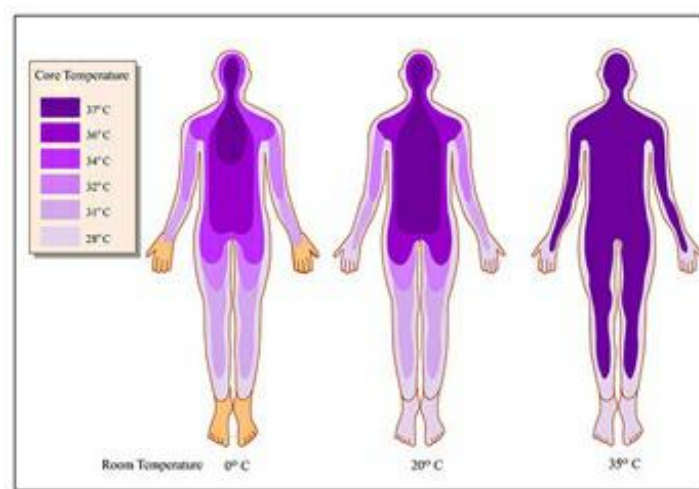
In this mild hypothermia condition, there is an increased susceptibility to infectious disease; as temperature drops, the acidity of the body increases and the normally predominantly negative polarity of the cells become more positively charged.”

When it gets colder what happens? If you jump into a cold pool you will inhale deeply and

at a quick pace. The inverse can be said about warmer temperatures. If you were in a jacuzzi, you might notice your breathing slowing down. This is why warm water is a traditional use for relaxation. When temperature increases, breathing rate decreases and vice versa.

All chemical reactions in the body are facilitated by enzymes. Every chemical reaction usually requires some type of input energy to get things going, and that initial energy can sometimes be quite intense. An enzyme is an intermediate in chemical reactions that helps lower the energy needed to get a reaction started, and that is itself unchanged in the reaction. Enzymes only work correctly when conditions are within a narrow range. The enzymes depend on pH, which in part depends on CO₂ levels and cell voltage and cell temperature. Body temperature below 98.2° F, (36.8° C) may cause various maladies due to a slowing of enzymatic processes.

A low body temperature is more than enough to explain many health problems, such as: fatigue, headaches, migraines, PMS, easy weight gain, depression, irritability, fluid retention, anxiety and panic attacks, hair loss, poor memory, poor concentration, low sex drive, unhealthy nails, dry skin and hair, cold intolerance, heat intolerance, low motivation, low ambition, insomnia, allergies, acne, carpal tunnel syndrome, asthma, odd swallowing sensations, constipation, irritable bowel syndrome, muscle and joint aches, slow healing, sweating abnormalities, Raynaud's Phenomenon, itchiness, irregular periods, easy bruising, ringing of the ears, flushing, bad breath, dry eyes/ blurred vision, and more.



A body temperature that is lower than normal can indicate a life-threatening condition, such as hypothermia, sepsis or anemia. Hypothermia, which is body temperature below 95° F, is life-threatening. The body normally generates heat, but when more heat is lost

than can be produced, hypothermia results.

The colder a body becomes, the slower the electrical oscillatory rate and therefore the thicker, more viscous, or syrupy the body fluids become. The more viscous the fluids become the more difficult it is for the body to push the fluids through the body.

Dr. David Jernigan

When your body temperature drops, it naturally starts shutting down the extremities to preserve body heat for the vital organs. In severe cases, this is where one gets frostbite. Cold extremities usually have lower blood flow, which translates to less oxygen-rich blood being delivered to the distal extremity. This in turn leads to tissues producing lactic acid and more oxygen being dumped in these cold areas.

When the body becomes cold, the blood vessels tend to contract. This causes the flow of blood to the skin to reduce in an effort to conserve body heat. As a result, the individual starts shivering, which is actually a rapid involuntary contraction of the muscles. This additional muscle activity helps produce heat that helps the body to maintain a safe range of body temperature.

Low body temperature is medically termed as hypothermia. Normal body temperature has been identified as 98.6° F (37° C). However, the body temperature usually varies between 97.5-98.8° F (36.4-37.1° C), and hypothermia occurs when the temperature falls below 95° F (35° C). A subnormal body temperature, if left untreated, can lead to complete failure of the respiratory system and the heart, anemia, etc. This eventually leads to death.

There can be many underlying medical conditions that can cause the temperature of one's body to fall. This condition is generally overlooked by most people who attribute the reason of feeling cold to the surroundings. However, if someone living in the same house as you does not feel abnormally cold like you, then you must visit a health care provider for a proper diagnosis. Some of the most common medical causes of low body temperature are:

Diabetes

Liver failure

Kidney failure

Drug or alcohol abuse

Side effects of certain medications

Sepsis or widespread infection

Hypothyroidism (underactive thyroid)

Addison's disease (adrenal gland insufficiency)

Hypopituitarism (dysfunction of the hypothalamus)

What causes the capillaries to contract in the first place, besides external cold, is low CO₂ and oxygen levels, low cell voltage and more acid cellular conditions. During hypothermia, the sympathetic nervous system will dominate the body and cause the blood circulation to slow down.

Dr. Nobuhiro Yoshimizu, former director of Yokohama General Hospital, wrote a book titled *The Fourth Treatment for Medical Refugees*. He states right on the cover that, "Exposure to far infrared ray is the key to preventing metastatic cancers and strengthening the immunity."

Hypothermia is a symptom that can be felt by your body. It is caused by poor blood circulation within the body. Low temperatures will cause the capillaries in the hands and feet to contract. When they contract, warm blood from the heart cannot transfer heat to the entire body and this causes the body temperature to cool down.

During hypothermia, the sympathetic nervous system will dominate the body and cause the blood circulation to slow down. Since not enough energy is circulated within the body, our immune system function will be compromised.

If we do not have an adequate amount of exercise or relief from our stress, we will continue to suffer from hypothermia and poor blood circulation. When our body is not supplied with enough energy, our immune function will slowly decline until it is unable to protect our body from foreign invasions and cancer.

Cancer patients usually have low body temperature

The relationship between our immune system and body temperature is very important. If our body temperature is around 36°C our body will have a sufficient amount of immune function.

However, if our body temperature is around 35°C, our immune function will decline. This is the optimal temperature for cancer cells to be active.

A 1°C drop in our body temperature will cause our immune function to decline by 40% and a low body temperature will create an environment where various diseases can be active in our body.

If you have a problem of relieving a cold, check your temperature first. If it's 35°C or early 36°C, do not hesitate to heat up your body.

Low body temperature means that your immune functions are declining and failing to protect your body.

1. Imbalance in the autonomic system
2. Decreased metabolism
3. Lower production of ATP
4. Decline in physiological activities due to lack of vitamins and minerals
5. Inactivation of enzymes and poor blood circulation

Low body temperature will cause our bodies to become compromised in various areas. When the enzymes are inactivated, a lot of cellular activities will be compromised. If cells are surrounded by non-degradable fat like trans-fatty acids, it will not be supplied with a sufficient amount of vitamins and minerals. The common cause of cancer and cardiovascular diseases is trans-fatty acid. As you can see, enzyme activities are very important in maintaining a healthy life.

When we look at our patients' data, **100% of our cancer patients are suffering from bad capillary circulation and hypothermia.**

According to Professor Abo, **our immune functions are improved by 40%**

when we increase our body temperature by 1 degree. We will be able to fight off a large a large portion of cancer with this effect alone. Natural forces like immune functions are very important in the course of cancer treatment and will have a significant effect on the treatment outcomes.

Since there is a low blood flow within the tumor mass, its temperature can be easily increased. Since the normal cells surrounding the tumor mass have a thermostatic function, their temperature will not be increased as much as the cancer cells.

When the tumor mass is at 42°C, it will become inactive.

However, since a normal cell's temperature is limited up to 40°C due to the cooling effects of blood flow, they will not be as affected as the tumor cells.

As cells become more acidic, they become more heat sensitive. Therefore, when the temperature is increased to more than 42°C, cancer cells are more likely to die naturally.

Therefore, **a repetitive thermotherapy will cause immune functions to improve and cause the cancer cells to die away.**

It is important to perform thermotherapy repeatedly.

In addition, heat shock proteins activate lymphocytes called natural killer cells and promote the synthesis of anti-cancer interferons to strengthen the body's immune system.

Heat the body with thermotherapy. Heat shock protein's basic function is to protect our body from stress and repair damaged cells. It also activates other immune cells by detecting foreign bodies within the body and makes cancer cells vulnerable to other immune cells.

Dr. Frank T. Kobayashi has been performing thermotherapy to treat cancer for 10 years. When he implemented thermotherapy in large hospitals, 70% of 52 end-stage cancer patients became better after the treatment.

The treatment was aiming to lead cancer cells into apoptosis by increasing body temperature by up to 39°C~40°C. When the body temperature is at 39°C~40°C, the body's immune system is improved 2~20 times as well.

When we started using this device, our treatment results started to increase dramatically. There were cases where breast cancer and prostate cancer completely disappeared within 2 to 3 months of treatment. It not only cures cancer, but it is also able to have a curative effect on diabetes, hypertension, cerebral ischemia and depression as well. Now, let me introduce our hot crystal infrared therapy.

To effectively use the Biomat requires heating up the tumor mass 40~60 minutes once or three times a day at 70°C. Sufficient hydration is needed before and after the treatment. Even though mineral water is preferred, add a little amount of salt when drinking tap water.

Place a large Biomat on the floor and place the small Biomat on top of the tumor mass. Then, the device's heat penetrates 14cm (6 inches) deep into the body from both top and bottom to provide a through heating effect. If the outside temperature is low, place a light sheet on top of the Biomat to increase the temperature. Currently, far infrared ray dome is combined with the Biomat to treat the disease.

There are some people who experience a difficult time sweating during the process, however, most people will start to sweat vigorously after 1 week of treatment.

When people sweat, dioxins, lead, mercury, chemicals, and heavy metals deposited within the body will be secreted as well.

Immune Thermotherapy Has No Side Effects

http://www.youtube.com/watch?feature=player_embedded&v=IKderQHLG8s

Immune [thermotherapy as a cancer treatment](#) has no side effects and is very effective at helping cancer patients survive their cancers. Only good feelings of warmth and returning health and strength come from warming the body from the inside out.

Dr. Frank T. Kobayashi has been performing thermotherapy to treat cancer for 10 years. When he implemented thermotherapy in large hospitals, **70% of 52 end-stage cancer patients became better after the treatment.** This treatment combines two hours of thermotherapy with chemotherapy treatments. By combining the two treatments, they were able to reduce the drug dosage by 1/10-1/20. The treatment was aiming to lead cancer cells into apoptosis by increasing the body temperature by up to 39-40° C. When the body temperature is at 39-40° C, the body's immune system is improved 2-20 times as well.

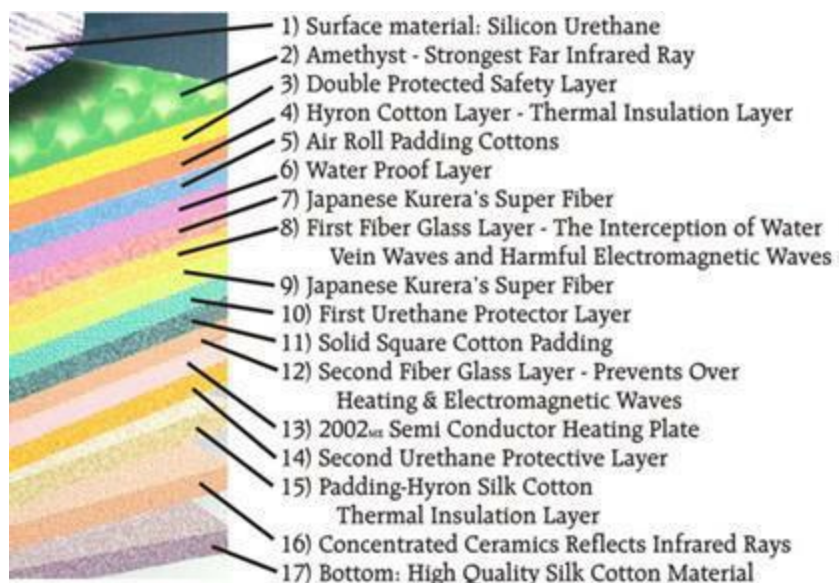
Conclusion

Effectiveness of the cancer treatment with hyperthermia offered at [Bicher Cancer Institute](#) for breast, head and neck, and prostate cancer was outlined in the summary of the paper published in the *German Journal of Oncology*: Complete response rates were **82% for breast patients**, 88% for head and neck and **93% for prostate patients**. Projected five-year survival rates were 80% for breast patients, 88% for head and neck, 87% for prostate patients.

Researchers have found that elevated temperatures can disrupt and destroy cancer cells within malignant tumors. As the cancer cells die, the [cancer tumor shrinks](#). Hyperthermia therapy applied directly to cancer cells, when used with other cancer-reducing strategies, offers healing and the promise of cancer remission. The use of a Bio-Mat offers this healing strategy comfortably and pleasantly.[\[ii\]](#)

There is nothing new about heat treatments. People have used heat for healing in many ways for a long time. From time immemorial we have benefited from sweating—from Turkish baths to the saunas in modern spas. The Egyptians treated tumors with heat back in 5,000 BC; Parminides, a Greek Physician in 500 BC said, “Give me a chance to create a fever, and I will cure any disease.”

The Bio-Mat is something different and much less expensive in terms of treatment than anything offered by orthodox oncology. The Bio-Mat design focuses upon the most beneficial far-infrared waves concentrating on the “human” 6.5-9.32 micron size; it has a sensor that ensures that only these wavelengths are sent out through the patented Kurera super fiber, one of the 17 layers of the Bio-Mat.



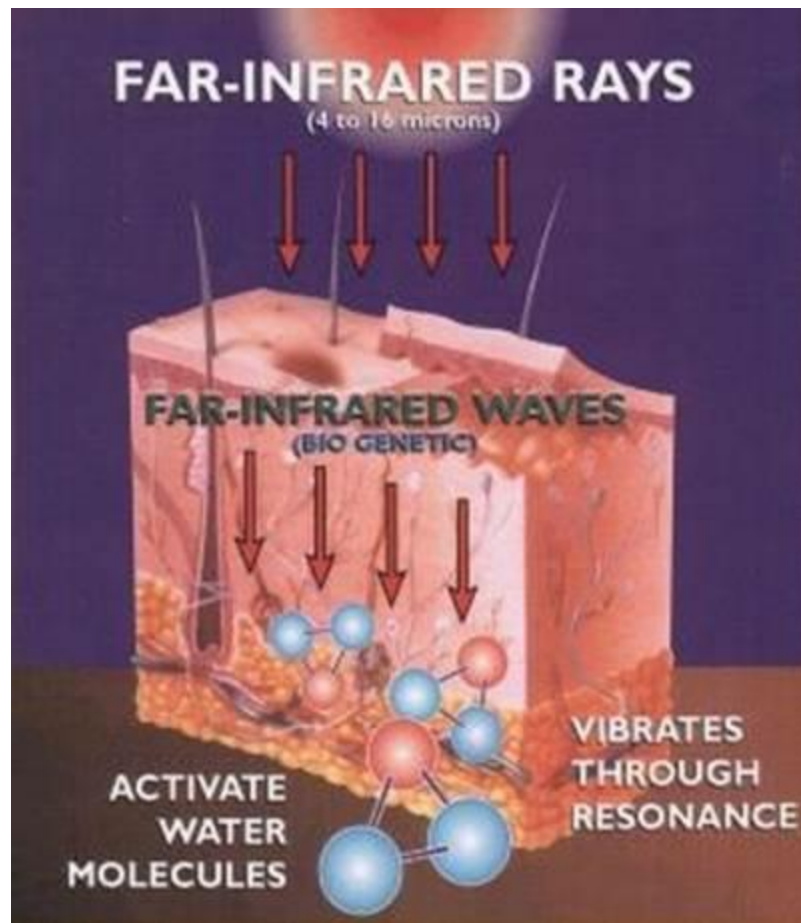
The Bio-Mat uses amethyst quartz to amplify the FIR naturally 2-3 times. Normal FIR through sunlight, infrared saunas or lamps can only penetrate 1-2 inches maximum due to their technologies. The Bio-Mat can penetrate 6-8 inches deep for a more soothing and beneficial experience. Plus a person can safely stay on the Bio-Mat for longer durations of time, even all night on the low settings!

Modern medicine also noted that cancer patients who developed a fever sometimes went into remission. Such an observation prompted Memorial Sloan-Kettering doctor, Dr. William Coley, to publish a paper in 1891 on how inducing a fever in the body of a cancer patient might stimulate the immune response and cause cancer remission.

This is mainline medicine; it's effective, fast acting, and simple enough to use at home without much medical supervision. The BioMat is simply the best well-made far-infrared device. It is extremely comforting and will give cancer sufferers and sufferers of any disease the best chance of recovering from their diseases.

[ii] http://www.bio-mats.com/far_infrared_studies#cancer

BioMat Far Infrared Medicine



I usually find a way to see the positive in everything and that was the case with a case of the flu I had when I first got my BioMat. Living through a bad cold/flu with a BioMat was a dream. To be in the middle of misery and have the comfort of lying right down on a BioMat and have one's body radiated with light and heat and negative ions by the trillions was well... addicting. I suffered much less through the flu because of my BioMat!

Last night was the first time I slept with it all night at a low setting and of course that made me hungry to get my full size mat. I am using the mini, which I was lucky enough to get hold of here in Brazil. My cough, which should be taking me down for the count got better right away. My belief is that anyone who can afford one should have one because of the comfort and healing it will bring through the years.

This is the device that is best for elevating internal body temperature to melt away old waste products, increase circulation and **reduce and eliminate pain**. It is only a couple of inches thick, designed to put on top of a firm mattress or on the floor. You can adjust the temperature to your liking and it's the most wonderful feeling in the world.

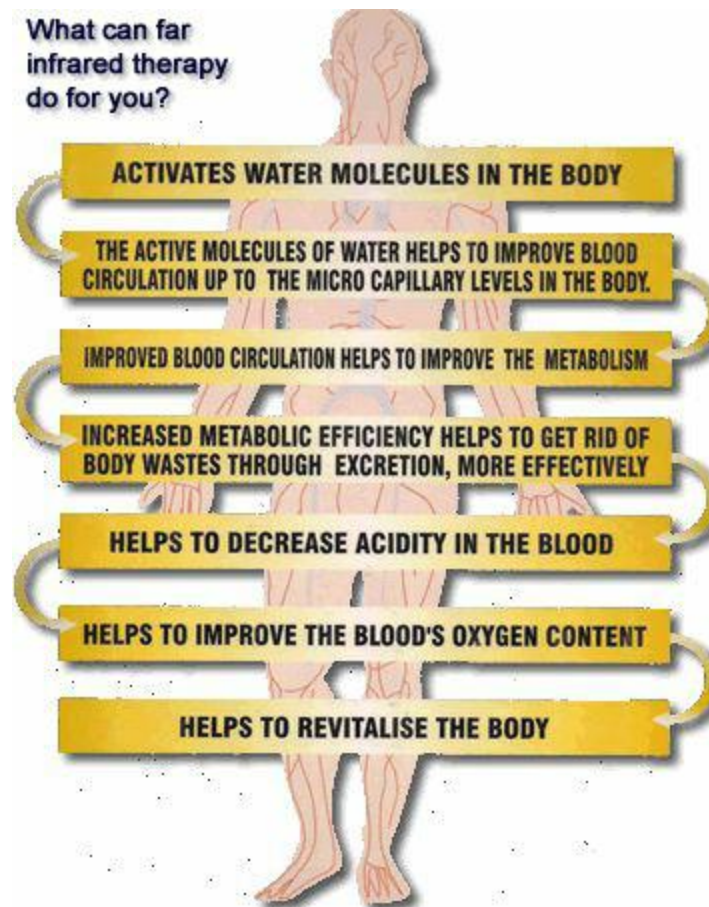
We use the BioMat for us and our son with Autism. It's the first winter that I

have gone the whole winter without one cold or flu. The other kids have also had dramatically less colds and much shorter duration. We just bought this last fall. Our son sleeps on a mini BioMat on low at night and then we crank it up once in a while on the big mat while he sleeps on it to get a sweat.

John Van Dyk

It is different from an ordinary electric heating pad. The surface is not warm to the touch, but when you lie down on it you feel warm on the inside. It's a lying down sauna that will make you sweat without you having to move a muscle if you turn the settings up. You can sleep all night on it at low heat so they make really big ones and smaller powerful ones that are much less expensive yet totally effective.

Colonic and massage therapists, physical therapists and chiropractors all will want one for their patients and for themselves. Even a dentist's chair would be more relaxing while receiving far infrared rays. Few weeks ago I published an [essay](#) on using it to treat cancer.



Most of us older folks will cherish the BioMat because we do lose heat and metabolic potential as we age. And for those who live in cold regions it will warm you up with very little use of power. Far infrared rays are beneficial to one's body, mind, and soul. It provides a feeling of deep relaxation, which can lead to better nighttime sleep, better joint

mobility, and better energy for its users. As your body adapts to the Far Infrared Bed environment it becomes healthy, while your mind and soul become positive.

One of the reasons why I like this far infrared sleeping pad is that it requires no special effort. Other methods, such as exercising, taking a hot bath, having a massage done, going a sauna, etc. require special time out to do and our life style makes it very difficult to keep with the discipline for long periods of time. However, no matter how busy you are, or how lazy you are, you do sleep! It requires no special effort.

This is a testimony from my assistant nurse Claudia French:

I have had a bio-mat for about 6 weeks now. I also have a one-person FIR sauna that I use frequently for its health benefits. I used to use the sauna at least 4x per week since experiencing a low back problem and it always helps a great deal.

Since receiving the bio-mat I am finding that it provides many of the same benefits, if not more, than the sauna does and I find myself going to the sauna less and less frequently. Now I use the BioMat twice a day with a tremendous amount of back pain relief and increased mobility. As time goes on I am noticing that there is a growing or accumulating effect because I do not need as many other types of pain remedies as I used to and am not needing to interrupt my activities to do the sauna and showering.

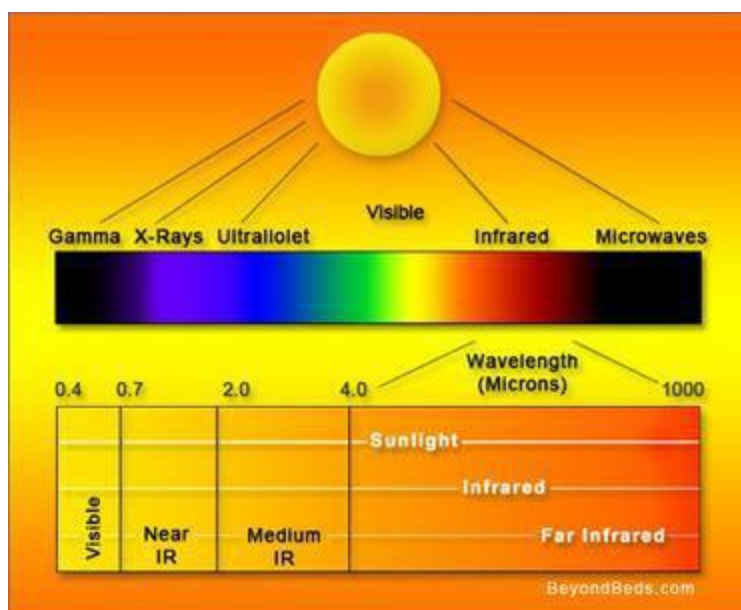
I find using the bio-mat to be addicting in fact it seems its FIR heat is reaching deeply into every area of my body even though it is the small sized bio-mat. When I position it on my back I can feel its penetrating energy all the way down to my toes. It's very comforting yet stimulating at the same time! It is more convenient than going into the sauna because I can use it while sitting in a comfortable chair and continue working on my computer. The bio-mat will cause me to sweat if I increase the temperature and the amount of time spent with it on, but not as much as the sauna will. So both have their benefits but I would never give the bio-mat up! I love it.

During the last decade, a silent revolution has been taking place in Japan in the fields of healing, preservation, cooking, drying and heating. It is the use and application of safe and efficient Far Infrared (FIR) Wave technology, replacing the potentially harmful micro wave technology.

The adaptive capacity of a cell ultimately determines its fate when it comes under stress.

Far infrared treatments reduce the stress on the cells by not only nourishing them with light and heat but also by increasing nutritional sufficiency of oxygen and by increasing cellular respiration so more toxins and wastes leave the cells. More good things come in and bad things go out.

“The BioMat is amazing, every home should have one!” wrote one of my readers. It is better than the FIR cabinets because it penetrates the body more deeply and it can be used on a bed, a couch, on the floor or on any flat surface.



Far-infrared or radiant heat (FIR) is part of the natural light spectrum of sunlight and a safe form of energy that heats objects by a process called direct light conversion. Radiant heat warms the objects around it without affecting the temperature of the surrounding free air. All warm-blooded animals emit far infrared/radiant heat, a beneficial and essential form of energy that has the ability to penetrate, refract, radiate and reflect.

When FIR heat penetrates through the skin to the subcutaneous tissues, it transforms from light to heat energy, dilating blood capillaries and assisting the body in eliminating toxins and metabolic wastes through sweating. Activated by heat, the FIR energy is absorbed by human cells in a process known as “resonance” or “resonant absorption.”

Far infrared lamps are used by doctors, chiropractors, physical and massage therapists and acupuncturists in the treatment of arthritis, joint pain, stiff muscles, and injuries to tendons and ligaments. Far infrared promotes faster bodily healing. According to Dr. Tsu-Tsair Oliver Chi, tissues needing a boost in their output selectively absorb FIR rays.

Far infrared heat is beneficial to people and their pets in many ways:

- 1) FIR heat expands capillaries, stimulating increased blood flow, and aiding in regeneration, improved circulation and oxygenation.
- 2) Far infrared heat speeds cellular metabolic rates by stimulating the activity of mitochondria, and triggering enzyme activity, therefore promoting the killing of many pathogens: bacteria, viruses, fungi and parasites. FIR energy strengthens the immune system by stimulating increased production of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus gland.
- 3) Far infrared heat promotes the rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for repair) and it increases the growth of cells, DNA and protein synthesis necessary during tissue repair and regeneration.
- 4) FIR energy relieves nervous tension. It reduces soreness in nerve endings and muscle spasms by heating the muscle fibers. It improves the balance of blood pressure, blood sugar, and nutrients in the cells, resulting in increased muscle strength, vitality and mental stability.
- 5) Far Infrared heat strengthens the cardiovascular system by causing heart rate and cardiac output increases, and diastolic blood pressure decreases. NASA concluded in the 1980's, that far infrared stimulation of cardiovascular function is the ideal way to maintain cardiovascular conditioning in astronauts involved in long space flights.

In much the same way that plants need light for the photosynthesis process, animals need radiant energy to send electrochemical impulses to the pineal and pituitary glands to produce healthy hormones that are sent through the central nervous system to all the cells of the body.

Hippocrates was speaking to us 2300 years ago in reference to the Greeks' use of hot baths to induce fever to fight disease. The [BioMat](#) does this in style combining the best in far infrared technology with amethyst/tourmaline crystals into a comfortable mat that one can simply lie down, rest or sleep upon.

Far infrared rays are anti-viral, anti-bacterial and anti-fungal and can therefore be beneficial in the treatment of a variety of diseases and that is why the FDA recognizes it as a medical device.

The BioMat is also famous for putting out a powerful stream of negative ions which are instrumental in balancing the metabolism by activating healthy enzyme function in the cells of the body.

So just envision yourself comfortably relaxing on the BIOMAT as the warming, soothing infrared rays pass through the layers of amethyst/tourmaline, permeating their healing light energy deep within your body bringing with it the negative ions so vital to life itself.

Concluding Thoughts

The American Medical Association says inflammation is underlying cause of most disease and the BioMat certainly helps with inflammation. Bottom line is that **the BioMat can help us all endure and even thrive through all the stress, wear and tear of modern day existence.**

In Japan, Dr. Nobuhiro Yoshimizu, M.D. PhD, the Director of Yokohama General Hospital, has authored, “The Fourth Treatment for Medical Refugees - Thermotherapy in the New Century” which documents his pioneering work using the BioMat in his breakthrough protocols to successfully treat cancer.

And if that were not enough to get you interested in BioMats then at least for those who have to heat their houses in the winter here is a secret. The BioMat will save you a lot of money on heating because one can just go to sleep and be warm all night without heating the entire house. Life in the cold doesn't get any better and any less expensive because of the low power usage.

One saves money while one is treating and healing the body before it is even in need meaning one is engaging in the ultimate preventive medical healing strategy. After all my years in the field of medicine I would say that this is the best health investment besides investing in improving the quality of one's drinking water.

General BioMat Cautions

Contraindications and cautions for the use of Far-Infrared and the Amethyst BioMat™ should be observed as it is with any type of medical device. While the BioMat can be used by most people and under most conditions, it's important to understand the possible interactions that might occur. Adverse reactions are very rare if used as directed.

The effects of some prescription drugs may be altered by Far Infrared therapy.

Drugs that may be affected:

1. Corticosteroids; you may experience some redness of the skin. Should you experience redness, we recommend that you discontinue the use until you have completed your medication. Should your redness continue, consult with the health care professional who prescribed your medication.

2. Fentanyl a narcotic pain patch cautions in its instructions to not use a heat source (heating pad, heat lamp) when using the patch.

3. Uptake of both oral or transdermally applied medications or supplements may be increased when using the BioMat and affect the dosage needed. Consult with a qualified health care provider about all products used.

Ailments that Biomat use may be contraindicated in

Some authorities advise against the use of BioMat at high settings in conditions of severe adrenal fatigue such as Multiple sclerosis, Systemic Lupus Erythematosus, or Addison's disease. **Use on lower heat settings has proved not to be a problem however.**

Use of the BioMat on high heat settings should be limited to short periods of time. Do NOT use high settings overnight. Lower temperature settings can be used overnight.

Acute Joint Problems; If a person has a recent (acute) joint injury, it should not be heated for the first 48 hours or until the hot and swollen symptoms subside. Use Ice initially.

Infections; Vigorous heating is strictly contraindicated in cases of enclosed

infections be they dental, in joints, or in any other tissues.

Surgical Implants; Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared rays and are not heated by an infrared heat system. Keep the temperature setting below 110 degrees and increase gradually. A person should consult his or her healthcare provider before receiving such therapy and discontinue use if pain is experienced near any implants.

Pacemakers; Use at the lowest (1 or 2 green) settings and check with health care provider before using. Generally use of the BioMat will not affect pacemaker use.

Silicone implants; Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by infrared rays. Since silicone melts at over 200 degrees Celsius, it should not be adversely affected by an infrared heat system, however it is still advised that a person check with his or her surgeon to be certain.

Use during menstruation; Heating of the low-back area of women during the menstrual period may temporarily increase menstrual flow. This is not harmful but if increased flow is undesirable the use of BioMat can be avoided during menstruation. For most women Far Infrared energy helps to relieve and minimize the physical and emotional discomfort experienced in the pre-menstrual and menstrual period.

Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilatation that can lead to the tendency to bleed. Others with bleeding problems should be aware that use of BioMat may increase bleeding and consult with their healthcare worker or discontinue use if problems arise.

Paralysis; people with various forms of paralysis may not be able to feel the effects of heat on their skin and should only use BioMat under supervision and on lower settings being careful to have someone to help them move and turn frequently and observe their skin condition for increased redness.

Children and the elderly should use BioMat under supervision as their tolerance to heat may be decreased.

Pain; increased pain should never be felt when using BioMat. This would indicate a problem or inappropriateness of BioMat use at that time. Discontinue use if an increase of pain persists for over 24 hours.

Detoxification; If you are using the mat for detox from heavy metals or other toxins, mild symptoms may occur, such as headaches. Please consult with a certified Health Practitioner for any detox program.

Pregnancy: In pregnancy or the suspicion of pregnancy, discontinuation of far infrared use is recommended, or use on low settings only.

Worsening Condition: Should any condition worsen with the continued use of this infrared heat system, the use of the system should be discontinued. Some temporary symptoms, however, may be attributed to the detoxification and the healing process itself.

In general Richway who make the BioMat recommend that diabetics, people with paralysis,, pregnant women, breastfeeding mothers, people who have had cardiac surgery and those who have pacemakers should use th BioMat on lower heat settings only and consult their health car practitioners before raising heat sesttings.

Oxygen masks: Use of the BioMat oxygenates the body; therefore, oxygen masks should not be worn while on the BioMat. Use of the mask can be resumed, if necessary, after the BioMat session is over.

Special Notes: The Amethyst Bio-Mat can also be used without Far infrared heat: simply turn it on without setting a temperature This will provide only cooling negative ions!.

You can use a natural fiber blanket or comforter or other natural fiber material on top of the Bio-mat to make it more comfortable, but you need to use **natural fiber** so the Infrared waves can penetrate through it.

The Amethyst/Tourmaline Pillow keeps your head cool while your body gets warm and may be desirable for use with larger sized BioMats and when heating of the head is contraindicated.

The Original Amethyst, Infrared BioMat

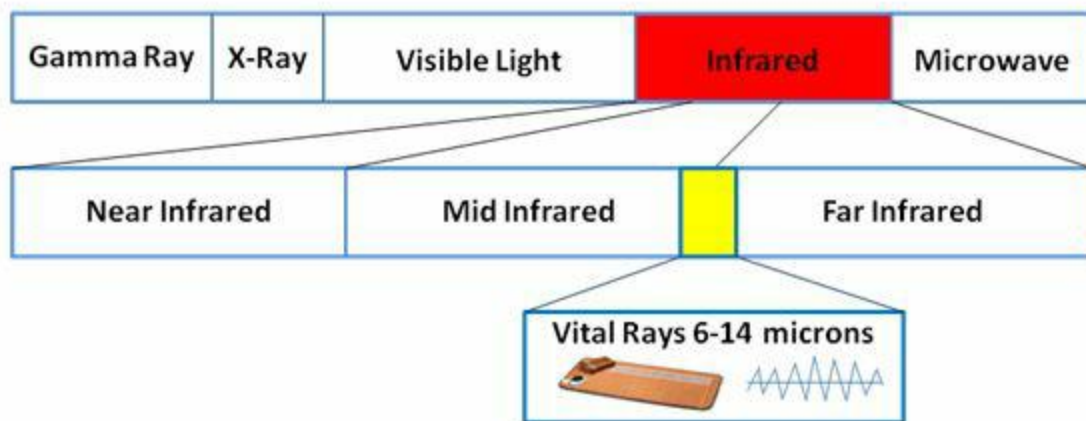
Almost everyone can benefit from the use of the BioMat! The healing of far infrared rays intensified by the amethyst crystal for deeper penetration than you can get with sauna, brings relief of pain and healing of tissues as well as providing safe and cuddly warmth for the young, the elderly, children and even for pets.

Manufactured by Richway, the Original BioMat, made with 17 layers of Space Age materials, combines state-of-the-art far infrared (FIR) light and negative ion technology with the healing power of amethyst. The BioMat is a revolutionary healing tool, ideal for health care professionals or anyone interested in improving their overall health and well-being. These BioMats are a FDA-registered Class II medical device. The combination of the Amethyst crystals with the infrared generated by the BioMat creates a unique therapeutic response.

Far Infrared

Infrared is the light energy we get from the sun that makes us feel warm. The BioMat is different from any other infrared or negative ion-generating device on the market and is the original far infrared mat of its kind. The BioMat uses NASA technology to generate far infrared waves, using special compounds of alumina and silica, which can convert any normal energy into infrared rays very efficiently at room temperature. Japanese kurare's super fiber is used in the construction to generate far infrared.

Human Infrared and the Vital Rays



The human body both sends and receives infrared. The body emits infrared wavelengths between 3 and 50 microns with the greatest output around 9.4 microns, which happens to be the resonant frequency of water. (1 micron = 1 millionth of a meter) Within the

infrared spectrum, in the 6-14 micron range, are rays known as the "Vital Rays." These rays have been shown to be most beneficial to the body.

The vital rays are the rays emitted by the BioMat, as the infrared passes through the amethyst crystals. The amethyst modulation of the infrared is what makes the BioMat so unique. It creates soothing, and deeply penetrating warmth that the body craves.

The BioMat is a unique medical device producing both far infrared as well as generating medium "Human" infrared. According to NASA research, Human infrared normalizes a variety of important physiological functions, especially glandular functions. This Human infrared feature of the BioMat makes it different from any other infrared device on the market.

Crystal Infrared

The Original BioMat includes "crystal infrared." World renowned scientist Dr. Chian, of China, demonstrated that infrared acts as an information carrier when passed through various materials, including human and animal DNA, pheromones, as well as gemstones such as amethyst. BioMats with crystal infrared were tested along with a control group of BioMats without the crystal infrared. The most potent healing effects occurred only under the group with the crystal infrared. This means that infrared alone was not as effective for the healing, but rather the addition of information being released from the amethyst provided the greater effect, as hypothesized by researchers. As one Korean Research scientist said, "It appears that with infrared we are talking about energy, but with the addition of amethyst, we are now talking about energy plus healing information. This is the critical difference between the uses of infrared saunas, infrared mats (without crystal infrared or amethyst) and the BioMat. This may explain why so many reports of healing have occurred over the history of the BioMat.

Negative Ions

The BioMat also delivers negative ions, which energizes the body for optimal health. The negative ions delivered through the BioMat are delivered directly to the body through the skin's surface via conduction. This greatly differs from ambient air ions delivered through popular negative ion generators used for air cleaning, which NASA reported only positively affect 26% of people. The direct conduction of negative ions allows for an immediate response and change in the body's electrical field for all people, assisting them to achieve an optimal physiological state.

When negative ions are applied to the body, the calcium and sodium circulating in the blood are ionized. This increases the blood's pH and has an overall alkalizing effect on the body. Proper blood pH is essential for optimal health. It has been noted that negative ions applied to the body are helpful at regulating blood pH.

When the amount of negative ions in the blood increases, there is an increase in inter-cellular communication. Cellular metabolism is facilitated, and as a result there is an increase in cellular nutrient uptake and cellular hydration. In addition, cellular waste materials are efficiently excreted. With the increase in cellular metabolism, an optimal cell function is rapidly revived.

Indoor environments, city living, automobiles, exposure to electronic devices, EMF's (electro-magnetic fields), and environmental pollution all result in increased positive ions in the body, tilting the ratio of ions towards the positive. This results in a physiological imbalance, which may have detrimental health consequences. Too few negative ions in the body can cause a number of diseases. Some of the health problems associated with an imbalance of ions in the body include: anemia, allergies, shoulder pain, lumbago, rheumatism, neuralgia, headaches, kidney problems, imbalanced autonomic nervous system function, insomnia, and fatigue.

Amethyst Crystal

The BioMat is further enhanced with [gemstone-quality amethyst crystals](#), known since ancient times for their calming and healing effects. The "Amethyst Effect" is a change in infrared light when refracted through amethyst crystals. Scientists experimented passing far infrared light through a variety of substances, including various gems, glasses, and plastics. Amethyst was found to be the only substance which clearly changed the spectrum of infrared light. According to scientists, waveforms mimicked patterns similar to the human voice. Crystallography shows far infrared refracted through amethyst crystals organizes far infrared into geometrical patterns with higher bio-compatibility. Korean researchers propose that addition of the amethyst allows for greater increase in the utilization of the light by the human organism.

Far infrared rays penetrate six to eight inches into the human body. These rays not only benefit the skin and muscle tissue on the surface of the body, but penetrate into deeper tissues. The far infrared penetrates into the lymph glands, blood vessels, nerves, and key organs. The rays optimize the health of these tissues in a number of ways. Scientists propose that among the waves within the energy spectrum coming from the Sun, far

infrared waves are by far the safest and most beneficial electromagnetic energy available for the human body, directly affecting all metabolic and cellular functions.

Highest Quality Construction

Only the finest quality materials are used in the construction of the BioMat. This is quite apparent from simply looking at the mat. This mat is designed to last for years.

The BioMat is controlled by an advanced computer technology that monitors and controls all aspects of its performance. If any part of the mat gets higher than the selected temperature, the current is cut off by thermal sensors distributed throughout the mat.

Only the highest quality amethyst is used in the construction. In fact, a [gemstone certificate](#) is included with your BioMat.

The BioMat uses the highest quality bi-metal in its mats. Bi-metal is used inside infrared mats as a heat sensor to control heating functions within the mat. Low-quality bi-metal can break over time with usage, rendering the mat ineffective. There is only one type of 'high quality', long-durable bi-metal sold on the market today. This bi-metal is manufactured by Texas Instruments and was originally developed for military usage. The Richway BioMat is the only company that has access to and uses this high quality bi-metal in their mats. This means a guaranteed longer life for the mat, reflected in Richway's [warranty and repair policies](#). Although the expensive bi-metal is higher in cost, it is the only bi-metal meeting Richway's exacting standards, and is one more reason the BioMat is the superior mat of its kind.

Sizes

The differences are the dimensions, the style of the controller, price and the Mini mat also contains Tourmaline. In the Mini mat the rows of Amethyst and Tourmaline alternate throughout the length of the mat. Tourmaline is naturally a "cooling" stone and naturally emits Negative Ions as well has other health benefits. The manufacture discover that people using the mini mat were not receiving the expected amount of negative ions to reduce pain and free radicals. So to increase this negative ion flow, it was decided to add alternating rows of tourmaline so that the FIR could still be amplified.

[Amethyst BioMat Professional](#)

The most popular BioMat is the BioMat Professional. Ideal for health care and

professionals looking for a way to extend and enhance their treatment options, or for home users who want comfortable, full-body treatment. The BioMat Professional measures a full 6'5 in length, allowing for full-length body contact and optimal results. It contains 17.5 pounds of amethyst crystals which are in clear tubing down the right side of the biomat. The Professional BioMat is the size of a massage table, and actually was originally designed for massage therapists.

Pillow Option

The [BioMat Professional Set](#) includes the Bio-Pillow. The Pillow is designed to keep the head cool while you are heating the body, and still carry the energy of the Bio-Pat into the head area. The BioMat Professional may be purchased with or without the Pillow. We recommend the Pillow, especially for therapy.

Professional Discount

The BioMat Professional was initially designed for Massage Therapists. For those with certificates or licenses in the health care field, a \$100 discount is available from the manufacturer. If you qualify for this discount, you will need to submit a copy of your license to process your BioMat order. [Click here](#) to see the requirements.

[Amethyst and Tourmaline Mini-Mat](#)

The Mini-Mat is the second most popular BioMat. At just 17" x 33" inches and 8.2 pounds, the BioMat Mini is ideal for people who want to enjoy treatments at the office or on their travels. This will heat up the entire upper body. It is great for a chair, although it can also be laid flat. It works perfectly for the spot treatment of a specific problem area, or for treatments for children or family pets. It's also the right size to be used in a medical spa or dental office chair, making it a perfect choice for health providers. It contains 15.5 pounds of amethyst AND Tourmaline crystals. There are people that really like the smaller mat, it has great portability.

[The Amethyst BioMat Single](#)

The BioMat Single is the size of a twin bed. We generally recommend this for larger people. For most people, the BioMat Professional is a preferred alternative. The Single size BioMat does not have the same portability as the Professional, and would only be used on a bed. This mat weighs 36 pounds.

The Amethyst BioMat Queen and King

The Queen and King-size BioMats are the size of queen and king beds. This is the ultimate for a complete covering of the bed. One advantage of the larger mats is the surface area allows it to produce a large volume of negative ions and infrared. These are not portable. The King and Queen Biomats are unique in that each side of the Biomat can be controlled separately from the controller. Each side can be set at a different temperature. The Queen weights 56 pounds, and the King weighs 75 pounds.

Far-Infrared Sauna Options



Sale price: \$545.00

*Sweating does indeed increase mercury excretion.
Probably an hour or two of sauna is the same as
50 mg of DMSA every 4 hours for a day.*

Dr. Andrew Cutler



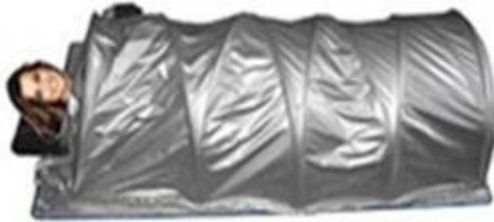
Price: \$189.95

I have been using the far-infrared sauna and have noted outstanding results. My son's "endocrine disruption" (pituitary damage/ central hypothyroidism) from mercury toxicity (measured by IV arginine stimulation IGF-1 and HGH) resolved within two months. When I added methyl B12 injections, his neurodevelopmental disorder (misnamed by my psychiatric colleagues as "Asperger's syndrome") has essentially resolved.

Dr. Alan Clark

"I have nothing against chelation but we elected to do only sauna depuration and have not regretted that decision. Chelation will rid the body of a variety of heavy metals but the sauna adds removal of literally thousands of other xenobiotics (environmental toxins)

that are too numerous to list. These xenobiotics will eventually "gum up the works" of essential biochemical cellular functions and cause just about any disease you want to name. Drink from Styrofoam - get dioxin; drink from plastic bottles - get phalates; eat raisins - get fluorinated pesticides, etc., etc. My colleagues and their pharmaceutical friends will supply all the "drugs" needed to try to cover up the symptoms from these xenobiotics but the disease process goes on - until eventually" wrote Dr. Clark.



Far-Infrared Sauna - Dome *Price: \$312.00*



Precision Therapy Far-Infrared Sauna Belt

Price: \$47.95



Thermotex Foot Therapy System

Price: \$129.95



Thermal Life Saunas

Call for pricing

These far-infrared saunas from High Tech Health are what I recommend for those who want a more permanent addition to their home or office. High Tech Health saunas are known for their excellent construction and use of non-toxic materials, and they are highly recommended by prominent health practitioners who specialize in detoxification.

General Instructions for Sauna Use

Medical studies can demonstrate that most toxins can be eliminated through the skin, relieving the burden on the kidneys and liver.^[iii] Sweating increases dramatically in most people after several months of regular sauna use. Supervision during a sauna therapy program is helpful especially if you have any type of health condition.[Dr. Lawrence Wilson M.D.](#) makes several recommendations for safe and effective sauna use:

Do not exercise before using the sauna. Exercise stimulates the sympathetic nervous system that then inhibits toxin elimination. Sweating during exercise is not nearly as effective for detoxification because of this activation of the sympathetic nervous system.

Drink 8-16 ounces of distilled or spring water before a sauna session and afterwards.

Begin with only 20 minutes in the sauna. After a few weeks, if you feel well enough to do so, you may increase to 30 or even 40 minutes. Never begin with sessions longer than 20 minutes once a day because this can cause healing reactions that are unpleasant and even dangerous. No one should stay in a sauna longer than 60 minutes.

If debilitated or very heat sensitive, begin with 15 minutes or less in the sauna. Wipe off your sweat every few minutes with a small towel.

Shower off or, if you do not have time for a shower, towel off; showering is best. Use as little soap as needed. Use shampoo and conditioner only if needed. Most contain chemicals toxic to the body. Also skip most oils, lotions and creams.

Always relax for 10-15 minutes after a sauna session to allow your body to readjust. Do not go right back to daily activities.

It is best to use a sauna first thing in the morning or the last thing at night. This is when you are the most relaxed and your sauna session will be the most effective. The more relaxed you are, the more you will sweat.

Always consult a health professional if you have a chronic illness and are not sure about sauna use. However, we have found no problems with using a sauna with people who have diabetes, heart disease and other chronic illnesses.

Pregnant women and children under age five should not use saunas. Young children must be accompanied by an adult.

Continue prescribed medication while taking saunas unless directed otherwise.

You may use a sauna just twice a week or as often as twice a day. However, start with no more than one session daily for no longer than 20 minutes. If you are very debilitated, begin with once a week. Work up to daily use as you are able to do so.

Healing reactions are temporary symptoms that occur as toxic substances are eliminated and chronic infections heal. Symptoms vary from mild odors, unusual taste in your mouth or rashes; these symptoms usually pass quickly. Some people feel great fatigue after sessions and this is normal. Almost all healing symptoms are benign and will pass quickly. Consult a knowledgeable practitioner if you have any cause for concern.

Some people have bowel changes, aches, pains or headaches. Removing drugs from tissue storage may cause flashbacks or temporary drug effects, the same as when you took the drug. If you have used LSD or other psychotropic drugs, have an attendant nearby, as a few have experienced flashbacks or even full-blown LSD trips.

Old infections may flare up as they are healed due to repeated sauna use. Usually only rest and natural remedies are needed to help infections resolve faster.

Today many people may use saunas who have chronic illnesses that may affect their ability to tolerate the sauna's heat. In our experience with those with cancer, heart disease, diabetes, arthritis, joint replacements and many other conditions, the sauna appears to be very safe. Here are a few signs, however, that indicate that one should leave the sauna soon:

1. Your body temperature increases by more than four degrees.
2. Your pulse increases more than 50% of your resting heart rate.
3. You suddenly stop sweating.
4. Some faintness and feeling of fatigue or weakness is normal during or after

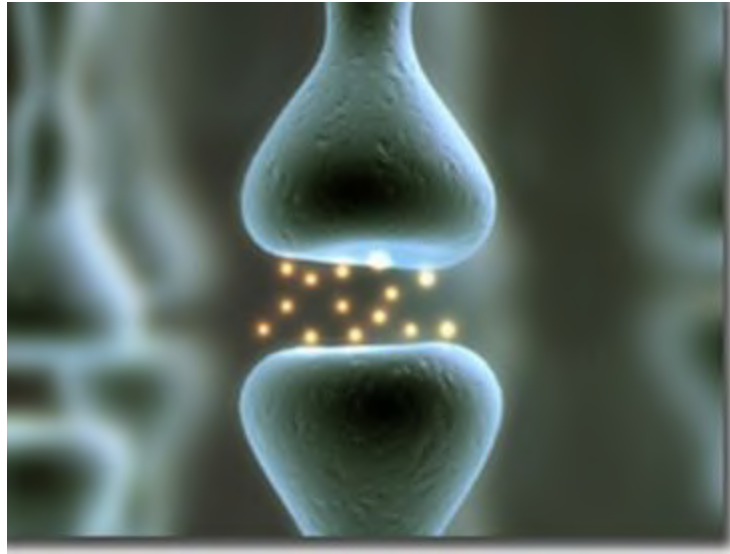
a sauna session. However, if you feel very faint, end the sauna session and lie down for at least 10 minutes.

[iii]The National Institutes of Health is sponsoring research at Bastyr University near Seattle to determine the effects of sauna use on toxic environmental chemicals in the body.

Dr. Jason Allen, the lead researcher, is testing whether the sauna helps break down the fatty tissues that can store more than 200 synthetic chemicals. When the chemicals are released from the tissues, the body can excrete them. March 2012;
<http://www.olympichottub.com/hot-tubs-sauna-blog/2012/03/truth-or-fiction-does-sauna-use-remove-toxic-chemicals-from-the-body-new-study-to-find-out/>

Pulsed Electromagnetic Field Therapy

An FDA-Approved Cancer Treatment



[Novocure™](#) has a new FDA-approved weapon (NovoTTF-100A System™) for patients and physicians in the battle against cancer (specifically for treating recurrent brain tumors). Microcurrent therapy is a novel anti-mitotic treatment that has been shown to slow or reverse tumor progression by inducing cell death in certain solid tumors. Their microcurrent device will be available for [prescription use](#) in the U.S. initially through several noted brain cancer research centers.

Pulsed electromagnetic field (PEMF) therapy has been used to treat almost every conceivable human illness or malady, including many inflammatory diseases such as arthritis or psoriasis and you don't have to wait for the FDA to approve this treatment for your kind of cancer. All you have to do is choose among the many options in terms of equipment.

[Pulsed electromagnetic field therapy](#) (PEMFT), also called pulsed magnetic therapy, pulse magnetotherapy, or PEMF, is a reparative technique most commonly used in the field of orthopedics for the treatment of non-union fractures, failed fusions, congenital pseudarthrosis and depression. In the case of bone healing, PEMF uses electrical energy to direct a series of magnetic pulses through injured tissue whereby each magnetic pulse induces a tiny electrical signal that stimulates cellular repair.

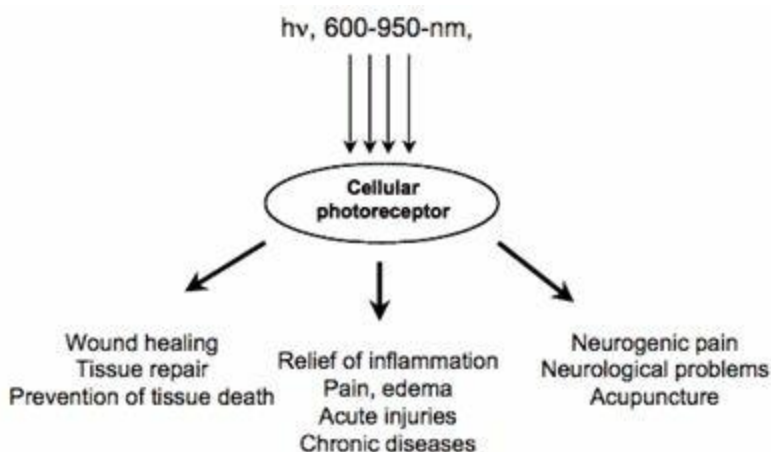
[Many studies](#) have also demonstrated the effectiveness of PEMF in healing soft-tissue wounds, suppressing inflammatory responses at the cell membrane level to alleviate pain

and increase range of motion. The value of pulsed electromagnetic field therapy has been shown to cover a wide range of conditions, with well-documented trials carried out by hospitals, rheumatologists, physiotherapists and neurologists. In years past this has been a very expensive form of therapy using sophisticated equipment, but that has all changed.

http://www.ted.com/talks/bill_doyle_treating_cancer_with_electric_fields.html

Frequency specific pulsed electro-magnetic fields (PEMF) are the most effective and cost-efficient option for the widest range of [human and veterinary disorders](#) regardless of etiology. PEMF therapy does not treat medical conditions; instead it up-regulates the body's functions and optimizes the body's ability to heal itself.

PEMF provides stunning regenerative effects because these [magnetic fields](#) result in **cells generating so much naturally derived energy that they are able to heal themselves**. A magnetic switch **turbocharges cellular energy production and reduces oxidative stress**.



[Dr. William Pawluk](#), MD, MSc, is one of the most knowledgeable and experienced medical doctors in the field of pulsed electromagnetic therapy and has written extensively about it. He also has a company that sells several products that he claims promote healing with this technology. He says:

Magnetic fields also affect the charge of the cell membrane, which allows membrane channels to open up. These channels are like the doors and windows of a house. By opening cell channels, nutrients are better able to enter the cell, and waste is more easily eliminated from the cell. This helps to rebalance and restore optimum cell function. If you restore enough cells, they will all work more efficiently. Cells of the same type come together to make tissues, and those tissues come together to make organs. So, by restoring or maintaining cellular function, you will, in turn, restore or maintain organ

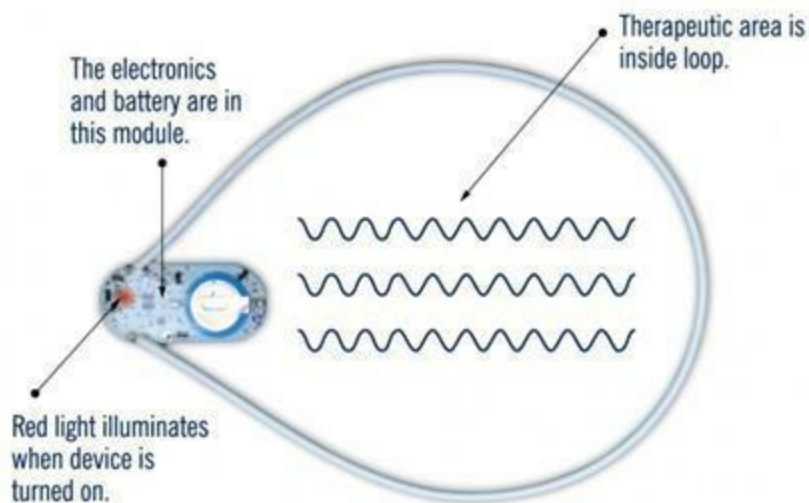
function, allowing the entire body to function better. We all know that the body ages over time. Maintaining the function of every individual cell at an optimal level every day is an important part of slowing aging.

Cellular “injury,” the state of a cell when it is not healthy, leads to disease conditions. Magnetic fields protect against cell injury by improving circulation, repair processes and energy, and increasing special stress proteins in the cells. These proteins are used to prevent cell breakdown and wear and tear as well as help speed recovery from injury. Magnetic fields balance cells, tissues and bodily functions at very fundamental levels, even before damage and problems become obvious to you.”

Dr. Pawluk sells 12 different units on his site starting at \$350 and up to about \$4,000 dollars for professional models. In this essay I am presenting the lower end of the price range. In another chapter I will introduce top-of-the-line equipment that starts at \$3,000 and climbs quickly up to \$25,000. All of this equipment is helpful and if one is faced with dire medical circumstances and can afford it, it would be wise to investigate this area of medicine.

The Price of this Device Changes Everything

Though it is a low powered unit the [ActiPatch](#) is a drug-free micro medical device that uses pulsed shortwave therapy to reduce pain and inflammation. Previously, this safe and effective therapy was only available in clinics and hospitals. This new micro device provides extended duration treatment that **metabolically stimulates the injured cells to push them through the inflammation and pain phase of healing.** The ActiPatch is extremely safe and comfortable to wear. The low-level current that is gently pulsed into damaged tissue is not discernible, even though the device is continuously working to speed up the natural healing process.



A major benefit of the ActiPatch (or any device utilizing microcurrent or PEMF technology) is that it is completely drug-free. Any pain reliever, whether prescribed or over-the-counter, has potential side effects and potential negative impact on a person's life performance. Pain relievers may cause complications with other medications or worsen a user's other conditions, such as high blood pressure or diabetes, because they affect the whole body, not just the targeted injured areas.

One of the best things about this device is its price. For only \$30 one literally gets 720 hours of pain-relieving, inflammation-reducing therapy by a real medical device. That's the price for most of the world, but for Americans I am sorry to say it's not available except for similar products sold to surgeons, the prices for consumers start at over \$200 for very similar devices to this 30 dollar patch.



One of the most promising lower cost but higher powered units is this [PainSolv](#) machine for \$200 dollars. This technology enables patients to administer their own treatment and that has to be one of most important healthcare strategies. More and more patients are looking to non-pharmacological pain management techniques to aid their recovery experience. Pulsing electromagnetic field therapy does not interact with medications but will act in synergy with natural substances that are also life-giving instead of life-destroying, which most pharmaceuticals are, especially those designed for inflammation and pain.

Doctors commonly prescribe medications to help patients manage their discomfort and swelling, but common painkillers have unpleasant side effects such as nausea, dizziness, fatigue, confusion, diarrhea and flu-like symptoms.

The ActiPatch is designed to be applied to and treat the immediate area that is injured or swollen. Because there are no known side effects and the patch itself has a low profile once applied, it won't interfere with your daily life while providing pain relief. Since the ActiPatch is most effective on soft tissue injuries, it is ideal for treatment of common injuries. People suffering from sore backs, sore shoulders, or tennis/ golfer's elbow will all experience relief with this technology.

Most approaches to pain do not provide continuous therapy to solve inflammation. This type of technology offers a unique mechanism that shuts down the body's inflammatory response, pushes tissues into a reparative phase through increasing the blood flow, and through signaling the cells to re-communicate and regroup.



\$350.00 USD

The [Sota Magnetic Pulser](#), according to the ad, is a powerful pulsing device, yet a very simple system that is used for 20-minute sessions. It has a paddle applicator attached to the control unit, and comes in a travel case. It produces a peak magnetic field with intensities close to 6,000 Gauss on the surface of the paddle. At 9 inches away from the coil, it still produces about 8 Gauss. It is capable of producing such high intensity because of its unique design. The system operates somewhat similarly to the flash in a camera—it charges up, then releases a pulse, then recharges, then releases a pulse, and so on. It pulses at less than one cycle per second. Because of the way the pulses are released, the Sota does not have a true waveform. Instead, it releases a “spray” of frequencies (at or around 4.7 Hz) with each pulse. The unit runs for 20 minutes.

http://www.youtube.com/watch?feature=player_embedded&v=ZcPcnAklmu4

The Sota is ideal for problems deep within the body because of its higher intensity. It can really be used anywhere—with joints, scars, swelling, etc. Because the coil is encased in the plastic paddle, it will get relatively warm during the treatment cycle. If you intend to use the system for more than one treatment cycle in a row, you may want to put a towel between you and the paddle so that the heat does not become uncomfortable.

I have been using pulsing electro-magnetic field therapy for about three years now. Prior to that I suffered from serious migraine headaches that would sometimes last for several days. After many failed attempts to find a medication that would help, my barber recommended I try pulsing electro-magnetic field therapy. As a result I have been migraine free for over two and a half years.

Craig A. Watts

[Dr. William Pawluk](#) said:

One generally needs a stronger magnetic field to penetrate deeper into the body. If the magnetic field has to go more than a half an inch into the body, then it needs to be fairly strong to have relatively rapid results. Very weak magnetic fields can still produce results, but they can be frustratingly slow, or even ineffective for your problem. If, for example, you have a headache that will require 10 aspirin to relieve, and you take only two aspirin, then you will experience two-tenths worth of relief. You will likely become frustrated with the aspirin, on which you spent money trying to obtain relief. You may come to the conclusion that aspirin is an ineffective treatment. The truth, of course, would be that it was not the aspirin that was ineffective, but the dosage.

If you were to purchase an inexpensive, perhaps disposable device, which we know has limited strength as well as a limited lifespan, its inability to produce results may lead you to dismiss the entire gamut of PEMF devices. In this case, like in the case of the aspirin, it is not the treatment that is ineffective, but the dosage, or, with a PEMF system, the choice of device itself. These kinds of experiences lead people to believe that PEMFs don't work and they don't last, and causes people to be unlikely to try them again, even if an appropriate device is recommended.

One can use intense 30-minute therapies along with the ActiPatch 24/7 for a combined therapy that will exceed one treatment device alone. An inflammatory breast cancer patient can sleep with a patch on each breast or leave it there 24 hours a day while continuing many other therapies. In fact any breast cancer or other problem will be helped with direct treatments to the breasts.

<http://www.youtube.com/watch?v=v-dHEa-yl5o>

<http://www.youtube.com/watch?v=6z9Dpe66SzE>

This technology is already being used for cosmetic surgery patients who undergo breast augmentation and other surgical procedures. Patients using pulsing electromagnetic field therapy report **half as much post-procedure discomfort** as patients who do not use this technology.



Improved blood supply, more space between cells

In 1982 Ngok Cheng published, “The Effect of Electric Currents on ATP Generation, Protein Synthesis and Membrane Transport in Rat Skin” in *Clinical Orthopedics*.[\[iv\]](#) This study showed that **microcurrent increased ATP production in rat skin by 500%**. ATP is the chemical that the body uses for energy. The current also increased amino acid transport into the cell by 70% and waste product removal. The implications for human healing and repair are obvious. ATP production was increased as long as the current was below 500 microamps. When the authors increased the current to 1000 micro amps, or one milliamp, a current range delivered by TENS devices and other types of electrical stimulation therapies, the ATP production was actually reduced. [\[v\]](#)

Microcurrent Used to Shrink Cancerous Tumors

During the 1950's, a Swedish radiologist and surgeon, [Dr. Björn Nordenström](#) demonstrated that the positive polarity of microcurrent, passed through [needles implanted into cancerous tumors](#), blocked cancer pain and in many cases caused the tumors to regress or disappear. He theorized that this treatment set up a form of electro-osmosis that dehydrated the tumor and blocked production of pain-producing substances such as histamine.

Review the above videos on Nordenstrom's work to see how deep this scientific rabbit hole goes. There are many brilliant people who know that healing can only be effected if the precise amount of electromagnetism required is provided—one way or another—to effect a change in the function of particular diseased cells.

What cancer patients need to know is that they need light, they need energy, and they need alkaline tissue to get the maximum amount of oxygen to the cells. According to a scientific article in "Health & Diet Times" (June/July 1982 issue) written by Dr. Lee de Vries, cancer cells self-destruct within minutes after exposure to strong intense light.

[\[iv\]](#) The Effect of Electric Currents on ATP Generation, Protein Synthesis and Membrane Transport in Rat Skin in Clinical Orthopedics, volume 171: pages 264-272.

[\[v\]](#) Microcurrent Electrical Therapy Mechanisms and Results; [Daniel L. Kirsch, PhD, DAAPM, FAIS](#); Practical Pain Management: <http://www.practicalpainmanagement.com/treatments/microcurrent-electrical-therapy-mechanisms-results>

Love, Light and Life



Plants love to turn toward the light, they stretch for it, and so do we. Light, heat, color, warmth, energy, electrons, bio-photons, electricity, electromagnetism all interact with the water that is in us. In fact, not only do these forces interact with us they are us.

We not only receive energy from the universe but we give it back reradiating out who we are to the people around us and to the environment in general. We are all walking energy fields interacting with everyone around us as well as with nature—one gigantic electromagnetic web of existence of which we are all a part.

On the simplest level we are all generators of far-infrared energy. Like everything that is warm we radiate out to each other quite intensely when we are cuddling in bed. We literally warm each other with our love light, which includes the warmth of far-infrared energies.

But there is another kind of electromagnetic energy which exists only in the vacuum of empty space, the empty space between the atoms of our bodies as well as the empty space we see in sky at night. My mentor Christopher Hills used to call it pure consciousness but most quantum physicists call it scalar energy.

Scalar energy is closer in its properties to magnetism. It is composed of multi-dimensional standing waves. Instead of being focused in beams or running along wires, it tends to fill its environment. It does not lose intensity as it moves away from the source, which is not true of magnetism or heat. It passes through solid objects and implants its signature on them like cosmic rays do.

These waves constitute a kind of ocean of infinite energy, and it has now been discovered that this abundant energy can be coaxed to pour into our 3-dimensional world from their 4-dimensional realm, to be used to do work, provide electricity, power all transport, and even heal the body of almost all disease.

Scalar energy was originally discovered by James Clerk Maxwell in the mid 1850's. Maxwell was a theoretical physicist and mathematician who was born in Scotland in 1831 and his discovery was a new form of energy now known as Scalar Energy.

Once Maxwell had discovered the existence of this energy, Nikola Tesla -- a Yugoslavian mathematical and mechanical engineer demonstrated its existence in 1856. Tesla referred to Scalar energy as standing energy or universal waves and he was able to collect it without the use of any cables and wires. Albert Einstein also noted and made reference to Scalar Energy which is a static, stationary energy that has no frequencies and cannot be measured in Hertz like electro-magnetic waves.

Biophotonics (the science of interactions of light and living beings) has proven that human cellular interactions are driven by bio-photons, known in the scientific literature as ultra-weak photon emissions. Electronic waves communicate the regulatory functions of life. In fact, all organic life absorbs, emits and processes light.

*Bio-photon emission or spontaneous ultraweak light emission
has been observed from almost all living organisms,
with intensities ranging from 10^{-19} to 10^{-16} W/cm²[\[vi\]](#)*

Bio-photon emission or spontaneous ultraweak light emission has been observed from almost all living organisms. Bio-photons are extremely weak light emissions from living organisms, thus a part of the electromagnetic radiation that organic cells emit.

All living cells of plants, animals and human beings emit bio-photons which cannot be seen by the naked eye but can be measured by special equipment. This light emission is an expression of the functional state of the living organism and its measurement therefore can be used to assess this state. Cancer cells and healthy cells of the same type, for instance, can be discriminated by typical differences in bio-photon emission.

According to the bio-photon theory bio-photon light is stored in the cells of the organism - more precisely, in the DNA molecules of their nuclei - and a dynamic web of light constantly released and absorbed by the DNA may connect cell organelles, cells, tissues,

and organs within the body and serve as the organism's main communication network and as the principal regulating agent for all life processes.

"It seems clear that **light is the most important environmental input, after food, in controlling bodily function,**" reported Richard J. Wurtman, a nutritionist at the Massachusetts Institute of Technology. Several experiments have shown that different colors affect blood pressure, pulse and respiration rates as well as brain activity and biorhythms. As a result, colors are now used in the treatment of a variety of diseases.

Dr. Heinrich Kremer sees the origin of cancer differently than the mainstream. He terms his new theory Cell Dyssmybiosis. According to Kremer cancerous cells do not originate from DNA mutations, but from a functional process that occurs in the mitochondrion (a cell organelle or "organ of the cell" if you will). The mitochondrion makes energy for the body in the form of ATP. We need lots of ATP to keep living. What is really interesting is the role of electromagnetic energy (light) in the process. **It appears that the complex matrix of reactions that make ATP, absorb light.**

Dr. Jürgen Buche writes that according to a scientific article in "Health & Diet Times" (June/July 1982 issue) written by Dr. Lee de Vries, cancer cells self-destruct within minutes after exposure to strong intense light. "What happens is that the cancerous PLANT cell changes its formaldehyde into a plant sugar molecule giving off oxygen-ozone in the process and it is this element combination of O₂ and O₃ which causes the disintegration of the cancer cell. If you can't get enough sunshine, make absolutely sure that you obtain enough of the essential fatty acids (LA and LNA) ...so that your organism can produce the important prostaglandins, the precursors of hormones. Get as much exposure to sunlight and fresh air as you possibly can and watch your tumors and cancers shrink away."

What we do with Light is Everything

How open or closed we are in our beings and egos determines quite a bit what happens to the light we absorb and reradiate out. We are beautiful rainbows but often our colors become marred with ego patterns that cut off the light and thus our beauty.

We are light being and we are water beings. There is one or two percent of us that are denser with minerals and other heavy matter but essentially we are more space than matter and all matter has and is energy in motion. Because we are extremely sensitive to light and heat we can use both to great effect in the practice of medicine.

Medical scientists are already designing and experimenting with remote-controlled [bio-electronic heater](#) devices tiny enough to inject into people. When they come alive they begin to release bacteria-killing heat, a form of thermal therapy that can take down even the most drug-resistant microbes.

This book will introduce you to BioMats, which are far-infrared mats that you can use during the day or sleep on at night. They will do more to keep the doctor away than just about anything and will come in very handy when you or your children have the flu. Instead of antibiotics, which turned out in the end to be a very bad medical idea, we use light and heat to urge the immune system to greater strength and activity.

*In every culture and in every medical tradition
before ours, healing was accomplished by moving energy.*

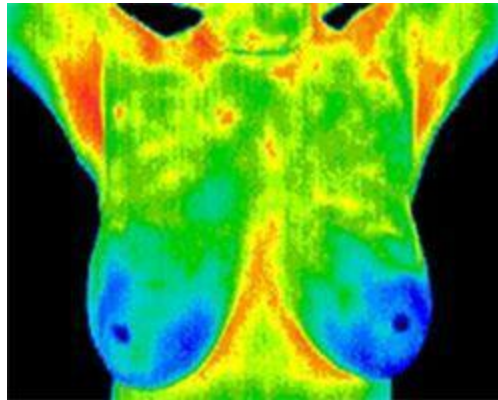
Albert Szent-Gyorgyi

Light and Heat Diagnosis

Energetic medicine normally refers to many ancient and some modern medical practices that use an energy field, such as electrical, magnetic, sonic, acoustic, microwave, or **infrared**, to screen for and treat health conditions by detecting imbalances in the body's energy fields.

Balance can be restored to the body using specific therapies, or with treatment devices that rebalance the energy levels of the various fields. The hypothesis is that the body's major energy systems—such as its larger biofield, local fields, and energy pathways—operate as electrical, electromagnetic, and subtle energies in varying combinations.

Western medicine uses a number of electromagnetically sensitive instruments for diagnostic purposes, such as EKGs for the heart, EEGs for the brain, EMGs for eye movements and MRIs for specific body parts. The Mayo Clinic offers advanced breast cancer screening and diagnostic services, including digital mammography, MRIs, and ultrasound, which are among their safest diagnostic procedures.



Normal Breasts shown with Digital Thermography

In terms of treatment many devices are available to add light energy to the body. The perfectly healthy person does not need devices though if they avail themselves of Nature's way of adding light, heat and energy to the body. Walking or lying in the sun gives us what we need but doctors (specifically dermatologists) are messing this up with their advice to cover up and use solar protectors. Grounding ourselves, i.e., walking barefoot on the beach or on grass allows electrons to flow between us and the earth and this is quite healthy besides just feeling nice.

Dr. Aleksandr Samuilovich Presman in his 1970 book *Electromagnetic Fields and Life* identified several significant effects of the interaction of electromagnetic fields with living organisms. Electromagnetic fields: 1) have information and communication roles in that

they are employed by living organisms as information conveyors from the environment to the organism, within the organism and among organisms and 2) are involved in life's vital processes in that they facilitate pattern formation, organization and growth control within the organism (Presman, 1970).

This book is a very practical medicine and healing book about the strongest and most direct ways we can use light and heat in orthodox medical treatment and alternative therapy.

We will focus a lot of attention on the strongest most direct solid way of getting light and heat energy into the body and that is with far-infrared energy. This book will make you more familiar with the light sensitive parts of yourself as well as the most comfortable and convenient way of nurturing yourself with light and heat.

[vi] T. Amano¹ , M. Kobayashi², B. Devaraj², M. Usa² and H. Inaba², 3(1) Department of Urology, School of Medicine, Kanazawa University, 920 Kanazawa, Japan

Human Photosynthesis

Water and Cells are Light/Energy Sensitive



Not only is the water in our cells sensitive to light so is everything else including our genetic material. The cells respond with hypersensitivity to influences that come from outside the cell. We are our cells and then we are more than that, more than the sum of our parts. What you are about to read has tremendous implications in our understanding of life and cellular processes, human health, and disease.

According to a leading researcher of biophotons, German biophysicist Fritz-Albert Popp, light is constantly being absorbed and remitted by DNA molecules within each cell's nucleus. These biophotons create a dynamic, coherent web of light. The laser-like coherence of the biophoton field is a significant attribute, making it a prime candidate for exchanging information in a highly functional, efficient and cooperative fashion.

Water is crucial to biological existence and we find that dehydration alters the conformation of proteins and removes water layers around proteins that are essential for maintaining the original protein structure. Dehydration also tends to run us down into lower energy states, inflammation and eventually to diabetes, heart disease and cancer.

We are water and it plays the top role in living processes that is not quite understood by physicians and a public, which unfortunately are led into dehydrating conditions through the use of pharmaceutical drugs and inappropriate food and drinking patterns. Coke and Pepsi have done more to dehydrate the public than anyone can imagine and coffee lovers must love the slightly dehydrating quality of its regular consumption.

Few know that water mediates the interaction between radiant energy and physical existence by allowing itself to be structured by light energy. Water is light sensitive meaning we are light sensitive in a sense that goes well beyond the generation of Vitamin D.

*"We are the same as plants, as trees, as other people,
as the rain that falls. We consist of that which is
around us, we are the same as everything."*

Gautama Buddha

This chapter lays down the foundations for a new medicine that will take over the world in the next decade. When doctors find out that we are more like plants than anyone would ever believe they will have to adjust their thinking and practices. One of the basic purposes of this chapter is to explain, in the deepest terms possible, the medical effects of a list of FDA approved devices that penetrate the body with light, lasers, infrared and pulsed electro-magnetic waves.

Whatever the source the body has a highly refined capacity to absorb and even re-radiate out radiant energy across a phenomenal range of the electromagnetic spectrum. So strong is this capacity that writers through the ages have referred to 'rainbow bodies' and 'chakras,' which is an ancient Indian word meaning wheels of energy that vibrate and shine with the same colors of real rainbows.

It turns out that liquid crystalline water and sunlight are practically all we need for energy and life. Just add sunlight for energy and life.

Dr. Mae-Wan Ho.

The story of light and biological life begins with water, which is becoming increasingly in short supply in this world of ours.



Dr. Gerald Pollack, professor of bioengineering, received the highest honor that the University of Washington at Seattle in the United States could confer on its own staff for his work with water. Dr. Pollack says that we are not 70 percent water but, rather, 99 percent. He is where we begin our journey to discover the human body's fantastic ability to absorb pure energy and turn it into healing horsepower to cure itself of many discomforts and disease.

Pollack's water studies have led to amazing possibilities: that water acts as a battery, that this battery may recharge in a way resembling photosynthesis, that these water batteries could be harnessed to produce electricity. His 2001 book *Cells, Gels and the Engines of Life* Pollack says, "The book asserts, contrary to the textbook view, that **water is the most important and central protagonist in all of life.** There are so many realms of science where water is central. In order to understand how everything works, you need to know the properties of water."

The key to understanding how this water battery works is learning how it is recharged. "You can't just get something for nothing – there has to be energy that charges it," Pollack said. "This puzzled us for several years, and finally we found the answer: **It's light. It was a real surprise.** So if you take one of these surfaces next to water, and you see the

battery right next to it, and you shine light on it, the battery gets stronger. It's a very powerful effect."

"I'm suggesting that you – inside your body – actually have these little batteries, and, remember, **the batteries are fueled by light**," Pollack said. "Why don't we photosynthesize? And the answer is, probably we do. It may not be the main mechanism for getting energy, but it certainly could be one of them. In some ways, we may be more like plants and bacteria than we really think."

When cell division goes awry, the result is cancer. Pollack notes research showing that a difference of water structure underlies organ pathologies—in fact, the technology called magnetic resonance imaging (MRI) distinguishes tumor cells from non-tumor cells by sensing a difference in cell water structure.

Sun + Water = Fuel



MIT chemist [Dr. Daniel Nocera](#) agrees with Dr. Pollacksaying sunlight can turn water into hydrogen. One day he did a presentation:

"I'm going to show you something I haven't showed anybody yet," said Daniel Nocera, a professor of chemistry at MIT, speaking to an auditorium filled with scientists and U.S. government energy officials. He asked the house manager to lower the lights. Then he started a video. "Can you see that?" he asked excitedly, pointing to the bubbles rising from a strip of material immersed in water. "Oxygen is pouring off of this electrode." Then he added, somewhat cryptically, "This is the future. We've got the leaf."

What Dr. Nocera was demonstrating was a reaction that generates oxygen from water much as green plants do during photosynthesis--an achievement that could have profound implications for the energy debate. What Nocera has devised is an inexpensive catalyst that produces oxygen from water at room temperature and without caustic chemicals--the same benign conditions found in plants.

In Nocera's scenario, sunlight would split water to produce versatile, easy-to-store hydrogen fuel that could later be burned in an internal-combustion generator or recombined with oxygen in a fuel cell. Even more ambitious, the reaction could be used to split seawater; in that case, running the hydrogen through a fuel cell would yield fresh water as well as electricity. Dr. Nocera is not the only one making miracles turning water into energy.

This astounding conclusion that water plus light equals energy (fuel) has been struggling to surface for many years but is being resisted by entrenched interests in the energy

sector that are not quite ready to give up fossil fuels. Many inventors around the world have invented engines that have run on water but the technology is never put into production. In this [video](#) we can see on TV an inventor that burns seawater yielding 1,500 F temperatures.

[Dr. Wim Vermaas](#), at the Center for the Study of Early Events in Photosynthesis at Arizona State University reminds us saying, “Sunlight plays a much larger role in our sustenance than we may expect: all the food we eat and all the fossil fuel we use is a product of photosynthesis, which is the process that converts energy in sunlight to chemical forms of energy that can be used by biological systems. Photosynthesis is carried out by many different organisms, ranging from plants to bacteria. The best known form of photosynthesis is the one carried out by higher plants and algae, as well as by cyanobacteria and their relatives, which are responsible for a major part of photosynthesis in oceans. All these organisms convert CO₂ (carbon dioxide) to organic material by reducing this gas to carbohydrates in a rather complex set of reactions. Electrons for this reduction reaction ultimately come from water, which is then converted to oxygen and protons. Energy for this process is provided by light, which is absorbed by [pigments](#) (primarily chlorophylls and carotenoids).

Human Pigment Melanin and Light Absorption

[The Human Photosynthesis Study Group](#) in Mexico has been studying the main causes of blindness: age-related macular disease, diabetic retinopathy and glaucoma with the main aim to develop new therapeutic approaches. They found that the human retina, as well as every cell of our body (eukaryotic cell), has the amazing capability of absorbing energy directly from water like vegetables do.

Melanin, due to its black nature, absorbs all wavelenghts of light spectrum, from infrared to ultraviolet. Present in all cell's cytoplasm in form of melanosomes, absorbs sunlight in animal kingdom. Mexican researcher Dr. Arturo Solís Herrera (medical surgeon, ophthalmologist, and pharmacologist) of the [Human Photosynthesis Study Center](#) found that the pigment Melanin (known by the chemical name polihydroxyindol) seemed to protect the tissues of the eye. Then he found that melanin was collecting energy from electromagnetic radiation, and using it to split water atoms into hydrogen, oxygen, and four additional electrons.

Dr. Herrera claims that hydrogen atoms are then sent to cells where it can be recombined with oxygen to produce energy (human body version of a fuel cell). The cells can then use this energy to supplement the sugars the body provides them. In this process, melanin acts like a catalyst which promotes the chemical reaction, but is not consumed by it.

Dr. Herrera says that **melanin is “super chlorophyll”** due to its many advantages over regular chlorophyll. "Melanin is to the animal kingdom what chlorophyll is to the plant kingdom." A few of these advantages are claimed to include "hundreds of reaction centers" compared to the single reaction center in chlorophyll, the ability to absorb energy from a far broader portion of the electromagnetic spectrum, and capability to function for years outside of human tissue. Chlorophyll is claimed to become totally inactive after only twenty seconds.

The Human Photosynthesis Study Center claims that one third of the energy available to a human being is produced by melanin absorbing electromagnetic radiation, and splitting water into hydrogen and oxygen to produce energy. The main source of energy of the human body is water not food, in other words: the main source of energy of the CNS is the water located in the ventricles and subarachnoid space, and not through the blood vessels.

Water Energy

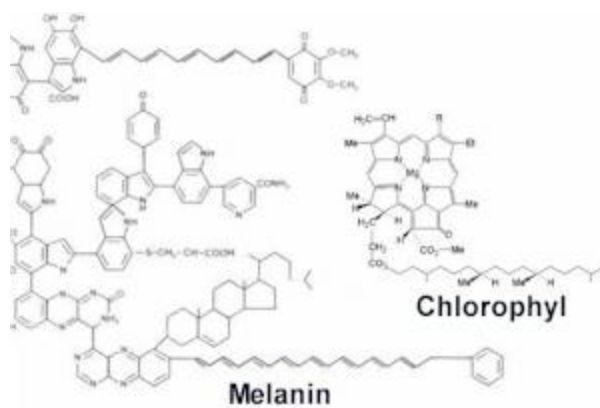
Energy comes in an unsuspected highly proportion (99%) from a similar process in plants: the water dissociation, a reaction that we appointed as human photosynthesis by their analogies with the photosynthesis of the plants. [Dr. Ho](#) says, “The usual denial that very weak electromagnetic fields have any effect is based on the argument that the energies in these fields are ‘below the thermal threshold’ of random motions of molecules, which will certainly swamp out the signals. But coherently vibrating molecules, far from swamping out the weak signals, will sum up their response to the weak signal, and hence result in a substantial effect.”

Melanin in presence of light (visible and invisible) and water, express its intrinsic property that splits and reforms the water molecule. The basic process of Human Photosynthesis was firstly observed in human retina in 1990 in Mexico by Dr. Herrera, along a study about the three main causes of blindness, data obtained during twelve years of continued work, finally allowed us, in 2002; the understanding of the intrinsic property of melanin to split and reform the water molecule.

Photosynthesis process, in human beings is similar to plants, however, the reaction is in both ways and melanin, the human chlorophyll; can absorb the full electromagnetic spectrum. Therefore our photosynthesis is more flexible (reversible) and efficient (all electromagnetic spectrum).

Dr. Herrera said, “In regards to central nervous system diseases, as Alzheimer’s Disease; therapeutics results has been very encouraging. Our therapeutic point of view is that Alzheimer’s Disease is an energy problem and not a biomass trouble. Food is source of body building-blocks; with meals our body makes skin, nails, muscles, hair; membranes, cellular organelles; nucleic acids; etc. However the energy is taken from water. Energy is defined as those that produce some kind of change, a movement, an attraction, etc. Energy can be manifest in several manners.”

“Therefore glucose is not a source of energy; it is only a very important source of biomass, but only biomass, not energy at all. Otherwise diabetic people should be a very stronger person and the reality is totally opposed,” concludes Herrera.



Living organisms possess the ability to utilize electromagnetic fields and electricity. Water is the medium, the actual physical structures that exist within cells that facilitate the sensing, transducing, storing and transmitting of these forms of energy. Normal cells possess the ability to communicate information inside them and between other cells and again this is mediated through water molecules and the information they are able to hold and transmit.

Lynne McTaggart wrote in *The Field*, “Coherence establishes communication. It's like a subatomic telephone network. The better the coherence, the finer the telephone network and the more refined wave patterns have a telephone. This suggests that **water, as the natural medium of all cells, acts as the essential conductor of a molecule's signature frequency in all biological processes** and that water molecules organize themselves to form a pattern on which can be imprinted wave information. If Benveniste is right, water not only sends the signal but also **amplifies it.**”

The Group sees water as not only the universal solvent but as a source of oxygen, hydrogen and energy to millions of chemical reactions that occur daily in our organism. Water has an interesting interaction with many organs of our body, for example, brain, that is submerged in water, inner ear, eye full of water, joints, and pregnancy, water is essential for fetus viability, blood, etc. When the capability of obtaining energy from light and water (human photosynthesis) is put into practice in medicine many diseases will be more easily defeated.

“In my opinion, at the basis of malign transformation is a disturbance of energetic metabolism, which reached a level that cell cannot correct (after having succeeded before, many times), disturbance that affects the whole body in different degrees and requires correction from outside starting from the idea that the final biological oxidizing takes place through photochemical process with releasing and receiving energy ,” wrote Rumanian Dr. Viorel Bungau.

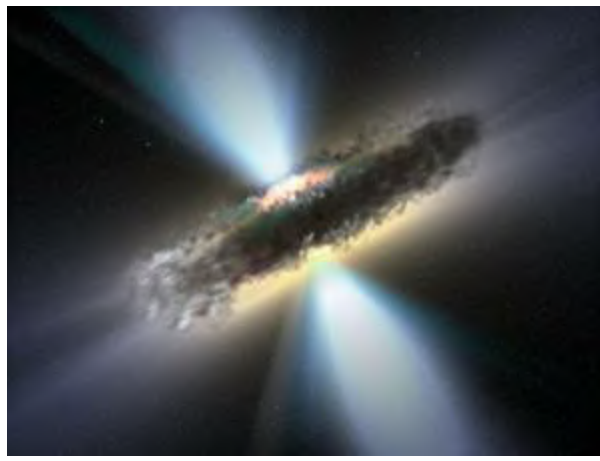
Dr. F. Batmanghelidj writes in his book *Water: For Health, For Healing, For Life*, “To asthmatics, people with osteoporosis, and also cancers, sunlight is medicine. Light from the sun acts on the cholesterol deposits on the skin and converts them into vitamin D. Vitamin D encourages bone making and the entrapment of calcium by the bones, which in children helps them grow. Vitamin D also stimulates calcium absorption in the intestinal tract. Calcium has a direct acid-neutralizing effect in the body and is effective in balancing cell pH -- an outcome that helps alleviate asthma complications. Sunlight -- energy -- converts cholesterol in the skin to vitamin D. Vitamin D is responsible for the re-entrapment of calcium and its reentry into cells and the bones to be rebounded and restored... The union of calcium with vitamin D and its membrane receptor acts as sort of a magnetic rod, and whole chains of other essential elements and amino acids stick to the exposed calcium and are drawn into the cell. In this way, the energy of sunlight, and its conversion of cholesterol to vitamin D, has a direct physiological impact on the feeding mechanism of the cells of the body. Use sunlight to your advantage to lower your cholesterol and promote formation of denser bones.”

Dr. Joanna Budwig many years ago in *Cosmic Forces against Cancer* hinted about how important solar electrons are *Solar Energy and Man as Antenna* concludes that “people do react very positively to the sun, despite the fact that many doctors today advise patients to avoid it.”

Electrons and Health

The physicist Dessauer writes, “If it were possible to increase the concentration of solar electrons tenfold in this biological electron-rich molecule, then man would be able to live 10,000 years. It is, in any case, true that all so-called mutations which damage the genetic factor, which have a negative effect on man and which cause disease, indicate a withholding of electron energy, while the concentration of solar electrons-stored in the bipolar molecule between unsaturated electron--rich fats and protein can greatly increase the depository effect of strength and power as well as the subjective health condition. A wealth of electrons means an increase in happy well-being. This result of a positive sum of strength and power was also recognized by Aristotle.”

An increased concentration of electrons means an increase in man's feeling of happiness. To absorb the electrons into the living body, we must already have in the body's electron system either the same wavelength or a multiplicity of wavelengths.



Solar energy electrons are both wave and matter! De Brogue writes that light is the fastest, purest, lightest and most beautiful form of matter we know, as well as the fastest and purest form of energy we are aware of. As the fastest emissary from star to star, sunlight electrons are always, whatever their condition, both wave and matter.

The electron is a form of matter always surrounded by magnetism: according to the measurement methods used, it can be measured as either matter or wave. This borderline situation between energy and matter overturns all classical physics, and is extraordinarily interesting as well as of vital importance in respect of physiological, medical and biological problems. We can store the sun's energy and the living body is then in a position to summon, depending on the situation, energy from this storage depot of electrons. When these depots are empty, the person then feels irritable, tired, and his limbs become heavy.

Electron Medicine



David Blaine performed a final rehearsal before he plans to subject himself to one million volts of electricity for 72 straight hours.

David Blaine, the magician and endurance artist planned to stand atop a 20-foot-high pillar for 72 straight hours, without sleep or food, while being subjected to a million volts of electricity. When electricity reached the glass sphere at the tip of each Tesla coil, it arced through the air to Mr. Blaine's hands and feet, creating brilliant lightning bolts that sent electricity through the Faraday suit — around his body instead of through it.

“It's like having your whole body surrounded by static electricity, the kind that makes your hair stand up on end,” Mr. Blaine said afterward. “It doesn't hurt, but it's strange.” “Each of the seven Tesla coils around him can generate a million volts. Blaine is not the only one playing with fire.

<http://www.youtube.com/watch?v=ufVjdvRw4LM&feature=related>

Gregg Braden starts out this remarkable video saying, “When we have a feeling in our hearts we are creating electrical and magnetic waves inside of our bodies that extend beyond our bodies into the world around us. The research shows that these waves extend not just one or two meters but many kilometers beyond the location of the physical heart.” So we can, if we believe and want to, we can love the entire world and everyone in it if we take this concept to the level of pure consciousness. We can in fact do just about

anything we want with our consciousness if we have the will and concentration. Well that is true unless one is arrogant (stupid) and one tries to create a new sun or moon. Some things are just beyond our reach but ask the multibillionaire if amassing a trillion is possible.

Coming Down to Earth

Millions is less than billions and certainly much less than trillions but when it comes to electrons all of these numbers are small. When we deal with electrons and negative ions numbers really don't matter anymore but the astonishing thing is that we can actually affect with our mind and heart the plasma flow of these particle/forces. Of course with our minds we can create tools like BioMats and Water Ionizers and add electrons to our bodies like we would if we were standing under a waterfall or walking in the sand all day.

Present theory proposes that electricity, magnetism, light and some types of radioactivity are all manifestations of a single underlying force called the electroweak force. It unites the electromagnetic and weak forces, two of the four fundamental forces of nature, along with the strong force and gravity. A quick summary:

The area around a magnet within which magnetic force is exerted, is called a magnetic field. It is produced by moving electric charges. The presence and strength of a magnetic field is denoted by "magnetic flux lines". The direction of the magnetic field is also indicated by these lines. The closer the lines, the stronger the magnetic field and vice versa. When iron particles are placed over a magnet, the flux lines can be clearly seen. Magnetic fields also generate power in particles which come in contact with it. Electric fields are generated around particles that bear electric charge. Positive charges are drawn towards it, while negative charges are repelled.

A moving charge always has both a magnetic and an electric field, and that's precisely the reason why they are associated with each other. They are two different fields emanating from the same moving electron. Therefore, they are inter-related in a field called the electromagnetic field. In this field, the electric field and the magnetic field move at right angles to each other. However, they are not dependent on each other. They may also exist independently. Without the electric field, the magnetic field exists in permanent magnets and electric fields exist in the form of static electricity, in absence of the magnetic field.

Physics and biology sometimes collide and when they do we find out some very interesting things. **Did you know that pH correlates perfectly with cell voltage? Dr. Jerry Tennant teaches that at a pH of zero—an extreme acidic condition—voltage drops to +400 mV (millivolts). At a pH of 7, which is neutral, we have zero mV. And at extreme alkaline levels, or a pH of 14, we have -400 mV. The minus sign**

means that the voltage of a cell or substance makes it an electron donor, thus it has life and energy to give out. If the voltage of a solution drops to the positive side it becomes an electron stealer robbing cells of their life force. Cancer occurs at +30 millivolts.

Dr. Tennant says that a **voltmeter can be used to measure pH and that human cells are designed to run at about -20 millivolts (or pH of 7.35)**. As voltage in cells drops, going from -20 mV to zero mV (remember the greater the number, the lower the voltage), their physiology becomes compromised.

“Ultimately, the tumor microenvironment directs the development of tumor cells adapted to survive in an acidic surrounding where normal cells perish. The provision of unique pH characteristics in tumor cells provides a defining trait that has led to the pursuit of treatments that target metabolism, hypoxia, and pH-related mechanisms to selectively kill cancer cells,” writes the Institute of Developmental Biology and Cancer Research in France. J Cell Physiol. 2011 Feb;226(2):299-308.

Dr. Tennant understand the principles of health and healing. He says, “The voltage in my thumb is -25 millivolts. Now I hit it with a hammer. The voltage immediately goes to -50 millivolts so it has enough power to replace the cells I damaged with the hammer. At -50 millivolts, we have the signs familiar as inflammation: throbbing pain, swelling, redness, and heat as well as decreased function. When tissue is at -50 millivolts and healing is occurring, two things are possible. It can have enough electrons to heal the damaged cells, and it returns to normal at -25 millivolts. The other possibility is that it runs out of voltage before the damaged cells are replaced. It then drops to a voltage lower than -25 millivolts. Now we have all the signs of degeneration. The pain changes from throbbing to a constant ache, the swelling may or may not be present, redness turns to paleness, and heat disappears as circulation diminishes.”

“Every cell in the body is designed to run at -20 to -25 millivolts. To heal, we must make new cells. To make a new cell requires -50 millivolts. Chronic disease occurs when voltage drops below -20 and/or you cannot achieve -50 millivolts to make new cells,” says Tennant. Thus chronic disease can almost always be defined by having low voltage, low body temperature, low pH occurring in conjunction with low CO₂ and O₂ levels. Tennant himself is a medical genius telling us that cell voltage and cell pH is running down the same railroad tracks together.

The Electron Doctor

Dr. Tennant deals with electrons and feeds them directly into the body in a very ingenious way. We might as well nickname him “the electron doctor” or “the voltage doctor” but he is not mad like Dr. Frankenstein, who was on the right track working with electricity. It is important to understand that the voltage of cells and tissues is synonymous with their pH. Dr. Tennant says that a **voltmeter can be used to measure pH and that human cells are designed to run at about -20 millivolts (or pH of 7.35).** As voltage in cells drops, going from -20 mV to zero mV (remember the greater the number, the lower the voltage), their physiology becomes compromised.

Without electricity, you wouldn't be reading this article right now. It's not only because your brain wouldn't work but without voltage we wouldn't be here at all. We would be dead. Electricity is a key. Electrical signals are fast. They allow for a nearly instantaneous response to control messages. If our bodies relied entirely on, say, the movement of chemicals to tell our hearts to speed up when something is chasing us, we probably would've died out a long time ago.

Voltage is the stored potential to do work. Cells must have enough voltage to work. Amperage is the movement of electrons doing work. When electrons move from one place to another, we call that current. Wherever the body has low voltage, the cells begin to have problems that get more serious the lower the voltage (pH) goes. The lower the voltage goes, the lower the pH goes, and the lower oxygen levels go, and that means CO₂ levels are going south as well. **Chronic disease is associated with loss of voltage, lower pH values (acid conditions), as well as low O₂ and CO₂ levels.**

Wherever the body suffers from low oxygen conditions we have disease and often cancer. Wherever the body becomes acidic, voltage drops as does tissue oxygen levels. What is pH after all? It is ultimately a measure of redox potential. Redox potential is a measure of whether electrons are available in surplus (and thus are “electron donors”) or whether electrons are deficient (and thus are “electron stealers”). Electrons are necessary for life and are needed for health and in high quantities for healing and the growth of new cells.

People experience this as fatigue and chronic pain; oxygen levels decrease, and eventually infections occur. The infections further damage cells, lowering their energy/voltage/pH further as pathogens start to eat people alive. This is literally what happens in advanced

cancers, which are caused or accompanied by Candida/fungi—which literally eat us for breakfast, lunch and dinner. Fungi can live on rocks so imagine their delight to have us on their dinner platter.

Dr. Tennant is among the few doctors who really understand the work of Dr. Tullio Simoncini, who uses sodium bicarbonate to kill fungus colonies associated with cancer tumors. When cell voltage is low and oxygen decreases, we see an increase of anaerobic bacteria in the gut, which begins to thrive in the low-oxygen environment. At +30 millivolts cells get so low in energy that they go cancerous—meaning when they literally lose their energy for life, they change in a fundamental way that leads to cancer and fungus infections.

Cells function in a narrow range of pH and when they get too far out of that comfort zone they become cancerous. When cells lose their oxygen they are losing their pH and voltage all at the same time and this happens for many reasons. In practicing medicine on others or on ourselves we need to know what can help us the most and that information is found in the basement of life.

Dr. Tennant has a device called the Bio-modulator, which uses micro-current technology in a unique way that engages the body's natural resources to assist the processes of pain management and rehabilitation, breaking the "pain cycle." The Bio-modulator therapy stimulates the body at the cellular level, restoring cellular metabolic activity and tissue function in the area of treatment. It does this by mimicking a properly functioning body at appropriate voltage levels, emitting the minutest amounts of current, amounts that replicate what the body itself transmits.

Low voltage also means that nutrients cannot cross the cell membrane and wastes cannot leave easily. If the tissues are drowning in waste and cannot utilize vital nutrition, they cannot perform correctly and eventually degrade. Once voltage is restored to the tissues, the intercellular pump starts working, nutrients enter cells and wastes leave, the cells' pH becomes balanced, the oxygen supply to the tissues improves, and inflammation decreases. In short, you have optimal cell function.

Chronic disease is always associated with a loss of voltage and so are acute disorders. Healing demands that we get enough electrons to push the cells back up to a healing voltage back up to around -50 mV. Our bodies and cells also need to have enough raw materials (nutrition) to get better. But nutrition without voltage does not work and obviously voltage without nutrition will get one nowhere too.

To resolve disease one must raise the voltage (pH) by whatever means that allows you to insert electrons into the system, including alkaline water with magnesium bicarbonate, raw fruits and vegetables, sunshine, moving water, exercise, etc.

In emergencies of course the quickest way is administering baking soda (sodium bicarbonate), which acts like the perfect medicine it is with its power to instantaneously shift pH to less acidic, more alkaline. This of course has the **instantaneous effect of raising the voltage of tissues and cells everywhere as our entire system is affected.**



Smart doctors like Dr. Jerry Tennant say, “We do not treat cancer. We do support patients with cancer to help get their nutrition, minerals, acid-base balance, etc. in as good a condition as possible.” Oncologists certainly don’t cure cancer since it’s illegal to even speak about curing cancer and since most of their patients die no matter what the doctors say or do. What they are doing is using toxic substance and radiation types for diagnosis and treatments, substance and procedures that cause cancer. Chemo and radiation kill both cancer and human cells and both increase instead of decreasing the chances of further reoccurrence of cancer.

Conclusion

We are talking about the basement of life, the basics of physiology in this chapter. We are on the very frontiers of physical science because we are at the point where the physical meets the energetic. We started out talking about electrons and millions of volts that can be passed through our bodies.

The water ionizing business was a hit because it offers added electrons high pH (alkaline) water with little alkalinity. That sounds strange but it's the truth because alkalinity (the power of the pH) is dependent on the minerals of the water not the charged OH ions. In *Water Medicine* I introduce a whole new generation of filtering devices that raise the pH without using electricity.

My chosen and recommended way of warming up the voltage of the body and its cells is with BioMat far-infrared heating mats that warm your body from the inside out with light, not only with light but a cascade of ions. For pain and comfort it is the best. If one is old it's even better. If one is sick and tired and stressed out or just fatigued from the day there is nothing better than just throwing oneself down on the BioMat for rest and comfort. Let it take your pain away and enjoy being heated and regenerated with far-infrared light.

The Secrets of Light

Children later diagnosed with multiple sclerosis had far lower levels of vitamin D than other youngsters, Canadian researchers reported in studies showing more links between the "sunshine" vitamin and disease. These were the first studies to show the effects in children, although others have shown that adults who live in northern latitudes, who get less sun exposure, may have a higher risk of MS. They also support a growing body of studies that link low vitamin D levels with disease, including breast and colon cancer, heart disease, diabetes and tuberculosis.[\[vii\]](#)

*Electronic waves communicate the regulatory functions of life.
In fact, all organic life absorbs, emits and processes light.*

Biophotons are extremely weak light emissions from living organisms. This light emission is an expression of the functional state of the living organism and its measurement therefore can be used to assess this state. Cancer cells and healthy cells of the same type, for instance, can be discriminated by typical differences in biophoton emission.

According to the biophoton theory biophoton light is stored in the cells of the organism - more precisely, in the DNA molecules of their nuclei - and a dynamic web of light constantly released and absorbed by the DNA may connect cell organelles, cells, tissues, and organs within the body and serve as the organism's main communication network and as the principal regulating agent for all life processes.

Dr. Heinrich Kremer sees the origin of cancer differently than the mainstream. He terms his new theory Cell Dyssymbiosis. According to Kremer cancerous cells do not originate from DNA mutations, but from a functional process that occurs in the mitochondrion (a cell organelle or "organ of the cell" if you will). The mitochondrion makes energy for the body in the form of ATP. We need lots of ATP to keep living. What is really interesting is the role of electromagnetic energy (light) in the process. It appears that **the complex matrix of reactions that make ATP absorb light.**

The red blood cells' unique, remarkable role in oxygen and carbon dioxide transport as well as their extremely high hemoglobin content (hundreds of millions of hemoglobin molecules are packed into every RBC). Hemoglobin contains the same porphyrin ring as chlorophyll, though chlorophyll's is coordinated by a magnesium atom instead of an atom of iron. **Given chlorophyll's role as the light-processing molecule of plants,**

hemoglobin thus appears to be unusually well equipped to absorb and process light.

Sunlight dominates the chemistry of the blood. People who do not get sunlight do not have the same richness and redness of blood as do those who secure plenty of sunlight. There is not a tissue nor a function in the body that is not benefited by regular and judicious sun-bathing.

Herbert M. Shelton

Fasting and Sun Bathing

Dr. Max Bircher-Benner says, “Absorption and organization of sunlight, the essence of life, takes place almost exclusively within the plants. The organs of the plant are therefore a kind of biological accumulation of light. These are the basis of what we call food, whence animal and human bodies derive their substance and energy. The nutritional energy may thus be, termed organized sunlight energy. Hence sunlight is the driving force of the cells of our body.”

According to a leading researcher of biophotons, German biophysicist Fritz-Albert Popp, light is constantly being absorbed and remitted by DNA molecules within each cell's nucleus. These biophotons create a dynamic, coherent web of light. The laser-like coherence of the biophoton field is a significant attribute, making it a prime candidate for exchanging information in a highly functional, efficient and cooperative fashion.

Magnesium is at the center of life's ability to absorb light and change its electromagnetic energy into organic chemical energy.



*Cancer patients need light
and they need magnesium.*

Low-level laser therapy, also termed photo-biostimulation, is simply defined as light exciting or activating cells. The photons (light as it travels in bundles) from most low-energy laser devices can penetrate deep into tissue, about 3 inches, without causing heat or tissue damage. Once inside the cell, the photons comprising the laser beam can trigger many cellular changes such as the production of enzymes, protein substances vital for innumerable bio-chemical actions.

Laser light also stimulates the cells' mitochondria. Mitochondria are tiny biochemical engines that produce enzymes essential for cell function. In short, **low-level laser therapy appears to heal at a cellular level. It's like shining a ray of sunlight directly on injured cells inside the body and stimulating the cells to return to normal function.** Nearly 2000 different investigations from over eighty countries about the effect of Low Level Laser Therapy (LLLT) on humans and animals have been published in the medical literature.

Even dentists use light in their work and have accidentally discovered that the blue curing light used to harden dental fillings also may stunt tumor growth, Researchers at the Medical College of Georgia say that their blue-violet light produces free radicals that damage cell growth and increases cell death. "One desirable feature we've observed with the blue light is that non-cancerous cells appear unaffected at light doses that kill tumor cells," says Dr. Jill Lewis.[\[viii\]](#)

Twenty-five years ago Dr. John Ott investigated the background to a report that children at a school in Illinois had five times the national rate of leukemia.[\[ix\]](#) He found that all the pupils who developed leukemia had been in two particular classrooms. In these two rooms the teachers always kept the large curtains completely drawn across the windows to reduce glare and distraction, and to keep the children's attention on schoolwork. The indoor lighting was therefore on all the time, and this was 'warm white' fluorescent. We know that vitamin D is protective against cancer. But the sun is not recommended by oncologists. Sunlight in large doses for long periods may cause skin cancer but sunlight at rational dose levels protects from cancers and is more than useful in any cancer treatment protocol.

Dr. Damien Downing, in his book Daylight Robbery[\[x\]](#) says Russian scientists have showed that animals exposed to the correct doses of sunlight were capable of clearing a wide range of toxins out of their system considerably quicker than animals reared away from the sun. The toxins that they studied included quartz and coal dusts, toxic minerals such as lead, cadmium and mercury, liver poisons such as carbon tetrachloride, and the

neurotoxins which these days are so heavily used worldwide as pesticides. They found that **sunlight speeded up the clearance of toxins from the body twice to as much as twenty times**. The best effect was obtained when sunlight exposure had started some time before exposure to the toxin.

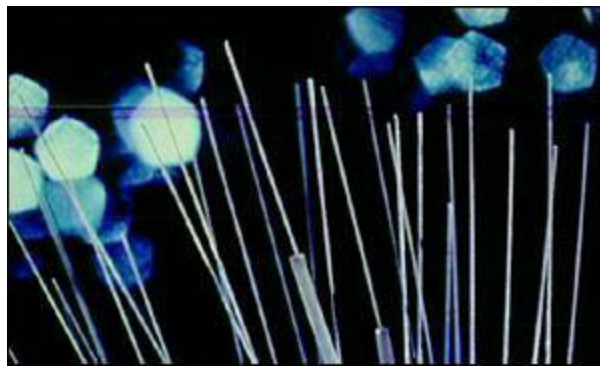
The use of color and light in healing is actually quite old. The Priests of ancient Egypt, Babylonia, and China used color or colored light in many of their healing practices. Sunlight therapy was a common medical practice in historic Greek, Chinese and Roman times for the relief of skin disorders such as psoriasis. In the 1890s, Nobel Prize winner Dr. Neils Finzen reported that he could heal skin lesions caused by smallpox and German measles by using red and infrared-light treatments.

The use of colored light in healing was banned by the Food and Drug Administration (FDA) fifty years ago because it was thought to be nothing more than medical quackery. But today, FDA approved phototherapy devices like the Lumatron developed by Dr. John Downing, are being used for the therapeutic application of specific colors and frequencies of light to the body.



Photodynamic Therapy involves the use of optical radiation in the cure of medical maladies.

Photodynamic therapy uses tumor-killing drugs that are activated by light. With skin cancer, first a cream is rubbed onto the affected area, then a light shone onto the cancer for 20 minutes. This creates a form of oxygen which destroys the tumor. The same technique can be used to treat cancers inside the body, if the area can be accessed with an endoscope (a flexible tube) containing a light.



Fibre optic cable carries light to the tumor site. Beams of light could be the latest weapon for doctors fighting a tough-to-treat cancer which kills nine out of ten patients. Photodynamic therapy, according to a research paper, increased the expected lifespan of many of the 16 pancreatic cancer patients who underwent it.[\[xi\]](#)

Now we find new evidence that **light therapy combats fungal infections** and this is important when you consider that cancer is a late stage fungal infection or is almost always accompanied by one. A newly discovered mechanism by which an infectious fungus perceives light also plays an important role in its virulence, according to Howard Hughes Medical Institute investigators at Duke University Medical Center. The findings suggest that changes in light following fungal invasion of the human body may be an important and previously overlooked cue that sparks infection, the researchers said. The discovery in the human pathogen *Cryptococcus neoformans* further suggests that light therapy, in combination with anti-fungal drug treatments, might offer an effective method to combat a variety of fungal infections, particularly those of the skin or nails, said HHMI investigator Dr. Joseph Heitman and Dr. James B. Duke professors of molecular genetics and microbiology and medicine at Duke.

"The genes required for light sensing, while not essential for virulence, do contribute to the rapidity with which the fungus causes lethal infection in the mammalian host," Heitman said. "It is therefore conceivable that light could be used as a therapy for fungal infections, particularly infections at the body surface, such as those of skin or nails." Laser therapy might also be possible for certain fungal sinus infections, he added.

Non-small cell lung cancer is difficult to treat. Light therapy helps patients with an advanced form lung cancer. A study found patients in whom the cancer had spread to the chest lived three to four times longer if they were given the treatment.[\[xii\]](#)

Far Infrared Ray (FIR) or Heat Therapy is also useful to prevent, combat and kill cancerous cells. Far Infrared Ray are waves of energy, totally invisible to the naked eye, capable of penetrating deep into the human body, where they gently elevate the body's

surface temperature and activate major bodily functions. Far Infrared promotes the killing of many pathogenic (disease causing) bacteria, viruses, fungi and parasites.

Far Infrared relieves nervous tension and relaxes muscles thereby helping the body make the most of its healing abilities. FIR reduces soreness on nerve endings and muscle spasms, as muscle fibers are heated. Far Infrared strengthens the immune system by stimulating increased production of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus.

Far Infrared expands capillaries which stimulates increased blood flow, regeneration, circulation and oxygenation.

Sun therapy is a form of natural FIR thermal therapy. Far Infrared rays are the invisible rays of natural sunlight that have the longest wavelength. The cancerous cell has a weakness, heat. It will die if the temperature goes above 42C/107.6 F. Far Infrared treatment raises body temperature to 42 degrees C. Far Infrared heat penetrates through the body and can kill existing cancerous cells. Far Infrared heat enables capillaries to expand, thus enabling good circulation and combating the existence of cancer cells.

[vii]<http://www.reuters.com/article/healthNews/idUSN1952694120080919>

[viii]<http://www.naturalnews.com/024164.html>

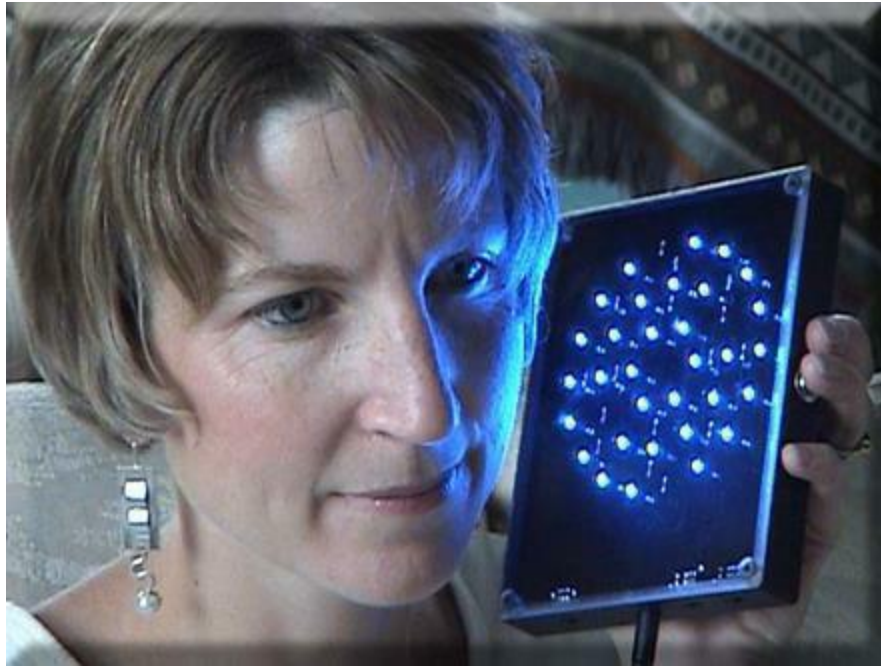
[ix] Ott, John, Health and Light, Pocket Books, New York, 1973.

[x] Daylight Robbery - The Importance of Sunlight to Health (Arrow Books 1998)

[xi]<http://news.bbc.co.uk/2/hi/health/1871474.stm>

[xii]<http://news.bbc.co.uk/2/hi/health/2411629.stm>

The Secrets of Penetrating Mitochondria with Light



It is impossible to talk about water without talking about light. Light and water are bedfellows in human physiology. It is light that reveals the secret of water. Human beings have many physiological and psychological responses to light in large part because all of the water in our bodies is light sensitive.

We are in reality energy, very little of us are solid matter. And what is solid is mostly water. We are light and water and like plants we absorb and are very much affected by sun and other types of light/electro-magnetic radiation. Dr. Gerald Pollack showed us quite convincingly that **sunlight interacts with water to create energy**, meaning that our bodies can do, to certain or parallel extent, what chlorophyll does in plants.

We do something very special though with light that even plants don't do and that is to split light into seven levels of awareness and have the capacity to re-radiate that out, and this can be measured with reasonably common equipment these days. What we do with this light determines everything. You are a rainbow (literally) and you can employ light, color and micro current energy to heal yourself of cancer and other diseases.

This chapter brings us back to the ancient days of sun worship for that's what sick people need to start doing. Everyone in the world of medicine knows at this point that vitamin D is important but that does not stop doctors from keeping you out of the sun, which keeps their offices full of patients. Between sunscreen and medical paranoia people are not

getting enough sun or vitamin D to keep cancer away.

Sun Worship

Sungazing is being popularized by [Hira Ratan Manek](#), a former engineer from India who has become famous for his extended strictly supervised fasts on water only (the longest lasting 411 days, which is one year, one month and several days), and who credibly claims to not have taken any solid food in eight years, i.e. to basically subsist on water, herbal tea and similar fluids and sunlight only. Hira Ratan Manek who describes himself as a “solar chip” who has learned to harness the energy of the sun for sustenance, also claims, based on his studies of ancient esoteric scriptures, that safe sun gazing, safe sun bathing and drinking sun charged water will cure disease.

Some healing can be accomplished for zero cost simply by going out into the sun and getting a little pink on a frequent basis. Some people though live in areas of little sun so they have to supplement with vitamin D.



You are a Rainbow and don't Know It

For most people the idea that colored light applied to the body can be a powerful key to unlock the mysterious interactive connection between body mind and spirit is something new. Light and color propels our evolution, our physical healing, defines who and what we are. It is the light we follow when we leave this body and life on earth.

The whole confusion between life and death comes from too much fixation on the body and not enough attention to the fact that we have a light body which is actually called by the ancients the Rainbow Body because it both absorbs and radiates out light and color, which can be easily measured with today's technology as a matter of routine.

[Dr. Fritz Albert Popp](#), a German biophysicist, has shown in a number of experiments that all the cells in our bodies are always emitting low level light radiation which he called "biophoton emission." Popp's experiments suggest that this light emission is the way in which cells communicate. "Light can initiate or arrest cascade-like reactions in the cells, and that genetic **cellular damage can be virtually repaired within hours by faint beams of light**. We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say, emphatically that the **function of our entire metabolism is dependent on light**."

The most essential sources of light and bio-photon emissions are the DNA. Popp showed in his experiments that these weak light emissions were sufficient to orchestrate the body's repairs. The emissions had to be low intensity because these communications took place on a very small, intracellular, quantum level.

[Biologists](#) at Brown University report that melanocyte skin cells detect ultraviolet light using a photosensitive receptor previously thought to exist only in the eye. This eye-like **ability of skin to sense light triggers the production of melanin within hours**, more quickly than previously thought, in an apparent rush to protect against damage to DNA. "As soon as you step out into the sun, your skin knows that it is exposed to UV radiation," said senior author Elena Oancea, assistant professor of biology in the Department of Molecular Pharmacology, Physiology, and Biotechnology at Brown University. "This is a very fast process, faster than anything that was known before."

When UVA light strikes rhodopsin receptors with retinal, calcium signals are triggered within a few seconds. After an hour, measurable amounts of melanin accumulate, although in relatively small quantities compared to the production that will occur within

24 hours. Dr. Elena Oancea says, “As soon as you step out into the sun, your skin knows that it is exposed to UV radiation.” These scientists believe that melanin protects the DNA in skin cells against damage from UVB rays by absorbing the incoming radiation.

Cancer is a loss of coherent light

Coherent light are light waves that are "in phase" with one another. For example, two waves are coherent if the crests of one wave are aligned with the crests of the other and the troughs of one wave are aligned with the troughs of the other. Otherwise, these light waves are considered incoherent.



Coherent light wave pattern



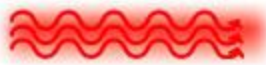
Incoherent light wave pattern

Light produced by lasers are coherent light. Light from light bulbs or the sun, however, is incoherent. Coherence is one of the most important concepts in optics and physics. A light field is called *coherent* when there is a **fixed phase relationship between the electric field values** at different locations or at different times. That means lots of complicated mathematics that go way over our heads but that does not mean we can ignore this level of reality that has a lot to do not only with medicine but how we think, feel and emote.

● Incoherent light



● Coherent light



It is also common to call certain *processes or techniques* coherent or incoherent. In that case, “**coherent**” essentially means **phase-sensitive**. *Partial coherence* means that there is some (although not perfect) correlation between phase values.

Popp studied healthy individuals and found an exquisite coherence at the quantum level when he looked on the photon level. Popp then tested cancer patients and found something else. In every instance, these patients had lost their natural periodic rhythms

as well as their coherence. The lines of internal communication were scrambled. They had lost their connection with the world. In effect, their light was going out.

Three-dimensional imaging of whole cells is realized when we pass coherent x-rays through cells and have computers reassemble the mess that happens when the coherency is destroyed at different rates by different parts of the cells the x-rays are being passed through. As they proceed through the cell the coherent x-rays are scattered and **differentially absorbed by the cell's internal structures**. The relationship of a cell's internal structures can be determined accurately by full 3-D tomography.

Everything that is happening inside of our cells, our mind and heart is measurable in terms of light, color and coherence or lack of it. When we are being coherent we make sense! When our cells are coherent they are happy and functioning appropriately like well-oiled factories. When something goes wrong the coherence breaks down the music stops or becomes downright ugly with disease, suffering and pain prevailing both for our cells and for us.

This book is about what will help us on the most fundamental level. It is about reaching into the heart of all our cells and shining them not with X-rays to make images but with coherent light waves of many different types and frequencies that penetrate down and bring coherence back to cell function and form. Music increases frontal EEG coherence during verbal learning and there are incredibly sophisticated light machines that will breathe coherence into all of ones cells.

With different light and color machines we literally hose down the cells with light, energy, and information that not only restructure all the water in our cells but raises cell function and performance across a broad array of parameters.

Healing with Light is Scientific

Biophoton therapy is the application of light to particular areas of the skin for healing purposes. The light, or photons, that are emitted by healing devices are absorbed by the skin's photoreceptors and then travel through the body's nervous system to the brain, where they help regulate what is referred to as our human bio-energy. By stimulating certain areas of the body with specific quantities of light, biophoton therapy can help reduce pain as well as aid in various healing processes throughout the body.

Dr. Franz Morell and Drs. L.C. Vincent and F.A. Popp all theorized that light can affect the electromagnetic oscillation, or waves of the body and **regulate enzyme activity**. Popp interestingly was, “Able to predict which substances could cause cancer. In every instance, the **compounds that were carcinogenic took the UV light, absorbed it and changed or scrambled the frequency**. There was another odd property of these compounds: each of the carcinogens reacted only to light at a specific frequency -- 380 nm (nanometres) in the ultra-violet range.

[Dr. Michael R. Hamblin](#) from the Department of Dermatology, Harvard Medical School, wrote, “The use of low levels of visible or near-infrared (NIR) light for reducing pain, inflammation and edema, promoting healing of wounds, deeper tissues and nerves, and preventing tissue damage has been known for almost forty years since the invention of lasers. Originally thought to be a peculiar property of laser light (soft or cold lasers), the subject has now broadened to include photo-biomodulation and photo-biostimulation using non-coherent light.” The same is true about pulsed electromagnetic field therapy.

Photorepair

It is well known from biological laboratory experiments that if you blast a cell with UV light so that 99 per cent of the cell, including its DNA, is destroyed, you can almost entirely repair the damage in a single day just by illuminating the cell with the same wavelength at a much weaker intensity. To this day, scientists don't understand this



phenomenon, called *photorepair*, but no one has disputed it.

Popp also knew that patients with *xeroderma pigmentosum* (above) eventually die of skin cancer because their *photorepair* system can't repair solar damage. He was also struck by the fact that *photorepair* works most efficiently at 380 nm -- the same frequency that the cancer-causing compounds react to and scramble.

This was where Popp made his logical leap. If the carcinogens only react to this frequency, it must somehow be linked to *photorepair*. If so, this would mean that there must be some kind of light in the body responsible for *photorepair*. A compound must cause cancer because it permanently blocks this light and scrambles it, so *photorepair* can't work anymore.

When we become diseases we are experiencing a breakdown in physiological function and this is happening on every level of a cell's life including its electrical, magnetic and light level. When things breakdown on a light level communication between the cells starts to break. Dr. Popp said that, "Disease occurs when this communication is broken, when the cells can no longer speak the same language. **Giving light has a resonance effect, bringing the cells into the same language again and healing the body.**"

Neuroscientists believe that neurons communicate with each other through weak electric fields. A study, published in the journal *Nature Neuroscience*, by Dr. Costas Anastassiou (Caltech), explains how every time an electrical impulse races down the branch of a

neuron, a tiny electric [field](#) surrounds that cell.

Photons switch on the body's processes like an orchestra conductor bringing each individual instrument into the collective sound. At different frequencies, they perform different functions. Popp found that molecules in the cells responded to certain frequencies, and that a range of vibrations from the photons caused a variety of frequencies in other molecules of the body.

According to an article in the German medical journal *Raum & Zeit*, our bodies are loaded with light-sensitive molecules called “cryptochromes” similar to those in plants. These are in our skin, the blood, internal organs and elsewhere.

Mitochondria and Light

Cellular energy (ATP) needs to be produced by each individual body cell in order for it to operate properly. If the cell does not have sufficient ATP, it is fatigued and susceptible to illness and infection and cannot function the way it was intended. To operate at optimal efficiency cells have their own small 'power station'- the mitochondria to produce ATP. The fuel to power the cell to produce ATP, believe it or not, is light. Production of cellular energy is accelerated as soon as the cells are stimulated by laser light or by Pulsing electro-magnetic fields.

When strong light hits the skin's epidermis to fibroblast cells, which produce such structural proteins as collagen and elastin. **When the light hits the cytochromes inside the fibroblasts' mitochondria, it stimulates the cell's energy transport system.**

When we send **light rays into the cells they excite the Mitochondria into producing up to 10 times more ATP (adenosine triphosphate).** Dr. Harry T. Whelan says, "The light is absorbed by mitochondria where it stimulates energy metabolism in muscle and bone, as well as skin and subcutaneous tissue."

Studies show that skin exposed to LED light wavelengths grows 150-200% faster. Therefore, as LED therapy improves the cosmetic appearance of skin, it also promotes the healing of wounds, scars and burns. NASA uses LED therapy to treat muscle and bone atrophy and decreased healing of wounds in astronauts.

Life is an energy intensive process. It takes energy to operate muscles, extract wastes, make new cells, heal wounds, even to think. It's in an organism's cells where all this energy is spent. In some cells, as much as half of a cell's energy output is used to transfer molecules across the cell membrane, a process called 'active transport.' Cell movements require energy and thousands of energy-hungry chemical reactions go on in every living cell, every second, every day. The kind of energy cells use is chemical bond energy, the shared electrons that holds atoms together in molecules.

The recharging of ADP to ATP requires a huge energy investment, and that energy comes from the food we eat, the air we breathe and the water we drink. It is also recharged by the light we treat the cells with and of course always by the sun. Light is stimulating in all senses and it does get down into the basement of cell physiology and stimulate a fire that warms and heals the cells.

Cancer, impart, is a result of the functional degradation of a cellular photon absorption pathway that is basic to the production of ATP. Dr. Heinrich Kremer, a German doctor known for his dissident work in the area of AIDS, points out that in cancer, there is a functional breakdown of a photon-mediated pathway for ATP synthesis in the mitochondria of our cells.

Dr. Kremer sees the origin of cancer differently than the mainstream. He terms his new theory Cell Dyssymbiosis. According to Kremer cancerous cells do not originate from DNA mutations, but from a functional process that occurs in the mitochondria. According to Kremer "in fact a low frequency pulsating electromagnetic field is induced by the constant flow of uncoupled, paramagnetic aligned electrons in the respiratory organelles."

ATP production, according to Kremer's research, is not based on chemical energy release, as taught in universities today, but rests on the absorption of photons of light. Researchers at the University of Alberta have found that dichloroacetate (DCA), a simple, cheaply available substance, can successfully revive the mitochondria - our cellular ATP generators - which are somehow switched off in cancer cells.

When the mitochondrial functions are disturbed cancer cells switch intermittently or permanently to the archaic form of ATP synthesis in the cytoplasm (glycolysis) with, potentially, up to a 20-fold increase in the glucose turnover at the cost of the organism as a whole. All essential components of mitochondrial cell respiration are light absorbing molecules with characteristic "frequency windows" of absorption maxima from nearly UV spectrum to the longer wave yellow/orange spectral range of visible light up to ca. 600nm. Yet the source of the electromagnetic energy is not sunlight. In fact a low frequency pulsating electromagnetic field is induced by the constant flow of uncoupled, paramagnetic aligned electrons in the respiratory organelles.

We can water the cells from their roots (water) up by exposing them to light and color machines as well as very simple inexpensive devices that emit either weak or relatively stronger electromagnetic fields. Very simply put [bio-information that is central to normative functioning of body.](#)

Hemoglobin contains the same porphyrin ring as chlorophyll, though chlorophyll's is coordinated by a magnesium atom instead of an atom of iron. Given chlorophyll's role as the light-processing molecule of plants, hemoglobin thus appears to be unusually well equipped to absorb and process light.

Sunlight dominates the chemistry of the blood. People who do not get sunlight do not

have the same richness and redness of blood as do those who secure plenty of sunlight. There is not a tissue nor a function in the body that is not benefited by regular and judicious sun-bathing.

Herbert M. Shelton

Fasting and Sun Bathing

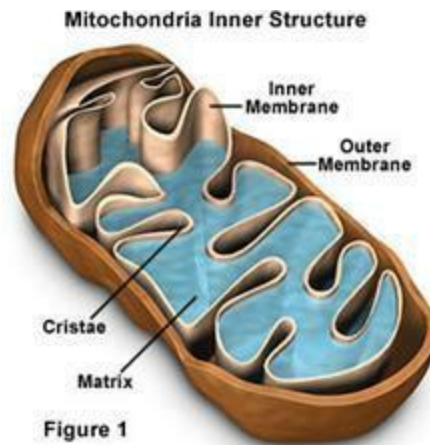
According to German biophysicist Fritz-Albert Popp, a leading researcher of biophotons, light is constantly being absorbed and remitted by DNA molecules within each cell's nucleus. These biophotons create a dynamic, coherent web of light. The laser-like coherence of the biophoton field is a significant attribute, making it a prime candidate for exchanging information in a highly functional, efficient and cooperative fashion.

Laser light also stimulates the cells' mitochondria. Mitochondria are tiny biochemical engines that produce enzymes essential for cell function. In short, low-level laser therapy appears to heal at a cellular level. It's like shining a ray of sunlight directly on injured cells inside the body and stimulating the cells to return to normal function. Nearly 2000 different investigations from over eighty countries about the effect of Low Level Laser Therapy (LLLT) on humans and animals have been published in the medical literature.

Twenty-five years ago Dr John Ott investigated the background to a report that children at a school in Illinois had five times the national rate of leukemia. He found that all the pupils who developed leukemia had been in two particular classrooms. In these two rooms the teachers always kept the large curtains completely drawn across the windows to reduce glare and distraction, and to keep the children's attention on schoolwork. The indoor lighting was therefore on all the time, and this was 'warm white' fluorescent. We know that vitamin D is protective against cancer. But the sun is not recommended by oncologists. Sunlight in large doses for long periods may cause skin cancer but sunlight at rational dose levels protects from cancers and is more than useful in any cancer treatment protocol.

Dr. Damien Downing, in his book *Daylight Robbery* says Russian scientists have showed that animals exposed to the correct doses of sunlight were capable of clearing a wide range of toxins out of their system considerably quicker than animals reared away from the sun. Howard Hughes Medical Institute investigators at Duke University Medical Center suggest that changes in light following fungal invasion of the human body may be an important and previously overlooked cue that sparks infection.

Mitochondrial Medicine



Dr. Terry Wahls learned how to reverse accelerating multiple sclerosis using an evidence-based, functional medical approach focusing on orthomolecular nutrients and nutrition. Using the lessons she learned at the subcellular level, she used diet to cure her MS and get out of her wheelchair. Her [TED talk](#) is quite convincing.

Contemporary medicine has not gotten to the basics of mitochondrial physiology. They have no idea why magnesium and bicarbonate are important to the mitochondria. Nor do they have an idea why sulfur is important. Basic science knows so it is a wonder that the right information does not get out to the rank and file about what to do to repair and fire up the mitochondrial energy factories of the cells.

If too many mitochondria fail, there is nothing that can be done to prevent death. Any successful treatment can only be to prevent too many mitochondria from failing.

The mitochondria are the power stations of our cells. They are as important to our lives and health as electrical power stations are to modern civilization. We just cannot get along without them. If mitochondria get severely damaged, they die. If cells lose their mitochondria, they lose their power source, and they die. When enough cells die, we die.

Mitochondria disease is not usually life threatening in an emergency sense. There are few infections that quickly attack this level of cell physiology though there are poisons like cyanide which will massively wipe out our energy stations and kill us without much fanfare. The mitochondria are extremely sensitive to a host of heavy metal and general chemical insults. **If they are denied the basic nutrition they need to function they cease to function normally.**

Dr. Majid Ali says, “Injured mitochondria mutate at much higher rates. Damaged mitochondria are exhausted mitochondria. Exhausted mitochondria cannot produce sufficient ATP molecules. An insufficient supply of ATP molecules means insufficient energy. Insufficient molecular energy means **clinical chronic fatigue.**” These organelles are the power generators of the cell, converting oxygen and nutrients into ATP (adenosine triphosphate). ATP is the chemical energy "currency" of the cell that powers the cell's metabolic activities. This process is called aerobic respiration and is the reason animals breathe oxygen.

Mitochondria work by generating an electrical potential and a pH gradient across that inner membrane.

The mitochondrion is different from other organelles[xiii] because it has its own DNA and reproduces independently of the cell in which it is found; an apparent case of endosymbiosis.[xiv] They really are not quite us in the sense that their genetic pool is outside of our own DNA that make us uniquely us. Unlike nuclear DNA, mitochondrial DNA doesn't get shuffled every generation, so it is presumed to change at a slower rate.



Recent breakthroughs in our understanding of autism and other neurological diseases are coming through mitochondrial research and it is important to note that pharmaceutical drugs are mostly mitochondrial poisons. Mercury is a mitochondrial poison. Data suggest that moderate levels of mercury administered over an 8 week period can affect adversely the integrity of mitochondrial membranes.[xv] The field of pediatrics has been perverted by the vaccines and endless antibiotics they have administered to their patients. Pediatricians do the unforgiveable when they inject mercury directly into children's veins and that is why I wrote and have always given away *The Terror of Pediatric Medicine*.

“The German cancer researcher Dr. Paul Gerhard Seeger[xvi] demonstrated already in

1938 that in most cases **cancer starts in the cytoplasm, the jelly-like outer part of the cell, and especially in the energy-producing mitochondria.** Here food fragments are normally oxidized in a series of enzymatic steps called the 'respiratory chain'. Seeger showed that in cancer cells this respiratory chain was more or less blocked, especially at the site of the important enzymes cytochrome oxidase. Without it the cell can produce energy only anaerobically like a fungal cell. This is very inefficient and the resulting overproduction of lactic acid makes the cell and the whole body overly acidic.

Seeger and others found that cancer cells utilize only between 5 and 50% of the oxygen of normal cells. **The virulence of cancer cells is directly proportional to their loss of oxygen utilization**, and with this to the degree of blockage of the respiratory chain. In 1957 Seeger successfully transformed normal cells into cancer cells within a few days by introducing chemicals that blocked the respiratory chain.

Seeger's most important discovery was the certainty that that certain nutrients, mainly from the vegetable kingdom, could restore cellular respiration in low-virulence cancer cells and, with this, **transform them back into normal cells.**

Seeger's finding that **cancer originates in the cytoplasm and not in the nucleus was confirmed by other researchers.** Between 1975 and 1977 they repeated an experiment 93 times in which they replaced the nucleus of a fertilized mouse egg with the nucleus of a cancer cell. In each case the egg developed into a healthy, cancer-free mouse and even the offspring remained cancer-free. Similar results were achieved with frog eggs (2).”

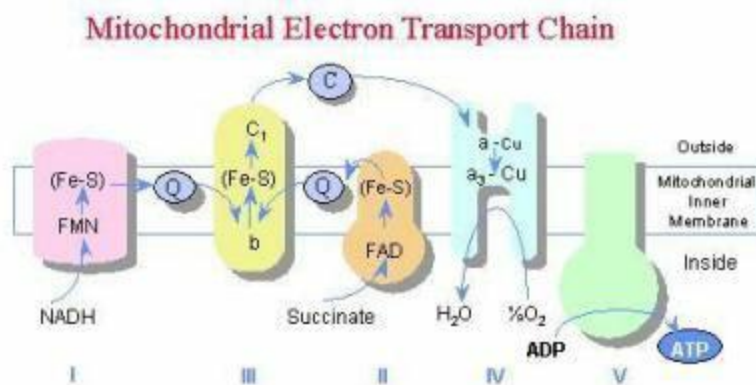
There is increasing evidence that impairment of mitochondrial function, oxidative damage, and inflammation are contributing factors in the pathogenesis of Parkinson's disease (PD). There is substantial evidence that there is a deficiency of activity of the mitochondrial electron transport chain in PD. Impaired mitochondrial function and activated microglia may both contribute to oxidative damage in PD.[\[xvii\]](#)

Multiple Sclerosis is the most common inflammatory demyelinating disease of the central nervous system and is the leading cause of non-traumatic neurological disability in young adults. Researchers believe that mitochondria play a key role in chronic axonal loss in this disease. The mitochondria present within the chronically demyelinated axons will be functioning at full capacity for many years but eventually, despite antioxidant defences, free radical damage will accumulate and mitochondrial function will become compromised. ATP concentration within the axon will decrease and the effect on axonal

function will be profound.[xviii]

Tissue damage in 2,4,6-trinitrobenzene sulfonic acid (TNBS)-induced colitis is accompanied by the arrest of mitochondrial respiration, loss of mitochondrial DNA, and the expression of nuclear-encoded mitochondrial proteins. **Selenium effectively protects colon mitochondria prevented inflammatory and necrotic changes.** Selenium in a high dose is therefore a potential therapeutic agent in inflammatory bowel disease.[xix]

Nearly a century of scientific research has revealed that mitochondrial dysfunction is one of the most common and consistent phenotypes of cancer cells. A number of differences in the mitochondria of normal and cancer cells include differences in mitochondrial metabolic activity, molecular composition of mitochondria and mtDNA sequence, as well as in alteration of nuclear genes encoding mitochondrial proteins. Mitochondria and Cancer, edited by Keshav K. Singh and Leslie C. Costello, presents thorough analyses of mitochondrial dysfunction as one of the hallmarks of cancer.



Dr. Michael R. Eades says, “As the high-energy electrons are passed along down the inner mitochondrial membrane they occasionally break free. When they break free, they become free radicals. These rogue free radicals can then attack other molecules and damage them. Because these free radicals are loosed within the mitochondria, **the closest molecules for them to attack are the fats in the mitochondrial membranes.** If enough of these fats are damaged, the membrane ceases to work properly. If enough of the membrane doesn’t work, the entire mitochondrion is compromised and ceases functioning. If enough mitochondria bite the dust, the cell doesn’t work and undergoes apoptosis, a kind of cellular suicide. This chronic damage and loss of cells is the basic definition of aging.”

Sulfur is one of the basic elements of life. In fact, sulfur is the fourth most abundant mineral in the body. The proper

acid alkaline balance of the body cannot be maintained without it.

Sulfur is a main source of antioxidants in the mitochondria. Sulfur has a vital relationship with protein, since sulfur is found in the amino acids methionine, cystine, and cysteine. Thus, these amino acids are known as the sulfur bearing amino acids which are considered the building blocks of protein.

Magnesium Bicarbonate

Magnesium functions as a bicarbonate co-transporter into cells. And bicarbonate acts as a transporter of magnesium into the mitochondria. **Magnesium influx is linked with bicarbonate transport** according to the Dietary Reference Intakes guide from the Institute of Medicine. Magnesium transport into or out of cells requires the presence of carrier-mediated transport systems (Gunther, 1003; Romani et al., 1993). ATPase reaction has a broad pH optimum centering on neutral pH, with little significant activity above pH9.0 or below pH5.5. Thus anything that moves us from overall acid conditions toward alkaline that recover the neutral zone is going to enhance cell metabolism via mitochondrial optimization.

Our breathing barges right into this picture. As our voltage drops and pH becomes more acidic our breathing changes. The rate and depth of breathing are controlled by arterial [CO₂/pH](#). The breathing of severely sick people is faster than normal. This makes everything worse as cells become more oxygen deficient.

Our breathing is actually controlled by the acid level in the blood. In our bodies we have receptors constantly monitoring the level of the CO₂ in our blood. When the level of CO₂ rises, these receptors (called chemo-receptors) will register this, and signal the breathing center to increase our rate of breathing. When these chemoreceptors register blood CO₂ levels what they are actually doing is [measuring the pH of the blood](#). If they register too low a pH, they can signal the ventilation center in the brain to increase breathing, and thereby remove more CO₂ from the body, and raise the pH. The body uses this to combat conditions in which the pH of the body is too low. The body responds to this threat by increasing ventilation (increased breathing) thereby removing CO₂ from the blood and raising the pH.

If a body is in an extreme acidic (low voltage) state, it is forced to take minerals, including sodium, magnesium, calcium and potassium, from bones and vital organs. Scientifically, pH means potential hydrogen and measures the H⁺ (hydrogen) ions in the body—basically measuring voltage.

Dr. Steve Haltiwanger writes in his book, *The Electrical Properties of Cancer Cells*, “Electricity in the body comes from the food that we eat and the air that we breathe (Brown, 1999). Cells derive their energy from enzyme catalyzed chemical reactions, which involves the oxidation of fats, proteins and carbohydrates. Cells can produce energy by oxygen-dependent aerobic enzyme pathways and by less efficient fermentation pathways.

The specialized proteins and enzymes involved in oxidative phosphorylation are located on the inner mitochondrial membrane and form a molecular respiratory chain or wire. This molecular wire (electron transport chain) passes electron donated by several important electron donors through a series of intermediate compounds to molecular oxygen, which becomes reduced to water. In the process ADP is converted into ATP.

When the electron donors of the respiratory chain NADH and FADH₂ release their electrons hydrogen ions are also released. These positively charged hydrogen ions are pumped out of the mitochondrial matrix across the inner mitochondrial membrane creating an electrochemical gradient. At the last stage of the respiratory chain these hydrogen ions are allowed to flow back across the inner mitochondrial membrane and they drive a molecular motor called ATP synthase in the creation of ATP like water drives a water wheel (Stipanuk, 2000).

This normal energy production process utilizing electron transport and hydrogen ion gradients across the mitochondrial membrane is disrupted when cells become cancerous.



Every atom in the Universe has a frequency and so does every cell in our body. Our bodies consists of a variety of atoms and molecules with bio-electric energy running through all the cells, tissues and established energy lines in the body which the ancient Chinese doctors mapped out in great detail.

When a body becomes overwhelmed with toxic substances, thoughts or feelings, the positive bio-electric field is lowered in voltage, vibration and frequency. In other words, our body has a higher frequency or vibration (voltage) when it is healthy and a lower vibration (voltage) when it is sick.

[xiii] ORGANELLES mean little organs. Basically this means that organelles have specific roles to play in how cells work just like organs help the body to function properly as a whole. Some organelles are separated from the rest of the cell by lipid bi-layers similar in structure to the cell membrane.

[xiv] The endosymbiotic theory concerns the origins of mitochondria and plastids (e.g. chloroplasts), which are organelles of eukaryotic cells. According to this theory, these organelles originated as separate prokaryotic organisms which were taken inside the cell as endosymbionts. Mitochondria developed from proteobacteria (in particular, Rickettsiales or close relatives) and chloroplasts from cyanobacteria.

[xv] The effects of mercury ingestion on hepatic mitochondrial membranes of chicks. Poult Sci. 1976 Nov;55(6):2280-4.

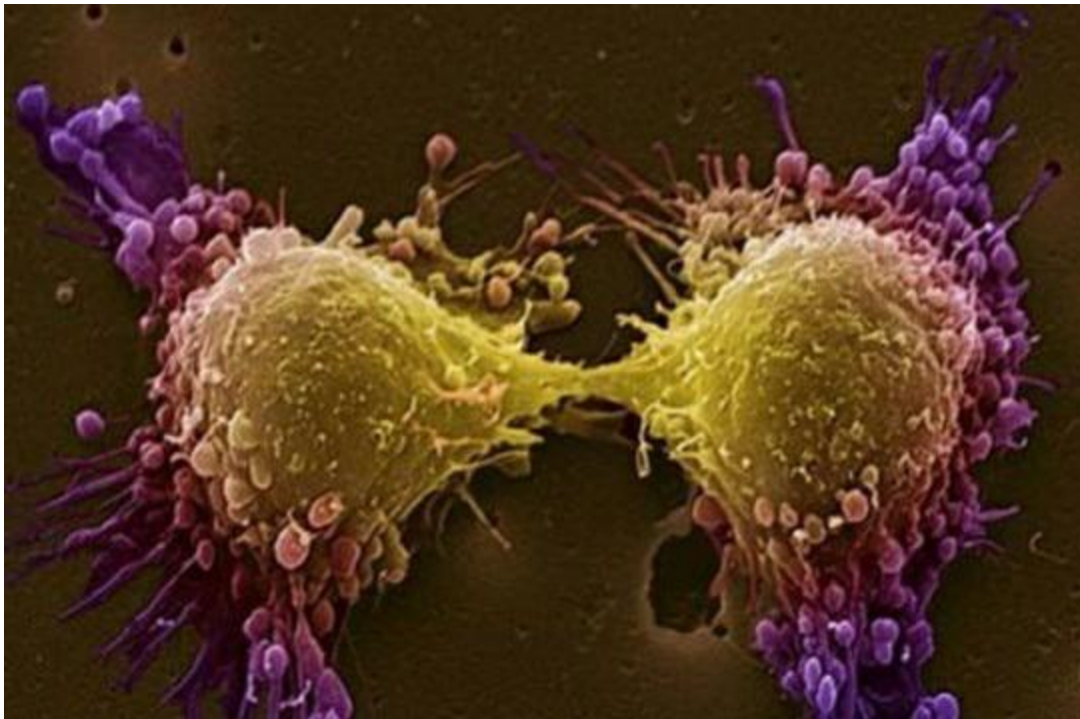
[xvi] The only book available in English is Seeger, P.G. and S. Wolz: Successful biological control of cancer by combat against the causes. Neuwieder Verlagsgesellschaft, Neuwied, Germany 1990. The most important book is Seeger, P.G: Krebs – Problem ohne Ausweg? (“Cancer - Problem without Solution?”) Verl. f. Medizin Fischer, Heidelberg, Germany 1974, 2nd ed 1988

[xvii]<http://www.ncbi.nlm.nih.gov/pubmed/12846981>

[xviii] Mitochondrial dysfunction plays a key role in progressive axonal loss in Multiple Sclerosis. Medical Hypotheses, Volume 64, Issue 4, Pages 669-677 H.Andrews, P.Nichols, D.Bates, D.Turnbull

[xix] High selenium diet protects against tnbs-induced acute inflammation, mitochondrial dysfunction, and secondary necrosis in rat colon. TIROSH Oren ; LEVY Eran; REIFEN Ram; Hebrew University of Jerusalem. ISSN 0899-9007 2007, vol. 23, no11-12, pp. 878-886

Cellular Batteries



Every cell in the body is like a little battery. To successfully bring nourishment in, and take poisons out, it has to be fully charged so we can see why pH and voltage is so important. The further the voltage drops the fewer nutrients can get in and when the voltage falls to a minimum only water, sugar, potassium, cesium and rubidium can get in. Even oxygen cannot enter into a cell with too low voltage and we call that kind of cell a cancer cell.

Cesium chloride works as it does because it can enter the cancerous cell. When it does so, its extreme alkalinity kills the cell. Luckily, healthy cells are not affected by cesium because their cell voltage allows them to balance themselves. When the pH of a cancer cell goes above 7.5 it dies and if it goes above 8.0 it will die in a matter of hours.

Cells, whether cancerous or normal can only live and reproduce (undergo mitosis) in a pH range of between 6.5 and 7.5. As stated, a healthy cell has a pH of 7.35; cancer cells are more acidic. Cesium, when taken orally, will raise the pH of cancer cells but not that of normal cells.

In electrical equipment the electrical charge carriers are electrons. In the body electricity is carried by a number of mobile charge carriers as well as electrons. Although many authorities would argue that **electricity in the body is only carried by charged ions**, Robert O. Becker and others have shown that electron semi conduction also takes place in biological polymers.[\[xx\]](#)

The major charge carriers of biological organisms are negatively charged electrons, positively charged hydrogen protons, positively charged sodium, potassium, calcium and magnesium ions and negatively charged anions particularly phosphate ions. The work of Mae Wan Ho and Fritz Popp indicate that cells and tissues also conduct and are linked by electromagnetic phonons and photons. [\[xxi\]](#)

The body uses the exterior cell membrane and positively charged mineral ions that are maintained in different concentrations on each side of the cell membrane to create a cell membrane potential (a voltage difference across the membrane) and a strong electrical field around the cell membrane. This electrical field is a readily available source of energy for a significant number of cellular activities including membrane transport, and the generation of electrical impulses in the brain, nerves, heart and muscles. [\[xxii\]](#)

The storage of electrical charge in the membrane and the generation of an electrical field create a battery function so that the liquid crystal semiconducting cytoskeletal proteins can in a sense plug into this field and powered up cell structures such as genetic material. The voltage potential across the membrane creates a surprisingly powerful electric field that is 10,000,000 volts/meter according to Reilly and up to 20,000,000 volts/meter according to Brown. [\[xxiii\]](#)

The body uses the mitochondrial membrane and positively charged hydrogen ions to create a strong membrane potential across the mitochondrial membrane. Hydrogen ions are maintained in a high concentration of the outside of the mitochondrial membrane by the action of the electron transport chain, which creates a mitochondrial membrane potential of about 40,000,000 volts/meter.

The body uses phosphate electricity to activate and deactivate enzymes in the body by charge transfer, which causes these enzymes to switch back and forth between different conformational states.

All cells possess an electrical potential (a membrane potential) that exists across the cell membrane.

All healthy living cells have a membrane potential of about -60 to -100mV. The negative sign of the membrane potential indicates that the inside surface of the cell membrane is relatively more negative than the than the immediate exterior

surface of the cell membrane. [xxiv]

In a healthy cell the inside surface of the cell membrane is slightly negative relative to its external cell membrane surface. [xxv] When one considers the transmembrane potential of a healthy cell the electric field across the cell membrane is enormous being up to 10,000,000 to 20,000,000 volts/meter.[xxvi] Healthy cells maintain, inside of themselves, a high concentration of potassium and a low concentration of sodium. But when cells are injured or cancerous sodium and water flows in to the cells and potassium, magnesium, calcium and zinc are lost from the cell interior and the cell membrane potential falls.[xxvii]

“A bio-electric signal can identify cancer prone cells and potentially suppress their growth by the manipulation of the electrical charge across their membranes,” says Michael Levin, professor of biology and director of the Centre for Regenerative and Developmental Biology at the Tufts University. "We've shown that electric events tell the cells what to do. The voltage changes are not merely a sign of cancer. They control and direct whether the cancer occurs or not," Levin noted. Bio-electric signals underlie an important set of control mechanisms that regulate how cells grow and multiply.

Cancer can occur when bioelectric signaling networks are perturbed and cells stop attending to the patterning cues that orchestrate their normal development. "We hypothesized that the appearance of oncogene-induced tumours can be inhibited by alteration of membrane voltage, and we were right," said Levin.

[xx] Becker and Selden, 1985; Becker, 1990

[xxi] Ho, 1996

[xxii] Brown, 1999

[xxiii] Reilly, 1998; Brown, 1999

[xxiv] Cure, 1991

[xxv] Reilly, 1998

[xxvi] Reilly, 1998; Brown, 1999

[xxvii] Cone, 1970, 1975, 1985; Cope, 1978

Using Light and Heat to Treat Cancer



Medical scientists have developed a noninvasive technique that uses light to wipe out cancer. The 3 major types of cancer therapy—surgery, radiation and chemotherapy—effectively destroy cancerous tissues, but damage normal tissue as well.

Orthodox oncologist's have it all wrong in their choice of rays for radiation therapy. They picked the heavy killing type of radiation that causes cancer as opposed to infrared life generating kind of radiation rays that offer healing. In the future oncologists, instead of using dangerous radiation will come to their senses and start using positive forms of radiation that add to life instead of destroying it.

"It seems clear that **light is the most important environmental input, after food**, in controlling bodily function," reported [Richard J. Wurtman](#), a nutritionist at the Massachusetts Institute of Technology. Several experiments have shown that different colors affect blood pressure, pulse and respiration rates as well as brain activity and biorhythms. As a result light, color and electric-magnetic waves have been used in the treatment of a variety of diseases for a long time.

Light has long been proposed to have a stimulatory effect on a range of biological functions in humans including increased feelings of activation, such as improved alertness or ability to perform. Specific colors of light preferentially stimulate neurobiological, physiological and hormonal systems.

One primary way we can see the truth of Dr. Wurtman's words is to look at the effect of color on people. Orange, for example, is the color of choice to increase appetite and reduce fatigue. It's the key color that addresses these common problems most cancer

patients face. Yellow is energizing and can help with depression. Pink has a very soothing effect and is great for muscle relaxation, tranquility and is used in many prisons for calm down rooms. Red stimulates, excites, and warms the body which is great for a thin cancer patient who complains of cold often.

The machine shown at the top is called the Photon Genius and costs \$25,000 and is the strongest far infrared machine on the planet. It is so strong that a patient can stand or sit in front of it twice a day for a half hour and expect to see results. The Photon-Genius puts out a stream of light and it is as if the entire healing power of the sun is at our disposal without any of the harmful rays.



This is a BioMat and if you need you can lay on this or sit on a smaller one and radiate yourself with life giving far infrared energies as well as cascades of negative ions. The advantage to this one is that you can sleep on it and receive light and heat all night long. You don't have to go to a clinic to use one for it is affordable to own one yourself.

Who will want to own one of these healing machines/medical devices? With or without FDA approval as medical devices anyone who can afford one should own one. Both devices blast light right into the heart and nucleus of all our cells! The BioMat though is 15 times less expensive and 30 times more convenient and 100 times more comforting.

Death Star of Medicine

The medical tragedy of the century can be read in an essay about focused proton beams that deliver precisely targeted blasts of radiation. The particle beams are delivered by 500-ton machines in facilities that cost from \$100 million to \$200 million, and can require a football-field sized building to house. A typical treatment costs about \$50,000, twice as much as traditional radiation therapy. Talk about exploding health costs!

“Proton-beam therapy is like the [death star of American medical technology](#); nothing so big and complicated has ever been confronted by the system,” said Amitabh Chandra, a health economist at Harvard University’s John F. Kennedy School of Government. “It’s a metaphor for all the problems we have in American medicine.”

One machine can generate as much as \$50 million in annual revenue and new facilities are sprouting up around the country. “It’s like a nuclear arms race now, everyone wants one,” said Anthony Zietman, a radiation oncologist at Boston’s Massachusetts General Hospital, which has had a proton-beam accelerator since 2001.

Proponents of the technology say it can zap cancerous tumors without damage to surrounding tissue. That’s **a major benefit for the relatively small number of people who suffer from tumors of the spine, brain and eyes**, where stray radiation may blind or paralyze, or in children who are more sensitive to radiation.

Data suggest only a small population of men with intermediate-risk prostate cancer will benefit in terms of cost effectiveness using proton therapy. Even when based on the unproven assumption that protons will permit a 10-GY escalation of prostate dose compared with IMRT photons, proton beam therapy is not cost effective for most patients with prostate cancer says research published by the [American Society of Clinical Oncology](#).

The Healing Light Returns

Infrared light will alleviate pain, detoxify the body, strengthen cardiovascular system and devitalize and clear pathogens, fungus, mold, bacteria, germs, etc. from the body. It will regenerate tissue & bone, improve symptoms of most diseases by directly empowering the body's immune system.

Infrared therapy produces potent antioxidants, neurotransmitters and artery wall relaxers. Infrared therapy helps regulate muscle tone of the arteries and prevents arteriosclerosis and is **anti-inflammatory preventing injury to vessel walls** and normalizing blood pressure in the process.

The BioMat is a wonderfully safe and easy-to-use dynamic means of achieving ever-accelerating levels of health, wellness and more efficient, natural regeneration and rejuvenation. It provides "noticeable" and "comprehensive" health benefits to make your body feel well and be the best it can be.

The Fourth Way – New FDA Approved Cancer Treatment

<http://zen-haven.com/treating-cancer-with-electric-fields/>

Surgery, chemotherapy and radiation are the best-known methods for treating cancer. At TEDMED, Bill Doyle presents a new approach, called Tumor Treating Fields, which uses electric fields to interrupt cancer cell division. Still in its infancy – and approved for only certain types of cancer – the **treatment comes with one big benefit: quality of life.**

In the mainstream world of oncology there are now four FDA approved methods of treating cancer. One stands a high chance of surviving one's cancer if one avoids the first three FDA approved treatments—surgery, chemotherapy and radiation.

Even if one is convinced enough to go with chemotherapy and radiation this fourth way—**using electrical fields—will reduce many if not all the side effects of these harsh treatments.** So that is a clear message to everyone. Every cancer patient should be using this type of treatment.

Actually there are many types of instruments that affect the body in precisely the same or highly similar ways. And several of them can be combined, in all likelihood, to maximize the healing and cancer curing effect. Dr. Larry Wilson author of Sauna Therapy states "The key to the use of sauna therapy for cancer is it combines some dozen or so therapeutic mechanisms that act together in concert to inhibit tumor growth.

Cancer treatments are generally very hard on the human body and can wipe out the body's immune system. The BioMat is an especially convenient way to boosting the body's natural immune system to help fight cancer and other diseases.

A Secret Cause of Cancer

Loss of Heart Coherence

One of the great challenges in medicine is to understand the complexity of causes that lead to cancer. There is a great secret to life, health and disease, one that is little known, understood or talked about except in vague ways. This secret explains largely why one person gets sick and another does not under the influence of the same causes. Our bodies have a core, a central point, just like the solar system does. Without the sun at the heart of our system, the planets would just fly off because without a coherent center systems just don't work.

The heart is a vast electromagnetic generator and the frequencies that are radiated out by the heart change dramatically depending on what emotional state a person is in.

Most western-trained minds immediately think of the pump, that miracle muscle and yes, that is partly what is meant when the word heart is used. Much can be said about the physical heart and its central place and electrical magnetic influence on the body. However, beyond the physical is something even more important and crucial to health and happiness and a life lived without disease.

There are many things to eventually understand about this mysterious organ we call the heart. Many things beyond the physical manifestations of that pump organ that beats 110,000 times a day and puts out a strong electromagnetic field.

Deep within is our pure being that has incarnated into this body. This being is ultra-sensitive and has been picking up subtle impressions from the environment through the heart center of pure feeling even before we emerged from our mother's womb. The central issue of the heart is that our beings are highly attuned to love and when it faces a lack of it, (which it usually does), the heart being suffers and begins to close itself off from that suffering.

This being has its center in the cardiac area of the body and the more closed it is, the weaker and more vulnerable a person or child becomes to illness and disease. Even without external causes, without being poisoned by vaccines and pesticides, herbicides, chemical preservatives and fast foods, without invasions from hordes of bacteria and

viruses and polluted drinking water, a human being without an open heart is already ill.

In *HeartHealth*, **the heart is defined as the vulnerability of being**, and through a careful study of life we can see that this is the principle quality of existence that most people avoid like the plague. Christ himself said that we must be born again and what he was referring to was a return to vulnerability, a return to the pure feeling that is so natural to infants and young children.

Disease can show us how invulnerable we have become, how walled off we are from the world and our own inner reality. One of the great secrets of life has to do with the power of the heart and what a return to its vulnerability can offer a person sick and dying of disease.

People are emotionally fragile when sick, and being told you have cancer or AIDS can completely shatter a person's emotional world. Daniel Goleman explains in his book, *Emotional Intelligence*, that this is due to the fact that normally **“our mental well-being is based in part on the illusion of invulnerability.”** An understanding of vulnerability teaches us that a return to the vulnerable space is necessary and healthy. Vulnerability is the capacity or susceptibility to being hurt. It is not a weakness but **a capacity to feel**. For most people the feeling of being exposed to emotional hurt, or exposed to being taken advantage of/abused relates to feelings of vulnerability.

The healthy human heart needs warmth, is warmth and can give warmth to others.

The deeper we dive into the heart and open to its super intelligent ways the more balanced, coherent, and healthy our bodies, minds, and emotions become.

It is no mystery and many studies have shown that when people feel loved or give love they:

- 1)live longer, feel happier, have better health, do better financially.
- 2)have better cardiovascular health, are less prone to depression, have better balance between the sympathetic and parasympathetic nervous systems.
- 3)have reduced muscle tension; this alleviates pressures on the spinal column with fewer tendencies to spinal maladjustments.
- 4)have reduced mental disease, and increased mental clarity and objectivity.

I am not aware of any other factor in medicine, not diet,

*not smoking, not exercise, not stress, not genetics, not drugs,
not surgery, that has a greater impact on our quality of life,
incidence of illness and premature death from all causes.*

Dr. Dean Ornish

*Love and Survival: The Scientific Basis
for the Healing Power of Intimacy*

The Healing Light of Coherence

Light produced by lasers is coherent light. Light from light bulbs or the sun, however, is incoherent. Coherence is one of the most important concepts in optics and physics. A light field is called *coherent* when there is a **fixed phase relationship between the electric field values** at different locations or at different times. That means lots of complicated mathematics that go way over our heads, but that does not mean we can ignore this level of reality that has a lot to do, not only with medicine but also with how we think, feel and emote.

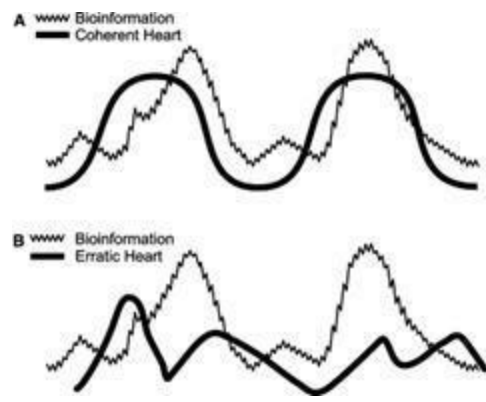
Our Own Hearts Light Up Our Brains and the Life of Our Cells



Some people believe that the heart's field acts as a carrier wave for information that provides a global synchronizing signal for the entire body. As pulsing waves of energy radiate out from the heart, they interact with our other organs and all the cells within them. The electromagnetic field of the heart is about 60 times greater in amplitude than what we find from the brain. The magnetic component is supposed to be thousands of times stronger than the brain's magnetic field and can be detected several feet away from the body by sensitive instruments.

The heart produces a significant electromagnetic field with each contraction due to the coordinated depolarization of myocytes producing a current flow. Unlike the electrocardiogram, the magnetic field is not limited to volume conduction and extends outside the body. The therapeutic potential for interaction of this cardioelectromagnetic field both within and outside the body is largely unexplored.

Coherent light fields or coherent beating of our own heart can send energy that directly influences our immune strength as well as neurological function. When we cannot find our own internal coherence, due to disease and emotional upset, we can rely on medical techniques to buttress the cells and their function.



In this figure (A) coherent cardiac heart rate variability and contraction provides a uniform functional reference signal for interpreting the magnitude and frequency information of other non-cardiac bioinformation signals. (B) The same non-cardiac bioinformation signals lose definition without the stability of the underlying cardiac energy pattern.

Sharing Far Infrared Love



A number of years ago this beautiful photograph made its way around the Internet. These two little babies were twins, born within minutes of one another. One was thriving, the other was dying. The doctors had tried everything they knew to do and yet the one baby was failing. With all medical science exhausted, they put the ailing twin in with its sibling and the infant made an almost immediate turnaround and full recovery. The power of love and intimacy is exceptionally important and this is explained by one of the most basic of all attributes of the heart. The heart just wants to love and be loved and touch is one of our greatest biological needs. Clearly the sick sibling received the warming comfort on the physical world of touch and heat, meaning far-infrared radiation which all of our bodies give out.

Dr. Norman Shealy and Dr. Caroline Myss both clearly believe that love of others and being loved are key factors in improving the immune system, adding to life expectancy and creating overall happiness. What does love have to do with stress free living? “Everything!” says Dr. Brenda Schaeffer.

Unconditional love is your immune system's most powerful stimulant.

Dr. Bernie Siegel

Love is something we feel when we are close and feeling one with another being. M. Scot Peck defined love as the willingness to go out on a limb, to truly involve oneself and struggle at an emotional level with another in a relationship for the purpose of shared growth.

Dr. Clancy D. McKenzie of Capital University says, “**Enhancing the love energy of the patient is an effective way to increase the healing process.** This holds true for both psychological and physical healing: enhancement of love energy should be a part of every physical remedy, because it is a vital ingredient to healing.”

Why is it there is always some lucky soul who doesn't get sick when the flu is going around the office? Or why, when chicken pox is sending all the kids home from school, are there a few who remain untouched?

Dr. Carrie Angus

Though most physicians are still skeptical that emotions matter clinically in medicine, we can see how people who experience long term depression and anxiety, long periods of sadness and pessimism, incessant hostility and aggression, have much higher incidences of heart disease. This is what the “broken heart” syndrome is all about.

Over the last 30 years increasing evidence has been found for the existence of complex links between the immune system, the central nervous system and the endocrine system on the one hand, and psychological phenomena...on the other.

Van Gent, et al.[\[xxviii\]](#)

Peter Kaufman, acting chief of the Behavioral Medicine Branch of the National Heart, Lung, and Blood Institute,[\[xxix\]](#) said that the increased turbulence of repeated flare-ups of anger “can cause micro tears in the vessel, where plaque develops. If your heart rate is faster and blood pressure is higher because you’re habitually angry, then over thirty years that may lead to a faster build-up of plaque, and so lead to coronary artery disease.”

Modern science has correlated physical heart function and health with the flow of positive feelings and emotions, with a positive optimistic outlook on life. There is a real "smoothing affect" that is biologically associated with favorable biochemical, hormonal, and nervous system changes in the body that come from people who are more centered in their hearts or feeling centers. Autonomic nervous system balance is related to coherent heart rhythms that are directly connected to emotional self-management. Being out of the heart is dangerous to our health because it creates disturbances in the heart rhythms, which are essential to total health balance.

Good Doctors Give Their Hearts

Some patients, though conscious that their condition is perilous, recover their health simply through their contentment with the goodness of the physician.

Hippocrates 460-400 B.C

It is not a mystery that human growth occurs most favorably in meetings when individuals express themselves vulnerably and authentically. The authenticity of open, honest and sincere relationships, that are vulnerable in nature, is a necessary and real prerequisite to successful healing relationships. Cold clinical relationships only create more pathology and confusion in patients and have nothing to do with healing the source of people's problems.

There are many ways to calm someone, many healing and medical treatments that can reduce stress, reduce sensory overload, slow the heart and help a person center. **The most beautiful forms of touch possible are actually healing techniques.** The most well-known association to touch is healing. Even the Bible makes reference to the "laying on of hands" to heal the sick. Touch can be a communication of love and is a most powerful way to communicate empathy, friendship, approval, affirmation and love to another.

Even physicians (long shot for psychiatrists and psychologists) can touch their patients with their hands and hearts. I tend to touch people with my words and the heart space that is often contained in the spaces between my words. But if I have a way of touching many beings from a distance with warmth and coherent healing light energy it's in the form of [far infrared](#) (FIR) that one can lie down and sleep on.

Special Note: Today as I put together this chapter I had the unusual experience of having a conflict with someone but instead of having to deal with any disturbance, I lay down on my already warmed up [BioMat](#) and I tell you, it banished even the thought of emotional disturbance as I was bathed in its coherent warmth. BioMat FIR therapy is a therapy of love using light coherence, warmth and healing comfort to those in need.

Conclusion

A simple but powerful movement into the heart center of feelings can result in:

change in heart rhythm and heartbeat.

balancing of sympathetic and parasympathetic nervous systems.

reduced muscle tension.

alleviate pressure on the spinal column.

increased mental clarity and objectivity.

help balance the endocrine system.

reduced mental disease.

increased intuitive levels of perception by making us more receptive to sensitive feelings.

decreased the rate of aging process. (Keep us feeling young)

reduced arterial collection of cholesterol.

reduced Blood pressure.

anti-depressive effect.

improved overall energy levels.

deepens levels of internal perception and self-understanding.

increased overall human intelligence.

renewed self-confidence.

increased happiness.

leads a person into the center where self-love and understanding of others is more easily found.

increased harmony in social relationships. (saves marriages)

*There is nothing like a healed,
healthy, happy and loving heart.*

<http://www.youtube.com/watch?v=QdneZ4fIIHE>

Special Note: This video is a beautiful presentation of what I have been talking about in this essay and it is from the HeartMath Institute which teaches that the “heart generates a continuous series of electromagnetic pulses in which the time interval between each beat varies in a dynamic and complex manner. The heart’s ever-present rhythmic field has a powerful influence on processes throughout the body. We have demonstrated, for example, that brain rhythms naturally synchronize to the heart’s rhythmic activity, and also that during sustained feelings of love or appreciation, the blood pressure and respiratory rhythms, among other oscillatory systems, entrain to the heart’s rhythm.”

I did not study at HeartMath I studied with the people and organization before HeartMath, with those who made the core of the initial group of people who founded and operated HeartMath. Both [*HeartHealth*](#) and HeartMath are approaches to life with the heart leading the way. HeartMath and *HeartHealth* have a common background.

Honestly I would not have grown up to know anything about the heart if it was not for Hills and his teachings and I do remember the first time when someone from the University of the Trees said to me that I had a big heart. I remember turning around to look behind me to see what they were talking about since inside myself my total identification at that time was with my mind.

As far as I can see HeartMath and *HeartHealth* did Christopher Hills a service of furthering his teachings and getting them out to the world in different ways. Hills had his University of the Trees community in Boulder Creek California and that is exactly where HeartMath rose in its place. I on the other hand left there almost thirty years ago. For almost 22 years I have been living in Brazil and I wrote *HeartHealth* when living at the far ends of the world, in the interior highlands here.

I wrote a poem many years ago about the essential rays of the heart. Empathy, compassion, truth, responsibility, listening, honesty, integrity, commitment and of course vulnerability are coherent components of our hearts. Many things happened when the University of the Trees fell and I was not there so cannot say much about it without

risking being wrong. HeartMath and *HeartHealth* honor Christopher Hill's extraordinary work. He was a great man and his great work continues.

[xxix]<http://www.nytimes.com/1992/09/02/news/study-documents-how-anger-can-impair-heart-function.html>

Dangerous Vs. Safe Breast Cancer Diagnostic Methods

The Food and Drug Administration has approved the first mammography device that generates [3-D images](#) of the breast, potentially helping doctors to spot more cancerous tumors. The FDA says the new system **doubles the radiation exposure for patients**, but also increases the accuracy of diagnosis. Roughly 37 million women each year have a mammogram to check for signs of breast cancer even though every physician knows that radiation exposure increases ones risk for cancer. Breast cancer is the most common type of cancer in women and is the second leading cause of cancer death in women (after lung cancer). The American Cancer Society estimates that in 2005, about 211,240 women were diagnosed with breast cancer — and 40,410 died from the disease.

This diagnostic device demonstrated a 7 percent improvement in spotting cancerous tumors compared with traditional 2-D images. Approximately one in eight women will be diagnosed with breast cancer in her lifetime, according to the National Cancer Institute. **The institute recommends women ages 40 and older expose themselves to cancer provoking radiation (mammogram) every one to two years.**

Babies born of mothers who had a series of X-rays of the pelvic region during pregnancy were nearly twice as likely to develop leukemia or another form of cancer as those born of mothers who had not been X-rayed.

Dr. Ernest J. Sternglass, former professor of radiation physics at the University Of Pittsburgh School Of Medicine, in his book *Secret Fallout – Low-Level Radiation from Hiroshima to Three-Mile Island*, indicated that the risk increased with each additional picture, as the studies of Stewart similarly indicated. This clearly implied that there was no significant healing of the damage and that **the cancer-causing effects of radiation were cumulative.**] This would mean that the effects of a dose received over a period of time from fallout would be similar to those from an equal dose received all at once from X-rays. Even worse was the realization that children whose mothers were X-rayed during the first trimester of their pregnancy were found to be ten times more likely to develop cancer than those whose mothers were X-rayed toward the end of pregnancy.

Dr. Sternglass' concluded that all the research led to the tragic conclusion that **the unborn fetus was hundreds or thousands of times more sensitive to radiation than anyone had ever suspected.** According to the now antiquated "threshold" theory

there was a certain low level of radiation exposure, a "threshold," below which no damage would be caused. If this threshold was about the same as the yearly dose from background radiation or from exposure to typical diagnostic X-rays, as various supporters of nuclear programs maintained it was, then we could all sleep safe knowing that the military and medical industrial complexes were not doing us harm. But Dr. Stewart's study implied that if there were any safe threshold for unborn children and infants it would have to be less than the dose from a single X-ray picture.

From the simplest X-ray to each particle of uranium we inhale on the wind or drink from water, we have a problem.

About half of all people with cancer are treated with radiation therapy, either alone or in combination with other types of cancer treatment. Radiation therapy uses ionizing radiation to kill cancer cells and shrink tumors. Unfortunately it can kill you. Americans today receive far more medical radiation than ever before. The average lifetime dose of diagnostic radiation has increased sevenfold since 1980 with doctors and dentists having no real idea of the risks they are taking with their patients' lives.

What few doctors and health officials recognize is that chemicals and radiation combine to act on the very same cellular enzyme pathways. One type of contamination reinforces and strengthens the other. Exposure to radiation causes a cascade of free radicals that wreak havoc on the body. **Radiation decimates the body's supply of glutathione, which in turn allows free radicals to run rampant through our body's tissues and organs.** It is the worst and most dangerous form of medical treatment though chemotherapy gives radiation treatment and diagnosis a run for its money in terms of toxicity. When chemo and radiation are combined it's a wonder anyone survives their medical treatment and the truth is few do survive orthodox oncology when you look over the five year mark.

Treating or diagnosis of cancer with surgery, chemotherapy or radiation may sometimes cause tumors to spread. Tests in mice show that using the chemotherapy drug doxorubicin or radiation both raised levels of TGF-beta, which in turn helped breast cancer tumors spread to the lung. [\[xxx\]](#)

Waste of Time Anyway

A recent Norwegian study[[xxxix](#)] has found that breast cancer screening, commonly known as mammogram screening, may **reduce the risk of death from breast cancer by only 10 percent**. Mette Kalager, M.D. and colleagues followed 40,075 women, screened and unscreened from 1996 through 2005. The findings were reported on Sept 23, 2010 in the New England Journal of Medicine. This is not the only study suggesting that the life-saving effect of this screening method is quite limited.

Jørgensen KJ and colleagues from the University of Copenhagen in Denmark conducted a study suggesting that **the benefit may be zero**. The researchers found women ages 44 to 74 who had received mammogram screening had their risk of death from the disease reduced by 1 percent, compared to 2 percent reduction in the women who were unscreened. Similarly, no benefit was found in women aged 35 to 55 and those aged 75 to 84. The findings were reported in the March 23, 2010 issue of British Medical Journal. [[xxxii](#)]

According to a University of Florida study, breast biopsies should not be the only option to further diagnose abnormalities found in mammograms. [[xxxiii](#)]

The FDA is exposing women to unnecessary dangers and it is really difficult to understand why until you realize who and what the FDA really is. Cellular effects of radiation are basically the same for the different kinds and doses of radiation. The simplest and most direct effect of radiation is cell death. Changes in cellular function can occur at much lower radiation doses than those that cause cell death. Changes can include delays in phases of the mitotic cycle, disrupted cell growth, permeability changes, and changes in motility.

Massive campaigns exist to encourage women to have annual mammograms. But routine screening has not been proven to reduce the death toll from cancer. Americans spend an estimated \$4 billion annually on [mammograms](#), according to Dr. David H. Newman, author of the book “*Hippocrates’ Shadow: Secrets from the House of Medicine*.” Some of those tests cause false alarms that lead to unnecessary follow-up surgery on normal breasts, at a cost of \$14 billion to \$70 billion over a decade, according to Dr. Newman, the director of clinical research in the department of emergency medicine at St. Luke’s Roosevelt Hospital Center in Manhattan.

There are five things that can happen as a result of screening tests, and four of them are bad.

Dr. Ned Calonge

Chairman US Preventive Services

More breast tissue is exposed to dangerous cancer causing radiation each year. This yearly ritual generates false positive and false negative results leading to many worthless operations and considerable anxiety in women incorrectly diagnosed. Biopsies are often done to evaluate breast masses. Needle biopsies are considered less invasive and safer than common breast biopsies of suspected tumors but even this procedure can spread small foci of tumor along the needle track potentially increasing the spread of tumor cells.

Routine mammograms which have been shown to reduce deaths from breast cancer in older women, have not proved to reduce the toll in women in their 20s and 30s

Dr. Susan M. Love

Breast cancer surgeon

Many women will be over-diagnosed by both two and three dimensional mammograms leading to overtreatment. One of the most basic reasons why mammograms do not demonstrate affectively higher survival rates is that the test is negatively reinforcing in that women are exposed to cancer provoking treatments and even more cancer provoking tests that lead to higher incidence of death, not from the cancer itself but from the treatments and dangerous tests.

Taking a daily 10 to 15 minute walk in the sun not only clears your head, relieves stress and increases circulation – it could also cut your risk of breast cancer in half.

Dr. Esther John

Safely Diagnosing Breast Cancer

Women are beginning to embrace Breast Thermography because it is 100% safe & non-invasive early screening option along with lymphatic therapy to assist with reversing toxic symptoms in their breasts. Breast thermography can screen for indications of breast disease up to ten years before a mammogram, at the cell stage, when we can still halt and reverse indications of disease holistically. Thermal imaging reads abnormal heat generated by new blood vessel growth in the area of tumors as well as heat generated from other abnormalities that need not be cancer such as lymph congestion, fibrocystic symptoms and estrogen dominance.

Thermography can be used as part of an early detection program which gives women of all ages the opportunity to increase their chances of detecting breast disease at a very early stage. Thermo Mammography has been shown to be the earliest and safest risk marker of physiologic breast abnormalities. Breast cancer is evidenced by increased vascular flow (blood flow) and increases in metabolism. This increase in blood flow is secondary to angiogenesis. Angiogenesis is growth of new blood vessels. Angiogenesis occurs before the tumor cells invade the surrounding tissues. Breast thermography is particularly useful during these early phases of rapid tumor growth that is not yet detectable by clinical exam or mammograms. Breast thermography has the potential to detect problems five to eight years before abnormalities can be seen with x-ray mammograms so we must ask why is the FDA now approving even more dangerous three dimensional mammograms?

The International Commission on Radiation Protection [ICRP] exists in practice largely to play down the effects of radiation on human health, and to shield the nuclear industry from compensation claims from the public.

The International Academy of Thermography ([IACT](#)) insists that thermography is not a replacement for mammography because there is no one test that can detect 99-100% of all cancers. Therefore, no single test exists that can be used alone as an adequate screening or detection method for breast cancer. They say a physiological imaging procedure (thermography) cannot replace an anatomical imaging procedure (mammography). The two tests are “looking” for completely different pathological processes. Though thermography is far more sensitive than mammography the IACT cautions that some slow growing non-aggressive cancers will only be detected by mammography.

This is non-sense. The ICRP and the IACT share offices, certainly they are promoting further radiation exposure. Recommending radiation is the same thing as recommending premature death because radiation is the death principle in action.

So bad is it that imaging centers, borrowing a marketing approach that has swept the country, have begun offering "[mammogram parties](#)" to groups of women to encourage yearly checkups for breast cancer for women over 40. Creating "spa-like environments" mammogram imaging centers offer attractive chair massages, visits by cosmetics representatives and food. Obviously this is an extremely aggressive marketing maneuver to recover lost business after the federal Health and Human Services Department recommended that routine mammogram screenings be performed only once every two years, rather than every year, and also suggested that regular screenings could begin at age 50 instead of age 40. These new guidelines were roundly criticized by physicians and cancer experts and the American Cancer Society said that it would continue to advocate annual screening after age 40.

Clash of Medical Paradigms

[Dr. Russell Blaylock](#) is warning women about the orthodox ontological approach including its use of mammograms because they are dangerous and cancer provoking from the radiation being used. Most women depend upon that yearly mammogram to warn them of possible breast cancer. Yet, as Dr. Blaylock points out, studies show **mammograms actually increase a woman's risk of developing breast cancer from 1-3% per year**, depending on the technique used. Now that may not sound like a lot. However, if you religiously undergo a mammogram every year for 10 years, you increase your risk from 10-30% (and some radiation experts feel the danger is much higher than that).

A woman's breasts are one of her most sensitive areas when it comes to cancers caused by radiation exposure. Modern medicine terrorizes women in a typical male oriented aggressive way using testing and treatments that cause cancer to treat breast cancer. Doctors have as little compunction in removing breasts as they do doing C sections or injecting women's babies with vaccines containing toxic poisons like mercury.

Dr. Blaylock continues saying that, "by the age of 50, a full 45% of women will have cancer cells in their breasts. This doesn't mean that all these women will develop breast cancer, because in most women these cancer cells remain dormant. What it does mean is that, if you are one of these 45% of women, you are at high risk of spurring these cancer cells to full activity."

Bodies for Profit

“The cancer industry has built a brand new system of slavery based on keeping women ignorant, and then exploiting their bodies for profit,” writes Mike Adams and nowhere is this more evident than in women being lead to cut off their breasts or remove their ovaries as an act of cancer prevention.

Many women at high risk for breast or ovarian cancer are choosing to undergo surgery as a precautionary measure to decrease their cancer risk, according to a report in *Cancer Epidemiology, Biomarkers & Prevention*. **Women who had a biopsy after undergoing risk evaluation were twice as likely to choose a risk-reducing mastectomy.** Forty percent of the women who were mutation carriers underwent bilateral risk-reducing mastectomy; 45 percent had bilateral risk-reducing salpingo-oophorectomy (surgical removal of ovaries). Most of the women, specifically those aged 35 to 45 years, opted for surgery within the first two years after the genetic mutation test, but some did not make a decision until seven years later.

This is the consequence of women who have participated in genetic counseling, testing and management programs. BRCA1 and BRCA2 mutation carriers have a very high lifetime risk of cancer, according to these counseling teams. These women face a 50 to 85 percent lifetime risk of breast cancer, and mastectomy is currently the most effective prevention method available according to their belief system. Thus the researchers conclude that, “Careful risk counseling does appear to influence women's decision for surgery although the effect is not immediate.”

[xxx]<http://www.reuters.com/article/2007/04/06/us-cancer-spread-idUSN0523151220070406>

[xxxi]Effect of Screening Mammography on Breast-Cancer Mortality in Norway; Mette Kalager, M.D., Marvin Zelen, Ph.D., Frøydis Langmark, M.D., and Hans-Olov Adami, M.D., Ph.D.

N Engl J Med 2010; 363:1203-1210 [September 23, 2010](http://www.nejm.org/doi/full/10.1056/NEJMoa1000727) DOI: 10.1056/NEJMoa1000727;
<http://www.nejm.org/doi/full/10.1056/NEJMoa1000727>

[xxxii]**Breast cancer mortality in organised mammography screening in Denmark: comparative study**

BMJ 2010; 340 doi: <http://dx.doi.org/10.1136/bmj.c1241> (Published 24 March 2010)

Treating Autism with Light

Autism, Mitochondrial Dysfunction and FIR Therapy



The most comprehensive, gentle, and effective technology available today to detoxify the body is far-infrared (FIR) therapy. It is currently being used in clinics around the world for this purpose; and, using the appropriate protocols, it can be safely used with children as young as two years old. But when using a relatively new product like the [BioMat](#), at low settings while the children sleep all night long, even infants can receive its benefits making it far superior to actual infrared saunas which you have to get into.

J. Miller cites research which has found mild elevations in core body temperature positively affect behavior in autistic children. Far-infrared waves also increase circulation. According to Miller, children with autism have diminished blood circulation in certain areas of the brain, which means that nutrients and oxygen aren't getting to where they need to go. Sleeping on a BioMat each night will increase core body temperature, increase circulation, help the cells detoxification process and even help nutrients get into the cells.

Jill Harrison brings attention to another area of interest regarding "FIR sauna therapy for individuals with autism is FIR waves' ability to trigger the release of nitric oxide (NO) from the endothelial lining of the blood vessels. NO helps preserve blood-vessel elasticity and enhances blood circulation. This has significant implications, because optimal blood circulation is a key factor for healing virtually all health issues – but especially for people with autism.[\[xxxiv\]](#)

“Research indicates that regular far-infrared-sauna use increases micro-circulation, which enables blood to flow more easily throughout the body, thereby improving the exchange of oxygen and nutrients for waste products in the cells. Also, individuals with autism can have diminished blood circulation in certain areas of the brain. This is known as hypo perfusion. Extrapolating from research done on FIR and congestive heart failure, and research on FIR sauna therapy and the release of NO, it is likely that increased perfusion in the brain would be expected in any individual who is exposed to FIR waves. FIR waves’ ability to trigger the release of NO may also play a role in enhancing memory, learning, and behavior modification along with improving neurotransmission and immune functions,” concluded Harrison.

Detoxification is only the beginning of the story with FIR therapy especially the type that can be delivered all through the night via BioMats that our children can sleep on. It is beyond most peoples understanding that light is one of the most important environmental inputs, after food, in controlling bodily function and that the FIR therapy delivers the goods like no other process.

When the light hits the cytochromes inside the fibroblasts’ mitochondria, it stimulates the cell’s energy transport system. When we send FIR light rays into the cells they excite the Mitochondria into producing up to 10 times more ATP (adenosine triphosphate). Dr. Harry T. Whelan says, “The light is absorbed by mitochondria where it stimulates energy metabolism in muscle and bone, as well as skin and subcutaneous tissue.”

Mitochondrial dysfunction is the most common metabolic abnormality associated with Autistic Spectrum Disorders. (ASD). Over the past decade, evidence has been building that mitochondrial dysfunction is an important marker for autism.[\[xxxv\]](#) Mitochondrial dysfunction has also been implicated in other psychiatric and neurological disorders.

In 2008 the [Hannah Poling decision](#) in the federal government’s Vaccine Injury Compensation Program (VICP) brought worldwide attention to underlying mitochondrial disorders in Autistic children. This case, as do all cases before the VICP panels demonstrate the extreme danger of attacking children with multiple vaccines.

Aluminum toxicity has been implicated in mitochondrial dysfunction in ASD children by [Dr. Nancy Mullan and Dr. Amy Yasko](#) with vaccines delivering aluminum routinely into children’s bloodstreams. [\[xxxvi\]](#)

Children with autism are far more likely to have **deficits in their ability to produce cellular energy** than are typically developing children, a [new study](#) by researchers at UC

Davis has found. The study, published in the Journal of the American Medical Association (JAMA),^[xxxvii] found that cumulative damage and oxidative stress in mitochondria, the cell's energy producer, could influence both the onset and severity of autism, suggesting a strong link between autism and mitochondrial defects.

"Children with mitochondrial diseases may present exercise intolerance, seizures and cognitive decline, among other conditions. Some will manifest disease symptoms and some will appear as sporadic cases," said Cecilia Giulivi, the study's lead author and professor in the Department of Molecular Biosciences in the School of Veterinary Medicine at UC Davis. "Many of these characteristics are shared by children with autism."

Mitochondria from children with autism consumed far less oxygen than mitochondria from the group of control children, a sign of lowered mitochondrial activity. For example, the oxygen consumption of one critical mitochondrial enzyme complex, NADH oxidase, in autistic children was only a third of that found in control children.

Reduced mitochondrial enzyme function proved widespread among the autistic children. Eighty percent had lowered activity in NADH oxidase than did controls, while 60 percent, 40 percent and 30 percent had low activity in succinate oxidase, ATPase and cytochrome c oxidase, respectively.

Because the brain has the highest energy demand of any tissue, mitochondrial disease causes a variety of neurological problems, including intellectual disability, seizures, developmental regression, gastrointestinal problems and lack of coordination. In addition, because muscles have a high demand for mitochondrial energy, low muscle tone, weakness and fatigue are features of many mitochondrial diseases. These neurological and muscle-related symptoms are very commonly found in children with ASD.

After the heart, the brain is the most voracious consumer of energy in the body. The authors propose that deficiencies in the ability to fuel brain neurons might lead to some of the cognitive impairments associated with autism. Mitochondria are the primary source of energy production in cells and carry their own set of genetic instructions, mitochondrial DNA (mtDNA), to carry out aerobic respiration. Dysfunction in mitochondria is already associated with a number of other neurological conditions, including Parkinson's disease, Alzheimer's disease, schizophrenia and bipolar disorder.

The number of mitochondria in each cell depends on the cellular energy demands. For example, low energy cells, such as skin cells, have fewer mitochondria, while cells that

require high energy demands, such as muscle, liver, brain, cerebrovascular endothelium and GI cells, have many mitochondria. Neural synapses are areas of high energy consumption and are therefore especially dependent on mitochondrial function.

Mitochondrial dysfunction can lead to reduced synaptic neurotransmitter release and neurons that have high firing rates.

Autism Testimonies

[Claire](#) is 4 years old and was diagnosed with Autism at age 2. She has been progressing with the wonderful support of a team of teachers, therapists and involved family. She has also accelerated quickly using the BioMat!

Day 1: Slept most of the night on BioMat resulting in sound sleep. She **awoke happily** in morning instead of grumpy.

Day 2: **Restful sleep** without tossing; staying on the BioMat during the night. She also laid on the BioMat on 2 separate occasions during the day for 30 min. improving her mood.

Day 3: Another night of not tossing about. During the day she was **more focused on the tasks** she was performing. A rest on the BioMat for 40 minutes gave her calm energy.

Day 4: Continued quality sleep on BioMat all night long. When her father arrived home from work she greeted him at the door saying, "Hello daddy. What are you doing?" She has never done that before!

Day 5: Wakeless, beneficial sleep on the BioMat all night. She **exhibits eye contact much better**. During her therapy session she drew a stick man while following the directions of the song she was listening to. Previously she was unable to follow directions.

Day 6: At a professional basketball game she displayed **appropriate responses to the environment**. She is more aware of her surroundings since using the BioMat.

Day 7: She went to a neighborhood parade and showed interest in the activity. She was very excited about what she was catching. She caught a stuffed "bunny" and she verbalized, "It's a bunny." And gave it a hug.

Day 8: We call the BioMat the "Magic Mat." She said to me. "This is my mommy," pointing to me with eye contact! She verbalized that she wanted pizza for dinner. **Appetite has improved** since using the BioMat.

Day 9: While giving Claire her bath last night she appropriately

used her hands to wash her hair on her own—a first!

Day 10: Claire was watching TV before school & the TV froze. She calmly said, “TV broke.” Normally Claire would have either not responded or responded by crying & having a fit! Amazing.

For five years [Jamie Jenkins](#)' anxious parents feared they would never hear him speak. But that fear turned to joy when Jamie finally broke his silence with an unusual first proper word - purple. They brought him to the National Light and Sound Therapy Centre in London where Jamie underwent two weeks of half-hour light and sound therapy sessions twice a day. The sound therapy involved Jamie listening to music through headphones while the light therapy exposed Jamie to different colors each day from a light box. Experts recommend the sound and light therapy treatment every year so Emma is definitely taking Jamie back next year.

I recommend that parents purchase a small BioMat and treat their children to light therapy every night. There is no end to the way that [light can be used to heal](#) autistic children or children with cancer.

[Dr. Rachel West](#) site is nationally regarded for her work with children who have attention deficit/hyperactivity disorder (ADHD) and autism spectrum disorders including Asperger's syndrome. Dr. West combines many therapies and modalities together with diet and nutrition—and she frequently uses infrared as part of her programs.

“The nice thing is that far infrared actually penetrates at cellular levels so it will help clean out organ tissues and disconnect cells from toxins that may be blocking pathways and at very low heat, which is safe for children.

“The lactic acid [that builds up in kids' muscles] makes kids feel like they want a massage, and the saunas feel great on their joints and muscles,” she says. “And keep in mind it isn't the heat that counts, but the penetration and the benefits of infrared sauna that can occur at low heat. We see oxygenation of cells and better sleep,” she says. “Since sauna restores and calms the nervous system and heat is nurturing, many parents have their kids take a sauna in preparation for bedtime or before their evening bath or shower.”

Special-needs kids invariably benefit when their body's elimination pathways are working

optimally. Infrared therapy is a non-toxic, no side-effect way of ridding the body of harmful pollutants, especially heavy metals. Dr. West says taking a sauna three times a week, for 20 minutes to start, is a good regimen for kids.

Dr. Sherry Rogers

Dr. Sherry Rogers, author of [*Detoxify or Die*](#), has a lot to say about far infrared rays. She agrees with me about putting an investment in far infrared ahead of anything else saying, “Just add up the time and money you wasted getting diagnosed or add up the cost for a year of prescription medications and you will pay for it. Once you have it, it's yours to use forever, for the world will never run out of ways to poison us. The whole family can use it. It is not only capable of providing the primary "cure" or solution for your current medical problem, but can free you from symptom producing medications. Since we're continually being bombarded by new chemicals every day, it is a tool to keep you "cleaned out" for life. It is a win-win situation. I'm convinced that the far infrared sauna is something that everyone should do to restore health. How can we bring aging and illness to a screeching halt? How can we turn back the hands of time? Sweat out the poisons is the answer.”

My Most Powerful Recommendation

<http://www.youtube.com/watch?v=WmZf3-5ayuc>

I feel it is better to forget the sauna and have the children sleep on BioMats and provide treatment seven days a week while the children are sleeping. BioMats are easy, more powerful and all so comfortable and comforting that the children will fall in love with them and so will their parents who see their tormented kids relaxed and put at ease.

I have been carefully building my Natural Allopathic Medicine protocol for years after I encountered the desperate needs of parents of vaccine damaged children. From the fields of chelation to the waters of magnesium bicarbonate I have hunted high and low for the most powerful, basic and affordable substances that would really make a difference in these families' lives. On the path I got hijacked by Cancer and how to treat that.

I will now stand on record that before parents invest in doctors' appointments and a long list of therapies and medicinals that the first most cost effective treatment step is with far infrared treatments delivered through the more than convenient BioMat. I am not dismissing the necessity and importance of chelation, selenium etc. for elimination of heavy metals, and of course the use of clay but nothing can stand up to or replace the healing power of light.

The [BioMat](#) is the most expensive part of the protocol yet because of its power and total ease of use, and the effectiveness that gives results I would declare it the best use of financial resources for medical purposes. Everyone will get more bang for the buck with this method of treating every imaginable condition. I have seen how even healthy children crave its comfort, now imagine a distressed child.

In the future we will be reading about even more exciting things for the world of autistic children when I publish my *Water Medicine* book. Personally I cannot wait to hear from parents when they not only add the BioMat to their children's lives but also when they start drinking high levels of magnesium bicarbonate in their water.

Harrison J.; *Health Freedom News* .Winter 2012, pp. 15-17;

<http://www.thenhf.com/article.php?id=3620>

[xxxv] Mitochondrial dysfunction in autism spectrum disorders: a systematic review and meta-analysis

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<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3285768/>

[xxxvi] <http://www.ageofautism.com/2013/01/autism-science-digest-aluminum-toxicity-in-mitochondrial-dysfunction-and-asd.html>

[xxxvii] C. Giulivi, Y.-F. Zhang, A. Omanska-Klusek, C. Ross-Inta, S. Wong, I. Hertz-Picciotto, F. Tassone, I. N. Pessah. **Mitochondrial Dysfunction in Autism**. *JAMA: The Journal of the American Medical Association*, 2010; 304 (21): 2389
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Avoiding Serious Complications from Viral Infections



As soon as flu vaccinations start next month, some people getting them will drop dead of heart attacks or strokes, some children will have seizures and some pregnant women will miscarry.

New York Times 2009

Don't want to die/suffer from one of these viral infections medical authorities are again scaring the world with? If so stay away from doctors and their flu vaccines. Vaccines are finally getting the bad rap they deserve and it's not just coming from parents who have seen their kids devastated when doctors and nurses attack their children with as many as nine vaccines at a time but now the [British Medical Journal](#) is firing all its guns at the reprehensible vaccine industry[xxxviii] that no one in their right mind should trust. What sane person would trust a doctor, nurse or medical official who endorses injecting babies with mercury?

“Promotion of influenza vaccines is one of the most visible and aggressive public health policies today. Twenty years ago, in 1990, 32 million doses of influenza vaccine were available in the United States. Today around 135 million doses of influenza vaccine annually enter the US market, with vaccinations administered in drug stores, supermarkets—even some drive-throughs. This enormous growth has not been fueled by popular demand but instead by a **publichealth campaign that delivers a straightforward ‘who-in-their-right-mind-could-possibly-disagree’ message** that influenza is a serious

disease, we are all at risk of complications from influenza, the flu shot is virtually risk free, and vaccination saves lives. Through this lens, the lack of influenza vaccine availability for all 315 million US citizens seems to border on the unethical. Yet across the country, mandatory influenza vaccination policies have cropped up, particularly in healthcare facilities, precisely because not everyone wants the vaccination, and compulsion appears the only way to achieve high vaccination rates. Closer examination of influenza vaccine policies shows that although proponents employ the rhetoric of science, **the studies underlying the policy are often of low quality, and do not substantiate officials' claims. The vaccine might be less beneficial and less safe than has been claimed, and the threat of influenza appears overstated.**”

More than half a million U.S. children yearly have bad reactions or side effects from widely used medicines that require medical treatment and sometimes hospitalization.

One study appeared in the October 2009 issue of *Pediatrics*. It was based on national statistics of patients' visits to clinics and emergency rooms between 1995 and 2005. [xxxix] The number of children treated for bad drug reactions each year was mostly stable during that time, averaging 585,922. Pediatric doctors use children for target practice using pharmaceutical drugs as weapons. You would think they would stop using dangerous drugs and turn to safer solutions but they are not interested and neither should parents be interested in taking their children to pediatricians who insist on using vaccines and antibiotics with such heavy adverse reaction records.

An intelligent protocol against influenza involves the use of the basic emergency room and intensive care medicines like magnesium salts, iodine, sodium bicarbonate, selenium, vitamin C and vitamin D3. These natural medicines help us avoid the complications of the flu and will help us survive the worst dangers, such as cytokine storms.

The primary symptoms of a cytokine storm are high fever, swelling and redness, extreme fatigue and nausea. In some cases the immune reaction may be fatal. To stop the cytokine storms and acute respiratory distress syndrome (ARDS)[xl] that can lead to death, we have to turn away from the orthodox medical responses of using vaccines and drugs like Tamiflu.

In Dec. 2012 the [FDA approved Tamiflu](#) for use in two-week-old babies despite the fact

that Tamiflu has been shown to cause [adverse effects](#) and at best only shortens a bout of the flu by approximately one day.

Nutrient deficiency is one of the main reasons for a cytokine storm in response to a virus like H1N1, along with heavy metals and other chemicals that are flooding out of the cells when one has the flu. Hospitals respond to this by increasing their patient's nutritional status with the horrific stuff they pass off for food and certainly they only increase toxicity with the drugs they use.

[Data](#) from clinical trials involving patients with sepsis-induced ARDS (Acute Respiratory Distress) have shown a reduction in organ damage and a trend toward improvement in survival (survival in ARDS is approximately 60%) after administering a variety of free radical scavengers (antioxidants). Selenium is one of the most recent nutritional mineral medicines that is proving itself to address cytokine storms directly.

Natural Allopathic Emergency Medicine

[Selenium](#) is a strong antioxidant anti-inflammatory that can also be used. Protection against reperfusion injury, myocardial infarction, ischemic stroke, vascular surgery, are all alleviated with selenium injections as would cytokine storms provoked from out of control infections.

The clinical investigations in sepsis studies indicate that higher doses of selenium are well tolerated as continuous infusions of selenium as sodium selenite (4,000 µg selenium as sodium selenite pentahydrat on the first day, 1,000 µg selenium/day on the nine following days) and had no reported toxicity issues. In view of this new information, [Biosyn](#) introduced the 1,000 µg dose vials for such high selenium clinical usage.

Selenium is important because selenium-deficient mice developed much more severe lung pathology after infection with influenza virus than did selenium-adequate mice. In another study, when selenium-deficient mice were infected with a mild strain of influenza virus, the virus mutated to become a more virulent strain, one that caused severe lung pathology even in selenium-adequate mice.

Selenium is also an antidote to mercury having the highest affinity with it than any other atom. So selenium does double duty by also lowering mercury toxicity and this is important because mercury toxicity is known to provoke influenza.

Magnesium Chloride

Magnesium chloride ([magnesium oil](#)) has always been and remains my favorite medicine that affects overall physiology in a very positive and direct way. [Dr. Raul Vergini](#) says, “Magnesium chloride has a unique healing power on acute viral and bacterial diseases. It cured polio and diphtheria and that was the main subject of my magnesium book. A few grams of magnesium chloride every few hours will clear nearly all acute illnesses, which can be beaten in a few hours. **I have seen a lot of flu cases healed in 24-48 hours with 3 grams of magnesium chloride taken every 6-8 hours.**”

Vitamin C

Intravenous [vitamin C](#) is a wonderful treatment when people are on the edge between life and death with the power to bring people back from the brink. Vitamin C (ascorbic acid) contributes a wide range of benefits. It is known to perform many critical functions within the body involving detoxification, tissue building, immune enhancement, pain control, and controlling or killing pathogenic organisms. It is also known to be helpful for wound and bone healing, healthy skin and eyes, fighting infections, stress control, toxic exposure, and repairing damaged tissue of all types.

Sodium Bicarbonate (Baking Soda)

“In 1918 and 1919 while fighting the ‘Flu’ with the U. S. Public Health Service it was brought to my attention that rarely anyone who had been thoroughly alkalinized with [bicarbonate of soda](#) contracted the disease, and those who did contract it, if alkalinized early, would invariably have mild attacks. I have since that time treated all cases of ‘cold,’ influenza and ‘la gripe’ by first giving generous doses of bicarbonate of soda, and in many, many instances within 36 hours the symptoms would have entirely abated,” wrote [Dr. Volney S. Cheney](#) to the [Arm & Hammer Company](#).

Slowing the breathing down with a [Breathslim breathing device](#) will also work strongly to reinforce the actions of sodium bicarbonate—it will increase carbon dioxide as well as oxygen levels—while providing calming comfort.

Vitamin D Will Protect Against the Flu

One of the greatest triggers of influenza, the swine flu and deaths from pulmonary deficiency is [vitamin D deficiency](#). Vitamin D reduces the risk of dying from all causes including the flu. Researchers from Winthrop University Hospital in Mineola, New York found that giving supplements of vitamin D to a group of volunteers **reduced episodes of infection with colds and flu by 70% over three years**. The researchers said that the vitamin stimulated “innate immunity” to viruses and bacteria. [\[xli\]](#) Very few have any idea that Vitamin D can be taken in extremely high dosages like Vitamin C can.

Iodine

“Extremely [high doses of iodine](#) can have serious side effects, but only a small fraction of such extreme doses are necessary to kill influenza viruses,” writes Dr. David Derry of Canada.[\[xlii\]](#) In 1945, a breakthrough occurred when J. D. Stone and Sir McFarland Burnet (who later went on to win a Nobel Prize for his Clonal Selection Theory) exposed mice to lethal effects of influenza viral mists. **The lethal disease was prevented by putting iodine solution on mice snouts just prior to placing them in chambers containing influenza viruses.** Dr. Derry reminds us that a long time ago students in classrooms were protected from influenza by iodine aerosol therapy. Aerosol iodine also is effective against freshly sprayed influenza virus.

Cannabinoid Medicine

[Dr. Ben Whalley](#), at the department of pharmacy at the University of Reading, said tests in animals had shown the **marijuana compounds effective at preventing seizures and convulsions** while also having fewer side effects than existing epilepsy drugs. At the National Institutes of Health (NIH) in Bethesda, Md., rat nerve cells were exposed to a toxin that is typically released during strokes. Cannabidiol reduces the extent of damage reported the National Academy of Sciences. More effective than vitamins C or E, strong antioxidants such as [cannabidiol \(CBD\)](#) will neutralize free radicals without the accompanying high with regular marijuana used for recreational and other medical purposes. All forms of marijuana have anti-oxidative, neuroprotective, immunomodulation, analgesic and **anti-inflammatory actions**.

Beyond these core physiological protective mechanisms, something as simple as smoking marijuana is ideal for the pain and discomfort of influenza. With or without the “high,” [cannabinoid medicine](#) offers safe pain relief even as it heals and protects. It should be put into wide use in hospitals as well as in the home for routine treatment against the worst ravages of the flu.

[Dr. Ester Fride](#) strongly recommends the use of cannabinoids in pediatric medicine so what I am saying for adults above also applies to children. She notes that “excellent clinical results” have been reported in pediatric oncology and in case studies of children with severe neurological diseases or brain trauma, and suggests that cannabis-derived medicines could also play a role in the treatment of other childhood syndromes, including the pain and gastrointestinal inflammation associated with cystic fibrosis.

Treating Viral Infections with Light and Heat

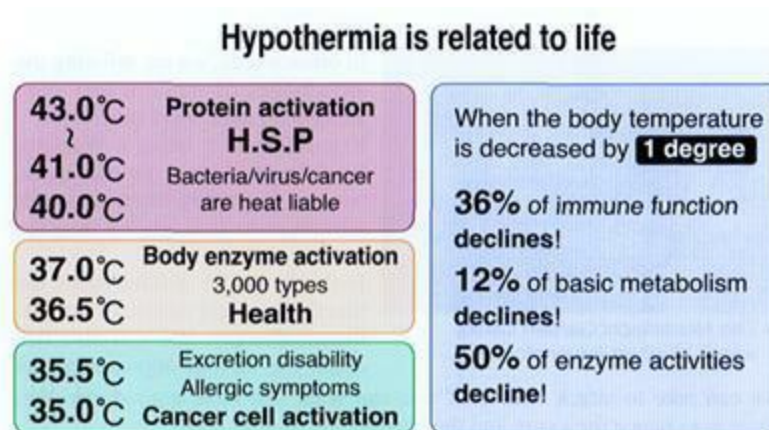
Instead of using heat, the far infrared sauna uses safe infrared rays with wavelengths between 5.6 and 1,000 microns—the segment of the electromagnetic spectrum known as far infrared. At those wavelengths, infrared energy is absorbed by the body's cells, forcing heavy metals and other toxins out through the body's natural elimination processes.

Far infrared is heat energy like the band of the sun's energy that warms you. It is not Ultraviolet, from which you need to protect yourself with sunscreens. It is not like the energy used in tanning booths. It is the band of the sun's energy that you experience outside on a cold day when you feel the sun's warmth. Infrared is a very safe form of energy that is closely in tune with your own body energy. Babies born prematurely have been kept warm for decades by infrared units in hospitals.

FIR (far infrared rays) has the ability to penetrate, refract, radiate & reflect. The human body can absorb FIR because of its deep penetrating ability. When FIR penetrates through the skin to the subcutaneous tissues, it transforms from light energy into heat energy. The thermal effect within the deep layers of tissue cause blood vessels in capillaries to dilate, promoting better blood circulation, and the heat produced helps to get rid wastes through sweating.

FIR energy is absolutely essential and beneficial for human beings and all living things in the world. When one has a viral infection nothing is better than laying down on a far-infrared **Biomat for comfort and increased immune resistance.**

Far infrared therapy offers a secondary benefit: an increase in body temperature. By raising the body temperature by one to three degrees, a far infrared session mimics a fever, which triggers an immune system response and enables the body to fight bacteria and viruses.



According to Professor Abo Touru of Nagata University our immune functions are improved by 40% when we increase our body temperature by 1 degree. Far Infrared heat (light induced heat) relieves pain by expanding blood vessels and increasing blood circulation. Better circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles, reduces pain and speeds up the healing process.

Having BioMats installed in every hospital bed would insure few die from the avian flu or any flu. Bathing patients in light and heating their internal environments boosts their metabolism and improve their immune systems. Patients in bed can use low levels of far infrared around the clock making them comfortable and dealing with the chills that often come with high fevers.

Medical research has already demonstrated that exposure to infrared heat produces excellent therapeutic effects. The deep penetrating heat induces an artificial fever, as the body naturally counters the fever your immune system is strengthened. One might think that when a patient already has a fever it would not be correct to further increase it.

This is not the case especially because the BioMats low settings over hours yield strong effects without stimulating too much heat. (All of my children last week came down with the flu and had fever. It was a battle for who got to use the BioMat. My wife and I were spared the horror of even having to think of antibiotics by using just part of the protocol presented here.)

Conclusion

These are emergency-room-class medicinals and therapeutic processes that deliver lifesaving healing power. Most of the items in the protocol can be taken orally, used transdermally, through nebulization, or administered intravenously or by injection by a doctor or a nurse in more desperate medical situations.

The power and speed of these medicines and the flexibility of their administration methods make them ideal especially because of their extremely low-toxicity profiles. As usual the key to their use is in the dose given.

Few if any people need to die from the flu if they are treated correctly. In *Treatment Essentials*, dosages, concentrations and methods of application options are covered. When one learns about the above emergency room medicines, and how to use them, one gains a lot of medical power and wisdom to overcome the complications and even discomforts of viral infections.

We do not need to wait for doctors and emergency room treatments in hospitals. At the very first sign of coming down with something we can begin to apply the above protocol. Taking sodium bicarbonate, iodine, magnesium chloride and snuggling into your BioMat will ensure that the worst will pass you by.

[xxxviii] [Influenza: marketing vaccine by marketing disease](#)

BMJ 2013; 346 doi: <http://dx.doi.org/10.1136/bmj.f3037> (Published 16 May 2013);

[xxxix] [Pediatric Adverse Drug Events in the Outpatient Setting: An 11-Year National Analysis](#); **Florence T. Bourgeois, MD, MPH et al**; PEDIATRICS; Vol.124; No 4; October 1, 2009; pp. e744-e750; <http://pediatrics.aappublications.org/content/124/4/e744.abstract>

[xl] <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001164/>

[xli] <http://www.independent.co.uk/life-style/health-and-families/health-news/the-virtues-of-vitamin-d-its-time-we-saw-the-light-402749.html>

[xlii] <http://www.thyroidscience.com/reviews/derry/Derry.flu.iodine.9.19.09.pdf>

Natural Allopathic Sleeping Protocol



About 42 million sleeping pill prescriptions were filled in 2005, according to the research company IMS Health, up nearly 60 percent since 2000. According the National Sleep Foundation (NSF), almost six out of ten Americans report having insomnia at least a few nights weekly. Insomnia is defined as an “inability to fall asleep or remain asleep long enough to feel rested, especially when the problem continues over time.”[\[xliii\]](#)

In September of 2010 the [New York Times reported](#) that, “People with chronic pain who took just a puff of marijuana three times a day got some mild pain relief and, with rare exceptions, did so without getting high, a Canadian study reports. (Yes, they inhaled.) The patients, who suffered from persistent nerve damage that did not respond to other pain drugs, **also reported better sleep and less anxiety**, the researchers said.” One can now get [CBD](#), which is medical marijuana without the THC, meaning even if you take a lot of it you will not get high.

According to the [National Sleep Foundation](#) approximately 70 million people in the United States are affected with sleeping disorders. Approximately 12 million Americans have [restless legs syndrome](#), (a sleep and movement disorder characterized by unpleasant tingling, crawling, creeping and/or pulling) feelings in the legs, which cause an urge to move in order to relieve the symptoms.

Magnesium supplementation is usually helpful for relieving restless leg syndrome (RLS) and for treating insomnia.

In another chapter we quoted a patient with PTSD who takes marijuana and she now

shuns the array of medicines and sleeping pills she took because of the side effects. “If you take sleeping pills, you will bring yourself into sleep mode, you will succeed in getting yourself into bed and shutting off the light, but in the morning you are not the same person. You don’t function. The quantity of pills I need in order to fall asleep will turn me into a zombie the next day. My brain is erased; people speak to me but I don’t function. How can you live like that? How can you work like that, study, go out of the house, communicate with people?”



Lack of sleep is a health concern because it can cause attention and memory problems, depressed mood and body chemistry changes that foster heart disease, diabetes and osteoporosis. As many as 47 million adults may be putting themselves at risk for injury, health and behavior problems because they aren’t meeting their minimum sleep need in order to be fully alert the next day. Sleep deprivation and sleep disorders are estimated to cost Americans over \$100 billion annually.

In an effort to combat this, as many as **25% of the people in the United States use medications to help them sleep**. More than half of all people aged 65 years and older have sleep problems. Yet, scientists have proven that poor sleep is not a natural part of aging.

The newest generation of sleep aids causes strange side effects including sleepwalking and short-term amnesia. Ambien, the nation’s best-selling prescription sleeping pill, shows up with regularity as a factor in traffic arrests, sometimes involving drivers who later say they were sleep-driving and have no memory of taking the wheel after taking the drug. Steven Wells quit using the drug Ambien after becoming concerned about several episodes in which he woke up to find he had messily raided the refrigerator and after an incident in which he tore a towel rack out of a wall.

Magnesium and Sleep Disturbance.

Animals placed on magnesium deficient diets will commonly develop disorganized sleep and periods of wakefulness and so will humans. Magnesium is one of the root causes of sleep disturbances. Magnesium supplementation partially reverses age-related sleep abnormalities. Magnesium is an essential mineral that plays a major role in the functioning of the musculoskeletal system. **Magnesium allows the muscles to relax providing a calming effect that allows for deeper relaxation and better sleep.**

In a study by Dr. W. Davis, MD, 99% of his patients who used magnesium chloride had rapidly induced sleep that was uninterrupted. Dr. W. Davis used magnesium chloride as a means of combating insomnia. The researcher reported that sleep was induced rapidly, was uninterrupted, and that waking tiredness disappeared in 99% of the patients. In addition, anxiety and tension diminished during the day.[\[xliv\]](#)

According to a 2008 survey[\[xlv\]](#) of 1137 employed U.S. adults, most Americans are losing sleep over news of a declining economy, increased cost of food and energy, rising unemployment, mortgage foreclosures and plunging home values. The study said 9 of 10 respondents were **losing sleep over economic turmoil**. The vicious cycle of economic stress, lack of sleep, diminished immunity and magnesium depletion is fully evident in the medical literature and the problem is getting worse as the stress mounts and magnesium deficiencies continue to deepen.

Magnesium has a calming effect on the nervous system and is considered the “anti-stress” mineral and a natural tranquilizer. In the elderly, magnesium supplements were found to improve sleep by decreasing the release of cortisol, a known cause of sleep disruption. **Stress depletes magnesium and magnesium relieves stress.**

*When we are under stress our
need for magnesium skyrockets.*

Chronic mental or physical stress serves as a trigger for heart attack or stroke. A study of college students, sleep deprived while studying for final exams, found that stress cut the concentration of magnesium in red blood cells in half and impaired the ability of blood vessels to widen (dilate) to control blood pressure.[\[xlvi\]](#) **Lack of sleep can lead to chronic fatigue, which is associated with sudden-death heart attack.** Chronically sleep-deprived adults commonly develop magnesium shortages, which are also associated with a tendency for blood cells to clot, which is what causes strokes and

heart attacks.[\[xlvi\]](#) Several studies show a lack of magnesium can alter electrical activity in the brain, causing agitated sleep and frequent awakenings.

Sleep disorders caused by magnesium deficiency are usually agitated with frequent nocturnal awakenings. Magnesium helps people fall asleep faster and stay asleep.

Insomnia is one of the central, or neurotic, symptoms of chronic magnesium deficiency. A number of parasomnias (night terrors; nocturnal verbal and motor automatisms; restless leg syndrome) are highly correlated to magnesium deficiency. When we lose magnesium we lose sleep and then we lose our balance emotionally and then even depression or even hyperactivity can set in.

Magnesium deficiency in children is characterized by excessive fidgeting, anxious restlessness, psychomotor instability and learning difficulties in the presence of normal IQ.

Dr. Mildred Seelig

People with poor quality sleep or sleep deprivation exhibit increased levels of interleukin-6 (IL6), the chemical that causes inflammation throughout the body. According to Dr. J. Durlach, the biological clock and magnesium status are linked, and a balanced magnesium status is important for the function of the mysterious pineal gland. Dr. Durlach[\[xlvi\]](#) sees the psycholeptic sedative effects of darkness amplified by magnesium.

Take a Magnesium Bath Before Bed

Simply put, there is nothing like a hot soak in a magnesium chloride bath before bed. The only thing better is when you add sodium bicarbonate to the magnesium. Such soaks are heaven on earth for people who suffer from insomnia and the feelings of restlessness in the limbs. Instead of ingesting further chemical toxins in the form of pharmaceutical sleeping pills, which further deteriorate health, one bathes in a deep relaxing hot magnesium bath similar to what is available at some of the most famous spas around the world. Not only will you sleep better but your entire health will be elevated. All you have to do is pour in some magnesium chloride. Nothing could be simpler except that you should also put in a pound of sodium bicarbonate and some sodium thiosulfate (a few tablespoons), if there is any chlorine in your bath water.

Breathing Retraining Will Help You Sleep

Most do not know it but in reality we can use our breath as an ally in good health and sleep. [Soviet and Russian MDs](#) found the following relationship between automatic (or unconscious) breathing patterns (how you breathe during sleep), the morning results for the body-oxygen test and the quality and *natural* duration of sleep.

Respiratory Frequency	Body oxygen test result	Duration of sleep	Quality of sleep
>26 breaths/min	<10 s	Often >10 hours	Often very poor
15-26 breaths/min	10-20 s	Often >9 hours	Often poor
12-20 breaths/min	20-40 s	6-8 hours	Insomnia possible
7-12 breaths/min	40-80 s	4 hours	Excellent
5 breaths/min	2 min	3 hours	Excellent
3 breaths/min	3 min	2 hours	Excellent

If you're struggling with sleep, waning vitality and health you will want to have a direct way to combat the downward spiral. Expect to get fairly quick results if you train with the BreathsSlim breathing device, which was originally released in Russia for asthmatics.

Breathslim users experience better sleep, improved energy throughout the day, and reduced food cravings. When used on a daily basis breathing retraining reduces chronic levels of stress, reduce the anxiety that accompanies that stress, and makes both going to sleep and staying asleep more likely.

Take a good look at the chart above. What this simple breathing device does is slow down your breath and when you take charge of breathing you are taking charge of your life. It really is impossible to not fall asleep if your breathing is slow. When used in the context of the rest of the Natural Allopathic Sleep Protocol you will experience dramatic results quickly. If however you use breathing retraining as your sole source of relief (and it goes without saying – you've got to use the device if you want results) allow 2-3 weeks of regular use for a fair test.

I recommend using [Breathslim](#) for anyone who is dealing with major stress or a disease such as cancer or diabetes and many others. (When you order a Breathslim use the code DS-2013 for a 10% discount.)

BioMats for Better Sleeping

Far infrared bedding is comfortable, warm and bathes your body in far infrared rays. Far infrared has been shown to improve circulation, enhance the immune system, improves the skin and will put you to sleep like nothing else will.



Everyone I know who has one loves BioMats and many people sleep on them every night. Most people can't imagine life without them after they have one. Ninety-five percent of people experience pain reduction, relaxation, rejuvenation, and mental and emotional ease in just 15 minutes.

“I’ve been suffering from numerous ailments for many years. Some of my problems were sleeping and insomnia, sinus, tonsillitis, leg cramps, arthritis (especially a swollen right knee), and hair thinning. I was worried of going bald! Sometimes daily, I would suffer with severe headaches, coughing and right shoulder pain. Numerous times I visited specialty doctors and massage therapists. I ended up spending a lot of time and money, and I never got better.”

“One day a friend introduced me to the BioMat. After I lay down for about 30 minutes, my back pain was relieved. I have been using the BioMat for one good month now and all of my symptoms are alleviated. I have good sleep and my sinus problems are gone. My blood pressure is normal and my hair has stopped falling out also.”

Mila J.

Chicago, IL

A BioMat will put you to sleep faster than just about anything else. You can sleep on them all night at low settings for deep relaxation, warmth and comfort, as you regenerate cellular energies all night. Instead of taking valuable time out of your day to do far infrared therapy you can make good use of sleep while promoting healthy relaxed sleeping patterns.

The Amethyst Bio Mat uses the healing and soothing abilities of Amethyst Crystals to help you get a deep night's sleep. Even if you only get a few hours of sleep, you will feel rested, and ready for the day. Regular use of the Amethyst Bio-Mat can provide long-lasting benefits.

The Amethyst Bio-Mat is the only mat of its kind to combine Far Infrared Rays, Negative Ions, and Amethyst for a true mind, body, and spirit healing experience. The Amethyst Bio-Mat is a unique innovation in bio technology containing 17 different layers and more than 28 lbs. of amethyst crystals, which naturally produce and are superconductors of Far Infrared Rays. The gentle warmth of the Amethyst Far Infrared BioMat gives an overall massaging effect, soothing jangled nerves and knotted muscles with natural healing, and cleansing of the body. You'll feel rejuvenated and renewed, restored in body and mind after sleeping on one.

Dr. Nobuhiro Yoshimizu, who features utilizes the BioMat for cancer treatment says, "When cancer patients utilize these treatment options, they **experience good quality sleep during the night**. That is when natural immunity is most strengthened." In Japan doctors know that one can cook cancer right out of a person's body and this one can do with a BioMat.

A special application for sleeping on BioMats is for safe and effective pediatric medicine. Not only can adults take advantage of the BioMats healing and restive powers, children also, when they are asleep, can be put on the BioMat when they are sick. Last night my 9 year old daughter had a fever for a fourth day having relapsed after she seemed to be almost better. All four of my children came down with a fever and we were getting worried that for Julia we would have to give some antibiotics.

Julia was sleeping next to us tossing and turning and moaning last night. So we slid the BioMat under her and my wife gave her some Reiki and this morning the fever was broken. When one realizes how the BioMat works—healing and nurturing with light, ions

and electrons—then you understand how useful this is for our children. It strengthens their immune systems enabling them to fight off the hordes of viruses that are becoming a plague if you believe the World Health Organization. Far infrared yields coherence to the water in every cell while directly adding energy and strength. Sounds perfect because it is!

The Wrong Way to Treat Insomnia

Merck & Co's experimental [insomnia drug suvorexant](#), which would be the first in a new class of sedatives that block chemicals in the brain called orexins that help keep people awake, moved close to FDA approval. The drug is designed to help people fall asleep and stay asleep. The FDA's internal reviewers published a report expressing concern about suvorexant's potential to cause next-day sleepiness and impaired driving. FDA staffers also pointed to an increase in the risk - especially at the higher doses - of suicidal thoughts and behaviors, impaired driving, and severe sleep disturbances.

Speaking for the FDA, Dr. Ronald Farkas noted cases in which patients had reported sleep paralysis and terrifying hallucinations. "Suvorexant's marginal benefit in extending overnight sleep time by a few minutes is achieved at the expense of prolonged, next-day drowsiness, with potentially fatal consequences," said Dr. Sammy Almashat, a researcher with Public Citizen's Health Research Group who noted that suvorexant stays in the body longer than all but one other sleep drug.

The FDA panel voted 13 to 3, with one abstention, that the drug could be used safely at the 15 and 20 milligram doses. It voted 8-7, with two abstentions, that the drug is not safe at 30 and 40 milligrams.

Merck can celebrate all it wants but the FDA is already concerned amid a broader review of the safety of sleeping pills following hundreds of reports of driving accidents involving people taking zolpidem, the active ingredient in Sanofi SA's Ambien. About 60 million prescriptions for these drugs were written in the United States in 2011, according to healthcare research firm I.M.S. Of those, roughly 40 million contained zolpidem.

Reiki

Reiki is a Japanese healing system that mirrors very well what Christians consider 'laying on of the hands.' In my writings about the psychology of touch and therapeutic healing touch I consider Reiki as a pure form of touch. Healing and touch go together for some very good reasons that go right back to birth. Giving Reiki to a child or adult who is having sleep difficulties often brings miraculous results that should not be underestimated.

[xliii]http://www.nytimes.com/2006/02/07/business/07sleep.html?pagewanted&_r=0

[xliv] W.H. Davis and F. Ziady, "The Role of Magnesium in Sleep", Montreal Symposium, 1976

[xlv] ComPsych Corp-Reuters Oct. 27, 2008

[xlvi] *Clinical Cardiology* 27: 223–27, 2004]

[xlvii] *Journal American College Nutrition*13: 429–46, 1994

[xlviii]<http://www.mgwater.com/durlach.shtml>

You are a Rainbow - Seven Levels of Intelligence

There are seven biological energy centers that are situated along the spine which act like prisms to breakdown the background non-visible light into the spectrum colors. Each master endocrine gland is associated with a color as are different traits in our personalities.

Howard Gardner of Harvard University, and author of Frames of Mind, identifies multiple levels of intelligence: linguistic, logical-mathematical, spatial, musical, bodily kinesthetic, interpersonal, and intrapersonal. In my work as a color psychologist I use a color-coded model of intelligence developed to its maturity by Christopher Hills that mirrors nature's tendency to reproduce everything in octaves of seven with repeating eight notes.

For most people the idea that colored light applied to the body can be a powerful key to unlock the mysterious interactive connection between body mind and spirit is something new. Light and color propels our evolution, our physical healing, defines who and what we are. It is the light we follow when we leave this body and life on earth.

The whole confusion between life and death comes from too much fixation on the body and not enough attention to the fact that we have a light body which is actually called by the ancients the Rainbow Body because it both absorbs and radiates out light and color, which can be easily measured with today's technology as a matter of routine.



Color Psychology offers us the clearest key to understanding the mind and how it functions and thus how it can be used. Dr. Max Luscher brought color psychology into the modern world over fifty years ago and his work was brought to fruition by Hills in his work Nuclear Evolution.

We are rainbows and our minds operate and resonate differently with each spectral color. In fact **each color shapes the function of each level of mental**

activity. Epistemology is the study of how we know and perceive things. Perceptual psychology is crucial to us simply because this is the knowledge that illustrates how we perceive, or more importantly, misperceive ourselves, others, and the universe at large. Everything that we know and think and experience is a result of some perception that we make with our consciousness.

Our Rainbow Body is in reality, the perceptual clothing our souls or beings wear while inhabiting this planet called earth. It is very interesting to note that the following map of human consciousness by Hills mirrors Gardner's work at Harvard University on multiple levels of intelligence.

Red – Physical Intelligence – The ability to perceive the universe and understand it through the five senses. Knowing how to take care of one's body and health, exercise, diet, sport, healing and medical intelligence.

Orange – Social Intelligence – The ability to associate and understand oneself in relationship to others. Leadership abilities, the ability to nurture relationships and maintain friendships, conflict resolution skills, and social analysis, the ability to understand other people.

Yellow – Intellectual Intelligence – Our rational and analytical ability to organize information. Logical thinking ability, problem solving, sequential organization, the ability to see inconsistencies, weigh opposites and make judgments.

Green – Emotional Intelligence – Also known as heart intelligence, this is the science of understanding one's emotions and feelings which mix all the other levels of intelligence into what might be called a "feeling" intelligence.

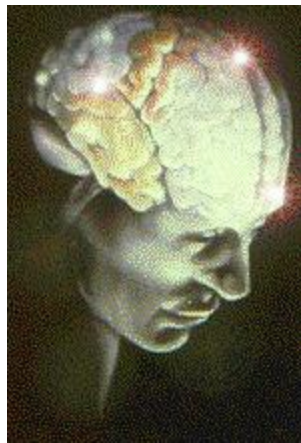
Blue – Conceptual Intelligence – The perceptual world of memory, ideas, concepts and meaning. The ability to form mental models that incorporate entire fields of information.

Indigo – Intuitive Intelligence – The ability to cut through 'mental' fields of knowing to the essence. Intuition is the perceptual power of direct perception. Here we just simply know without knowing how we know. Einstein was a champion of the intuition. He said, "I think with intuition."

Violet – Imaginative Intelligence – Is in one aspect an aspect of our highest

intelligence, the ability to form and communicate with images. This is the level of creative intelligence, the ability to form something from nothing. Howard Gardner refers to this as spatial, musical and artistic intelligence. With the primordial power of the imagination we constantly recreate external reality somewhere between our two ears. We literally see with our imaginations.

Color Psychology is about how our personalities are structured and formed around our conscious or unconscious absorption of light. Our vehicles of light or "light body" are absorbing the cosmic light through the prism of the chakra system. We absorb, mix, and eventually re-radiate out this light. This process that is going on deep within us and makes us very much who and what we are.



In ancient times the Rainbow Bridge was a symbol for the territory we eventually had to cross in our spiritual evolution.

The chakra system is the lung of our light body. The seven biological chakras that our situated along the spine act like prisms to breakdown the cosmic light into the spectrum colors. Usually each personality is breathing fully on only one or two chakra levels so you might find one person predominately intellectual, the next, an artist working on the violet or imaginative level and so on. There are literally billions of combinations and the most conscious person has opened all the chakras or levels of perception and plays on them (the mind) like a conductor would on his orchestra. Our experience in life is determined largely by the color levels that are functioning; which chakra is most open, and which is most closed.



Christopher Hills was my mentor and it was he who saved me from my own arrogant ignorance. His thousand page books ***Nuclear Evolution*** and ***Rise of the Phoenix*** explain the heart of the subjects above but what was most important about his work was getting beyond the mind altogether. He was the one 30 years ago that taught me that the heart was much more than just a pump.

The point is that we are light, we eat it in the form of food, we absorb it directly from the environment via the sun, and we process it not only on physical levels (vitamin D production) but also other more subtle levels inside the chakra system and in our astral bodies. The use of color and light in healing and in cancer treatment is very important and should not be overlooked. So step out into the sun today and realize its blessing in your heart, mind and soul. It is possible to survive without the financial and medical madness that is all around us today but it is not possible to survive for long without the benefit of the sun.

The Sun – Vitamin D – Diabetes

The sun is the ultimate giver of all life on our planet and doctors who do not take this into account are doing their patients a great disservice. When we don't get enough sun (Vitamin D₃) from birth, or even when pregnant mom neglects their time in the sun, complications arise just as if we were dehydrated. The medical profession, lead by dermatologists, have created a medical religion against the sun by warning of its dangers when they should in fact be praising its life giving and sustaining effects.

A team of researchers led by National Cancer Institute (NCI) epidemiologist Dr. Michal Freedman states that vitamin D is highly successful in reducing deaths from cancers of the colon and rectum. You would think that everyone would want to know the significance of this especially as it relates to the treatment and prevention of cancer. Tragically we find that there are people and institutions that don't want us to know how important the sun's ionizing radiation really is for us.

The researchers studied 16,818 people who had joined a nationwide U.S. government health survey between 1988 and 1994. **The study found that people with relatively high blood levels of vitamin D when they entered the study had a 72 percent reduction in their risk of dying of colorectal cancer compared to those with lower levels of vitamin D.**^[i] Sadly the researchers failed to report on the positive effect of vitamin D on other kinds of cancers and the media, as usual, attacked the results like tiger sharks going after red meat.

The reaction of the media to the study revealed in a rather stark way their deeply ingrained prejudice against nutritional solutions to cancer. Certainly sun worship is dead today; dermatologists would strip us of natural supplementation via healthy exposures to the sun to receive our daily requirements of Vitamin D.

There are plenty of studies correlating low vitamin D levels with cancer^[xliv] but not many people are aware that the relationship between diabetes and the Sun is a strong one, not only for people with Type 2, as a recent meta study discovered--people with Type 2 appear to have low blood levels of Vitamin D. The evidence indicates that persons with diabetes have lower serum concentrations of vitamin D.^[1]

A Finnish study found that children who received Vitamin D supplementation appear to have a lower rate of Type 1 than those who did not. Giving children vitamin D supplements in infancy may shear their risk of developing type 1 diabetes later in life. In

an analysis of previously published studies, British researchers found significant evidence that supplements of the vitamin were associated with a 29% reduced risk of the disease.

"The research suggests that Type 1 diabetes may be preventable with a modest intake of vitamin D3 for children, ideally with five to 10 minutes of sunlight around noontime when good weather allows," said Dr. Cedric Garland, University of California at San Diego professor of family and preventative medicine. "Accordingly, doctors and nutritionists should prescribe vitamin D to all kids living in higher latitudes "without further delay."

Researchers at the Moores Cancer Center at University of California, San Diego (UCSD) and the Department of Family and Preventive Medicine also found that sun exposure and vitamin D levels may play a strong role in risk of type 1 diabetes in children. In this new study, the researchers found that populations living at or near the equator, where there is abundant sunshine (and ultraviolet B irradiance) have low incidence rates of type 1 diabetes. Conversely, populations at higher latitudes, where available sunlight is scarcer, have higher incidence rates. These findings add new support to the concept of a role of vitamin D in reducing risk of this disease.[\[li\]](#)

Almost 75 percent of children and adolescents with type 1 diabetes have insufficient levels of vitamin D, researchers at the Joslin Diabetes Center in Boston report.[\[lii\]](#)

Based on data from three case-control studies involving 6,455 participants, the new paper found that infants who were given supplements were 29% less likely to develop type 1 diabetes compared with infants who never got extra vitamin D. Countries with lots of sunshine do happen to have lower incidence of type 1 diabetes than relatively sunless places. Studies have also shown that new cases of type 1 diabetes crop up more often in winter, when there is less sunshine all around, than in summer.

Insufficient blood levels of vitamin D have been linked to other autoimmune diseases such as rheumatoid arthritis and multiple sclerosis, along with some rare but serious heart problems like cardiomyopathy.

The American Academy of Pediatrics (AAP) currently recommends a supplement of 200 I.U. of vitamin D per day, starting at two months of age for breastfed babies. Once infants are weaned to vitamin-D fortified formula, however, supplements are no longer necessary.

The large dose of Vitamin D I am now taking appears to increase my sensitivity to insulin

even though I am already insulin sensitive. It potentiates a dose as low as 1 unit of insulin, making it several times more powerful than usual. When I have skipped my insulin for a couple meals to see what the Vitamin D it might do when I don't use insulin (while eating very low carb meals) I did not experience the dramatic drop, but I did end up very slowly drifting down into the high 70s a few hours after dinner, rather than ending up in the 90s or low 100s as I would have expected to do. [\[liii\]](#)

The reaction of the media to any assertion that the sun is medically helpful reveals in a rather stark way their deeply ingrained prejudice against nutritional solutions to cancer or any other chronic disease. Certainly dermatologists would strip us of natural supplementation via healthy exposures to the sun to receive our daily requirements of Vitamin D. They would rather we lather up our bodies with chemical sunscreens that penetrate the skin and poison our blood.

Dr. Ralph Moss went to great lengths to inform his readers how far the media went in emphasizing “the negative aspect of a recent study made a strong connection between cancer and vitamin D. Here are some of the headlines of stories that were published hours after the news of the study first broke:”

- "Vitamin D May Not Reduce Cancer Deaths" (*AP*)
- "Vitamin D May Not Lower Risk of Cancer Deaths" (*Fox*)
- "Vitamin D Is Not Magic Bullet for Cancer" (*Wired News*)
- "Vitamin D Won't Help Prevent Most Cancers" (*HealthDay*)
- "Vitamin D Doesn't Prevent Cancer Deaths" (*Windsor Star*)
- "Vitamin D Benefit At Issue" (*Ft. Worth Star*)
- "No Connection Found Between Vitamin D and Overall Cancer Deaths" (*Medical News Today*)
- "Vitamin D Doesn't Reduce Cancer Risk" ([Nutraingredients.com](#))
- "Vitamin D Does Not Reduce Overall Cancer Mortality" (*ANI India News*)
- "Vitamin D Has No Effect on Overall Cancer Death Rate" (*Medical News Today*, 2nd article)
- "Study Raises Questions About Vitamin D and Cancer" (*KWWL Iowa*)
- "Vitamin D Downgrade As Scientists Advise There is No Real Proof It Fights Cancer" (*Daily Mail*)

Though medical science itself has a firm understanding of the importance of the sun and vitamin D medical and health officials and most doctors do not. These days, pouring on the sunscreen lotion has become an obsession, a Pavlov conditioned response most

people have for relating to the sun. The idea is to somehow hide from the sun whenever we go outside. What we are doing is hiding from life, from the sun, from its healing rays and everything good that comes from it.

The dangers of sun exposure have been greatly exaggerated by the same types of people who over exaggerate and lie about many things in medicine. Sun exposure is not the major reason people develop skin cancer. Though most patients might be surprised by this, this is simply not the truth, and buying into this lie will most assuredly deprive people of the vital benefits the sun can provide. One of the most important benefits of the sun actually is to lower not raise our risk of getting cancer -- the number one cause of death today.

Researchers also point out that increasing level of vitamin D₃ could prevent many diseases that claim hundreds of thousands if not millions of people world each year. Vitamin D, the sunshine vitamin, is different from other vitamins in that it influences your entire body -- receptors that respond to the vitamin have been found in almost every type of human cell, from your brain to your bones.

It is a crying shame that modern medicine ignores the very basics of life specifically the air, water and sun as well as the food we eat. It does make a difference when we are treating cancer, or any other disease, whether we get sun or not, whether the air we breathe is clean or severely polluted, whether the water we drink is pure or full of toxic chemicals like fluoride, and of course whether our food is organic and life giving or mineral and vitamin deficient as well as full of pesticides and heavy metals.

*Vitamin D is important because we are often short of it.
It is made by the action of sunlight on the skin, which accounts
for 90 per cent of the body's supply. Very little comes from food.*

Though light is the secret to life[[liv](#)] it is easier for hard headed medical scientists to measure the life giving nurturing nature of the sun through its effect on raising vitamin D levels in the most healthy and direct manner. The newest data from the below studies reveal an inverse association of serum vitamin D with risk of colorectal and breast cancer. The protective effect began at levels ranging from 24 to 32 nanograms per milliliter of 25-hydroxyvitamin D concentration in the serum. The 25-hydroxyvitamin D level is the main indicator of vitamin D status. The late winter average 25-hydroxyvitamin D in the US is about 15-18 ng/ml. The researchers maintain that increasing vitamin D levels in populations, particularly those in northern climates, has the potential to both prevent and

possibly serve as an adjunct to existing treatments for cancer.[\[lv\]](#)

Intake of 2000 IU/day of Vitamin D(3), and, when possible, very moderate exposure to sunlight, could raise serum 25(OH)D to 52 ng/ml, a level associated with reduction by 50% in incidence of breast cancer.[\[lvi\]](#)

Dr. Cedric F. Garland

If vitamin D₃ levels among populations worldwide were increased, 600,000 cases of breast and colorectal cancers could be prevented each year, according to researchers from the Moores Cancer Center at the University of California, San Diego (UCSD). This includes nearly 150,000 cases of cancer that could be prevented in the United States alone. Dr. Cedric F. Garland, cancer prevention specialist at the Moores and colleagues estimate that 250,000 cases of colorectal cancer and 350,000 cases of breast cancer could be prevented worldwide by increasing intake of vitamin D₃, particularly in countries north of the equator. Vitamin D₃ is available through diet, supplements and exposure of the skin to sunlight.

In the winter, the sun in Britain is barely strong enough to make the vitamin, and by spring, say scientists, 60 per cent of the population is deficient (defined as a blood level below 30ng per millilitre).

“For the first time, we are saying that 600,000 cases of breast and colorectal cancer could be prevented each year worldwide, including nearly 150,000 in the United States alone,” said study co-author Garland, meaning if only people would pay attention to the sun and the vitamin D that comes with it much cancer can be avoided and we could infer, more people could be saved if doctors understood something about basic nutrition and naturopathic principles.

People who took vitamin D supplements for six years reduced their risk of dying from all causes.

Another new study, by scientists from the International Agency for Research on Cancer in Lyon and the European Institute of Oncology in Milan published in Archives of Internal Medicine, reviews 18 trials involving 57,000 people found that those who took the supplements had an 7 per cent lower risk of death overall during the six-year period of the study.

Dr. Edward Giovannucci, a professor of nutrition at the Harvard School of Public Health,

said that the research added "a new chapter in the accumulating evidence for the beneficial role of vitamin D on health". He called for a debate on the merits of "moderate sun exposure, food fortification with vitamin D and higher dose supplements for adults".

The increasing use of sunscreens and the decreasing amount of time spent outdoors, especially by children, has contributed to what many scientists believe is an increasing problem of vitamin D deficiency.

The scientific evidence shows quite clearly that sunscreen actually promotes cancer by blocking the body's absorption of ultraviolet radiation, which produces vitamin D in the skin. Vitamin D, as recent studies have shown prevents cancer. Meanwhile, the toxic chemical ingredients used in most sunscreen products actually are carcinogenic and have never been safety tested or safety approved by the FDA. They get absorbed right through the skin (a porous organ that absorbs most substances it comes into contact with) and enter the bloodstream. The real risk comes from spending too long in the sun, and that using sun creams to protect against sunburn may instead promote the cancer.



It is possible to overdose on oral vitamin D supplements but there's very little risk of overdosing on vitamin D from the sun

Sunscreens have been heavily promoted as a means of protecting sunbathers but they may have the opposite effect, according to a report in the Journal of the National Cancer Institute. It cites Antony Young of King's College, London, who said several large scale studies over the past few years had been 'unable to tease out any clear relationship' between sunscreen use and melanoma incidence. But some studies showed sunscreens increased the incidence of melanoma.

Vitamin D works by lowering insulin resistance, which is one

of the major factors in heart disease. It is also used by the thyroid gland, which secretes a hormone that regulates the body's levels of calcium, which in turns helps regulate blood pressure.

Mike Adams, the illustrator of the above cartoons says, "The idea that sunscreen prevents cancer is a myth. It's a myth promoted by a profit-seeking tag-team effort between the cancer industry and the sunscreen industry. The sunscreen industry makes money by selling lotion products that actually contain cancer-causing chemicals. It then donates a portion of that money to the cancer industry through non-profit groups like the American Cancer Society which, in turn, run heart-breaking public service ads urging people to use sunscreen to prevent cancer."

*The optimal blood serum value for vitamin D
is 45-52 ng/ml (115-128 nmol/l).*

Research by Philippe Autier of the European Institute of Oncology in Milan suggests melanoma may be at least a two- stage process, with different kinds of solar radiation causing new moles in childhood and their growth into larger moles that later become cancerous. Over the past decade, he has become convinced that sunburn is 'probably not part of the mechanism of cancer'. It may simply be a marker of people with sensitive skins who are more prone to skin cancer and who have spent too long in the sun. Sunburn may even protect against melanoma - by keeping people out of the sun. Lying in the sun longer, especially at midday when the ultraviolet rays are strongest, may raise a person's exposure above what it would have been without sunscreen. It is this intense, intentional time in the sun that is most closely linked with melanoma risk, Dr Autier said.

[\[lvii\]](#)

Researchers from Winthrop University Hospital in Mineola, New York, found that giving supplements of vitamin D to a group of volunteers reduced episodes of infection with colds and flu by 70 per cent over three years.

The American Cancer Society though still will not recommend that anyone take vitamin D supplements, even though the vitamin can prevent nearly 4 out of 5 cancers. It seems that the cancer industry simply has no interest in preventing cancer. It is only interested in treating cancer and profiting from those treatments.

With diabetes becoming a medical disaster all over the world those concerned with avoiding or treating diabetes should get them selves out in the sun, use vitamin D

supplying sun or tanning lamps or lastly, supplement directly with vitamin D3. Supplements cannot compete in safety with the sun or radiating lamps though and as anything that comes out of the pharmaceutical companies, they have their own toxicity problems.

The Sun - Magnesium – Vitamin D

Magnesium deficiency is often misdiagnosed because it does not show up in blood tests – only 1% of the body's magnesium is stored in the blood.

All magnesium supplements have to be converted to magnesium chloride so, you might as well use the chloride form to begin with. **The body cannot use vitamin D in a magnesium deficient body.** Magnesium facilitates the release of calcium from bone in the presence of adequate amounts of vitamin D and parathormone.[\[ix\]](#) Sunlight and vitamin D are critical to all life forms. Standard textbooks state that the principal function of vitamin D is to promote calcium absorption in the gut and calcium transfer across cell membranes, thus contributing to strong bones and a calm, contented nervous system. It is also well recognized that **vitamin D aids in the absorption of magnesium,** iron and zinc, as well as calcium.

Disorders in which magnesium (Mg) depletion is common have an associated high incidence of osteoporosis. Mg depletion in humans results in hypocalcemia, low serum parathyroid hormone (PTH) and 1,25(OH)₂-vitamin D levels, as well as PTH and vitamin D resistance which may serve as mechanisms for the development of osteoporosis.

The link between vitamin D deficiency and heart failure is compelling.

- Among heart failure patients awaiting a heart transplant, those patients who have higher vitamin D levels are more likely to survive the waiting period prior to organ transplantation. [European Journal Heart Failure 2008 Mar; 10(3):321-7]
- Heart failure among infants is observed in cases of rickets (bone weakening) caused by a lack of vitamin D. [Heart 2008 May; 94(5):581-4]
- Heart failure is more prevalent among African Americans who dark skin pigmentation impairs vitamin D synthesis during sun exposure. [Translational Research 2006 Dec; 148(6):301-8]
- Heart failure is more prevalent among Arabic women and their offspring due to the use of traditional clothing and headwear that blocks sun/skin exposure. [European Journal Heart Failure 2006 Nov; 8(7):694-6]
- Bone loss (osteoporosis) among postmenopausal women is associated with low vitamin D levels and is more often accompanied by signs of heart failure, particularly among women who are genetically prone to vitamin D insufficiency. [Journal Internal Medicine 2003 Apr; 253(4):439-46; Journal American College Cardiology 2003 Jan 1;41(1):105-12; American Journal Medicine 1997 Sep;103(3):197-207]

- The intravenous administration of the active form of vitamin D (calcitriol) reduces the thickening of the heart wall characteristically seen in heart failure patients. [American Journal Kidney Diseases 1999 Jan; 33(1):73-81]
- As early as the 1970s doctors reported "*hungry bone*" syndrome and heart failure following surgical removal of the parathyroid glands. [American Journal Medical Sciences 1976 Jan-Feb;271(1):85-9] A shortage of vitamin D causes parathyroid glands to shrink.
- Adults with heart failure are less likely to be exposed to midday sun. [International Journal Vitamin Nutrition Research 2007 Jul; 77(4):280-8]

Sun Angles

Humans do indeed manufacture vitamin D from cholesterol by the action of sunlight on the skin but it is actually very difficult to obtain even a minimal amount of vitamin D with a brief foray into the sunlight. The reason it is difficult to get adequate vitamin D from sunlight is that while UV-A is present throughout the day, the amount of UV-B present has to do with the angle of the sun's rays. Thus, UV-B is present only during midday hours at higher latitudes.

Sun exposure at higher latitudes before 10 am or after 2 pm will cause burning from UV-A before it will supply adequate vitamin D from UV-B. This finding may surprise you, as it did the researchers. It means that sunning must occur between the hours we have been told to avoid. Only sunning between 10 am and 2 pm during summer months (or winter months in southern latitudes) for 20-120 minutes, depending on skin type and color, will form adequate vitamin D before burning occurs.[\[xii\]](#)

“Concerns of over-dose of vitamin D are largely unfounded given that an hour of total-body midday summer sun exposure in a sunny climate can produce up to 10,000 units of vitamin D without side effect or liver toxicity,” writes Bill Sardi. It takes about 24 hours for UV-B-stimulated vitamin D to show up as maximum levels of vitamin D in the blood. Cholesterol-containing body oils are critical to this absorption process. Because the body needs 30-60 minutes to absorb these vitamin-D-containing oils, it is best to delay showering or bathing for one hour after exposure. The skin oils in which vitamin D is produced can also be removed by chlorine in swimming pools.

Tanning beds can stimulate the body to produce vitamin D, according to research conducted by Michael Holick of the University of Boston and published in the Journal of Bone and Mineral Research. "Vitamin D deficiency is common in both children and adults worldwide," Holick said. "Exposure to lamps that emit UVB radiation is an excellent source for producing vitamin D₃ in the skin."

During the winter at extreme latitudes, there may not be sufficient sunlight for people to produce enough of the vitamin. A study by Holick and colleagues found that levels of vitamin D deficiency in 45 Boston residents increased steadily throughout the winter, from 49 percent in August to 67 percent in November, 74 percent in February and 78 percent in May.

To test the efficacy of tanning beds in fighting vitamin D deficiency, Holick and colleagues

studied 15 people between the ages of 20 and 53. All participants had their blood vitamin D levels measured at the beginning of the study and then once per week for seven weeks. They each tanned in a commercial tanning bed three times per week. After one week, vitamin D levels had increased by an average of 50 percent, and by five weeks they had increased by 150 percent from the starting point. Vitamin D levels did not increase for the next two weeks.

During the summer in extreme latitudes, the body can synthesize enough vitamin D from 15 minutes of sun for light-skinned people, and 30 minutes for those with dark skin. The current suggested exposure of hands, face and arms for 10-20 minutes, three times a week, provides only 200-400 IU of vitamin D each time or an average of 100-200 IU per day during the summer months. In order to achieve optimal levels of vitamin D, 85 percent of body surface needs exposure to prime midday sun. (About 100-200 IU of vitamin D is produced for each 5 percent of body surface exposed, we want 4,000 iu.) Light skinned people need 10-20 minutes of exposure while dark skinned people need 90-120 minutes.

The American Academy of Dermatology says that only a small amount of sunlight is needed for the body to manufacture vitamin D, and does not require a suntan. This kind of communication is not helpful or specific enough. Most of the RDA information from health and medical institutions tend to be far too low. When we want to heal ourselves with the sun we need a good amount of it.

Latitude and altitude determine the intensity of UV light. UV-B is stronger at higher altitudes. Latitudes higher than 30° (both north and south) have insufficient UV-B sunlight two to six months of the year, even at midday.¹² Latitudes higher than 40° have insufficient sunlight to achieve optimum levels of D during six to eight months of the year. In much of the US, which is between 30° and 45° latitude, six months or more during each year have insufficient UV-B sunlight to produce optimal D levels. In far northern or southern locations, latitudes 45° and higher, even summer sun is too weak to provide optimum levels of vitamin D.¹³⁻¹⁵ A simple meter is available to determine UV-B levels where you live.

If sunlight is not available in your area because of latitude or season, sunlamps made by Sperti can be used to provide a natural balance of UV-B and UV-A. Used according to instructions, these lamps provide a safe equivalent of sunlight and will not cause burning or even heavy tanning. Tanning beds, on the other hand, are probably not the best means of getting daily doses of vitamin D because they

provide too high levels of UV-A and too little UV-B.

[i] <http://www.magneticclay.com/>

[xlix] A team of researchers led by National Cancer Institute (NCI) epidemiologist Dr. Michal Freedman states that vitamin D is highly successful in reducing deaths from cancers of the colon and rectum. The researchers studied 16,818 people who had joined a nationwide U.S. government health survey between 1988 and 1994. The study found that people with relatively high blood levels of vitamin D when they entered the study had a 72 percent reduction in their risk of dying of colorectal cancer compared to those with lower levels of vitamin D.

[1] The Diabetes Educator, Vol. 34, No. 6, 939-954 (2008)

[li] http://cancer.ucsd.edu/aboutus/news/stories/VitD_Diabetes.asp

[lii] <http://www.medicinenet.com/script/main/art.asp?articlekey=95165>

[liii] <http://diabetesupdate.blogspot.com/2007/10/vitamin-d-lowers-insulin-resistance.html>

[liv] Dr. Walter Russell said, "We think, for example, that elements are different substances and that each substance is permanently existent as such. That is not true. Elements are but different conditions of light pressures. They are the raw materials for the fashioning of Creation's images in the patterns controlled by light waves. They appear when the pressure necessary for their conditions appear and disappear when those pressure conditions cease. Every element in each octave occupies its own pressure position in its wave. Each element seems to be a different substance as the electric pressure conditions of each position in each wave of matter changes. However, it is not the substance that changes, it is the condition of the substance." http://www.frank.germano.com/walter_russell.htm

[lv] http://www.eurekalert.org/pub_releases/2007-08/uoc--ssm082107.php

[lvi] <http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17368188&ordinalpos=5&itool=Ent>

[lvii] <http://www.medicalnewstoday.com/articles/4058.php>

[ix] Ott, John, Health and Light, Pocket Books, New York, 1973.

Red Level of Awareness – Physical Consciousness

Touch can be a communication of love and is a most powerful way to communicate empathy, friendship, approval,

When we enter this world we enter the physical universe, the world of our bodies with all its lovely senses. On this level we just love to touch one another so here we find the powerful urge to mate. Red is the sex drive, the urge to procreate. Red is physical, pure action devoid of any forethought. The Red level person just jumps into the thick of things. And the time world or time sense of this level of awareness is NOW! It is the level of our senses.... taste, sight, hearing, feeling through touch, and our sense of smell. The red level seeks stimulation through these senses and will often go to extremes in this regard, but in essence such a person experiences an incredible vitality through action. As such red is the source of vital energy, it is the base chakra in which the basic kundalini energy arises.

The red level also represents our basic instinct for survival, the fight or flight response. We find our brains processing information on the most primitive level as a reflex action. It is the quick world of stimulus response. There is no thinking or higher processing of information going on. We see a beautiful woman, all her lovely curves, and we respond, we salivate, and we feel this chakra pulling on our groins. Women do this also but to a much lesser degree than men, depending on how much red level energy dominates their consciousness. This enjoyment of the senses is fine as long as we do not get lost in it. To many this is the world of the devil and must be avoided and controlled at all cost. For others it is the key to energy and incredible vitality and with its animation they fly their kites high into the sky. The red level brings a refreshing spontaneity and an action oriented zest to life.

Red is the world of manifestation.

Most individuals emanating energies predominantly in the Red band of consciousness are concerned with the intensity of experience in the time framework of the immediate moment. These people will have little awareness of the past or future and their inner world will depend entirely on stimulation from physical inputs either to do with contest in the dominating of the physical environment or sexual love, petting, etc.

The field where intimacy, love and sex all come together is in the world of touch. Touch is

such a basic need that people easily forget it or do not see it as a separate distinct essential need. The hunger for touch is a real human need almost as important as food. And just as intimacy can be seen differently from love and sex, though they often combine the two, touch also is an activity in itself and can be a wholly satisfying experience as people who give and receive massage well know.

A person in the red band of consciousness perceives reality through his senses - not through his feelings, nor his thoughts, nor his memories or concepts or imaginings, but through his senses, and in particular, through the sense of touch. On this level a person's inner experience of what he senses is dependent on outside physical stimulation.

The most important way we give love to a baby is through touch. For babies, and the rest of us, love is equated deeply with touch. The problem for adults though comes in with the intense association we make between touch and sex. Just like we fear intimacy we fear touch because sexual issues intervene in our consciousness. Clinically, cutaneous deprivation, (the lack of touch) leads to a host of emotional, physical and developmental problems in young and old alike. Research has shown that there are distinct biochemical differences between people who experience touch and those who are severely deprived of it.

The Heart of Sex

It is thought that most of the human race still identifies predominately with the red level. Christopher Hills said that up to 90% of people were mostly red level.

Nuclear Evolution

Love on the red level:The athlete, in love with the energy of his body, leaps forward to win the race. The climber tunes to the exhilaration of Nature's upward thrust and reaches the summit. Lovers worship the essence of life through the pure energy of sexuality. The love of clearly defined action. Love of the divine present moment. Love of the touch of tenderness and love. Love of physical intimacy.

Red Level Fear:Fear of bodily harm. For the red level person, at a certain moment, just before the successful completion of a physical operation, fear flashes in, and the confident thrust that both initiated and sustained the original energy and effort is baulked and braked so that the final stage of the undertaking, where absolute positively is essential, is never completed. The climber, the runner, the racing car driver and the boxer and all the others who compete in the physical or athletic arena know this "flash of fear" that breaks the concentration, shakes the equilibrium and causes the head to turn in a fatal backward look.

Aggression on the red level is physical.A person may come up to you and his only thought of aggression is to punch you in the nose. A bully is often like this. He wants to dominate you physically. The same need to dominate applies to men who want to grab a woman. We can find this aggression in children as well. If we go to an undisciplined nursery we may find the boys pouring salt on the hair of the girls and the girls pounding on the piano and snatching crackers out of the other children's mouths. In any case, aggression on this level is the drive to manipulate people or things by dominating them. Aggression is not limited to mankind. We find it in apes, dogs, lions and birds. Lions will kill each other if they invade one another's pride or territory. Birds will attack if you come within a certain distance of their nest. The main point is that aggression on the Red level is a direct, physical, skin-to-skin enterprise.

*When we learn to combine our sexuality with our beings
we will enter the kingdom of heaven.*

*Perfect Sex is dependent on perfect love, which is
dependent on perfect oneness, which is dependent on
perfect communication, which is dependent on our
devotion to the pure vulnerability of our beings.*

With perfect love comes perfect sex.

Red Level of Awareness Negative Personality Patterns

- reactive
- aggressive
- belligerent
- manipulative
- impulsive
- reckless
- impetuous
- unable to recognize limitations
- abrupt
- domineering
- craves excitement
- territorially possessive
- intensive
- needs approval from superior
- loner
- practicality blinds reason and intuition
- pragmatism obscures all other considerations
- acts quickly without thinking
- immersed in skill of manipulating physical environment
- power conscious

- constantly active
- reluctant to defer gratification
- usually unaware of past or future
- lacks skillful use of human and material resources
- Bullying
- Obsessively sexual
- Fear of Sexuality
- Sexual Trauma

The red card in the Luscher Color Test

The red of the test, with its admixture of yellow giving it an orange hue, represents an energy expending physiological condition. It speeds up the pulse, raises blood pressure and increases the respiration rate. Red is the expression of vital force, of nervous glandular activity, and so it has the meaning of desire and of all forms of appetite and craving. Red is the urge to achieve results, to win success; it is hungry to desire all those things that offer intensity of living and fullness of experience. Red is impulse, the will-to-win, and all forms of vitality and power from sexual potency to revolutionary transformation. It is the impulse towards active doing, toward sport, struggle, competition, eroticism and enterprising productivity. Red is "impact of the will" or "force of will" as distinct from the green "elasticity of the will."

Red corresponds symbolically to the blood of conquest, to the Pentecostal flame igniting the human spirit, to the sanguine temperament and to masculinity. Its sensory perception is appetite, its emotional content is desire, and its organs are the striated (voluntary) muscles, the sympathetic nervous system and the organs of reproduction. Thus, physical and nervous exhaustion, heart disorders and loss either of potency or of sexual desire are often to be seen accompanying a rejection of red.

We are born with an intense skin hunger. Babies have a deep need for touch and if not forthcoming healthy development is interfered with. Touch is a God given need that we never outgrow and it can be enjoyed for its own sake, not just as a prelude to sex. As adults we have a strong need to hold hands, be held in someone's arms, to hug, receive a nonsexual massage, have our face or arms stroked, be cuddled, caressed, etc. All of these things have actual physiological effects on our biochemical and bio-energetic systems. Brain wave activity is increased resulting in increased alertness for instance. The amount of insulin needed in diabetics is reduced, hormone levels increase and sleep patterns are enhanced. Touch is physically necessary and beneficial to our entire sense of well-being. Through touch multiple neuronal messages are transmitted to our brains stimulating the production of hormones (chemical/emotional energy) that provide physical and emotional good feelings. Simply put, humans thrive on touch. The hunger for touch is a real human need. And though touch is physical, the need provides sustenance and anchoring for our emotional, mental and spiritual selves which all need to feel securely anchored in a world of love. This is totally true for babies and only slightly less so for adults even though

they have gotten used to a world and life of cutaneous deprivation. But does anyone really ever get used to it? Can the consequences of touch deprivation ever be overcome without touch? Though there are spiritual, religious and psychological pathways which ignore the Psychology of Touch and model life without warmth and tenderness, we can safely doubt these life courses and whether they serve the maturation of our beings. The cold clinical no touch fifty-minute hour is an example of this. Perhaps one of the reasons clinical psychology and many forms of therapy are so slow and expensive is that even the most innocent and tender touches are avoided with fear. Many therapists are trained to greatly fear meeting their patients on the streets. And to actually touch them, to hold a hand is equivalent with acts punishable by excommunication from their own 'professional' church.

The Heart of Sex

Sexuality is one of the most important issues of the red level. Sex lies at the very root of our existence and when that root is rotten the rest of our vehicle of consciousness is prone to a multitude of disease states and psycho spiritual distortions. Christopher Hills said in *The Rise of the Phoenix*: "A society in which freedom becomes license also loses a centeredness which fosters true integrity and allows weakness and indulgence to pervert our true purpose. In an individual, the thin line between self-acceptance and self-indulgence makes the difference between integrity of character and lack of character. And the same is true in society. The same kinds of rationalizations that come into the mind of an indulgent individual also leads a whole society down the subtle pathways of inner decay, so gradually that the deterioration is hardly noticed. Society pays a high price for this victory of weakness over self-discipline. The price is that our children grow up to think, "Anything goes," that there are no limits.

Spirituality is important but when it itself cuts off the sexual nature of being it becomes as damaging to the soul as lustful sex.

When sexuality is channeled only through the body and senses it easily pulls us down into darker and heavier patterns of consciousness that we call lust. The most negative aspect of sexuality is adultery; the situation where we let our senses and lusts dominate our consciousness. (All the other chakra levels) The spiritual as opposed to legal definition of adultery is when our sexual actions adulterate our consciousness. This adulteration is characterized by a loss of our center, a loss of peace. Adultery is a word normally reserved for when we break our exclusive contract with our legal mate. But it can apply anytime we approach another person with lust. Even our own wife or husband

can be approached this way.

The problem with the senses cut off from higher consciousness is that they have no real intelligence, love or caring in and of themselves. Thus lust is selfish and as such usually unloving. It is not the objective of this book to condemn sexuality in any way but when lust adulterates our souls we lose the heart connection with ourselves, with the other, and with God. It is really difficult for men to be pure with their sexuality because they are so prone to lust and commit adultery with their eyes without control and this has never been as true as it is today where the eyes are trained from youth to lust after beauty by television and a host of sexual magazines. Our inner being does have a hard time when the senses hunger for sexual objects and objects of beauty.

The Taoists like Mantak Chia on the other hand are concerned with the conservation of 'chi' or sexual energy. The ancient Chinese thought that each person was born with a certain amount of priceless vital energy or chi and that one could spend that energy over the course of their lifetime in any way they saw fit. If you spent that energy wisely one could live long and fruitful. When young we tend to spend it faster for it seems like it will never run out. This worldview is not quite accurate though for we are not only born with this energy but we receive it from the universe every second of every day through the inspiration (via the chakras) of pure light (pure consciousness.) One of the reasons the open heart is such a life giver is that the heart chakra (the fourth and middle chakra) controls the other chakras. **When the heart is open the energies flow more easily into and through all the chakras including the first.** Women are especially sensitive to this for most women's sexuality is controlled by their heart center. When their love closes so does their sexuality. Though this is not always true we could say it should be true. Some women's promiscuity is based on their heart that is closed and thus sex becomes compensation. This is another clipping from *The Heart of Sex* book, which dives deeply into most of the issues that revolve around this very important color level and chakra. Some lines of esoteric thought have the next chakra, the orange social level as the sexual center. And when we look at sexuality as a social interchange that would be or could be seen as true but the kundalini, the sexual energy in its pure form comes from the base of the spine. Actually in the end we have to see how all the chakras interpenetrate each other. This is easily seen in sexuality for the mental component; especially the violet level imagination plays a big part. So do our concepts that mostly come from religion. There is a chapter on The Psychology of Sexual Guilt in *The Heart of Sex* that speaks of this.

Anger also is a central issue of red level consciousness.

Anger has a lot to do with either the expression of power or the helplessness we experience when we are confronted with other peoples' power and their abuse of it. Definitions of anger vary from being a body tension with a cognitive view of the world as being frustrating, irritating, insulting, unfair or assaulting to a literal demand from our internal being to act accordingly. The biological or evolutionary view of anger is one of preparing the entire organism for rapid response to threatening situations. **(Red Level)** With anger the blood flows more quickly as heart rate increases and the rush of adrenaline generates the pulse necessary for vigorous action.

The word anger really covers a lot of ground, from indignation to distress, annoyed, aggravated, keyed-up, intense, frustrated, ardent, zealous, and even excited. When we talk about anger we are talking about a family of strong 'hot' feelings.

People have a very strong tendency to judge anger. We assume that the angry person is out of control of their ego not understanding what the word ego means and what the purpose of anger is; what it expresses. The minute we judge another's anger we actually collapse into our own ego sense of separation for often when a person shows their anger they are really exposing their vulnerability. We think of vulnerability as something softer than anger as when a person shows us their tears. But the angry person can also be exposing themselves to hurt and rejection because people quickly tend to judge their anger.

Anger shows a 'strong' displeasure about something.

Reject not anger for it is expressing more than we imagine.

What that displeasure is about is very important. If we get angry because we are not getting our way it is one thing. If we are unhappy with another because they are not doing what we like, or things are not going exactly according to our personal plan, we have the smallest self-letting off steam. **But we have the kind of anger that is aroused by something unjust, mean, or unworthy.** We call this indignation but it is still a form of anger. Modern Psychology understands that the universal trigger for anger is the sense of being endangered. This sense of endangerment is not limited to mere physical threats. It can include threats to self-esteem and dignity. When we feel that we are being treated unjustly or rudely or being insulted or demeaned there is a natural and often deep response within us. (These above material on anger are excerpts from *HeartHealth's* chapter on anger)

Orange Level of Awareness

Social Awareness

To really appreciate what is going on perceptually on this level we need to look at the most basic way our brains process information. On the red physical level of awareness we had simple stimulus response. We see a beautiful body and we lust. On the orange level we will turn first and see if our wife is watching. What is happening in the brain and in our consciousness is that a stimulus comes into the brain through the senses, but instead of reacting without any higher processing, we take the signal, stop one second, and check out what the group mind or response is going to be. In this case we will see if any reaction on our part will call forth some negative reaction on our wife's part. A politician, before he makes a deal, will think about his image in the eyes of the voter, wondering if he will get re-elected. What is right and good for the whole could be on the table, but if a politician feels threatened by the group response, he will probably vote against it. The power of this drive, which is really instinctual and happening on an unconscious level, cannot be underestimated. In a split second, we send our consciousness out and diagnose the situation and judge on a feeling level whether the group reaction will be either favorable or hostile. So on this level we are:

*Worried what everyone else will think about us
and what we are doing.*

The animal kingdom gives us an image of how fast and instinctive this processing actually is. When a lion attacks a herd of zebras you do not see each animal running independently for their lives. What you see is a mass panic and a mass reaction. The herd acts as one and will bolt together for the nearest exit. In human terms - on this level we find the social climber or the ambitious one that is trying to climb to the top of the human heap. On this level we find a fear that strikes us deeply in the heart, for here is the fear of being different than the herd. On the deepest levels we are afraid to be our real selves because that real self is so different than our social self. We don't want to move our self too far out in front because then we become visible and a possible target of attack. This is unconscious but stifles the evolutionary impulse and the true vulnerability of our being.

The time world of an orange person is a future oriented now, because they are slightly delaying their responses, repressing the raw impulse to respond in favor of a feeling

assessment of whether we will win or lose in a social sense. For instance people who are very conscious of their public image will not respond with physical violence to a hated stimulus because they will care first about their social image. They will repress their rage and instead will find another way of expressing aggression such as backstabbing or political subterfuge at a later time. The key here is at a later time. Our real self, our real reaction gets hidden as we take on the cloths of some social estimate of others.

One of the most powerful and misunderstood drives within the nature of man is his need to belong to a group. Nature is pushing us this way but we fall into traps because of our unconscious fear of standing alone. Most people will easily sacrifice the truth, will let themselves be blinded because of this deep need. So we join all kinds of groups, fraternities, Jones Towns, and even the Nazi party just to regain that sense of belonging when we are feeling too alone.

Nuclear Evolution

Orange Level Fear - Fear of Being Left Out

Between the common bourgeois fear of what the neighbors may think and the perilous apprehension and fear of other nations that produces the fatal policy of appeasement, lies a whole range of fears and doubts that stifle courageousness originality and the progressive challenge that could bring new leaps in man's evolution. So we comply with the social norms, life becomes humdrum and our so-called statesmen allow the bullies to dictate their policy. Social change and political triumphs only spring from fearless action by those who ignore the negative doubters and are prepared to risk their reputations and even their lives. Social compliance and appeasement can often involve the sacrifice of ideals and people in order to preserve the cohesion with the social matrix.

Orange Love - Love of family, friends. Love of social work.

Orange Aggression - Now other people may feel just as aggressive as the Red level fellow but they may not be prepared to biff you on the nose. So they project their aggression onto society by trying to get to the top, like a politician. This requires a lot of pushiness. He has to solicit publicity and ride on everyone else's efforts. If you start a new school, he's going to say, "Count me in." So you put in your leaflets, "Approved by so and so", and that's all he'll ever do. It's a form of aggression because if the school is a success, it gets him higher in society. Everyone begins to feel that such people are powerful. They have invested their name, put it in terms of power, and pushed it on society. They seemingly get mixed up in everything but they're not doing anything. They just appear to be doing things. They use education, knowledge, and money, anything, to push themselves. This is aggression, even though you would never see them hitting anyone. It would spoil their reputation and they might get sued. They wouldn't then be seen as such a good social guy.

Orange Level of Awareness Negative Personality Problems

- Selfishly proud
- Arrogant
- Conceited
- Vain

- Drive to belong gives conflict with desire to elbow their way through society
- Harbors foreign feelings and mistrust of others
- Follows the crowd
- Worries what everyone else thinks about him/her
- Always going out (to socialize)
- Needs to belong to groups
- Unable to get along with others
- Needs to build reputation
- Values social status
- Effusive, expansive without real substance
- Superficially extroverted, gregarious and explorative
- Has strong communal tendencies based on love of social contact
- Ostentation
- Politically manipulative
- Antisocial
- Power-seeking
- Mistrustful
- Superficial

Orange Intelligence - Howard Gardner of Harvard defines Interpersonal intelligence as the ability to understand other people: What motivates them, how they work, how to work cooperatively with them. Successful salespeople, politicians, teachers, clinicians, and religious leaders are all likely to be individuals with high degrees of interpersonal intelligence. He says that the core of interpersonal intelligence included the "capacity to discern and respond appropriately to the moods, temperaments, motivations, and desires

of other people. In our day-to-day world of human existence no intelligence is more important than the interpersonal.

Group Consciousness

As we step up the evolutionary ladder we move up from physical consciousness, with awareness locked into the skin - to social awareness. Social awareness is a wider awareness and ranges far past the level of immediate body consciousness. In animals and in man, the drive to relate to the environment, and especially to others of our own species, in some form of cooperation, is this second perceptual level (second chakra) beginning to function. On this level we experience the cosmic plan that is always trying to gather parts together to make wholes. Just like the cosmic intelligence established laws to govern the physical universe, we find higher laws that direct the movement of living forms of being. It is nature's plan that leads us away from our reptilian type consciousness that gets high baking in the sun and drives us outward to concern with our environment and our fellow creatures. So here we find a love that transcends that love for others bodily parts; we find a love for family and friends. In animals we call this the herd instinct. In the early stages of evolution we gathered together for survival so this level fits in very well with Darwin's theory of survival of the fittest. On this level of perception we find that survival is made much easier when we band together in groups. So the logic on this level is "united we stand, divided we fall."

The heart works with love, the head with separation. In the Oneness we make no separations between the being of one and the being of another.

The Marriage of Souls is about the creation of small group consciousness. It is not just about love, intimacy, and openness. The discovery of our truest inner beings is dependent on our reaching out to the cutting edge of evolution where the cosmic heart has already spelled out the program. We will find the love of our dreams when we open to the cosmic lover who has programmed our genes with the urge to return to the Oneness that is the Oneness of Being. The heart of human existence is being thrust toward a million year leap in human consciousness, toward a new reorganization of human awareness. The Marriage of Souls is the doorway in which we may lovingly approach the difficult work of group consciousness.

*Group consciousness, as opposed to individual consciousness is:
a group of highly individualized beings working and loving together
from beyond the separate space of the ego centered personality.*

Christopher Hills

The intelligence of each being combines with every other to create a higher intelligence and super being presence. Just like the cells in our brains and bodies combine and surrender their individualities to form the group consciousness of one body - one human being - we have the same innate ability to quantum leap beyond the individual obsessions we have with ourselves.

Group Consciousness stretches our limits. When we love more we are more. The feeling of more, being more, doing more, loving more. The ecstasy of growing our being, being our being. Individuality expands with the group demands.

Group consciousness is the call of true love. Group consciousness is a universal idea that is just beginning to dawn on the consciousness of humanity. It is already in the earth's vibratory astral field and is now imbedded in the collective unconscious as a seed vision that will carry mankind to its destiny. Group Consciousness has been waiting a billion years; it is the way back home to the Oneness of Being.

Think not that it is easy to be One for a human for separation is all we have ever known. The return to Oneness is a miracle when it happens.

A scientist looking deeply into the mysteries of biology can see in any cell the universal mind that is choreographing everything that is happening in billions of galaxies with super intelligence and exquisite precision. The cells in the human body are perfectly group conscious. Even though each cell must express its unique talents (heart cells, stomach cells, and immune cells all display individuality through specialization), each cell is totally dedicated to maintain it's own internal integrity and the integrity of the whole body. The true function of each cell is seen in how it helps it's fellow cells. The heart cells help the kidney cells that help the immune cells. And the brain cells are listening to all the cells through its vast network of nerves. Every cell in the human body has only one function; to love every other cell. And every cell expresses that love through giving.

Any small group of individuals who themselves transcend the separate function of the ego and who live and think holistically as one integrated being become spiritually very powerful.

Christopher Hills

Yellow Level – Intellectual Awareness

Yellow is organized, logical, linear and intellectual. Yellow asks a lot of questions to find out who, what, where, when and why. Yellow is self-expressive, eloquent, and can rationalize anything. When yellow is positive, yellow loves the excitement of change, and the mental stimulation of problem solving. Yellow is negative when it is overly critical, separative, verbally aggressive, and bogged down in nit-picky details. This is when the "head" reigns at the expense of the heart. The yellow level brings clarity and order to its communications. Yellow level people tend to be upbeat and optimistic when they are not being overly judgmental and critical. They have a keen capacity for understanding inconsistencies in life and in other people.

For decades psychology has tried to simplify things down to the right brain - left brain model or rational vs emotional minds. In Color Psychology we are working on a more dynamic model that includes seven levels of perception, seven brains. Four of these seven levels are concerned with those aspects of self we “normally” relate to as mental; the intellect, conceptual, intuitive and imaginative minds. But as we can see each level has its mental components and structures of personality formation. In color psychology we are breaking down each level down to their most basic functioning yet in reality each level exists within the other. Concentric circles or shells within shells, they each interpenetrate the other though we can see clearly how each level operates independently.

On this third level of awareness or third brain function of the intellect and rational mind we meet up with that self that just loves to make contrasts and do analysis. The development of this level of awareness gave organisms the ability to adapt to change. Great changes took place in the environment from the times when great lizards roamed the earth and climbed out of the water. To adapt we must have an organ of comparison. An organism must be able to weigh choices and make decisions. We know when a thing is heavy or light by balancing weights in each hand and feeling the resistance in the muscles of our arms. Something in our consciousness is able to gauge the differences and to discriminate similarities. This faculty enables us to adapt to different environments and also to form some comparative knowledge of our social life over millions of years of evolution. As the need for this faculty became greater, the new brain developed which could make discriminating choices between either/or, hot and cold, long and short and be able to arrange for ordered sequences of behavior, rather than merely responding to stimuli or a certain level and thereby expect a chain of events. The faculty which allows man to adapt to change is his ability to progress events forward in time, based on what

has already happened or what is happening now.

The Cerebellum is the first of all the brains to think in terms of opposites, light and dark, soft and hard, hot and cold, heavy and light. This mental faculty can be used in service of the brains and our consciousness's higher faculties or it can remain cut off from them and remain rather dull. Without the imagination for instance the intellect is very dry but with it the intellect becomes very sharp instrument because it is linked with "higher" reasoning.

Yellow Level of Awareness Negative Personality Patterns

- feels deprived of recognition
- aloof
- expects critical rejections
- dogmatic
- opinionated
- isolates self from activities of others
- fears group power cowardly
- gets bogged down in details
- confines life to narrow view of intellect
- always planning, never manifesting
- need change and novelty
- needs mental excitement
- needs closeness and affection
- feels self to be unerring
- unable to feel
- separative

- judgmental
- critical
- nit-picky
- verbose
- paranoid
- conflict between drive for fulfillment through change and vague sense of emptiness
- mental bully

Most of the above are manifestations of states of separation.

Yellow Level Fear - Fear of Rejection and Dissatisfaction

This is the level of the ego with all its expectations, so whatever deflates or wounds the Ego or disappoints its expectations is to be feared. Sometimes the expectations are laid on another person who is "expected" to perform in a certain way; when he or she does not do this then the Yellow level person feels let down and even betrayed. Behind the feeling of betrayal is the deep fear of total rejection.

Yellow Level Aggression

Here the aggression is channeled into an intellectual undermining of another person by various techniques. A person who does this tries to denigrate the knowledge of someone else so that they can appear correct. This is done in a variety of ways. For example, if a person wishes to confuse or destroy the arguments of another, he uses subtle logical word play or semantic traps. He can ask another person to define what they mean by every word that they say and then the person gets so busy doing that, that everything he or she says needs a new definition. This gets to be a sport among intellectuals and is the basis of sophistry, logical expertise, high polish and skill at word play. It's where the word "sophisticated" comes from. Such people try to expose inconsistencies but are unable to resolve paradoxes themselves. Thus, they can be utterly destroyed intellectually by someone who can.

Luscher Color Test

Yellow is the brightest color in the test and its effect is light and cheerful. Because red appears denser and heavier than yellow it is simulative; because yellow is lighter and less dense than red it is more suggestive than simulative. For instance, while yellow increases blood pressure, pulse and respiration rates in a manner similar to red, it is noticeably less stable in the way in which it does so. Yellow's principle characteristics are its brightness, its reflectivity, its radiant quality and its non-substantial cheerfulness. Yellow expresses uninhibited expansiveness, a loosening or relaxation.

A Touch of Green

Research into the relationship between the color green and autism showed that the color was related to speech skill activity and that ample green showed balance, fewer emotional impulses, and a simple uncomplicated nature. In this chapter we are going to take a most unusual journey into the green world of color.

Many years ago I wrote in my [*HeartHealth*](#) book that simple movements into the heart center of feeling can provide breakthroughs and release of emotional blocks. Though it takes effort to shift into our hearts it is still the shortest line between two points. Anything that directly increases a person's capacity to feel and face difficult feelings and emotions will increase overall health.

The healthy human heart needs warmth, is warmth and can give warmth to others. The deeper we dive into the heart and open to its super intelligent ways the more balanced, coherent, and healthy our bodies, minds, and emotions become.

Marketing firms have long understood that the use of certain colors evokes emotional responses in many people. Without even realizing it, our mood everyday is affected by the colors that are used around us in signs, labels, packaging, room colors, lighting, and clothing colors. The color green is especially important for it sits at the center of the rainbow of life.

Green is life and signifies growth, renewal, health, and the natural environment. **With both a warming and cooling effect, green denotes balance, harmony, and stability.** Green is a restful color with some of the same calming attributes of blue. Currently the most popular decorating color, green symbolizes nature. It is the easiest color on the eye and can improve vision. It is a calming, refreshing color. People waiting to appear on TV sit in "green rooms" to relax. Hospitals often use green because it relaxes patients.

The origin of the word 'green' goes back to the old Teutonic root 'grô', meaning to grow. Plants use solar energy to convert carbon dioxide and water into life-giving oxygen and starch. The magic substance at the heart of this process called photosynthesis is the green pigment chlorophyll converting sunrays into other energy forms utilized in the complex chemical reactions. And at the center of chlorophyll is magnesium, which turns out to double as the best medicine for the heart while it doubles as the '*Lamp of Life*,'

Positive healing effects of the color green were already recognized by Hildegard von Bingen, a famous medieval healer. Color Therapist Elizabeth Harper writes, “**Green is useful for calming and balancing the heart, and is supposed to influence regeneration of cells and elimination of toxins.**” In the late 19th century, Dr. Edwin Babbit published *The Principles of Light and Color*. This USA-based author attracted worldwide attention due to his theory of healing with color.

Dr. Max Luscher, a professor of psychology at Basle University in Switzerland, claimed that **color preferences indicated the state of mind and glandular balance, and could be used for physical and psychological diagnosis.** In 1948 he published his Luscher Color Test which offered doctors and psychologists a quick and easy and reliable test using color.

Optometrists and ophthalmologists of the College of Syntonic Optometry, as well as psychologists, like Steven Vasquez, and various other neuroscientists, have developed, researched, and supported the healing work with color. The greatest master of color and perceptual psychology was actually the same man who brought spirulina (spirulina is as green as it gets) to the world, Dr. Christopher Hills. In his works *Nuclear Evolution* and *Rise of the Phoenix* he laid out the complete spiritual psychology of light and color.

Dr. Hills taught that the green level security center represents the universal need in nature to gather from the environment well being, sustenance, love, energy, and all those things that makes life possible. Plants love to turn toward the light, they stretch for it, and so do we. We want to gather all that love, that sustenance, the energy in our relationships. **It is the basic drive of green plants, to reach for the light.**

Humans, instead of reaching for the light reach out for another person with which they hope to complete themselves. Or they spend lots of time going after money thinking it will bring them security in this emotional center but no matter how much they make it is never enough. When there is a hole in the security center it is very difficult to repair it. Many souls are crushed from the severe lack of love from their parents and this leaves them with a deep and penetrating sense of insecurity that they seek to fill up in many ways.

The key words for this center are security and insecurity. Expressed in terms of the chakra energies we see that the fourth chakra regulates the energy or life force of all the chakras. It is also something like a sluice valve. When something is happening on one of the other levels the green level responds according to "its" present state of security or

insecurity. This is the area where we feel threatened or confirmed in our being because this is where we "feel" our being or sense of self.

It is in the fourth brain or fourth cardiac energy center that we best see the close correlation between consciousness and matter because the secretion of hormones in the brain creates the emotions we mostly identify with as "me."

This is the center of the brain and that part of our consciousness that mixes all the signals in the brain and all the feelings and perceptions in our consciousness into a feeling of secure vs insecure. The central location of the fourth green heart center or brain hypothalamus and thalamus centers is important in understanding its function in our awareness. It is the central focus for feelings that are coming from all the other levels of consciousness, from all the colors.

Green is the most restful color that exists. Blackboards in modern schools and pool tables are green because this color has pleasant effect on our eyes and contrasts nicely with other colors so we can concentrate on the essential. The color green has a wide variety of effects. People report that the color makes them feel happy, optimistic, and connected with the earth, content and calm, feel free and that I can do anything I want to do, feel soothed by green, makes me feel alive, bright, feel relieved, calm, comfortable. Green is a calming color; it makes people feel serene, peaceful, but not necessarily happy. If green is not the correct color to apply to a particular child, instead of these positive effects we will get a reaction that will make it obvious this is not the correct color or that a child is just not ready for it.

Research conducted at Washington State University and published in the journal Horttechology suggests that people in rooms with a lot of greenery can tolerate more physical pain than those in surroundings without any plants. 200 people were tested for how long they could keep their hands submerged in ice water. The findings reinforce previous studies that found that people work more efficiently when they can see houseplants, and patients recover more quickly from surgery and use fewer drugs when they are in a room with a green view.

Green Level Negative Personality Traits

- Expects confirmation from others
- Unable to enforce will
- Financially insecure

- Emotionally insecure
 - Uncertain
 - Miserly
 - Hoarding of materials and/or knowledge
 - Needs self-confirmation
 - Wants to possess that which is loved
 - Drives to obtain wealth
 - Needs recognition from others
 - Focused on self
 - Proud of possessions
 - Selfish with possessions
 - Possessive
 - Jealous
 - Self-doubting
 - Attached
 - Envious
 - Mistrustful of life
 - Blames others for own failures
- Needs love and care

In a world that has largely betrayed the essence qualities the color green represents; in a cold sterile world where the sensitivity and vulnerability of being are hardly understood; where doctors routinely betray these qualities of being during child delivery and after with vaccines loaded with chemical poisons, **it behooves parents to compensate with**

massive attention to the color green and the kind of therapeutic healing touch that generates it.

In my work, at least half of the students with reported reading or copying problems show an immediate improvement when they find and use the appropriate color. One in ten of these students absolutely need color for reading, writing and copying virtually all of the time.

Judith Sweeney[\[lviii\]](#)

The Irlen Institute[\[lix\]](#) and 84 affiliated clinics throughout the world offer services for individuals suffering from sensory overload. The patented Irlen Method utilizes **colored filters worn as glasses to reduce or eliminate perceptual sensitivity and sensory overload**. The use of color to eliminate perceptual problems began as a federal research project in 1981.

If we could only open these kids' hearts, many of their problems with social isolation would vanish.

Dr. Jaquelyn McCandless

This is important for increased movements into the depths of heart felt feelings increases our capacity to care and to love, as well as improves our overall state of physical health and sense of well being. Of course the heart Dr. McCandless is talking about here is far more than a biological physical pump that mechanically beats billions of times within the context of a lifetime.

Just recently Dr. McCandless, author of *Children with Starving Brains* wrote me saying, **“These kids (with autism) try to make sure nothing green ever passes their lips, and most hate vegetables, particularly green ones.”** My first response to her was, “This translates to me to mean emotional intelligence shut down, separation, not wanting to be touched, not grounded, probably hypothalamic involvement.” So I asked her, “Does this make any sense to you? Does it fit in with your clinical experience?” Her response, “It does fit in, and describes autism to a T!” What I was hearing from Dr. McCandless was these kids are deficient in green and are actually actively rejecting green, the color they need the most.

[\[lix\]](#) Helen Irlen of the [Irlen Institute](#) found that the use of special color filters helped some people who had consistently been unable to learn how to read easily and successfully. The use of colored pieces of clear plastic created a visual environment that allowed them to learn to read. Her color filters come in nine different shades. The filter is

placed over the page of text and if the color is right for the user, he or she is finally able to see the text clearly, distinctly, and consistently. Eventually, Irlen also included the use of color in specially created eyeglasses.

Green Level of Awareness – Security Consciousness

It is in the fourth brain or fourth chakra that we best see the close correlation between consciousness and matter because the secretion of hormones in the brain creates the emotions we mostly identify with as "me." This is the center of the brain and that part of our consciousness that mixes all the signals in the brain and all the feelings and perceptions in our consciousness into a feeling of secure vs insecure. The central location of the fourth chakra or brain hypothalamus and thalamus centers is crucial to understanding its function in our awareness. It is the central focus for feelings that are coming from all the other levels of consciousness, from all the colors. The color of our security center is green. Both Christopher Hills and Dr. Max Luscher confirmed through separate approaches a truth that is evidenced also in language. "Green with envy" for example represents what happens to the skin color when a person flashes deep insecurity.

This green level security center represents the universal need in nature to gather from the environment wellbeing, sustenance, love, energy, and all those things that makes life possible. It is the basic drive of green plants, to reach for the light. Humans, instead of reaching for the light reach out for another person with which they hope to complete themselves. Or they spend lots of time going after money thinking it will bring them security in this emotional center but no matter how much they make it is never enough. When there is a hole in the security center it is very difficult to repair it. Many souls are crushed from the severe lack of love from their parents and this leaves them with a deep and penetrating sense of insecurity that they seek to fill up in many ways including that artificial collapse of ego boundaries called romance.

Plants love to turn toward the light, they stretch for it, and so do we. We want to gather all that love, that sustenance, the energy in our relationships. It is a natural drive yet on the deepest level most often frustrated in childhood and few are the beings that are brave enough to go back into this part of being and heal it. [HeartHealth](#) essentially provides a plan on how to do this and charts out the territory we have to go through in this process. The title of the book is appropriate for the emotional security center has a very powerful and often instantaneous effect on the body.

The key word for this center is security or for most people actually it is insecurity. Expressed in terms of the chakra energies we see that the fourth chakra regulates the energy or life force of all the chakras. It is also the barometer or something like a sluice

valve. When something is happening on one of the other levels the green level responds according to "its" present state of security or insecurity. If we are processing a deep decision on the yellow level that process gets passed through the security center to check out the feelings and the implication for future feelings.

This is the area where we feel threatened or confirmed in our being because this is where we "feel" our being or sense of self.

Rise of the Phoenix

The time framework for the heart center is past, present and future since our feelings of insecurity respond to all three lower brains and go back and forth in time in a linear fashion very much like the third brain. The third brain, arranging things in the logic of past, present, and future appears more mechanical, but really the fourth brain is just as much a computer even though it may not seem so because it is shifting in the realm of feelings. The difference between the shifting time worlds of the third level from the fourth level can be explained by an example we are all familiar with.

Let's say you fall in love. You want to possess the love object for yourself very much. The possessive feeling mounts to an obsessive desire. Even when the love object is away, the heart center grows fonder and founder of the missing love object. As long as you know he or she is still yours and there is no competition you feel reasonably secure and elated at being in love. But if you hear your loved is seeing someone else or even if you see him or her look at someone else in a certain way you feel a threat to your well-being. Flutters of insecurity go up and down your solar plexus which controls level three, and a dull ache begins to accumulate on your sternum bone in the region of the heart. This love pain brings stress that creates emotional insecurity on all other levels of being, so that life begins to be very painful. In fact the pain of a bleeding heart far exceeds that of a bleeding body. At this level of threat, your time world suddenly shifts from the bliss of possessing the love object in the now and projects into the future which appears bleak at the thought of loss. All of this brings a feeling of insecurity about the future and we begin to imagine what it would be like to live without our loved one. Ninety percent of all songs on the radio refer in some way either to this feeling of pain or to the instant bliss of possession.

So in essence green is vibrant with life force, love and healing energy. Positive green is secure, nurturing, self-assertive, powerful, generous and openhearted. When green is negative, it's "green with envy", jealous, possessive (MINE!), insecure, attached to possessions and love objects, mistrustful of life, and needing confirmation and

reassurance from others. When the green level heart flows out, its generosity touches all it meets.

The Luscher Color Test

The green of the test contains a certain amount of blue and is the test-color representing the physiological condition of "elastic tension." It expresses itself psychologically as the will in operation, as perseverance and tenacity. Blue-green is therefore an expression of firmness, and of constancy.

Nuclear Evolution

Green Level Fear – Fear of Loss

It is at this level of security and attachment to things possessed that fear probably operates most powerfully.

Green Level Love – love of a secure condition, love of treasured things and people. Attached love. Most positive expression is seen in the acquisitive man who knows that one can only enjoy if there is no attachment. So he collects his rare and beautiful works of art but can let them go tomorrow. And the true lover wants the entire world to love what he loves, so jealousy dies and fear of loss is frizzled up in love's all-consuming fire of union with all.

Green Aggression – Here aggression moves up from just hitting a person or trying to dominate them intellectually to possessiveness and jealousy. Here a feeling of insecurity comes over a person, and he feels he is going to lose something. If you found your wife in the arms of another you might beat her, right? Why, because you try to control her and prevent her from going somewhere else. This is so you can feel secure. Anger gets transferred to a sense of possessiveness. This is aggression. Such a person is aggressively seeking that which will give him a feeling that he has what he wants. Jealousy wants to possess for yourself what you're not sure of. It is certainly not letting things be as they are, and not to allow freedom to be – that's aggression! Aggression wants things the way we want them.

Blue Level of Awareness – Concepts, Ideas, Memory

Rise of the Phoenix

The level of functioning of the fifth level is the very important concept making and idea producing development of the brain. This is the level of consciousness that allows us to store up higher abstractions and thoughts in our memory and to process new experiences, revive old emotional scars, recall deep fears, and dreams. The blue level with all its stored concepts and memories determines very much how we shall respond to the signals, feelings, pains, and pleasures coming to us from the lower four levels of the brain. Without this conceptual machinery to process our thoughts and primitive emotions, our organism would be much like an animal, only aware of the emotional chemical hormone releasing its response to stimuli. We would know pain but not the meaning of it.

We would be able to communicate but we would not use any words or remember any thoughts and our internal life would be conditioned by the environment like Pavlov's dogs. Idealism as we know it would be absent from life. Without the fifth brain we would not be able to experience devotion or higher types of love nor analyze our emotions. We would not be able to compare them with previous experiences and memories recorded in the lower brains.

The comparing mechanism of this fifth brain is exactly opposite to that of the third brain. The intellect is like a person who enters a darkened room with a torch beam and lights up each object in turn, comparing it by saying, "that's a table, that's a chair." The conceptual faculty of the fifth brain goes in and sees a whole room with each object, chair, table, window, carpet, etc., making the room come together as a whole concept which we identify with as our "home." This is why the higher kinds of spiritual love can only be experienced through the later developed portions of the brain. To brain level number three, a brass Buddha is just a Buddha, one among many Buddha's. Buddha's are compared and contrasted with Christ's, Krishna's or what have you. To the fifth brain, Buddha is an idea, a concept, and ideal embodiment of the whole universe. Instead of the yellow level experience of tearing things apart the blue level puts things all together in a meaningful lump and has a feeling about it, and then stores that feeling in memory at the conceptual level. These concepts are sitting in our mind just as if we had programmed them into a computer or put them onto a tape so every time we start to think, we think in those concepts that we have already stored in our memory. The time framework for the

blue level is the past because to have an experience and to begin to reflect on it and think about it is already time past. The moment you begin to think about it, it is already in your memory.

Blue level is idealistic, peace loving and content. They have strong feelings of devotion and commitment to people, concepts or ideals. They also have a strong connection to the past, to traditions, institutions, and authority.

Negative blue types tend to be judgmental, rigid, ultra-conservative and afraid of change, slow to get in touch with feelings, fearful of conflict (rocking the boat or peace at any price attitudes), and blue types often feel "blue" or depressed.

Luscher Color Test

The dark blue of the test represents complete calm. This color represents the basic biological need for tranquility and contentment. Blue types seek balanced harmonious tension free environments so they can feel secure. Blue is loyalty, as they like to say. Blue, as a relaxed sensitivity is a prerequisite for empathy and for esthetic experiences and for meditative awareness. (Note the blue in the Test is really indigo but does mostly represent the blue level of consciousness. This reference to meditative awareness relates more to the indigo, as does sensitivity.)

Love on the Blue Level

Devotion that is tuned to the One in all men can minister and serve wherever devoted service is needed. As with all the levels, the inhibiting effect of fear, in this case fear of change, is overcome when we free ourselves of attachment to any particular hero or guru or master or any cherished belief or concept. Then the positive energy of devoted love radiates in all directions and fulfillment is the natural feedback of this unlimited flow of devotion to all teachers of Truth.

Blue Level Fear - Fear of Change

Of all the levels the Blue is the most difficult to get out of. Why? Because the Blue level hates change, it is abhorrent simply because it destroys the foundation of their cherished world. But the whole motive power of evolution is in change and growth whether it is in an individual or a business company or in a mode of government. Things have to change or perish. For most the first step in the process of change comes with the openness to realize that our concepts are not reality. Concepts are only mental models or maps of

reality. All change on the being level happens beyond the world of concepts. All our concepts are designed to prevent us from getting enlightened. Concepts are obstacles to change.

Nuclear Evolution

We use words all the time to communicate and people actually believe there is some reality to these words, but words are only descriptions of other people's experience of years and years ago. We use them as if they had some true reality for our experience. They only represent reality; they are not the stuff itself but concepts. It is knowledge about, not direct knowledge. There is another kind of knowing about the mind and we call it direct perception or intuition.

The blue level always knows something through information that is stored or is forming concepts about information. Concepts are like models, they are just the most satisfying explanation we have about something real. Concepts of whatever we have stored up in our minds are actually useless for becoming enlightened.

The keyword of the Blue color is "fixer of time." Blue is the feeling reality of nostalgic memories, stabilized emotions and the fixed firmly gasped idea or concept. Traditionally Blue is the color of the conservative, hind-sighted, "looking back" and historically feeling personality who lives in a time world of inner feelings which can only give satisfaction when they are savored, memorized, stored, fixed in suitable concepts, metaphors, words traditions etc. The reason why so many religious people and scientific people are to be found predominating in this band of consciousness is because the drive for satisfaction in "feeling" is rooted in defining and grasping one's reality in some authoritative framework; one looks to the past scriptures as historical authorities or one leans heavily on scientific authorities. The need to grasp something that does not disturb leads to idealism, the formation of concepts, and the validating of them by obtaining a general consensus of educated opinion.

The Blue person is generally inner-centric and quite uncomfortable when faced with new, novel and strange facts that have not been accepted by existing authority nor incorporated in the modern dictionary.

Blue Level - Aggression this is the realm of the mental bully. It's the need to dominate something mentally, with thoughts. It usually functions like one-up-man-ship. The ego feels great if it can get one up on someone else and always get the last word. It's the urge to be in control of what is happening in the mind or the thoughts, not just in you but also in others. For example, you may have a mother who tries to tell you how everything you think is no good. "Why do you think that way?" she says, or "Why not think another way" or "That's no good." Such a person wants everyone to think the same way they do. It's just

another form of aggression.

Negative Personality Patterns of Blue Level of Awareness

- seeks dominion over inferiors
- surrenders to superiors
- trapped by fixed ideas
- needs peaceful situation
- clings to traditional way of doing things
- needs to support authority
- needs rules and supervision
- authority seeking
- smug and self-satisfied
- dogmatic
- resistant to change
- melancholic
- fanatic
- rigid
- authoritarian
- ultraconservative
- slow to respond
- in conflict between strong desire for contentment and tense conditions of discontent
- inability to express

Indigo Intuitive Level of Consciousness



I think with intuition. The basis of true thinking is intuition. Indeed, it is not intellect, but intuition, which advances humanity. Intuition tells a man his purpose in life. One never goes wrong following his feelings. I don't mean emotions, I mean feelings, for feelings and intuition are one.

Albert Einstein

Natural intelligence and intuition are heightened when we learn to listen more deeply to our own heart's simple feeling messages. The more we learn how to listen to our own heart the more we can learn to listen to other hearts and the easier it becomes to listen to life. **Since listening is the key to all successful relationships it makes sense to learn how to listen to our own hearts.** When we fail to listen to either our selves or others we miss out on the most useful information and guidance systems available to us for all hearts are perfectly networked with each other and are conspiring to message helpful truths to each other.

Daniel Goleman says, "The intuitive signals that guide us in these moments come in the form of limbic-driven surges from the viscera that Damasio calls "somatic markers" – literally, gut feelings. The somatic marker is a kind of automatic alarm, typically calling attention to a potential danger from a given course of action. More often than not these markers steer us away from some choice that experience warns us against, though they can also alert us to a golden opportunity." Einstein added in this regard that "Emotional responses don't lie; intellectual ones often do." But he added, "But a combination of the two are like two eyes to view the clear picture."

"There will come a point in everyone's life where only intuition can make the leap ahead, without ever knowing precisely how. One can never know why, but one must accept intuition as a fact."

Albert Einstein

Einstein's definition that feelings and intuition are one is an example of deep heart intelligence. For him his intuitive perceptions were the most subtle and pure of feelings. This is why intuition, ***the perceptual ability to know without knowing how you know***, can be seen to arise through the heart. The heart's intuition is activated through its sense of caring and through its sensitivity and openness to feel. The intuitions of the heart represent the purest and most subtle of feelings and are dependent on relative states of mental and emotional calmness that are prevalent in heart centered people.

*The Winds of Perception that flow unbidden through our beings
are felt and known as intuitions the subtlest messages
moving and emanating from hearts that are open and free.*

The heart feels, the mind thinks. Emotions on the other hand are a mixture and mirror our conflicts; and the greatest conflicts naturally arise between the head and the heart. Or between our hearts and other's heads. **When we are in conflict we become confused. A large part of emotional suffering comes from our inability to see clearly into the nature of our internal conflicts and the nature or reason we are in conflict with others.** The deeper we go into conflict and intense emotions, that seem irresolvable, the further away we get from our purer ability to feel and perceive with intuition.

*Defining intuition as a feeling is another way of saying
that this is how we see with our being.*

Intuition, being a feeling, means just that. It is how our beings sense the surroundings. We could call this an inner vision but in essence the being uses the intuition to combine all the senses and the mind to know the real significance of experiences. The responses we make to life are determined by the understandings we gather from what is happening around us. The heart working through intuitive modes of feeling and perception represents a wider kind of consciousness that we can harness to effectively steer our way more skillfully through life.

The intuition does not function well at all when the heart is closed because our sense of feel is vastly reduced. We are just not sensitive enough to feel these kinds of feelings. And the thousands of thoughts that flood through our awareness each day, and the clouds of emotions that accompany them blot out this level of sensitivity and feeling. A lack of feeling based intuitive awareness affects dramatically the way our life unfolds because without it we do not know that our perception of reality is incomplete.

Crossing the threshold into the intuitive level of consciousness is like passing through the sound barrier. And when we do there is a cosmic boom like the sonic boom, our life changes and a new sense of understanding dawns in our life. It is not really known that the intuition, consciously open or unconsciously closed, decides how we shall respond and identify in any given situation. Even with the most intellectual types, who do their darn best to deny and close the intuition, when walking into a room will still use this faculty to scan the "vibration."

There are several kinds of intuitions but the kind everyone has is the ability to know without forming concepts. We just know in our bones that something is right or not. Intuition is very subtle, our most subtle and sensitive perceptual ability; and though we use it mostly unconsciously, it is a powerful navigator in our life. In general this level of perception lives or dies depending on how we use it and also on our attitudes towards its powers. But the intuition is common to all and can easily be developed in trained with focused use.

The intuition provides us with "cut through" consciousness for its process is direct; it does not have to go through level five's conceptual mode of thinking. And it does not need a college degree or a great deal of information to get a accurate "holistic" feeling understanding about things. The intuition is smart. It is intelligent. And it is simple. Lower animals have this capacity to "feel" their environment but we humans can use our intuitions on higher levels and for higher purposes. The real point to the intuition is that it governs the way we respond and interpret both sensory and non-sensory signals. It mixes everything up together like the heart chakra does on a feeling level. It is one of the reasons these two centers are so closely related to each other. The great difference is that the heart chakra just feels secure or insecure about itself. The intuition gives us the fantastic ability to be aware that we are aware. This level of consciousness opens the door to the knower of the knowledge.

*Our intuition is our inner vision and it uses all the senses
and the mind to know the real significance of events.*

Nuclear Evolution

Indigo and Love

When love becomes the magnetic indicator of the intuitive, he or she no longer doubts the prompting, for they know where these images and impressions are coming from. So as love breeds surety so the messages become stronger and stronger and the dream of becoming a sage is eventually reality.

Indigo - Fear of Spontaneous Response

The motivating dynamic of the Indigo level is the intuitive faculty that can be seriously inhibited and even destroyed by fear. We can all discover examples in our lives of times when we had a strong "flash" or "hunch" about something. (Some people define these flashes or hunches as messages from God, or deep heart messages that we are supposed to listen to.) If we acted on it, we responded to a cosmic message and success or fulfillment inevitably followed. If we failed to respond and had second thoughts or doubts or fears, we missed our chance and nothing happened. To use the I-Ching or to practice Supersensonics (Hills science of intuitive perception) with a rod or pendulum involves attunement to the intuitive faculty, which is our "hot line" to the Cosmic Intelligence, and to develop this faculty we have to cast out fear and doubt. Once these are eliminated and a calm openness and receptivity take their place, then truth can be revealed at every level of life. When the intuitive channel is cleared by the removal of fears and doubts every question can be answered, from the simplest queries as to what is the best food to eat to the earnest and deep questionings of those on a spiritual quest. Take out the blockage of fear and the channel is clear for astounding revelations of Truth.

The Indigo level also fears the demands of the present. As long as he is committed to a future scheme, a future manifestation, all is well, but there comes a time when the promised manifestation is demanded of him in the present. Then he often bales out of his commitment.

Indigo and Aggression

Here we have the knowing level without knowing how you know. A person just feels that he knows, whether it be a solution to a problem or the will of God. Thus, at its extreme, there is this feeling that you are so right in your mind that you're prepared to even kill. In the name of God you would destroy whilst preaching love. This is different from Blue

level aggression. There we have people trying to get their ideas of how things ought to be accepted as the authority. Here we are involved with vision in the future, trying to get a vision of the un-manifested world of the future into the manifested realm. You could take the life of Mohammed for example, where he was rejected for trying to get the people to see what he was seeing. So he returned to the town that rejected him with an army and conquered them in the name of a Holy War. He killed a lot of people. So, it's not just a question of authority but of getting the vision materialized.

Most great men of vision have to have a certain amount of aggression to push them out in front in order to be heard. Christ risked the wrath of the authorities of his day by preaching on the temple steps. That was an aggressive act. It was a bit like cocking one's snout at the authorities. His willingness to openly oppose the authorities and denounce them as phonies for the sake of his vision was an aggressive act and came back at him later. There is yet another form of aggression on the intuitive level. Because the time world of the intuitive is in the future, there is a tendency towards impatience with the present, if not downright evasion.

Negative Personality Problems on the Indigo Level

- Fears the dark unconscious
- Fascinated with external intelligence's seeks out power for selfish ends
- Pursues idolized relationships
- Envious of others' talents
- Impatient
- Late for appointments
- Caught in a world of superstition
- Inefficient
- Unable to live in the now
- Spaced out
- Forgetful

- Fears of the future
- Undisciplined
- Introverted
- Misguidedly futuristic
- Belittles others
- Overly sensitive to impressions of others
- Easily fascinated
- Unable to manifest

Violet Level of Awareness - Imagination

Through the incredible power of our own imaginations we are creating our lives. Pure consciousness is the stuff that flows through the imagination and is given form by our imaginations.

This is the basic process of the universe.

*On a universal level - fields of energy
meet up with fields of intelligence -
and fields of form result.*

All forms are created of images. These images are in essence the super structure of the universe and of life itself. They are like the subsoil of everything yet the pure consciousness or cosmic light energy that flows into them is even more basic to existence. The cosmic intelligence creates the entire physical and non-physical universe with the power of imagination. Everything has to take some kind of shape, some kind of form to come into a state of being. The real being, the universal pure constant of the universe is even beyond this level. In ancient times it was said by the Jews 'to have no image of God' - and this speaks of the impossibility of using the imagination to imagine what lies beyond it. But with the imagination we can 'approach' the inapproachable. The main emotions and feelings of the imagination are wonder and awe.

Imagination is the creative power.

Everything in the universe somehow has an image of itself.

If we cannot imagine something it means that we cannot really see that something. Imagination is such a primordial aspect of human consciousness that few beings have been able to approach this subject with sufficient depth of understanding. The violet vibration or frequency is the highest frequency in the visible spectrum and also is at the deepest core of our ability to shape and perceive reality. It is at the core of everything we think, feel, and do. Our imaginations directly influence the cell life of our bodies as well as the thoughts we think, the intuitions we have, the desires that lurk deep inside the sensations we have. (With hypnosis for example, which controls or works on the imaginative level of consciousness, a person can effectively shut off sensation, meaning control pain.) Even our social life is predicated by the imagination and with this faculty of perception we move our consciousness powerfully to both limit others and ourselves.

In the deepest sense our life is like a movie and our life situation is the substance of the

movie. We are the ones who are making our own movie on the imaginative level of consciousness and we are the actors that act it all out. We spend our consciousness just like we spend money and we spend it through the imagination. We can create a great movie or a lousy one. It all depends on how we use, or let our imaginations use us. We are the ones making the movie of our own life and we are the ones who are either going to laugh at it all or cry our hearts out.

*Whatever we put into our imaginations
is going to happen sometime in the future.
The imagination is that faculty of consciousness
that brings order out of chaos.*

From nothing comes something. From the blank canvas comes a masterpiece. The imagination is the power with which we "will" events into a pattern and into existence. We form ourselves into a pattern of life and this is controlled by our creative imagination. The imagination is the power to be able to perceive the images of life. These images are happening on many levels and thus our imaginations itself has different levels of function. It is the basic capacity to see with the eyes and to dream with our mind that is the primary function of the imagination in human consciousness. The basic capacity of sight has two components and each are aspects of the imagination. When we open our eyes and see, what do we see? Literally we are seeing our imaginations! We are not seeing anything "out there." The image is in our own brain and it really has no size to it at all. We never "see" physical reality we see our imaginations representation of it. It's the same when we watch TV or a movie. The light penetrates into the brain and triggers the imagination into action and form. This level of imagination has a strictly inner component. There are people who are born blind but can see inside themselves; people with open imaginations dream in vivid color at night with no outside stimuli being present. Everything in the "created" universe as an image, a shape, a form and astral forms are those forms that continue even without any physical component. We are given the imagination to be able to see these forms.

*Images do have their own intelligence and are
conveyers of deep and meaningful information.*

The imagination then is that faculty with which we "see." And we know that we need light to see with. The secrets of light and the secrets of the imagination go hand in hand for nothing is seen without light. It's not for nothing that two thousand years ago a great being was describing this all when he said, "The eyes are the lamp of the body." He was

comparing the eyes with something that shines light. What we can perceive is that to "see" has multiple meanings and levels of perception. We have the visible things we see with our eyes open; we need visible light to see objects. But what is not known or "seen" is that there is a light shining like a lamp inside our minds that lights up things from the inside out. When we dream or daydream or do visualizations we are using that part of the imagination that shines with its own light!

It is just this sight that makes men and women great. The greatest humans have always had the "power to see" beyond ordinary perception of parts and into greater wholes. Their visions have been a level of magnitude higher than just fanciful new ideas or merely another way of saying old things. The greatest sages and geniuses of the ages . had an original quality about them; some quality that even if it is referring to something ancient, says it in an entirely new way that is fresh and original. The ability to paint original pictures in our own, and then in others inner imaginations, is a high power for these images describe states that are normally beyond the common experience. They describe the states we ought to be in because they themselves have experienced them and images or metaphors are the most potent and clear way of communicating understandings of these states. Beings who actually experience these states beyond tend to use images more than concepts to communicate and it is just this which shows they have experienced these things not just conceptually or in a fanciful way but in reality. The primordial imagination is not the stuff that makes unreal fantasies but the stuff that makes us know who we are.

Identification

The process of identification is the key to the mysteries of the imagination. The imagination is that level in which we create our own inner realities and the secret to this process is best seen in the process of identification. Imagination is the creative power - and the process of identification is that which traps or forms our consciousness into a mold.

Identification is the deep psychic process of becoming one with something. It is through identification that we create our identity. When we identify with a feeling or a thought we feed those impressions, we make them more important; we own them as our own and incorporate them into our self-image. It is through the process of identification that we become one with our experiences. They become ours.

Negative Personality Patterns of the Violet Level

- Feels misunderstood through his inability to have enduring relationships at deep levels of being
- Intense erotic imaginations
- Seeks to use power to overwhelm others
- Needs sympathetic emotions
- Levels criticism at others
- Feels misunderstood
- Experiences shame, self-denial and self-abasement
- Conflict grows out of inharmonious surroundings
- Has negative self-image
- Day dreamy
- In conflict between blissful images and personal reality
- In conflict between desire for sympathy and unconscious tendency to criticize others for not understanding his own need for tenderness

- Has blockages related to magical practices
- Needs to feel popular or indispensable

The violet type of person has a very rich imaginative life. They are relating much more to their inner imagery than the outer sensation of the red level type. But this inner life can be filled with illusion, daydreams, and whole universes of spinning fantasies. In fact it can be like a cyclone that never seems to touch the ground. It can just go on forever spinning webs of dreams that are never brought into fruition. Though to such a person their internal life might seem fantastic to everyone else they can seem quite dull and uncommunicative. Most people's imaginations are short-circuiting themselves into a cloud of wishes and dreams of winning lotteries and it is rare when it is used to influence their outside situation.

The Lüscher Color Test

Violet is a mixture of red and blue and, though a separate and distinct color, manages to retain something of the properties of both as a red blue amalgamation, despite losing the clarity of purpose of the two colors. Violet attempts to unify the impulsive conquest of red and the gentle surrender of blue, through "identification." This identification is a sort of mystical union, a high degree of sensitivity leading to complete fusion between subject and object. The Violet personality wants to achieve magical relationships. They not only want to be glamoured themselves, but at the same time they want to charm and delight others, to exert a degree of fascination over them because, although this is a magical identification, the distinction between subject and object still exists.

Violet can mean identification as an intimate, erotic blending, or it can lead to an intuitive and sensitive understanding. But its somewhat unreal and wish fulfillment quality can also mean identification as an inability to differentiate or as an irresolute wavering, either of which may result in irresponsibility.

The young tend to prefer violet which highlights the fact that to them the world is still a magical place in which they have only to rub Aladdin's lamp for its slave to bring them what they want - an attitude which certainly has its points, but which is probably inadvisable to carry into adult life. (We need to mature the imagination like anything else)

Nuclear Evolution

Violet Love - For great imaginers, the love of the divine order, that so often seems inaccessible in earthly life, is realized and fearlessly accepted when the understanding dawns that man's apparent chaos is part of a greater cosmic plan. We can look at any of the works of genius in painting or music or poetry and discover there this paradoxical truth that pain and pleasure, sorrow and joy, chaos and order are ultimately the essential ingredients of any great artistic creation.

Violet Fear - Fear of Chaos

If your drive is to charm the universe and to use the "shaping spirit of the imagination" to create a new heaven and a new earth, then all that disrupts and obstructs this deep urge will be feared. It seems that those who live on this level of consciousness and, through music, painting, poetry and other creative arts, strive to present images that express their vision of Cosmic Reality, unconsciously repeat the original dilemma of the creation. Man, having been created in God's image, with a direct line of communication with the Source, became aware that he had had another self, a doubter, and the creative artist suffers agonies of doubt and fear that the final expression of this vision will not match the glory of the original inspiration. So in a fit of despair he may smash the marble, slash the canvas, or tear up the manuscript.

Violet Aggression

The negative expression of aggression here is the calculated use of the imagination to enslave men. Psychological warfare is an example, but beyond that, it is the armed use of the imagination by men who know that what people think about themselves is what they become. Thus, there can be no greater aggression than to consciously manipulate and promote unsuspecting men and women into seeing themselves as something they are not, in order that they may be exploited.

Color Purple Boosts Sex and Imagination



Purple is the most amorous color, according to a new study which found that people who decorate their bedrooms in the color have the most active sex lives. A survey of 2,000 British adults by retailer [Littlewoods](#) found that those with purple bedding or furniture had 3.49 "intimate encounters" per week. Those with [grey rooms](#) can expect to have less sex than everyone else - an average of just 1.8 times per week. Green and yellow bedrooms are not conducive to having tremendous amounts of sex.

Forget Christian Grey's Red Room of Pain, people with PURPLE bedrooms have most sex was the headline the other day in the [Daily Mail](#) and just seeing their visuals and more information about silk sheets is fun but this is actually a very serious subject that drops us into an unusual area of human knowledge.

What does the color purple have to do with sex and the imagination? For the answer to that we have to look into the curious field of color psychology, which is a recognized but extremely esoteric science. It is esoteric because it is firmly in the world of frequencies and energy but this world collides head on into the physical world where voltage (energy) runs dead on into cell pH.

The color purple has its own frequency and what resonates inside of us is our imaginations, which is our capacity to perceive reality through images. It is a level of perception that is most potent in form and intent and it is associated with the frontal lobes as well as the crown of the head and the violet energy center found there. It is also associated with the pineal gland and with melatonin.

For those of us who have not studied perceptual psychology and the universe of multiple levels of intelligence (that Harvard University Scientists have focused on these past two decades)—one should know that our imagination center is most sensitive to and affected by light. Imagination is our creative power and with it we can unlock many mysteries especially the mystery of our own lives. With it we can shape our lives and create into existence what we put into our will, which is what our heart really wants to do.

But going back to purple color bedrooms and sex—when people say that a great part of sex is in the mind what they are really talking about is the imagination—with the violet purple part of us. That part of us that likes to play and the play of magic and enchantment. This does not mean that we should be focused on sexual fantasy necessarily but it does mean openness to play and to be sensitive which all artistic people like to do.

It was also very interesting to see that a 2011 [survey](#) of 26 countries found [the U.S. and U.K. to be near the bottom in terms of both frequency of sexual activity and reported satisfaction with sexual activity](#). Greece, Brazil and Russia topped the survey, with Japan far behind the pack in both categories.

Violet Ray Healing

Edgar Cayce believed the body, mind, and soul are so closely connected together that it is rarely of any value to treat any one of those aspects without also giving attention to the states of the other two. Edgar Cayce recommended Violet Ray Technology in his readings for a host of disorders which included exhaustion, lethargy, arthritis and rheumatism, nervous disorders, hair and skin disorders, problems with digestion and elimination, female reproductive disorders, prostate disease, cataracts, and schizophrenia.

One of Edgar Cayce's most frequent recommended uses for Violet Ray Technology concerned problems related to poor circulation. When the Violet Ray is applied, **the resultant surge of blood to oxygen-starved tissues stimulates lymphatic and capillary circulation, clearing cellular toxins and strengthening body organs.** The glass electrodes also produce a substantial amount of purifying ozone.

At the heart of the Violet Ray is a Tesla coil, named for Dr. Nikola Tesla (the electrical engineer and scientist who was granted 1,200 patents and is probably best known for his contribution of alternating electrical current). The Violet Ray acts in a manner similar to a spark coil in a car. Utilizing a transformer, the voltage is increased dramatically as it moves through the resonating coil. The device's bulb contains a gas that ionizes and produces charged particles that emanate from the surface. This combination of charged particles with high frequency produces a mild heating effect in the body. This heating of body tissue, called diathermy, increases the circulation, dilates superficial blood vessels, and promotes healing.